

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, school-aged children and vulnerable adults to eat well, through food education, access to fresh local produce, and community engagement.

Since taking part in Cook for Change, I've launched our flagship project, The Countryside Kitchen, an on-farm immersive classroom that offers field-to-fork learning experiences. Following the official opening, we've welcomed 350 participants to our educational facility.

Whilst attending the programme, I took the leap of faith to focus on the company full time. I've now shaped our business model around delivering corporate wellbeing programmes. I'm also actively exploring opportunities to work with local businesses on their CSR objectives, especially around volunteering opportunities and upskilling catering college students in using surplus food.

Recently, I have taken advantage of Cook for Change's business coaching, which helped me understand what I needed to put in place around business and financial planning. I am now much more confident about managing our financial position, recording information for funders and grant spend, as well as reporting our social impact.

Being part of the first Cook for Change cohort has been transformational for me as a person, as well as for our organisation. We now have strategies in place to ensure the long term stability of our organisation, and can confidently go out to market and bring corporate businesses on board to help us achieve our vision.

The future is so exciting, and I can't thank the team at Cook for Good enough for their support. This is just the beginning.

