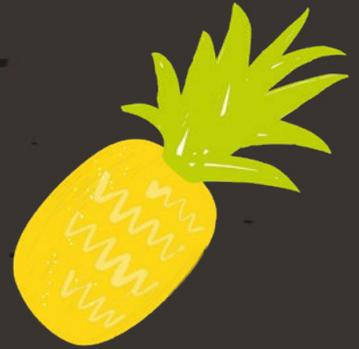
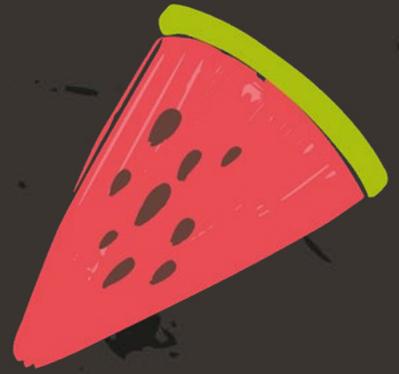




# GET TOGETHERS

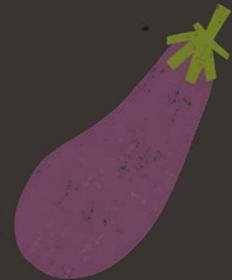
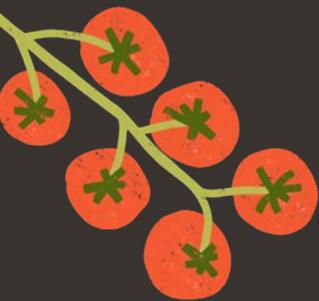
Bringing people together through food



**Guide to**

**Intergenerational Practice**

**Involving Good Food**

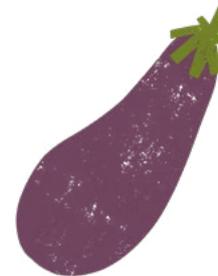




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## About This Guide

This guide is intended to help anyone thinking about running an activity or event for people of different ages involving good food, including where to seek further support.

We are grateful to Generations Working Together and Linking Generations Northern Ireland for providing their support as well as some of the content used in this guide.



# About Food for Life Get Togethers



The Food for Life Get Togethers team is here to connect generations through good food, thanks to funding from the National Lottery Community Fund.

We are part of Food for Life, a major programme of the Soil Association, one of the UK's largest food and farming charities.

At Food for Life we champion good for all. This means a healthy, thriving population which buys, grows, cooks and eats good food.

We'll achieve this by making good food the easy choice for everyone, wherever and whenever they are.

## Why Food for Life Get Togethers?

Food for Life Get Togethers are events and activities that create meaningful connections between different generations through cooking, growing and eating good food.

These can help people and communities build a happy, healthy relationship with food, improving health and making communities stronger.

Food for Life Get Togethers are for people of all ages and backgrounds, helping everyone connect.

Food for Life Get Togethers help people have a healthy relationship with food and each other, regardless of their age or background.

We support events and activities throughout the year including Grandparent Gardening Week in Spring, The Big Lunch in Summer and World Food Day in Autumn.

No matter where you are or what kind of event you are running, if it's about bringing people of different ages together around food, we would love to work with you to help run and celebrate what's happening in your community.

## Creating meaningful connections

Meaningful connections do not happen just because different generations are in the same place at the same time. They happen when people interact and socialise with each other and/or work together on a shared task or towards a shared goal. Regular connections over time are even more meaningful for both individuals and the wider community.

## What do we mean by 'Intergenerational'?

- People of all ages and backgrounds coming together
- In practical terms, it means a 20+ year age-gap between participants.

## Get Involved

Get involved: find out more and register your event:

[www.foodforlife.org.uk/get-togethers](http://www.foodforlife.org.uk/get-togethers)

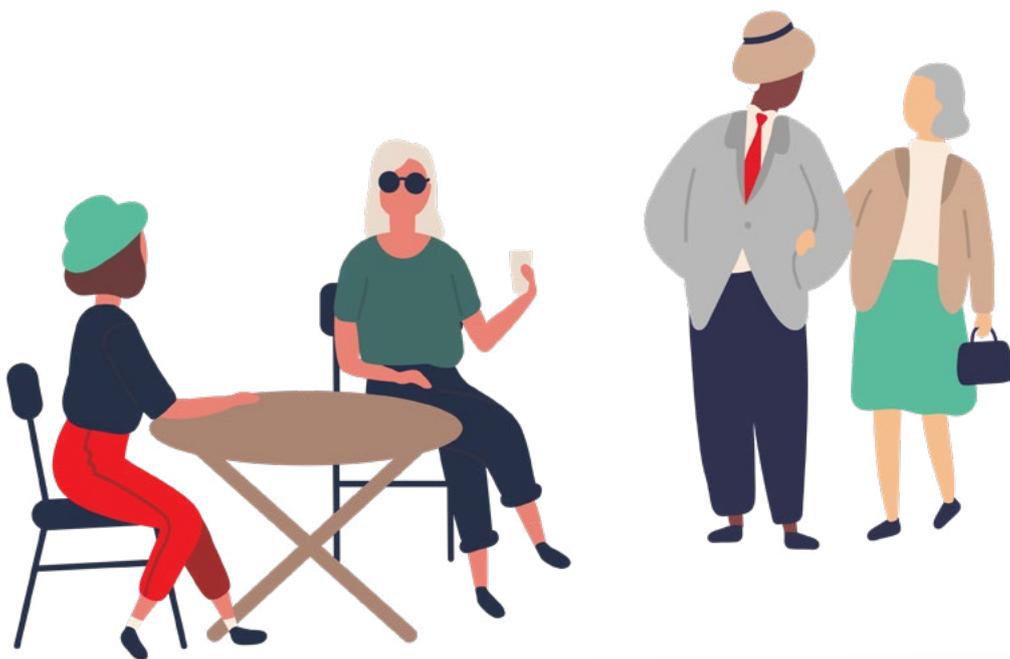
Get in touch: send us a question and include your name and postcode so we can link you up with your local team: [ffl@foodforlife.org.uk](mailto:ffl@foodforlife.org.uk)

