

**STARTER KIT**

# **GREAT COOK**

**MEAL PREP AND BATCH COOKING  
WITH NEIGHBOURS**



# ABOUT THE PROJECT

Great Cooks are a fun and easy way for neighbours to save time and money by preparing their meals in advance using a batch cooking method.

It's simple, someone on your street shares a recipe, you then change the ingredients until you've got enough to make 5-6 portions of that dish per person. You can choose breakfast, lunch or dinner and it's best with dishes that are easy to cook in large portions like curries, soups, tray bakes, jams, chutneys or bread.

Each neighbour brings along one ingredient and together you make a week's worth of meals, ready to be taken out of the fridge each day.

You'll be surprised how many of the same ingredients are used to cook different meals in each household.

Great Cook can also be Baby Cook or Family Cook where parents prepare bulk meals together.

In this kit you'll find the essential cooking equipment to cook in bulk, big pots and lots of reusable tupperware so you can get started right away!



# WHAT'S IN THE KIT



100

MEAL PREP  
CONTAINERS



3

BULK 15KG  
STORAGE  
CONTAINERS



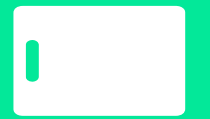
1

FRYING  
PAN



2

LARGE  
POTS



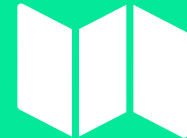
10

CHOPPING  
BOARDS



1

SET OF  
MEASURING  
SPOONS



PROMOTIONAL  
MATERIALS



SUPPORT



WORKSHOP  
& TRAINING



INSURANCE

# WORKSHOPS & NETWORKS

To help with the planning and organising of your Tomorrow Today Street, a number of workshops have been designed and scheduled across a 5 week period. These workshops will be scheduled at different times and repeated each week so everybody has a chance to join in!

Workshops will be informative and informal, guiding you and your neighbours through the nitty gritty details of the projects work and how you can start them on your street.

Follow the link to keep updates: [https://www.facebook.com/pg/weareeveryone.org/events/?ref=page\\_internal](https://www.facebook.com/pg/weareeveryone.org/events/?ref=page_internal)

## HOW TO ORGANISE TOMORROW TODAY STREET

How to plan and organise a Tomorrow Today Street with your neighbours. Learn how to get others involved in your neighbourhood and start a team. We'll go through ways to asset map ideas to get you and your project started.

Some of the projects require online Health and Safety training which we will explain how to carry out and complete.



## HOW WE WORK

Learn about our principles and how they can help you to make your project inclusive and welcoming to all of your neighbours as the project grows.



## DIGITAL BRIEFINGS

Introduction to the digital tools you can use to support the Tomorrow Today Street projects. We'll go through the uses of different social media platforms and softwares, and follow easy steps.



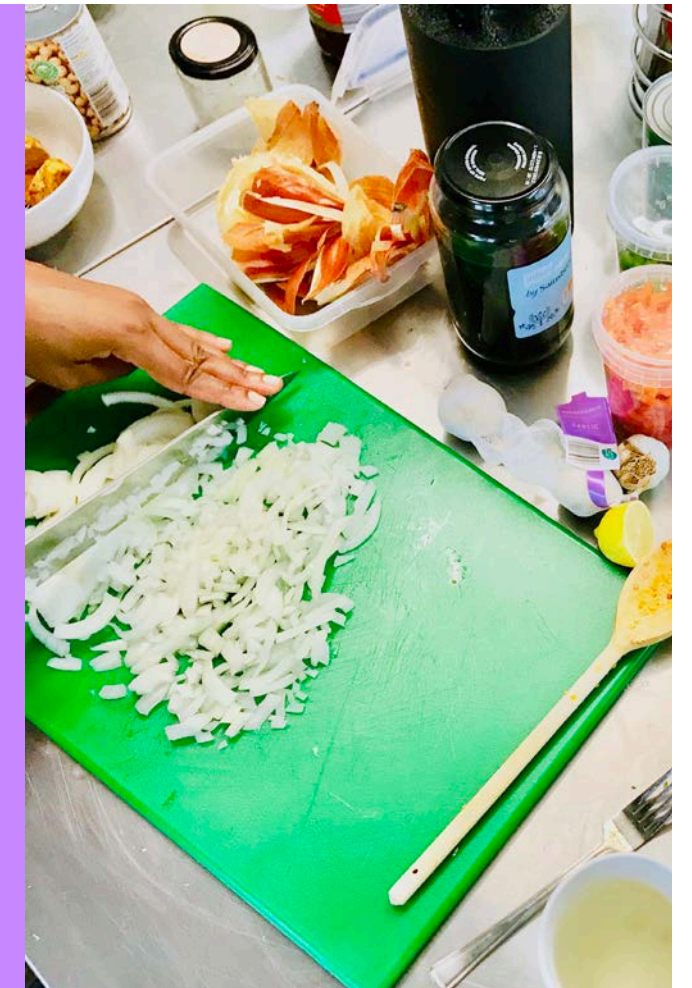
## WHAT'S GREAT COOK?

Join this workshop to find out all the information and inspiration you need to get ready for running a Great Cook. You will get a look at what's included in the starter kit and how you can organise a Great Cook where you live.



## CONNECTING WITH MY LOCAL AREA

Come along to this workshop and let's work out by asset mapping what resources and tools there are in your local area to help run a Great Cook. What kitchen spaces are there? Are there any local allotments with surplus fruit and veg? Are there any local high street grocery stores that have surplus food?



## NOT TOO MANY COOKS IN THIS KITCHEN!

Bouncing ideas off each other is all part of being in a team and the beginnings of a great project! And cooking together is a very social thing to do. This workshop will focus on our love of food! Share ideas of healthy foods that can be batch cooked together. Feel free to share ways you like to cook and general tips and tricks!

