

TO BOOK:

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EXPRESSION OF  
INTEREST FORM  
HERE



#### ALEX MAKES MEALS: WHAT DO WE DO?

In a nutshell, we cook healthy, hearty and delicious meals in volume. We cook 600 meals a day, packaging them into individual portions, and distributing them to people experiencing food insecurity.

We create nutritionally balanced meals using fresh ingredients: Food that sustains the recipient has been proven to have a positive impact on body and mind.

We partner with local charities and organisations, delivering crates of our meals for them to distribute within their communities.

If a person accesses a service for the food, they begin to form trusting relationships, opening a door to other support, whatever that looks like for the individual.

#### WHY DO WE DO IT?

Food is critical to physical and mental health.

While not everyone has experienced real, sustained hunger, we have all felt hungry. When your stomach is growling, it's hard to focus on anything else, whether that's work, education, relationships or play.

In a cost-of-living crisis, food insecurity is more common than ever.

We see food relief as a way to restore a baseline of wellbeing; sustaining health and restoring energy, so the recipient can focus on their next steps, whatever they may be.

#### HOW YOU'LL HELP

Your team will get into the kitchen, helping our chefs prepare, cook and package approximately 250 meals for delivery to our charity partners.

This work is a critical contribution to our core mission: getting more meals into the hands of those who need them.

Funds raised support our day-to-day operations, ensuring we can provide a reliable, ongoing service to our partners.

And, we hope this learning experience helps your team understand the challenges around food security, so they can help us raise awareness.

## WHAT YOU GET

- Welcome and an intro to AMM
- Food safety briefing
- Chef-led cooking experience
- Insights into the AMM model and our partners
- Lunch
- Team photos
- An AMM memento to take home

Your team will make hundreds of meals, create an outsized impact for the community, and have fun while doing it!



## YOUR TEAM EXPERIENCE

This is a hands-on kitchen experience.

Your team will be guided through a full cook in our commercial kitchen, from chopping the onions to roasting the veg, stirring the sauce, labelling the packaging and dishing out meals into individual portions, plus (of course) cleaning up afterwards.

You'll be led by our professional chef and a team of experienced volunteers, and along the way you'll learn about the Alex Makes Meals story: where we came from; what we do; the challenge we're addressing; and what's next.

Team members work together, side-by-side, to create delicious meals with measurable, tangible impact.

At lunchtime, you can all enjoy a taste test. And at the end of the day, everyone leaves with an Alex Makes Meals memento.

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## WHERE DO YOUR MEALS GO?

We partner with organisations that support their communities in various ways.

### **They include:**

- Temporary accommodation and health services for the homeless.
- Crisis accommodation for women and children escaping domestic abuse.
- Community groups supporting at-risk youth.
- Existing food relief programs.
- Mental health rehabilitation services.
- Community groups supporting older people.

Food insecurity affects people from all walks of life, for all kinds of reasons. We believe everyone is entitled to a healthy meal, and we don't discriminate.



Our partners are located in the Melbourne CBD and inner suburbs, plus the South East suburbs. We are also expanding into the North East corridor and Regional Victoria.

## THE DETAILS

### **Cost:**

Our corporate volunteering experience costs **\$1,500 +GST.**

### **Location:**

The experience is based out of our kitchen at the Darebin Arts Centre, Preston. This is easily accessible via public transport and has free on-site parking\*.

### **Timing:**

The experience starts at 9.30am, and lasts about four hours. For alternative timings, please contact us.

### **Numbers:**

Our kitchen comfortably accommodates groups of six to 12 people, per session. For larger groups, contact us.

### **Restrictions:**

The experience takes place in a commercial kitchen environment and requires participants to be on their feet for four hours (with breaks).

If anyone in your team has mobility requirements, please contact us to discuss how we can accommodate your needs.

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\*On-site parking is controlled by Darebin Arts Centre, and may be unavailable unexpectedly. In this instance, we will give you as much notice as possible, and direct you to alternative street parking nearby.

**ALEX  
MAKES  
MEALS**

QUALITY MEALS. LOCAL IMPACT. REAL CHANGE.