# What is Intergenerational Practice?

Intergenerational practice involves projects, activities or events where people of different generations, who might otherwise never have connected, do things together in positive and creative ways building relationships, respect and trust.

It includes activities which remove barriers between generations and involves using skills and tools which enable groups to come together and share time and experience, develop friendships and lasting relationships.

A great example of intergenerational practice is organising a Food for Life Get Together, which could be any activity or event, big or small, where different generations come together to grow, cook or eat good food, or more besides! An advantage of using good food as a basis for intergenerational practice is that it can offer multiple benefits including improved physical and mental wellbeing as well as helping to reduce loneliness by creating natural opportunities for people of all ages and backgrounds to come together and build new friendships.



‘There is something about the act of sharing food, where people are vulnerable, and which allows everyone to contribute something and feel valued, that fosters trust and acceptance in a way that does not necessarily happen in other social activities’<sup>(2)</sup>

Ferguson and Thurman, 2019 : 11.

# 8 Principles of Intergenerational Practice

There are eight principles of intergenerational practice, which should be taken into account when adopting an intergenerational approach. Taken from: [Guide of Ideas for Planning and Implementing Intergenerational Projects](#), Teresa Almeida Pinto et al.

## 1. Mutual and Reciprocal Benefit

All participating generations should gain benefit.

## 2. Culturally Grounded

The needs context and attitudes of cultures differ widely. An approach adopted in one area may not work or be relevant in another due to these differences.

## 3. Participatory

The participants should be fully involved in shaping the activity and feel a sense of ownership – connecting the generations.

## 4. Strengthens Community Bonds and Promotes Active Citizenship

Engagement across the generations to emphasise positive connections with the aim of building stronger, better connected communities with increased social capital and citizenship.

## 5. Asset Based

Build on strengths for success, understanding and mutual respect.

## 6. Challenge Ageism

Both young and old are victims of ageism. Meeting each other means that they can explore who they really are and what they have to gain from each other.

## 7. Well Planned

Attempt to create positive changes which are an addition to naturally occurring processes.

## 8. Cross-disciplinary or Inter-disciplinary

Broaden the experience of professionals to become more involved in working in an inclusive way and to think much more broadly about how they undertake their work.



## Why bring different generations together in the first place?

Research suggests that participation in intergenerational activities and meaningful cross-generation relationships improves social and emotional skills of children and youth participants <sup>(3)</sup>

Intergenerational working benefits the whole community and can offer <sup>(4)</sup> the following:

- A sense of togetherness in the community among different generations
- Reduction in loneliness and social exclusion in both young and old
- Development of positive attitudes between generations
- Improved public wellbeing
- Increase community capacity
- Decrease age segregation
- Active citizenship
- Opportunity to learn new skills
- Time together, sharing food and ideas
- Sense of purpose
- Invigorate and energise older adults
- Reduce the isolation of older adults
- Help keep family stories and history alive

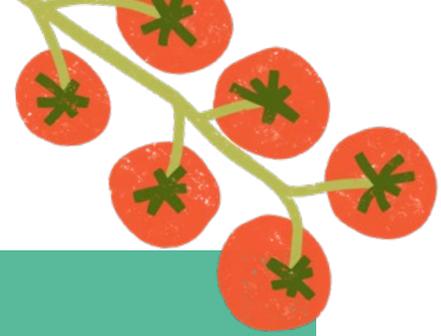


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(3) Centre for Intergenerational Practice: Beth Johnson Foundation, 2001

(4) Cameron Camp & Michelle Lee. (2011). "Montessori-based activities as a transgenerational interface for persons with dementia and preschool children." *Journal of Intergenerational Relationships*, 9, 366 – 373

# What is Good Food?



## At the Soil Association, we believe that good food is:

- **Good for health:** lots of fruit and vegetables, fish and wholegrains, less but better quality meat, and a lot less processed food.
- **Good for the environment:** in season, sustainably produced, low-climate impact, and the highest animal welfare standards.
- **Good for the economy:** grown by local producers, prepared by skilled and knowledgeable people paid a fair wage, and supporting a thriving economy.
- **Good for people:** sharing food, building relationships and bringing communities together.

Running a Food for Life Get Together is a chance to help more people access and understand good food, especially people who are denied such food in their daily lives because of where they live, their income, their home circumstances or other reasons.

