



Cooking for Change: Food for Health, Wellbeing and Inclusion

SIFA Fireside and BSustained are launching an exciting new catering enterprise in May, thanks to start up funding from Be Birmingham.

ChangeKitchen will provide high quality vegetarian and vegan buffets for meetings, conferences and private functions, where possible using organic, locally-sourced ingredients. [A wide range of special diets such as gluten-free will also be available.]



The enterprise will offer paid employment placements, six months in length, to SIFA Fireside's service users, building on the success of its existing service user volunteering programme and providing accredited training and a stepping stone into mainstream employment.

For both BSustained and SIFA Fireside the social enterprise is a natural extension of their well established partnership which already delivers healthy eating and cookery courses, as well as organic gardening sessions on SIFA Fireside's allotment in Selly Oak.

Dr Birgit Kehrer has 20 years' experience in the catering field, and set up her own business through BSustained in 2007, building a strong local reputation for the provision of delicious, inclusive buffets which cater for all of Birmingham's diverse communities. Birgit says 'I'm looking forward to using the potential of SIFA Fireside's service users to grow the enterprise and cook up some more great food!'

For more information or to make a booking please visit www.changekitchen.co.uk or phone Birgit on 0782 882 5850.