

How Eat Club's work aligns with the UN Sustainable Development Goals

Eat Club is a youth food charity empowering young people through food education. Our work directly aligns with multiple UN Sustainable Development Goals (SDGs). This document has been created to detail how our work contributes to achieving these goals.

SDG 1: No Poverty

We provide food education courses including practical cooking skills that enable young people (and adults) to manage their food budgets effectively focusing on how to prepare nutritious meals on any budget and build long-term resilience around food security.

We regularly run courses which are tailored to help young people into employment. Our hospitality focused courses inspire young people into careers in the catering industry via practical cooking experiences, a work experience shift at a hospitality venue and completing a Level 2 Food and Hygiene qualification which is the minimum requirement to obtain a role within a professional kitchen.

For some adult and family courses we also refer participants to other services which help them with their money, such as energy efficiency advisors as part of our Hackney Community Kitchen courses.

SDG 2: Zero Hunger

- 2.1 We support people facing food insecurity by providing cooking skills and food education sessions; empowering them to eat well on a low budget.

Within each session of our courses the participants enjoy a nutritious hot 2 or 3-course meal.

- 2.2 We educate young people, their parents (and adults) about healthy eating to reduce ill health and malnutrition that results from poor diets.

SDG 3: Good Health and Wellbeing

- 3.4 We educate young people (and adults) about nutrition, the health impacts of a poor diet and ultra-processed foods. We encourage participants to adopt healthier balanced diets by building practical cooking skills that enable them to cook healthy meals from scratch.

SDG 4: Quality Education

- 4.4 We run hospitality career focused courses to enable young people to gain professional cookery skills, work experience and certification that support them to gain employment.
- 4.5 We provide educational courses to young people (and adults) from all backgrounds, genders and financial situations, all free to attend. We teach young people who have learning disabilities, are homeless, are refugees or asylum seekers and those not in education, employment or training.

SDG 5: Gender Equality

We promote gender equality by teaching cooking skills to both female and male participants, encouraging shared domestic responsibilities and inspiring more women to become professional chefs in a very male dominated industry.



We are an equal opportunities employer. By offering flexible working schedules, we make sure to be an attractive employer to any prospective candidate.

SDG 8: Decent Work and Economic Growth

- 8.5 We pay all our staff and contractors (including session leaders, session assistants and young leaders) the London Living Wage at a minimum.
- 8.6 We support young people into employment by building their confidence, life skills, and workplace readiness through our cooking courses and hospitality career focussed courses.

SDG 10: Reduced Inequalities

- 10.3 We are an equal opportunities employer and actively seek applications from qualified candidates irrespective of race, sex, gender, religion, or disability. We are committed to building a diverse workforce and welcomes applications from all individuals. We particularly welcome applications from black and global majority candidates as these groups are currently under-represented in our delivery team.

SDG 12: Responsible Consumption and Production

- 12.3 Within our sessions we incorporate information on how to reduce food waste in the home, how to creatively use up food leftovers and minimise waste.
- 12.8 We educate our participants on seasonal eating and sourcing locally produced food working towards a sustainable food system.

SDG 13: Climate Action

- 13.3 We support climate action by cooking predominantly vegetarian meals, trying to use seasonal ingredients where possible; educating participants on sustainable diets including low-carbon protein alternatives, building awareness of food miles and the environmental impact of dietary choices.

SDG 14: Life Below Water

- 14.4 Any fish that we cook within our courses, supper clubs or catering would be FSC certified sustainably sourced fish.

SDG 16: Peace, Justice and Strong Institutions

- 16.7 We build inclusive institutions by including our young leaders in decision-making processes and appointing young people to our board of trustees to ensure youth voices shape our strategy.

SDG 17: Partnerships for the Goals

- 17.17 We strengthen partnerships by collaborating with organisations across the youth work and food sector, building networks that amplify our collective impact towards food justice and youth empowerment.