We encourage everyone to embed good food within all Food for Life Get Together events and activities. However, it is of course important to be sensitive to the needs of who is taking part and plan accordingly.

For example, celebration events often include food that would be “unhealthy” if consumed regularly but which serves an important cultural purpose during the event or which helps bring people together by providing a treat.

It is also important to note that some older people are at risk of malnutrition and therefore can benefit from higher energy foods, especially those which are nutrient dense with plenty of vitamins and minerals.

Food for Life Get Togethers, if planned carefully, can help make good food the easy choice and enhance health and wellbeing as well as providing food that is good for nature and our climate.

We can help you run Food for Life Get Togethers using good food, with ideas and resources for activities available to anyone who registers their event.

Get in touch (see details on back cover) or [www.foodforlife.org.uk/get-togethers](http://www.foodforlife.org.uk/get-togethers)

## Benefits of using good food in intergenerational activities:

- Bring different generations together in purposeful, mutually beneficial ways.
- Promote better understanding and respect between generations and different ages.
- Be inclusive to the whole community.
- Build on positive resources that the different generations can offer each other and their community.
- Improve physical and mental wellbeing.



# Planning Intergenerational Interaction

Planning is one of the most important stages of your project. Bringing different groups of people together when they have never met requires preparation. People of all ages can be shy and apprehensive and such feelings can be magnified in unfamiliar settings or when they are unsure what is going on. Here are some things to think about when planning your event/activity:

- Warm up activities.
- More in-depth activities.
- Case Studies.
- Recipe Ideas.
- Online resources.



## When different generations meet we need to think about:

- Access to the venue and that abilities may not be shared across the groups (Consider where the activity will take place).
- Offering a welcoming space.
- Pre-conceived assumptions about each other.
- Different expectations in ways that different generations communicate with each other.

For the above reasons it is suggested that the groups from different generations meet within their own peer group before their first shared meeting. This will allow the opportunity to prepare to share:

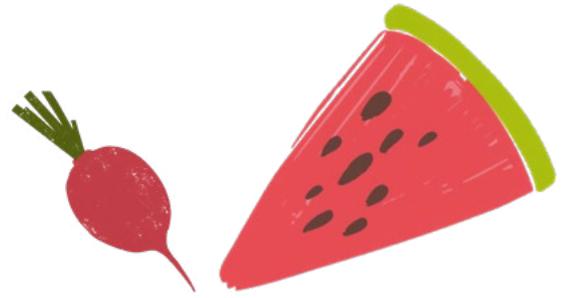
Ideas	Concerns	Pre-conceptions
Activities / Events / Projects taking shape		

Nearly all of the events / activities will begin with 'getting to know you' activities to bond the group with each other. It may be useful to:

- Develop codes of conduct.
- Understand similarities and differences between different generations.
- Discuss commonly held stereotypes of younger and older people.

Each event / activity / project will have broad aims through activities, for example:

- Different generations eating food together.
- Sharing seeds in allotment areas.
- Growing food and sharing tips.
- Cooking together.
- Sharing recipes and compiling a recipe book.



It is important to be flexible and to plan for activities and events that people want to take part in to help them meaningfully connect through food. One way to achieve this is to involve participants in the activity during the planning phase. By collaborating and “co-designing” activities from an early stage, they are more likely to succeed.

Building relationships during the activity, event or project may be down to individual pairing. As such:

- One-to-one relationships may develop.
- Some people may enjoy working together in groups.
- Sessions may be more active involving cooking, gardening, eating together.

Issues such as safety and child protection as well as relationships and interactions, knowing when to step back/intervene, involving children and older people in planning and evaluation, and working with other professionals are all areas that you need to consider when working with different generations.

See information on safeguarding on [page 24](#)

### Things to aim for:

- Changing negative perceptions of both groups.
- Involving older people in learning.
- Active citizenship among both younger and older people.
- Greater understanding between generations.
- Improving community spirit / cohesion.
- Increasing health and wellbeing due to reduced fear and more cohesion.
- Opening up community shared spaces for all ages.
- Positive outcomes for communities as places in which to grow up and grow old in.



## Some Activity Ideas

- Wildlife search
- What lives and grows on the community allotment/ garden
- Ethical BBQ – using vegetarian or high welfare meat
- Apple pressing
- Making jam from foraged berries.
- Sunflower competitions
- Cooking from the produce you have freshly grown
- Creating a recipe book
- Build raised beds in urban spaces
- Picnic in the park
- Community seed swap
- Plant food in a care home grounds
- Plant an orchard
- Food memory booklet
- And many more!



Add your own activities here

# Planning Your Food for Life Get Together

Anyone, anywhere in the UK can organise and hold a Food For Life Get Together by registering your activity, project or event through the [Food for Life Get Togethers website](#). The Food for Life Get Togethers team, and our partners, can then offer you support in various ways to make your event a great success.

Please see [page 18](#) for Food Safety Information to help you run a safe Food for Life Get Together

## Existing Events to Take Part In

Examples of events that already take place which you might consider taking part in are:

### Spring

**Grandparent Gardening Week** is about sharing stories, re-living old memories and making new ones. It's open to everyone, whether they're green fingered or have never picked up a trowel. Whether they are 90 or 9, we want to see people talking to those in their community they may not normally cross paths with.

