

Health, Wellbeing & Nutrition Events Calendar



Wellbeing Fair 18th / 19th May 2022

For this years well-being fair we had a pop-up providing a smoothie bike, social kitchen and information on F.U.E.L. We packed everything into this event to ensure students could gain as much from it as possible.

Collaborated with Brunel Communications



Stop Food Waste Event 29th April 2022

In order to celebrate Chartwells 'Stop food waste week' we hosted a pop-up whereby students could make their own fruit smoothies using a smoothie bike and enjoy foods they could create from leftovers such as: bubble and squeak, sweet potato bites and vegetable meatballs. We also introduced a competitions whereby students had to guess the food waste reduction since transitioning to the dark kitchen. The closest three students won Costa vouchers.



The Social Kitchen 3rd February 2022

For Februarys Social Kitchen Malcolm helped 25 students learn how to cook a Malaysian Curry Rice Bowl. This dish was chosen because of the abundance of fresh vegetables used to create it. Students thoroughly enjoyed learning how to cook and a healthy free lunch.



Introduced the F.U.E.L counter 18th February

In order to provide information on how students can improve their nutrition we created a counter in The Junction explaining F.U.E.L and The Social Kitchen. This is a fantastic way for student to become more away of how they can meet their dietary needs and receive information on the latest Social Kitchen events.



Re-Freshers Fair 13th January 2022

For Re-Freshers we hosted a Fair whereby students could win prizes, enjoy healthy foods, learn about nutrition and receive advice from two Chartwells nutritionists. The prizes were designed to be as environmentally friendly as possible such as recycled notepads, calendars, bamboo pens and Mugs for Life.

Collaborated with Chartwells nutritionists



Hang Tough 20th October 2021

We hosted Pepsi Co Hang Tough event in The Junction. Here students had to hang on the bar for as long a they could and they would receive a free drink and a cinema voucher. The male and females who hung for the longest received a free meal voucher and their performances were compared across 10 other universities. This event brought excitement and a cool energy towards physical competition.



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The Social Kitchen 15th September 2021

In August, in collaboration with the Res Ambassadors we hosted our first Social Kitchen of the new academic year. Eighty Students learned how to cook Vegan Tinga Taco's with Pico De Gallo sauce and thoroughly enjoyed trying it afterwards.

Collaborated with Residences Ambassadors



Cook for Yourself (5th March 2020)

To celebrate University Mental Health Day, Taste Kingdom teamed up with Well at Brunel to organise a cook for yourself workshop for students who use on campus counselling services. Chef Malcolm discussed knife safety and the students made a delicious stir fry meal for themselves.

Collaborated with Well at Brunel/Student Services



Plantilicious Sampling Takeover (4th Feb 2020)

Earlier this year, Taste Kingdom hosted a #Plantilicious pop up serving up FREE nutritious meat-free samples. Winning both on taste and versatility, our pop up was delicious and very well received by our students and staff

Collaborated with the Chartwells Nutritionist team



An evening with Adam Grey (28th Nov 2019)

Michelin Chef Adam Grey was invited to do a live cooking masterclass for our sports students, all about fuelling for performance and wellbeing. This event was streamed live on Brunel Uni's Facebook page and received over 850 views.

Collaborated with Brunel Sport, Ealing Trail finders Rugby Club, Brunel Media & Brunel Comms



Wellbeing Fair, Netball Hall (8th Oct 2019)

As part of Mental Health Awareness Week, Taste Kingdom teamed up with Student Services & Student Union to host a wellbeing fair. Our nutritionist, Fay was talking to students about all things nutrition. Free nourish salad bowls, bircher breakfast bar and the smoothie bike challenge all went down like a treat.

Collaborated with the Chartwells Nutritionist team



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Collaborated with the Chartwells Nutritionist team

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It's all about balance (25th Sep 19)

We all know how difficult it is to maintain the health balance, especially as a university student. Our Chartwell's nutritionist Fay Yeng came on site to explain how it can be done with a few simple changes. Fay hosted this session inside the Hamilton Centre where students really enjoyed the expert advice and free samples.

Collaborated with the Chartwells Nutritionist team.



Staff Wellbeing Day (20th June 2019)

Event organised by Brunel HR for Brunel staff. Our Chartwell's sponsored stall had free smoothies, salad samples, Ape Snacks hydration station and a Moma prize giveaway.

Collaborated with Brunel HR & rewards team.



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Collaborated with Brunel HR & rewards team.



Free Fruit for Exam Month (10th May 2019)

In 2019, we supplied free fruit for the entire month, encouraging students to have their five a day during the busy exam period.

Collaborated with Student Union



Taste Challenge, Brain Awareness Week (14th March 2019)

Taste Kingdom hosted a Taste Challenge to celebrate brain awareness week. A fun event for students to see if they recognise their superfoods by taste. This included a hydration station, Well at Brunel pop up & an Ape Snacks sampling stand. A drive to promote mental wellbeing across the campus!

Collaborated with Residences & Student Services



Ask the Nutritionist (21st Jan 2019)

Fay Yeng's cooking freestyler, Quorn sampling, Smoothie Bike Challenge, Gym pop up, expert advice & much more.

Interactive session & received great feedback from students!

Collaborated with the Chartwells Nutritionist Team

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Meals in Minutes (Once a Month, Term Time)

Every month (during term time), Taste Kingdom host cooking classes within the halls of residence and stream this live on Brunel Uni's Facebook page. Our Chef teaches students how to make delicious meals in minutes and encourages them to cook for themselves and not rely on takeaway meals.

Organised in collaboration with Brunel Uni, Residences and Costcutter



Introduction of F.U.E.L

During the start of the new academic year 2022, we introduced F.U.E.L. F.U.E.L stands for fuelling unique everyday lives and it is based around eight concepts being: healthy skin, love your heart, protein packed, energise to revise, mood boost, replenish recover & refuel, earth friendly and finally sugar savvy. We then provide information on these concepts through listing it alongside menu items, podcasts and food choices.



The Social Kitchen

The social kitchen is a concept whereby students can learn how to cook delicious healthy meals and enjoy the food afterwards. Our Executive Chef Malcolm takes the lessons and these usually take place once a month in Brunel Social at The Junction. The Social Kitchen always is a fantastic way for students to sharpen their cooking skills, enjoy free food and learn about health and nutrition.



Food fact Friday

Every Friday Taste Kingdom puts out a fun food fact. These facts usually relate towards a F.U.E.L concept and it is our way of providing interesting information to students that they can implement among their everyday lives.



The Flavour factor

The flavour factor is a concept whereby student compete against one another to cook delicious healthy food. This is a great interactive cooking experience for students and allows them to learn new skills and improve their understanding of nutrition. All of the videos are recorded and uploaded onto Youtube so the experience and knowledge is widely accessible.



FEASTIVAL

Taste Kingdom has introduced FEASTIVAL which is the food van located on the Concourse. FEASTIVAL provides food concepts which have been chosen by Chartwells head office specifically for their nutritious value as well as vegan/vegetarian options. The FEASTIVAL food van is open 11:30am – 8.00pm between Tuesday and Friday and 11:30 to 8 on Saturday.