

Promotion and sign up



Classes were published on Eventbrite and promoted through the support of [Barley communications](#) through paid promotion on Instagram and Facebook.

Attendees had to pay a **£10.00** refundable deposit which was reimbursed on arrival through the Eventbrite app.

***92%** attendance of the 290 spaces available

For participant who failed to show money was donated to [City Harvest](#) and [The Felix Project](#).

The classes were evidenced through photos and Instagram stories taken at the events.

*This number does not include the 30th class at Colvestone Crescent



Waste FREE lunch class - Mercato Metropolitan (fully refundable deposit)
by Small Change, Big Difference
Follow

£10

Tickets

Date And Time
Thu, 25 July 2019
12:45 - 13:45 BST
Add to Calendar

Location
Mercato Metropolitan
42 Newington Causeway
London
SE1 6DR
View Map

Refund Policy
Contact the organiser to request a refund.
Eventbrite's fee is nonrefundable.

Join us for a (waste) free lunch at one of our Small Change, Big Difference cookery classes at Mercato Metropolitan.

About this Event

Join us for a (waste) free lunch at one of our Small Change, Big Difference cookery classes. Learn some sustainable food tips and make your own lunch - then hang around to eat it with us!

We've teamed up with the mighty Mercato Metropolitan to deliver four of these healthy, waste-free lunchbox classes. Bring your own tupperware - as we won't be providing plastic containers.

The final class will be hosted by Made in Hackney Chef **Bruna Oliveira**, who will be teaching us how to make **tofu poke bowl** (tofu marinated with tamarai sesame and ginger sauce. Served with grains, avocado and vegetables).

We all love food! After all, we can't live without it. But sometimes, good food goes to waste - when it could have been eaten, or at least be turned into electricity or compost just by recycling it. The average household in London loses £70 a month to food waste. A whopping 91,000 tonnes of it goes to landfill every year - the equivalent of one out of every five meals.

Here at the Small Change, Big Difference campaign, we think it's about time food got the respect it deserves. So we're running 30 cookery workshops across our food-loving capital city between July and October, showing you how you can make delicious, healthy and waste-free food easily at home and make a genuine difference to the planet. Amongst other things, we'll be showing you how to eat less meat, use up leftovers, store food so it doesn't go off, and generally get virtuous with your food!

#SmallChangeLondon

SMALL CHANGE BIG DIFFERENCE



TRIFOCAL



Coverage

- 85 items of coverage in total with an OTS of 12.9 million
- 57 items of media coverage and 27 items of influencer based coverage
- 17 items of coverage from the Ethical Influencer's cookery class
- Media highlights include Londonist x 2 and London on the Inside as well as trade coverage on Business Green

Source: <https://rlsd.co/p/wW5blw> (Barley Communication Report)

