



## **How businesses can support Square Food Foundation**

We have a number of ways for business to join us in our mission of tackling food insecurity in Bristol. You can provide meaningful support to our work that will make a real impact on the lives of our students and the community of Knowle West, whilst meeting your Corporate Social Responsibility objectives and creating impactful change.

Please click on the links below for more information about:

- [Sponsoring a course](#)
- [Sponsoring recipe kits](#)
- [The Big Give Campaign](#)
- [Event Catering](#)
- [Team Building](#)
- [Charity of the year](#)





## **Background to Square Food Foundation**

Square Food Foundation is a Community Cookery School based in Knowle West, South Bristol. Our Founder, Barny Haughton MBE, taught his first cookery class in 1998 and after years of teaching schools, community groups and people from all walks of life, we became a registered charity in 2017.

Today we are based in The Park Community Centre and our community come from Knowle West and the wider Filwood ward. Our students live in one of the cities most deprived areas and as such face multiple barriers to employment, health inequalities and food insecurity.

We use food and cooking to **reduce hunger, improve health and bring people together**. Our students include: adults with learning disabilities and mental health challenges, low-income families, young people not in education, employment or training (NEET) and older adults at risk of loneliness and isolation.

Our programmes offer a safe, affordable way for people to gain the life skills they need to feed their families and themselves in a way that enhances health and improves life chances as well as overcoming significant social, psychological, and physical challenges.

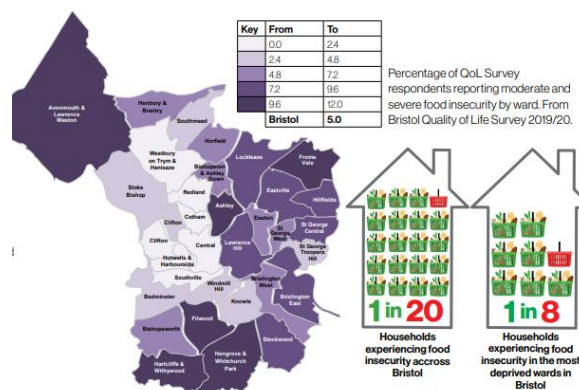
## **What is food insecurity and why is our work needed?**

Food insecurity is defined as:

“being unable to consume an adequate quality or sufficient quantity of food for health, in socially acceptable ways, or the uncertainty that one will be able to do so.”<sup>1</sup>

Since the pandemic there has been an unprecedented rise in households seeking emergency food support. Through the recent food shortages, increase in cost of living and food, and breakdown of supply chains, it is the most disadvantaged who will feel the impact most severely. People who live in deprived areas such as Knowle West, have less resources, capacity and access to facilities and infrastructure which allow them to cook nutritious food from scratch. Many of the people that we teach are having to face dilemmas between paying bills or cutting back on food (“heat or eat”)

- 43 per cent of households who receive Universal Credit experience high or very high levels of food insecurity <sup>2</sup>
- 33 per cent increase in food parcels distributed between 2020-2021 and around half of those using food banks were doing so for the first time as a result of unemployment and financial insecurity caused by the pandemic<sup>3</sup>



<sup>1</sup> Dowler et al., 2001

<sup>2</sup> Department of work and Pensions (2021), Family Resources Survey; financial year 2019 to 2020. Published online 25/03/21, available at [www.gov.uk](http://www.gov.uk)

<sup>3</sup> The Trussell Trust via A One City Food Equality Strategy for Bristol 2022 – 2032



## Sponsoring a course

A typical course at Square Food runs for 12 weeks and we run around 8 different courses per year. By sponsoring a course you will be helping us to keep our courses free for our students to attend. This removes all barriers of cost and makes it as accessible as possible meaning that we can reach the most disadvantaged and marginalised people in our community.

Sponsorship packages available on request. Please find our list of courses below and contact [Alice@squarefoodfoundation.co.uk](mailto:Alice@squarefoodfoundation.co.uk) for further information about sponsoring.

