

**There is something you can do about HIV & AIDS : join the Food Chain / The Food Chain (UK) Ltd.**

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THERE IS SOMETHING YOU CAN DO ABOUT HIV & AIDS

# JOIN THE FOOD CHAIN



People living with HIV often experience periods when the illness renders them housebound. Sometimes they are too weak to cook themselves proper food, let alone go to the shops. A cycle of undernourishment can then develop, accelerating the progress of the illness.

There is currently only one group dedicated to solving this desperate problem. **Us.**

We are The Food Chain, a voluntary organisation that supplies and delivers specially prepared, nutritionally balanced meals free to people who are housebound with HIV related illnesses. We are dealing with an illness that not only weakens the body but debilitates the will to live. The regular visits from Food Chain volunteers make an immediate and real contribution to supporting both.

Our service is highly confidential. We only use private unmarked cars - for all the world it looks like a friend dropping in a take-away.

All our volunteers are carefully screened to be sure they are both suitable for the task in hand and have the necessary commitment to become a regular member of our team. They cover the whole spread of our activities - cooks, kitchen staff, office administrators, operations co-ordinators, fundraisers, drivers, navigators, directors and trustees.

The service users are referred from a wide variety of sources - Health and Social Services, GPs, clinics, other HIV/AIDS organisations and so on. It's very much a matter of pride with us that we never turn anyone away. They come from all walks of life, single people, couples, even families with children.

As a charity, The Food Chain is dependent entirely on donations and grants from local health authorities. Unfortunately, we are having to live with a regular shortfall. Only some of the boroughs where we operate give us financial support. And whilst private donation is a lifeline, it is sadly, not enough for what needs to be done.

Keeping going demands long-term, reliable support, both physical and financial. Which means we have a constant need for both volunteers and money. Our supporters realise that there is something that can be done now about HIV and AIDS. The illness itself can be beaten but it will take time.

**We are helping to buy that time**

**"Thank you so much for your help over the last year. To me the Food Chain is more like a lifeline."**



## FACTFILE

**HISTORY**

We began in 1988, at Christmas, providing meals for just 20 people. Our service has now grown to cover more than ten times that number each Sunday. It extends to providing meals for their partners, carers or family members living with them as well. At Christmas, Easter and other holiday times we also deliver groceries and other seasonal treats. As funding becomes available we'd naturally like to make the delivery of groceries a regular Food Chain feature and the supply of fresh hot meals a daily event.

**NUTRITION**

Each week the Food Chain cooks and delivers more than 200 hot meals from two community centres, in North and South London. From these sites we can cover most of the central area of London, and we are negotiating for two further centres, in East and West London, to give us comprehensive cover.

All meals comply with the 1990 Food Safety Act and are carefully produced to provide the maximum in nourishment and taste, in consultation with our Dietitian. Special delivery routes have been devised to make sure everyone receives their meal fresh and hot. We are also happy to meet any special diet, be it based on medical or ethical grounds - Gluten-free, Diabetic, Vegan, etc.

**A SAMPLE MENU**

Tricolour pasta salad with pesto and spring vegetables

Roast stuffed lamb with new potatoes, broccoli and honey-glazed carrots

Pear and rhubarb crumble with vanilla custard

**SERVICE USERS**

Service users must be referred in order to be registered with TFC. Referral can be through your local doctor, health centre, clinic Social Worker or through one of the HIV/AIDS agencies. If you are unsure, please call the office.

**VOLUNTEERS**

The Food Chain is managed and run by more than 400 volunteers. We need cooks, kitchen helpers, operations

co-ordinators, office organisers, fundraisers, drivers and navigators. To find out more please call the office.

The Food Chain is entirely financed by donation and grants. Much of our money comes from the kindness of private contributors, too numerous to mention.

**STAFFING**

In July 1991 Pippa McNichol was appointed Project Manager, our first full time employee.. Since Pippa's appointment, the organisation has grown to the extent where additional staff are required. The Food Chain is looking to employ a services administrator, a volunteer co-ordinator and a finance office administrator. With your help we can achieve our goals.

The Food Chain (UK) Limited is a registered charity; No: 1003014. Our company registration number is 2580505. and we are located at 100 Shepherdess Walk, London N1 7JN Telephone : 071-250 1391

**Feeding the fight against HIV & AIDS**

**"Before I received your meals my appetite was non-existent and flagging. Now it is being re-stimulated and I have actually put on a little weight."**

