



# Our Increased Impact in Response to Covid-19 and the Rise in Food Poverty

October 2019/October 2020

## Foreword From Our Founder



**Hannah Style**

Founder & Chairwoman

In the wake of Covid-19, FEAST With Us staff and volunteers have seamlessly stepped up to ameliorate the increasing suffering of those facing food poverty. When lockdown was announced, although the need for FEAST With Us was stark, it felt impossible for our services to continue, as community centres closed their doors and supermarket food stores ran dry. With determination, we called on the local councils in which FEAST With Us operated, Camden and Islington, to carefully consider their Food Poverty Action Plans, and were soon declared an Essential Service.

Throughout this troubling period, FEAST With Us has grown into a food parcel delivery service across five London boroughs in North and South London, providing services in multiple sites, some more than once weekly, serving around 2000 meals weekly for vulnerable people suffering food poverty. As well as retaining our historical connections and operations, we have forged new and strong partnerships with more retailers and community centres than ever before. We cannot thank our collaborators enough for remarkably opening their doors to FEAST With Us in this difficult time, to support FEAST With Us service operations up to seven times weekly. They too have been essential in the fight against food poverty.

Thanks to our growing team of skilled and dedicated volunteers, we have a competent and cohesive workforce supporting numerous vulnerable people across London. The staff have worked tirelessly, with limited funding and resources available, and have weathered the turbulence with each storm, to ensure that those who need food consistently receive it from FEAST With Us. It has been a privilege to lead such an outstanding team, and I am enormously proud of what they have achieved in such extraordinary circumstances.

As food poverty is set to increase, FEAST With Us's work becomes ever-more important in maintaining the wellbeing and health of a growing number of vulnerable people through continued service provision and a collaborative approach to forming food poverty policy and strategy. As the year is coming to an end, we are left with very few reserves to sustain our crucial staff posts, so we are calling on any donors who can support us to continue to provide our much-needed services at this critical time.

Thank you for being a part of the fight against food poverty with FEAST With Us.

A handwritten signature in black ink, appearing to be 'HStyle'.

## What is FEAST With Us?

We are a London based food poverty charity, which brings together surplus food and a host of committed volunteers to provide healthy and nutritious meals for the people and communities who need it the most.

Since June 2015, FEAST With Us has been supporting vulnerable individuals suffering food poverty, and simultaneously preventing food waste, by cooking surplus food into delicious and nutritious meals in community kitchens.

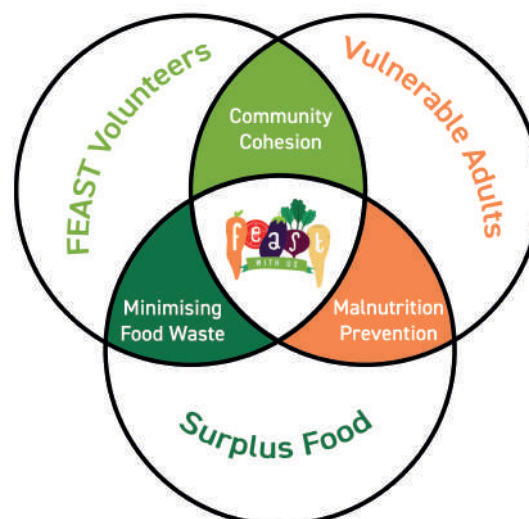
Before lockdown, vulnerable adults and volunteers would 'FEAST' together. Currently, FEAST With Us has paused communal dining and provides a food parcel delivery service of community meals.

At the core of FEAST With Us are three charitable objectives:

Malnutrition Prevention.

Community Cohesion.

Minimising Food Waste.



The intimate FEAST With US setting creates a family atmosphere that is hard to replicate in other food provision services.

In tandem, FEAST With Us provides immediate and lasting food aid, as volunteers and participants learn cooking skills from one another, and dine together as equals.

Due to Covid-19, FEAST With Us has paused communal dining and has instead adapted and expanded to provide a wide-reaching food parcel service across multiple boroughs. During this time, we continue to build community as we respond to greater demand, taking self-referrals and referrals from councils from a wider demographic than previously.

