

MAY 2024

Providing culturally relevant food in a sustainable way for East London communities

Prepared by: TotsTable team

EXECUTIVE SUMMARY:

East London faces high levels of food insecurity, which is exacerbated by disparities in income and cost of living. The area has a large culturally diverse population, predominantly from low-income and ethnic minority groups, with limited access to affordable food that meets both nutritional and cultural needs. Given the lack of culturally relevant food in East London, the team targets the Bengali community in particular since they have a high tendency to suffer health issues, such as obesity and Type 2 diabetes. Most of the Bengali populations in the UK and Wales live in Tower Hamlets, and such boroughs have the highest level of child food insecurity in London. In addition, Bengali households are considered one of the poorest households in the UK, making them vulnerable to the issue of food insecurity when affordability becomes an obstacle. Since fast food tends to be cheap, its dominance in Tower Hamlets becomes an issue as it can hinder children's healthy eating habits. This has prompted the team to propose an improvement in the diets of Bengali children in Lansbury, Tower Hamlets by sustainably providing culturally relevant food. Especially when traditional Bengali dishes are normally high in calories, fats and low in fibre from fruits and vegetables.

The existing interventions include the London government's universal free school meals and Foodcycle's community meals, however, the scheme lacks cultural aspects. Therefore, more comprehensive and culturally informed interventions are necessary to meet the diverse needs of Tower Hamlets' population to prepare traditional meals in a more nutritious and sustainable way. In order to tackle this, the team has planned to engage with the parents of low-income groups, children, the local government and the Bengali community. These engagements involve focus groups and interviews that will help understand the significance of cultural food insecurity on Bengali children's health and well-being. The identified stakeholders will help frame the objectives of the project to improve the health of the Bengali community in Lansbury, Tower Hamlets through reducing food insecurity in families by providing culturally relevant food in this borough. To ensure that the objectives will be met, the team have also developed specific criteria to monitor the project's progress.

The established solution is a community kitchen where culturally relevant meals would be served 5 times a week to children in Lansbury, Tower Hamlets. In which 3 are Bengali dishes and 2 are British dishes. The team aims to fully implement the solution within 5 months after the problem definition and research stages. Procedures will include developing traditional Bengali recipes with the Bengali community, which will also be an opportunity to develop trust with them. The solution will be communicated through a web page, describing the mission, previous events and other necessary information since a web page is considered versatile, easily shared, and translatable. Some of the risks include not being able to establish enough trust with the Bengali community, however, this will be mitigated by communicating with them and informing them about the intentions of the project.

PROBLEM BACKGROUND:

East London is considered one of the most deprived areas in London due to its lower cost of living, (Workgateways, 2019) with a local population made up largely of low-income and minority groups. They face challenges accessing healthy, culturally relevant and affordable food options, which the team defined as food insecurity. Access to culturally relevant foods is critical to improving the health of ethnic minorities (Wright et al., 2021), particularly in Tower Hamlets, where fast food dominates. The cheap and fast aspects are more appealing due to their financial situation, causing young people in Tower Hamlets to develop unhealthy eating habits (Fuhrman, 2018; Tower Hamlets, 2011). In the UK alone, 17% of households were reported to be experiencing food insecurity in June 2023, up from 8.8% in January 2022 and 7.4% in January 2021 (Wahedi, 2024). Low incomes and high living costs in London make it difficult for young people to escape the constraints of food insecurity. This is further exemplified when observing the lack of culturally relevant food since they are often deemed expensive, which is a significant issue in East London, particularly in diverse and economically disadvantaged areas such as Tower Hamlets (Wrobel, 2024).

The team's focus is on tackling the cultural aspects of food insecurity in East London, particularly in Tower Hamlets, where child poverty rates are the highest in the UK and more than half of children are food insecure. This severely impacts children's eating habits and overall health (UK Parliament, 2021). A large proportion of Bangladeshi households are disproportionately affected by malnutrition and associated health risks given the lack of culturally relevant food in East London (NIHR, 2015). Specifically, there are 43,561 Bangladeshi registered individuals in this area as of 2021, highlighting the need for targeted interventions (Tower Hamlets, 2023). At the same time, traditional Bengali diets are high in refined carbohydrates, fats, and processed foods, which can contribute to the increased rates of diabetes and obesity prevalent in these communities (NIHR, 2015). This report will investigate the lack of culturally relevant food as part of a multi-faceted issue of food insecurity within East London, specifically how it affects Bengali children and propose a solution in the context of Lansbury, Tower Hamlets.

A root cause analysis was conducted to analyse the lack of culturally relevant food as a facet of food insecurity within East London. This has allowed the team to identify the actual root causes including lack of education on healthy food and lack of alternative methods to prepare culturally relevant meals. As shown in Figure 1, the apparent problem of food insecurity appears through the dominance of fast food and the Bengali population being more prone to health-related issues.