- **Back in the Kitchen** – a weekly, drop in cookery class for older people including a monthly Lunch Club for the wider elderly community
- **Cooking Connections** – a sociable cooking group for adults with learning disabilities or mental health issues
- **Toolkit for Independent Living** - a specialist cookery course for groups of local 16-18 year olds who are no longer in mainstream education
- **Primary Schools** – a comprehensive programme of food and cookery activities for primary schools to help get cooking in the classroom and make good food a way of life for the whole school community
- **Food Leaders** – a food and cookery training programme which upskills community group leaders working in Food Insecure areas of Bristol to enable them to deliver engaging, thought-provoking and fun cookery sessions to the groups they lead.
- **How to be a Chef** – a training programme for young people not in education, employment or training (NEET) who are experiencing multiple barriers into employment. The course combines practical learning, work experience placements in food businesses across Bristol and field trips to farms and factories.
- **Healthy Me!** - an opportunity for learning-disabled adults and support staff to cook side by side, learn healthy, delicious recipes, and explore the connection between our health and the food we eat.
- **Cooking for change** - a weekly cookery programme for women sex workers in Bristol delivered in partnership with One25 charity.

## Sponsoring recipe kits

Alongside our programme of courses and classes, we also send 200 recipe kits every week to low-income families who are struggling to make ends meet. This idea was born in the pandemic in response to families who would usually receive Free School Meals as we became aware that families were going hungry while schools were closed. Our project has continued to grow as the need for kits in our community continues to grow.

- Each kit costs £11.85 to produce
- We deliver 200 kits per week £2,370
- We send 7000 kits per year £82,950
- Each kit provides enough food for 4 people
- We provide 28,000 meals per year to families throughout Knowle West



Our kits provide families on a low income a way to cook together at home with none of the barriers around cost or fear of waste that might usually get in their way. The kits contain ingredients (pre-weighed and packaged) for a healthy, delicious family recipe plus a printed recipe card. In response to the energy crisis and cost of living crisis, we ensure that recipes are low cost and energy efficient (e.g. not using the oven, using leftovers, batch cooking) and we use the recipe card to share useful hints and tips.

But our kits are far more than just a free handout of food. By encouraging families to cook healthy meals from scratch together, we can ignite a love of cooking for the next generation. Our kits build resilience by helping families develop confidence and improve both physical and mental wellbeing.

As well as encouraging more families to cook and eat together at home, the recipe kits are a way for families to get to know Square Food Foundation and the other courses it runs

*“Honestly just thank you. I've got 2 children under 2 and my energy and effort levels for cooking are so low. I genuinely look forward to the kits as they inspire me and apart from 1 disaster (potato rotis) they have all been huge hits, some of them even with the toddler. I'm more excited about the savory ones. I think the work you do is amazing and it's totally got me cooking again”*

To discuss sponsoring our recipe kits please contact [Alice@squarefoodfoundation.co.uk](mailto:Alice@squarefoodfoundation.co.uk) for further information.

## **The Big Give**

The Big Give is a match-funding campaign that we are taking part in for the second time this year. Last year we had a target of £20,000 and raised over £24,000. This year we have set an ambitious target of £25,000 and are seeking corporate supporter to make up part of the match-funding pot.

How it works:

- We are seeking corporate support up to £6,250 (the Pledge Fund)
- The Big Give will add £6,250 (the Champion Fund)
- This £12,500 is the match-funding amount when the campaign goes live
- Every £ of public money is doubled up to a total of £25,000 so £50 from a member of the public becomes £100 for Square Food

The timeline:

- Pledges need to be confirmed by 1<sup>st</sup> September
- The campaign will take place between midday Tuesday 28th November and midday Tuesday 5th December
- Pledge funds to be paid by mid-January

To become a pledge funder for this year's Big Give please contact [Alice@squarefoodfoundation.co.uk](mailto:Alice@squarefoodfoundation.co.uk)





## **Event Catering with a conscience**

From corporate lunches to drinks receptions, Christmas parties to networking events, book with Square Food Foundation Catering and give your guests a truly memorable time with the finest catering in Bristol.

As well as outstanding food, we are delivering event catering with a difference. Not only do all profits from our events go directly back into the charity, it is also providing real-life experience for our 'How to be a Chef' students to work on all aspects of events - from food prep to working at the events. So by choosing us for your catering, you will be directly benefitting the charity and our food education work in the community.

