

OPEN --- TABLE

NO WASTE COOK CLUB

Open Table's No Waste Cook Club is an **interactive cooking experience** to help people **reduce their food waste at home**.

100% of profits go back into our food relief program, helping improve food security for our community.



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LOOKING FOR AN ENGAGING, ACTIVITY?



Did you know that **Victorian households throw away 250,000 tonnes of food** each year – enough wasted food to fill Melbourne's Eureka Tower. The worst part of all this food waste is almost **two thirds of it is edible**. Wasting food adds to climate change. In fact, up to 10% of global greenhouse gasses comes from food that is produced, but not eaten.

Victorian households throw out approximately \$2,200 worth of food each year.

We all want to help the planet while saving on our grocery bills, so what better way to engage your staff by booking our No Waste Cooking Program? Get together and learn some simple yet delicious recipes with our expert facilitators and discuss how to live a lower impact lifestyle.



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IN-PERSON WORKSHOP

Join us at our Food Rescue Hub in Coburg for a group cooking session. Our expert facilitator will guide your team through one of our zero waste recipes, using less than perfect ingredients that would otherwise go to waste. Food prepared during this session will go to people in need through our charitable programs. Light refreshments included as well as recipes and resources to take home.

Length: 3 Hour

Cost: \$159 per person

minimum 6 people



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VIRTUAL WORKSHOP

This online session is an interactive group activity where participants cook along at home. Our expert facilitator will run through a low waste recipe which your team will follow along with at the same time, producing a delicious meal or condiment at the end! We take a 'use what you have on hand' focus, with suggested ingredients and equipment lists sent out in advance. We'll also discuss clever ways to reduce waste in the kitchen and share some Open Table approved recipes to try at home.

Length: 1 Hour

Cost: \$50 per person

minimum 6 people

- *Group pricing options are available upon request*



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ABOUT OPEN TABLE

Open Table is a charitable organisation with a purpose of preventing food insecurity and food waste. We use food that would otherwise go to waste to share free, fresh food through our regular community lunches and food relief programs.

Throughout the pandemic we shared 15,000 free food parcels with people in need and diverted more than 55 tonnes of food from landfill.

We also run informative workshops, cooking classes and demonstrations that focus on practical ways for people to reduce their individual food waste.



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NEED TO KNOW MORE?

Gaining skills and giving back

The best part is that every registration goes back into the community through Open Table's weekly community lunches and food relief, with each session **providing 40 meals for people in need.**

Customisable

We have a bank of no waste recipes and food waste discussions that can be tailored to your needs.
Get in touch for more information.

To find out more or to book :

E: workshops@open-table.org

M: +61 403 218 123

W : <https://www.open-table.org/>

I : [@opntbl](https://www.instagram.com/opntbl)



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TESTIMONIALS

"Offering waste free workshops to our staff and customers has brought so much joyful learning and connection to our Fair Food community! We adore our virtual kitchen sessions - thank you Alanna and everyone doing such brilliant work at Open Table!"

- CERES Fair Food

"Once again ladies thank you so much for the recent webinars and the amazing recipes. What a great turn out."

- Bethan - local government officer