
FEAST

— With Us —



FEAST With Us Impact Report 2022



Foreword

Since being founded by NHS dietitian Hannah Style in 2015, FEAST With Us (“FEAST”) has been supporting homeless and vulnerable people experiencing food poverty across North London by providing regular access to nutritious community meals.

2022 was a pivotal year for FEAST following the pandemic; in response to the great need we started to develop adjunct services in addition to our core nutritious meals service, including our Healthy Eating on a Budget Programme, Clinical Research in Partnership with UCL, and coordinating the Camden Food Poverty Alliance.

We also expanded our Board and operational team, developing a strategy to grow and professionalise the organisation.



Caroline Monkhouse-Flower
CEO

Caroline Monkhouse Flower joined FEAST as chair in September 2022, and became FEAST’s first CEO in March 2023, handing the role of Chair to Helen Burgess.

“I have had a long-held passion for food and nutrition, and over 15 years’ experience working in a variety of related roles in the sector.

I’m hugely passionate about FEAST’s mission to tackle food poverty and improve the nutrition and health of the most vulnerable people in society, and it’s a privilege to build on the amazing work that Hannah, the team and volunteers have achieved so far.

Sadly, there’s an increasing need for food poverty support, and we want to lead the way in identifying, delivering and co-ordinating meaningful and sustainable interventions with our partners.

Since joining FEAST in 2022 I’ve been incredibly moved by the unwavering support that we receive from our volunteers, partners, suppliers, donors, trustees and team, and want to extend my heartfelt thanks to everyone involved with FEAST in any way large or small.

It is truly incredible to see what can be achieved when people come together, as you will see in this impact report. I am very excited to see how much more we can do as we grow and learn over the coming year!”



Helen Burgess
Chair of the Board of Trustees

Helen Burgess has spent the first 10 years of her career in senior policy and strategy roles in central government, with a focus on homelessness and supporting socially excluded people. After leaving government and retraining as a registered nutritionist, Helen set up the social-impact business Little Cooks Co, teaching children to cook to help address the problem of childhood obesity. Helen brings a wealth of valuable knowledge and experience to the board.

“I feel honoured to be taking on this important role for such a fantastic charity. I think what FEAST is achieving is remarkable, and I can’t wait to help support their expanding impact and influence. FEAST has created a model that brings people and the community together, empowers people with new skills and confidence, nourishes those who need it most, and helps tackle food waste at the same time. It is utterly brilliant.”



Hannah Style
Founder and Trustee

“In the battle against food poverty, charities are constantly adapting to the changing climate and conditions with increasingly limited resources.

Encouragingly, we’re seeing more partnerships form to build communities that can progress up the food ladder, helping people move towards nutrition, independence and food security.

Within FEAST, it is humbling and heartening to be working with expert service users, and a proficient team of volunteers, staff and trustees.

Thanks to the outstanding individuals who are proactively involved in the FEAST community, we’re at the helm of the food-poverty sector in Camden today.

As the founder of what started as a grassroots initiative, it is an honour to be part of the cause.”

The Board are incredibly proud of the impact FEAST had in 2022. It is only through the dedication and hard work of our volunteers, staff and partner organisations, that it has been possible.

We want to thank every individual who contributed to this from the bottom of our hearts – communities can do incredible things when they come together, and FEAST is proof of that.

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Introduction

Background

Throughout 2022, poverty levels continued to rise and living costs reached a record high, leaving many people struggling to afford the basics, including food and heating. Access to healthy, nutritious food remains an unattainable dream for many, and it presents a disproportionate challenge for vulnerable and marginalised groups in society.

The cost of a nourishing diet is **three times higher** than less healthy alternatives, forcing the most deprived individuals to rely on food aid and spend large proportions of their income on unhealthy food which only meets basic needs. **14% of all UK adults** (or their households) have experienced food insecurity in the 12 months to mid-2022, equating to an estimated 11.3 million people.

Notably, of those living in temporary accommodation, **one in five people** are referred to a foodbank. People experiencing homelessness are vulnerable to food poverty, and the picture in London is stark; **One in 58 people** are without a home, with the highest numbers seen in Newham, Westminster, and Haringey. Over a decade, we have seen a 74% surge in temporary accommodation occupants as housing benefits were frozen for three years and the cost-of-living crisis worsens.

