Be involved in something Big this summer term!

The Big Lunch is about millions of people getting together to share food, have fun and get to know each other better. This June, people around the UK will stop what they’re doing and get together in a nationwide act of community and friendship.

Schools, at the centre of community life, are perfectly positioned to host a Big Lunch; which can be anything from a small gathering of students and parents within the school grounds, to a full-blown community party with food, music and decoration.

The official dates for this year’s Big Lunch are the 1-2 June, but you can hold one any time that works for you. Visit www.edenprojectcommunities/schools for tips, activity ideas and handy downloads that will help make planning a Big Lunch as easy as possible.

What's in it for your school?

Holding a Big Lunch, will make a positive contribution to your school and community. Taking part will encourage children to celebrate and understand the diversity on their doorstep and interact more with those around them.

The Big Lunch also links with many elements of the curriculum and wider school aims, including: healthy eating, wellbeing, mental health and anti-bullying. Getting children involved will give them a huge sense of enjoyment and achievement.

“This was a truly wonderful day which brought our school community together.”

Deborah, Carlisle.
**THINGS TO THINK ABOUT**

<table>
<thead>
<tr>
<th>Fundraising</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Big Lunch can be an opportunity to fundraise for your school, over £8million was raised for groups in 2018 with a Big Lunch.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Big Lunch is about coming together over food. Ask guests to bring food to share, or serve your school lunch in a different way, such as a picnic or in large sharing bowls.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Guests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Include your wider school community in The Big Lunch and invite people to join you on the day.</td>
</tr>
</tbody>
</table>

**SOME LITTLE IDEAS FOR THE BIG LUNCH**

<table>
<thead>
<tr>
<th>Communal Bunting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get your class or guests to make a string of bunting between them, decorating a triangle each. Showcase their favourite food memory, hopes for the future or a theme of your choice. Afterwards why not swap it with another school, or give it to a local community group?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Community Cookup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Invite members of the local community into school to teach your class how to cook their favourite dish. Your students could then recreate this dish for the rest of the school for Big Lunch day.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Games from the Past</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get your class to take inspiration from their elders by asking them what group games they used to play. Get your school outside on Big Lunch day recreating and enjoying these games.</td>
</tr>
</tbody>
</table>

Find more ideas, information and inspiration for holding a Big Lunch in your school at www.edenprojectcommunities/schools or contact Lucy at lflatman@edenproject.com.