THE LONG TABLE

FEEDING CHANGE, ONE BITE AT A TIME

&

Stroud District foodbank

Present…

THE LONGEST TABLE

A HARVEST EVENT FOR OUR TIME THAT SHOWS THE WORLD OUR COMMUNITY DEMANDS LONGER TABLES AND NOT HIGHER WALLS.

#THELONGESTTABLE

HARVEST PACK

Everything you need to create The Longest Table for your community

#THELONGESTTABLE

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WELCOME TO THE LONGEST TABLE

We're sad that the way we eat is bad for us in so many ways; making people sick and lonely. Together The Long Table and Stroud District Foodbank want to put an end to this.

We think every person in our District has **a right to enough food** and **the right to find a community to eat with**. One of our goals is to end the need for foodbanks across our District. This has been a goal for the past 7 years since Foodbank was launched and now we want to take another step forward in seeing this change.

Will you walk the next part of the journey with us?

To do this, we invite you to join us this harvest time to help build The Longest Table across the District, combining together 100s of meals to make one giant statement of intent. We want to celebrate community and the amazing food which the earth provides by hosting and encouraging local groups and individuals to **put on a pay as you feel community meal**. Join us by:

- Creating community and spaces for conversation.
- Building a long lasting coalition of people working together against food poverty in all its forms.
- Raising funds for fighting food poverty.
- Using surplus food which would have been thrown away.

How long can we make the table? How many people want to make this statement against the divided and unequal society we currently live in? Telling our fellow citizens that we will sit together as one community growing together in mutual support and love.

We hope you will host a meal, build community and ask people to pay what they feel and then return the donation to support and fund the ongoing work of Foodbank and The Long Table. However, it won't stop there, we hope that once you have one meal you will want to do it again and again. This is the harvest event that starts in October and then keeps on happening again and again until every person has a table to sit around and people to share it with.

In this pack you will find everything you need to plan, host and cook The Longest Table community meal. We would love to know when and where your meals are taking place so please let us know if you are planning one and when and where this will be.

You can contact us on hello@thelongtableonline.com or office@strouddistrictfoodbank.org.uk.

We would love to share updates on social media so please tag us in any posts or photos using the hashtag #thelongesttable

@thelongtablecic
@strouddistrictfoodbank

@thelongtableworld
@strouddistrictfoodbank

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WHO ARE THE LONG TABLE

The Long Table is a social enterprise based in Brimscombe, Stroud. Our vision is that in our community everyone will enjoy sharing healthy food that feeds us and the planet in all the best ways. Right now we see that society is doing food badly, making people fat, sick and lonely. In response we asked: how can we create a context where everyone can be healthy, well and together? What would it look like, feel like and act like?

Our response is a bakery, kitchen, dining space, and shop where everyone is invited to cook, learn, eat and grow.

This means:

- At The Long Table you can eat a good meal, learn invaluable skills, and people with barriers to employment can gain meaningful work.
- At The Long Table everyone is celebrated, it's a place where we can belong.

We think that a society doing food well wouldn't have anyone going without quality food. Our shared warehouse with Stroud District Foodbank is a constant reminder of how society is failing at this. Meanwhile, one third of all food grown and produced is never eaten! This is hard to swallow given how malnutrition prowls our country.

This means:

- The Long Table is a place where surplus food is eagerly saved and enjoyed.
- The Long Table places community and shared friendships at the heart of every meal.

A shared meal, the anticipated highlight of everyday throughout history, ought to be a human right. And yet as society has gotten more advanced it's become less civilised in this fundamental way. Sharing good food builds healthy people and healthy communities creating togetherness and caring that is good news for everyone and our planet.

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WHO ARE THE STROUD DISTRICT FOODBANK

The Stroud District Foodbank was founded by local churches and community groups, working together to address poverty related hunger in our local area.

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. A simple box of food makes a big difference, with foodbanks helping prevent crime, housing loss, family breakdown and mental health problems.

Schools, churches, businesses and individuals donate non-perishable, in-date food throughout the year and through seasonal special collections. All sorted and stored at our warehouse facility in Brimscombe by an army of volunteers.

We partner with a wide range of care professionals such as doctors, health visitors, social workers and charities to identify people in crisis and issue them with a foodbank voucher.

A voucher can be redeemed at one of our five drop-in centres for three days' emergency food. Volunteers meet foodbank visitors over a warm drink and can direct people to local agencies able to assist with longer term help.

