

MEALS WITH IMPACT



# Corporate Volunteering

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# about



**Meals with impact is a work-integrated social enterprise that creates meaningful employment pathways for women of migrant and refugee backgrounds, through the co-creation of food.**

We envision a world where all women from migrant & refugee backgrounds have the power to fulfil their potential and be equipped with the tools & confidence to find meaningful employment.

To achieve this, our work-integrated social enterprise covers;

- Responsive hands-on training
- Mentorship
- Wrap-around support
- and growing a network of industry partnerships to increase employment outcomes.

All proceeds of our services go back towards our mission - to empower women from migrant & refugee backgrounds to find employment success through our shared love of food.

Our services cover catering, food van event hire, food relief and corporate volunteering.

## **Why volunteer with us?**

Volunteering is a rewarding way for businesses to directly make an impact and contribute back to the community.

By volunteering with us, participants can learn about the impacts of hunger & be part of the mission.

## **What our program includes**

- Uniform\*
- On-site supervision
- Taste testing
- Team building experience
- Hands-on experience with the talented team of women & chefs

# food insecurity *Target Area 1*

## 1 in 25 Adults in Victoria

ran out of food in the previous 12 months and could not afford to buy more (food insecure with hunger)

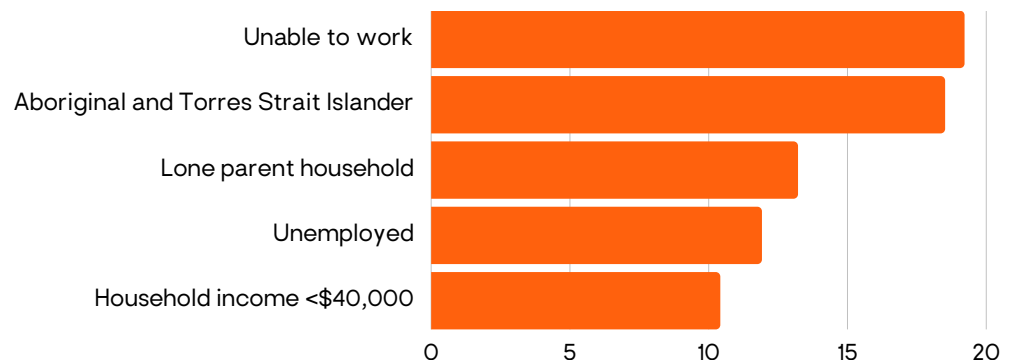
## 1 in 8 Adults in Victoria

worried about running out of money to buy food (food insecure without hunger)



### WHO WERE MOST LIKELY TO EXPERIENCE FOOD INSECURITY?

1 in 5 Adults who were unable to work were more likely to experience food insecurity with hunger.



A higher prevalence of food insecurity has been reported in marginalized communities such as refugee & asylum seekers (71%), with severe hunger levels experienced by 11% - 40%.

# unemployment

Target Area 2

## 5.9%

### of Recent Migrants & Temporary Residents

overall were unemployed compared to people born in Australia (4.7%)

## 8.3%

### of Female Migrants & Temporary Residents

had a higher unemployment rate than males (vs 3.9%).



#### FACTORS

Those that reported unemployment had related this to factors such as the non-recognition of education and professional qualifications, lack of work experience within Australia, visa restrictions and language barriers.

#### LONG-TERM EMPLOYMENT

Post-program, a study conducted by RESP, found that among the 6800 refugees engaged with, it takes an average of 6 and a half months to secure a job.

Many specialised programs have found that in order to support individuals to navigate, enter and remain in the workforce longterm, they need individualised employment pathways, job readiness support, work experience and post-placement support.

# our program

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## FOOD RELIEF & COFFEE

Share stories, uncover the Ageyo Coffee bean to cup journey, get your hands dirty and pack our magpie meals side-by-side with the benefactors of your contribution.

All meals have been co-designed with the team to ensure products are culturally appropriate for the community. Once completed, they'll be donated to charities and communities in need, with all proceeds going towards Meals with Impact's mission.



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## GETTING HERE



### Address:

1-2/747 Collins Street, Docklands (Corner Batman Hill Drive & Collins Street) - Meet inside.

- **Car** - We don't have parking on site. However if you intend to drive, there are free 2-hr parking spots around the parkland opposite the cafe (you may need to move your car throughout the session), otherwise there is a Wilsons Car Park (750 Collins St) also available, please check their website for current rates.
- **Train** - Southern Cross Station is only a 5-7 minute walk.
- **Tram** - Routes 11, 48 and 96 stops just outside our hub, get off at Batman Hill Drive.
- **Bus** - Routes 207, 220, 232, 234, 251 and 905 pass directly outside our hub.





# 1

## FEE

Our volunteering program is a modest yet pivotal revenue stream of our program. As a charity, we rely on donations to continue our work.

A contribution of \$100 per person will be invoiced to support our program.

For every session we are:

- Providing up to 42 hours of paid on-site training
- Creating up to 200 meals for food insecure communities
- and contributing back into the program to build a sustainable organization.

# 2

## CANCELLATION POLICY

As we have limited availability, and we roster our staff on accordingly, if for reasons beyond your control you require to cancel on the day, fees may apply.