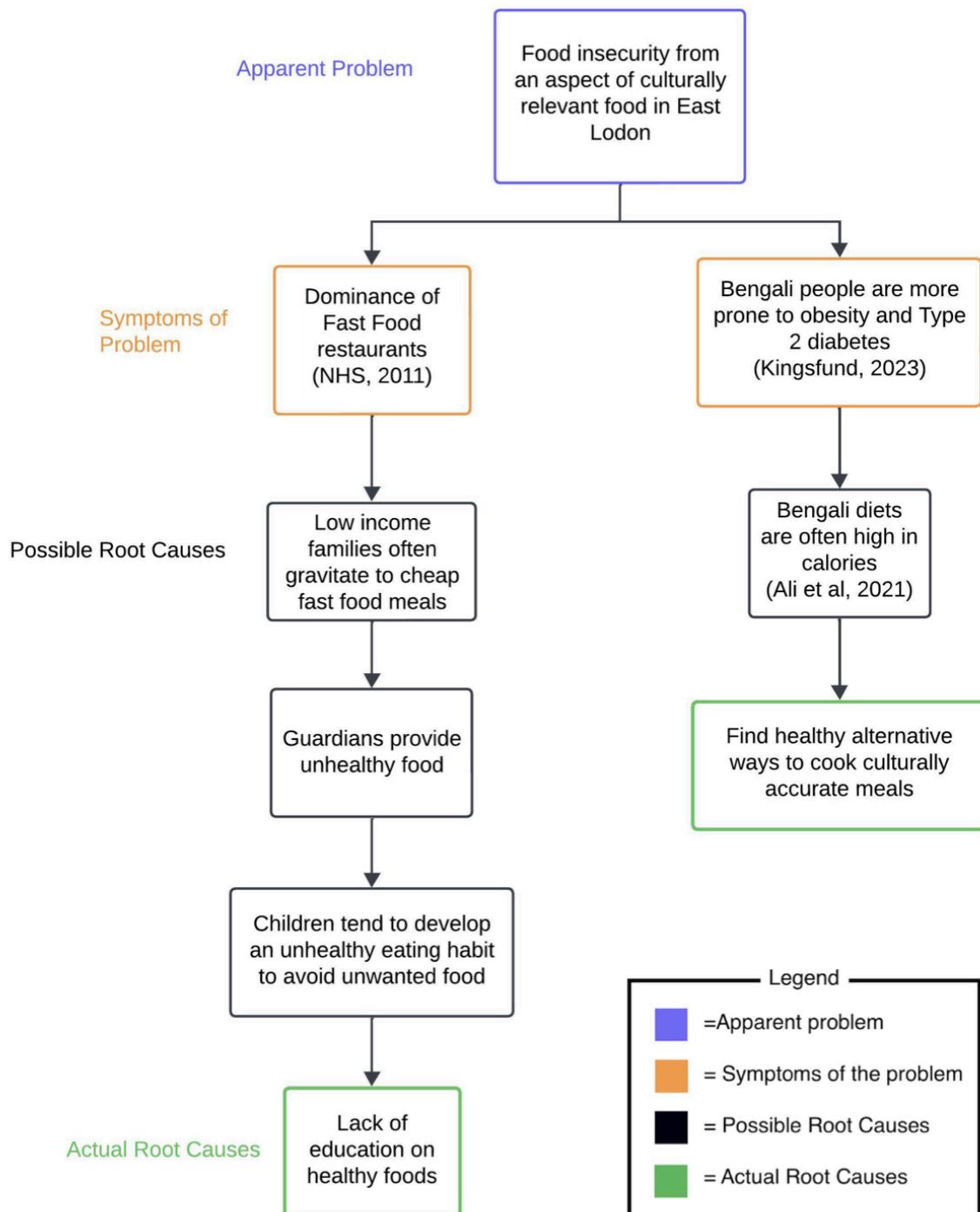


Figure 1: Root Cause Analysis

The focus of the project is to improve the diet of Bengali children from ages 5 - 12 in Lansbury, Tower Hamlets, by sustainably providing culturally relevant food. The team's main target is the Bengali community due to the high risks of developing health-related issues, as seen in Figure 1 in the symptoms of the problem. The South Asian population, especially the Bengali community, is six times more likely to develop Type 2 diabetes than the general population, which can be explained by their lifestyle and eating habits (Raleigh, 2023). In Tower Hamlets, over half of the cases of Type 2 diabetes are Bengalis, and the prevalence is higher than the average cases in London and England (Vaughan, 2011). Cases have shown that there is strong evidence that they are affected by being immersed in an obesogenic environment, and the acculturation into British society therefore suggests that there are elements of cultural issues around food among those Bengali who live in Tower Hamlets or the UK (Vaughan, 2011). Furthermore, the Bengali population and other South Asian populations also have high risks of developing obesity therefore the team aims to address them in particular (Vaughan, 2011).

In addition, the Bengali community is considered to have the highest poverty rate of 55% (JRF, 2022) among the ethnic minority groups, with higher poverty rates of 62% among Bengali households with children (RCPCH, 2024). This poverty cycle can exacerbate the issue of food insecurity since the affordability of nutritious and culturally relevant food becomes an obstacle for such deprived communities. Therefore, one of the main reasons why some are not able to consume culturally relevant food is due to the pricing of the ingredients and meals (Wrobel, 2024). This is rooted in the supply chain issues of culturally relevant ingredients like spices, which are not as affordable when compared to buying them in Bangladesh. Consequently, individuals in the Bengali community may turn to other cheap alternatives, such as fast food, which contributes to food insecurity and health issues due to the high energy density and the lack of nutrition.

However, it is important to note that Bengali traditional food is often high in energy content, as demonstrated in Figure 1, in the possible root causes. Although some Bengali dietary patterns involve a high diversity of foods such as wheat, fish, meat, and vegetables, they tend to be consumed by households with higher wealth and education. Other Bengali dietary patterns tend to rely on rice, but with a low diversity of food and a high energy intake, fat and protein intake are suboptimal (Ali et al., 2021). The WHO also suggests that fruit and vegetable intake for this dietary pattern is suboptimal and most vulnerable to shocks (Ali et al., 2021).