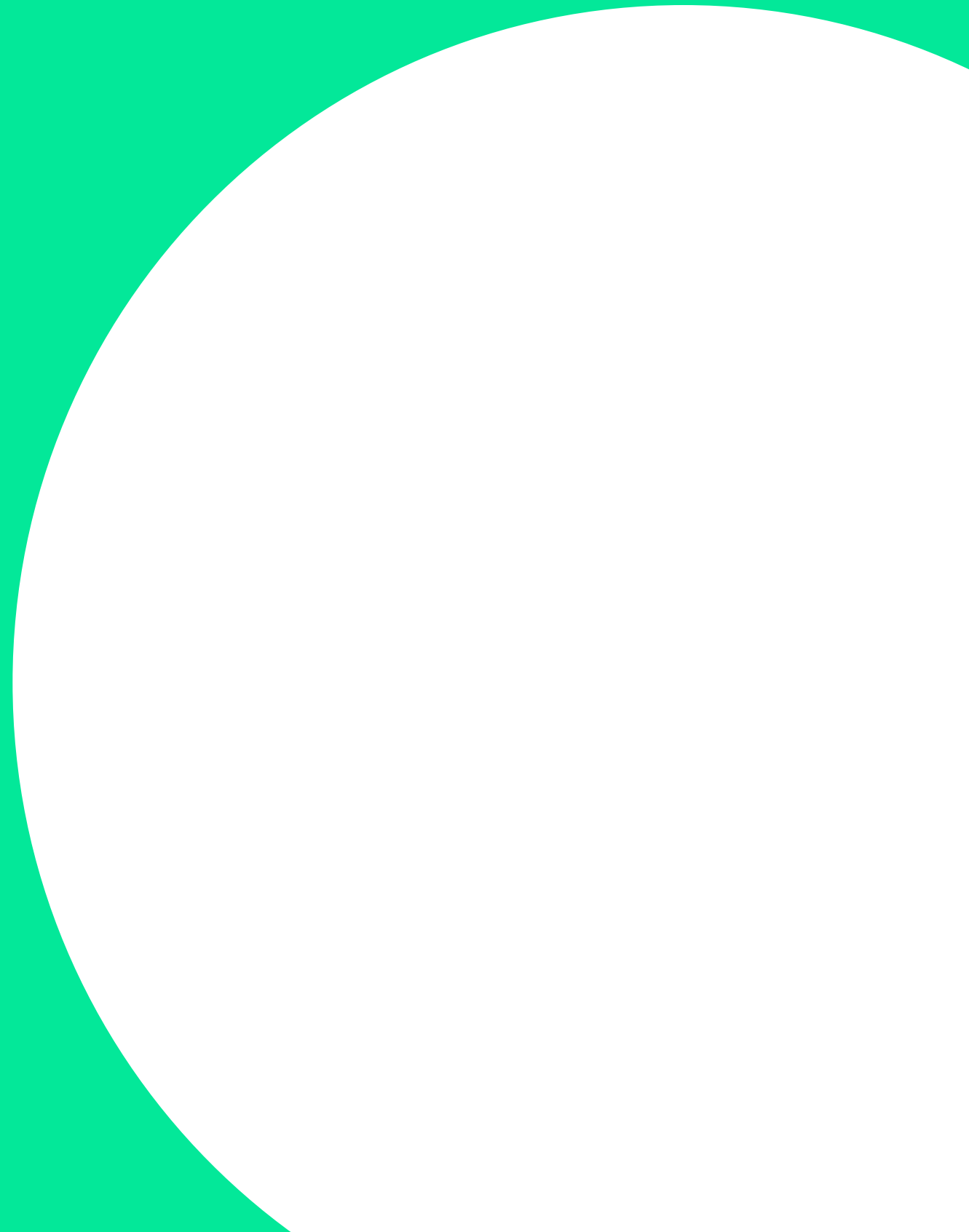


## BASIC CURRY SAUCE

Join in on this fun activity on how to make a basic curry sauce/masala. This is the start of any curry and can be adapted to your preference. This aromatic sauce may come in handy for future Great Cook meal prepping!



# THE BIGGER PICTURE



# ABOUT EVERY ONE EVERY DAY

For the past two years Every One Every Day has been working with people across the borough, joining together to share skills, start projects and make friends. Residents have been pouring their creativity and energy into these projects, ranging from cooking, making, sewing, playing, growing, sharing, composting, film and writing.

## WHAT IS EVERY ONE EVERY DAY ABOUT?

There are five high street shops around the borough and one large public makerspace called The Warehouse in Thames.

People pop in to have a cup of tea and share their project or collaborative business idea and then work with the design team.

Over the last two years the project has grown a large enthusiastic network of over 6000 local people, who are doing practical things together to make everyday life better for everyone.

So far more than 150 neighbourhood projects have started with lots of local people participating, with as much or as little support as needed, including cooking, beekeeping, growing, making, repairing and much more.

Many small things done by many people really add up, and really do make friendly, healthy and happy neighbourhoods.

Lots of wonderful things are being achieved by local people, families, friends and neighbours!

## HOW DOES EVERY ONE EVERY DAY WORK?

Practical hands on ideas – not lots of meetings Every One Every Day builds on the ‘hands on’ projects that people have been creating over the last few years in their own neighbourhoods. These types of projects welcome people from all walks of life.

These projects include:

- Sharing skills, spaces and resources.
- Families working and playing together.
- Batch cooking and community meals.
- Food growing and tree planting.
- Trading, making and repairing.



# HOW IT WORKS



1

APPLY TO BECOME a TOMORROW TODAY STREET WITH a SIMPLE FORM

2

TALK TO the TEAM ABOUT HOW THE PROJECT WORKS

3

YOU'LL GET 3 STARTER KITS SENT TO YOU WHEN YOU CONFIRM

4

CREATE CONTACT LISTS THROUGH FLYERS AND POSTERS

5

START WORKING ON 3 PROJECTS WHEN THEY ARRIVE

6

ONLINE ACCREDITED TRAINING FOR YOUR TEAMS

7

LAUNCH STREET PARTY

8

HOLD WORKSHOPS WITH NEIGHBOURS TO SURFACE SKILLS AND IDEAS

9

CHOOSE from 21 other PROJECTS WITH YOUR 20 POINTS

10

LEARN WITH OTHER TOMORROW TODAY STREETS





# INCLUSIVE PRINCIPLES

HOW THE TOMORROW TODAY STREETS WILL WORK WITH NEIGHBOURS AND THE EVERY ONE EVERY DAY TEAM

**1**

**OPEN TO EVERYONE  
- NOT EXCLUSIVE GROUPS OR CLUBS**

Anyone can start a Tomorrow Today Street, as long as you live in the borough you're ready to go! If you need help connecting with your neighbours to get started the Neighbourhood Shop Teams are ready to help.

**2**

**EVERYONE IS VALUED, ON AN EQUAL FOOTING**

The whole street matters! Starting a Tomorrow Today Street means creating space for everyone to have a say in picking projects, planning and taking part.

**3**

**PROJECTS THAT BENEFIT THE WHOLE STREET - NOT JUST INDIVIDUAL HOUSEHOLDS**

The projects are designed to work together and benefit everyone in your street. The Starter Kits are full of great bits for everyone on your street to use, it's important to make sure that material and equipment are accessible and are easy to borrow and keep safe.

**4**

**PRACTICAL SPEEDY WAYS OF WORKING IN PROJECT TEAMS - NOT COMMITTEES**

It's important that when planning the projects to start on your street, you and your neighbours share responsibility and make decisions together so you can get started quickly. Different people will form small teams around each project, and those who are actively involved will have the most influence over the decisions.

**5**

**CHILDREN ENCOURAGED TO BE INVOLVED IN PRACTICAL PROJECTS AS MINI-MAKERS - NOT JUST SPECTATORS**

There's always something for the kids! Across the 24 projects you'll find lots of activities that children and young people can host, take part in, learn from and enjoy! At Every One Every Day children are mini-makers, creating, learning and sharing their skills.

**6**

**SUPPORT FROM EVERY ONE EVERY DAY**

The Every One Every Day team will help you every step of the way. They will support your street with lots of tools, ideas and plans to kick off your Tomorrow Today Street the right way. We're learning and researching together to make everyday life better in your street.

# BIG TEAMING ON YOUR STREET

Every person on your street has something amazing they can contribute to making your Tomorrow Today Street wonderful! Big teaming is a different way of working, the aim is to get as many people in your street benefiting and contributing from these practical projects as soon you can.