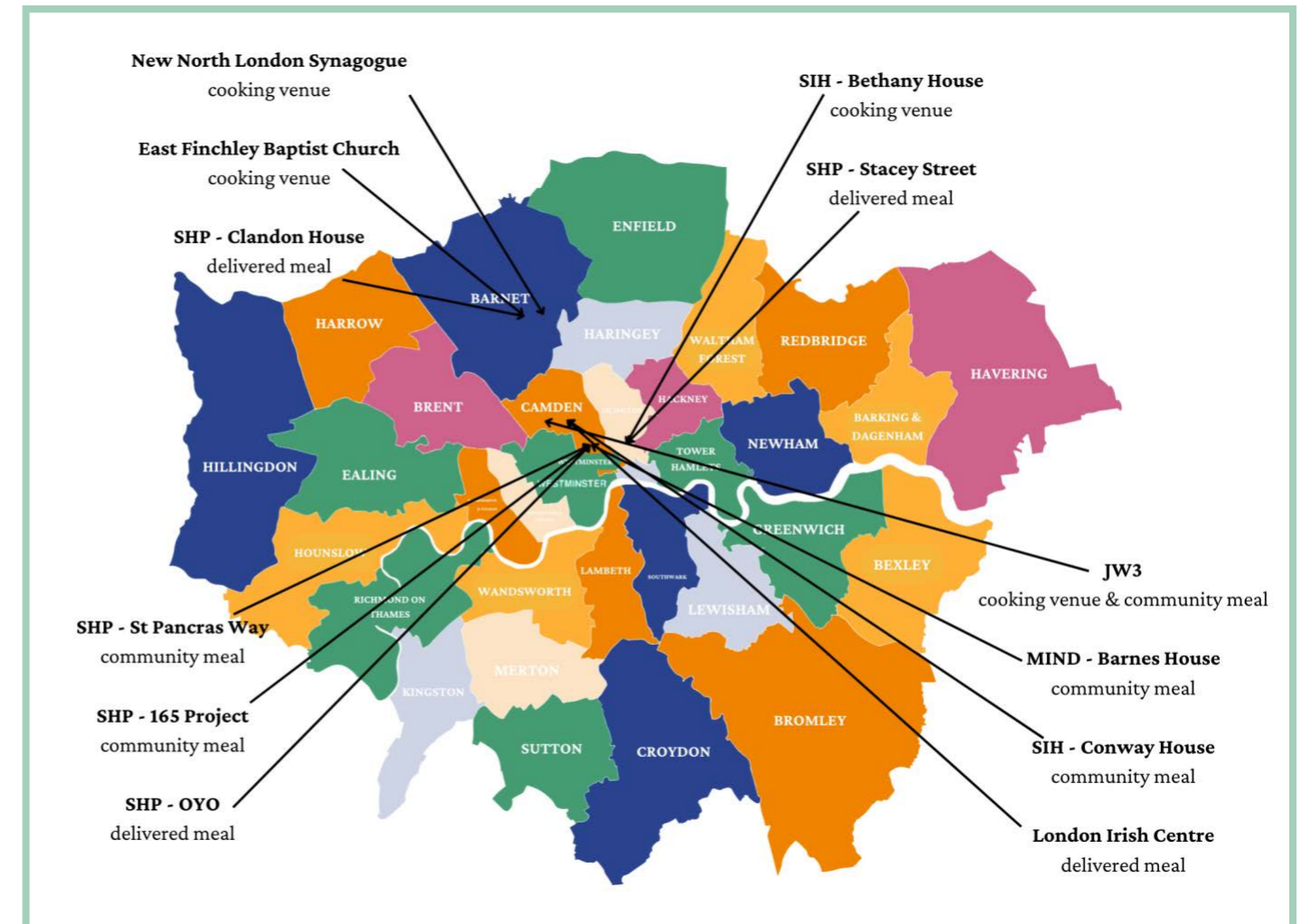
Food poverty severely impacts health. Homeless people, who suffer high levels of food poverty, are 3.2 times more likely than the people who aren't experiencing food poverty to be **admitted to hospital**.