After choosing the Bengali community, the main ethnic minority group, the team chose to focus on helping children as seen in Figure 2, since evidence shows that children from the most deprived households are twice as likely to develop obesity (Goudie, 2021). The focus was tailored to primary children aged 5 -12 years old because they are developing their eating habits as well as their mind and body, making it crucial to promote healthy eating among these children (Mahajan, 2023). Especially when Tower Hamlets is dominated by cheap fast-food restaurants, including Asian takeaways. The council considers this as the key determining factor in the obesity level of Tower Hamlets (Tower Hamlets, 2011). Adolescents are found to be the heaviest consumers, with 3 in 5 eating fast food once a week (Tower Hamlets, 2011). This demonstrates that some adolescents have developed unhealthy eating habits. Therefore, in the long run, the team aims to reduce this dietary pattern by improving the diets of primary children, with the aim of developing culturally relevant

healthy eating habits for them. Furthermore, by improving primary children's diets, there would be a ripple effect on the family, easing the parents' financial burden to provide for their children.

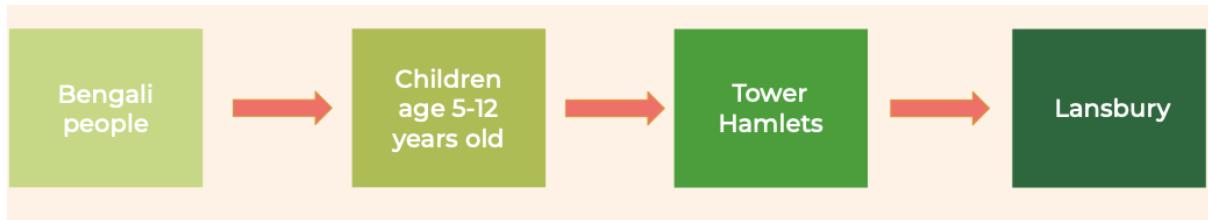


Figure 2: The focus of the problem statement

The team chose to focus on Tower Hamlets in order to target the Bengali community. This is because Tower Hamlets has the highest child poverty rate of 51% and more than half of them are suffering from food insecurity, which is the highest level in London (jrf.org.uk, 2022). In addition, nearly a third of children in Tower Hamlets are finishing primary school obese, and this rate has risen from pre-pandemic levels, which raises concerns over the well-being of children (London World, 2022). Tower Hamlets also has the largest Bengali population of 39% in England and Wales. These challenges are the reasons why the team chose to focus on this borough. The team then proceeded to choose the ward that is the most deprived in Tower Hamlets, which is Lansbury, as seen in Figure 3, which has 39% of Bengali population as seen in Figure 4. Thus the problem statement is: "Solve the lack of culturally relevant food in the Bengali community in Lansbury, Tower Hamlets, by providing healthy and sustainable Bengali meals to children aged 5-12 meals after school."

