

HOW TO HOLD A SOUP SHARE SAFELY



5-11 OCTOBER 2020

schoolgardening.rhs.org.uk/bigsoupshare
#bigsoupshare



WELCOME TO THE BIG SOUP SHARE 2020!

Thank you so much for signing up for this year's Big Soup Share.

This year has been like no other and growing and sharing food has never been more important. People all across the UK have shown incredible community spirit by growing fresh food for local food banks and food parcels, to support others through the pandemic.

This year we want the Big Soup Share to be a celebration of everyone that worked so hard to support others and kept things going. It's also a chance for people to continue supporting others during this unprecedented time or reconnect over a hot meal made from freshly grown produce.

In this guide, you will find our tips and suggestions for hosting or supporting a Big Soup Share that will support people in your community, while observing the UK Government's guidelines, in particular how many people can meet at one time. Remember, these rules are different depending on whether you live in Scotland, Northern Ireland, | Wales or England.

We also have a guide on how to host a digital Big Soup Share, if you feel more comfortable hosting an event online or if your group is larger than the UK Government allows. This might also be a great way of connecting with those who are shielding or who are unable to attend in person. Check our website to download the guide.

Please note: the content in this PDF has been written in line with Government guidelines as of September 2020. Please adapt as necessary if the Government makes changes to these guidelines, for example, in the event of a local lockdown and ensure you remain safe at all times.

What's it all about?

Each year, thousands of people from schools, youth groups and community groups around the country join us to hold a Big Soup Share in October. Last year, over 173,000 people from 3,000 different groups took part and served up a whopping 167,181 portions of soup!

This year, we invite you to take part in the Big Soup Share, between Monday 5 and Sunday 11 October 2020, as a way of supporting or connecting with people in your community or group.



Your Soup Share, your way.

At the heart of the Big Soup Share is growing, cooking and sharing, but how you decide to do that is up to you. Just remember to stay safe.

Here are some of our ideas to get you started:

- Get in touch with your local community fridge or foodbank. Perhaps you could provide them with fresh produce that they can turn into soup to share out to the community. Or perhaps you could volunteer in helping to dish out takeaway soup or by delivering it to people.
- You could arrange a Zoom or Skype call where you cook-a-long together, or arrange to deliver soup safely to people's doorsteps in your neighbourhood and invite them to join a Zoom or Skype call to enjoy the soup together.
- If you are a teacher at a school, you could help young people whizz up a batch of soup in the school kitchens and give it away to families at the school gates at the end of the day. Please ensure you follow the government guidelines and the guidance set out by your school.
- If you are hosting your Big Soup Share at your place of work, you could have a cook off, where you try out different flavours of soup that your team bring into the office. Just be sure to follow any guidance set out by your employer and refrain from large gatherings of people.
- You could ask for donations towards the soup, which could be sent to a local community support group or charity, or for you to put back into your own group to support your work.

If you are serving soup to others, be sure to encourage people to bring their own spoons and mugs or containers, or use recyclable paper cups, to avoid risk of cross contamination and to reduce waste. You could even use a flask to keep soup warm if taking it home.

Please also ensure that your Big Soup Share does not encourage people to gather in large numbers as per the Government's guidelines and restrictions.


Make your Big Soup Share soup-er!

This is the fourth year of the Big Soup Share and the pack looks a little different this year, as we have made all of our resources downloadable, instead of sending out packs in the post.

To help you promote your Big Soup Share and make it a success, you'll find the following on our website to download:

- Recipe cards filled with delicious inspiration
- A 'Stay Safe and Share Soup' poster
- A bunting template for you to design, cut out and string up
- A chef's hat template – great for kids!
- A soup label template
- A blank recipe template
- A 'thank you' card template
- An A4 certificate
- Soup themed Zoom backgrounds
- Social media assets to let others know you're taking part

We'll also be sharing a host of brilliant videos from some brilliant people throughout the Big Soup Share week talking to use about other community sharing activities that have been supporting people through these past few months.

A young child with curly hair is smiling and holding a large bowl of red soup. The child is wearing a grey patterned sweater. The background is a lush green garden with various plants and vegetables.

The Big Soup Share is all about...well, sharing! Use **#bigsoupshare** to send us the recipes you'll be cooking and give us a glimpse of how you're making our resources your own. During the Big Soup Share week, we'd love to see photos of how you decided to support people this year.