Headed up by Stuart Seth and our Founder Barny Haughton MBE. Stuart has 27 years of chef experience, starting out with Barny at Rocinantes and more recently at Helen Browning's Royal Oak gastropub, Pappadeli, The Ox, and Bianchis Group.

Enquiries: [catering@squarefoodfoundation.co.uk](mailto:catering@squarefoodfoundation.co.uk) or 0117 462 2686.

Follow us @squarefoodcatering

*"The food surpassed all other event catering in my 30 years of conference organising. They left an unforgettable and life-long impression. Barny is a world class conductor of food preparation."* Patrick Holden OBE, CEO of the Sustainable Food Trust.

*"I just wanted to say a HUGE THANK YOU to you and the team for yesterday. It was brilliant to hear more about your mission, work in the community, challenges, and future ambitions! And of course, try the delicious food from Square Food - which received overwhelming positive feedback - it was all so tasty!"* Ellie, Big Society Capital





## Team Building and Private Events

Our Team building and private cooking classes are incredibly popular for a reason! They are a fun, informal and sociable way to get together with a group of colleagues all while benefitting the work of the charity.

A hands-on cookery class of your chosen cuisine is followed by a three-course lunch or dinner. The class can be as competitive as you like and will certainly be one to remember...

**OUR WORKSHOPS**

- STEAK & CHIPS** (D10PP SUPPLEMENT)  
A really good steak is all about how the meat has been kept. And where the animal comes from. And the butchery. The cooking is quite important too. Everything.  
**SAMPLE MENU**  
Ribeye steak  
Hand-cut triple cooked chips  
2 classic steak sauces  
Appropriate salads and vegetables  
Elizabeth David's chocolate mousse
- A PASTA MASTERCLASS** (MAX NUMBERS 12)  
Pasta is the most iconic of all Italian staples and fresh pasta the most delicious. This class takes you step by step through 3 simple but brilliant dishes.  
**SAMPLE MENU**  
Fettuccine with sage and butter  
Cannelloni Amatriciana  
Butternut squash ravioli, hazelnut and watercress pesto  
Panna cotta with poached fruit
- A LITTLE TASTE OF THE MIDDLE EAST**  
No one cannot love the world of Middle Eastern Cooking. It is seductive, bold, open-hearted and deeply life-affirming. It is full of the mystery and tastes of an ancient culinary tradition.  
**SAMPLE MENU**  
Spiced flat breads, Baba ghanoush  
Lamb kofta, mixed spiced greens and spelt  
Or  
Spiced winter vegetables, chermoula, couscous  
Labneh, roast plums, pistachios and rose water
- AN INDIAN FEAST**  
In this workshop you will be introduced to the world of real Indian food including the famous Tamil Nadu street food dish, Masala Dosa.  
**SAMPLE MENU**  
Masala dhoosa  
Chicken curry  
Winter vegetable and chickpea curry  
Kerala Lemon Rice  
Shrikhand with pistachios, saffron & rose petals
- HOME-MADE BREAD**  
Discover the joys of artisan baking and produce a variety of beautiful bread to eat here as well as take home and share.  
**SAMPLE MENU**  
Flamiche (French dough based cheese and leek flan)  
A variety of seasonal salads  
Irish soda bread and scones  
A sweet bread  
Chat
- MEXICAN FIESTA** (ESPP SUPPLEMENT)  
Dive into the delicious smoky flavours of Mexican Cookery with this fun and spicy menu.  
**SAMPLE MENU**  
Tacos with tomato salsa, guacamole and refried beans  
Mexican-style slow roast pork  
Vegetable chili  
Mexican tomato rice  
Thomasina Miers' caramelised pineapple cheesecake

*"That was the best team building activity we have ever done everyone has been raving about it"* EY

For more information and to book please [click here](#) or email [info@squarefoodfoundation.co.uk](mailto:info@squarefoodfoundation.co.uk)

## Charity of the year

Choose Square Food Foundation as your Charity of the Year and we can promise meaningful, impactful and delicious initiatives that will engage employees and meet your CSR objectives. From bake-offs to quizzes to marathons, we are brimming with fundraising ideas – get in touch to discuss!