Yet still, amidst these challenges, good food continues to go to waste. **Over 3 million tonnes** of food wasted across the food industry each year is good-to-eat when it's discarded, enough for an estimated 7 billion meals. This illustrates the pressing need for sustainable approaches to food distribution and consumption.

At FEAST our mission addresses both malnutrition in vulnerable groups experiencing food insecurity, and the systemic issues driving it. We provide much needed immediate nutritious food aid so that vulnerable people can improve their health, as well as long-term support through promoting dietary education and skills, signposting to poverty support and interventions, and delivering sustainable change and outcomes.

Our community-based approach, where people come together to share meals, becomes a meaningful force in combating isolation and fostering a sense of belonging.

Where we are based



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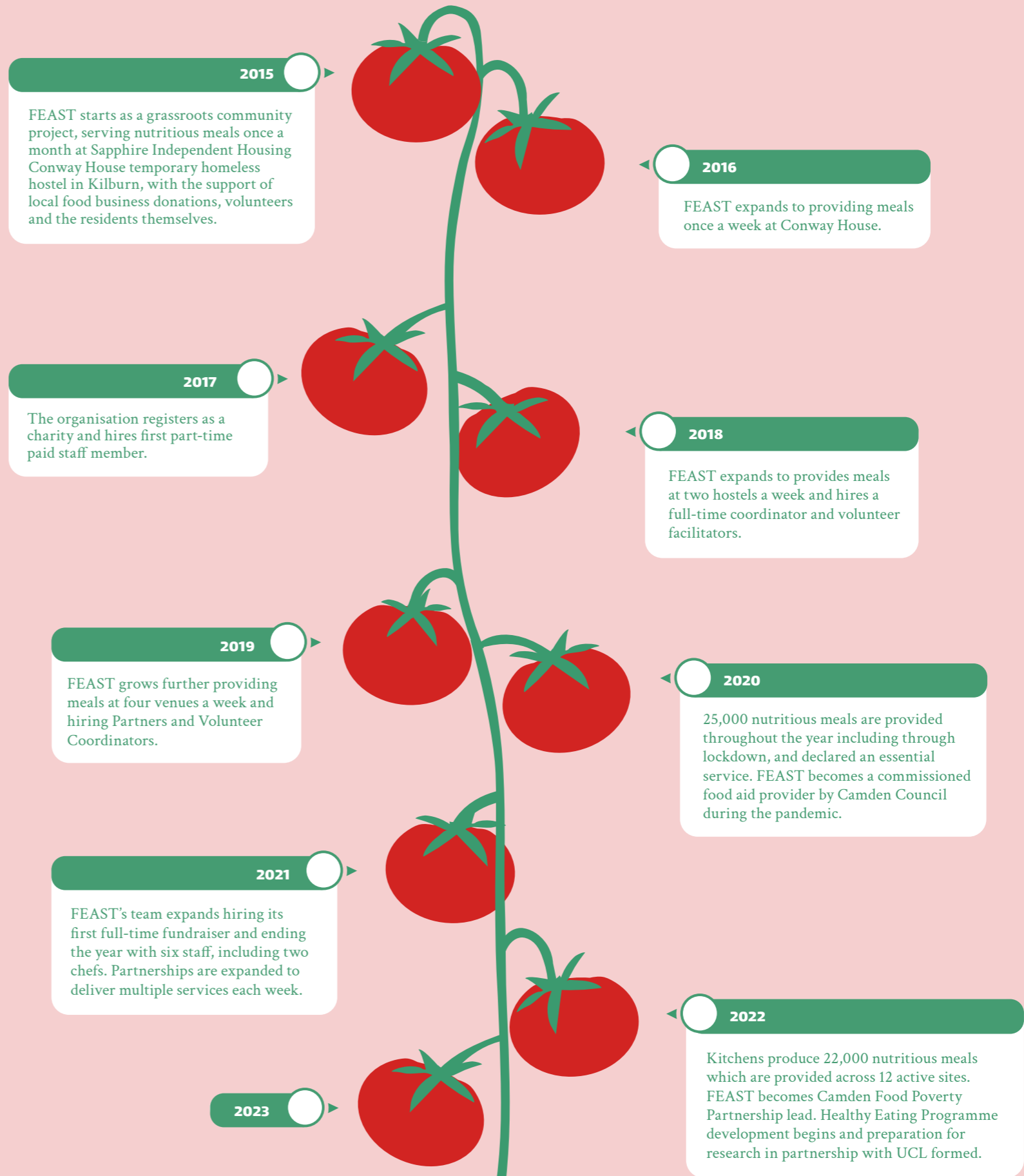
Beginning as a grassroots community project, we are now a professional and thriving charity with focus and ambition to deliver wider impact.

