



you're getting involved!



**GET
TOGETHERS**

Bringing people together through food



**COMMUNITY
FUND**

Thanks for signing up!

This is your Food for Life Get Togethers resource pack. Inside you'll find things like bunting, posters, invitation cards and more. Use these to spread the word and bring as many people as possible to your Get Together.

Thanks to people like you, communities have the chance to share real, healthy food, have a chat and get to know each other.

Why Food for Life Get Togethers are important...

For kids

- Almost half of UK kids never get outdoors with their families.
- Kids have lost touch with where their food comes from.

For older people

- Around 200,000 older people go over a month without chatting to a friend or family member.
- Almost half of older people in care homes are depressed. They say it's just 'a normal part of ageing'.

For everyone in between

- More than nine million people say they often or always feel lonely. UK families eat the most ultra-processed diet in Europe, and so don't often eat real food.

Food for Life Get Togethers are a chance to spend time with the people around us who we don't usually get the chance to connect with. And what better way of getting to know people than going back to basics: cooking, growing and eating together. These are things that everyone can join in with, no matter how old or young they are, where they come from, or where they live.

The National Lottery Community Fund is supporting Food for Life Get Togethers over the next 4 years.

We will work with communities to co-create a lasting movement where Get Togethers are regularly happening across the UK.

The numbers:

Over four years, we will see communities hold at least 10,000 individual Get Togethers around the UK, bringing over 160,000 people together

The impact:

We want to see different generations building stronger connections with each other in communities through cooking, growing and sharing good food, leading to a happy, healthy relationship with food and improved health and wellbeing.

A food For Life Get Together...

...is any event, big or small where different generations come together to grow, share or cook food together.

...can be a group of school kids visiting their local care home for a quick chat and a snack.

...doesn't need to be big or difficult to organise. It might just be a few people of different ages sitting down together and sharing a plate of good food.

... can be a street party that gets the whole neighbourhood sharing a feast.

...is getting your community involved in growing and eating food together. It could be using local allotments or community gardens in schools or care homes.

Get in touch

If you need any more help or advice, or you just want to tell us about what you've been doing to support Food for Life Get Togethers, we'd love to hear from you. Get in touch with Dale or Vick.

Dale Cranshaw, Head of Food for Life Get Togethers: dcranshaw@soilassociation.org

Vick Jones, Programme Officer: vjones@soilassociation.org

Spread your success!

Send us your photos – we'd love to see photos of your Get Togethers that we can share on our social media channels. Share your story – Let people know what you're doing to support your community through Food for Life Get Togethers. We can help you.

Use social media – Join in the conversation on Twitter and Facebook.

 [@SAfoodforlife](https://twitter.com/SAfoodforlife) #FFLGetTogethers #NationalLottery

Top tips for running Food for Life Get Togethers:

These top tips will help you make your Get Together a success. Anyone can host a Get Together after all. So whether you're cooking, growing, or eating together, here are a few things to think about:

Make sure that the space you use for your Get Together is right for the kind of event you're running.

Is it big enough? Is there somewhere for people to wash their hands if you'll be doing cooking activities?

You might have people **attending who have mobility issues.** Make sure everyone has enough room to take part and interact with other people. It's about being inclusive.

Some people, such as a group coming from a local care home, may arrange travel to and from the venue.

Try to be aware of this to avoid starting without people and finishing in good time for them to be collected.

Always have a goal.

Explain to everyone what they will achieve through the task and how long you expect it to take. If possible show a picture or sample of the completed task. This is particularly relevant for cooking and growing events.

Give very clear step-by-step directions and supply the right tools,

materials and equipment. Use language everyone will understand. Never assume that people will know what you're talking about.

Allow enough time for the activities happening at your Get Together.

People can make mistakes but try not to be critical. Instead, **remain positive and help them learn.**

Encourage people to ask questions and put thought into what they are doing and why.

Be aware of safeguarding.

For example, if you're working with a school or a care home, they will have a policy you can refer to. If you need any more help or advice on this, then get in touch with us here at Food for Life.

Keep it entertaining and fun. The most important thing is that everyone has a good time and gets to know each other a little better!

Our National Partners:



Big Lunch

The Big Lunch brings people together to share food and fun on the first weekend in June. It's a simple idea – to encourage people UK-wide to throw open their doors, and take to their streets, gardens and communities to have fun and get to know their neighbours a little better – and an average of 6 million people from all faiths, ages, ethnicities and backgrounds have joined in each year since 2014. It's also an important idea – our research found that 4.5 million people who went to a Big Lunch in 2018 made a new friend and those taking part feel less lonely, feel better about where they live, feel happier and say they have the confidence to do more in their community. Great things really can happen when we meet and chat over a bite to eat! Everyone is invited to The Big Lunch – find out more at thebiglunch.com and join in where you live.

