



LET'S LUNCH

YOU'RE AWESOME

**THE BIG LUNCH IS MADE POSSIBLE BY PEOPLE
LIKE YOU, SO THANK YOU FOR MAKING IT HAPPEN!**

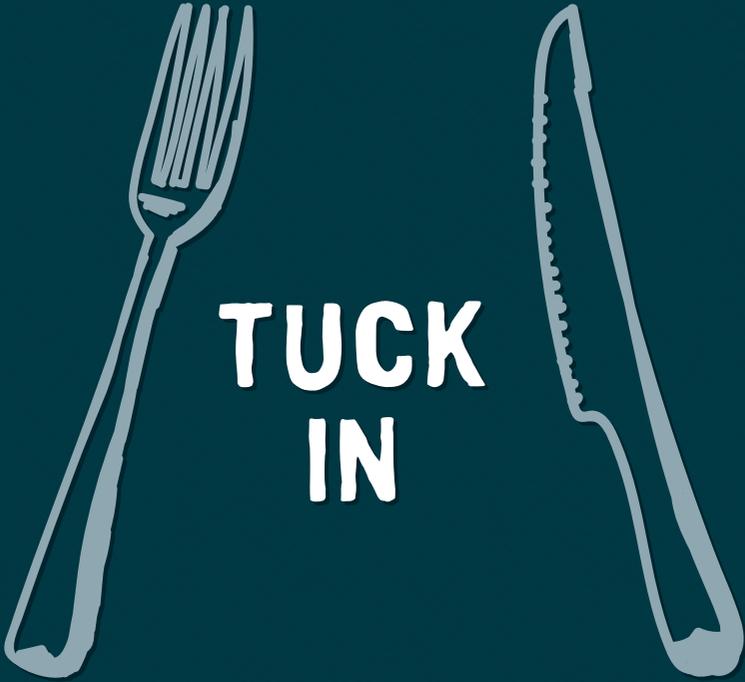
This is your Big Lunch pack. Inside you'll find a handy guide to help make preparing for your Big Lunch a piece of cake. There are some posters and invites to help spread the word and a set of stickers to play with on the day.

Everyone has something they can bring to the table, so anything else you might need is likely to be right on your doorstep.

Just like our communities, each and every Big Lunch will be a little bit different – there are no rules or recipes to follow, so tuck in, and start cooking up your Big Lunch plans.

Have fun,

THE BIG LUNCH TEAM



IN A NUTSHELL

Bite-sized steps to help plan your Big Lunch



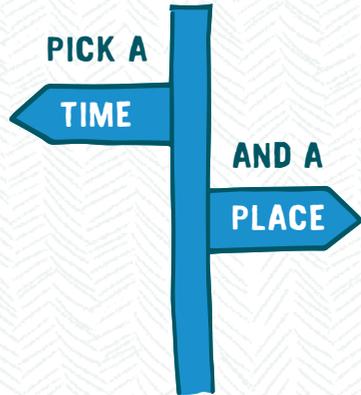
Now you've got your pack it's time to get excited, get a couple of friendly folk on board and start the party preparations!



Parties need people, spread the word and let everyone know they're invited!



Invite people to chip in with bringing food, it allows everyone to be involved. Let them know it doesn't matter if it's home-grown, home-made or shop-bought.



Take part on the first weekend in June when people right across the UK are enjoying Big Lunches or pick a date that works for your community – it still counts.



ENJOY THE PARTY!



Eat, talk, play, have fun, and remember the most important thing is bringing people together!



THE BIG LUNCH BRINGS OVER 6 MILLION PEOPLE TOGETHER EVERY YEAR TO SHARE FOOD, FRIENDSHIP AND FUN.

BIG LUNCHERS HAVE TOLD US THEY LIKE GETTING INVOLVED BECAUSE:

IT'S FUN!

IT HELPS INCLUDE PEOPLE IN THE COMMUNITY

IT'S A CHANCE TO GET TO KNOW NEIGHBOURS

OVER 4.5 MILLION PEOPLE MADE NEW FRIENDS AT THE BIG LUNCH LAST YEAR

WHO WILL YOU MEET AT YOURS?

THERE HAVE BEEN MORE THAN HALF A MILLION BIG LUNCHES SINCE THE BIG LUNCH BEGAN

88% OF ORGANISERS THINK THE BIG LUNCH HAD A POSITIVE EFFECT ON THEIR COMMUNITY

LAST YEAR, PEOPLE RAISED £8M THROUGH BIG LUNCHES FOR THINGS THAT MATTERED TO THEM LOCALLY

HUNGRY FOR MORE IDEAS?

If you haven't already, explore thebiglunch.com; it's packed with useful info and things you can make, play and do.

Join us on social media too – we are @edencommunities on Facebook, Twitter and Instagram.

Use #TheBigLunch to share your Big Lunch plans, stories and pictures.



If you'd like a helping hand, or have any questions, don't get in a pickle – get in touch:

COMMUNITIES@EDENPROJECT.COM

0845 850 8181
(local rates apply)



On the first weekend in June we're inviting everyone to throw open their doors and take to their gardens, driveways, streets, parks and shared spaces to have fun and get to know their neighbours better with The Big Lunch!

People are the key ingredient – everyone is invited because great things happen when we all get together.

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The Big Lunch is an idea from the Eden Project, made possible by the National Lottery. As the UK's largest community funder we're passionate about funding great ideas that help people and communities to thrive.

This is why we're proud to support The Big Lunch – it's simple and it's fun, but it's also really effective at bringing people and communities together. It helps to build connections and spark friendships. But the real magic is what comes afterwards – when people get together great things can happen – The Big Lunch is just the spark.

Peter Ainsworth, Chair of The National Lottery Community Fund