With each step forward, our Board and team have expanded in both size and skills, a testament to our commitment to growth and impactful leadership.

Although providing nutritious meals is still a core pillar of our work, over the years we have developed a number of related services that address not only immediate needs but also the short, medium, and long-term impact of food insecurity.

We invest every effort to ensure our resilience as an organisation remains paramount with our flexible and responsive approach to an ever changing environment.

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Vision, Mission & Values

Our mission encompasses three essential pillars, each directed towards achieving our vision of Feeding and Empowering All Sustainably Together.

Improve the nutrition & health of those vulnerable to food poverty & insecurity



Carbohydrates: 38%
 Fruit and vegetables: 40%
 Dairy and alternatives: 8%
 Protein: 12%
 Oils and spreads: 1%
*This adds up to 99% due to rounding up**

Our mission is to empower individuals to make informed choices and improve dietary behaviours by meeting their nutritional needs through regular access to nutritious community meals, aligned with Eatwell Guide recommendations.

Further supporting this goal, in 2023 we will launch our 'Healthy Eating on a Budget' programme, helping to upskill people supporting them on their journey out of food poverty.

Additionally, our pioneering research, investigating the nutritional needs of vulnerable individuals, will allow us to make evidence-based dietary programme recommendations to inform food policy-makers.

Environmental Sustainability

In 2022 we switched from plastic to biodegradable food containers across all sites, and we minimised plastic packaging waste through donations and eco-conscious choices. We also use bicycles to deliver meals to community partners wherever possible.

In 2022, our efforts resulted in saving an impressive 4,313 kg of surplus food from going to landfill, saving 21,288kg of carbon emissions. However, this was a decline from the amount of surplus food we used the previous year.

During 2021, in response to COVID, we adjusted our model to provide residential delivered meals.



Build community & create opportunities to socialise

We invite people to cook with and for others in inclusive and informal settings, fostering a sense of equality while dining together.

Using existing infrastructure and resources, we build and sustain local community partnerships to facilitate social interactions between diverse members of society creating awareness of our services for vulnerable individuals experiencing food poverty.

Our 'Healthy Eating on a Budget' programme will provide opportunities and skills training.

Reduce Food & Packaging Waste

Adopting a reduce, reuse, recycle approach to minimise waste in our operations, we source and redirect food surplus to cook nutritious meals with food that would have otherwise ended up in landfill. Additionally, we use recycled, biodegradable food containers for packing our meals delivered to venues for collection.

As community centres and social spaces were locked down, we increased the capacity in our kitchens to be able to feed as many people as possible. The lockdown of many industries also resulted in a large swell in available surplus, increasing the amount of food we could save from going to waste.

In 2022, we knew we needed to shift back to the core of FEAST's mission and include a social aspect to our meals, this meant gradually reducing the residential delivered meals and transitioning back to our community dining model. As a result, the number of meals we produced reduced, but the positive impact of those meals increased.

Additionally, the landscape of food surplus availability has changed drastically over the last few years. The cost-of-living challenges and the evolving nature of food insecurity have brought about a surge in demand from both individuals and organisations seeking donations.

The escalating crisis is reflected in the growing waiting lists for services of food surplus distributors such as The Felix Project who are unable to meet these demands. This shift in demand has necessitated a heightened level of service meaning less supply of food donations to FEAST and the need to purchase more food to supplement surplus sources.

