



OUR

INCLUSIVE

MENU

**Recommendations for
Accessible Events**



Speakup

Self Advocacy



University of
Sheffield


School of
Education



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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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SAFE

PLAIN

BASIC.



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TASTY

CHOICES



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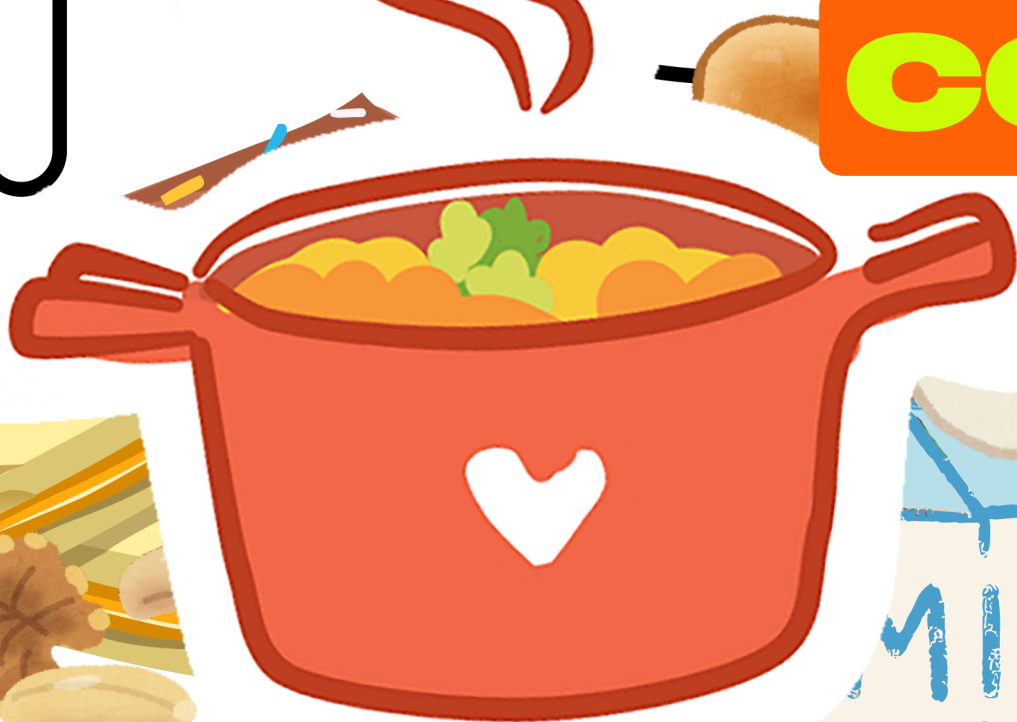
MENU



HOT

AND

COLD



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ADD

THE

LABELS

YOGURT

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Smooth textures.
No lumps or bits!