Often with neighbourhood projects committees are established to control and direct activity. This is mostly done because small groups may be managing money and some kind of governance is required. Working through committees often leaves people working on them exhausted, it can slow things down, and make it hard to move things from talking to action and cause people to lose interest.

The Tomorrow Today Street project is set up so that people can get things done and done quickly, not wasting any precious enthusiasm.

The Starter Kits come complete with equipment, materials, insurance and support so there is no need for governance around money in the usual way.

The aim of big teaming is to allow smaller groups of people to collaborate together on individual projects that engage their skills and ideas and fit within their daily life. For example 4 people may come together to start a bread making project like Loaf — that bakes regularly and shares this bread with neighbours. Another set of neighbours may come together to plant and look after an orchard, share the harvest or arrange jam making. A group of parents may collaborate to start a walking bus.

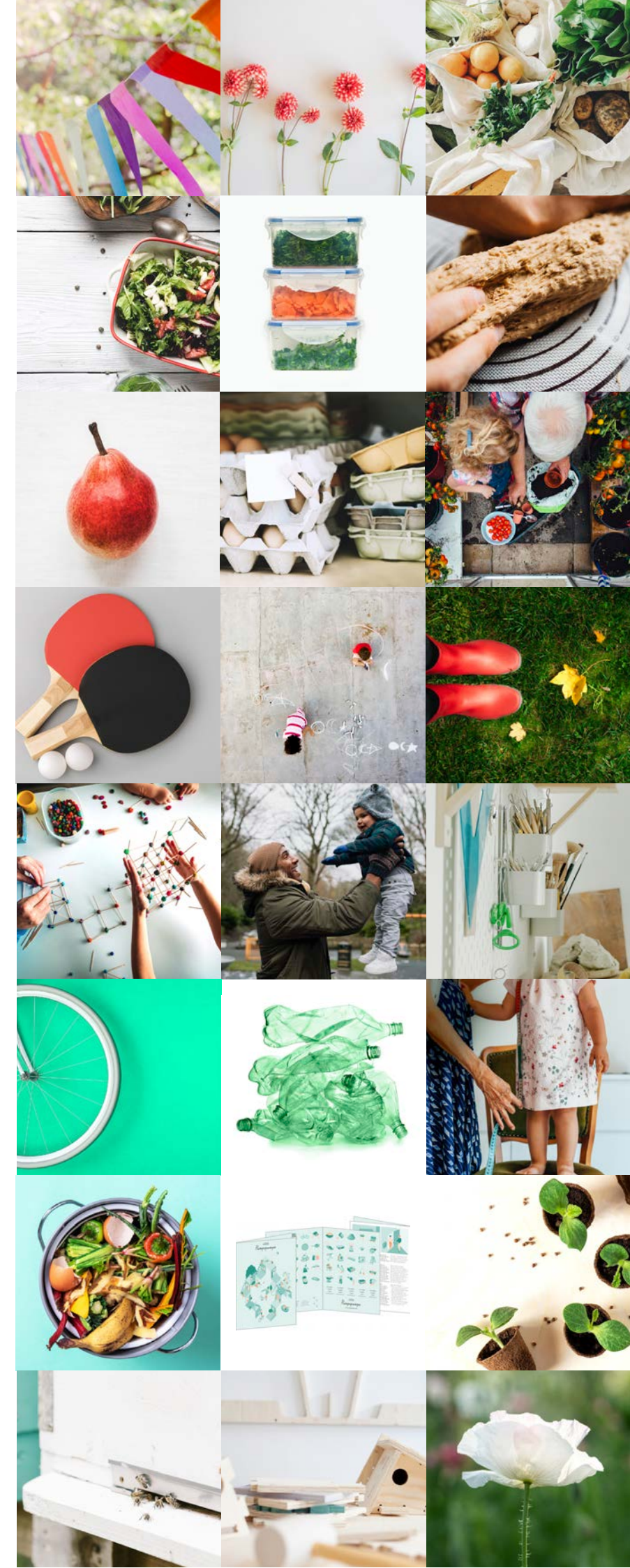
As the teams and projects grow - many people will participate and be involved, get to know their neighbours and share ideas, food, skills and friendships.

Every Tomorrow Today Street has automatic projects which will help neighbours get to know one another better. Decisions will

need to be made about which other projects will be chosen for your street.

A Every One Every Day team will arrange a workshop for your street where this can be discussed and projects chosen. Importantly, skills and enthusiasms will need to be gathered from people who attend the workshop and those who couldn't make it.

If three people come forward during this process and want to start one of the projects together, all efforts should be made to make this happen as quickly as possible.



# TOOLS TO ACT

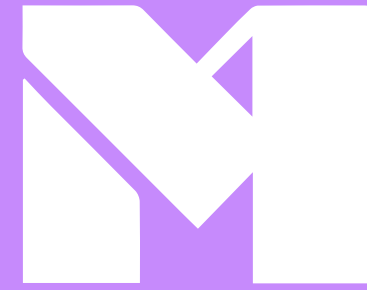


# DIGITAL TOOLS

There are many digital tools you can use to help you and your neighbours stay organised, plan together, share ideas and show your street to the world.

You will learn exactly how each digital tool could help you and which one is best for your street in the Digital Briefing Workshop (see workshop section).

The every one every day team will help you set up to organise your tomorrow today streets using some of these platforms.



## MIGHTY NETWORK

A social platform where you can organise as a street, document your progress and find all information regarding workshops.



## WHATSAPP

A great app for sending instant messages and pictures, Whatsapp is a great tool to chat and organise with your neighbours.



## INSTAGRAM

You can use Instagram as a photodiary, sharing lovely pictures of your street with family, friends and the world!



## MONDAY.COM

A great planning website which will help you create task lists with deadlines and assign roles to each person on your team. You can create a Monday's board with your Street Mentor so they can help you plan and stay on track.

