



Chefs with Compassion

rescue | cook | feed



67 000 LITRES
FOR MANDELA DAY

Cooking with Heart

Special note for Hotels & Restaurants

What is the participation fee?

There is no compulsory donation for Hotels & Restaurants to participate, because of the volume of soup you will be producing at your own expense.

How do I register?

Register online at www.67000litres.org.za. Please select the COMMUNITY category. There is no compulsory donation for participants in this category.

What do I do?

1. Register online as per the instructions above.
2. Decide on your beneficiary. If you're unsure or looking for inspiration, you'll find a list of beneficiaries listed [here](#).
3. Set your target for how many litres your hotel or restaurant will cook.
4. Decide on your recipe. Here's some inspiration from a few foodie friends.
5. In the weeks leading up to Mandela Day, your units should complete a 'Clean Out Your Pantry' Challenge, which will place the spotlight on important messages around food waste and its possible solutions. Over the same period, you can challenge your supply chain to clear out and donate products suitable for soup that are close to their expiry date, and collect 20 litre buckets, either through your own operation or from suppliers. You'll find hints and tips in this [video](#).
6. challenge other hotel groups, boutique hotels, guesthouses and B&Bs to take up the Challenge.
7. Arrange with your beneficiary to either deliver or collect over the Mandela Day weekend.
8. Get cooking! You can participate anytime between 08h00 on Friday 15 July and 14h00 on Sunday 18 July. Remember to take pics and post on social media using #67000litres!
9. Submit your final tally of cooked soup via the link we'll send you. Every litre counts!
10. Join the celebration on social media at 16h00 on Mandela Day.



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