TEXTURES

ARE

IMPORTANT

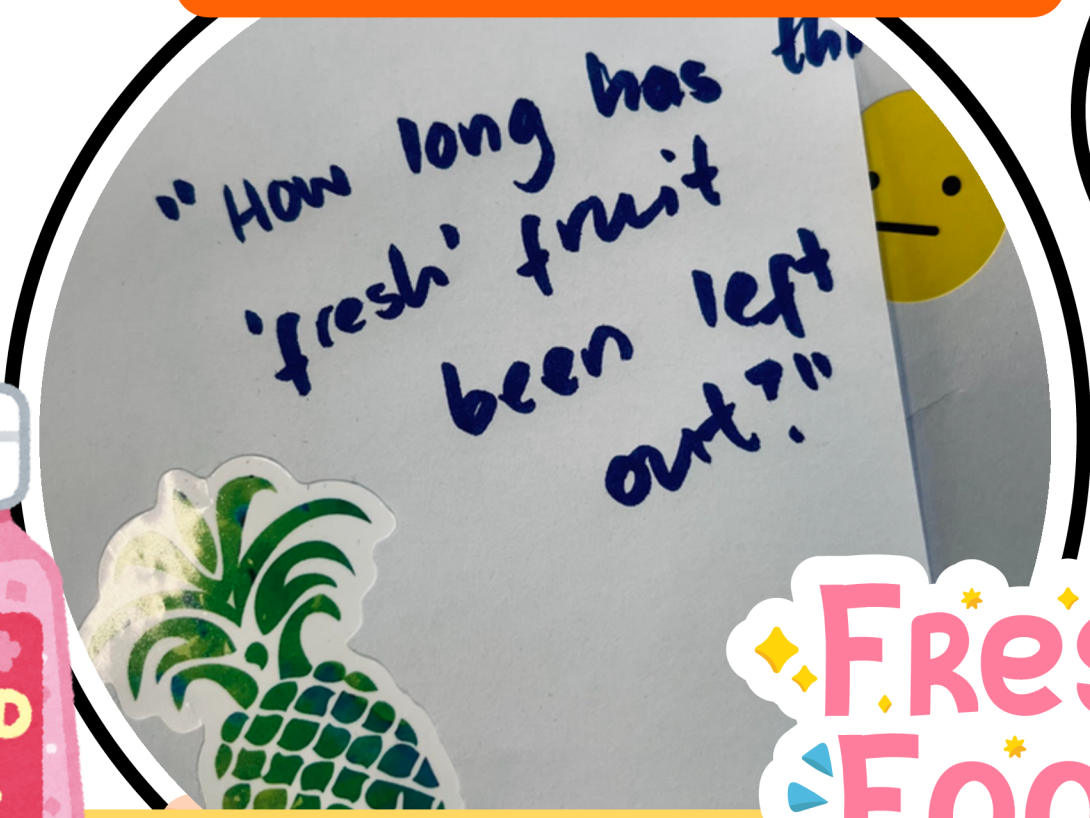




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"How long has the
'fresh' fruit
been left
out?"



**HAND
GEL**

**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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STOP

Say NO to mayo

MAYO

KNOW PEACE



SAY NO TO MAYO

CHOICE
gum
gum

CHOICE

IS

IMPORTANT

MILK



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YUM

YUM

YUM

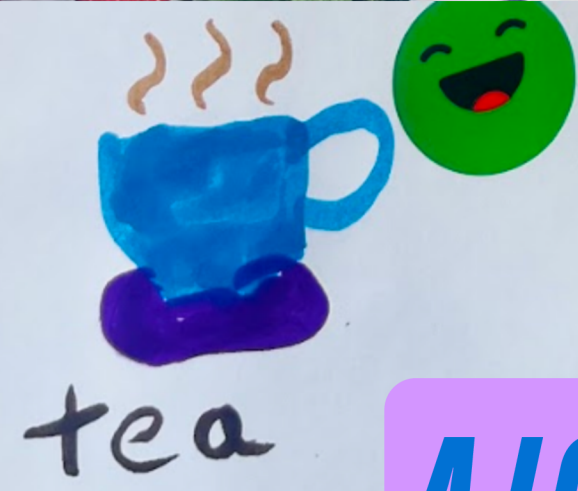




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normal

green

mint



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



CULTURE,
RELIGION,
FAITH &
HOME
COMFORTS

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



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REMEMBER!

Everyone eats
differently too.



QUIET





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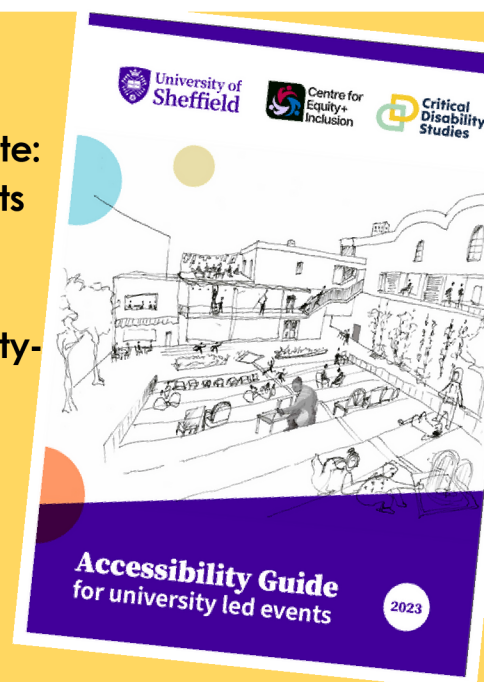
MENU

*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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