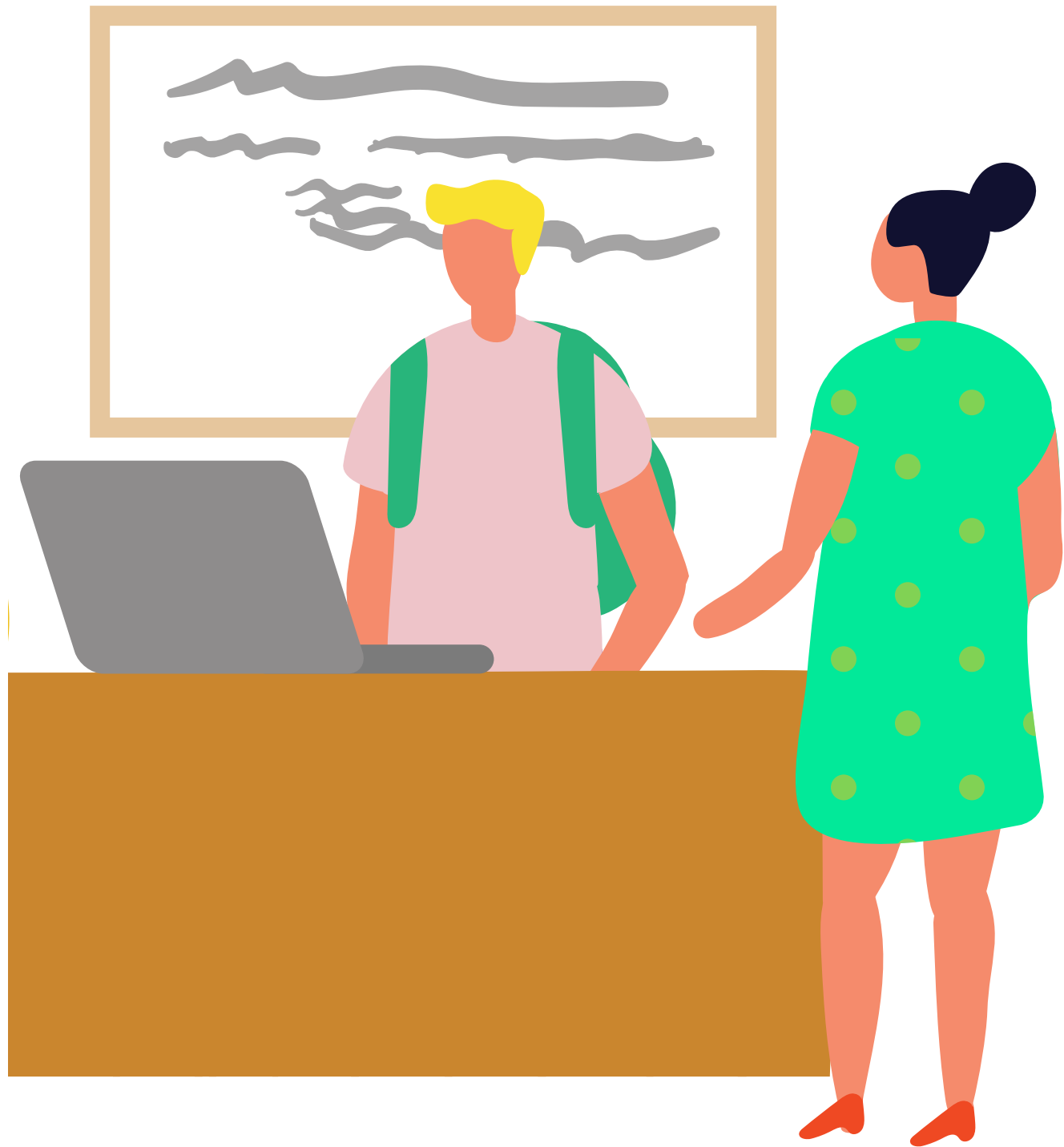


## MURAL

A giant online notepad you can use to draw plans, create moodboards and workflows.

# RESEARCH

SHARE THE STORY OF YOUR STREET



## BECOMING A MEMBER OF EVERY ONE EVERY DAY

As your Tomorrow Today Street grows and more of your neighbours become involved, it's important that they become members of Every One Every Day so they are covered by the insurance policy and can take part in the programmes evaluation. A simple online digital sign up form has been created for you to share at sessions.

## INTERESTING RESEARCH ROLES

Research isn't just about writing notes and recording numbers. You and your neighbours can take on different roles to keep track of your project and showcase all the amazing work you'll be doing together. The Photographer, The Counter, The Maker and The Writer are all roles for people to find creative ways to tell your streets story.

- Your experience setting up the project, what kinds of conversations did you have with neighbours, which themes came up and experience of working together with other residents?
- How many meals did you make?
- What kind of resources or equipment are useful to make it easier to batch cook together?
- Feedback + photos from people who have shared recipes, is it something you would make again? What did you enjoy about it?
- List of frequently requested items.
- The challenges.
- The unexpected developments.
- The highlights.
- The project in your words, how do you describe it, what has been the most effective invitation for getting new people involved?

## EVERY ONE EVERY DAY PRIVACY POLICY

Download and share the privacy policy with neighbours taking part in sessions so they know exactly how their information will be used.

# HEALTH & SAFETY

To ensure the safety of everyone, we ask that residents running a Great Cook have certain training prior to the event. This is to align to our insurance policy - just incase!

The free training provided will be Food Hygiene Level 2

This simple training will make sure that we know how to keep ourselves and each other safe. There are also some simple things to bear in mind when cooking. Keep these in mind and share with others taking part in any activities.



