



SQUASH LIVERPOOL

COMMUNITY FOOD BUSINESS GUIDING PRINCIPLES

Squash is a much-loved community organisation, with a thriving community food business; a food shop, cafe & catering service. We're known for our delicious, seasonal, vegetarian/vegan, ethical, multicultural food. The intention of the Squash shop is to offer an alternative, more ethical shopping service to supermarkets, that is rooted in and run by and for our community.

The shop sells ingredients that feature in the dishes on offer in the cafe. Visitors can take recipes home to cook dishes and there are regular cooking sessions with our team to share how to make tasty, healthy food. Squash makes delicious products in-house, including sourdough bread, turmeric tonic, hummus, cream cheese, kale pesto & chimichurri, preserves including jams, relishes, pickles, chutneys & ferments and we produce all our own cakes.

Our dedicated team of community growers provide local produce grown in and around Windsor Street using permaculture growing methods. Local wild food foraging provides limited run specialities. We also run a 'Box-it-Forward' & 'Soup-it-Forward', a pay-it-forward scheme where customers contribute towards free food for neighbours in need of nourishment.

We aim to:

Source seasonal produce from local producers and organic farmers

Provide affordable, high quality, fresh produce and wholesome food products which have undergone minimal processing

Support a sustainable environment & help biodiversity to thrive

Contribute to & support our local economy

Keep local people in jobs and volunteer opportunities

To minimise food waste through composting

To recycle, refill & re-use, working towards plastic-free