

East Finchley Neighbourhood Support

The N2 Food Project



Here at the Food Project, we're working to build a happier healthier community by providing good, tasty nutritious food to anyone who needs it. We hope to inspire young people and give them the skills to produce delicious healthy food themselves. Our meals are nutritionally balanced and lovingly prepared by volunteer chefs, using fresh, locally sourced ingredients - and it's all funded by kind donations from the local community.

www.ILoveN2.co.uk/N2-Food-Project

@ FoodProject@ILoveN2.co.uk

f t i @N2FoodProject

Our story:

In October 2020, shocked by the level of need in a supposedly affluent area of London and dismayed by the government's decision not to provide meals for vulnerable children during the school holidays, chef **Giuseppe Sollo** took to Facebook, posting in the East Finchley community group that he would like to cook for families in need. His post struck such a chord with his neighbours that within days a group of likeminded individuals had gathered to make his dream a reality.

Group admin Alison Roberts, who had formed East Finchley Neighbourhood Support earlier in the year to coordinate support for neighbours during the COVID-19 pandemic, invited Giuseppe to run his project as part of EFNS... and The Food Project was born.



Photograph © Mike Coles /The Archer

What we do:

Every week, a team of volunteer chefs cook up to 500 tasty nutritious meals, from a menu carefully planned by Food Project nutritionist Vincenzo Napoletano.

Some of these meals are given directly to agencies, which distribute them to vulnerable people. Two hundred meals are taken to The Phoenix Cinema in East Finchley, where they are handed out with re-heating instructions and nutrition information to anyone who needs one, completely free with no referral needed.

A **Pay it Forward** option allows local people to come and buy a meal, whilst making a donation to provide a free meal for someone else.

FREE FOOD COLLECTION

Tuesdays 10.30am - 12.30pm

Phoenix Cinema, 52 High Road, London N2 9PJ

Our food is also distributed through:

- Barnet Homes sheltered housing in N2
- Compassion London
- Cranwood Homeless Centre, N10
- Finchley Charities sheltered housing in N2
- Homeless Action Barnet
- PINT
- Streetlink (Archway)
- Unitas Youth Zone



Photograph © Mike Coles /The Archer

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Who are we?

The Food Project is run by:

East Finchley Neighbourhood Support CIC

Registered office:

1 King Street,
London
N2 8EA

Press enquiries to: Fiona Doyle or Alison Roberts

Contact: EFNSfoodproject@gmail.com

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@N2FoodProject



Timeline:

- March 2020 - East Finchley Neighbourhood Support group formed.
- October 2020 - Food Project call to action by Giuseppe Sollo
- 15 December 2020 - Food Project launches from Phoenix Cinema
- March 2021 - EFNS becomes a Community Interest Company



Stats:

In our first 3 months we produced and supplied 3750 meals:

- 1300 meals to youth organisations
- 440 meals to the elderly
- 1255 meals to the homeless
- 755 meals to local residents in N2



Press coverage

- **The Archer, November 2020**
<http://www.the-archer.co.uk/archive/2020/2020Nov03.pdf>
- **The Archer, December 2020**
<http://www.the-archer.co.uk/archive/2020/2020Dec01.pdf>
- **Il Roma, December 2020**
- **The Archer, January 2021**
<http://www.the-archer.co.uk/archive/2021/2021Jan04.pdf>



East Finchley Neighbourhood Support: The Team



**Fiona Doyle -
Project Manager/PR**

Fiona is a former English teacher and now owns a chain of childcare facilities across North London. She grew up in East Finchley and is a proud single parent to a seven year old girl. Fiona is vice-chair of governors at a local school and also volunteers for Asthma UK as media spokesperson, and as London Region Co-ordinator for the National Childbirth Trust.



**Alison Roberts -
Project Manager**

Alison is a freelance TV broadcast technical director with a background in news/current affairs and live music, and is former Technical Manager for Thames Television and ITN Westminster. She also runs a social media training company. Alison has lived in N2 for 30 years, is one of the founder members of The Archer community newspaper and a director of East Finchley Festival.



**Giuseppe Sollo -
Chef/Food Project Lead**

After 10 years working in marketing, Giuseppe decided to follow his dream of becoming a chef, and for the past 7 years he has worked in catering in Parliament. He moved to East Finchley a year ago and immediately fell in love with the area. Giuseppe volunteers at Islington Soup Kitchen and was responsible for bringing the Food Project idea to N2 and making it a reality.



**Vincenzo Napoletano -
Chef/Menu Planner**

Nutritionist Vincenzo has extensive experience in the hospitality industry, setting up new restaurants and recruiting and training staff. He currently manages events and restaurants in the House of Commons. He was involved with projects to help disadvantaged children in his native Napoli and mentored and trained disadvantaged young people at Jamie Oliver's Fifteen.



**Lisa Silver -
Finance**

Lisa is a qualified chartered accountant (FCA) and Head of Finance at Great Point Media. She has held finance roles in retail, media and charities including as Finance Director of Thomson Reuters Foundation, Media Trust, Magnum Photos and the National Portrait Gallery. She is a Trustee at My Life Films. Lisa grew up in N2 and moved back several years ago.



**Nick Young -
Transport**

Nick is an Assistant Operations Manager in the tourism sector. He has lived in East Finchley since 2008, where he volunteers as a minibus driver for Age UK. When he's not ferrying people and food around, Nick writes, and has had articles published in The Archer, Londonist and Times Literary Supplement. His literary knowledge got him to the semi finals of Mastermind in 2019.