

SUMMER PROVISION MENU

Overview:

The products detailed in the menu below form our food and wellbeing focused social enterprise, which is committed to tackling food insecurity, improving health, and boosting food literacy among young people across London, particularly during the school holidays when access to food and structured support is limited.

Our mission is rooted in health, happiness and opportunity. We aim to ensure that all young Londoners have access to healthy meals, snacks and essential items; while building the skills and knowledge they need to make healthy and sustainable choices independently.

All the products outlined below have been informed and designed with young people and community organisations.

Important Information:

Please ensure that you place your order at a minimum of 4 weeks before the requested delivery date(s). For information about specific lead up times to school holiday periods, please email our Food Education and Social Enterprise Manager - bfitzroy@mayorsfundforlondon.org.uk

Take & Make Recipe Kits

What are they?

Healthy, culturally diverse, and accessible meal kits which provide all the necessary and exactly portioned ingredients to create a meal for 4-6 people.

Our kits comply with school food standards and have a +5-day ambient shelf life, and include step-by-step recipe instruction cards

£12.00 per box

Example Recipes:

Main Meal:

- Sweet & Sour Stir-fry
- Egg Fried Rice
- Smokey Black Bean Burger with Cucumber & Tomato Salsa
- Lentil Bolognese
- Chickpea & Sweet Potato Curry

Dessert:

- Peaches & Pancakes
- French Toast with Banana
- Chocolate Banana Cale

Boost Box

What are they?

Large boxes containing nutritional and energising snacks to fuel young people between meal times.

We can also cater Boost Boxes to specific dietary requirements

These boxes can cater to specific numbers of young people community organisations serve (e.g. 30, 60, or 100+ young people).

Sample Box - 60 young people

- 40 x Satsuma
- 40 x Banana
- 40 x Nature Valley Bar

*option for fruit only on request

£60.24 per box

Create & Make World Food Boxes

What are they?

Our Create & Make World Food Boxes are comprised of surplus food and have been designed to celebrate London's diversity, providing families with ingredients to cook meals inspired by different cultures.

By combining accessible staple foods with global spices, the box promotes food education, inclusivity, and shared moments of joy.

Each box provides ingredients to make a meal for 6-8 people. All boxes have a +5 day shelf life.

Ingredients included:

- Plantain
- Garlic
- Rice
- Tinned Chickpeas
- Onions
- Peppers
- Sweet Potatoes
- Coriander
- Cabbage
- Apples
- Lime
- Sunflower Oil

£12.00 per box

Breakfast Club Box

What are they?

Large boxes that contain breakfast foods to fuel young people for the day ahead and ensure community organisations have the option to serve breakfast.

The large boxes provide a variety of foods to create a continental style breakfast buffet to serve **20 people.**

Sample Box:

- 2 x Orange juice
- 2 x Apple juice
- 10 x Apples
- 10 x Bananas
- 10 x Yoghurts
- 1 x Cornflakes
- 1 x Rice Crispies
- 2 x Strawberry jam
- 3 x Milk
- 2 x Loaf of bread
- 1 x Butter

£58.00 per box

Community Cook Box

What are they?

Designed for community organisations, our healthy, culturally diverse, and accessible meal kits which provide all the necessary and exactly portioned ingredients to provide 30 meals. These large scale food boxes have been designed to help community organisations provide nutritional meals to the young people they serve during the school holidays. School food standard approved and +5 day shelf life.

Sample Box:

- Sweet & Sour Stir-fry
- Egg Fried Rice
- Lentil Bolognese
- Chickpea & Sweet Potato Curry

*each box comes with recipe cards and provides ingredients to make a meal for minimum 30 meals.

£78.00 per box

Fruit Box

What are they?

Large boxes containing fresh fruit to keep young people energised between meal times and during activities. These boxes are a great way to ensure young people have access to nutritious foods.

These boxes can cater to specific numbers of young people community organisations serve (e.g. 30, 60, or 100+ young people).

Sample Box - 60 young people

- 40 x Satsuma
- 40 x Banana
- 20 x Apples

£41.04 per box

Hygiene Bag

What are they?

Our individual hygiene bags provide a practical package of essential personal care items, supporting young people's wellbeing, dignity, and ability to manage everyday needs. Designed for ease of distribution, the bags contain key hygiene products that help reduce immediate barriers while promoting confidence and self-care.

£12.00 per bag

Sample Bag:

- 1 x Roll on Deodorant
- 1 x Shower Gel
- 1 x Toothpaste
- 1 x Manual Toothbrush
- 1 x Shampoo
- 1 x Conditioner
- 1 x Mini Hand Sanitiser
- 1 x Lip Balm
- 1 x Mini Tissue Pack

*minimum order 20 bags

Sanitary Box

What are they?

These large boxes are designed for community organisations, ensuring they are equipped with the period products for the young people who attend their programmes. Each box contains high quality, products to help young people manage their periods with dignity, comfort, and confidence.

£56.05 per box

Sample Box:

- 60 x Sanitary Day Pads
- 40 x Sanitary Night Pads
- 72 x Regular Tampon
- 72 x Super Tampon

*you can order bespoke boxes with specific numbers or products, such as pad only boxes.