BRITE Box Big Cook 2024 aims for record breaking mass participation cooking event

Monday 3 June, 2024

Kingston-upon-Thames, 3 June 2024

BRITE Box Big Cook 2024 aims for record breaking mass participation cooking event

To celebrate its 4th anniversary and to mark the start of Healthy Eating Week, Kingston-upon-Thames based charity Voices of Hope is launching the **BRITE Box Big Cook 2024!**

The event which will take place from Friday 7th to Sunday 9th June, is aiming to be the largest mass participation cooking event in the UK.

The organisers want to encourage as many people as possible to join the existing 700 BRITE Box families in preparing and cooking the newly released 'Rainbow Pasta' recipe, which is based on the Healthy Eating Week initiative to encourage us all to enjoy eating more fruit and vegetables.

The aim of the event is not only to raise awareness of the BRITE Box project, but to also create a record by getting over 3000 households cooking the same meal at the same time!

To be part of this record breaking event, download the recipe from the website at www.voh.org.uk/britebox/bigcook2024 , get your ingredients ready and enjoy preparing, cooking and eating your tasty 'Rainbow Pasta' at home.

For those living close to the Kingston Hub, there will be 100 extra special edition BRITE Boxes available for purchase and delivery to central Kingston residents and businesses. Order here by 5th June.

Kicking off healthy eating week with this easy to prepare, tasty healthy meal will support the BRITE Box project to provide a BRITE Box recipe meal kit for a local family.

To help more children and families have access to healthy, nutritious food and the opportunity to build cooking skills and resilience for the future, donations can also be made at www.voh.org.uk/appeal/brite-box-donate

-END-

British Nutrition Foundation's Healthy Eating Week

To celebrate the https://www.nutrition.org.uk/healthy-eating-week (10-14th June), BRITE Box will also be visiting two of local Kingston primary schools on **Monday 10th and Thursday 13th June** with a host of fun and hands-on health and food related activities for the children to get involved in.

You may also spot some very colourfully dressed children out and about! As local schools will be bringing our eating the rainbow theme to life and raising money for BRITE Box by organising 'non uniform' days, with the children swapping their school uniforms for the colours of the rainbow.

About BRITE Box

The **BRITE Box** (**B**uilding **R**esilience **I**n **T**oday's **E**nvironment) project was founded and is run by the Voices of Hope Charity who manage three BRITE Box hubs themselves in SW London (Kingston, Richmond and Elmbridge) and also work with partners in Southwark and N. Ireland, operating within a social franchise model.

Launched in 2020 and designed to address increasing levels of food insecurity in local communities,

Media:







Related Sectors:

Business & Finance :: Charities & non-profits :: Children & Teenagers :: Education & Human Resources :: Environment & Nature :: Farming & Animals :: Food & Drink :: Government :: Health :: Home & Garden ::

Related Keywords:

BRITE Box :: Voices Of Hope :: Cooking :: Healthy Eating :: Cooking Skills :: Child Health ::

Scan Me:

BRITE Box stands for **B**uilding **R**esilience **I**n **T**oday's **E**nvironment. We aim to reach as many families as possible through the joy of cooking and in doing so build resilience for generations to eat and live well together.

BRITE Box provides weekly recipe meal kits, with all the ingredients and a child friendly illustrated recipe card to enable children and their families to enjoy cooking and eating a healthy meal together.

BRITE Box builds engagement through a fun, hands on, family activity, lead by children.

BRITE Box helps tackle food insecurity and health inequalities. BRITE Box helps with the family food budget each week AND builds lasting behaviour change which has a positive impact on both physical and mental health.

BRITE Box provides so much more than ingredients for a meal, it really is the 'box which keeps on giving' - building confidence and skills in the kitchen, bringing children and their families together around food in the home, giving no cost opportunities to try new foods, flavours and budget friendly recipes and creating lasting skills, habits and a love of food for life.

Further information:

Voices of Hope / BRITE Box

CONTACTS

Nick Dawson, UK Franchise & Development Lead, BRITE Box – nick.dawson@voh.org.uk 07827893060

Ruth Dawson BRITE Box Managed Hubs and Programme Development Lead ruth.dawson@voh.org.uk 07792011913

https://www.voh.org.uk/brite-box/

brite.box@voh.org.uk

Connect with us on Facebook, Instagram and X @briteboxproject to keep up to date with all things BRITE Box or email us at brite.box@voh.org.uk.

Company Contact:

Voices of Hope

T. 07968 836340
E. jane.lewis@voh.org.uk
W. https://www.voh.org.uk

Additional Contact(s):
Sarah Clay sarah.clay@voh.org.uk

View Online

Additional Assets:

Newsroom: Visit our Newsroom for all the latest stories:
https://www.voicesofhope.pressat.co.uk