We also recognise that holidays can increase pressure on households with low incomes. So we work with our referral agencies and local schools to provide assistance through holiday food parcels and Christmas Hampers.

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HOW TO START PLANNING THE MEAL

Now you have decided to host 'The Longest Table' what questions do you need to answer first?

1. Where are you going to host the meal?

Things you need to consider…

- How big do you need the space to be/ how many people do you want to invite?
- Does it have tables and chairs you can use?
- Does it have crockery and equipment you can use?
- Is there a kitchen?
- Will there be a charge for using the venue?

2. How are you going to divide up the roles?

What roles are there…

- Food preparation and cooking
- Food sourcing
- Front of house– serving and welcoming
- Set up and decorations
- Tech, photos, music and social media
- Washing up
- Marketing / inviting guests

3. When will you host your meal?

- We would love all meals to be in October, is there a date in October you can host your meal?
- What time will your event be?
- Please let us know when / where your meal will be. Email hello@thelongtableonline.com

4. Who are you going to invite?

- Can invite people in your local community who do not get out much?
- Who will invite the guests (we have provided a template invitation if you would like to use this)

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INVITATION

We have created a template invitation for you to hand out to your guests. This can be found in a printable format on our website (https://www.thelongtableonline.com/harvest).

We have left gaps for you to fill out the specific details for your meal.

THE LONGEST TABLE

A HARVEST EVENT FOR OUR TIME THAT SHOWS THE WORLD OUR COMMUNITY NEEDS LONGER TABLES AND NOT HIGHER WALLS.

Together with The Long Table and Stroud District Foodbank this harvest …… are hosting a pay as you feel community meal and we would LOVE you to come.

WHO……

WHERE ……

WHEN ……

TIME ……

FURTHER INFORMATION ……

……

RSVP to …… with any dietary requirements.

The meal is pay as you feel and all proceeds go to The Long Table and Stroud District Foodbank.

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THE FOOD – WHAT TO SERVE

It is up to you what you serve at your meal, however Tom, the chef from The Long Table has created a simple, but delicious menu you might like to try, with the recipes included in this pack. If you have not cooked for lots of people before you might find it useful.

Whatever you decide to cook here's some things to consider.

- What dietary requirements do your guests have? It's important everyone can have a place at The Longest Table and if they can't eat that's not good.
- Using seasonal and abundant food will help keep the cost of the meal down.
- You'll need to plan your meal so you can guarantee it will be food safe, preparing in advance only food that can be kept safe.
- Test whatever you plan to cook in advance so that you can better estimate timings and quantities so that you can serve the meal on-time and without running out of food.
- Have a plan for left overs. Ideally people can take some home for a meal in the next few days or share it with someone who wasn't able to come.
- Before you start, check you have all the ingredients and kitchen kit. Preparation is everything and will help you keep your meal stress free.
- Remember to read through the recipes thoroughly beforehand if you are using them.

TOM'S SUGGESTED MENU

Starter

Sourdough garlic flatbreads & slow roasted carrot dip

Main

Veggie Chilli

Pudding

Baked fruit with popcorn crumble

Afters

Fresh mint tea, coffee and chocolates

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STARTER – SOURDOUGH GARLIC FLATBREADS

Tips

- If you don't have enough time to make these flat breads, then buy a good sourdough loaf instead.
- It's always a good idea to have a decent gluten free alternative for guests that can't eat anything containing gluten.
- Make the dough the day before and leave covered in a bowl in the fridge until a couple of hours before baking.
- If you don't have a sourdough starter, the first thing to do is ask around. You can start your own but the flavour won't be very sour until it is a few months old. Alternatively, do visit us here at The Long Table in Brimscombe Stroud and we'll gladly share some of our own. Alternately sourdough starter can be purchased online from Hobbs House Bakery.
- Make sure you've enough flour for dusting. If the dough sticks to either the work surface or the rolling pin, you need to clear any dough off completely and add more dusting flour before continuing.
- Aim to make one flatbread for each guest.
- Up to 3 people can get involved making the bread before the meal, one weighing out the dough, one rolling out the flatbreads and one baking them off.
- Allow 2 minutes to make each flatbread and then work back from the start time for the meal depending on how many people are coming.
- More than one pan and hob will speed things up if you are cooking for many people.
- If you are short of time or cooking space, these flatbreads can be made a day or two in advance, and warmed through and brushed with the salty garlic oil before serving. Important point, allow them to cool individually if you are making these in advance to re-heat before stacking them together because otherwise they will sweat and stick together, not good.

