

THE BIG LUNCH

On the surface **THE BIG LUNCH** is as simple as sharing friendship, food and fun. But beyond the bunting, cupcakes and conversation it helps to break down barriers, build resilience and grow local connections – **creating happier, healthier communities!**

Over **10M** people joined in for 2024 – here's what they had to say...

CLOSES THE DISTANCE → BETWEEN US ←

3 IN 4 

people that joined in say **THE BIG LUNCH** brings different generations together and **76%** say it connects people from different ethnic backgrounds

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The Big Lunch has fostered a sense of belonging and inclusion. It's an event where everyone is welcome, regardless of age, background, or social status.

Big Lunch organiser

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INSPIRES LOCAL ENGAGEMENT

75% of people that went to a **BIG LUNCH** now have a greater understanding of the local issues affecting their communities

76% say they're more likely to get involved in community activities

ENCOURAGES VOLUNTEERING

617,000 

people volunteered their time to organise a **BIG LUNCH** and almost **80%** of attendees feel inspired to get more involved in voluntary activities

EASY WAY TO FUNDRAISE

A whopping **£100M** 

has been raised for charitable causes at **BIG LUNCHES** since 2015 – with most going to support local projects!

CREATES A BUZZ

Over **75%** of **BIG LUNCH** attendees feel it had a positive impact on their community

4 IN 5 say it's a good way to bring people with different views and outlooks on life together

FOSTERS A SENSE OF BELONGING


Since attending a **BIG LUNCH**...

71%
of people feel less lonely

74%
feel more connected locally

76%
say it's made them feel like they belong more in their community

CONNECTS PEOPLE TO NATURE

3 IN 4 people say they are more likely to make changes to their lifestyle to protect nature and the environment after attending a **BIG LUNCH** 



“ People are more willing to get involved in maintaining and improving our shared spaces, leading to a more vibrant neighbourhood.

Big Lunch organiser ”

THEBIGLUNCH.COM