<https://www.foodforlife.org.uk/get-togethers/get-involved/events/grandparent-gardening-week>

### Summer

**The Big Lunch** brings millions of people together on the first weekend in June each year, to share food, have fun and get to know each other a little better. Big Lunches come in all shapes and sizes, so why not start planning yours your own way, today. [www.thebiglunch.com](http://www.thebiglunch.com)

### Autumn

**World Food Day** calls for action to make healthy and sustainable diets affordable and accessible to everyone. A World Food Day Get Together is about sharing good food – food that is good for us, good for the planet and good for the local economy.

<https://www.foodforlife.org.uk/get-togethers/get-involved/events/world-food-day>

Anyone, anywhere in the UK can organise and hold a Food For Life Get Together by registering their activity, project or event through the Food for Life Get Togethers website:

[www.foodforlife.org.uk/get-togethers/register](http://www.foodforlife.org.uk/get-togethers/register)

Information about all these activities, and more, can be found on the Food for Life Get Togethers website [www.foodforlife.org.uk/get-togethers/](http://www.foodforlife.org.uk/get-togethers/)

# Measuring the Impact

Measuring changes which occur because of intergenerational practice helps everyone to understand what works well, how things work in practice and what might not work so well. There are a whole range of impacts and changes that you might be interested in measuring. Examples of impact are:

- Changes to an individual's wellbeing
- Changes to peoples' perspectives about different generations
- The development of friendships
- Increased confidence
- Increased/new knowledge and skills
- Changes in peoples' perception of what makes good food
- Changes in attitudes

Changes that occur for people or groups of people are sometimes referred to as social impacts.

To evaluate the impact of intergenerational practice it is helpful to organise information into inputs, outputs and outcomes/impacts.

Tools and methods that can help to capture data include surveys, interviews, photos, films, posters to record anonymous feedback etc. It is always important to ask a person for their permission to involve them in evaluation and to let them know what you plan to do with the evaluation data. Any data collected should be anonymised.

Carrying out regular and routine collecting of information is known as monitoring. To collate an overall view of the project to see the difference it has made when introducing intergenerational practice.

## Gathering regular feedback can:

- Improve delivery
- Influence decision making
- Influence policy
- Provide additional funding and backing
- Help address problems and challenges



Research is still relatively new in the area of intergenerational practice across Britain. It is really useful for projects to carry out evaluation that provides an assessment of the outcomes especially around the intergenerational relationships. This can be carried out in a variety of ways.

**INPUTS** are the raw materials for activities, events or projects.

**OUTPUTS** describe what was done to implement activities, events or projects. They do not describe the benefits or value.

**OUTCOMES** offer a sense of the benefits of the activities, events or projects.

### INPUTS may include:

- Technical expertise.
- Relationships.
- Personnel / Staff / Partners.
- Purchasing Equipment.
- Venue Use.
- Volunteers.
- Commissioning Guidelines.
- Other Technical Assistance.

### OUTPUTS may include:

- Number of sessions delivered.
- Number of people attending.
- Number of meals eaten
- Number of people completing evaluation / questionnaires.



### OUTCOMES may include:

- Young & Older people get to know each other and develop friendship and trust.
- Gain greater understanding of other generations / challenge stereotypes.
- Changes in perception.
- Increased confidence.
- Enjoyment.
- Greater understanding of good food



# Links to Policy and National Outcomes

Intergenerational approaches contribute towards policy development and local and national outcomes in many ways. Used correctly an Intergenerational approach can support local authorities in meeting their own plans which can assist community planning and empowered communities.

It can be useful to look at the policies relevant to you and see how the work that you are involved in fits into any of them.

For this reason we have listed a selection of policies / strategies that may be of significance when you are looking at your project. For example planning policies and decisions should aim to achieve healthy, inclusive and safe places promoting social interaction, 'including opportunities for meetings between people who might not otherwise come into contact with each other – for example through mixed-use developments, strong neighbourhood centres, street layouts that allow for easy pedestrian and cycle connections within and between neighbourhoods, and active street frontages'

You will have local strategies within your own areas and best practice is to always align your activities to these local priorities set by communities who know their own area best if your project / event / activity fits in with any of the national priorities it will add strength to the project especially if you wish to find new resources such as funding for the project.

## **National Planning Policy Framework (Section 8)**

[www.nationalplanningpolicyframework-GOV.UK](http://www.nationalplanningpolicyframework-GOV.UK)

## **A Connected Society – A Strategy for Tackling Loneliness**

[www.gov.uk/consultations/call-for-evidence-on-approach-to-loneliness-strategy](http://www.gov.uk/consultations/call-for-evidence-on-approach-to-loneliness-strategy)

## **Connected Communities: Tackling Loneliness & Social Isolation Wales**

[www.gov.wales/connected-communities-tackling-lonelinessand-socialisolation](http://www.gov.wales/connected-communities-tackling-lonelinessand-socialisolation)

## **The National Performance Framework Scotland**

[www.nationalperformanceframework.gov.scot](http://www.nationalperformanceframework.gov.scot)

## **A Connected Scotland: Our Strategy for Tackling Loneliness & Isolation**

[www.gov.scot/publications/connected-scotland](http://www.gov.scot/publications/connected-scotland)