**WASH YOUR HANDS  
BEFORE STARTING,  
TOUCHING ANY RAW  
FOOD OR EGGS.**

**CLEAN AND PREP  
ALL SURFACES.**

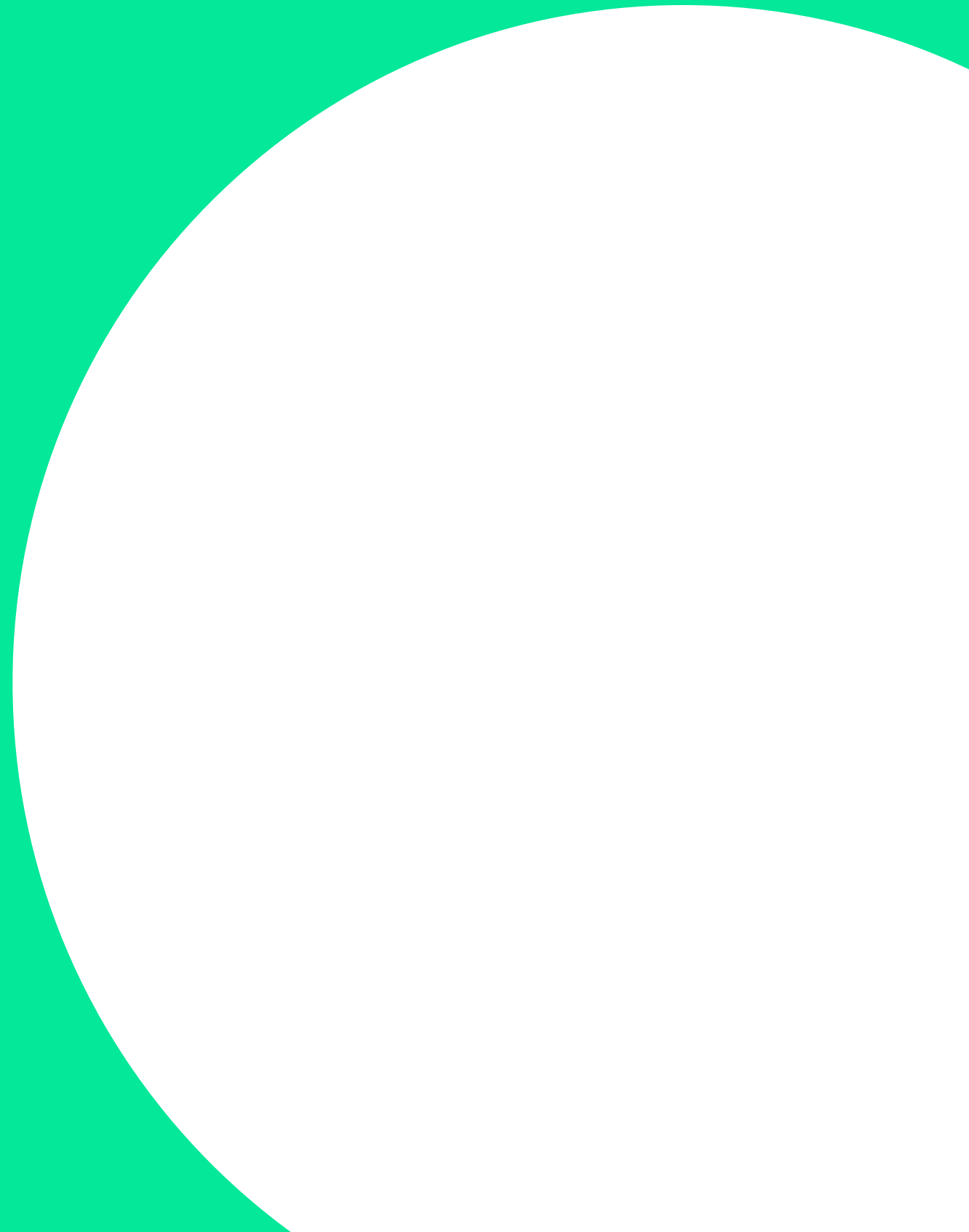
**BE CAREFUL WITH  
SHARP KNIVES.**

**KEEP LOOSE LONG  
HAIR TIED BACK.**

**USE OVEN MITTS  
WHEN MOVING TRAYS  
FROM THE OVEN.**

**MAKE SURE ALL UTENSILS  
ARE CLEAN BEFORE  
USING.**

# GETTING NEIGHBOURS INVOLVED



# ROLES IN YOUR STREET

Tomorrow Today Street projects include a variety of roles that allows different people on your street to get involved in ways that best match their individual interests, skills and abilities. Here are some examples of roles that you might need for your street.

## TEA MAKER

You will have the very important role of spreading positivity and putting smiles on faces by making and sharing warm beverages as everyone joins in with activities, sessions and games.

## MEETER & GREETER

Help your neighbours feel welcomed as they show interest and join in with your project.

## PHOTOGRAPHER

As the photographer, your role will be to capture memories and moments that shows your street as you take part in projects together. Ideas: how neighbours make decisions, how ideas grow and how much fun you have and what you learn during projects.



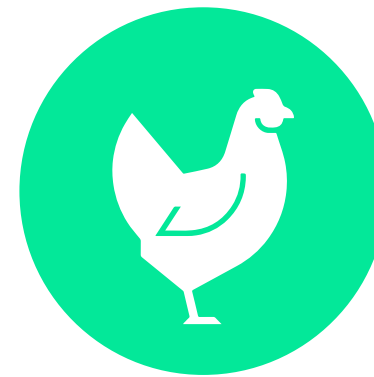
**GAMES MASTER  
(HEAD OF GAMES)**



**BEE  
BUDDY**



**STORYTELLER**



**CHICKEN  
WHISPERER**



**FIRST  
AIDER**



**PING PONG  
PLAYER**



**SHOPPER**



**WASHER  
UPPER**



**COOK**





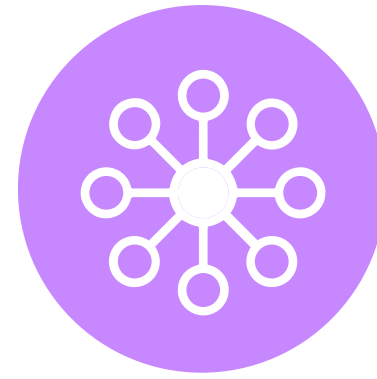
PHOTOGRAPHER



NATURE  
LOVER



TEA  
MAKER



CONNECTOR



RECYCLER



COMPOSTER



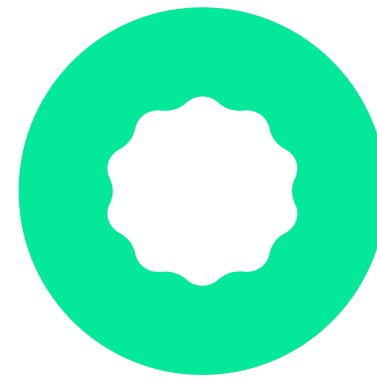
MEETER &  
GREETER



CLOTHES  
MENDER



FILM  
MAKER



BADGE  
MAKER



BAKER



KNITTER



WRITER



DIY  
EXPERT



RESEARCHER



DOG  
WALKER



LISTENER



MAKER

# HOW TO COMMUNICATE

There are as many ways to communicate as there are ways to help each other out! For your group conversations, you can use a WhatsApp or Facebook group that everyone can join to stay up to date.

People over the world have different ways to talk to their neighbours, from putting up a note on their windows to writing nice messages on post-it notes... let your imagination fly!

A phone call to check in, a chat over the fence or on the street are also all good ways to share some neighbourliness.

For the less tech savvy amongst the group, these add a personal touch that all the other formats may not, so don't underestimate how far a text can go!

There are loads of ways to get neighbours involved, and a simple conversation is usually a good way to get things going. If there are neighbours you know that have children around a similar age, a knock on the door and a quick chat never goes a miss.

You can also put one or several posters up on your street to describe what the project is about and how your neighbours can get involved.



## WHATSAPP

Whatsapp groups have become very popular because they allow people to send and receive messages, pictures, videos and voice notes.

Your Street Mentor can help you moderate your group if you need or give you advice on how to manage the group.

## LEAFLETS, POSTERS & NEWSPAPERS

Posting leaflets through doors, and putting posters in the area helps inform those who you may not reach through door knocking.

You can leaflet to get people involved in your Tomorrow Today Street or inform them of an upcoming event.

## FACEBOOK

You may want to create a private Facebook page, it's a popular way people can share videos, photos and plan! It's also a good way to create events and keep track of those coming along to sessions.

It's also a great way to save memory on your phones and computers by keeping it all online.

## NEXT DOOR APP

The app is localised, so people living on nearby streets can recommend message each other, reach out for support or invite people to events.

# GETTING OTHER PEOPLE INVOLVED

Don't forget that some of your neighbours might not be online so phone calls and chats over the fence or on the streets are also a good way to communicate and get people thinking about the future together.

It's really useful to have a way of staying in touch with everyone who's involved. Some people may want to be super involved, and others may want to help out for a little and take a pause, whatever the circumstance, you'll need to have an easy way to talk to each other.

## BUDDY UP

There may be some people that aren't online, or have access to the internet that you've spoken to about the project. To keep them in the loop, buddy that person up with someone who preferably lives nearby who can hand deliver the message, or give them a ring about important changes, meetings and fun goings-on.



## MEETINGS

It's very easy for meetings to become a bit tiresome! But residents have developed all sorts of ways of keeping meetings light and efficient. They remain a great way of checking in, supporting each other and making group decisions to get things done!

- Set a time and try to stick to it.
- At the start of your meeting decide as a group what you want to discuss but leave space at the end for comments.
- Take it in turns keeping notes.
- If there is time prepare refreshments together.
- Bring inspirational prompts, you can even use music.

