



# FAMILIES RIGHT 2 HEALTHY FOOD

## PROJECT DEC 2020 TO EASTER 2021



# Right to Healthy Food

## Introduction

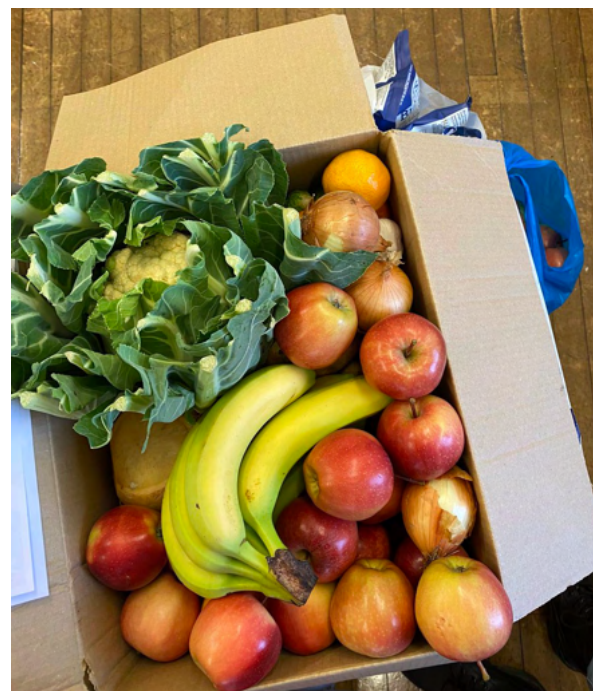


Following the first UK domestic emergency response in UNICEF 70 year history in partnership with Food Power, the Families Right 2 Healthy Food project took the opportunity to apply for the funding which was supported by Food Power. The project saw Food Plymouth, Transforming Plymouth Together, Provide Devon and Food is Fun CIC working together to provide food and support to 120 families in Plymouth during key points of holiday hunger including Christmas 2020 and February half-term 2021.

Linking through the Feast of Fun project run by Transforming Plymouth Together (TPT) who were working with churches across the city to support families during lockdown as well as food provision by Provide Devon, the project also included ongoing cookery training by Food is Fun CIC for a specific group of targeted families who would benefit from the additional support.

The project also allowed undergraduate dietetics students from the University of Plymouth to review and offer recommendations towards the packing list to compare these with national dietary recommendations and ensure they were healthy and nutritious.

For all of the partners, the project was not simply about offering food to families a single time with no further contact but to build a continuing relationship with families through the provision of nutritious food parcels and activities for the holidays. With the additional offer of one to one cooking classes that would allow for the sessions to be tailored to the requirements of each family, this would not only resolve the immediate issue of food poverty but also give the families skills and resources to be able to improve their cooking and understanding of food giving long term improvements to the whole family.



# Planning

## Food (Provide Devon)

Food was coordinated and provided by Provide Devon with fresh items sourced from Tamar Fresh. The list was made from past packing lists used by TPT and Provide Devon used at Feast of Fun at Home with additional recommendations made by Food Plymouth to improve the nutritional items. There was intentional consideration of the items included and how they would be used together - could they be mixed and matched to create a number of different meals.

As well as a number of core and base ingredients, it was also raised in the initial planning meetings that flavour through herbs and spices can help with improving meals. Provide Devon then included packs of curry powder. The initial packing list used in December 2020 can be found in appendix one.

After the first packing event in December, there was a reflection that whilst the intention of the food and fresh was well meaning, the reality for many of the families was that they were walking alone or with a child in a pushchair. This meant collecting between 4-6 quite heavy bags, it was quite a challenge to get home. However there was also awareness after the first event, so for following collections the families knew what to expect. The revised packing list can be found at appendix two.

## Distribution (Transforming Plymouth Together)

Transforming Plymouth Together were already running a food provision project with churches (Feast of Fun) prior to getting involved in FR2HF. This meant that the logistical element of connecting with those who would pack and distribute was already in practise. The churches were already connected to a number of families who were able to be identified as suitable for FR2HF. This significantly alleviated any additional stress of having to set that up as much of that was already in place.

