



THE RNLI
FISH SUPPER

ALL THE INGREDIENTS FOR A PERFECT EVENING

*Host a fundraising Fish Supper
and help the RNLI crew to save lives*





THE RNLI
FISH SUPPER

STEP UP TO THE PLATE

Thank you for hosting a Fish Supper for the RNLI!
We're excited to have you onboard as we raise vital funds
together that will help save more lives.

To support you, we've created this guide full of tips, activities and
resources to inspire you and ensure your event goes swimmingly!

**To keep your event safe and legal, make sure you are
familiar with important information included in this pack on:**

Food Hygiene | Risk Assessment* | Food Safety

Find the Food Safety Guide and Food Safety posters in this pack's appendix.

*The Risk Assessment can be downloaded from the downloadable resources page.

Fish Suppers can be held all year round, so choose a dinner date that suits you.





THE RNLI FISH SUPPER



HOW YOUR FISH SUPPER SUPPORTS LIFESAVERS

25,172



PEOPLE AIDED BY RNLI LIFEGUARDS IN 2020



8,239

LIFEBOAT LAUNCHES

IN 2020



239

lives were saved by RNLI crew in

2020



LIFEBOAT CREWS

HELP



23

people each day*



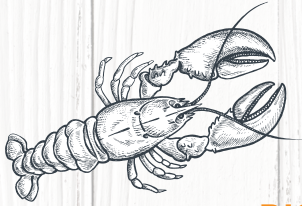
*Average figure based on 2020 rescue statistics.





YOUR FISH SUPPER CHECKLIST

Don't forget to ask about any allergies your guests may have.



This handy list, along with the Food Safety Guide, will help you plan and host your supper.

RIGHT NOW

- Invite your guests. We've created invitations for you to download, print and send.

2 WEEKS BEFORE

- Confirm the final guest list and note any special dietary requirements, especially allergies or intolerances.
- Get inspired with our selection of mouth-watering recipe ideas. If you're having a virtual Fish Supper, everyone could cook the same dish and eat together on a video call.

1 WEEK BEFORE

- Make a shopping list and cooking schedule or place your order with your supplier.
- To prepare for a virtual Fish Supper, make sure everyone is familiar with video calling. We've included our online fundraising guide at the end of this guide.
- Begin drawing up your risk assessment, a template is included as a resource. Remember, it is a legal requirement to assess any hazards associated with your activities and consider how to mitigate them to keep you and your guests safe.

2 DAYS BEFORE

- Pick up your ingredients or reconfirm with your supplier if you're having food delivered – don't forget the drinks!
- If you're hosting a virtual Fish Supper, make sure your background is ready for company. Or download the virtual Fish Supper background from the resources page and upload it into your video-conferencing platform.
- Remind your guests of your Fish Supper date and time.

1 DAY BEFORE

- Compile your exclusive Fish Supper playlist of songs inspired by the sea or lifesavers. Online digital music platforms can be a great source of inspiration.
- Don't forget to download and print your place cards. You'll find them on the downloadable resources page. Guests can fill in their place setting with their nautical name, using the icebreaker activity on the next page.

THE DAY OF YOUR FISH SUPPER

- Prepare your ingredients, remembering to take care with your food hygiene practices. Refer to the handy Food Safety Guide at the end of this pack for tips on staying safe.
- If you're holding an in-person event, lay the table, light the candles and put out the place names and donation box. Another option is to set up a fundraising page on [JustGiving.co.uk](https://www.justgiving.co.uk) or simply ask guests to donate at [RNLI.org](https://www.rnli.org)
- Whether there are people around the table, or joining you for a Fish Supper online, have fun!

THE DAY AFTER

- Thank your guests for making your Fish Supper a success and for their kind donations.
- Don't forget to allocate your income to the global activity RNLI Fish Supper - see the Paying In section of this guide for more information.
- Share your favourite pictures with us on social media using the hashtag [#RNLIFishSupper](https://twitter.com/RNLIFishSupper)

Hope it all goes swimmingly!





ENTERTAINING YOUR GUESTS

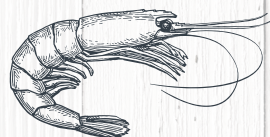
LET GUESTS FILL IN THEIR PLACE CARD WITH THEIR NAUTICAL NAME

Take the rank and surname that correspond to your birthday to reveal your Fish Supper p-sea-donym.

January.....	Master	July.....	Coxswain
February.....	Engineer	August.....	Quartermaster
March.....	Chief Mate	September...	Petty Officer
April.....	Boatswain	October.....	Helm
May.....	Able Seaman	November.....	Captain
June.....	Midshipman	December.....	Caulker

YOUR BIRTHDAY

1.....	Dogger	17.....	Lundy
2.....	Beaumaris	18.....	Skerries
3.....	Looe	19.....	Portrush
4.....	Fisher	20.....	Rockall
5.....	Queensferry	21.....	Ramsgate
6.....	Oban	22.....	Mudeford
7.....	German Bight	23.....	Trafalgar
8.....	Donaghadee	24.....	Gravesend
9.....	Fethard	25.....	Viking
10.....	Humber	26.....	Clogher Head
11.....	Withernsea	27.....	Newbiggin
12.....	Cromarty	28.....	Kinsale
13.....	Ballycotton	29.....	Abersoch
14.....	Invergordon	30.....	Tobermory
15.....	Biscay	31.....	Kirkcudbright
16.....	Hunstanton		



Top chefs never shrimp on the ingredients!

TIPS ON CHOOSING A TIPPLE FOR YOUR RNLI FISH SUPPER



Get creative and make a splash choosing food and drinks for your Fish Supper – whether it's fish, meat, veggie or vegan! We've picked out the best drink pairings for your favourite dishes. Please always drink responsibly.

Fizz puts the sizzle in fried dishes

If you're frying up a platter of crispy tofu, battered calamari or fried chicken, serve it with a cold, fresh Champagne, Cava or Prosecco to cut through any oiliness.

Crisp, dry whites for fish

A subtle Chenin Blanc, Sauvignon Blanc or Pinot Grigio pairs well with most types of fish, from flaky, lean types such as cod, halibut or plaice, to richer options like salmon, mackerel and tuna.



Deep reds for meat (and chocolate!)

Lamb, beef and even meat substitutes stand up well against a full-bodied Malbec, Pinot Noir or Tempranillo... save a glass or two for dessert, if it features chocolate.

Sweet treats for nibbles and desserts

Think fruity, floral and dessert wines for starters and afters. Port is a treat with cheese, while sherry is a hit with cured meats, shellfish and tempura vegetables.

Mocktails make a moreish match

Prepare a pitcher of homemade lemonade, or add soda and fruit to your favourite elderflower, apple or grape cordial for a refreshing palate cleanser between courses, suitable for all ages.



MAXIMISING YOUR FUNDRAISING

BEFORE YOUR SUPPER

If your guests haven't already heard of the RNLI and the work we do, share your reasons for supporting our work when you invite them, and explain that you'll be collecting donations to help save lives at sea. Maybe even share with them the target you're hoping to reach for the evening. To let them know how funds help the RNLI, show them this pack or point them to

[RNLI.org/about-us](https://www.rnli.org/about-us)

COLLECTING DONATIONS ON THE NIGHT

When everyone's been introduced and has a drink in their hand, say a few words about your inspiration behind hosting the evening, declare your Fish Supper open, and invite your guests to make their donations.

If your guests would prefer to donate online, you can set up a fundraising page on [JustGiving.co.uk](https://www.justgiving.co.uk) or ask them to visit [RNLI.org](https://www.rnli.org) where they can donate directly.

PAYING IN

How to pay in donations through your branch: - Your donations should be paid in via your local fundraising branch, which you can find and contact by searching at

[RNLI.org/find-my-nearest/community-fundraising-groups](https://www.rnli.org/find-my-nearest/community-fundraising-groups)

For Branch Treasurers: - Bank cash or cheques in your usual way, and then ensure to activate the Fish Supper global activity when allocating in Salesforce.

(How to activate – on your Homepage go to 'View local Activities', then choose 'Fish Supper'. Click on the button marked 'Use this activity' and then click 'Save' – this will now show up each time you go on the system and can be selected).

If you need any assistance in allocating the funds correctly, please contact your Community Manager or branch_accounts@rnli.org.uk

SHARE YOUR SUPPER

If you want to share your culinary creations, we'd love to see a slice of your supper. Share your photos on Facebook, Instagram or Twitter with the hashtag below.

#RNLIFishSupper



*We should dolphinitely scale
back on the fish puns!*

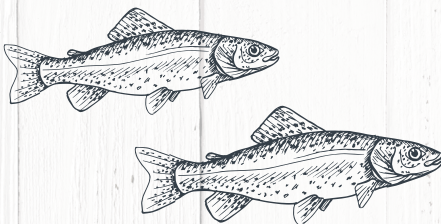
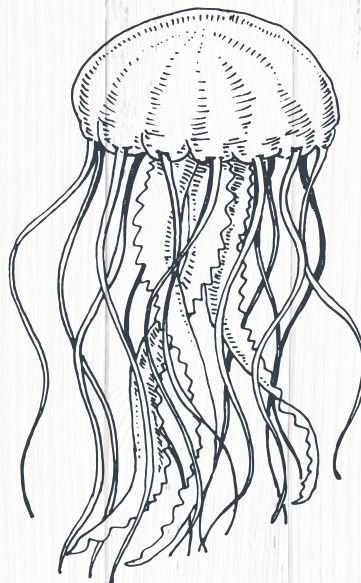
APPENDIX

Here you can find important documents containing information you need to keep your event safe and legal. Included here is your:

Food Safety Guide Food Safety Posters (x4)

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Please note: Your customisable Risk Assessment must be downloaded from the downloadable resources page.