FEAST is committed to our mission of environmental sustainability and reducing waste, for example through delivering meals on bikes and using biodegradable food containers.

Inclusive

Collaborative

Empathetic

Empowering

Innovative

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**Recording of volunteer sessions started May 2022. Data collected from May - Dec was used to produce an estimated value for the full year.*



Partnerships

We deeply appreciate all support from our partnerships with community organisations, charities, councils, corporate organisations and suppliers.

Local Councils



Our partnership with Camden Council has continued to develop. Camden Council funded and supported FEAST to develop the Camden Food Partnership, a network of 40 free and low cost food aid providers from across the borough. Alongside this, Camden Council Resilience Funding supported our operations costs.

Food Suppliers

Our food supplier partners provided us with essential supplies of fresh produce, meat and cupboard staples that are essential to prepare our meals. We're incredibly grateful for donations from:

SUPPLIER	QUANTITY (KG)
Felix Project	4236
Life After Hummus	1480
Edible London	1133
City Harvest	827
Barnet Food Hub	430
Sainsbury's	211
Budgens	198
TOTAL	8515



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Charity and Community Partners



Our community partners are wonderfully varied because of the many ways they support our services and projects. From offering kitchen spaces, to promoting our charity, to recruiting volunteers, we're thankful for our brilliant community.

We continued to grow our partnership with Single Homeless Project (SHP) providing nutritious meals and community dining in five SHP locations 2-5 times per week for individuals experiencing temporary homelessness and food insecurity with nutritious food and a space to feel less alone.

Our partnership with SHP allows us to provide over 10,000 meals to those who need it most. We also continued our partnership with Sapphire Independent Housing (SIH) at Conway and Bethany House. Conway House was our first hostel site and holds a special place within FEAST as a reminder of where it all started.

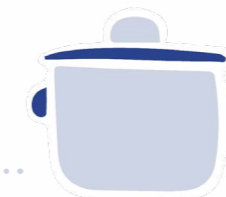
We are also thankful for our venue partners, which allow us to meet the need for nutritious meals at other sites. Venues such as JW3, New North London Synagogue (NNLS), and East Finchley Baptist Church provide fantastic kitchens that allow FEAST to maximise our meal output.



Corporates



In 2022 we launched corporate volunteering sessions, hosting 29 sessions for 15 partners. Corporate volunteers supported FEAST services by preparing nutritious meals for our service users, facilitating communal dining and donating towards our projects and initiatives.



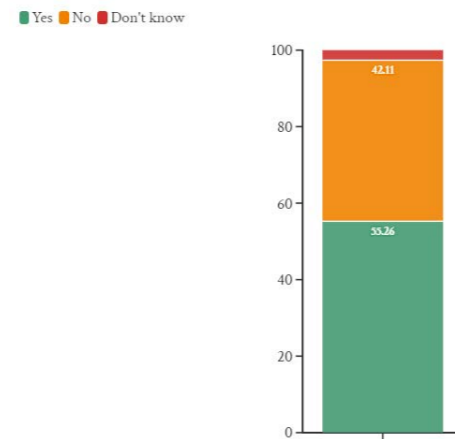
"We had a fantastic time volunteering with FEAST With Us. We were able to take the lead in the kitchen and work together to plan and prepare lunches for 60 recipients - all under the wonderful supervision and guidance provided by Chef Dean. It really was a fantastic team building experience and a great opportunity to support the local community."

Charlene B, Dropbox



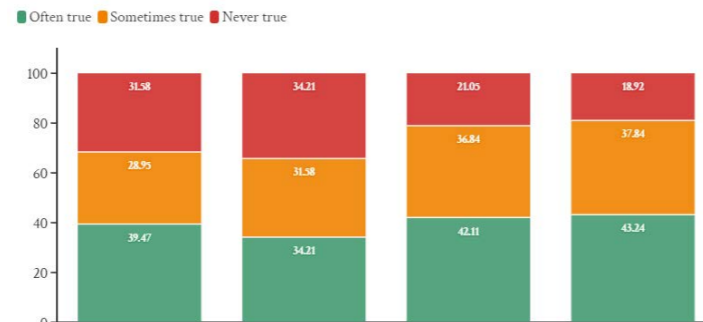
Service User Feedback

The lived experience of our service users guides us in co-designing services that resonate and make a meaningful difference.



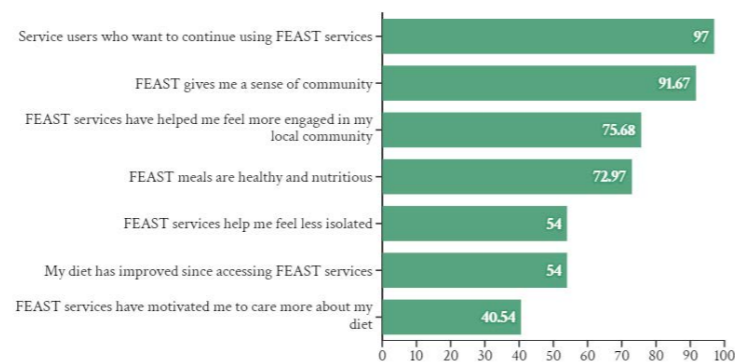
"In the past month I cut the size of meals/skipped meals because there was not enough money for food"

We conduct annual service evaluations to obtain FEAST service user feedback to implement in order to better meet need.



"In the past month the food that I bought didn't last, and I didn't have the money to buy more"
 "In the past month I couldn't afford to eat balanced meals"
 "In the past month I ate less than I felt I should because there wasn't enough money for food"
 "In the past month I was hungry and didn't eat because there wasn't enough money"

The graphs below show results from 38 service users across 5 venues in 2022. The evaluations help us to identify the need for continuation of service delivery.



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Case study

Dave has been coming to Barnes House in Camden for nearly 16 years, paying his first visit to us shortly after he was diagnosed with schizophrenia.

His illness means that when he feels lonely, or doesn't have a place to go, he doesn't look after himself: he doesn't eat or wash and doesn't take the medication he needs to manage his conditions.

"I rely on FEAST to give me a hot meal and help with normal, everyday things," Dave explains.

"It helps me tremendously: getting some hot food inside me during the day keeps my body stabilised, which means I can take better care of myself, and I feel happy and well again."

Dave also struggles with managing his diabetes, and Dave has been given the information and skills he needs via our workshops to cook cheap, nourishing meals that help him manage his condition.



"Service user testimonials"

Other Testimonials:

"I'm sleeping better, I'm eating better, I'm thinking better, I'm more motivated, [...] I don't know where I'd be today if it wasn't for someone finding me on the street and bringing me here."

"The stress is lifted. If you'd asked me in October what I was thinking, I would have liked not to see the winter through. Before, I couldn't see a future, but now I can."

Brian, FEAST service user.

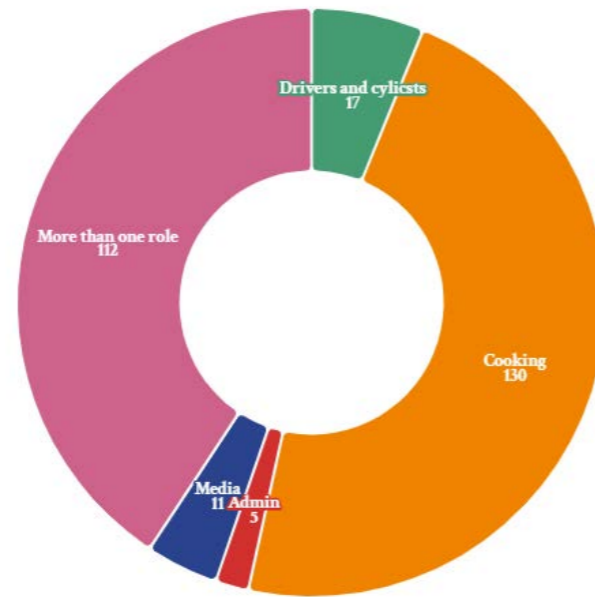
"You can make connections with people, it's very gratifying, rewarding; it's a great community for people and it's the diversity aspect that I think is the most important"

Emil, FEAST service user.

