



A HEALTHY DIET INCLUDES 2 FRUIT + 5 VEG SERVES DAILY

ONE SERVE OF FRUIT IS	150 GRAMS	ONE SERVE OF VEG IS	75 GRAMS
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NAME:.....

AGE (circle): 1-5y.o 6-8y.o 9y.o and above

Colouring Competition

To enter:

- Complete the colouring sheet
- Return to your nearest Ritchies Store by close of business Sunday 23rd July 2024.
- Competition will be drawn Wednesday 24th July 2024.
- The winners will be notified by phone or e-mail.
- There are 3 BIC prizes in total. **1-5y.o** - BIC My Colouring Box.
6-8y.o - BIC Pastel Dream. **9y.o and above** - BIC My Box of Colours.

Entries will be displayed in store at Ritchies. Images may be displayed on Facebook, and all entries are encouraged to tag your Ritchies store in your photo on social media. Employees of Ritchies and their immediate families are ineligible to enter the Prize Draw. Entrants under the age of 18 years must provide parental or guardian consent to enter the Competition. The winner(s) will be notified by phone or e-mail. Names of the winner(s) may be published on Store social media platforms. Winners may be asked to appear in a photo to be published on Ritchies Social Media, this is at the absolute discretion of the winner/s parent or guardian. If you do not wish your/your child's photo to appear on Ritchies Social media pages you may decline this request. If the winner cannot be reasonably identified or notified and reasonable efforts made by Ritchies another winner will be chosen. The prize winner(s) will be decided by Store Manager, and manager decision is final. There are no charges to enter the Competition. Any costs arising directly or indirectly with entering the Competition are the Entrant's responsibility. Any questions please contact the Store Manager or Ritchies at info@ritchies.com.au.



Parent or Guardian Name:

Contact e-mail or phone number: