



MIGRATEFUL

# MIGRATEFUL CORPORATE COOKERY CLASSES & DEMOS

OUR OFFERINGS



Recipes rebuilding lives.



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## HELLO, WE'RE MIGRATEFUL

We are an award-winning charity and social enterprise with a mission to support asylum seekers, refugees and migrants in their journey towards integration and employment in the UK. We do this by training them to be cookery class teachers.

The training programs we provide and cookery classes and demos they teach after help them develop important skills and gain professional experience. Teaching provides them with ideal conditions to perfect their English, build their confidence, grow their network, find belongingness in a community and share their traditional cuisines, story, culture and knowledge with the public.



## FOR CORPORATE GROUPS, WE OFFER:

### IN-PERSON COOKERY CLASSES

An extensive cookery class where you can learn & enjoy 2-4 traditional dishes held at the Migrateful Cookery School.

### IN-PERSON COOKING DEMOS

A simpler, more laid-back food showcase from our chefs where they teach 2-3 nibbles or snacks at a venue of your choice. More watching, learning & eating for you!

### ONLINE COOKERY CLASSES

Virtual cook-along on Zoom where you can learn how to make 2-3 traditional dishes. Perfect for teams/groups in different parts of the country and even the world.

### ONLINE COOKING DEMOS

A shorter, simpler version of the online cookery class ideal for bigger groups who are interested to learn 1 traditional dish on a Zoom cook-along or simply just watch and interact.

We welcome you to a bespoke learning, dining & social experience like no other with our migrant and refugee chefs; perfect for team building, events and socials.



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## MIGRATEFUL IN-PERSON COOKERY CLASSES

In this 2.5 hour session (1.5 hour cooking class culminating in a 1-hour sit down lunch/dinner) to be taught by one of the Migrateful chefs of your choice, you and your group will learn to prepare 2 to 4 delicious, authentic dishes at the Migrateful Cookery School.

Throughout the class, the chef will share unique tips and techniques as well as their stories. The chef will be supported throughout by a Migrateful facilitator who will ensure the session goes smoothly.

### AVAILABLE CUISINES

Albanian, Angolan, Bengali, Chinese, Cuban, Ecuadorian (taught in Spanish), Eritrean, Gambian, Ghanaian, Iranian, Jamaican, Lebanese, Moroccan, Nigerian, Pakistani, Filipino, Sri Lankan, Sudanese, and Syrian.

We generally offer the cuisines to the clients, and ask for dietary requirements. Please note that availability ultimately depends on the chef's personal availability and in relation to any other bookings.

### RECOMMENDED TIME SLOTS

Wednesdays, Thursdays or Fridays are ideal. Though we have some flexibility if these slots don't work for you!

- Lunch | 12:00pm - 2:30pm
- Dinner | 6:30pm-9:00pm

### DRINKS

The standard package (£70 per person) is not inclusive of drinks. However, you will be able to purchase drinks from our mini bar. Drinks menu available upon request. Please note that the licence for our Cookery School does not allow it to be a BYOB venue.

### IDEAL NO. OF PARTICIPANTS

- Maximum set at 12 participants (all cuisines available)
- Maximum set at 18 participants (limited cuisines available; we are in the process of training more chefs!)

### PRICING

Our rate is set at £70 per participant, with a starting rate of £700 (or the equivalent of 10 participants). We require a £200 deposit to confirm the booking which will then be subtracted from the final invoice.

### GENEROSITY PACKAGE

Give your team a special treat! You and your group will receive a glass of prosecco and nibbles on arrival, as well as two drinks of their choice during the class. Each participant is offered a complimentary Migrateful apron. The rate is set at £105 per participant with a starting rate of £1050.





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## MIGRATEFUL IN-PERSON COOKING DEMOS

In this 1-hour cuisine showcase, a Migrateful chef will demonstrate how to make 2-3 snacks/nibbles from their home country while talking through tips and techniques, as well as their stories. Attendees are encouraged to try out simple tasks in preparing the snacks throughout this special learning and dining experience. The demos culminate with a meal shared with everyone. It's a more relaxed, quick and easy activity you can share with friends or work teams!

### AVAILABLE CUISINES

Lebanese, Sri Lankan, Moroccan, Ghanaian.  
We are in the process of training more chefs!

We generally offer the cuisines to the clients, and ask for dietary requirements. Please note that availability ultimately depends on the chef's personal availability and in relation to any other bookings.

### RECOMMENDED TIME SLOTS

We have two recommended time slots, although we have some flexibility if these slots don't work for you!:

- Noon from 12-1pm onwards
- Evening from 6-7pm onwards

### DRINKS

Because demos can be held at any venue of your choice, you are also free to arrange for and/or bring drinks for your event.

### IDEAL NO. OF PARTICIPANTS

Ideally 12 participants minimum for a fuller experience and we accommodate a maximum of up to 25 participants.

### PRICING

We have a flat rate for our demos at £1000 (for up to 25 participants). We require a £200 deposit to confirm the booking which will then be subtracted from the final invoice.

### SPECIAL REQUESTS & CO-BRANDING

Migrateful In-Person Cooking Demos are perfect either as pocket or main activities for special events. We have partnered with organisations that held private and public functions with guests from the press, community and partner organisations. We can always work together on enhancing the experience from adding special touches on the venue dress up to the program to others.

We welcome both one-time and regular events as well as building partnerships.





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## MIGRATEFUL ONLINE COOKERY CLASS

Our special offering for those who want to stay connected no matter where they are in the UK or the world- interactive virtual cook-alongs on Zoom! In this 1.5 hour session, the chef will teach 1 to 2 traditional dishes. Throughout the session, they will answer questions, share anecdotes, and provide feedback dishes made by attendees. A Migrateful facilitator will be there to support, ensuring the step by step instructions are sent in real time.

Participants will be sent a list of easy-to-source ingredients, equipment needed for the class, and a Zoom meeting link prior to the class.

### AVAILABLE CUISINES

Albanian, Angolan, Bengali, Chinese, Cuban, Ecuadorian (taught in Spanish), Ethiopian, Eritrean, Gambian, Ghanaian, Iranian, Lebanese, Moroccan, Nepali, Nigerian, Pakistani, Filipino, Sri Lankan, Sudanese, Syrian, Tanzanian, and Turkish.

We generally offer the cuisines to the clients, and ask for dietary requirements. Please note that availability ultimately depends on the chef's personal availability and in relation to any other bookings

### RECOMMENDED TIME SLOTS

These are ideal timings although we have some flexibility if these slots don't work for you!

- Lunch | 12pm - onwards
- Dinner | 6pm-onwards

### ACCESSING THE CLASS

We hold our online cookery classes via Zoom. We will provide you with a Meeting ID and a link to log into the call. The class will be facilitated by one member of our team to support the chef.

### IDEAL NO. OF PARTICIPANTS

- Minimum of 10 households/screens
- Maximum set at 25 households/screens

### PRICING

Our rate is set at £40 per household/screen, with a starting rate of £400 (or the equivalent of 10 participants). We require a £200 deposit to confirm the booking which will then be subtracted from the final invoice.

### INGREDIENTS & EQUIPMENT

Once a date and a chef is confirmed, we will send you a list of ingredients (with specific measurements) and equipment needed for the class with enough time so you and the participants can have enough time to source the ingredients.

Since classes are held from the comfort of the participants' home, most recipes can be turned into vegetarian, vegan or gluten-free, depending on the dietary requirements of each participant.





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# MIGRATEFUL ONLINE COOKING DEMO

A simpler, quicker version of the online cookery classes, this 1-hour webinar-style, virtual cook-along allows attendees to join one of our expert chefs in cooking one simple dish or who simply just want to watch, learn and join in the conversation. It's a wonderful chance to discover new flavours and special cooking techniques at the comfort of your home or office.

Most importantly, it is a great opportunity to come together and bond over great food and shared learning.

## AVAILABLE CUISINES

Albanian, Bengali, Lebanese, Nigerian, Pakistani, Filipino, Sri Lankan, and Syrian.

We generally offer the cuisines to the clients, and ask for dietary requirements. Please note that availability ultimately depends on the chef's personal availability and in relation to any other bookings

## RECOMMENDED TIME SLOTS

These are ideal timings although we have some flexibility if these slots don't work for you!

- Lunch | 12pm - onwards
- Dinner | 6pm-onwards

## ACCESSING THE CLASS

We hold our online cooking demos via Zoom. We will provide you with a Meeting ID and a link to log into the call. The class will be facilitated by one member of our team to support the chef.

## IDEAL NO. OF PARTICIPANTS

- Minimum of 25 participants
- Maximum of 95 participants

## PRICING

- £750 (25 to 40 participants)
- £850 (40 to 60 participants)
- £950 (60 to 80 participants)
- £1050 (80 to 95 participants)

## INGREDIENTS & EQUIPMENT

Once a date and a chef is confirmed, we will send you a list of ingredients (with specific measurements) and equipment needed for the class with enough time so you and the participants can have enough time to source the ingredients.

Since classes are held from the comfort of the participants' home, most recipes can be turned into vegetarian, vegan or gluten-free, depending on the dietary requirements of each participant.





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# CUISINES & DIETARY SUITABILITY

Migrateful chefs are from all around the world and their recipes offer a delicious, authentic taste of their home countries. Below is a quick look at the cuisines available and some allergen notes.

## CARIBBEAN AND LATIN AMERICA

Lola from Cuba **VGN, GF**  
Leonor from Ecuador **F, DF, GF**  
Delores from Jamaica **M, DF, GF**

## NORTH AND WEST AFRICA

Sereh from Gambia **M/VGN, DF, GF, NUTS**  
Awa from Gambia **VGN, DF, GF**  
Kay from Ghana **VGN, GF, NUTS**  
Zeenat from Ghana **M/VGN, DF, GF**  
Zineb from Morocco **VGN, GF**  
Elizabeth from Nigeria **VGN, DF, GF**  
Stella from Nigeria **GF**  
Betty from Nigeria **M/F/VGN, DF, GF, NUTS**  
Negla from Sudan **M, DF, GF, NUTS**

## SOUTHERN AND EASTERN AFRICA

Edite from Angola **M/VGN, DF, GF, NUTS**  
Helen from Eritrea **VGN, GF**  
Woin from Ethiopia **VGN, GF**  
Kashi from Tanzania **VGN**

## EASTERN EUROPE

Deshira from Albania **M**

## MIDDLE EAST

Parastoo from Iran **V, NUTS**  
Elahe from Iran **V, NUTS**  
Razieh from Iran **DF, GF, NUTS, F**  
Ahmed from Lebanon **VGN**  
Lina from Syria **M, NUTS**  
Allaa from Syria **M, NUTS**  
Momo from Syria **M/VGN, GF, DF, NUTS**  
Amani from Syria  
Meral from Turkey **VGN**

## ASIA

Aklima from Bangladesh **F, GF, NUTS**  
Nahida from Bangladesh **NUTS**  
Denise from China **M, DF, NUTS**  
Urmila from Nepal **DF, GF**  
Noor from Pakistan **VGN**  
Atiqah from Pakistan **VGN**  
Tina from the Philippines **M, F, DF**  
Jahan from Sri Lanka **VGN, GF**  
YogI from Sri Lanka **VGN GF**  
Tilly from Sri Lanka **GF**

**VGN** - Vegan  
**V** - vegetarian  
**DF** - Dairy free  
**GF** - Gluten free

**M** - Contains meat  
**F** - Contains fish or shellfish  
**NUTS** - Contains nuts





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## WHAT OUR CLIENTS & PARTNERS SAY

Our Migrateful chefs have shared their recipes and our dining table with over 100 companies including Google, Salesforce, Waitrose, Meta, Jamie Oliver and others.