Ingredients

Multiple the grams per person by the number of guests coming to get the amount needed.

	Grams per person
Bread	
Strong white bread flour + more for dusting	60g
Sea salt	1.2g
Sourdough starter	35g
Cold water	30ml
Topping	3g
Garlic	5g
Olive oil	10ml
Sea salt	2g

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Method:

Once you have enough lively, bubbling sourdough starter, you are ready to start.

1. First, mix the strong white bread flour, the first quantity of sea salt [NOT the last amount at the bottom], the sourdough starter and the cold water together in your mixing bowl.
2. Work the dough for 15 minutes until it's smooth and elastic, adding only additional flour or water if you're sure it's needed.
3. The dough should be soft but not too sticky and certainly not like a batter or very stiff. Cover the dough in the bowl [a hotel shower cap or a clean carrier bag is ideal] and put it in the fridge leaving it to rest and rise for between **12 and 24 hours.**
4. When, you are ready to bake, clear yourself some space to roll out dough and get set up near the large heavy frying pan, heating up on a hob turned right up to full.
5. Cut off a bit of dough approximately 125g in weight each, and in lightly floured hands roll it around. Then pat the dough piece between your hands to flatten it. Then using plenty of flour to prevent the dough from sticking, roll the dough out to about the size of a saucer or as round and flat as you can make it without making any holes. Close any holes up by pinching them shut. Remember if the dough sticks too much, dust it with a little flour.
6. Carefully place the dough directly on the hot frying pan. It might puff up a bit with some good air bubbles, that's ideal. Keep an eye on them to see they don't burn too much – a bit of char is tasty and good. Once they are golden underneath – allow about 1 to 2 minutes – use your tongs to flip them over and bake on the other side for a similar amount of time.
7. Once the flatbreads are baked and golden on both sides, take them off the heat and keep your flatbreads warm in the tea towel somewhere warm if you can.
8. Meanwhile chop the garlic very fine with the sea salt and place in a bowl with the olive oil.
9. Once the breads are baked, brush the tops of each one with the salty aromatic garlic oil.

SHARE PHOTOS OF YOUR BAKING

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STARTER – SLOW ROAST CARROT DIP

Nights are getting longer and whilst this might not help you see better in the dark, the warming aroma creates an enticing welcome whilst being a delicious celebration of this carrots that are in abundance at this time of year and grown by so many people.
Who can you ask for some surplus carrots?

Ingredients

Multiple the grams per person by the number of guests coming to get the amount needed.

	Grams per person
Carrots	40g
Olive oil	5ml
Sea salt	1.5g
Lemon juice	2ml

Method:

1. Scrub your carrots of any mud and chop off any bad bits and the tops. If you have any carrots thicker than a 10p chop them in half lengthways.
2. Place them in a roasting tin, and cover them with the oil and salt and swizzle them around a bit until they are covered.
3. Then place them in an oven and bake at 150ºC for an hour and a half or until they are all soft when pricked with a fork. Take care to shake the tray every 15 minuets so they don't stick to the bottom.
4. Once they are all roasted, soft inside and golden and a bit caramelised on the outside, place them in a food processor, add the lemon juice, and whizz them up into a smooth paste. Add a dash of water if the mix is too thick and sticks in the processor.
5. Taste for seasoning and add more salt if required.
6. Place the slow roasted carrot dip in attractive serving dishes to be served with the sourdough flatbreads as a starter. People can rip off bits off the flat bread and use it to scoop up the dip. It's a good idea to have some napkins to hand for people.

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MAIN – VEGGIE CHILLI

We've chosen this chilli because it's hearty and great for a large gathering. From a dietary requirements point of view, it's free from most of the things you'll typically need to avoid when cooking for a large group. And it's low risk from a food safety perspective being dairy and meat free.
Its also a great way to use up tomatoes if anyone has a glut.

Tips

- Unless you have a massive pan, we'd recommend that you make a batch of this recipe for each 10 guests you have.
- Do not let your chilli burn to the bottom of the pan, keep stirring and adding a dash of water as the chilli cooks.
- Taste your chilli for seasoning. If it is bland, add a little salt and pepper and taste again after stirring for a few minutes and repeat until you are content. Sometimes a second opinion is helpful.

Ingredients

Multiple the grams per person by the number of guests coming to get the amount needed. If necessary, round the amount up. For example to the nearest tin of tomatoes or kidney beans, onion or garlic bulb or whatever.

