




Instructions on uploading large size files through a Gmail account

Please follow the instructions below if your nomination is over 2GB. The maximum size of your entry should not exceed 10GB. This can include video(s), slideshows, photos and written nominations and must be sent through a Gmail account.

1. Open [Gmail](#).
2. Click Compose
3. Click Google Drive 
4. Select the files you want to attach
5. At the bottom of the page, decide how you want to send the file:
 - **Drive link:** This works for any files stored in Drive, including files created using Google Docs, Sheets, Slides, or Forms.
 - **Attachment:** This only works for files that weren't created using Google Docs, Sheets, Slides, or Forms.
6. Click Insert
7. Email to: kickstart.breakfast@fonterra.com
8. Subject: KickStart Breakfast Awards Nomination

Note, please remember to attach your Awards Nomination Form with your additional file(s).