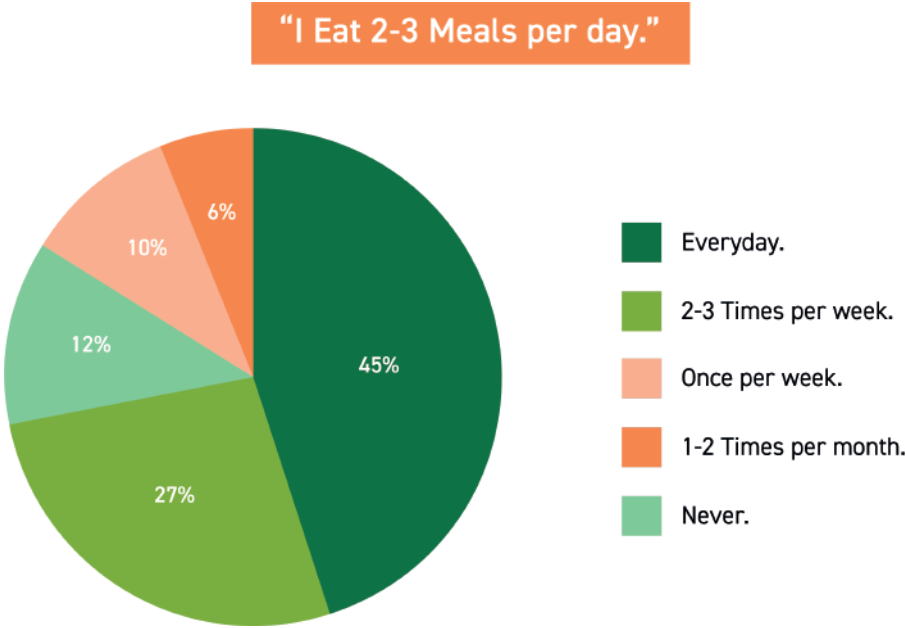
We now partner with more stakeholders, have started new sustainability and education projects, give talks, campaign against food poverty and food waste, and collaborate more effectively with councils. In addition to our new activity, we plan to reintroduce community meals when safe to do so.

# The Increasing Need For FEAST With Us.

## Food Poverty

A Greater London Authority survey in 2018-19 found that around 1.5 million adults in London have low or very low food security. That is equivalent to roughly one in every five people (20.1%) not assured of having the means to afford, or have access to a healthy diet. As the lockdown has led to the loss of income for so many, these numbers are set to increase.

The 2019 FEAST With Us service evaluation found that 55% of respondents could not guarantee being able to eat 2 - 3 meals each day.



Additionally, this evaluation demonstrated the severity of food poverty before lockdown:

- 76% of respondents said that they cannot afford to consume balanced meals.
- 80% of respondents said that they worry about not being able to eat.
- 39% of respondents said that they are dependent on FEAST With Us for a filling meal.
- 41% of respondents said that they would like to receive dietetics services

Food poverty severely impacts health. Homeless people, who suffer high levels of food poverty, are 3.2 times more likely than the average population to be admitted to hospital.

Due to the continued loss of jobs and livelihoods since lockdown, food poverty is an increasingly pressing societal problem in the UK requiring the support of crucial charitable initiatives like FEAST With Us.