	Grams per person
Brown rice	30g
Lentils (any)	30g
Water	100ml
Olive oil	10ml
Cinnamon sticks (for each 5 people)	2
Cumin seeds	2g
Coriander seeds	2g
Red onion	40g
White onion	40g
Garlic	10g
Red pepper	85g
Green pepper	30g
Tinned chopped tomatoes	130g
Tinned kidney beans (drained weight)	70g
Strong black coffee (made with fresh ground coffee)	40ml
Tomato puree	10g
Muscavado sugar	10g
Dairy free dark chocolate	10g
Sea salt	5g
Fresh ground black pepper	5g
Fresh coriander	5g
Lime	20ml

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Method:

1. Using a large bowl, soak the brown rice and lentils in the water.
2. Put a large pan on a hob on medium heat.
3. Add in the oil, cinnamon sticks, cumin seeds and coriander seeds (be careful not to burn these).
4. Roughly chop the red and white onions and add to the oil and spices.
5. Slice the garlic and once the onions have turned golden, add the garlic to the pan.
6. Cut up the red and green peppers and add them to the pan.
7. Allow the peppers to soften for ten minutes stirring occasionally to see nothing burns to the bottom. Should it start to burn, add a dash more oil.
8. Now add the tins of tomatoes.
9. Then drain and rinse the kidney beans and add to the pan.
10. Next add the soaked brown rice and lentils along with the starchy water.
11. Add the strong black coffee, tomato puree, muscavado sugar, dark chocolate and season with salt and pepper.
12. Stir occasionally, checking for seasoning from time-to-time [always use a clean spoon to taste the chilli].
13. Keep an eye out that your chilli doesn't burn to the bottom and add more water if it starts to stick. [The taste of burnt food will taint the flavour of the whole meal so this is super important, and bonus, the pan will be easier to clean].
14. After about an hour, your chilli should be lovely and thick.
15. Once the rice is soft, with a little bite, the chilli is done.
16. The fresh coriander can be rinsed, dried and chopped into a bowl. This can then be added on top of each serving as an aromatic and colourful garnish.
17. The limes can be cut into wedges and put in a bowl. A wedge can be placed on top of each serving for your guest to squeeze over their chilli.

SHARE PHOTOS OF YOUR COOKING

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PUDDING – BAKED FRUIT WITH POPCORN CRUMBLE

The dream scenario for this simple autumnal pudding is using free and foraged fruit. Windfall apples and blackberries are superb, equally you could add other berries, or pears or even slices of quince. We like to make this crumble because it's free from most things you're likely to consider when feeding a large group, saving you from having to make more than one pudding and it's simple and delicious to boot.

SHARE PHOTOS OF YOUR FORAGING

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Ingredients

Multiple the grams per person by the number of guests coming to get the amount needed.

	Grams per person
Filling	
Apple (1 per person)	70g
Blackberries (from hedgerows)	50g
Lemon juice	10ml
Demerara sugar	8g
Ground cinnamon	3g
Ground nutmeg	1g
Sea salt	1g
Water	10ml
Crumble	
Popcorn corns	5g
Sunflower oil	5ml
Coconut butter	7g
Almond flour	15g
Oats (if you are cooking for anyone gluten free check these are gluten free too)	20g
Demerara sugar	7g
Ground cinnamon	2
Sea salt	1g

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Method:

1. Pre heat your oven to 180ºC.
2. Sort through the fruit, checking everything is clean and ready to use. Then slice the apples into a large roasting dish. Add in the berries and all the other filling ingredients and then gently turn it all until everything is evenly coated in everything else.
3. Put this all in the oven for 30 minutes so that the fruit softens.
4. Meanwhile make the popcorn. In a large pan with a lid, heat the sunflower oil with just 3 of the pop corn kernels in and listen and wait. Once you hear and see that they have popped, add in the rest of the popcorn kernels, put lid back on, and give the pan a shake so that they all become covered in the hot oil.
5. Once the popping has slowed down, remove the pan from the heat and allow to cool.
6. Next, melt the coconut butter in a large pan and then weigh in all the other ingredients, taking care that no unpoppped kernels go into the crumble [these are very hard and not good to bite on].
7. Carefully sprinkle the crumble topping over your hot filling. Return to the oven for a further 30 minutes to cook the crumble topping. It's done when the top is golden.
8. This is lovely served with vanilla ice cream, custard or yogurt. Our favourite at the long table has been whipped custard ice cream. We used Oatly [vegan] custard, whipped it until it went thick and lovely and then put it in the freezer in an ice cream tub overnight to freeze. It was easy to scoop, quite delicious and bonus, everyone could enjoy it.