 @RHSGrow  @RHSSchools  RHSSchoolGardening  schoolgardening@rhs.org.uk



Big Soup Share FAQs

You might have some questions ahead of the Big Soup Share. Hopefully we've got most of it covered over the next few pages but if not, drop an email to schoolgardening@rhs.org.uk to let us know.

IS IT SAFE FOR US TO HOLD A BIG SOUP SHARE?

As you'll have read in this booklet, this year will need to be different and Big Soup Shares should not encourage gatherings, as per the Government ruling at the time of writing. However, you can use the Big Soup Share to support people in your community by using the correct channels or working with existing charities or organisations that have the appropriate set-up, such as community fridges, foodbanks or cafés.

If you are inviting people to come and pick up their soup and you think you might attract a queue, be sure to make ample space for the queue. Lay out markers at two meter intervals where people can stand and ask those waiting to wear their masks. You could alternatively make up individual pots of soup to deliver to people in the community and use our digital Big Soup Share tips to still connect with them in a safe way.

HOW DO YOU MAKE SOUP?

Let's start with the basics. Not made soup before? Not a problem. We hope that the recipe cards available online will give you some inspiration and the 'build your own soup' chart on page 9 will also help you to combine your produce to make a tasty dish. If you're already an experienced Soup Chef, please share your recipes online using **#bigsoupshare**

WHAT IF WE DON'T HAVE ENOUGH PRODUCE?

Short on veg? We know you might not have been able to grow much this year, if lockdown restrictions and school closures kept you from your garden. This could be a great opportunity to approach local allotment groups, schools, parents, gardening clubs and even businesses to see whether they can contribute fresh produce. You could set up a drop off station for the veg to exchange the produce safely. If it's too late to grow some quick crops (see page 8) and you have lots of hungry mouths to feed, you could top up your crops by buying more from local growers.

WHAT IF WE DON'T HAVE A KITCHEN?

If you're lacking space or facilities to cook for your Big Soup Share, see if you can link up with a local school, church, library, group or similar to borrow a kitchen. Many of these have set up community cafés to support people through the pandemic so you could link up with them to serve up your soup safely. You could even cook soup outside on gas stoves.



IS IT EXPENSIVE TO RUN A BIG SOUP SHARE?

A Big Soup Share shouldn't have to be costly so long as you have some tasty produce, an enthusiastic team and enough space for small groups to prepare or cook, while still observing social distancing and hand washing guidelines. This year, you might want to consider purchasing hand sanitiser for those distributing soup. You may also be able to find a local group to partner up with, or you could approach local companies to ask for any necessary donations. Your Big Soup Share could also be a great way of raising funds for your garden. You could sell your soup for a small donation or sell herbs and other plants you've grown.

HOW SHOULD WE SPLIT TASKS BETWEEN CHILDREN OF DIFFERENT AGES AND ABILITIES?

If you are involving young people in your Big Soup Share, keep safety in mind. There are many jobs young people can do in a distanced way such as making posters or writing out invitations. If you are involving them in the cooking stages, you might want to assign jobs dependant on age or ability:

Safe for children of all ages and abilities:

- Picking vegetables and herbs
- Washing vegetables

Should only be carried out by older children or adults:

- Chopping vegetables
- Cooking soup
- Working with boiling water
- Serving soup

DO WE NEED A RISK ASSESSMENT?

We highly recommend you complete a risk assessment, particularly given the current situation with Covid-19. You will need to consider the risks to those involved in preparing soup, and take extra care when deciding how to distribute soup. Key things to consider include hand washing, use of masks and aprons, limit contact/sharing equipment, disposal of waste, limiting group numbers, and considering the risk of transmission in indoor and outdoor venues. We strongly recommend you check the latest UK Government advice before you plan your Big Soup Share.

You can use our template risk assessment [on our website](#) and regarding food preparation, there is a handy example risk assessment for food preparation and service from the Health and Safety Executive [here](#).

WHAT IF WE HAVE TO CANCEL?

Some things are unavoidable and if there is one thing we have learnt in 2020, it's that things can change very fast. Keep an eye on the changing guidance and remember, we have tips on how to hold a digital Big Soup Share here if this is better suited to you. And don't worry if you have to cancel your plans altogether, these are challenging times and we want everyone to stay safe.





**WE HOPE YOU
MANAGE TO HAVE
A SOUP-ER TIME!**

REMEMBER TO SHARE WITH US [#BIGSOUPSHARE](#)