

NO FUSS MEALS FOR BUSY PARENTS

A COOK FOR CHANGE CASE STUDY

I'm Milly Fyfe, the Founding Director of No Fuss Meals for Busy Parents, a CIC passionate about reconnecting people with where their food comes from. We support families to eat well through food education, access to fresh local produce, and community engagement.

Since taking part in the Cook for Change bootcamp, I've been working on launching our flagship project – The Countryside Kitchen – an on-farm immersive classroom that offers field-to-fork learning experiences. I'm proud to share that we've just had the official opening, which marks a huge milestone for us!

I've now got the confidence to take a leap of faith and have recently gone full-time. I really believe in our business model of delivering corporate wellbeing programmes and I know that setting up as a CIC is the right legal structure for what we want to achieve. I'm also actively exploring opportunities to collaborate with a local catering college around our use of surplus food.

Recently, I have taken the opportunity for business coaching with Cook for Change which is helping me explore what else I need to put in place around business planning. I have also visited our local catering college, and the first cohort of student chefs will be visiting us in September.

