
Organising a Fair Trade Cooking Event



1. Decide on your focus

Just Fair Trade? Or Fair Trade and local, including farmers here as well as in other countries?
Or perhaps a LOAF (Local Organic Animal-friendly Fairtrade) event?

2. Decide on your emphasis

Do you want to focus on the story of a few farmers, and ask your contestants to use primarily the ingredients these farmers produce? Or to encourage contestants to use as many Fair Trade (+ local, organic, etc) ingredients as they can, so that they encounter a wider range of products? What will your judging criteria be: Taste? Look? Creativity? Number of Fairtrade/local/organic products used?

3. Decide on your format

Will people cook things elsewhere and bring them in, so that you can involve lots of people? Or do you want a few people to cook things as others watch, so that the actual cooking is more of an event?

Will you give people:

- a free hand – up to them what they do and how they do it?
- an ingredient list ... and the rest is up to their creativity?
- a basic recipe that they can tweak? (Example: Diocese of Chester Bake Off ... muffins galore)
- a single recipe that all follow?

4. Provide contestants and attendees with key information

Contestants may want to know about:

- The Fairtrade Foundation's "Buying Fairtrade" page, which introduces a wide range of Fairtrade ingredients: <http://www.fairtrade.org.uk/en/buying-fairtrade>
- Traidcraft's online shop, which shows some Fair Trade ingredients that aren't on the Foundation site: <http://www.traidcraftshop.co.uk/>
- Recipes! The online Fair Trade Cook Book: <http://www.fairtradecookbook.org.uk/pages/index.htm> is just terrific – loads of recipes, and you can sort by origin of ingredient, course, or name of dish. There are also Fairtrade Foundation breakfast recipes: <http://www.fairtrade.org.uk/download/Fairtrade-breakfast-recipes.pdf>, Tropical Wholefoods' recipe site, <http://www.tropicalwholefoods.com/kates-kitchen/4565003430>, South Gloucestershire's booklet of children's banana-based recipes: <http://www.southglos.gov.uk/documents/Banana-Competition-Book.pdf>, and Fairtrade recipes from famous chefs, including Hugh Fearnley-Whittingstall.
- Download information about Fairtrade, local food, the LOAF campaign, etc and have it on tables

5. Consider some extra entertainment

Why not take a look at our [list of Fairtrade films](#) ... you could watch one while the goodies are in the oven

Useful Examples:

[Great Derbyshire Dales Fairtrade Bake Off Entry Form](#); [Diocese of Chester Bake Off page](#); [Queens Belfast Rules for Fairtrade & Local Bake Off](#); [St Andrews Fairtrade Bake Off video](#); [And how about this for creativity!](#)