

COOKING FOR A CAUSE

TEAMING UP TO COMBAT HUNGER.

BENEFITS & RESULTS

- Boosts morale and team spirit
- Makes a tangible, immediate impact on hunger
- Supports core values of community service
- Fosters strategic thinking and resource management skills
- Builds collaboration and team communication



BUILD A TEAM. MAKE AN IMPACT.

Your team can make an impact on hunger in your community. *Cooking for a Cause* allows corporate groups to compete with each other, have fun and perform meaningful team building activities that help create donations of prepared foods and bundles of groceries for people in need! It's a feel-good, do-good program that really energizes teamwork, and provides connection between team members, the community and your company's core values.

THE GAME:

Cooking for a Cause is three-part culinary collaboration which involves making a hot dish (lasagna), creating peanut butter from scratch for delicious PB&J sandwiches which are used in children's healthy lunch bags, and putting together full canvas grocery bags with necessary staple items for needy families in your community.. Each phase of the competition offers fun, creative challenges which get teams energized and eager to participate and to make a difference! Your team will donate all of this food to local area Food Banks, Homeless Shelters, and /or other charities serving the people in need in your own community. Each team will write a personal note to the recipients wishing them well and noting that this is an effort of your firms community outreach program.

To put these important donations into perspective and to help the participants better comprehend the issues of hunger and homelessness in the United States, the activity begins with a brief quiz on hunger and homelessness. This quiz is a critical component that provides a context for the donation, and an illustration of how surprisingly prevalent the issue of hunger is in today's society.

PROGRAM LENGTH:
Approximately 3 hours

GROUP SIZE:
12 - 300

TEAM SIZE:
5 - 7 people per team

SPACE REQUIREMENTS:
We request a space consisting of a minimum of 30 square feet per person, which includes both the food preparation and dining areas. Our approach allows us to come to your favorite hotel, conference center, winery or auditorium, allowing for easy planning.

IDEAL USE:

- Morale Booster
- Holiday Parties
- Community Service Days
- Company Retreats/Events

"Thank you for partnering with DC Central Kitchen in combating hunger. We are using your food as part of the 4,500 meals we distribute each day to about 100 shelters and social-service agencies in the DC Metropolitan Area."

J.S. – DC CENTRAL KITCHEN

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Each team selects their answers and facilitators reveal answers and tally scores. Results may be utilized as part of scoring to determine an overall competition team winner.

The following are the key components to the *Cooking for a Cause* program. Each has a minor competition element to build excitement and energy during the event.

PART 1: THE COOKING COMPETITION

Which team can make the most delicious lasagna? Our culinary judges decide after teams create their own dishes with some hearty ingredients, as well as guidance, lots of creativity and panache! Your teams will make plenty to eat, and will get to savor and enjoy their delicious creations together, as well as donate them to an organization that serves those in need.

PART 2: THE GREAT PB & J CHALLENGE

Groups work to make and package up to 20 peanut butter and jelly sandwiches per group, to be distributed at a soup kitchen or street food distribution program. The twist? Participants will make their own peanut butter! The competition? Which team can shell their peanuts the fastest? Talk about great team building fun! Ingredients and equipment are provided. Teams must strategize and use their resources and manpower wisely to beat the competition. When through, teams package sandwiches and snacks for distribution to soup kitchens or local food programs. As an option, they may put stickers on them that read "Please Enjoy This Sandwich, as a Gift from the Employees of (company name)".

PART 3: FOOD BAG DONATION

Whether you choose to have a company Food Drive (we'll give you all the information to make it a success!) or have us arrange to have bulk quantities of nonperishable foods on hand at the event, your team will enjoy creating full food bags for needy families in your community. The only catch is that they need to complete 3 challenges to earn the supplies to assemble the perfect food bag! From earning a reusable tote bag to hold the food, to the materials to decorate the bag, and the food itself, there will be fun, laughter and great teamwork in play. Challenges include the Egg Walk Relay! Teams will write a letter to the family that receives each food bag. It's a great personal touch.

If possible, staff from the benefiting organization will personally accept donations at the event, and will convey thanks and appreciation.



"Thank you so much for the wonderful Fare to Share food donation. The end result was approximately 200 pounds of food which provided over 150 meals, which went to use immediately."

P.C. – GREATER BOSTON FOOD BANK