- Cancelling within 14 days, a 50% fee will apply
- Cancelling within 7 days, 100% fee will apply



## 3 PROGRAM OVERVIEW

### 2PM - WELCOME

Volunteers Sign In  
Induction  
Cultural & OHS overview  
Aprons & PPE

- 15 mins

### 2:45PM - FOOD PREP

Groups of 6 will be broken into teams, allocated for food preparation in the kitchen, the other in packaging

- 50 mins

### 2:15PM - AGEYO COFFEE

Storytelling

- Coffee Bean Journey (from Ethiopia to Melbourne)
- 30 mins

e.g. Picking herbs, chopping, slicing, assembly, packing, labelling etc!

### 3:35 PM - BREAK

Sit down, relax and have a chat with the team.

- 15 mins

### 3:50PM - RETURN

Groups return and swap tasks

- 50 mins

### 4:40PM - PACK DOWN

Clean up, group photo & big thank you

- 20 mins

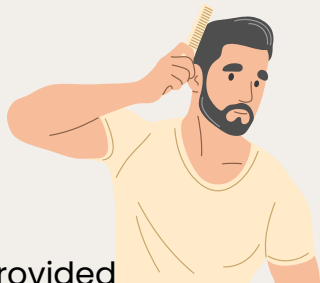
### 5:00PM - END

Linkedin (please tag us!)



# before the day

**Have your hair neatly tied back, facial hair groomed.**



Hair nets will be provided

**Nails must be kept clean.**



and short, with no acrylic nails. Gloves will be provided.

**Wear closed toe shoes.**

Preferably steel-capped, non-slip as the kitchen can get slippery!



**Keep your jewellery at home.**



No loose jewellery will be allowed in the kitchen, with the exception of plain wedding bands

**Wear comfortable clothes**

Clothes that would be comfortable for lifting, bending & repetitive movements. No hoodies or scarves.

**Register your details with us before the day**



**Your belongings.**

We currently do not have lockers available for use. Keep your special belongings at home. Meals with Impact take no responsibility for any theft, damage to property or loss of items.

## CORPORATE VOLUNTEERING

# impact.

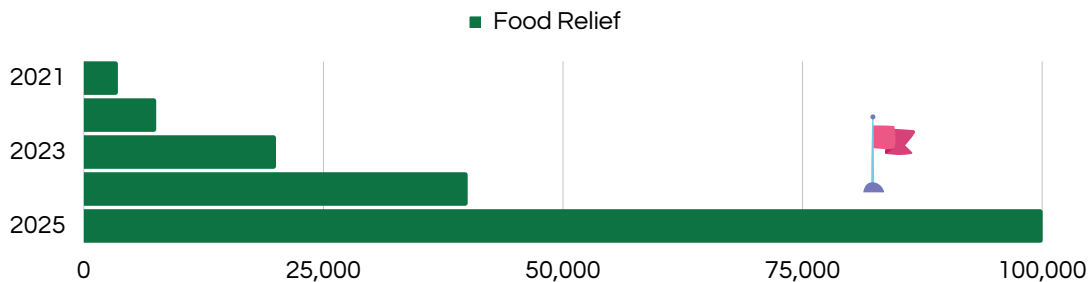


### A Message

*Thank you for your support in our food relief production. your selfless contribution not only nourishes bodies in a respectful way but your commitment enables us to continue employing women from migrant & refugee backgrounds to develop skills, experience, and confidence.*

*Each day, we move closer to a world where no one goes hungry and where all women find opportunities for a better future.*

### Reaching Goals



### Our Service Areas

- 1 City of Moonee Valley
- 2 Hume City Council
- 3 City of Melton
- 4 City of Knox

*We've partnered up with Bright Sparque, a platform that connects charities to vulnerable communities. They collect and help us distribute our food once they're ready.*

### Employment

By connecting with our team during the session, you're helping them to build essential soft skills required for future employment, such as communication and English language skills. Through the mutual sharing of stories, conversation, and knowledge, you are empowering our employees to promote their work and feel pride in sharing their journey with you.

## TERMS

- **Assumption of Risk** – I understand that my participation in food preparation involves inherent risk, including but not limited to; cuts, burns, slips, falls and exposure to hot surfaces or equipment. I voluntarily assume all such risks and agree that Meals with Impact shall not be held liable for any injuries, damages or losses arising from my participation, except in cases of gross negligence or willful misconduct.
- **Voluntary Participation** – I confirm that my participation in food preparation activities is voluntary and that I have not been coerced or forced into participating against my will. I understand that I am free to withdraw my participation at any time.
- **Health & Safety** – I understand that I am responsible for maintaining my own health and safety while participating in food preparation activities. I agree to comply to all safety guidelines, instructions and protocols provided by Meals with Impact and its staff. I will exercise caution and follow proper procedures to minimize the risk of accidents or injuries.
- **Confidentiality** – I understand and agree that all information, including but not limited to recipes, techniques, and processes, shared with me during my participation in food preparation activities is confidential and the property of Meals with Impact. I will not disclose or use this information for personal gain or any purpose other than the intended volunteer activities at the charity kitchen.
- **Photography** – I grant Meals with Impact the irrevocable right and permission to use photographs, video recordings, or any other media capturing my likeness during my participation in food preparation activities, for promotional, educational, or other lawful purposes, without compensation or further notice.
- A copy of our waiver clause will be available on site during your volunteering session.





## Meals with Impact

1-2/ 747 Collins Street

Docklands VIC 3008

[www.mealswithimpact.com.au](http://www.mealswithimpact.com.au)

Instagram: @meals\_with\_impact

Linkedin: Meals with Impact

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