

HOW IT WORKS

Cooks



Sign up online, complete the food hygiene quiz, and undergo a PVG check



Login to select a diner in your local area



Meal Makers contact Diner for approval to pass contact details onto Cook for introductions and to organise first meal share



Cook delivers tasty homemade meal to Diner and uploads meal share online

Diners



Join Meal Makers and receive Diners handbook, welcome letter and sign up form



Meal Makers staff upload diner profile



MEAL
MAKERS



Sign up to cook

Sign up to be a Meal Makers Cook at:
www.mealmakers.org.uk

To be a diner

Become a Meal Makers Diner by calling:
Tel: 0800 783 7770
Glasgow: 0141 387 6390
Perth: 01738 452236

Refer a diner

Contact us on:
Email: hello@mealmakers.org.uk
Tel: 0800 783 7770
Glasgow: 0141 387 6390
Perth: 01738 452236



Connecting communities through food

MEAL
MAKERS



Bringing together those who love to cook and are happy to share an extra portion with an older neighbour

Brought to you by Food Train



Charity number SC 24843

Who we are

Meal Makers is part of Food Train, the award winning Charity supporting older people in Scotland to eat well, live well and age well.

What we do

Meal Makers is a local neighbourhood food-sharing project that connects people who love cooking (cooks), and who are happy to share an extra portion of home cooked food, with an older neighbour (diner) who would really appreciate a freshly prepared meal and a friendly chat.

Who can use Meal Makers?

Anyone over the age of 55 who would appreciate a home cooked meal.

Please call 0800 783 7770 to see if we are in your area.

Who can volunteer?

Anyone! But before we can get you paired up with an older neighbour you will need to complete an online food safety quiz and a PVG (criminal record check).

BECOME A DINER

Join Meal Makers and have one of our volunteer Cooks deliver a portion of their home cooked food.

We'll match you with someone who likes the same sort of food as you and lives within your community. How often meals are shared is decided between you and your cook.

All of our volunteers love cooking, they want to share their delicious food and get to know new people.

Before sharing, all of our Cooks are taken through an independent safeguarding process.

The only cost to you as a diner will be a small annual membership fee, no other money exchanges hands.

Moira (Diner): *'Anna is a lovely girl, very pleasant to talk to and I couldn't be happier. She's been round every week since we were introduced'*

BECOME A COOK

By turning an everyday activity into a volunteering opportunity, Meal Makers strengthens connections within communities and provides a flexible way for people to volunteer their time and skills locally in a way which suits them.

We aim to tackle social isolation and the growing problem of malnutrition by helping older adults who no longer find it easy to cook for themselves.

Signing up to volunteer with Meal Makers is really easy, go to www.mealmakers.org.uk and select 'Sign up as a Cook' to complete a quick application form and we'll connect you with an older neighbour.

Lynne (Cook): *'I brought pumpkin curry...and a wee Easter egg. Ken was telling me that he'd been dreaming of a curry all weekend!'*