

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 source surplus food and participants are challenged to cook a delicious and nutritious three-course meal. 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.

"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 that would otherwise have gone to waste"

Martha Jensen,
Rude Health

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Schedule

- 9:30-10am: Arrival, welcome briefing, introductions and health and safety
- 10-10:15am: Menu planning
- 10:15-12:15pm: Cooking up a storm
- 12:15-12:25: Packaging and labelling food
- 12:25-12:45pm: Judging and debrief
- 12:45-1pm: Food delivered, where it will feed around 30 people

*Please note, these times may vary slightly and will be correspondingly later for afternoon sessions.

"Working with FoodCycle has been an important part of our volunteering programme which this year aims to build on our commitment to spotlighting and tackling issues relating to climate health, sustainability and food poverty. 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
Volunteering Partnerships Manager, Wellcome Trust

Logistics

The events takes 3.5 hours and can run on Tuesdays (PM), Wednesdays (AM or PM), or Thursdays (AM or PM), with morning sessions running from 9:30am-1pm and afternoon sessions running from 1:30-5pm. We can host groups of up to 12 people at a cost of £1,900 plus VAT.

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

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 FoodCycle's HQ is based.



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Frequently Asked Questions

Is the event safe?

We ensure that our sessions are as safe as possible and restrict group sizes to 12 people to ensure there is adequate kitchen space. 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 share information on volunteering safely and hold a health and safety briefing for participants.

Where is the food we cook going?

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

Where does the food we cook come from?

For these sessions we utilise surplus food from the food redistribution charity City Harvest. 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 we don't know what we'll receive until the day of the event.



Get in touch

We'd love to discuss how your team can get involved - contact the FoodCycle fundraising team: fundraising@foodcycle.org.uk

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