## **A Fairer Scotland for Older People**

[www.gov.scot/publications/fairer-scotland-older-people](http://www.gov.scot/publications/fairer-scotland-older-people)

## **Useful links for groups/organisations in Northern Ireland**

[www.belfastcity.gov.uk/community/Seniors/age-friendly-belfast.aspx](http://www.belfastcity.gov.uk/community/Seniors/age-friendly-belfast.aspx)

[www.fermanaghomagh.com/article/positive-ageing-campaign-in-the-west-2/](http://www.fermanaghomagh.com/article/positive-ageing-campaign-in-the-west-2/)

[www.newrymouredown.org/living-well-together](http://www.newrymouredown.org/living-well-together)

[www.communities-ni.gov.uk/articles/community-planning](http://www.communities-ni.gov.uk/articles/community-planning)

# Further Resources for People Holding a Food for Life Get Together



The following resources are intended to help you run a Get Together with guidance and information about particular topics. These resources are not yet exhaustive and more are being developed throughout the programme so do please get in touch to find out about the latest materials available.

Please also note that the guidance given here does not replace any local policies you or organisations you work with may be required to follow.





# Providing food at community and charity events

**Guidance on providing food in a community setting for volunteers and charity groups. It includes advice on registration, certificates, food safety and allergen information.**

Food supplied, sold or provided at charity or community events, such as street parties, school fetes or fundraisers, must comply with food law and be safe to eat.



## 1. Event organisation

If you handle, prepare, store and serve food **occasionally and on a small scale**, it is unlikely that you will need to register as a food business.

You may need to register with your local authority as a food business if you provide food on a regular and organised basis.

The Food Standards Agency and Food Standards Scotland provide guidance on the application of EU food hygiene law.

If you are unsure about the status of your event, please get in touch with your local authority food safety team for more information about whether you need to register or not.

The following information is for events that fall into the unregistered category.

### Food hygiene certificates

You do not need to have a formal qualification or have attended recognised food safety courses to make and sell food at charity events.

However, you need to make sure that you handle food safely. In addition, it may be a requirement from those letting out halls or venues where such events take place, that formal certification is required. Nevertheless, it is not a legal requirement in food law and by following the advice in this guidance you should be able to keep people safe.

If you would like to take part in a course to obtain a food hygiene certificate, please get in touch with your local authority Environmental Health Department.

As the regulations do not specify the need for a formal training course or certification for food handlers, children are able to assist with food preparation at charity and community events.

However, it is very important that they have adequate supervision to ensure good hygiene practices are followed.

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### Information taken from

[www.food.gov.uk/safety-hygiene/providing-food-at-community-and-charity-events](http://www.food.gov.uk/safety-hygiene/providing-food-at-community-and-charity-events) (England, Northern Ireland, Wales)

[www.foodstandards.gov.scot/downloads/Community\\_and\\_charity\\_events\\_v3.pdf](http://www.foodstandards.gov.scot/downloads/Community_and_charity_events_v3.pdf) (Scotland)

## 2. Keeping food safe



Following the 4Cs of food hygiene,



will help you prepare, make and store food safely.

Here are some general practical tips for when you're making food for large numbers of people:

- Plan ahead – if you can prepare food in advance, keep it cool or freeze it
- Wash hands regularly with soap and running warm water
- Always wash fresh fruit and vegetables
- Don't wash raw meat before cooking it
- Keep raw and ready-to-eat foods separate
- Do not use food past its use-by date
- Make sure your fridge is between 0–5°C
- Keep food out of the fridge for the shortest time possible
- Always read any cooking instructions and make sure food is properly cooked before you serve it

- When cooking poultry, rolled meat joints, stews, casseroles, minced meats and meat products, ensure the centre reaches a suitably high temperature, for example 75°C or above
- Even if people are waiting for food don't reduce the cooking times
- Keep pets away from areas where food is being prepared
- Ensure that food preparation areas are suitably cleaned and sanitised before and after use and wash equipment you are using in hot soapy water
- No one should be involved in preparing or serving food if they have had signs or symptoms of food poisoning in the past 48 hours

When serving food, it is not necessary for the food handler to wear gloves, it is a personal choice. They are not a substitute for good personal hygiene and can become contaminated with bacteria in much the same way as hands can, even when they are new, and should be kept clean and sanitised in the same way as bare hands. Gloves can be useful for covering or protecting damaged skin or protecting hands from risk of developing skin conditions (such as dermatitis, which can be caused by prolonged food handling and wet work such as dish washing). When selecting gloves bear in mind that some people have an allergy to latex or develop one from regular contact. Alternative glove materials include nitrile, vinyl, rubber and plastic.

## 3. Keeping food



### Chilled food

Food that needs to be chilled, such as sandwich fillings served as part of a buffet, should be left out of the fridge for no more than four hours. After this time, any remaining food should be thrown away or put back in the fridge. If you put the food back in the fridge, don't let it stand around at room temperature when you serve it again

### Use-by dates

Use-by dates are on perishable foods and show how long the food remains safe to eat or drink. Check and follow the use-by dates of the food you serve. Food cannot be supplied in any circumstances if its use-by date has passed. This also applies if you are supplying people with packaged food from a food bank.