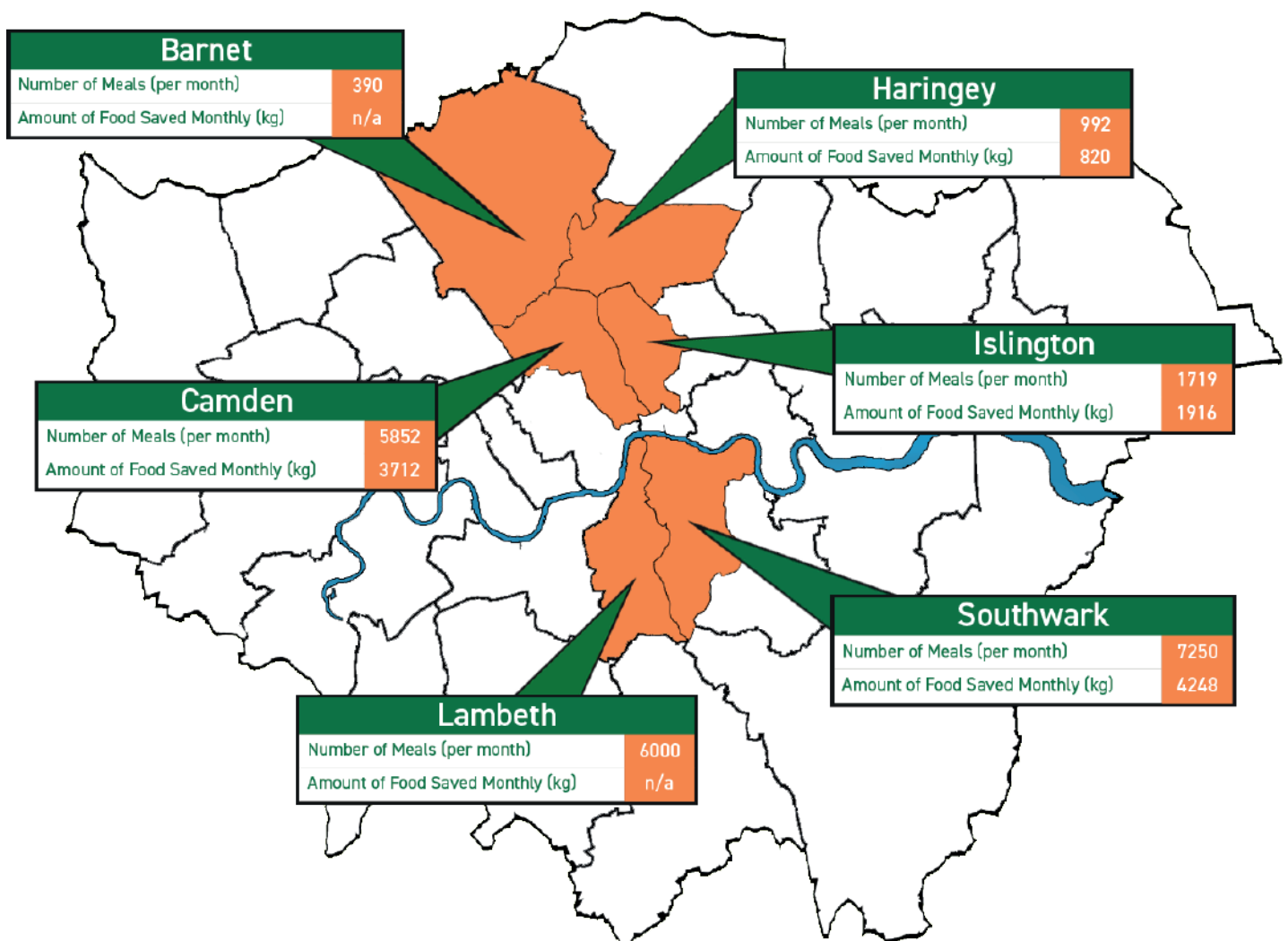
## Food Abundance and Food Waste

Alongside ensuring that people have enough to eat, FEAST With Us also seeks to address food waste. In 2018, 9.5 million tonnes of food waste was generated in the UK (Waste and Resources Action Programme (WRAP)), of which 5 million tonnes came from the retail supply chain and hospitality industry (the remaining 4.5 million tonnes came from UK households).

Although this figure is down from previous years (10m tonnes in 2015 and 11.2m in 2007), in the context of the vast numbers of people experiencing food poverty, the levels of waste are avoidable, and require action. That's where FEAST With Us comes in.