Royal Voluntary Service

Royal Voluntary Service is one of Britain's largest volunteering charities with over 20,000 volunteers supporting thousands of people each month in hospitals, at home and in the community. Through the gift of voluntary service, volunteers often lead the way by setting up and running their own activities and clubs in their local area.

Royal Voluntary Service can support you to run your own regular Get Together food-based group for people of all ages. Whether you want to do it on your own, with a friend or as part of a team, as long as it's about food, it could be just about anything! Royal Voluntary Service will support you with setting up the group and will help to ensure it is run in a safe and legal manner. In return, you'll enjoy developing new skills and experience whilst having the satisfaction of knowing you're making something happen for your community and changing lives for the better.

Food Sense Wales

Food Sense Wales (FSW) is built on the foundations of Food Cardiff, one of the founding members of the Sustainable Food Cities Network. It aims to influence how food is produced and consumed in Wales through pioneering programmes such as Sustainable Food Cities, Peas Please, Food Power and most recently Food for Life Get Togethers. Food Sense Wales' approach revolves around "advocacy by example"; focusing on finding workable solutions through on the ground experience and citizen voice, and using these to advocate effectively for the changes needed to national policy to ensure everyone in Wales receives their right to good food.



Incredible Edible

Incredible Edible is a movement of over 100 groups in the UK, and more than 1,000 across the world, where local people come together to create kind, confident and connected communities. Community led groups use food as a catalyst to bring people together and to share learning. We are passionate about growing and utilising fresh healthy food, as well as promoting local food producers.



Linking Generations Northern Ireland

Linking Generations NI are part of the Beth Johnson Foundation and are the only organisation solely focusing on the development and promotion of intergenerational approaches as a catalyst for social change. Their vision is of a Northern Ireland where all generations are respected, understood, connected and engaged in their communities.

LGNi's small expert team are passionate about their work and collaborate locally and internationally with partners to spark connections and develop innovative approaches to bringing generations together. LGNI offer advice, expertise and resources; facilitate learning about the application of intergenerational practice; provide or signpost to small grant funding and run demonstration projects to help establish awareness, learning and skills.



Generations Working Together

Generations Working Together (GWT) has the main aim of working towards creating a fairer Scotland where people of all ages, but particularly the young and old, work together to challenge stereotypes, build social cohesion and mutual respect and build stronger communities founded on the assets of all of its members. GWT is a registered Scottish Charitable Incorporated Organisation and is the expert organisation leading on intergenerational work across Scotland. Although a relatively new charity GWT was established back in 2007 and were originally known as the Scottish Centre for Intergenerational Practice. The Centre was developed as part of a Scottish Government consultation to explore issues facing society in meeting the challenges of an ageing population.

Summer vegetable coca

Serves
8

A Coca is a Spanish version of a pizza. This one is topped with softly cooked red and green peppers.

Ingredients

For the dough:

175g strong white plain flour
50g strong wholemeal flour
1 x 7g sachet easy-bake
(micro-fine) yeast 150ml
warm water
2 tablespoons olive oil
1 tablespoon white wine
vinegar
1 teaspoon clear honey
extra flour for dusting

For the topping:

1 small red pepper – de-
seeded and cut into strips
1 small green pepper – de-
seeded and cut into strips
1 onion – thinly sliced
200g tomatoes – skinned and
chopped
2 tablespoons olive oil
2 tablespoons flat leaf
parsley – chopped

Equipment

mixing bowl measuring
jug tablespoon teaspoon
wooden spoon sieve
rolling pin
fork
baking tray – greased
chopping board
sharp knife
saucepan

How to make it

- 1 Put the flour and yeast into the mixing bowl. Add the oil, vinegar and honey to the warm water.
- 2 Make a 'well' in the centre of the flour and add all the liquid. With a wooden spoon, mix to a soft dough until the dough leaves the sides of the bowl cleanly.
- 3 Knead the dough on a lightly floured surface until it is smooth. Roll the dough out to cover the greased baking tray. Prick the dough with a fork. Heat the oven to 220°C/Gas 7. Leave the dough to rise for 20 minutes.
- 4 Prepare the topping. Cook the onions, peppers and tomatoes in the olive oil until softened. Allow the mixture to cool down.
- 5 Arrange the cooled topping on top of the risen dough. Bake for 20–30 minutes.
- 6 Garnish with the chopped parsley and serve the Coca cut into squares.

Recipe Notes and Tips

For a more autumnal version, slow-cooked mushrooms, leeks and onions can be used as the topping.

Can be eaten cold as part of a packed lunch or picnic.

Allergy Aware

This recipe contains: Gluten (flour)