### Vulnerable groups

It is important to understand who you are serving because some people are more susceptible to getting food poisoning or becoming seriously unwell with it.

Vulnerable persons are those at a higher risk of food poisoning, usually because their immune system does not work so well. These are people who are pregnant, children under 5, elderly people and those with certain long-term medical conditions or on particular drug treatments.

Some foods, such as soft cheeses, pâté, raw shellfish and cooked sliced meats are more likely to cause food poisoning in these groups of people. Vulnerable groups can eat raw or lightly cooked eggs and foods such as soft-boiled eggs, mousses, soufflés and fresh mayonnaise as long as the eggs are produced to a high standard, such as under the British Lion Code of Practice or an equivalent scheme. These eggs are considered very low risk of containing Salmonella



### WRAP date labelling guidance

[www.wrap.org.uk/sites/files/wrap/labelling-guidance.pdf](http://www.wrap.org.uk/sites/files/wrap/labelling-guidance.pdf)

provides advice on how to safely redistribute surplus food and avoid food waste.

### 3. Allergen information



A food allergy is when the body's immune system reacts unusually to specific foods. The food the body reacts to is known as the allergen.

The symptoms experienced differ from person to person and effects may include:

- gastrointestinal complaints
- skin reactions
- potentially life-threatening anaphylaxis – which can include swelling, clammy skin, difficulty breathing and wheezing, rapid heartbeat, light-headedness/loss of consciousness

#### Preparing safe food for someone with an allergy

If your activity does not need to be registered as a food business, you don't have to provide information for consumers about allergens present in the food as ingredients. However, we strongly recommend that you do so as best practice.

Food allergens cannot be removed by cooking, so it is important that they are managed carefully. The following advice is our guide to best practice when you prepare food, keeping in mind those people with food allergies:

- Double check ingredients listed on pre-packed foods for allergens
- When making foods, clean work surfaces and equipment thoroughly using hot, soapy water to ensure traces of anything you may have cooked before are removed

- Keep a note of the ingredients used in your dish to share with those running the event
- If someone is allergic to something, simply taking it off their plate isn't enough. Even a tiny trace can be enough to cause an allergic reaction
- Provide allergen information to the people attending the event
- Follow advice for avoiding cross-contamination in the kitchen

If you are unsure whether or not you should be registered, you should speak to your local authority's Environmental Health department. They will be able to advise you regarding signage requirements and general allergen guidance.



## Which foods are allergens?

EU Food Information for Consumers Regulation (EU FIC) Annex 2 identifies 14 substances or products causing allergies or intolerances which must be identified to consumers when used as ingredients in food.

Although there are 14 substances or products causing allergies or intolerances which are identified by EU FIC, people can have allergies to foods which are not included on the list to the right.

The same level of care must be taken when preparing all foods.

- celery
- cereals containing gluten – wheat (including spelt and Khorasan), rye, barley and oats
- crustaceans e.g. prawns, crabs and lobsters
- eggs
- fish
- lupin
- milk
- molluscs e.g. mussels and oysters
- mustard
- nuts – almond, hazelnut, walnut, cashew, pecan, Brazil, pistachio, macadamia/Queensland
- peanuts
- sesame seeds
- soya
- sulphur dioxide and sulphites (where added and is above 10 mg/kg in the final product)



## 4. Cooking and preparation

### Barbecues

When you're barbecuing, the biggest risk of food poisoning is from raw and undercooked meat.

But following a few simple tips can keep your barbecued food safe and tasty:

- Wash hands after touching raw meat and before handling other food or equipment
  - Check the centre of the food – meat isn't necessarily cooked inside just because it looks charred on the outside, use a food thermometer to check the core temperature is 75°C
  - Make sure chicken, pork, burgers, sausages and kebabs are cooked all the way through
  - If you don't have a food thermometer check there is no pink meat, and juices run clear
  - To help cook food thoroughly, cook the meat indoors (in a pan, grill or oven), then finish it off on the barbecue for that chargrilled flavour
  - Even if people are waiting for food don't reduce the cooking times, serving undercooked meat can give people food poisoning
- Frozen food should be completely thawed before you start to cook it
  - Keep raw meat in sealed containers, separate from other foods. That way it won't contaminate them with bacteria
  - Use separate plates and utensils for raw meat to avoid cross-contamination with ready-to-eat foods such as bread rolls and salads
  - Don't use a sauce or marinade for cooked food that's had raw meat in it
  - When the charcoal is glowing red with a powdery grey surface, it's ready for you to start cooking
  - Keep food moving on the barbecue, so it cooks evenly



## Buffets

Many foods included in a buffet, such as cold meats and sandwich fillings, require chilling and should be left out of the fridge for the shortest time possible and for no more than four hours. After this time, any remaining food should be thrown away or put back in the fridge. If you put the food back in the fridge don't let it stand around at room temperature when you serve it again.

All foods which are to be held hot prior to serving must be kept above 63°C. These foods should be placed in appropriate equipment, for example a pre-heated bainmarie/hot cabinet, as soon as possible after reheating or cooking. Once food has been cooked, if you want to re-heat it for an event it should be chilled as quickly as possible and refrigerated before being re-heated to 82°C. However, this is not required of food that would be spoiled by reheating to this level. Remember food should only be reheated once.



