



COOKING FOR A CAUSE

Single with a good heart? Here's an opportunity to spice up your love life and make a difference at the same time!



Melina Schamroth has always had a social conscience, and is very proactive in helping others in need- which prompted her to set up MAD Woman, which stands for “Making a difference” Her ethos is that people should be doing things as part of your life, *rather than in addition to your life.*

m.a.d.woman is committed to encouraging, inspiring and enabling people to make a positive difference in the environment, community and to the lives of people who need support.

Anyone can make a few easy changes to improve the quality of their life, the environment and the world around us. Common sense applies in all cases - save the planet at your own risk. Act with care, but in order to make a difference, you need to act!

Melina has an extremely positive attitude to life- rather than dwelling on the negative, she looks for ways she can make life better. This includes her **SINGLE Volunteers Program which came about** because she was single. She decided that she wanted to meet someone who had the same interests as she did.

The idea of “Cooking for a Cause” came to her as a way of getting singles together with a purpose to bond over where they felt they were making a difference.

The idea is that Every SINGLE volunteer can make a difference!

This is a fantastic chance to spend an evening chopping and chatting, mixing and mingling, cracking eggs and cracking jokes at the Fare Share kitchen. No cooking skills are required... just bring yourself, an apron and a cap to keep your hair back.

During the night you'll help cook hundreds of healthy meals, which will be given free to food banks, homeless shelters and soup kitchens across Melbourne. Have a look at www.madwoman.com.au to find out the next session!



How Cooking For a Cause Helps the Community

The food prepared on the night goes to the organization, Fare Share. Many of people who suffer from hunger and malnutrition in Melbourne lack fibre and protein in their diets, so **Fare Share's** meals are packed full of vegetables, high-fibre bread crumbs, cheese and eggs. The meals are then given free to 60 charities operating food banks, homeless shelters and soup kitchens.

In the last 12 months **Fare Share** rescued 140 tonnes of food from 80 businesses. Eight hundred and fifty volunteers prepared 428,000 nutritious quiches, pasties and other meals. Here's an opportunity to cook under the supervision of Fare Share chefs, contribute to your community and form new friendships.

FareShare provides free, tasty, nutritious meals to the hungry and the homeless using donated food not needed by markets, caterers, and retailers around Melbourne.

Last year FareShare rescued:

- 280 tonnes of food
- 1,000 volunteers made and gave away
- 560,000 meals to
- 106 charities

www.fareshare.org.au

Want to get involved with one of Melina's many projects, including her Cooking for a Cause Speed Dating sessions?

Then find out more information at m.a.d.woman (making a difference) www.madwoman.com.au or send Melina an email info@madwoman.com.au

www.guidetothegoodlife.com.au