

EMPTY KITCHENS FULL HEARTS

Volunteers' Update - Thursday 3rd October



A successful Volunteer Fair!

This week has been busy for the Empty Kitchens team - with visits to the Volunteer Fair, Hibernian Community Foundation's Older Person event, and the R2 squared event at The Pitt Market Granton.

At the Volunteer Fair, we were one of more than 50 organisations represented on the day. We spoke to lots of prospective volunteers, pointing in particular to currently undersubscribed roles of Kitchen Porters, Cleaning and Welcome Desk admins.

We were delighted to see such a great turn out. We received 55 notes of interest from

prospective volunteers. We have sent out further information to all these interested volunteers, and hope to see them at future inductions.

A special thanks to the volunteers who joined us at the stall on the day. Oliver, Sally, Anne and Helen volunteered their time on the stall, sharing their experiences and knowledge of the organisation. This makes such a difference, as nobody knows volunteering like our volunteers! We also shared quotes and feedback shared in this year's volunteer survey, to give people a better idea of what to expect when volunteering at Empty Kitchens.

This update includes:

- News from the Volunteer Fair
- Health and safety update from Martin - preventing the spread of Norovirus this winter
- News from the garden



Preventing the spread of Norovirus

Norovirus is highly contagious, is really unpleasant, and can easily spread through contaminated food and surfaces.

To minimise the risk of transmission within Empty Kitchens Full Hearts, please follow these essential guidelines:

Thorough handwashing. Wash hands with soap and water for at least 20 seconds on arrival before you start your shift, after each task during your shift and before you leave us.

Stay home if you are unwell.

Individuals experiencing vomiting or diarrhoea must refrain from volunteering until symptom free for at least 48 hours.

For our part, sanitising high-touch surfaces is critical.

We sanitise 'touch points' - frequently touched surfaces, such as door handles, paper towel and soap dispensers, daily. All work / production surfaces are sanitised between each task.

By adhering to these practices, we collectively help protect the health and safety of our community. Thank you.



Thorough handwashing



Stay home if you are unwell



Sanitising high-touch surfaces

News from the garden

Autumn has arrived in the garden. We've had a little bit of rain, wind and sun! The late raspberries have been ripening and the last of the veg in the polytunnel too. We harvested some of the carrots and the last of the legumes, and harvested some more lettuce.

We've got some mizuna, kale, spring onions, pak choi and lambs lettuce sown for over winter. Broccoli, cabbage and radishes are in the ground as well. Thanks to the volunteers for all their help!

