

MAKE MARCH

PURPLE

FOR EPILEPSY

PURPLE MUCK CHALLENGE



A HEROIC RECIPE FOR PURPLE MUCK. IT'S TIME TO GET MESSY FOR THE CAUSE

A fun way to get involved in Make March Purple is by participating in the Purple Muck Challenge. Be a Purple Hero and get drenched in purple muck to raise awareness for epilepsy.

EVERY PURPLE HERO WILL NEED:

1. Bucket
2. Flour (1kg will fill half a bucket)
3. Baby Shampoo (500mL)
4. Purple food colouring (or mix blue and red)
5. Water (add to get your desired consistency)

THE MISSION:

1. Combine the flour and baby shampoo first, slowly adding water until you reach your desired consistency.
2. Add purple food colouring until you get your favourite shade of purple.
3. Now you're ready to get messy - pour that muck all over you for the cause!

Note: It is strongly recommended that you first test the muck mixture on a small patch of skin to ensure no allergic reactions, and to close or cover your eyes when pouring muck on yourself.

A FEW TIPS:

1. Use a stick or other item to mix your purple muck if you don't want to get your hands dirty.
2. This challenge is more fun with company. Include your family, friends and colleagues, and have them pour muck on you. But of course, be sure to return the favour by nominating them to take on the challenge as well!
3. Make sure to video your challenge and share on social media with the hashtags
#MakeMarchPurple #PurpleHeroes #PurplePower #PurpleMuckChallenge