



Company Volunteering Detailed Brochure

make a lasting impact
with North Glasgow Community Food Initiative

About us

North Glasgow Community Food Initiative (NGCFI) is a community-led charity based in North Glasgow **working to improve health, wellbeing and access to good food since 2001**. We support communities in Milton, Royston and Springburn with the aims of **improving wellbeing and fighting food inequality**.

We work alongside local people, including families, young people, older adults, refugees and individuals experiencing disadvantage to create **welcoming and inclusive community spaces**. At NGCFI we support people to **build skills, confidence and connections**, while improving **access to fresh, healthy food**.

Our work includes:

- Community gardens and growing projects,
- Cooking classes and community meals,
- Community cafés, fridges and food pantries,
- Providing affordable fruit and veg.

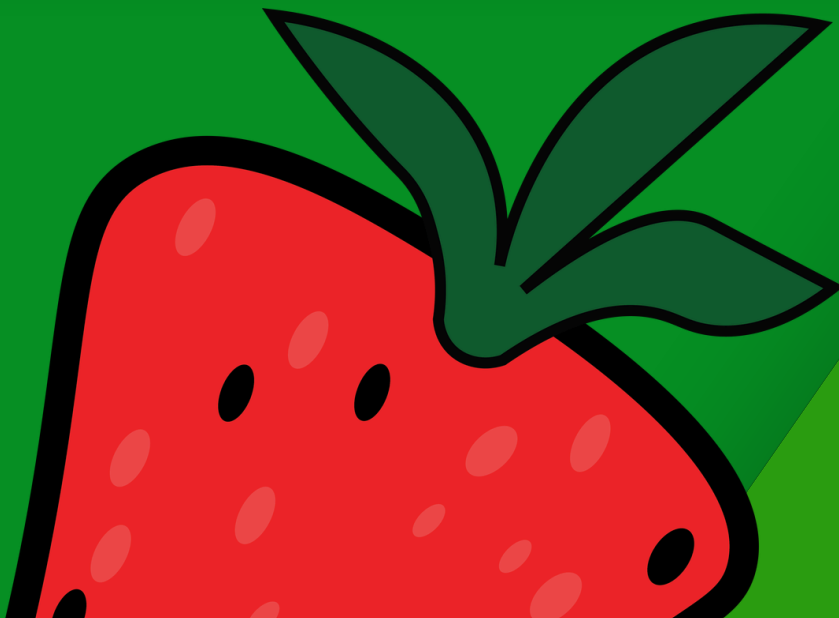


Why volunteer with NGCFI?

Bring your team together in a memorable and meaningful way, supporting local communities.



- Take part in **practical and energising** hands-on activities,
- Learn **new skills** & **build confidence** in a relaxed environment,
- Have an **impactful contribution** to a healthier society,
- Contribute to and **connect** with community-led projects,
- **Support access** to good food, reducing food insecurity,
- Help **create** welcoming spaces for connection and learning,
- **Strengthen teamwork** in a new environment,
- Increase **wellbeing, motivation, morale and energy levels**,
- Leave with a sense of **shared achievement**.



"It makes you stop and take a breath, you don't realise how busy you are."

Your day with us

Activities are **tailored to your team** and the needs of our projects. We offer both **full day and half day** company volunteering options, providing **flexibility** to suit your team's availability. Potential activities could be as follows:



COMMUNITY GARDENS & GROWING SPACES

- Planting, weeding and harvesting fruit and vegetables,
- Building or maintaining raised beds and outdoor spaces,
- Composting and learning about sustainable growing,
- Supporting food growing for community meals and projects.

COOKING & FOOD PROJECTS

- Preparing meals for community pantry or café,
- Supporting community meal sessions,
- Chopping vegetables, food prep and kitchen support,
- Helping cook dishes using surplus or donated food.



"From looking at my computer screen to this!"

Pricing plan

Our company volunteering sessions for **up to 8 participants** are priced as follows:

Plan	Half day	Full day	Best for
Community	£250	£500	Small businesses and charities
Supporter	£400	£700	Most SMEs and medium-sized companies
Champion	£600	£1,000	Larger companies wanting to make a greater social impact

- **This is a guide, please contact us if you'd like to discuss prices.**
- Costs may be subject to change due to material costs.
- You may be able to contribute purely with materials.
- We can accommodate for larger groups, please contact us for a tailored quote.
- Lunch may be available depending on location, contact us for more information.

This contribution helps to fund the delivery of our community projects and services as well as:

- Planning and coordination of your day,
- Support from experienced staff,
- Tools and equipment,
- Health and safety guidance,
- Refreshments throughout the day.



"I'm used to moving my computer mouse around and now here I am, a beautiful day moving Willow."

Ready to get involved?

We'd love to welcome your team to North Glasgow Community Food Initiative. Whether you're looking for a full day or half day company volunteering experience, we'll work with you to create a meaningful and rewarding day tailored to your team.

GET IN TOUCH

To find out more or book your company volunteering day, please contact:

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VISIT US

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