Find, download and fill out any additional resources for your Fish Supper at [RNLI.org/fish-supper/download-materials](https://www.rnli.org/fish-supper/download-materials)



The RNLI is the charity that saves lives at sea

The Royal National Lifeboat Institution, a charity registered in England and Wales (209603), Scotland (SC037736), the Republic of Ireland (CHY 2678 and 20003326), the Bailiwick of Jersey (14), the Isle of Man (1308 and 006329F), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HZ



Registered with
**FUNDRAISING
REGULATOR**



Lifeboats

Thank you for your interest in hosting a Fish Supper fundraising event. This guide provides information on food law and best practice when providing or selling food at a charity event. As a food handler, you need to ensure the food you prepare is safe to eat.

KEEPING FOOD SAFE

Although you don't need a food hygiene certificate to make and sell food for charity events, you will need to make sure that you handle food safely and follow best practice guidelines.

Following the 4 Cs of food hygiene, **cleaning, chilling, cooking, and avoiding cross-contamination** will help you prepare, make and store food safely.

Here are some general practical tips for keeping food safe:

- Wash your hands regularly with soap and warm water. Use anti-viral hand sanitisers if hand washing facilities are not available
- Always wash fresh fruit and vegetables
- Keep raw and ready-to-eat foods apart – use separate chopping boards and knives
- Do not use food past its use-by date
- Always read any cooking instructions and make sure food is properly cooked before you serve it
- Ensure that food preparation areas are suitably cleaned and sanitised after use and wash any equipment you are using in hot soapy water
- Keep food out of the fridge for the shortest time possible
- If you prepare food in advance and freeze it, ensure the food is properly defrosted before you use it

The [NHS website](#) (UK) has great tips on cooking and preparing food safely – especially if you are preparing food to BBQ.

HAND HYGIENE

It is essential you wash your hands regularly when preparing and serving food. Always follow the 'seven steps of handwashing' (A helpful poster can be found at [appendix A](#) of this document which covers the correct way to wash your hands).

You should always wash your hands:

- Before handling food
- On entering the preparation area
- After handling raw food, including eggs
- After handling waste, rubbish or external packaging
- After visiting the toilet
- After blowing your nose or sneezing into a handkerchief or your hands
- After brushing your hair
- After touching your face, mouth, nose or ears
- After cleaning duties or handling dirty clothes, crockery and cutlery

If you decide to use protective gloves to handle food:

- You must always wash your hands before putting on a new pair of protective gloves

- You must ensure they are food grade
- They must be changed just as often as you would wash your hands (e.g. never wear the same gloves to handle food, empty the bin then return to food preparation)
- You must replace them immediately if they become damaged or have a hole in
- You must change them after handling high risk foods and foods containing allergens

Prepared unpackaged food should always be handled with utensils (e.g. tongs or serving spoons) rather than your hands.

HIGH-RISK FOODS

Some foods are more likely to cause food poisoning than others. These include **raw milk, raw shellfish, soft cheeses, pâté, foods containing raw egg and cooked sliced meats.**

If you serve any of these foods, please visit the relevant food safety website for more detailed information – links to the relevant sites can be found in the ‘more information’ section of this guide.

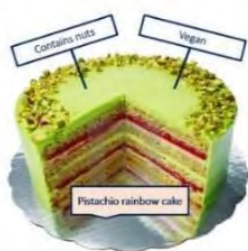
CONTAMINATION

Some foods are particularly susceptible to bacteria forming. The poster at [appendix B](#) provides key information about controlling bacteria but here are a few tips:

- Store raw meat in the bottom of the fridge away from ‘ready to eat’ foods
- When chilling food, cool it down and refrigerate as soon as possible
- Thoroughly thaw any frozen food before cooking
- Hold cold food under 5°C
- Frozen food should be stored at -18°C or below
- Any hot food that is not immediately eaten must be held above 63°C

Cross contamination can also be avoided by using the correct chopping board for different food types for example, **red** for meat and **green** for vegetables. Refer to the poster at [appendix C](#) for a list of the correct chopping boards by food type.

ALLERGEN AND DIETARY INFORMATION



You must be able to declare the allergens in **any** given food when asked by a participant or customer. Failure to disclose allergens in the food you are serving can be fatal. A list of the most common food allergens can be found [here](#) or there is a handy poster for you to refer to at [appendix D](#).

Allergens will appear on food label ingredient lists in **bold**. If in doubt keep the labels to show anyone who enquires. If you are making your own food such as a cake or pie, ensure that you have a list of the ingredients that went into the product.