Remember this is a group project so we'll help to ensure no residents are left in a position whereby they're having to take on control of group decision-making and that opportunities are spread equally through the group.

# MAKE MAGIC COMBINATIONS WITH NEIGHBOURS BY MIXING UP PROJECTS TOGETHER!



## CHIPS & KETCHUP

**OPEN  
TABLE**

PICNIC STYLES



**GREAT  
COOK**

BATCH SAUCE MAKING



**OPEN  
CORNER**

PLANTING  
POTATOES &  
TOMATOES



## CHILLI JAM

**OPEN  
TABLE**

MEXICAN STYLE



**GREAT  
COOK**

CHILLI RECIPES



**SEED  
EXCHANGE**

PLANTING CHILLIES  
IN YOUR STREET

# PROMOTIONAL MATERIALS

THESE BRIGHT AND COLOURFUL LEAFLETS AND POSTERS WILL HELP YOU GET YOUR NEIGHBOURS EXCITED AND LET THEM KNOW THEIR ROAD IS ABOUT TO BECOME A TOMORROW TODAY STREET!

## INDOOR & OUTDOOR POSTERS

Waterproof and regular posters to catch your neighbours eye as they walk by. Pick a lamp post that gets a lot of traffic!

## LEAFLETS

Pop these leaflets through your neighbours door.

## NEWSPAPERS

Once you and two of your neighbours have started, you will be sent 30-50 newspapers to get even more people involved. The newspapers contain a breakdown of all 24 projects and all the introduction information.

## CONTACT CARDS

A small card for you to write your name, email or phone number so your neighbours can get in touch to find out more.

# OTHER MATERIALS

Posters, leaflets and social media are the best way to promote your event, you can place them on your street, at nearby cafes, communities spaces (such as libraries) and your front window.

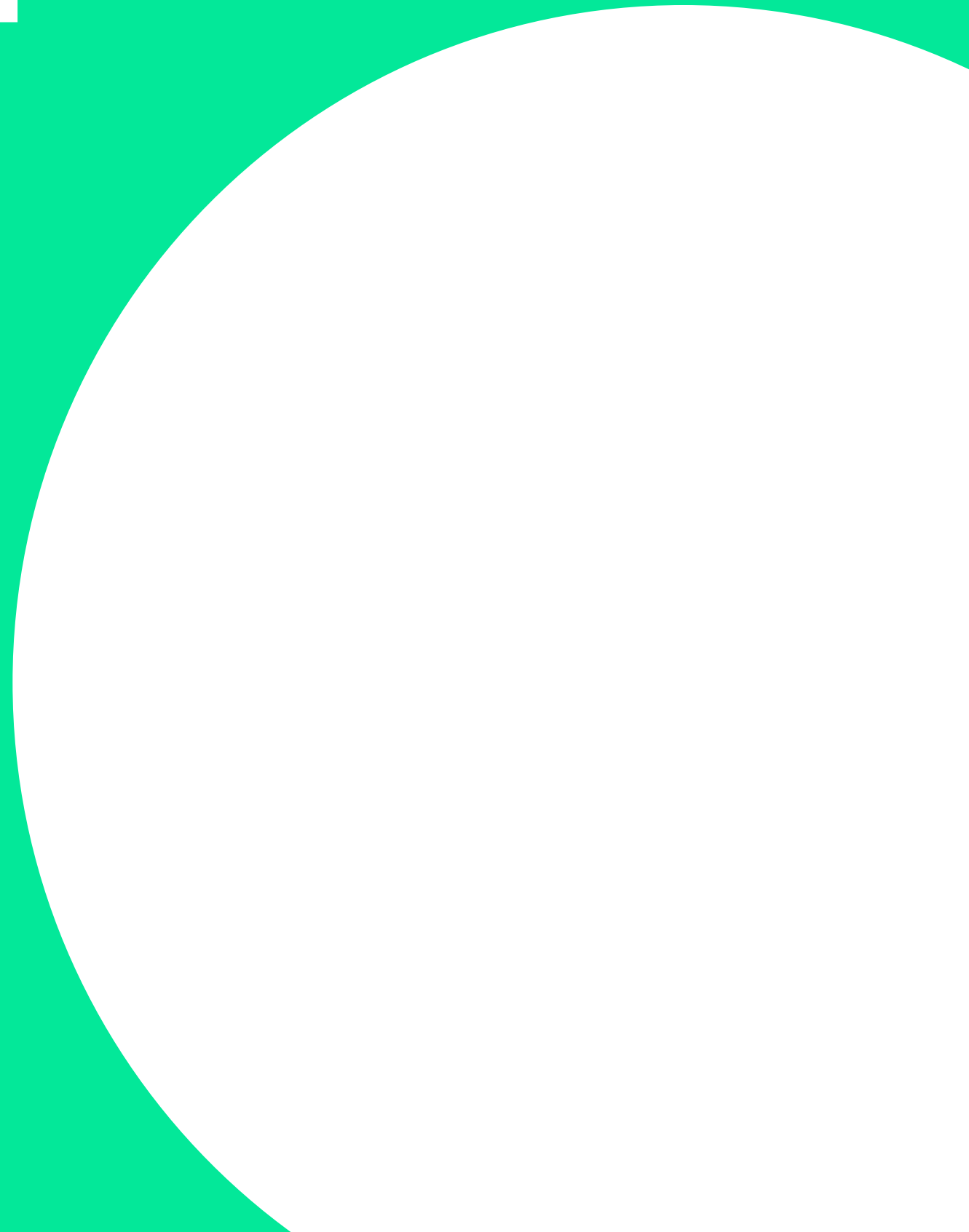
It gives you the material to show people on your street the amazing things they can do and get involved in.

Our Every One Every Day shops will be more than happy to promote your event with posters and leaflets.

The first set of posters and leaflets are a great way to grab people's attention, spark their interest in starting a Great Cook street team and connecting. They will include a brief introduction to the project and your contact details.



# HOW WILL THIS WORK ON STREET



# HOW TO GET STARTED?

## 1. HAVING A KITCHEN TO COOK IN TOGETHER

Find a space where you can cook together. This may be a permanent space you wish to use or use different spaces. There are many kitchens available from community spaces or even a neighbour's kitchen.

If you would like to book an Every One Every Day kitchen, get in touch with any of the team by walking into a shop, or calling or emailing them. You can find the team's contact details through this link: <https://www.weareeveryone.org/team>

You could ask another local community space in Barking and Dagenham with kitchen access. Bear in mind, some spaces may charge for kitchen hire, so be sure to ask if you can use the space for free. Each venue will have its own policies, prices and facilities, the best way to find out is by contacting them directly.



## 2. CREATING A SAFE SPACE

It's important to find out if anyone has any allergies or dietary requirements before cooking to make adjustments where needed. Keep worktops, kitchen spaces, utensils and chopping boards clean and follow hygiene rules. Also ensure that any children are accompanied by an adult. Ask parents / accompanying adults to remain in the same room / area as their children especially with hot pans and sharp utensils around.