**Good luck with your  
Get Together!**

## Cakes and baked goods

You can serve homemade cakes at community events. They should be safe to eat, as long as the people who make them follow good food hygiene advice:

- Keep a note of the allergen ingredients
- Make sure that cheesecake and any other cakes or desserts containing fresh cream are left out of the fridge for the shortest time possible
- When handling cakes use tongs or a cake slice
- Store cakes in a clean, sealable container, away from raw foods, somewhere cool and dry
- Children can take part in food preparation at charity and community events, but it is very important that they have adequate supervision and good hygiene practices are followed

## Using jam jars

It is safe to re-use glass jam jars to supply home-made jam or chutney as long as the jars are free from chips and cracks and are properly washed and sterilised prior to each use. Well-fitting lids will also minimise any hygiene risks to the food in the jars.

## Food transportation

- Food should be transported in clean suitable containers
- Any foods being transported should be kept out of the fridge for the shortest time possible
- For foods that need to be kept cool use clean cool bags or boxes for transportation

# Safeguarding children and at risk adults

## When hosting a Food for Life Get Together, event leaders must:

- prioritise safety.
- ensure risk assessments are completed and all parties are in agreement on Safeguarding Children Implementation Plan.
- ensure Health and Safety procedures are in place, adhered to, and that equipment is both checked regularly and removed from use if found at fault.
- ensure incident, accident forms, insurance, and arrangements for first aid procedures are in place.
- ensure incidents/suspected incidents are always recorded on Incident Reporting Form.
- ensure all children and joint age groups will be adequately supervised and engaged in suitable activities at all times – not to be left unsupervised.
- ensure there is an adequate child/staff ratio to deliver activities safely with designated DBS, Disclosure Scotland or Access NI, checked leaders in the room at all times.
- keep a check on all visitors and guests to the premises/room being used. Check they are there by invitation, not unsolicited, and supervised to ensure welfare of children at all times.
- not put children into situations where they or the child may be at risk of physical injury or personal danger.
- not spend time alone with a child. If an unavoidable situation does arise, contact time should be as brief as possible with staff member remaining in view at all times. Ensure other staff are informed of what is happening.
- not find themselves in sole charge of children in i.e. a school or community group. If this does happen, staff should raise their concerns with the school,



# General Data Protection Regulation (GDPR)

Collecting personal information as you plan or deliver your activity will require sensitivity and confidentiality. General Data Protection Regulation (GDPR) states that everyone who is responsible for using personal must follow strict rules 'Data protection principles' which give people specific rights in relation to their personal data. Organisations/ Groups must ensure that the information is used:

- Fairly, lawfully and transparently.
- For specified explicit purposes.
- In a way that is adequate, relevant and limited to only what is necessary.
- Accurate and up to date (where necessary).
- Kept securely, protection against unlawful or unauthorised processing, access, loss, destruction or damage.

There is a strong legal protection for more sensitive information:

- Race/ethnic background / political opinion / religious beliefs / trade union membership / genetics / biometrics / health / sex life or orientation.
- Criminal Convictions & Offences is separately safeguarded.

GDPR will affect each organisation / group differently based on your specific data processes.

Further information can be found at: <https://www.gov.uk/data-protection>



# Frequently Asked Questions About Cooking And Selling Food At Community Events.

## “I’m a volunteer that sells food at charity / school events. Do need a food hygiene certificate?”

No. Food hygiene certificates are not a legal requirement. If you are selling or handling food at a charity event, you need to do so safely – and the information provided on this page will help you do that – but a qualification is not essential.

## “I’m making food for lots of people at a fundraising event. What general safety advice can you give me?”

When you’re making food for large numbers of people, it’s important to keep food safe. Here are some general practical tips:

- Plan ahead – if you can prepare food in advance and freeze it, this should make things easier later but do ensure it is properly defrosted when you come to use it.
- Wash your hands regularly with soap and water, using hand sanitisers if hand washing facilities are not available.
- Always read any cooking instructions and make sure food is properly cooked before you serve it. Even if people are waiting to eat, don’t reduce cooking times.
- Ensure that food preparation areas are suitably cleaned and sanitised after use and wash any equipment you are using in hot soapy water.
- Keep food out of the fridge for the shortest time possible.
- Always wash fresh fruit and vegetables.
- Keep raw and ready-to-eat foods apart.
- Do not use food past its ‘use by’ date.



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\*This guidance has been taken from the Food Standards Agency website

# More About the Intergenerational Experts



**Generations  
Working  
Together**

## About Generations Working Together

Generations Working Together is the nationally recognised centre of excellence supporting the development and integration of intergenerational work across Scotland. GWT was established in 2007 as the Scottish Centre for Intergenerational Practice and became a registered Scottish Charitable Incorporated Organisation (SC045851) in 2015.

GWT's vision is to live in a Scotland where different generations are more connected, and everyone has the opportunity to build relationships that help to create a fairer society. Our mission is to develop, expand and improve intergenerational practice.

By intergenerational work we mean projects, activities or events where people of different generations who might not otherwise meet each other do things together in positive and creative ways. Intergenerational work includes any activities which remove and break down barriers between the generations.