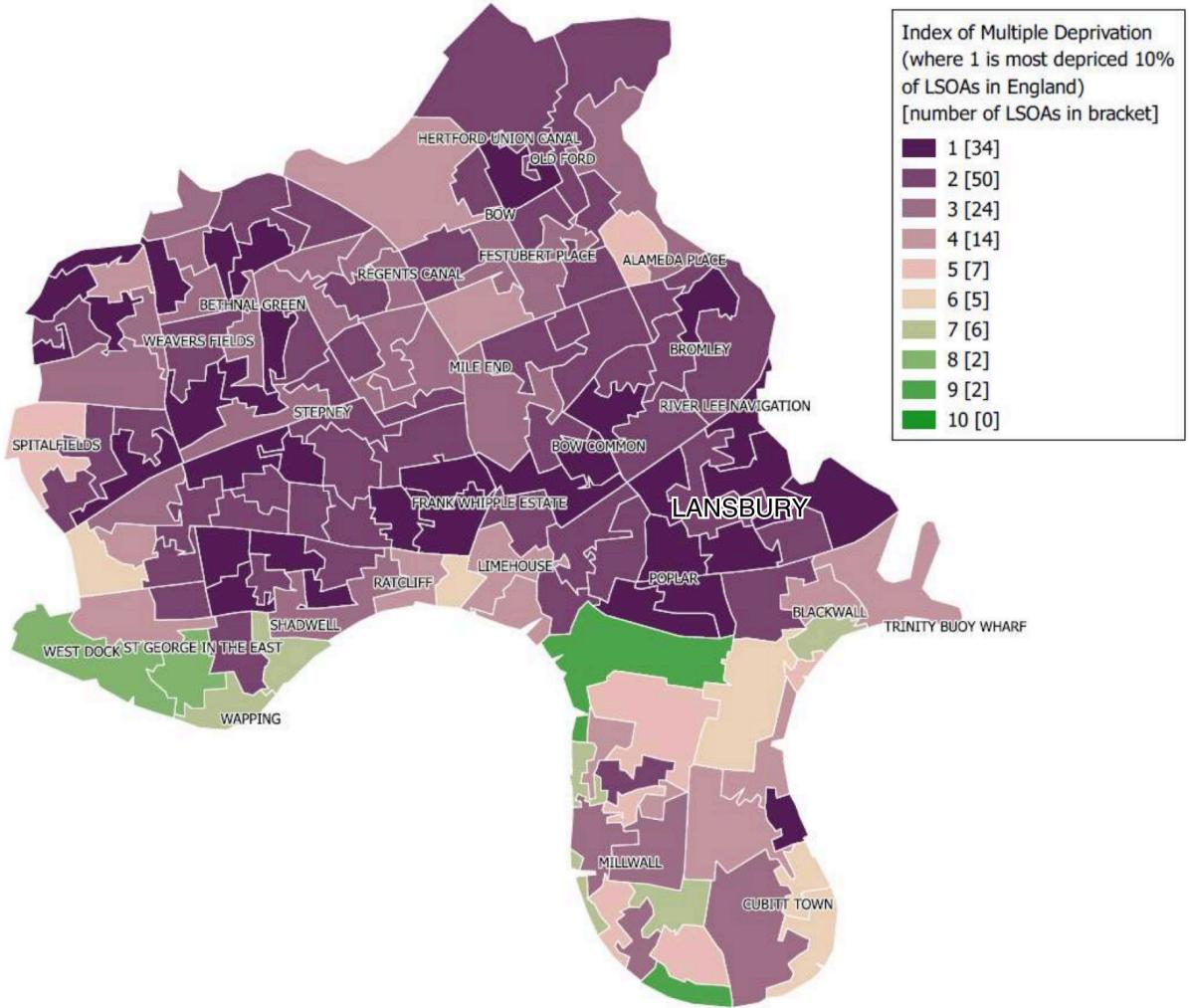


Figure 3: Index of Multiple Deprivation of Tower Hamlets (Tower Hamlets, 2023)

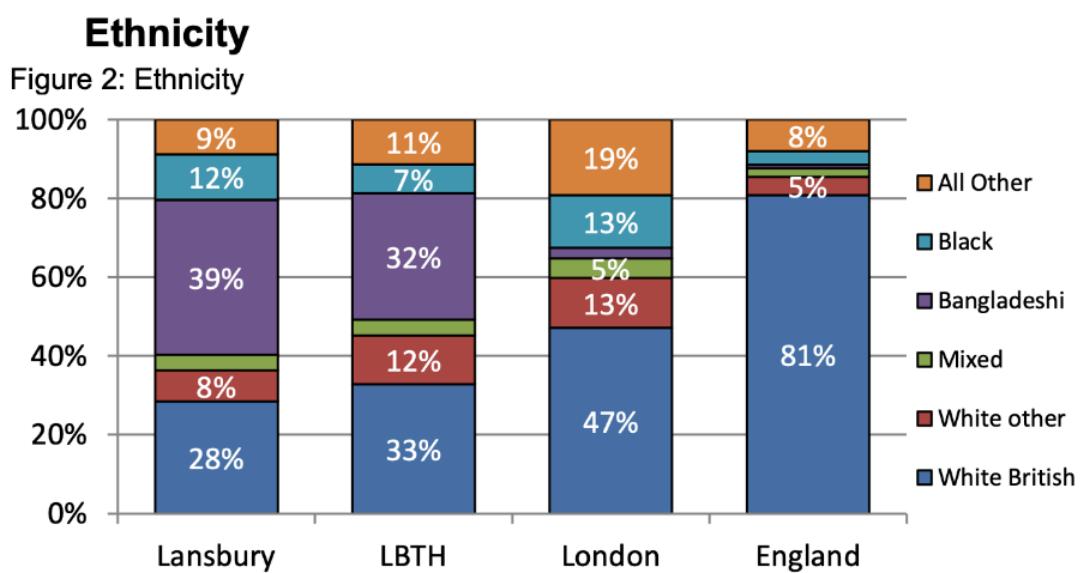


Figure 4: Ethnicity Groups in Lansbury (Tower Hamlets, 2023)

These problems relate to some SDGs such as 2 (zero hunger), 10 (reducing inequalities), 3 (good health and well-being), and 12 (responsible consumption and production), as seen in Figure 5. The team chose to focus on improving the diet of Bengali children from ages 5 to 12 in Lansbury, Tower Hamlets by providing culturally relevant food in a sustainable way. Furthermore, the project will also address sub-target 2.1, which is “by 2023, to end hunger and ensure access by all people, in particular, the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round” (United Nations, 2024). The interconnectivity of these goals includes decreasing health inequalities between the high and low-income groups through improving access to food for the lower-income group to reduce hunger. Through responsible consumption and production with an emphasis on reducing waste and sustainability, the Bengali children would have greater access to fresh food with wider varieties and most importantly, better nutrition to promote good health and well-being. In order to address these problems, it had been concluded from Figure 1 that the actual root causes include a lack of education on healthy food and a lack of alternative methods to prepare culturally relevant meals.



Figure 5: Sustainable Development Goals

(United Nations, 2024)

The broad criteria developed at this stage are; the solution will provide culturally relevant meals 5 times a week. There are two solutions that currently exist to address food insecurity among primary school children and in the Lansbury area of Tower Hamlets. One solution is the implementation of universal free school meals by the London government for primary school children in state schools for 2 consecutive academic years (london.gov.uk, n.d.). In addition to the previous measure to improve the dietary quality of school meals, this initiative also saves families nearly £1000 over the 2 years (london.gov.uk, n.d.). However, the cost of £135 million per year limits its feasibility as a financially realistic solution for local charities (Smith, 2023). Additionally, there is a lack of culturally relevant aspects to the scheme, which is a key requirement of the project. The universal free school meals program not only improved dietary quality, but also generated a £1.71 return on investment

for every pound spent (Rebecca Hunter, 2022). However, the free school meals program is an expensive solution that cannot be scaled down, and it also lacks cultural aspects.

The other solution is implemented by the charity organization Foodcycle. They aim to address food poverty and loneliness by providing meals (FoodCycle, n.d.). Foodcycle operates only once a week, and it has chosen Lansbury as a location due to the identified need in Tower Hamlets as well as the availability of cooking space in a local church, which keeps initial costs low. However, the once-a-week operation is insufficient to meet the criteria of providing meals on weekdays for children. The lack of accessibility for those who live far from Lansbury is also a limitation of this solution. Foodcycle's case study shows that using an established location will help start the solution without needing to install all equipment. While Foodcycle's expansion across London demonstrates its success, the refusal of certain ingredients, such as meat and fish, could deprive beneficiaries of valuable nutrients. Furthermore, the frequency of the events is another limitation that does not match the requirements of the developed criteria.

