

A string of colorful bunting flags in various patterns (solid, stripes, polka dots) in shades of teal, orange, pink, and green, running diagonally across the top and bottom of the page.

LET'S FEED

COMMUNITY

SPIRIT!



MADE POSSIBLE BY

eden
project

Pears
Foundation

PARTNERED BY

co
op

A small logo featuring a crown and the year '1753' above the text 'GREENE KING' and 'BURY ST EDMUNDS' below it.

GREENE KING
BURY ST EDMUNDS

Bring people together to share friendship,
food and fun this June, and celebrate
where you live with The Big Lunch.

TUCK
IN!



WELCOME TO THE BIG LUNCH

Bringing people together to share friendship, food and fun isn't just a lovely thing to do, it's a chance to share cultures, experiences, ideas, stories and skills.

From finding common ground and strengthening bonds to making everyone feel welcome in your area, it encourages local volunteering, can inspire neighbourhood initiatives and even raise money for causes that matter to you and your community.



The Big Lunch helps people grow connections and feel a greater sense of belonging where they live – doing wonders for community spirit. Whether it's cake with a few neighbours or parties for the whole street communities all over the UK join in.

IT'S EASY, IT'S FUN, IT'S FOR EVERYONE!

- ➔ A whopping **10 million** people joined in last year.
- ➔ **3 in 4** Big Lunch attendees feel it had a positive impact on their community.
- ➔ **76%** say they're more likely to get involved in community activities and **75%** say that The Big Lunch has created a stronger sense of community.

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Over the years, more and more people have come along to our Big Lunch. It's just about getting together, it's always really good fun and I know all my neighbours by name now! I'd highly recommend The Big Lunch to anyone. - *Angie, Essex*

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GREAT THINGS HAPPEN WHEN WE COME TOGETHER

We're extremely proud to be sponsored by brands and organisations that share our mission. An idea from the **Eden Project**, The Big Lunch is made possible with generous support from the **Pears Foundation**. Together we're excited to explore the power of community to shape a positive future for both people and planet.

Our partners, **Greene King** and **Co-op** support The Big Lunch to feed community spirit and reach people across the whole of the UK.

And of course, it's amazing people like you that make The Big Lunch happen in communities...

≡ **THANKS FOR JOINING IN!** ≡



READY TO GET STARTED?

1 PICK A DATE, TIME AND PLACE

Big Lunches come in all shapes and sizes, so choose a date, time and place that works for you and your community. The Big Lunch weekend is **7-8 June** and is part of the **Month of Community**, so whether it's lunch, brunch or supper at sunset there's lots of opportunities to join in!



Depending on where your Big Lunch takes place, you might need to check permissions. **Need to close a road?** Apply as early as possible – some councils require up to 3 months' notice.

You can hold a Big Lunch anywhere you can bring people together – somewhere accessible and welcoming to everyone is great, even better if it's free to use. We've seen Big Lunches in gardens, streets, schools, staff rooms and even on a boat! **Inside, outside, big or small, it's up to you.**

2 SPREAD THE WORD

Let people know they're invited and how they can lend a hand. Send out invitations or share the details in a local Facebook or WhatsApp group. Knock on doors and talk to people too – it'll make them feel less nervous about coming if they've already met a friendly face.

Inviting the whole town? Put posters up in windows and on community notice boards, ask nearby businesses to display one and get in touch with local press to drum up excitement!

3 TICKLE THE TASTEBUDS

Whether homemade or shop-bought, sandwiches and samosas or a summer spread, food is a great conversation starter. Invite everyone to come with something to share – you could have a theme like finger-food only to save on the washing up, meat-free meals or odd house numbers bring savoury and even sweet.

Keep things easy and encourage everyone to bring their own plates, cups and cutlery, have a plan for sharing any leftover food and tidy as you go with recycling bags at the ready.



4 ADD A LITTLE EXTRA

A great way to get other people involved is by adding decorations, organising a few games or activities and playing music to get the party started! Everything you need is likely to be right on your doorstep: maybe there's a local musician who could perform or do a shout-out for decor that people might have stashed away.

Don't forget to check out the **Conversation Menu** and **Human Bingo** game in your pack to help break the ice, plus there's lots of ideas at **TheBigLunch.com** that are kind to your purse and the planet.

“

We have our Big Lunch down to a fine art now – we know who can bring a big table, who has the gazebos and who will be bringing their special recipes. We have Becky from next door who makes her amazing baklava, and Jane down the road who makes strudel using apples from her allotments. Everyone has things they look forward to each year. – *Helen, Newcastle*

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5 FUNDRAISE AT YOUR BIG LUNCH

Lots of communities use their Big Lunch to fundraise for something their community needs, a local cause or for a bigger, national charity. With over £100 million raised through Big Lunches for good causes since 2015, and the majority staying locally, it can be as simple as a donation jar on the table, a raffle, quiz, or a game where people donate to play.



THANKS FOR JOINING IN!



For ideas and inspiration – including recipes, games, fundraising tips, plus guidance on hosting a bigger event – visit **TheBigLunch.com**



Like, follow and share **@edencommunities** on social media for the latest Big Lunch news.



Join in the fun! Tag us to share your Big Lunch plans, stories and pictures from the day!



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