

# A heartwarming meal deal

Super Kitchen turns surplus food into bargain meals to unite the community, says  
**Catherine Hufton**

About 3.9 million tonnes of surplus food is created in the UK each year, says Marsha Smith, founder and project director of Midlands charity Super Kitchen.

“Many people are also struggling to connect with family, friends or neighbours,” Ms Smith, right, says. “So we offer eating with three social benefits: reducing food waste, tackling isolation and working to help people get out of food poverty. People really value the chance to get together like a big family.”

Super Kitchen, which began in 2013 as a small project, is now governed by, Eudaimonia, its lead charity, and includes about 40 social eating spaces in the east Midlands. One of its hot three-course meals made entirely from surplus food costs only £2.50.

In Nottinghamshire, Paula Bedborough runs her own Super Kitchen, Let's All Eat. She says: “Sutton-in-Ashfield is an ex-mining and hosiery community. I was helping unemployed people get



LOUISE HAYWOOD-SCHIEFER

back to work and could see first-hand how difficult it can be for people to survive on benefits. We had an underutilised café space in our building, so looked at how we could make best use of it.”

Let's All Eat is run by seven volunteers, all unemployed. The kitchen offers valuable work experience in new roles such as cooking, customer service, marketing and administration. Megan Galloway, 21, a regular volunteer, is now fully trained in food safety.

“I used to have really bad confidence problems but they've really improved since coming here,” she says. “I really enjoy being part of a team

and learning to make different foods.”

The Wooden Spoon Scheme is the charity's latest project in which members of the public pay to give a meal to someone who can't afford one.



Read a longer version of this story at **telegraph.co.uk/goodnews**



\* DHA helps maintain normal vision and brain function while EPA and DHA contribute to normal heart function. The beneficial effects for vision and brain are obtained with a daily intake of 250mg of DHA; for the heart, beneficial effects are obtained with a daily intake of 250mg EPA and DHA.