STAKEHOLDER MAPPING:

The team aims to provide a healthy and culturally relevant diet to children suffering from cultural food insecurity, specifically the Bengali community in Lansbury, Tower Hamlets. Those who are interested or involved in the aim of the project are parents from low-income groups, local government, local farmers, the Bengali community and children. Parents of low-income groups have a high interest in the project, as seen in Figure 6, because they want to improve their children's diets, making them more nutritious to ameliorate their health and eliminate the financial problems of dietary health issues (Shoup, 2019). This has a positive impact on their health too as 57% of parents who experience food insecurity tend to skip meals to feed their children nutritious meals (Wall, 2021). The purpose of this specific group is to comprehend how food insecurity affects families and their relationship with food, such as the predominance of fast food. Although this wouldn't directly impact the council of Tower Hamlets, it would benefit them as poverty and food insecurity are two priorities they are trying to tackle.

Culturally relevant food can be expensive and thus sometimes inaccessible to some communities. Nevertheless, teaching children their culture through food is important in developing their eating habits (Scaglioni et al., 2018). As the team wants to target the Bengali community as part of the cultural aspect, their involvement and interest are essential to help accurately implement their culture's traditions into the project. Furthermore, the primary stakeholders are children ages 5-12 as they are affected by the problem of unhealthy eating habits the most (Mayo Clinic, 2022). However, the problem statement targets Bengali children specifically due to the cultural relevance of the problem. The team aims to prevent unhealthy eating habits from affecting the future health and lifestyle of children, thus their involvement and interest are necessary.

Lastly, local farmers are stakeholders who will appear at the consultation stage with the solution in mind. As the project involves sustainably providing culturally relevant food, the local farmers could partake by providing sustainable and cheap access to food. Their interest is a potential partnership of the project.

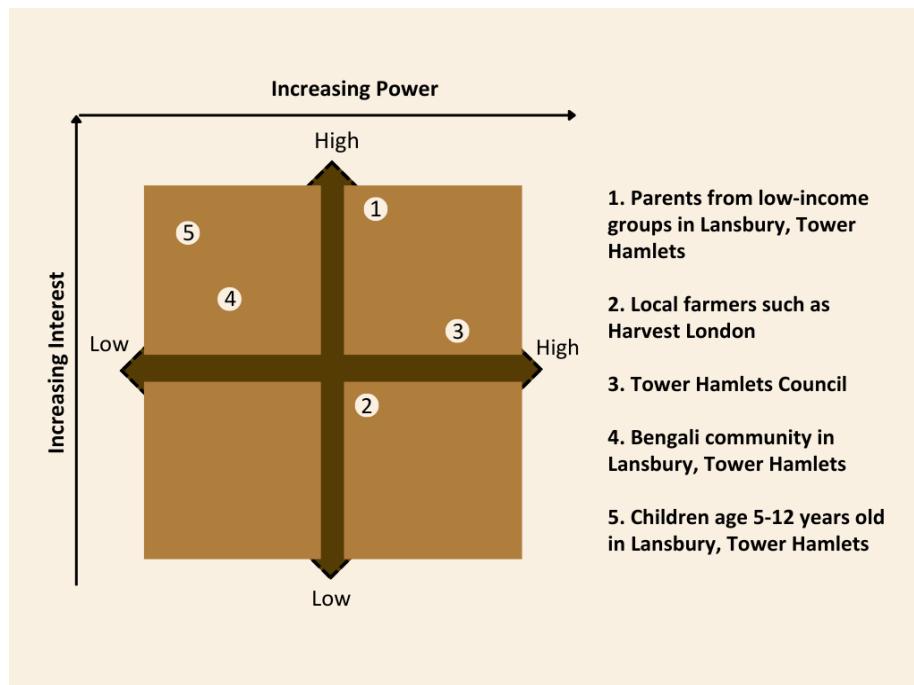


Figure 6: Stakeholder map

COMMUNITY ENGAGEMENT:

Community engagement is a crucial step in the project as it fosters collaboration between the team and the stakeholders. It also builds community trust, bringing innovation and social cohesion to the project. Given that the problem statement lies in Lansbury, Tower Hamlets, the following stakeholders will be engaged from there.

The team has decided to engage with parents in low-income groups to help formulate the objectives and the area of focus of the project. Parents from low-income groups were chosen because they tend to provide most of the meals for their children, so understanding what the children are given to eat and their eating habits would help navigate the focus of the objectives to address the issue appropriately. The team would engage with parents from low-income groups in focus groups as they offer several advantages for gathering qualitative data and insights. Group discussions can stimulate new ideas and perspectives, as well as allow for in-depth exploration of the topic through participants' experiences. This also builds trust with the parents, thus can be beneficial to the project should it need more of their input. Convenience sampling will be used to choose the members of the focus groups, as parents tend to be busy and overwhelmed with work and chores, thus those who are available to join the meetings will be invited. The focus groups will be open to any experiences or topics that can arise, however, the conversation will be guided by some questions and topics that the team have prepared. Questions could involve challenges to providing a healthy diet for their children and how difficult it is to access nutritious food.