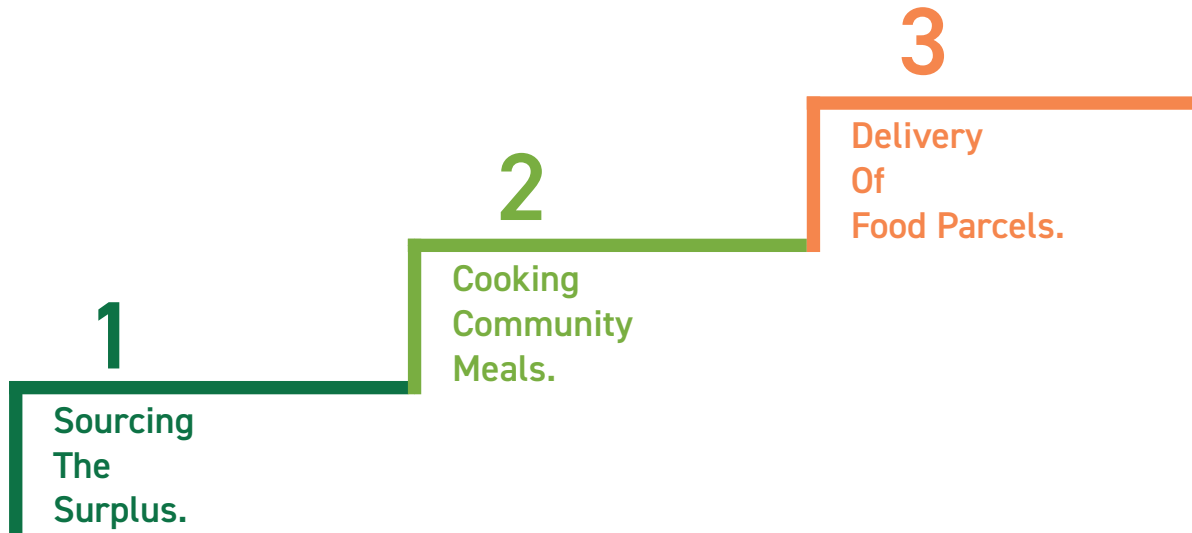
## Our Impact Across London

The map below displays all of the boroughs across London in which we produce our food parcels for the vulnerable. It displays the number of meals and the amount of surplus food saved over October 2020.



## How Does It All Work?

After identifying a local community of vulnerable people, and a community kitchen from which to operate, for instance in a hostel or community centre, FEAST With Us can partner to establish a community meal service, or 'FEAST'.



The process for each FEAST With Us session is:

### Sourcing The Surplus

Local farmers, supermarkets, food distributors, small businesses and charities donate fresh produce which otherwise would have been thrown away. to each FEAST With Us site.

### Cooking Community Meals

Volunteers and vulnerable adults sign up to cook in our community kitchens to cook healthy and nutritious meals for all to share as equals. Before lockdown, there would be conversation, skills-sharing, laughter, and sometimes a sing-song!

### Delivery Of Food Parcels

Volunteers package the meals into reusable plastic containers, and then deliver to vulnerable adults at their places of residence. We can't wait to get back to our communal meals when safe to do so.

## Our Growth Over The Years

**June 2015**

FEAST With Us is born. A Grassroots Project providing meals at 1 hostel per month.

**Jan 2016**

Began 2016 by providing meals at 1 hostel per week

**June 2017**

FEAST With Us becomes a Registered Charity.  
Hired our first Part-Time Coordinator.

**Jan 2018**

Expanded to providing meals at 2 hostels per week.  
Hired a Full-Time Coordinator and Facilitators.

**Jan 2019**

Provided meals at 4 centres per week.  
Hired Partner and Volunteer Coordinators.

**Mar 2020**

UK goes into Lockdown.  
FEAST With Us is declared an Essential Service.

**June 2020**

Providing meals at 6 centres across 5 Boroughs of London.  
Averaging around 12 sessions per week.

**Oct 2020**

Averaging around 21 sessions per week across the 6 centres.  
Sustainability Project begins.  
Nutrition Education Course developed.

## Our People



“The whole team of volunteers were superb. We all worked really well together and enjoyed the session.”

Volunteer at JW3.



“The service on offer is a wonderful arrangement. I feel incredibly happy to have a delivery of your meals.”

Service User.



“Service with a smile! We made the most delicious carrots and served up with such positivity and joy!”

Volunteer at Bethany House.





“It feels like Christmas and My Birthday!

Happy to receive such an amazing banquet of food.

Five stars and so delicious.”

Service User.



“The team were lovely to work with.

Very organised, productive and we cooked

so many great meals in a short space of time.”

