

# The Food Invention Challenge



## Get cooking for good!

Eating a hot meal is something most of us take for granted but many people can't access the food they need to stay healthy, or regularly eat alone. FoodCycle is the only national charity that serves nourishing community meals, using surplus food, to hungry and lonely people.

FoodCycle's Ready, Steady, Cook! inspired challenge tasks your team to create delicious meals from surplus food, using team work and creativity.



## How it works:

FoodCycle will provide a kitchen space for your team. We will source surplus food and split you into smaller teams who are challenged to cook a delicious and nutritious three-course meal within 1.5 hours. You'll have to use creativity, planning and team work, with a little help from FoodCycle team members, before the meals are judged.

### Judging is important for two reasons:

- 1) It's fun and competitive.
- 2) It's really important the food tastes great, as after cooking your meals are delivered to a local FoodCycle project or partner organisation to be enjoyed by those who may otherwise go without.

## 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 a tasty meal for someone who may otherwise go without.

## Business benefits

After a year when many of us have been working remotely, with limited in-person contact with colleagues at work, the Food Invention Challenge is a great opportunity to bring your team(s) together. Two thirds of previous participants felt taking part in the event improved colleague relationships.

WE ARE PROUD TO BE REGISTERED WITH FUNDRAISING REGULATOR



# The Food Invention Challenge



## Frequently Asked Questions

### Is the event safe/ Covid safe?

We ensure that our sessions are as safe as possible, and currently restrict group sizes to 10 people to allow for social distancing. We follow the latest government guidance and provide appropriate PPE for all participants. FoodCycle staff present have a Level 2 Food Hygiene Certificate and before every session we hold a health and safety briefing for participants.

### Is there a cost associated with this event?

As a charity we rely on continued 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. The cost of each session is £1,500, for up to ten participants.

### I'm no cook! Will I still be able to take part?

We welcome everyone to our sessions. We will try to split teams according to everyone's strengths and FoodCycle staff will be on hand to give recipe suggestions and cooking advice.

### Where does the food we cook come from?

For these sessions we utilise surplus food from food redistribution organisations. All the surplus produce is totally safe to use and within its use by date. We will also have a larder with some dry ingredients as a back up, as we don't know what we'll receive each day.

## Logistics

This event takes 4 hours and runs on a Tuesday or Friday, AM or PM within working hours. We can currently host groups of up to 10 people, to allow for social distancing.

Our Food Invention Challenges are held in the fantastic Mission Kitchen at The Food Exchange, located in New Covent Garden Market, Vauxhall, London, which is also where our FoodCycle HQ is based.

## Get in touch

We'd be happy to discuss how your team can get involved - contact Athene on 020 7729 2775 or email: [athene@foodcycle.org.uk](mailto:athene@foodcycle.org.uk)



WE ARE PROUD TO BE REGISTERED WITH FUNDRAISING REGULATOR