Tower Hamlets Council is a stakeholder that will be engaged so that they can give advice about their experiences with resolving the issue of food insecurity in the borough. The team would engage with them once the criterion and objectives are in place, thus after the focus groups with the low-income parents, to start formulating solution ideas. The risks they have encountered and the possible mitigations are valuable information the council could provide. This will determine what solution the team wants to focus on to not repeat any previous ideas or mistakes. An interview will be the most

appropriate method of engagement as it allows for one-on-one interactions, creating a personal connection between the interviewer and interviewee. This encourages openness, sharing perspectives and experiences more candidly, nonetheless, there is also an element of privacy and confidentiality. To choose the interviewee, expert sampling would be most convenient, as someone who has worked on food insecurity issues in Tower Hamlets would provide the most helpful insight and data.

Making the project culturally relevant is an important factor, as cultural food insecurity can affect not only children's eating habits but also damage their well-being (UK Parliament , 2021). The ethnic community that will be engaged is the Bengali community, as there is a lack of resources and awareness of healthy eating habits within this community (Jennings et al., 2014). This is done to understand their diets and cooking habits, thus Bengali household cooks will be the ones engaged in the project, which tend to be the mothers of the family (Scroope, 2017). The team will engage with this community in the research stage to support the claims that have been found, such as how cultural eating habits and traditions affect children's nutrition intake positively and negatively. Focus groups will be the method chosen to interact personally with the community. Due to language barriers, focus groups with the presence of a translator will be the most suitable to ensure that the community would be eager to share their experience. The participants will also guide the team on the difficulties of cooking culturally relevant food in Tower Hamlets, and how that affects their well-being and diets. Nonetheless, the focus groups are open to any perspective and opinion outside of these topics. The main topics are there to guide the focus group's conversations, not to restrain them.

Engaging with children at the stage of generating objectives, may entail communication challenges, as they have limited communication skills or inconsistent participation due to distractions. Aiming to learn from their creativity and honesty, will help shape the team's objectives and help the children learn about healthy eating. By engaging with them, the team will have an insight into their unhealthy or healthy eating habits, and foods they avoid. This community engagement would demonstrate how these eating habits affect children based on their economic backgrounds and cultures. The group chose to do interactive focus groups with little games such as a drawing session, where they would participate with the children to join fun activities such as drawing vegetables they do not like. The activity organiser would then engage in a casual conversation to try to understand their reasoning behind it. The main objective of engagement with children is to gain a comprehensive understanding of which vegetables they do not like and why they do not like them. It would be interesting to gain insight on which vegetables they do not like and the reasons they could list such as texture, taste, and appearance. This would benefit the team to think of how to work with vegetables once at the solution stage. To select participants of the focus group, the team would use stratified sampling, to understand how the perspectives of children differ based on their backgrounds.

Community engagement will help gain better insight into the problem statement and narrow down the ideas so that specific objectives can be chosen. The team hopes to target the eating habits of the Bengali community at a young age so that the impact would be most significant, but in such a way that helps them reconnect with their culture.

OBJECTIVES/IMPLEMENTATION PLAN:

The first objective is to reduce food insecurity in families with children in Lansbury, Tower Hamlets. As mentioned above, Tower Hamlets is one of the areas that suffer the most from food insecurity and therefore addressing this problem is crucial. The team chose to phrase it as families with children because in many cases, parents will sacrifice themselves to provide food for the children (Pauwelyn, 2022). Thus, while aiming to reduce food insecurity for children alone would certainly solve the problem, by widening the scope to families, the team will be able to address a much wider group who also suffer from food insecurity. This is especially important, as families who make slightly above the target income of £7,400 for free school meals do not receive the necessary support and therefore may face food insecurity issues (Pauwelyn, 2022). The first criterion for this object is to reduce the number of parents who skip meals from 21% to 17% in Tower Hamlets. 17% is the London average of parents skipping meals, and compared to that, Tower Hamlets records 21% which is higher (Tower Hamlets, 2023). The goal is to first reduce the level to the London average before expanding the goals. The second criterion for this objective is to reduce the ratio of every 5 teenagers eating fast food weekly from 3 to 2 within 8 years. This is the number of years where the youngest of the first batch (5-year-old) will turn 13, making them part of the statistic that was initially used to develop the criteria. While eating habits have been proven to change in 8 months, for measuring purposes, 8 years has been chosen as the period to quantify the impact (Schimelpfening, 2023).

To target the health and cultural aspect of the problem the team decided on the objective: "Improve the health of the Bengali community in Lansbury, Tower Hamlets through culturally relevant food". For the criterion, the team focuses on children's health in Lansbury, Tower Hamlets as $\frac{1}{3}$ of children are obese/overweight, rising since pre-pandemic from 25.7% to 33% in 3 years (London World, 2022). Thus, the criteria is to reduce the levels of children who are overweight/obese in Tower Hamlets to pre-pandemic levels in 3 years. A 3 year period has been chosen as the time scale because it took 3 years to rise from pre-pandemic to 2022. In the objective, the team explained that to improve the health of the Bengali community, it should be through culturally relevant food, thus the developed criteria is to provide Bengali food to Bengali children 3 times a week. This is a viable and appropriate frequency because while culturally relevant food positively impacts the children's well-being and makes them aware of their traditions and practices, they should be exposed to a wider variety of food to establish a foundation of healthy eating habits (eyworks, 2023).

Following the timeline in Figure 7, after engaging with the community which would have helped formulate the objectives and criteria, the team would discuss the solution with potential partners. The solution is to provide cooked dinners for children regardless of their ethnicity in Lansbury, Towerhamlets after school, 5 times a week. 3 of the meals will be Bengali food and the other 2 will be British food. The team have chosen this because there is approximately the same ratio of the Bengali community (39%) and the White British community (28%) in Lansbury (Tower Hamlets 2023). This community kitchen will have multiple services such as providing learning opportunities for children regarding cooking and healthy eating. This scheme ensures that it not only tackles the food insecurity that occurs today but also provides a long-term solution to the health problems associated with food insecurity. While the meals provided are predominantly Bengali which would have been discussed with the Bengali parents as seen in Figure 7, children from all backgrounds are welcome. A

secondary impact of this scheme is that the team will be able to gather parents of deprived homes in one location, which would also be an excellent setting to educate parents on the use of technology or conduct health surveys.

