



BNP Paribas x La Tablée des Chefs solidarity mission

Jeanne (La Tablée des Chefs): This afternoon we're all going to be cooking together

on behalf of a food aid association,

which is coming to to meet you here,

Anne (BNP Paribas): The dish we'll be making is lentils dahl,

with each table preparing its own vegetables.

Anne volunteers on afternoon cooking events

run by La Tablée des Chefs,

an anti-food insecurity association.

Jeanne (La Tablée des Chefs): Our recipes

always involve a lot of fresh produce,

basically because people are usually not very good

at getting their five daily portions of fruit and vegetables.



About 40% of the general population will hit this mark

versus a mere 7% or less

for people suffering from food insecurity.

So we know that fresh produce is one of the first things

which people skip

when they're struggling with food insecurity,

mainly because of the cost,

but also for practical reasons

like when they have no kitchen or live in a homeless shelter -

all of which makes cooking

automatically a lot more complicated

Anne (BNP Paribas): Giving part of my time to

this type of association has been important to me.

Without forgetting that I also enjoy cooking!

Meaning I was also interested in the possibility

of doing it while getting help from professionals.

Mélissa (Chef): You can't use



a knife like that

You need to point it
downwards when cutting

to avoid breaking
the onion fiber

and ending up
crying tears.

Anne (BNP Paribas): What I've also liked
is being able to

observe some of the process
from start to finish.

We're preparing the meals now,

but tonight I'll also be
organising the big crowd

of diners that
we'll be serving -

all of whom are
very much people in need.

Put it together and it's something
I find really rewarding.

Mélissa (Chef): So you're happy, everything's going well?

Anne (BNP Paribas): Yes, really well in fact!

Mélissa (Chef): Fantastic!
Top team!

**Anne works for the
BNP Paribas group**

**which enables her to take
part in this mission
under the aegis of the**

1MillionHours2Help initiative.



Anne (BNP Paribas): A BNP Paribas staff engagement programme

encouraging employees to get involved in community activities.

People send us their proposals

and it's up to us to choose which association

we want to work with.

On top of which, time spent on these kinds of activities counts as working hours.

I feel that it's important to always open up

to both the world in which we find ourselves

and to the different situations and hardships

that people have to overcome.

What's really good is that this lets us achieve

something real in the easiest way possible.

Today, for instance, we've prepared around 90 meals,

almost all of which were eaten by our diners.

I've found the experience

to be incredibly rewarding,



you know, working
alongside cooking professionals

and being able to share ideas
with my peers.

I also consider it
crucial to maintain

at least some connection
to the realities
faced by other people.

I'll be doing this again and
recommending it
to everyone I know.