Whether they wanted to meet their health & wellbeing and CSR targets, organise a meaningful social, bring teams together or learn the intricacies of baklava making, our clients and partners agree- Migrateful classes and demos are wonderful shared experiences that left them feeling "a sense of belonging and connection".

By having a class with us, they have all directly supported our chefs by contributing to our [training programme](#) and our [solidarity fund](#). We are proud to share some of the kind words they said about their experiences.



"It was a very special experience to come to a cooking class at Migrateful. It really hit home the power of food as a way to share our stories and deeply connect on a human level. Our chef Helen shared her journey to the UK with us, and then shared a piece of her home through three Eritrean dishes which were delicious. The session was run seamlessly by a super team of volunteers. I hope to come back again soon"

- Leah, UKFS

We involved Migrateful chef demonstrations in many of our inclusion workshops and we are always inspired by the experience. The chefs are so skilful and engaging - building a tangible connection to the world around us through their stories and their food.

- Charlotte, Altogether Different

"The most enjoyable, well organized and informative cooking class I've ever been to, and I've been to plenty. The Migrateful mission is truly humbling yet hugely inspiring. I highly recommend supporting this initiative and investing in an experience you won't forget. I will be back again soon."

- Neil, Salesforce





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## EVERY MIGRATEFUL CLASS/DEMO MAKES A HUGE DIFFERENCE

Migrateful looks to support migrants, refugees and asylum seekers in a number of ways relating to wellbeing, employability and integration.

Throughout the 2-year Cookery Class Training Programme, we strive to provide our chefs with important skills, wider social networks, improved English language & communication skills, increased confidence, professional experience in hospitality, a source of income, and opportunities to celebrate and share their culture. We also provide them with 1:1 support and coaching as well as signposting them to employment opportunities, well-being, legal, & English language support.

All profits from our classes and demos go directly to the Migrateful charity, funding our cookery class teacher programme and our solidarity fund for those who have no right to work or recourse to public funds.

You can read more about our impact over the last few years on our website.



"The connections I have with the Migrateful chefs have transformed me. It's easy to judge or label people from afar but when we choose to open our eyes and get to know them more, we learn every individual's unique, beautiful stories. It helps a lot in breaking down barriers and understanding that these differences are what tie all of us together."

- Elizabeth, former chef & now Migrateful Chef Support Officer



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## BOOKING INFORMATION

- Fill in the form on our website and our team will get back to you within 2-4 working days to discuss the details of your event.
- Client cancellation and rescheduling fees:
  1. More than 14 days notice before the event- the £200 deposit will not be refunded.
  2. Less than 14 days before the event- 50% of the full amount will be charged.
  3. Less than 3 days before the event- 100% of the full amount will be charged.
- The full terms and conditions are available on our [website](#).



## PUBLIC CLASSES & GIFT VOUCHERS

These are just two other ways to support Migrateful! Our in-person public classes run regularly at the Migrateful Cookery School in Clerkenwell and other venues around London, Bristol, Kent & Brighton. Try it out and maybe your next time, you can bring some friends or your work teams along!

You can also purchase our gift vouchers to give your loved ones a ticket to some of the world's most delicious cuisines and a special learning, dining and social experience. All while supporting a good cause.

Find out more about both on our [website](#).



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## THE MIGRATEFUL COOKERY SCHOOL

Our crowdfunded Cookery School in Clerkenwell just turned a year old last October 2022. Since the day its opened its doors, we've trained 20+ chefs in this space and have led 450+ classes and counting!

This and everything we do will not be possible without class participants like you as well as facilitators and volunteers who support every class.

Our happy little home could be the venue for your next team building or social. Head on over to our website to book a class or demo.





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# MIGRATEFUL CORPORATE COOKERY CLASSES & DEMOS



## REACH US

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