



Dear Junior School,

Hope all of you and your loved ones are all safe and healthy during this challenging times.

I wanted to get you guys involved in a worthy cause to help the wider community.

I am participating in a Ration Challenge, to raise money that will help save lives now - providing emergency food, hygiene kits and life-saving support to the people hit hardest by this crisis.

#### How does it work?

**I will be only consuming exactly the same food, in almost exactly the same quantities, that are consumed by refugees in urban refugee camps. This will happen from the moment I wake up on 14 September, to when I go to bed on 16 September, I will drink only water and eat just the rations.**

Food item	Quantity
Rice	252g
Lentils	72g
Dried chickpeas	36g
Tinned sardines	75g
Tinned kidney beans	240g
Vegetable oil	129ml

You guys can join our school team at <https://schools.rationchallenge.org.au/trist-house>

Our team members so far are myself, Nereese Weerainghe, Tyler Durand and Finn Weller. If you would like to join us in this challenge, please email Miss Reale.

**DON'T FORGET ASK PERMISSION FROM YOUR PARENTS FIRST!**

**Davin Weerasinghe**  
**Trist House 6M**

