

# THE BIG LUNCH



Today was a life enhancing day... I visited the Brickworks Community Centre kitchen with @edencommunities and @fareshareuk to talk about sustainable recipe ideas and the importance of social eating for connection to help raise the awareness of Eden Project's campaign to bring people and communities together for the greenest Big Lunch yet on 1-2 June.

I gave a cookery demonstration and a talk about how best to use leftovers. Afterwards we all sat and enjoyed lunch together along with other dishes that inspiring volunteers had made. Listening to their stories of what they do in their communities and the change they make was so humbling and a reminder of what is truly important.

Brickworks is in a complex featuring 23 council homes, along with community halls, a rooftop garden, kitchen and café. The centre offers a friendly meeting place for people living in one of London's most diverse areas, supporting local people through life challenges including problems with finances, childcare, food insecurity, employment, discrimination and loneliness.

The community centre works with FareShare who supply surplus food that's passed on to those who need it most in the nearby neighbourhood. The surplus food charity has recently joined forces with The Big Lunch to highlight the importance of sharing friendship, food, resources, and skills as part of the annual UK-wide campaign.

I'm going to organise a Big Lunch in my community, would you like to do the same? Come on say YES! Head to [www.thebiglunch.com](http://www.thebiglunch.com) for details. Please follow @edencommunities & @fareshareuk to see the brilliant work they do xx