Volunteer at JW3.



“Thrilled and excited to see the food.

I really appreciate a tasty meal

rather than opening another tin for my dinner.”

Service User.

## Fundraising

FEAST With Us' costs have grown almost 245 per cent in the last year and what is key for our future is to ensure that we have unrestricted funds to continue our meaningful work.

This year our income came from Corporate partners, Trusts and Foundations, COVID-19 emergency funds and generous individuals. Every single donation made since our inception has helped us to cook even more nutritious meals for an increasing number of vulnerable people in need.

### Our Costs

#### Annualised Cost of Running FEAST With Us - 2019/2020

	Pre Covid-19	Since Covid-19	2021 (A)	2021 (B)	2021 (C)
Total Spend	£25,000	£65,000	£96,500	£129,000	£202,000

#### Notes on 2021 Spend

2021 (A)	Based on current (Q420) run rate with 2x 7-day operations + Conway + Bethany + JW3.
2021 (B)	as (a) + 2 new 7-day operations and other incremental growth.
2021 (C)	as (b) + nutrition education (1 person @ £25,000 p/a) + research project (£40-50k)

### Spending Increase

#### Total Increase in Spending from end of Q1 2018 to end of Q4 2020

	Year To 31/03/18	9 Months To 31/12/18	Year To 31/12/19	Forecast Year End 31/12/20
Total Spend	£4,637	£11,731	£24,586	£60,000
Growth on Previous Year		253%	210%	244%

Our most recent financial reporting to the UK Charity Commission for 2019 is available [here](#).

## Our Running Costs

 **£1.80**   
1 FEAST With Us parcel

 **£72**   
1 FEAST With Us parcel  
for a hostel community  
of 40 Vulnerable Adults

 **£432**   
1 FEAST With Us parcel  
for each individual at  
the 6 hostel communities

But what goes into these running costs?

### Coordination

Our Core staff members coordinate the collection of surplus food and over 150 volunteers who dedicate some 70 hours a week to FEAST With Us.

### COVID-19 Safety

The safety of our service users, volunteers and staff is paramount. Therefore these costs go towards essential PPE.

### Ad-Hoc Essential Food Purchases

Sometimes we have to supplement food donations with essential items such as oil, spices and condiments.

### Volunteer and Travel Expenses

We need to cover the costs of our volunteers' travel and associated costs.

## The Year Ahead

We will continue to invest in fundraising, communications and special events and will continually look for ways to diversify our income streams while improving efficiency through innovative approaches to FEAST With Us services. We estimate that to maintain and grow FEAST With Us projects across London in light of COVID-19 we will need to continue to increase our income, with the plan to triple our income from Oct 19/20 to Oct 20/21.

The key areas that we want to fund are:



Dream Team Campaign

To support the continued employment of our core staff. Once we have secured the positions of our essential staff we will focus on employing marketing and digital communications personnel.

In the coming year, FEAST With Us is looking to collaborate with other organisations to design a range of educational modules on nutrition, cooking, food waste, sustainable eating practices, gardening and recycling.

This campaign will also be part of our sustainability drive, where FEAST With Us is aiming to create a zero-waste pathway with its services.



Education and Sustainability Campaign



**Action Against Malnutrition Campaign**

To support a research project in collaboration with University College London and King's College London that will work towards researching the prevalence of malnutrition among homeless and vulnerable individuals.

To ensure that the sites we operate in have sufficient and safe PPE for our volunteers and service users.



**Kitchen Safety Campaign**

**We need your support more than ever before to help us alleviate food poverty and prevent food waste.**

**FEAST With Us are incredibly grateful for any donations towards our campaigns in order to help us meet our ever-growing demand in these unprecedented times.**



## Get Involved, Donate & Access Support



[www.FEASTWithUs.org.uk](http://www.FEASTWithUs.org.uk)

## Partnership Enquiries



[Partners@FEASTWithUs.Org.Uk](mailto:Partners@FEASTWithUs.Org.Uk)

## Volunteer Enquiries



[Volunteer@FEASTWithUs.Org.Uk](mailto:Volunteer@FEASTWithUs.Org.Uk)

## Follow Us

