



“ This course has changed  
the way we cook and eat  
as a family ”

*,Annie, mum & Celebrate Family Food graduate*



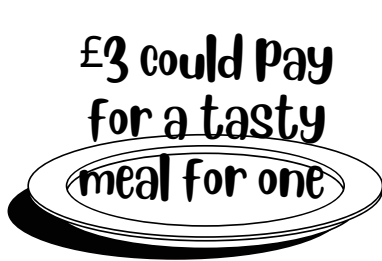
Sponsor for a season,  
feed for generations

for as little as  
10p a day!

“ Give a man a fish he will feed himself once, teach a man to fish , and he will feed himself over and over... ”

We have likely all heard this proverb, but in times of financial turbulence it is increasingly important that families have access to sustainable food support that helps them to help themselves. This is what makes our recipe box project different to a food bank; we focus on equipping people with the skills to make a lifelong impact.

## What difference does sponsorship make?



Celebrate Family Food relies solely on fundraising to cover all of our costs. We have a combined fundraising approach including grants and donations. Regular sponsors enable us to plan ahead and say **yes!** to a family in need without making them wait.

## Nourishing more than just tummies

Our recipe project goes hand-in-hand with our Stay & Play ministry, offering a safe and warm space for families to socialise twice every week. Almost 75% of the families on our food courses have subsequently engaged in Stay & Play, which provides them with long term social support and reduced isolation. Our food project is step one on the journey for vulnerable families becoming part of a kind and caring community.



# How it works:

We buy, prepare and portion the food for our in-house recipes




Families collect a box containing all they need to create 3 family dinners  
twice per week = 6 meals received every week



Families follow the easy instructions to cook their meals together, getting children involved too! Mealtimes become precious family times instead of stressful chores for parents




Families re-use the recipe cards to make long term changes to their food shopping, meal planning and cooking habits

Difficulty:  Medium

## Carbonara

with bacon and sweetcorn


Time:  35 minutes

1st time - made mummy - tasty  
2nd time - Daren & Emilia made  
also added parmasan & mozzarella  
garlic bread - homemade

Chopping board

**Make it your own!**  
Traditional carbonara uses spaghetti, but you could swap for your favourite type of pasta instead - penne, fusilli, bows! See what tastes best to you!

Celebrate Family Food  
Charity no. 1125784

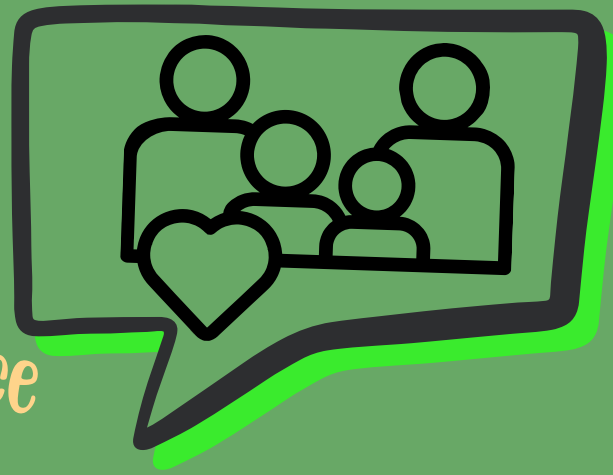


We keep in touch through Stay & Play, and signpost families to ongoing support and fellowship opportunities



# How families describe the course:

amazing  
friendly  
super duper  
yummy  
fun  
inclusive  
tasty  
Saving grace  
helpful  
welcoming



## What can our sponsors expect from us?



Every penny goes towards the costs of providing meals for families



Regular updates about the difference your sponsorship is making



An open invitation to visit and see the project in action!

## How to get involved

If you would like to join us on our mission to feed families for a lifetime, become a Celebrate Family Food sponsor now!

Visit our website or contact our team, who would be delighted to talk you through our sponsorship process.