

# the big lunch

an eden project

THE NATIONAL LOTTERY

## JOIN IN

The Big Lunch is the UK's thanksgiving celebration for neighbours and communities - a time where people come together to celebrate community connections and get to know one another a little better.

**NOW MORE THAN EVER, WE NEED TO MAKE TIME FOR EACH OTHER. SO, LET'S GET THE NATION TALKING OVER A CUPPA AND A BITE TO EAT AND HAVE SOME FUN WITH THE BIG LUNCH!**

For those of you who have been to a Big Lunch before, things will need to be a little bit different this year, but community spirit is shining bright, and whether you are a first timer or an old hat, there are lots of ways you can join in.

Start planning yours with these bite-sized steps 





## 1 DECIDE HOW YOU'RE GOING TO HOLD YOUR BIG LUNCH

There are different ways you can join in this year depending on what works where you live and is safe and inclusive for you and your community. Your Big Lunch could be online with a Facebook group from your kitchen table, over the phone with a cuppa and a friend, or a family picnic out in the garden where you can wave to your neighbours.

## 2 SPREAD THE WORD

Whether you want to natter to your neighbours, say cheers to volunteers, connect with your community group or phone friends and family – you need to let people know about it. Check out our Big Lunch toolkit for templates to help you get the word out. Pop a poster in your window, on a notice board or in your car window for people to see. Send invites via social media to online groups, pop personal invitations through letterboxes, tape them to your neighbour's windows or email people to let them know about your Big Lunch.

## 3 HAVE FOOD AT THE HEART OF YOUR BIG LUNCH

There are lots of creative ways to keep food at the heart of your Big Lunch even if you can't share it physically with others by being together. An online dinner date, sandwich on your doorstep or a cuppa and a piece of cake as you chat on the phone all count. Your Big Lunch doesn't have to involve eating a feast – the most important thing is getting people talking and celebrating the connections you have.

4

## ADD A LITTLE EXTRA AND MAKE YOUR BIG LUNCH MEMORABLE

Bunting, music, singing, dancing and games are all things you can bring to your Big Lunch. Decorate your window, make the most of your webcam background or wear something a bit fancy. Check out more ideas in our Big Lunch toolkit.



LET'S CELEBRATE COMMUNITY CONNECTIONS, GET TO KNOW ONE ANOTHER BETTER AND HAVE FUN WITH THE BIG LUNCH

Share stories of how your neighbourhood is staying connected

✉ [communities@edenproject.com](mailto:communities@edenproject.com)

[THEBIGLUNCH.COM](http://THEBIGLUNCH.COM)

Join the conversation [f](#) [t](#) [i](#) @edencommunities #TheBigLunch