AFTERS – FRESH MINT TEA, COFFEE & CHOCOLATES

To keep the chat going and to help stretch the enjoyment of the evening out a little bit longer, we love to offer fresh mint tea, coffee and handmade chocolate to all our guests after pudding has been cleared away. We like to set up a bar for this so guest can help themselves and by getting up from the table the chance to meet more people is increased.

The mint tea, a natural digestive couldn't be simpler to make or more appreciated after a filling supper. Simply clean some homegrown mint if you can find any and place it, stems, flowers and all into a tea pot, add hot water just off the boil and allow to infuse for a couple of minutes before pouring.

For the coffee, make as you usually would. Our favourite way for lots of people is in a French press coffee maker using fair-trade and organic coffee. Serve with milk and sugar on the side.

For the chocolate you could make or offer whatever you like. For us at The Long Table we melt 4 bars of dairy free 70% coco chocolate in a bain-marie, adding a dash of vanilla or orange extract, and a dash of agave syrup. Once it's melted we pour it onto an oven tray, lined with baking parchment. It's then topped with whatever yummy things we can find. This has included, blackberries, cashew nuts, seed mixes, sea salt flakes, dried blueberries, the list goes on. The tray of chocolate is then left somewhere cool to set for about 4 hours. Before serving we snap it into lot of shards and your guests can then pick a bit the size they want with whatever topping they fancy.

FOUND SOME PRETTY CUPS TO USE OR IS YOUR CHOCOLATE LOOKING MORISH. TAKE A SNAP AND SHARE ONLINE

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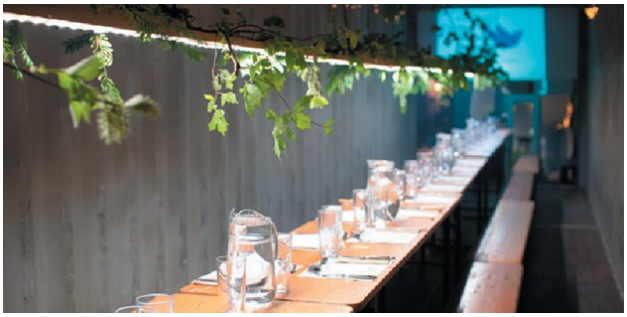
THE VENUE – DECORATION IDEAS

Depending on the space you have and whether you are hosting the meal in your own home will determine what decorations you can have up at the meal.

Our top tips:

- Fairy lights create great ambience and a soft lighting. These can be strung above the table or around the room.
- Locally picked flowers or foliage can be put in vases or attached to the walls and tables.
- Candles create a great atmosphere, however you need to check if these can be used safely in your venue.
- A powerpoint on one wall gives more information about your meal, The Long Table and Foodbank. For this you will need a projector and a laptop.
- Music helps create a great ambience, either make your own playlist or use a premade playlist.
- Prep the area with cleaning, heating and signage.
- Heating

Examples from Long Table meals:



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THE VENUE – SETTING IT UP

Setting up the venue takes a mixture of practical tasks and also making a wow when the guests come into eat. Below is a list of practical things which need doing when setting up your venue.

- Sweep the floors– Before you set anything else up you need to ensure the floor is clear from mess.
- Set up tables and chairs– The Longest Table is a community meal where everyone sits together on a long table. Therefore the tables and chairs should be put out in a long table with chairs either side.
- Decorate your venue– What decorations you are choosing to use will depend what needs to be done and how long this will take. At the Long Table we have fairy lights on the walls, foliage above the centre of the table and flowers in vases at the front of the table and small vases along the centre of the table.
- Clean the tables—Before the tables are laid they need to be thoroughly cleaned with sanitiser.
- Lay the table– Each setting needs a placemat, cutlery, glasses– water & wine (If you are having it) and napkins. Down the centre of the table we suggest you have condiments, soft drinks, pay-as-you-feel envelopes and decorations such as flowers in jars or vases.
- Set up projector– You will need to find a blank wall to project this on.
- Set up the sound system. Depending on what sort of system you are using to play music will depend on how long this takes. If you are using a PA system this will take longer than if you are using Bluetooth speakers.
- Put a sign outside to advertise the event and welcome the guests into the meal. This could be a chalk board or a pre made sign hung on the wall.
- As well as setting up the dining table you will need to set up the food service area.
- Remember to measure how long your table is.

