



OUR

INCLUSIVE.

MENU

**Recommendations for
Accessible Events**





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When organising an event, it is important to ensure that food and drink makes people feel welcomed, valued and part of a community.

We have some suggestions for you, but it is important to make sure you give people a chance to tell you about the food and drink they need before an event. It is really important to know if people have special diets, food allergies and/or intolerances ahead of time.



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I wish I brought
a packed lunch!



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SAFE

PLAIN

BASIC.



OUR

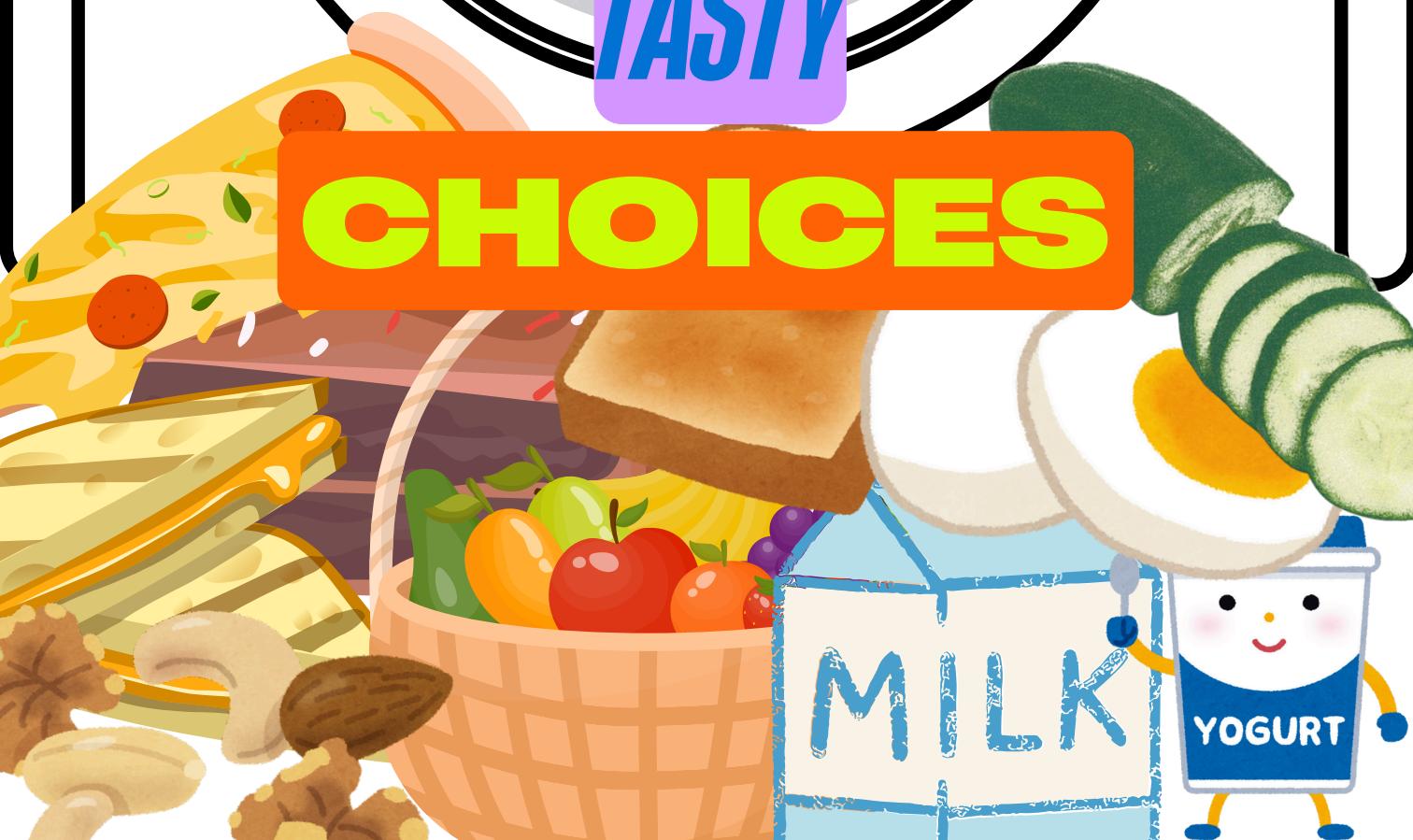
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TASTY

CHOICES



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HOT

AND

COLD



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ADD THE LABELS



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TEXTURES

ARE

IMPORTANT



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"How long has
'fresh' fruit
been left
out?"

**Fresh
Food**

**MAKE SURE FOOD IS SAFE FOR EVERYONE TO EAT.
FOOD AND DRINK NEEDS TO BE FRESH AND
SENSITIVE TO ALLERGIES AND INTOLERANCES.**

**MEDICAL
ALERT**

ALLERGY



MILK

YOGURT



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Not all sandwiches
need a salad
element



Separate Salads in a bowl!