This scheme will be operated by volunteers and employers, which will be easy to recruit, given that the location is not far from numerous universities such as Queen Mary University of London and UCL East, thus establishing volunteering engagements and retention in the after-market business. Food will generally be donated from local supermarkets, however, herbs will be sourced from local vertical farms, such as Harvest London. The team would consult local farms as stated in Figure 7, to provide a sustainable food supply chain, by minimising transportation emissions and utilising food waste. One of the possible risks is the lack of trust from the parents towards the scheme, resulting in a lack of impact. However, this can be overcome by communicating with the parents through digital and traditional media, for example using a school as a medium to disseminate the information. This will be further explained in the final element. Another type of risk is the availability of food, since the team relies on ingredients mostly from supermarket donations, and if the stock is low, not enough food will be prepared for the children. One mitigation for this is to also partner with local butchers in Tower Hamlets for extra supply of meat and vegetables from local farmers such as Hackney City Farm. The team will also try to grow herbs used in Bengali foods such as curry leaves and fennel to have a secondary source, as well as to use food waste to create fertiliser through composting (bengalikitchen, n.d.). To mitigate further mistakes, the team would pilot the solution for a month to gather feedback and make adjustments. Throughout the implementation, the team would visit the site regularly to monitor whether the classes are properly taught, and if there is enough stock for food and hygiene of the kitchen. The website will be regularly updated and checked for any errors or mistakes. As seen in the timeline in Figure 7, the team hopes to pitch it to charities and businesses such as Waitrose and Partners and Tesco in the future, which are both supermarkets that provide charity services (Tesco, 2020 ; Waitrose, n.d.). This will be a helpful means of scaling the solution, as the initial funding from the government or charities would not be adequate to operate the solution in the long term.

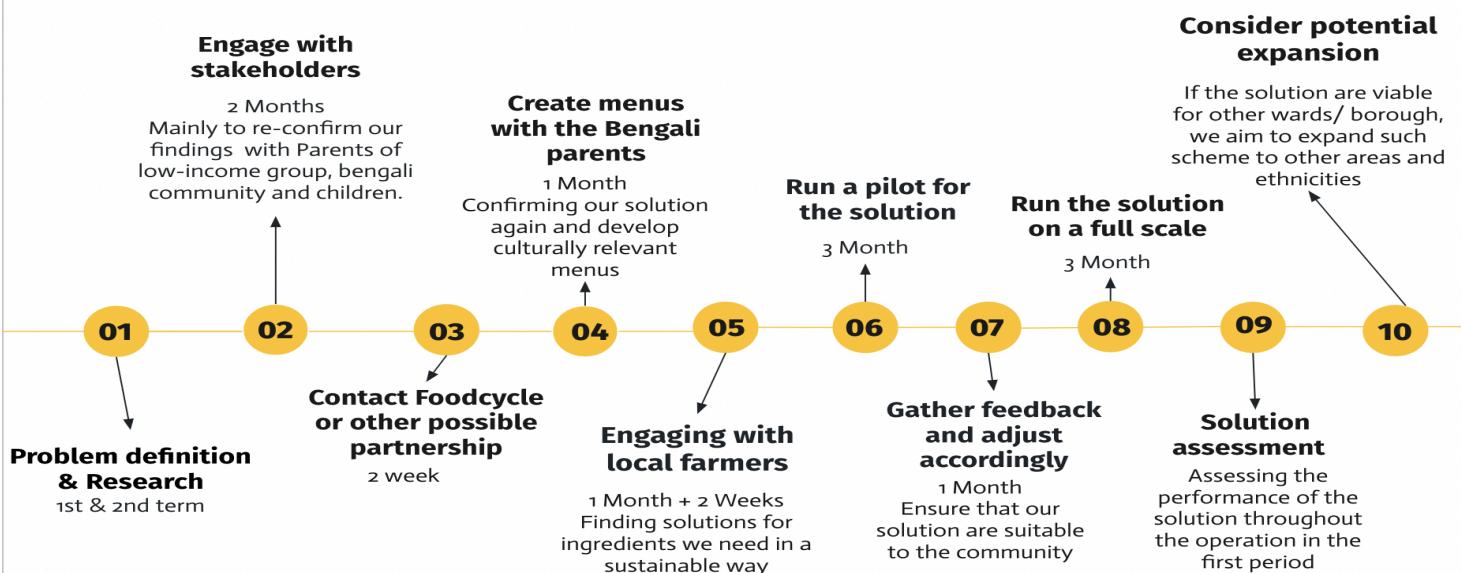


Figure 7: Project Timeline

FINAL ELEMENT:

The community kitchen website targets those interested in our scheme. The team designed a 'Home' page to have a journal section where updates are provided as well as what the team does each week in the community kitchen. This website can be translated into Bangla, therefore, language barriers will not be an issue. Furthermore, the website can be easily shared through social media to gain access to the target audiences. The 'About' section would include why parents should bring their children here and other services the team provides such as blood checks run by the NHS. In the 'Menu' page, visitors can also suggest meals or recipes they want to provide. In addition, they can also fill out a contact form should they have any inquiries. For Bengali individuals who struggle to access the webpage, the team aims to produce posters to promote the scheme, but the available QR code will also encourage them to access the website for more information. (Refer to Appendix 1 for images and refer to the reference list for the final element.)