SHARE PHOTOS OF YOUR BEAUTIFULLY LAID TABLE

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PLACEMATS

We set placemats at each place at the table. These are great for collecting spills, but also we have written some talking point questions on them to stimulate discussions around the table. We have created a template placemat for you to lay your table with. This can be found in a printable format on our website (https://www.thelongtableonline.com/harvest)

ENVELOPES

Don’t forget to leave envelopes for people to pay as your feel on the table. We write on each of these envelopes ‘Pay as you feel. Thank you for your donation’.

Put these envelopes on the table before the guests sit down.

HOW TO BE A GREAT HOST

- Ensure every guests who comes to your meal is welcomed in.
- Before your meal starts you will need to decide if you will be serving your guests at the table or asking them to come up to be served. This will help decide how many people you need serving.
- Before the meal starts you will need to work our some rough timings for serving starter, main and dessert. To ensure the guests are not left waiting you will need to try and stick to these timings as much as possible on the night.

  - 45 mins for the starter

  - 1 hour for the main and chat

  - 30 mins pudding with tea, coffee and chocolates
- Once each course is over you will need to clear the plates away from the table. Make sure you don't start this until everyone has finished their food.
- Throughout the meal you will need to ensure the water is filled up on the tables.
- We would love you to give a short welcome talk on the night. We find a good time to do this is after the starter and before the main. Below is a list of things to cover:

  - Thank everyone for coming.

  - Introduce the team who have organised the meal.

  - Give everyone a brief overview of what The Longest Table is and what we are trying to do.

  - Tell everyone a little bit about who The Long Table and the Stroud District Foodbank are.

  - Tell the guests what is on the menu for dinner.

  - Remind the guests that the meal is pay as you feel and they pay at the end into the envelopes which are on the table. Thank them in advance for their generosity helping us to try and stop food poverty.
- At the end of the meal all the plates and equipment will need to be washed up.

WHAT YOU NEED TO DO ONE WEEK BEFORE THE MEAL

- Confirm the venue.
- Check you have enough table and chairs.
- Send out a confirmation email / reminder to the guests. Include on this a reminder to bring cash, where the meal is and any extra dietary requirements.
- Check / confirm the source of the food needed.
- Check you know all the dietary requirements you need to cook for.
- Check you have all the equipment needed.
- Confirm roles among the team for the night.

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THANK YOU FOR HOSTING A LONGEST TABLE MEAL– WHAT'S NEXT

Hosting the meal is just the start. Rome wasn't built in a day and the end of food poverty will not happen with one meal. We want to build a coalition to strengthen our community and reduce food poverty to zero. We want you to be part of it. Here are some first steps.

- Share your photos and experiences on our social media pages. @thelongtablecic & @strouddistrictfoodbank on Facebook. @thelongtableworld & @strouddistrictfoodbank on Instagram. We would love to see what you have been up to. Use the hashtag #thelongesttable
- Write thank you letters to those who have supported you.
- Deliver, post or BACs the money raised from the meal. Details are below:

Bank transfer– Account Number: 65857078 Sort Code: 089299. Please let us know if you will be sending any money via BACS so we know who it has come from.

Post– The Long Table, Unit 2a Brimscombe Port, GL5 2QQ. Once again, let us know where this has come from.

Deliver it to us- Drop it off to us at the above address.

- Fill out the feedback sheet. This can be found in a printable format on our website (https://www.thelongtableonline.com/harvest). This can either be dropped in to us, posted or take a photo and email it to hello@thelongtableonline.com. We would love to work out how long our collective table has been.

The next question is a lot bigger. Can you host a Long Table meal regularly to keep the community you first formed going and growing? Could you do it once a month? Growing your table each time?

The Long Table has the space and capacity to keep creating and testing recipes and training people to cook. We plan to host weekly cooking courses that are pay as you feel and you would be welcome to come and learn how to make bread and how to turn surplus into beautiful food. What we need are more people to host tables, invite their neighbours and build community. Can you do that? If you want to keep in the longest table loop then please drop us a line at

hello@thelongtableonline.com with the subject line **I'm in. What is next?**

We can then work together to get the table to grow and grow…

THE LONG TABLE
FEEDING CHANGE, ONE BITE AT A TIME

Stroud District foodbank