### 3. RECORDING RESEARCH

Recording some simple research notes and taking photos will be key to keep improving and growing other Great Cook projects in the borough and cities around the world. It doesn't have to be anything complicated; take lots of photos whilst cooking, the meal and sharing the food. It's also good to note down how many people came, the overall feel of the session, how many meals were cooked, what people learnt and any special moments that were shared that would be really useful. If you have any thoughts or feedback about what could be improved for next time, note that down too.



### 4. SHARING RESPONSIBILITIES

Work as a team and share some of the tasks. From prepping the kitchen space ready to cook, the cutting, chopping, cooking, washing up the dishes, sharing out the food to take home and so on. This is the only time where too many cooks spoil the broth doesn't really apply!

# EXAMPLES OF GREAT COOKS



## GREAT COOK - JAZZED UP JOLLOF

Gemma, a resident of Barking has cooked Jollof rice for years. She wanted to try out her Jollof sauce on others as a trial for selling it at a market stall. She got people together to cook Jollof sauce together and then tried experimenting with different grains to make the dish healthier. Each participant got to take part in making the sauce and took home jollof sauce to use at home.



## GREAT COOK - BABY COOK

As a local homeschooling parent, Jade and her family wanted to share the job of making healthy food for young people and socialise in a practical environment. Using the Every One Every Day newspaper to find other people who wanted to get together and batch cook meals for children, they used the Barking Shop kitchen on a weekly basis to whip up meals. Making small portions and using fresh ingredients they kept their families fed whilst making friends and sharing tips and recipes.



## GREAT COOK - FRIED RICE

Local resident Joan has cracked the recipe for the perfect Egg Fried Rice. She loves how versatile the dish is, particularly as a family favourite that can be used in lots of ways. Once made, the dish can be used as a base to add meat or other vegetables and can be made to please all tastes.

Joan got together with local people to teach them her recipe, showing them the tricks and tips needed to make it perfectly fluffy and well seasoned. Residents brought along ingredients such as peas, carrots and eggs. They learnt and took part in cooking the dish. Participants were then able to take home portions of the food they had cooked together.



## GREAT COOK - BOMBSHELL BROWNIES

Local resident Claire used to bake with her home economics teacher when she was in school and loved it. She has been making cakes as a hobby and professionally, but still likes nothing more than getting people together to cook.

Brownies are just one of Claire's specialities amongst other baked goods and she wanted to share this delicious recipe with others. Residents brought along eggs, chocolate, butter and other ingredients and were able to learn first hand from Claire how to prepare and bake the brownies using her recipe. Participants couldn't believe how simple the recipe was, and how perfectly crumbly the final brownies were - and everyone had plenty to take home and share around.

# RECIPES & CARDS

## WHY USE RECIPE CARDS

To give you some inspiration to get stuck in straight away, the starter kit comes with some lovely recipe cards. You can write down the recipes from your sessions or just swap recipes on your street with your neighbours.

Simple recipes to try at home yourself or with your family before you get cooking with your street team!

Do you love to cook? Are you wanting to cook a new dish but don't know where to start? Great Cook is a lovely way of getting to know your neighbours through batch cooking and meal prepping. Here are some simple recipes to help you get started.

## Recipes

- Almond flour & lemon cake
- Sweet Potato Toast
- Roasted garlic, butternut squash and spinach soup



# ALMOND FLOUR & LEMON CAKE

When you fancy a cake but don't want something heavy, this is the perfect recipe for a light but yummy cake because of the almond flour replacement.



## INGREDIENTS

4 eggs (large) at room temperature, separated into 4 egg yolks and 4 egg whites

2 packed Tbsp lemon zest

1/2 cup (100 g) white sugar or alternatively brown, divided 1/4 cup (50 g) and 1/4 cup (50 g)

1 1/2 cup lightly scooped (144 g) finely ground blanched almond flour

A teaspoon baking powder (a tip is to use fresh as this cake needs it to keep it fluffy!)

1/4 teaspoon ground cardamom  
1/2 teaspoon white or cider vinegar

A pinch of salt

Powdered sugar for sprinkling

## METHOD

1. Preheat the oven to 350°F (175 °C). Place a round of parchment paper on the bottom of a 8 or 9-inch springform pan, and grease it and the sides of the pan with butter or cooking spray.
2. Beat egg yolks, lemon zest, 1/4 cup sugar: In a large bowl, beat together with a wooden spoon the egg yolks, lemon zest, and 1/4 cup sugar until smooth.
3. Whisk almond flour, baking powder, cardamom, beat into egg yolk mixture: In a separate bowl, whisk together the almond flour, ground cardamom, and baking powder. Add the flour mixture to the egg yolk mixture and beat until well combined. The mixture should resemble a thick paste.
4. Whip egg whites to soft peaks: With an electric mixer with a very clean bowl and clean whisk attachment, beat the egg whites, starting on low speed and gradually increasing the speed. When bubbles start to form, add a pinch of salt and the teaspoon of vinegar (both the salt and the vinegar will help the beaten egg whites maintain better structure, as will the sugar in the next step).
5. As the egg whites begin to increase in volume, sprinkle in the remaining 1/4 cup of sugar, a little at a time, as you continue to beat the egg whites. Beat until soft peaks form.
6. Fold beaten egg whites into almond mixture: Stir a third to a half of the beaten egg whites into the almond mixture to loosen it and make it lighter. Then gently fold the remaining whipped egg whites into the batter, a large scoopful at a time.
7. Scoop batter into pan, bake: Gently scoop the batter into the prepared springform pan and place in the oven. Bake at 350°F (175 °C) for 30 minutes.
8. Remove from the oven and let cool. Run a sharp knife around the edge of the cake helping it to separate from the side of the pan. Release the springform pan sides, and gently move the cake (on parchment) to a cake serving plate. Sprinkle with a little powdered sugar before serving. Serve on its own, with cream or ice cream.

# SWEET POTATO TOAST

Sometimes when plain toast gets a bit boring, sweet potato toast is quick, easy and nutritious. You can top the toast with avocado, scrambled or poached eggs or your favourite nut butter spread!

## INGREDIENTS

Sweet Potato's (medium to large size are better)

Olive oil

Salt and pepper

## METHOD

1. Prep: Wash and pat dry potatoes. Carefully slice an inch wide lengthways. Coat: Use your hands to coat the potatoes with some olive oil and place flat on a baking tray.
2. Bake or toast: Bake the potatoes at 180c for around 15-17 minutes turning halfway through. Or you can pop them in the toaster. Use a fork to prick them gently to know whether they are ready. Season with salt and pepper.
3. Top with your favourite topping!



# BUTTERNUT SQUASH & SPINACH SOUP

Who doesn't love a bowl of hearty delicious soup! This can be eaten as a starter or a main with a fresh serving of bread to dip.