Volunteer Engagement

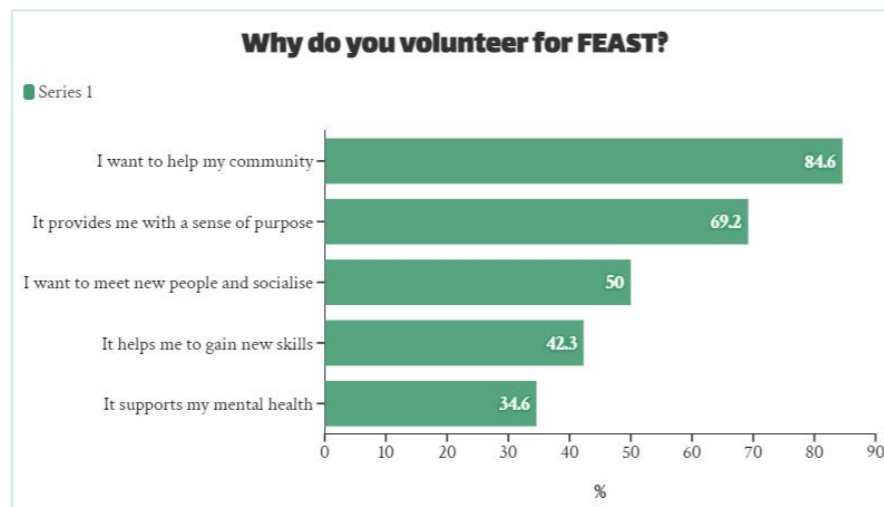
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Number of volunteers



Volunteers are vital to FEAST's impact, playing an essential role in our mission to combat food insecurity. We owe much of our success to their dedication, without which our ability to make a difference would be severely limited.

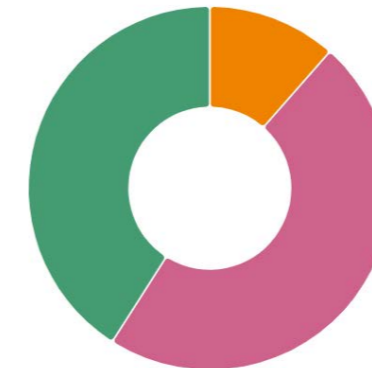
Why do you volunteer for FEAST?



Their contributions not only amplify FEAST's reach, but our volunteers also find purpose in their involvement, creating a mutually beneficial relationship that drives positive change in communities and in themselves.



How would you rate your FEAST volunteering experience so far?



"The freedom and oversight we have as volunteers makes me proud of each meal we prepare. [...] I really appreciate the welcoming, positive, and supportive attitude that representatives of FEAST have towards their volunteers".

Zara Z, FEAST Volunteer Cook

"Most people I volunteer with like Dean the Chef or Demetris seem down to earth and fun to work with [...] that I find helps with mental health"

Anonymous, FEAST service user and volunteer.

Over the years we have also involved a number of service users as volunteers in the kitchen. Since 2022, FEAST has collaborating with Unity Works to develop a supportive volunteering placement for students with learning disabilities.

Based in our Kings Cross kitchen, SHP 165, we have welcomed a catering student who was motivated to learn new skills and gain experience in a commercial kitchen. Guided by our trained chef, this student received one-to-one support and guidance to help develop their skills and increase their confidence in the kitchen.

They helped to prepare lunches at SHP 165 every week and supported the service. FEAST aims to collaborate with more willing students in the future, as well as develop our own awareness of good practice in accessible volunteering.



"Hear from one of our volunteers"



Financial Overview

We extend thanks to our generous funders and supporters for their invaluable contributions. Their support has enabled FEAST to make a significant impact in combating food insecurity and fostering stronger communities. These donations have been instrumental in sustaining our operations and expanding our reach, making a tangible difference in the lives of those we serve. Thank you for partnering with us on this journey of positive change.

