

I want to give more than money : a little time... a little effort... a dash of salt and pepper... / The Food Chain.

Contributors

Food Chain (Organization)

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**I want
to give
more
than
money**

A little time . . .

A little effort . . .

A dash of salt

& pepper . . .

FEED THE FIGHT AGAINST HIV AND AIDS

People living with HIV often experience periods when the illness renders them housebound. Sometimes they are too weak to cook themselves proper food. 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: The Food Chain.

Since Christmas 1988, this registered charity has delivered specially prepared, nutritionally balanced meals to people with HIV and AIDS.

It's the organisation's volunteers – kitchen helpers, cooks, drivers & navigators – who regularly give up a few hours each month to cook and deliver the meals. They prepare the finest fresh meats, fruits and vegetables on Sunday mornings at our kitchens, and create deliciously appetising three or four-course meals.

In consultation with our Dietitian, each is designed to provide the maximum in nourishment and taste. We are also happy to meet any special

diet, be it based on medical or ethical grounds – gluten-free, diabetic, vegan, etc.

The meals are then swiftly packed in hotboxes, and transported in private cars to Food Chain service users. Special delivery routes have been devised to make sure everyone receives their meal fresh and hot. From our four London kitchens, over 200 people receive meals, every Sunday.

But, there are always more people who could benefit from the service, and in the future we would like to make the supply of fresh hot meals a daily event. We can't do that without help from potential volunteers like you.

That's why we're asking you to join us. We need operations co-ordinators, office organisers, fundraisers, and especially cooks, drivers and navigators. We'd like you to spend some time in one of our kitchens on a Sunday, and make a real difference to our users.

To find out about becoming a volunteer for The Food Chain, fill in the form on the right. Help feed the fight against HIV and AIDS.



THERE'S SOMETHING YOU CAN DO . . .

- The Food Chain's service is highly confidential. We only use private cars for deliveries, which look for all the world like a friend dropping in a take-away.
- Service users are referred from a wide variety of sources – Health and Social Services, GPs, clinic, other HIV/AIDS organisations and so on.
- All meals comply with the 1990 Food Safety Act and are carefully produced to provide the maximum in nourishment and taste.

BECOME A VOLUNTEER FOR THE FOOD CHAIN . . .

**YES, I want to support
The Food Chain.**

Please tick

- Please send me more information about becoming a volunteer.

I am particularly interested in:

- Cooking Driving/Navigating
 Fundraising Other _____

- I am unable to offer my time at the moment, but please accept my donation for £

Please send this form to:

**THE FOOD CHAIN
52 DEPTFORD BROADWAY
LONDON SE8 4PH**

The Food Chain (UK) Limited is a Registered Charity
No: 1003014. Company Registration No: 2580505.

Name _____

Address _____

_____ Postcode _____

Tel _____

I want to do something, but ...

I can't cook ...

If you can microwave a lasagne, you can become a Food Chain kitchen helper. All new volunteers are given an induction course, and lead cooks guide you through the preparation of meals every Sunday.

I've only a few hours to spare ...

A few hours is all we need. Cooks spend around four and a half hours cooking on Sunday mornings, drivers just three and a half in the mid-morning to afternoon. This short time makes a big difference to our users.

I couldn't come every week ...

You don't have to. The Food Chain's volunteers are organised around a rota system that means that you can cook every third, fourth or fifth Sunday. Of course, you can come every week if you want to.

What some of our service users have said about our service . . .

*“I have been in catering for
twenty years and the meal you
sent to me last week was the best
I have ever had.”*



*“I only rang to say ‘thank you’. I had
my first meal on Sunday, it really
was fantastic. I didn’t expect anything
quite like that. It did me the power
of good and I’m looking forward to
the next one.”*

*“I hadn’t eaten for two weeks, but
the meal gave me back my appetite
and I have now put on 7lbs.”*

**THE
FOOD
CHAIN**

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