



## Case Study EDable Kitchen – a Social Enterprise, by Henriette Reinders

I am waiting in the queue at Costa's looking at all the sugar-laden cakes and tarts. Do people still eat those these days? The sugar tax, the increase in demand for vegan and vegetarian food, obesity...you would have thought that a more healthy option would do well.

Now I am not a buyer for the coffee chain or one of their marketing analysts, I am here to meet with an inspiring lady, Suzanne O'Hara who has been running her Social Kitchen '[EdAble](#)' in Surrey since 2018.

Having worked for the corporate food giants, but now needing to spend more time at home due to family circumstances, she felt that the time was right to make her dream come through to start her healthy food business.

Suzanne had always been surprised not to be able to find healthy take-away meals or ready meals from the shops.

Why is it so difficult to find convenient, healthy meals without having to cook it myself? What happens to all the B-class vegetables produced by the local farmers? And with these questions in mind she came up with the Social Enterprise providing healthy, affordable meals.

*You can eat in or pick up your meals to eat at home.*

But if that wasn't enough, as well as enjoying honest food, hating waste, Suzanne has always been keen to provide a place to work and flourish for people with disabilities.



And with this love for food, she launched EdAble, a Social Enterprise producing home-style meals using gluts from local suppliers that might otherwise go to waste. It is a win-win for everybody involved: suppliers see their produce being put to good use, customers get to eat healthy, wholesome meals and EdAble provides a workplace for people who would find it difficult to work 9-5.

Suzanne received support from the Inspiring Enterprise project in 2017. Her business advisor Richard Read helped her get the business off the ground. He comments: "It is key for Suzanne to develop an income stream so the project is sustainable. Focus, dedication and a business strategy are all important to make this a success. Suzanne is very motivated and I am pleased to see that she is doing well."

EdAble Social Kitchen is open every Thursday at the Addlestone Community Centre. You can eat in or pick up your meals to eat at home.

## Manifesto

- We believe that good food is at the heart of well-being. And that the best meals are those made with care and shared with others.



- We believe that fresh, nutritious food should be convenient and affordable to all.
- We believe that by using 'surplus' food as the base of our menu, we can help the planet as well as improving the diet of our community.
- We also believe that the high levels of unemployment among the UK's disabled population result in a tragic waste of talent. And that by offering work to disabled individuals, we can enhance life skills, as well as reducing social isolation and economic hardship.
- In short, we believe that food can be a force for positive change in the world.

## We Call It The Feed Good Factor



EdAble is a social enterprise. This means that our primary objectives are to create positive social and environmental impact. All EdAble profits are reinvested or donated to transform the communities we work in by

1. **Reducing waste and thus reducing the negative effect this has on our environment**
2. **Improving health – providing nutritious food that's convenient and affordable**
3. **Creating jobs and opportunities for the disabled, who are often marginalised from the workforce.**

[Edablesocial.com](http://Edablesocial.com)



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