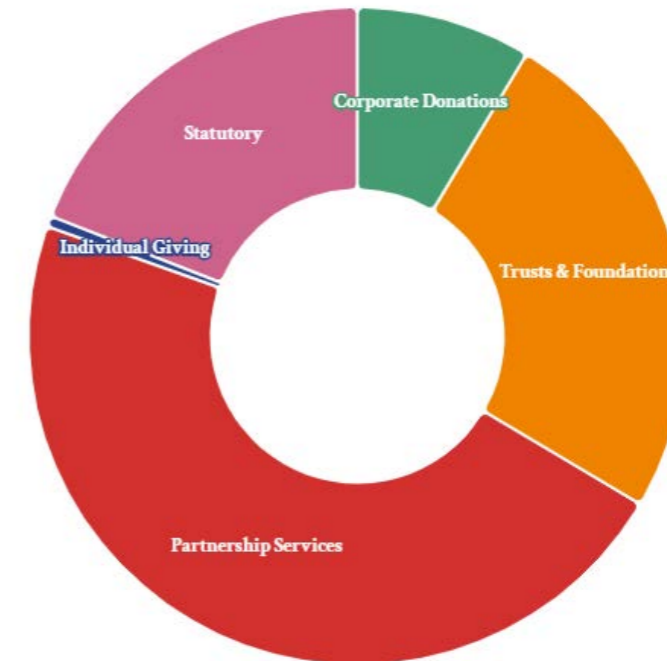
Fundraising Highlights

- £264,101 total income raised to tackle food insecurity and reduce food waste
- £207,232 invested in our service delivery to tackle food insecurity
- £17,550 invested in raising funds
- 12 trusts & foundations and corporates gave a combined 33.5% of our income
- 4 grants were from new trusts and foundations
- 46.9% of our income was funded through community Partnership Services
- 35 individuals generously gave one off and regular donations to support FEAST's mission.

In 2022, we were funded by



Sources of funding



Corporate Donations	£22,742 (8.6%)
Trusts & Foundations	£65,750 (24.9%)
Partnership Services	£123,789 (46.9%)
Individual Giving	£1,424 (0.5%)
Statutory	£50,273 (19.0%)

2022 numbers	2022
Number of Meals	27,121
Income	£264,101
Total Costs	£224,782
Total Reserves At Y/E (€)	£172,336
Total Reserves (months)	8

Trusts and Foundations play a vital role in our income and giving since 2018, we were delighted to receive further support from The Stewarts Foundation in 2022. Their continued support has enabled us to deliver, grow and evolve FEAST into the organisation it is today. In 2022 we also received new funding from Garfield Western Foundation, who provided core support to develop our services, build partner relationships, enhance our sustainability, refine systems and processes, and deliver FEAST's nutrition services and community dining ensuring homeless and vulnerable people experiencing food insecurity receive nourishing meals and feel less isolated.

Financial Summary

In 2022, we experienced cost increases due to expanding the size of our team to support our growing operational activities, salary increases to alleviate the impact of cost of living rises, and additional food supply costs as surplus food became more difficult to source consistently as a result of increased demand.

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Looking to the future, in 2022 FEAST remained committed to driving positive change through development of innovative approaches.

In 2023, we are launching our Healthy Eating on a Budget Programme, equipping more individuals with essential skills to cook healthy food for themselves on limited resources and develop longer term behaviour change.

We start our pioneering research investigating the nutritional needs of vulnerable individuals, allowing us to make evidence-based dietary programme recommendations to inform food policy-makers.

We are developing our collaborative work with the Camden Food Partnership and forging similar partnerships in other boroughs where we operate.

As we strive to broaden our impact, we are thrilled to announce our expansion into the London Borough of Redbridge in 2023, where we will provide nutritious meals to those in need.

New challenges have meant finding different ways to source food and adopt other sustainable practices and we seek to execute a thorough net zero assessment. These ambitious plans would not be possible without the unwavering support of our funders, donors, and volunteers.

Your continued support is essential in enabling us to achieve our goals and make lasting change as we navigate the challenges ahead, ensuring that together, we can build a more resilient organisation in fighting food poverty.

FEAST

— With Us —

FEAST With Us Impact Report 2022

FEAST With Us

Registered Charity in England and Wales.

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