GWT provides a range of face to face and online training opportunities, a library of resources, organise events, facilitate local networks across Scotland and deliver pilot projects, all of which support and encourage the involvement of volunteers and grass roots projects as well as the more strategic levels of management and government. Importantly we connect individuals and organisations who work across different generations building trust and respect which creates long lasting friendships. Together through intergenerational work the different generations can share their skills and learn new ones identifying solutions on how to address local problems and challenges in their communities.

GWT has more than 3000 members across Scotland and supports 18 local intergenerational networks, each meeting 2 to 4 times a year. The networks cover most of Scotland from the Scottish Borders to the Highlands and Islands and consist of a rich mix of community and public service groups (volunteers and paid staff) that currently use or want to learn how to use intergenerational approaches for the benefit of local communities and the people who live there.

GWT has contributed to the development of Scottish Government Policy and is widely recognised as the go to organisation in respect of intergenerational practice. GWT works closely with intergenerational experts and colleagues from across the UK and further afield in Spain, America, Sweden, Austria, Australia, New Zealand and Korea.

[www.generationsworkingtogether.org](http://www.generationsworkingtogether.org)

# More About the Intergenerational Experts



## Who are Linking Generations Northern Ireland?

LGNi have led the way in connecting generations in communities across NI since 2009 and are the only NI organisation solely focusing on the development and promotion of intergenerational (IG) approaches to address societal issues in NI. Our vision is that Northern Ireland will be a place where all generations are respected, understood, connected and engaged together in their communities. To achieve this LGNi offer opportunities to bring generations together in lots of different places for lots of different reasons.

LGNi have developed a Northern Ireland wide infrastructure to enable them to provide their services on a regional basis via the coordination of local intergenerational networks. Our networks bring together local people, communities, organisations and policy makers interested in bringing generations together. LGNi coordinate network meetings enabling members to find out about intergenerational opportunities, share ideas/learning, access training, support and resources. Sign up to your local network via [www.linkinggenerationsni.com/join](http://www.linkinggenerationsni.com/join)

LGNi is part of the Beth Johnson Foundation (former host of UK Centre for Intergenerational practice) based in Stoke on Trent who were responsible for the development of intergenerational practice as a professional/specific approach in the UK and associated training and resources to support this. LGNi operate in NI but share learning, practice and resources developed in partnership with BJB and also work closely with Generations Working Together in Scotland.



## Further Information



Apples & Honey Nightingale, [www.applesandhoneynightingale.com/](http://www.applesandhoneynightingale.com/)

Beth Johnston Foundation [www.bjf.org.uk/about-us/age-friendly](http://www.bjf.org.uk/about-us/age-friendly)

Generations Working Together [www.gensrionsworkingtogether.org](http://www.gensrionsworkingtogether.org)

Gulbenkian Foundation, [gulbenkian.pt/uk-branch/our-work/transitions-in-later-life/](http://gulbenkian.pt/uk-branch/our-work/transitions-in-later-life/)

Intergenerational Activities Source Book, Penn State University 2003

Linking Generations Northern Ireland, <https://linkinggenerationsni.com/about-us/>

Springate, I., Atkinson, M. and Martin, K. (2008). Intergenerational Practice: a Review of the Literature (LGA Research Report F/SR262). Slough: NFER.

The Centre for Policy on Ageing [www.cpa.org.uk/](http://www.cpa.org.uk/)

The Toy Project, The TOY for Inclusion Toolkit

[www.toyproject.net/wp-content/uploads/2018/05/TOY4Inclusion-TOOLKIT\\_final\\_18-May.pdf](http://www.toyproject.net/wp-content/uploads/2018/05/TOY4Inclusion-TOOLKIT_final_18-May.pdf)

The Toy Project Consortium (2014) Together Old & Young Toolkit. A Training Manual for Intergenerational Learning Initiatives, Leiden: The TOY Project



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**The Soil Association thanks all our partners in the Food for Life Get Togethers programme. These are:**

**The National Lottery Community Fund**  
[www.tnlcommunityfund.org.uk/](http://www.tnlcommunityfund.org.uk/)

**Generations Working Together**  
[www.generationsworkingtogether.org](http://www.generationsworkingtogether.org)

**Eden Project Communities**  
[www.edenprojectcommunities.com](http://www.edenprojectcommunities.com)

**Linking Generations Northern Ireland**  
<https://linkinggenerationsni.com>

**The Big Lunch**  
[www.thebiglunch.com](http://www.thebiglunch.com)

**Food Sense Wales**  
[www.foodsensewales.org.uk](http://www.foodsensewales.org.uk)

**The Royal Voluntary Service**  
[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

**Incredible Edible Networks**  
[www.incredibleedible.org.uk](http://www.incredibleedible.org.uk)







**The Soil Association** is working with communities across the UK to co-create a lasting movement where Food for Life Get Togethers are regularly happening across the UK.

**The Numbers:** Over a minimum of four years, we will help people hold at least 10,000 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 happy, healthy relationships with food and improved health and wellbeing.

For more information and support about running your own Food for Life Get Together please get in touch:

[www.foodforlife.org.uk/get-togethers](http://www.foodforlife.org.uk/get-togethers)

[ffl@foodforlife.org.uk](mailto:ffl@foodforlife.org.uk)



**GET TOGETHERS**

Bringing people together through food



**COMMUNITY FUND**