



One year on, Food Project feeds hundreds every week

By John Lawrence

Every week a quiet miracle happens in the heart of East Finchley. People give up their time to buy fresh ingredients, cook them up into delicious dishes and then hand them out as free meals that make a difference to the lives of hundreds of people and families in need.

It's known as the N2 Food Project and is run by East Finchley Neighbourhood Support, an organisation formed during lockdown to help those who were not getting the support they needed. All the cooking happens on weekends at

sound financial footing for a while but they still desperately need new volunteers to help keep the operation running smoothly each week.

"We'd welcome anyone with time to spare at the weekend or on Tuesdays," she said.

the food is getting to people who need it," said Fiona. "The meals are designed by our chefs to be nutritious and delicious, and they are restaurant quality. The feedback we get is that people really look forward to receiving them."



Stir it up: The weekend kitchen team get busy

To find out more, to donate or to get involved, visit www.ILoveN2.co.uk/Food-Project, follow @N2FoodProject on socials or email EFNSFoodProject@gmail.com.

Tribute to Viola

The N2 Food Project team asked to pay special tribute to volunteer Viola Slodzinska, who passed away from cancer at the end of the summer (*The Archer*, October 2021). Fiona Doyle said: "Viola offered us her kitchen as our very first cooking space and was a dedicated volunteer, passionate about food and helping those less fortunate. The Food Project owes her a debt of gratitude for her kindness in opening her home to us and helping us to get started."



Portions: Restaurant quality



Ready meals: Two hundred servings are packed, sealed and labelled, ready for distribution

the Martin School kitchens and meals are available to anyone every Tuesday morning from 10.30am to 12.30pm at the Phoenix Cinema in the High Road.

"No experience is necessary, just the willingness to work as part of a team. The kitchen team has fun making the meals and hands are always needed to get them to the people who need them."

Restaurant quality meals

The N2 Food Project makes around 200 meals each week. They are available free at the Phoenix on Tuesday mornings, no questions asked, and can also be bought there to help fund future menus. Any leftover meals are delivered to charities for homeless people in the area. One visitor even collects 20 meals each week to take to rough sleepers in central London.

"It's a great feeling to know



Street food: A grateful recipient

Birthday present

Last month, the project celebrated its first birthday with a special present, a £10,000 grant from the National Lottery that will keep it running well into 2022. Until now, it has been entirely self-funded thanks to cash donations from supporters and from passers-by who choose to pay for the meals they pick up from the Phoenix foyer.

Fiona Doyle, one of the Food Project team, told *The Archer* it's a relief to be on a



Table service: Free meals are handed out from the Phoenix Cinema foyer on Tuesday mornings

East Finchley Baptist Church

We meet each Sunday for worship at 10.30 am. If you would like to join us please go to our website for further details. All welcome.

For more information please contact the Church Office
Email: office@eastfinchleybc.org.uk
www.eastfinchleybc.org.uk

ACCOUNTANTS FOR SMALL BUSINESS

At TaxAssist Accountants we specialise in supporting small businesses.



- Business Accounts & Taxation
- Self Assessment Tax Returns
- Bookkeeping & VAT
- Payroll CIS & RTI
- Company Formations
- Initial consultation free with no obligation

020 8883 5258
www.taxassist.co.uk/eastfinchley