If selling food at a public event, you should have a label or place card telling people what kind of food you are selling or providing as well as making it clear if any of those items contain any allergens.

If you are preparing or serving allergen-free foods, **you must** make sure they are kept separate from allergenic foods at all times. You must keep preparation areas, equipment, utensils and cloths separate from foods that contain allergens to avoid cross-contamination. The allergen-free foods should also be served from a separate area using separate utensils.

CHILLED FOOD

Foods that need to be chilled, such as sandwich fillings served as part of a buffet, should be left out of the fridge for no more than four hours. After this time, any remaining food should be thrown away or put back in the fridge. If you put the food back in the fridge, don't let it sit around at room temperature when you serve it again.

USE-BY DATES

Use-by dates show how long the food remains safe to eat or drink. Check and follow the use-by dates of the food you serve. Food being sold to the public cannot be supplied in **any** circumstances if its use-by date has passed.

For detailed advice on how to safely redistribute surplus food and avoid food waste, please visit the '[WRAP website](#) (UK)/ [stopfoodwaste.ie](#) (Ireland)

MORE INFORMATION

[Food Standards](#) Agency for England, Wales, Channel Islands and Northern Ireland

[Food Standards](#) Scotland

[Food Safety Authority of Ireland](#) for the Republic of Ireland

Food Information Regulations on the [Isle of Man Government website](#).

The [NHS website](#) (UK) has great tips on cooking and preparing food safely.

7 STEPS OF HAND WASHING



Step 1 - Hands should be wet with liquid soap applied for a good lather. (Water temperature needs to be between 35 °C and 45 °C)



Step 2 - Rub your hands palm to palm.



Step 3 - With your right palm rub the back of your left hand. Swap hands and repeat.



Step 4 - Then, interlace your fingers and rub your palms together.



Step 5 - Interlock your fingers and rub the backs of them against your palms.



Step 6 - Enclose your right hand around your left thumb and rub as you rotate it. Swap hands and repeat.



Step 7 - Rub your right fingers in a circular motion in your left palm. Repeat with your left fingers.

After washing, always thoroughly rinse your hands in warm running water, and dry with a clean disposable towel.

Never use reusable towels as you will transfer harmful bacteria back onto your clean hands.



The 14 Named Allergens



Celery



Cereals containing
gluten



Crustaceans



Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



Soya



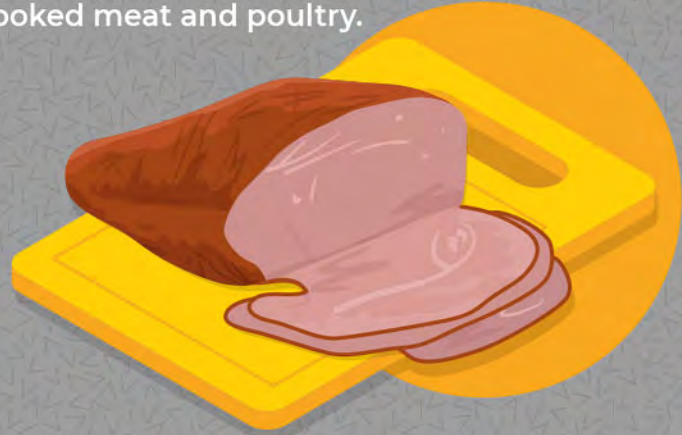
Sulphur Dioxide
and Sulphites

KNOW YOUR CHOPPING BOARDS

Use a red chopping board for raw meat and poultry.



Use a yellow chopping board for cooked meat and poultry.



Use a blue chopping board for raw fish.



Use a white chopping board for dairy and bakery items.



Use a green chopping board for washed fruit and salad vegetables.



Use a brown chopping board for unwashed root vegetables.



Use a purple chopping board for free-from products.



How to Control Bacteria

Food spoilage can be seen, tasted and smelled. Common indicators are:

- The production of gas.
- Bulging cans.
- Leaking packages.
- Discolouration.
- Sour smells.
- Stickiness or slime.
- Strange textures.
- Tainting or unusual tastes.
- Mould (even if surface mould is removed it will still be present in the food).



To prevent bacterial contamination you must:

- Store raw meat in the bottom of the fridge away from ready-to-eat foods

- Eat food immediately after cooking or hold hot food above 63 °C.



- If chilling food, cool and refrigerate as quickly as possible.

- Hold cold food under 5 °C.



- Thoroughly thaw any frozen food before cooking.

- Frozen food should be stored at -18 °C or below.



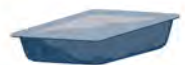
Overall, to prevent bacterial contamination and food spoilage you must:

- Store and hold food at the correct temperature.



- Apply good hygiene practice.

- Ensure food packaging is suitable and undamaged.



- Control pests.

- Handle food carefully.

