

# The Food Invention Challenge – Birmingham



## 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 largest national charity that serves nourishing community meals to hungry and lonely people.

FoodCycle's Ready, Steady, Cook! inspired challenge takes place in our central Birmingham location and tasks your team to create delicious meals from scratch, using team work and creativity.



## How it works:

FoodCycle will source 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"**

Martha Jensen,  
Rude Health



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## Schedule

- Arrival, welcome briefing, introductions and health and safety (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)

\*Please note, these times may vary slightly

## Logistics

The events take 3.5 hours and are held Monday - Friday (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 Kitchen by Liquid in the heart of Birmingham, located a short 6 minute walk from Birmingham New Street Station.

**"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."**

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Volunteering Partnerships Manager, Wellcome Trust



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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. 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.

### How can we share the impact our team have had?

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.



## Get in touch

**We'd love to discuss how your team can get involved - contact the FoodCycle fundraising team:**  
[fundraising@foodcycle.org.uk](mailto:fundraising@foodcycle.org.uk)

