

# Posts for 7 Day Challenge Quarantine Edition – EAT

## Day 1.

Join us in a 7-day challenge – make the most of your quarantine meals! Challenge your friends to share creative ideas for quarantine meals. Every day, starting tomorrow, we'll post a food-related challenge, and we'd like you to share your ideas by using the hashtag #7DayEatChallenge. Let's inspire people in the same situation all over the world!

## Day 2.

Challenge #1: Cook separately – eat together. Invite someone you miss to an online dinner. Cook your own meals and eat together through video chat.

#7DayEatChallenge

<https://youtu.be/tacqtxU2VaU>

## Day 3.

Challenge #2: Taste, not waste – love your leftovers. Cook a new meal using your leftovers. Why not make a traditional Swedish 'pyttipanna'? Mix potatoes, sausages, meatballs, vegetables etc. – whatever you've got. Just take your leftovers, chop them into cubes, fry them together and serve with a fried egg on top. Bon appétit!

#7DayEatChallenge

[use this image]:

<https://imagebank.sweden.se/the+edible+country/southern+sweden/sm%25C3%25A5land/7564>

## Day 4.

Challenge #3: Use it all – no waste. Cook something without wasting anything and try to find creative ways to incorporate what you normally throw away. In the mood for some potato peel crisps?

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<https://www.culinarynutrition.com/how-to-reduce-food-waste-best-zero-waste-recipes/>

## Day 5.

Challenge #4: Go green – Be vegetarian for a day. Perhaps cook a vegan boeuf bourguignon by Swedish vegan blogger Jävligt Gott?

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<https://www.javligtgott.se/vegetarisk-boeuf-bourguignon/>

## Day 6

Challenge #5: Eat out in. If you are living in a place where home delivery from restaurants is still an option – order in! Otherwise, why not create your own restaurant experience at home?

#7DayEatChallenge

[use this image :]

<https://imagebank.sweden.se/restaurant/southern+sweden/j%25C3%25B6nk%25C3%25B6ping/7358>

## Day 7

Challenge #6: Have your cake – and eat it too. When you've got time in abundance, bake something! Perhaps a loaf of bread or a tasty cake, like a classic Swedish princess cake? Or something simpler, like chocolate balls or apple cake?

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<https://www.facebook.com/swedense/videos/10155361665029720/>

## Day 8

Challenge #7: Grow your own food. Growing edible things on your window sill is surprisingly easy and rewarding. All you need is some soil or wet cotton, a pot or bucket and any kind of seed or bean. Soon, you'll see green shoots appearing.

#7DayEatChallenge

[Use this image:]

<https://imagebank.sweden.se/re-grow+your+veggies///6891>

## Day 9

Thanks to everyone who participated in our #7DayEatChallenge! We hope you've had fun and have been inspired. If you missed this challenge, we're sharing some of our favorite submissions here.

[repost some of the posts submitted during the challenge]