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Plain 
Sandwiches



Butter cheese ham
(not smoked)

no mayo



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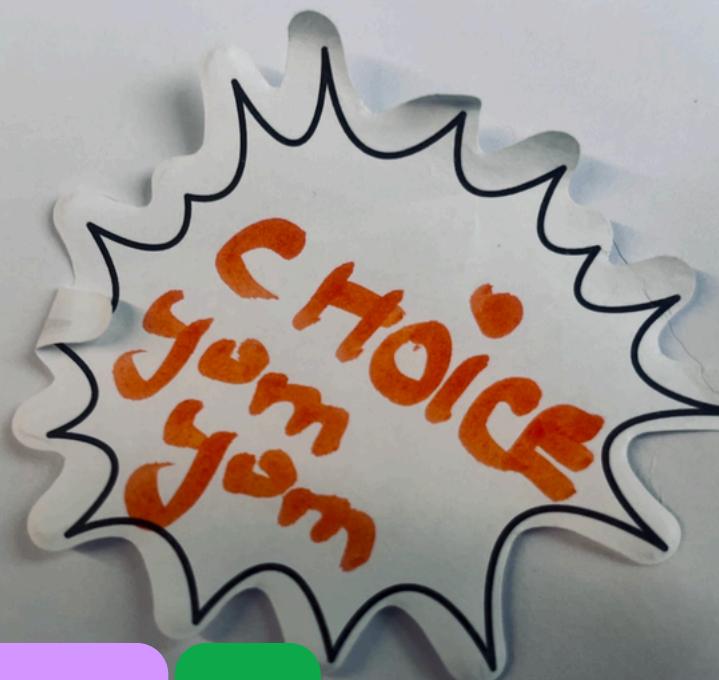
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STOP

Say NO to mayo

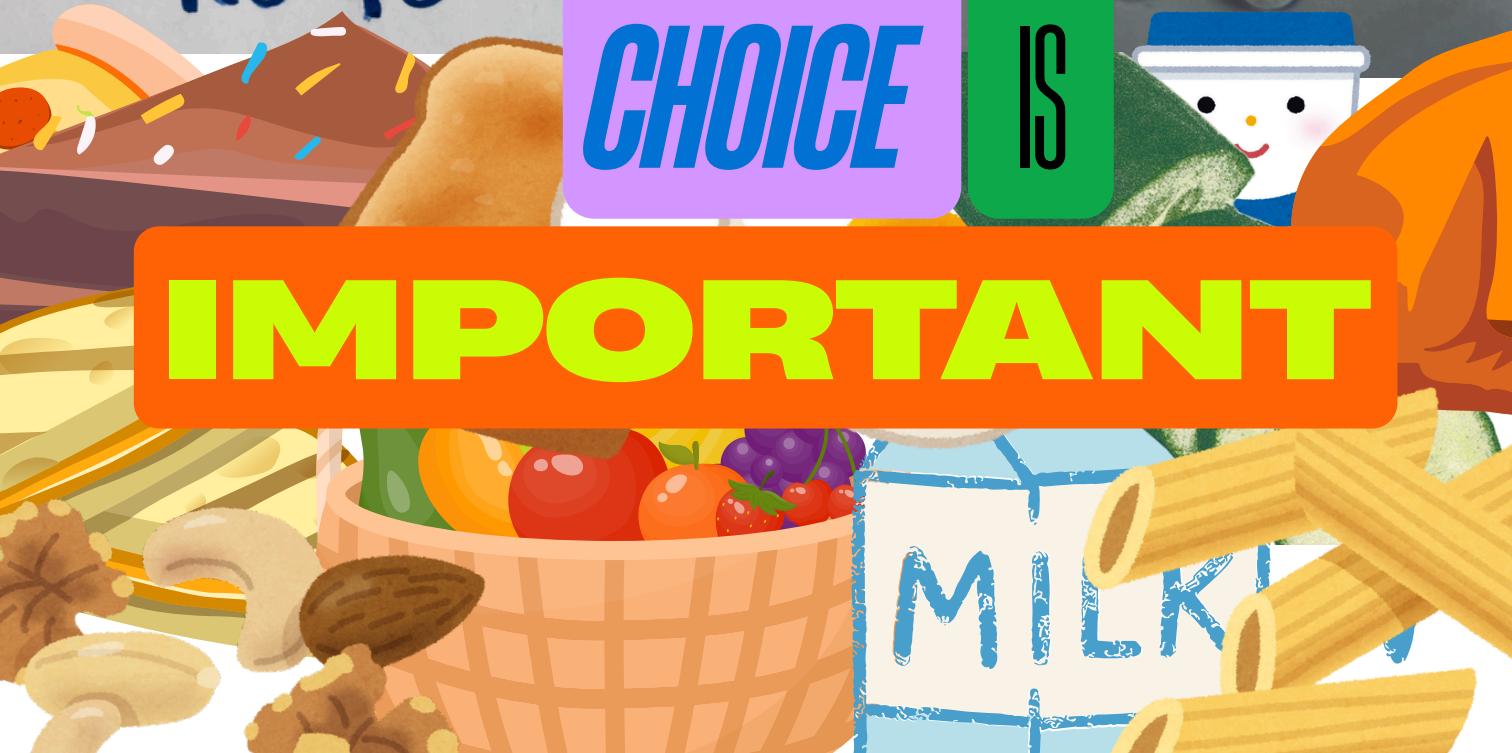
MAYO



CHOICE

IS

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YUM

YUM

YUM





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normal green mint

tea

A LOVELY CUP

OF

TEA



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Food from different cultures. Nice to try new things and for everyone to see home comforts



When serving meat in sandwiches etc make sure all meat is halal so everyone can have a merry or buffet

**CULTURE,
RELIGION,
FAITH &
HOME
COMFORTS**



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QUIET

REMEMBER!

Everyone eats differently too.



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**Food matters for
EVERYONE.**

**It makes people feel
included and that
they belong.**



To find out more about this project, please visit our website: <https://sheffield.ac.uk/ihuman/anti-ableist-developments>

You can also read guidance on inclusive events: <https://equityinclusionssheffield.co.uk/product/accessibility-guide/>

To find out more about Speakup, please visit: <https://www.speakup.org.uk/>



Waaarc

**WELLCOME ANTI-ABLEIST
RESEARCH CULTURES**

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Speakup

Self Advocacy



University of
Sheffield

School of
Education