



How to: hold your own Love Food Hate Waste 'Ready Steady Cook' competition

You will need:

- Cooking demonstration equipment
- Some delicious 'leftover' and store cupboard food
- Your local 'Ainsley Harriott' to facilitate the competition
- 2 enthusiastic participants
- Some lucky judges to sample the food
- A prize for the winner
- A big crowd of people to watch and learn

Time scale for planning your Ready Steady Cook competition

You will need to allow sufficient time to arrange your venue, participants, and to advertise your event. As a guideline this can take place over the space of 4 weeks.

Week 1: Decide where it will take place

Will you be running it at an existing event, featuring it at a regular community gathering, or organising it as a one off in your community? Arrange a time and location.

Week 2: Arrange who will run your Ready Steady Cook competition, your ingredients and a prize

Find a food fanatic to facilitate the competition who can both help participants to conjure up creative recipes whilst also sharing their waste reducing tips with the audience. This could be a local chef, an industry expert, or just a skilled amateur. A lot of chefs are very keen to get involved with events like this. Find someone who is enthusiastic and engaging.

Invite members of your community to judge the competition. Contact characters and well known figures in your community such as your local Mayor, Councillors, or media representatives.

Where does the food come from?

'Leftover' ingredients - although the competition is about using up your leftovers, it is unrealistic to expect you to raid the depths of your fridge for the purpose of this competition. Fresh fruit and vegetables alongside rice and pasta are the most common leftover foods. Add cupboard essentials (such as cooking oil, stock cubes, salt and pepper) to the list and if possible also dairy products like cream, eggs or cheese.

There are a number of ways to source your food products for the competition. You can ask organisers or participants to bring selected items such as any gluts of fruit or vegetables. Avoid asking for 'leftovers' as people's judgement of what is safe to eat may vary.

Alternatively you can approach a local business to support your event by supplying the ingredients for the competition in return for free local advertising. It could be a shop, a farm or any other food related business. We have found a lot of support from local food producers and retailers for this campaign. We are happy to give you advice on how best to go about contacting your local food suppliers to get their support for your event.

You can also simply buy the ingredients a day or two before the event. Make a decision on where you will source your food with plenty of time before your event to make sure you have time to approach the right people if you need to.

It is important to give consideration to how you will store your food once you have procured the food for your event. Make sure that you have access to adequate fridge space to store your food both before the event, and on the day.

Prizes

It would be great if the prize for the competition could be food related. Again try to approach local businesses on whether they would like to contribute anything towards a prize for the winning contestant. This could include discount in local restaurants, or gift vouchers for local shops.

Both participants will probably put in a lot of effort and are likely to come up with similarly delicious recipes, making it hard to judge the winner. See if you can provide a small prize for both of the contestants – two sets of bag clips, spaghetti measures or two jars of local honey are some good examples.

The important thing to remember is to recognise the sponsor. You can include a note about them in your press release and on the posters, have their leaflets distributed at the event and you can invite their representative to judge the competition.

Week 3: Advertise and continue sourcing your equipment and a prize

We can provide you with a selection of eye catching posters in which you can fill out the details of your event. Put these on community notice boards, and in windows to ensure that as many people as possible turn up to your event.

Why not write an article for your parish newsletter or local paper. You can also contact other community organisations that might like to join you at your event.

If you need to borrow the 'Ready Steady Cook' equipment from RECAP remember to book it in advance by contacting Zoe on zoe.chambers@cambridgeshire.gov.uk or 01223 715502.

Week 4: The final run up to the event

Up your advertising with a final push to let people in your community know about your event. Contact your local media, advertise in your local newsletter, and send out a press release to ensure as many people as possible know about the exciting event.

If you are buying your ingredients, see what is in season and on offer in your local shops. Spend a modest budget on the ingredients – it will be more of a challenge to participants and will allow the competition to showcase realistic leftover recipes that anyone can later try out in their own kitchens.

You will need to write a risk assessment and ensure that everyone involved with organising the event is aware of any risks involved and how to deal with them. We have templates for risk assessments that we can provide you with for this event.

Make sure you are happy with the event organisation, the equipment, and the key messages of Love Food Hate Waste to ensure that your event is fun, effective and risk free.

