



# Food Invention Challenge

Eating a hot meal is something most of us take for granted but many people can't afford healthy food, or regularly eat alone.

FoodCycle is the only national charity serving free, nourishing community meals to people experiencing food poverty and loneliness.

FoodCycle's Ready, Steady, Cook! inspired challenges take place in Nine Elms, London and central Birmingham, bringing teams together to cook delicious meals from scratch - using surplus food, creativity and collaboration to make a real difference.

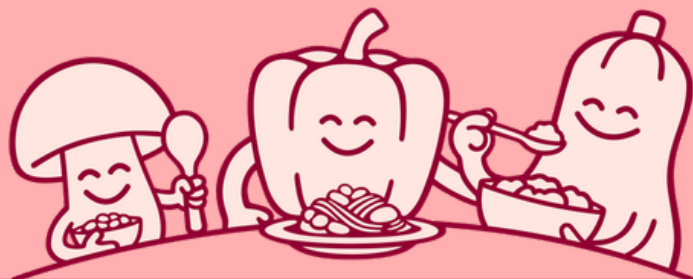


## How it works

Participants are challenged to cook a delicious and nutritious three-course meal from food sourced by FoodCycle. You'll have to use creativity, planning and team work, with a little help from FoodCycle team members, before the meals are judged.

## Making a difference

By taking part, you'll be helping FoodCycle to continue serving healthy meals to hungry and lonely people in communities across the country. You will also be preventing food waste and providing tasty meals for people who may otherwise go without.



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“If you're a company looking for a meaningful way to give back, and bond as a team, then look no further. You'll leave feeling accomplished and full of innovative ideas to use up fruit and veg”



Martha Jensen  
Rude Health

# Logistics

- The events take 3.5 hours and are held Monday - Friday (AM or PM).
- Morning sessions run 9:30am-1pm.
- Afternoon sessions from 1:30-5pm.
- We can host groups of up to 12 people. We can accommodate a small number of additional participants at an extra cost.

As a charity we rely on funding so we can provide our essential services across the country. The price includes our event costs and staff time, plus a donation to support FoodCycle's vital work.

**Please complete our enquiry form for more information and prices.**



# Schedule

- Arrival, welcome, introductions and health and safety briefing (30 mins)
- Menu planning (15 mins)
- Cooking up a storm (2 hours)
- Packaging and labelling food (30 mins)
- Food delivered, where it will feed around 30 people (15 mins)

\* NB - Timings may vary slightly



# Locations

We have two locations for your team to join us, both easily accessible by public transport.



## Mission Kitchen, London

5 minute walk from Nine Elms Underground Station

15 minute walk from Vauxhall Train/  
Underground Station



## Kitchen by Liquid, Birmingham

6 minute walk from New Street Station

9 minute walk from Snow Hill Station

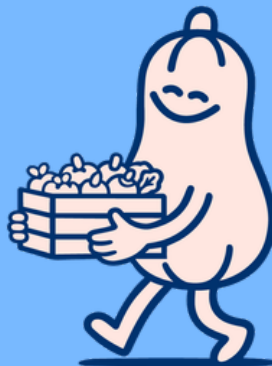
# Frequently Asked Questions

## Is the event safe?

We ensure that our sessions are as safe as possible and restrict group sizes to around 12 people to ensure there is adequate kitchen space, though accommodations can be made for larger groups. FoodCycle staff present have a Level 2 Food Hygiene Certificate and First Aid Training. Before every session we share information on volunteering safely and hold a health and safety briefing for participants.

## Where does the food go?

The food you cook will be delivered to a nearby homeless shelter, in time to provide nutritious lunches or dinners to vulnerable people who may otherwise go without.



## How can we share our team's impact?

After your session, you will receive an Impact Report highlighting the number of hours your team have contributed to FoodCycle as well as the number of meals you donated to the shelter.



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Volunteers really enjoyed getting creative, using fresh surplus food to make nutritious meals for those who may be lonely and isolated, on low incomes or homeless whilst also thinking about their own food habits and practices. Huge thank you to the FoodCycle Team for providing us with such fun and informative volunteering days.”



Fon Browndy  
Volunteer Partnerships Manager  
Wellcome Trust

## Get in touch

We'd love to discuss how your team can get involved - [contact the FoodCycle fundraising team via this form on our website.](#)

t: 020 77 292775