## INGREDIENTS

- 2 cloves garlic
- 1 tbsp ground cumin
- Butternut squash
- Half a red onion or one small red onion
- A large handful of baby spinach leaves
- A knob of butter and some olive oil for cooking
- Salt and pepper
- Chilli flakes
- ½ -1 tsp: turmeric, coriander powder, ginger powder, sumac and paprika.
- 1 tsp of Zaatar (for the butternut squash)
- Milk (non dairy or dairy)
- Cream (non dairy or dairy)
- Fresh basil
- Coconut cream block

## METHOD

1. In a pan, sweat the onions, garlic and cumin down until aromatic and onions have cooked down but not burnt.
2. Wilt down some spinach with olive oil and a knob of butter
3. Add in some salt and pepper, a good pinch of chilli flakes, ½ tsp of: turmeric, coriander powder, ginger powder, sumac and paprika.
4. Roast some butternut squash on 180c prior to the above with some salt and pepper, olive oil and zaatar. Add this into the pan.
5. Add some milk, hot water depending on desired consistency and blend in a pan with a handheld blender or a soup maker.
6. Melt an inch thick of coconut cream into a half a mug of boil water and add to soup and blend again.
7. Add some fresh basil leaves and leave soup to simmer on a low heat for about 20 mins.
8. Serve in your favourite bowl and swivel with some cream and a sprig of fresh basil. Bon Appetit!

# ALLERGIES & INTOLERANCES

Did you know that there are 14 official allergens? By law, they must be written on any packaged food to keep people safe. People also have different types of diet. It's important to make sure that you make clear labels so it's easy for the right people to get the right food.

Most people suffering from allergic reactions or following a specific diet will know what types of food are not suitable for them, so the most important thing is that everything on the table is labelled. Simply writing the name of the food and where it came from will let your friends and neighbours know what they can eat.

## ALLERGENS

Labelling allergens is also really important. Fortunately for us, food shops are already a step ahead, and the information is easy to find on packets and labels.

Even if you're preparing food, it's easy enough to jot down the allergens in each of the products used so that everyone is aware of what's inside (allergens are listed in bold on the ingredients list).

## SPECIAL DIETS

Allergens are the most important thing to consider, because of the potential to do harm to health, but make sure to think about the other common diets that people follow:

- **Vegetarian:** No meat or fish, this includes chicken and all types of seafood.
- **Vegan:** No meat or animal products, this includes eggs, dairy products and honey.
- **Halal & Kosher:** Certain types of meat must be prepared in specific ways, and certain products cannot be mixed, like pork and dairy.

Packaging normally lets you know if an item follows one of these diets, but a quick scan of the ingredients can confirm. If you're not used to identifying food based on specific diets, ask someone on your street for help.

## COMMON ALLERGENS

- LINSEED
- SESAME SEED
- PEACH
- BANANA
- AVOCADO
- KIWI FRUIT
- PASSION FRUIT
- CELERY
- GARLIC
- MUSTARD SEEDS
- ANISEED
- CHAMOMILE
- COW'S MILK
- EGGS
- TREE NUTS
- PEANUTS
- SHELLFISH
- WHEAT
- SOY
- FISH

## COMMON INTOLERANCES

- DAIRY
- GLUTEN
- TRITICALE
- CAFFEINE
- SALICYLATESAMINES
- FODMAPS
- SULFITES
- FRUCTOSE



# TYPES OF COOKS

THERE ARE TIMES WHERE BATCH COOKING IS JUST CONVENIENT AND HELPS WITH SAVING TIME AND THOSE HUNGRY MOUTHS TO FEED! THESE BREAKDOWNS OF DIFFERENT TYPES MAY HELP WHEN ORGANISING YOUR STREET TEAMS AND GIVE RESIDENTS NEW SKILLS AND EXPERIENCES.



## FAMILY COOK

Family mealtimes are a beautiful way of spending some quality time together. Family cook is just that, getting everyone involved in the kitchen and batch cooking some of your favourite household dishes.

From lasagnes to a hearty veg curry or gooey chocolate brownies!



## BABY COOK

Learning how to puree food and making finger food to start weaning is a life saver! Not only do you meet other parents but you can control the exact ingredients that go into your baby's meals and most of these foods can be batch cooked.

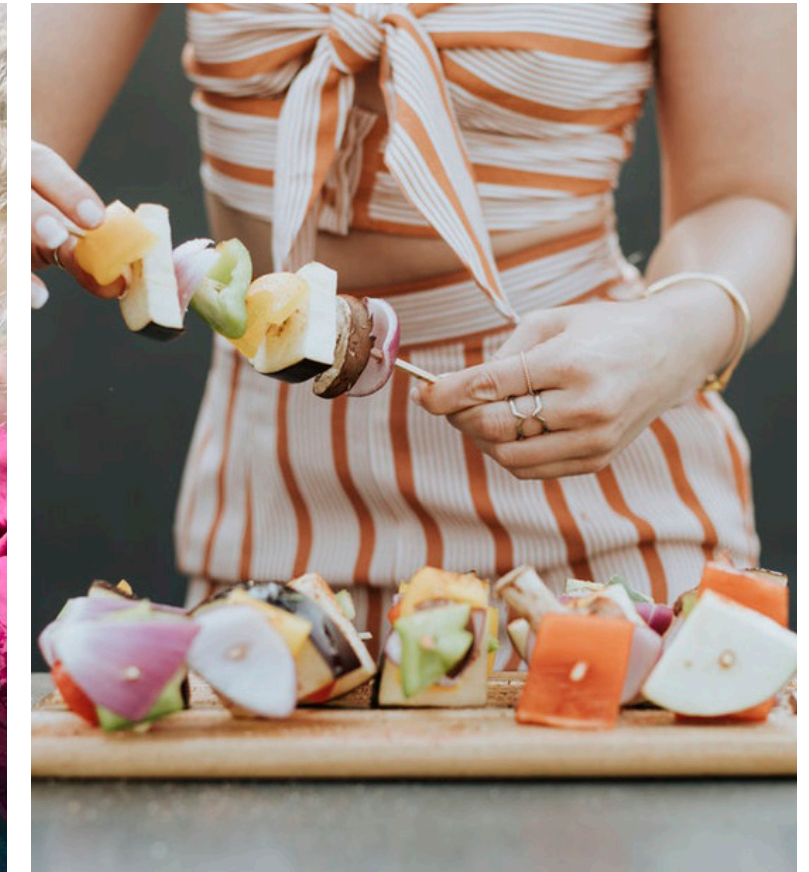
From banana and avocado purees to cauliflower bites. These nutritious meals can be portioned and frozen, making mealtimes easy and giving more time for play!



## KIDDIE COOK

Cooking can be fun! Get fussy little eaters in the kitchen as they learn about food, how to prep and get cooking. All with parents by their side of course!

This can be a fantastic way for children to understand where their food comes from, how it's grown, making it both educational and fun. From sweet potato mash to broccoli tarts and yummy cupcakes!



## TEEN COOK

Cooking for teens isn't impossible! Most teens know what they like to eat and these sessions give teens the opportunity to learn how to cook dishes they enjoy and learn some valuable skills along the way.

From homemade milkshakes to burgers or even a healthy fluffy omelette!



# ENJOY THE PROJECT

IF YOU HAVE QUESTIONS  
OR NEED ANY HELP, PLEASE  
CONTACT ONE THE TEAM OR  
VISIT THE WEBSITE.

[WWW.WEAREEVERYONE.ORG/  
TOMORROWTODAY](http://WWW.WEAREEVERYONE.ORG/TOMORROWTODAY)