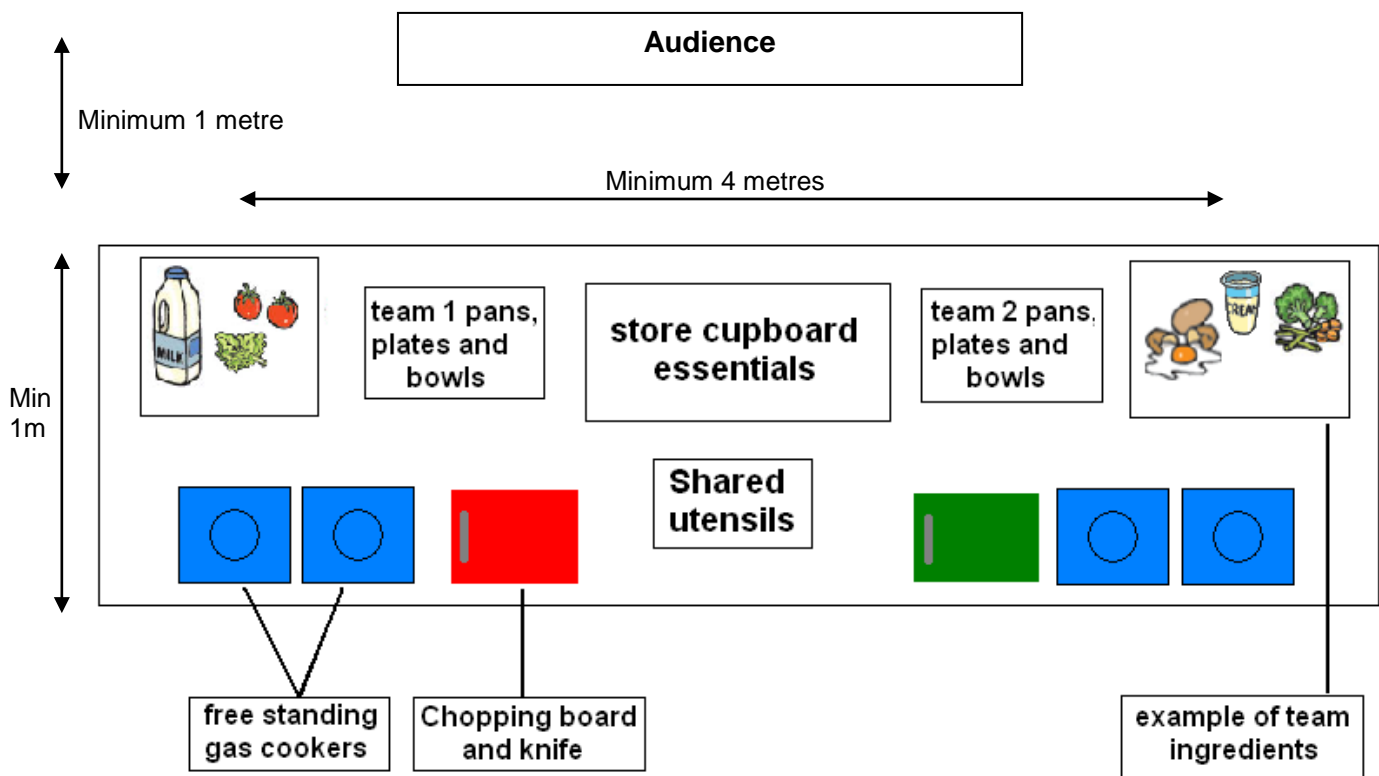
Contact RECAP if you need any help. We can work with you to make sure your event is a success, including preparation of a brief script for the facilitator of the competition and going through the risk assessment process with you.

Running your 'Ready Steady Cook' competition

To help you to run your own Ready Steady Cook competition we can lend you the following equipment:

4 x free standing portable gas cookers	2 x plates and bowls
4 x chopping boards	2 x paring knives
2 x non stick frying pans	1 x set of kitchen scales
2 x non stick sauce pans with lids	1 x washing up bowl
2 x mixing bowls	1 x 15l water carrier
2 x measuring jugs	1 x vegetable peeler
2 x wooden spoons	1 x whisk

Setting up your Ready Steady Cook stand:



Allow a 1 hour time slot for your competition to take place. You may not use all this time, but it will allow contingency that can be necessary if you are running your 'Ready Steady Cook' competition as part of a bigger event. Whilst the participants are cooking the facilitator can start a discussion about the best ways to reduce waste, from getting the perfect portions, to how to store your food.

Assessing the Risk

Using cooking equipment and preparing food in a pressured environment does not come without risk. Here is a list of risks to be aware of when planning your event.

Risk	Things to consider	What you can do to make it safer?
Cuts	Use of knives, peelers, graters and blenders.	Make sure everyone knows how to use equipment correctly and safely. Have a first aid kit on standby in case of emergencies.
Burns	Hot pans, splashing food, open flame.	Handle all hot pans with heat proof gloves. Use lids on pans. Check that no one sampling the food suffers from any allergies, make sure that all food is properly cooked, and avoid preparing high risk foods such as meat and fish.
Ill health	Allergies, poorly prepared food, poor quality food.	Take care when handling potentially heavy equipment, make sure that use of cookers has been explained, and keep the audience a safe distance from the equipment.
Harm from equipment	Heavy lifting, knowledge of equipment use, risks to those watching the competition.	

Before your competition takes place we will provide you with a more detailed risk assessment of the Ready Steady Cook competition. You should also make sure that you consider any additional risks that might occur in your chosen venue.