

# HOW IT WORKS

## Cooks



**Sign up online**  
Creating a profile will take 5 minutes



**Complete a background check**  
You will do a quick ID check and complete a PVG form

## Diners



**Call our friendly team**  
We will sign you up over the phone



**We'll talk you through how it works**  
Then we'll find you a Cook suited to your dietary interests



**Introduce yourself**  
Call your Diner over the phone



**Enjoy your first meal!**

**"I love my Cook.  
I am eating more  
food and different  
foods and enjoying  
all of it."**

Eleanor (Diner)



## SIGN UP TO COOK

Create a short profile through our website:

 [www.mealmakers.org.uk](http://www.mealmakers.org.uk)

## SIGN UP TO RECEIVE MEALS

Become a Diner by calling us on:

 **0800 783 7770**

## REFER A DINER

Simply contact us on the details below:

 [hello@mealmakers.org.uk](mailto:hello@mealmakers.org.uk)

 **0800 783 7770**



**Sharing food and  
friendship with an  
older neighbour**





## ABOUT US

Meal Makers is a part of the award-winning Scottish charity **Food Train** that supports older people to eat well, age well and live well.

## WHAT WE DO

We are a local neighbourhood food-sharing project that connects people who love cooking (Cooks) with an older neighbour (Diner). The Cook then creates an additional portion of home cooked food for the Diner and they share a nice meal together.

## WHO CAN USE MEAL MAKERS?

Anyone over the age of 55. Call **0800 783 7770** today to be paired with a local Cook and start receiving delicious home cooked meals from a friendly neighbour.



### Sign up as a Diner

Join **Meal Makers** as a Diner and have one of our friendly volunteer Cooks deliver you a regular home cooked meal and give you some company.

We'll match you with someone who has similar food tastes to you and is within your community. How often meals are shared is decided between you and your Cook.

All of our volunteer Cooks love cooking and have all been background checked and are suitable to volunteer. They also really want to share their food and get to know new people.

Sign up today by calling **0800 783 7770**.

**"Such a wonderful experience! My Cook prepares incredibly thoughtful and delicious home-made meals."**

Jean (Diner)



### Sign up as 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're aiming to tackle social isolation and the growing problem of malnutrition by helping older adults get access to home cooked food and company.

Signing up to be a volunteer Cook couldn't be easier. Go to **[www.mealmakers.org.uk](http://www.mealmakers.org.uk)** complete a profile and we'll start looking to connect you with a Diner in your area.



**"The time I spent chatting with Mary made my day. Her cheerfulness is inspiring and I was reminded of the conversations I miss having with my granny."**

Jennifer (Cook)