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APPENDIX 1.

 <https://www.TotsTable.com> 



HOME

ABOUT

MENU

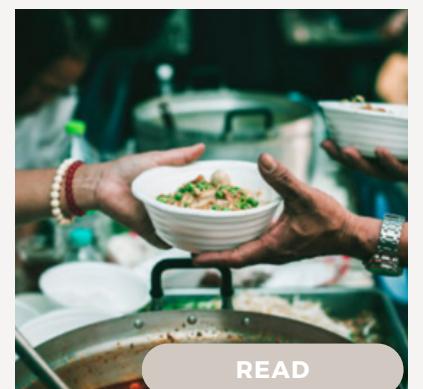
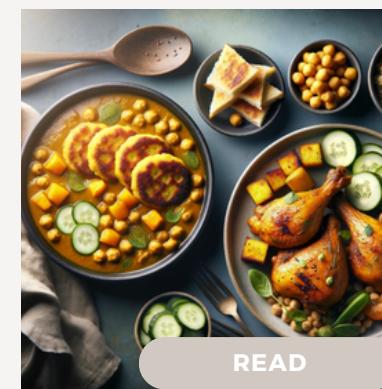
LOCATION

CONTACT US



TotsTable is a charity based in Tower Hamlets. We aim to support children who are experiencing food insecurity with our food service and cooking classes.

READ OUR JOURNAL





WHO ARE WE?

We are a charity based in Tower Hamlets created by UCL East students.

We are aiming to help solve the problem of food insecurity within Towerhamlets by targeting Bangladeshi children. But other ethnicities are also welcome here! We provide both Bangladeshi food and British food throughout the week.

WHY SHOULD YOU BRING YOUR CHILDREN HERE?

Bring your children to Bow Road to enjoy free meals! We serve predominately Bengali food but children from all background are welcome here. We also host educational cooking classes once a month for both children and parents!

OTHER SERVICES WE PROVIDE

For parents we also provide other services such as blood checks and other check ups ran by the NHS.

[READ MORE](#)



Dhokar Dalna

Chickpea cakes in a thick curry with cubed potatoes
Cucumber Salad

[READ MORE](#)

What would you like us to serve?

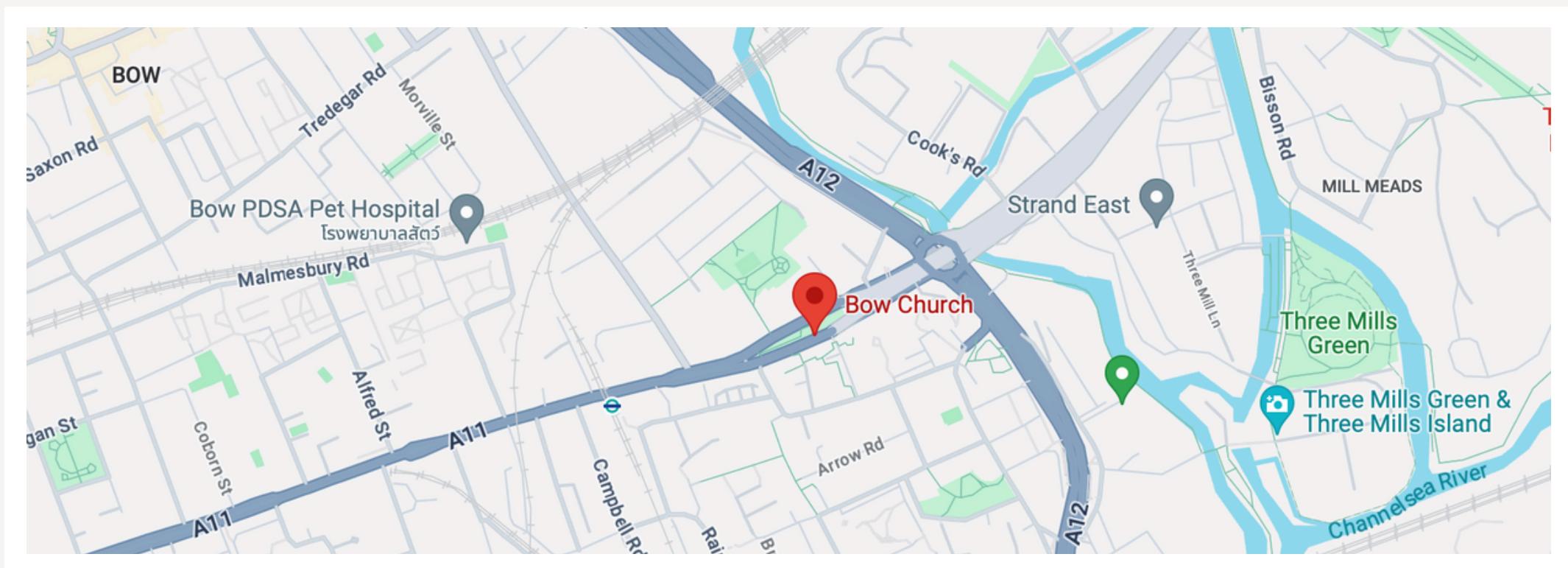
Contact us to suggest for a culturally relevant meal.

[SUGGEST A MENU](#)



LOCATION

230 Bow Rd, Bow, London E3 3AH



GOOGLE MAP



Contact

Please fill out the form below to send us an email.

Feel free to contact us should you have any inquiries.

E-mail:

TotsTable@gmail.com



Downloadable QR code for those
who want to share our website!

NAME

E-MAIL

SUBJECT

MESSAGE

SUBMIT