By the end of 2021, the Feast of Fun project was working with over twenty churches across the city, with 11 'collectives' (either individual or groups of churches that made up a single occasion for packing) reaching in excess of 300 families who have received continued support throughout lockdown that includes food, a point of contact, someone to talk to and activities for the families during the holidays. Though the FR2HF could be spread across any number of churches, it made more sense to link with some of the collectives reaching larger numbers of families to ease the distribution of the food from the point of Provide Devon who supplied directly out of their warehouse.



Three churches/collectives were chosen from the more deprived areas to deliver this project: St Pancras in Honicknowle were a first choice as they had been instrumental in reformatting and establishing Feast of Fun at Home from the beginning of lockdown, they were located in a very deprived area of the city and were working with 50 families already. Another church was the collective of St Edward's and The Rock Community in Eggbuckland/Leigham, though one group distributed them in two locations in the north east part of the city. They had worked with TPT over the summer of 2020 so understood the format of Feast of Fun at Home and were connected with around 35 families. The final church collective to be involved was Churches Together in Devonport. These were a new group to work with TPT during lockdown but were based in a very deprived area of Plymouth so were keen to support the families in the community. Whilst having not been active in Feast of Fun during lockdown, they were well connected with the team at TPT and had worked with them in previous years. Though they were initially only expecting to connect with 30 or so families, they had an overwhelming number of requests from the schools and had around 45 families they wanted to provide food for.



Similar to Feast of Fun at Home, the churches were responsible for identifying the families, then for packing and delivery of the packs. The churches linked with schools, families worked or referrals from church members, whilst the understanding was for families in need and those struggling during lockdown, there was no formal requirement to give evidence of need to be provided with a parcel. This helped to break down the barrier of stigma and shame that has been associated with collecting food parcels. The aim of both Feast of Fun as well as FR2HF was to make it a positive experience for those receiving the parcels through the development of relationships between the families and churches as well as good food.

As well as the booklets that were created by Food is Fun CIC (Appendix Three), for the February half term parcels (Appendix Four) TPT created postcards with recommendations of meals to make as well as a few tips on making food last longer and go further.

## Cooking Sessions - Food is Fun CIC (written by Tami Skelton)

### Introduction

Food is Fun CIC has been a delivery partner in the Families Right 2 Healthy Food project, funded by UNICEF through Food Power. The cooking element of the project ran from January to April 2021.

The reason for adding a cooking element to the project was to reach those with very limited or no cooking skills. From experience of working with vulnerable communities, we know that this group experience high levels of anxiety and stress as they try to feed themselves and their families on such restricted budgets. They have low confidence; some have mental health issues such as depression and anxiety. They do not know how to menu plan, budget, or make meals from limited ingredients. Without these skills they are buying low-cost high fat/high sugar processed foods and ready-meals that are not nutritionally balanced and contribute to weight issues and poor mental health.

### How the families were signposted to the project

- 19 families were referred through churches
- 7 families were referred by Barnardos Children's services
- 6 families were referred by a primary school in one of Plymouth's most disadvantaged areas
- 2 families were referred by Plymouth Domestic Abuse Service
- 1 family was referred by a Livewell SW Health Visitor

All of the families that received the cooking element had received food aid over the Christmas period.



### What we did

We delivered remote cooking and budgeting lessons via WhatsApp or Zoom to 35 families. Each family was offered a remote cookery course comprising of one discussion session and four hands-on cooking sessions. Because the families were within their own kitchens, we were able to adapt and tailor the lessons to work with limited equipment and/or cooking facilities, as well as to give other food advice as and when needed.

We provided and delivered the food for the course, together with all the recipes and a copy of the Cook Wise booklet which contained additional recipes and shopping and cooking tips. Cook Wise booklets were given to all project participants. There was also a selection of swaps provided and discussed to encourage future recreation and confidence in cooking dishes alone, as well as how to adapt them if not all ingredients are available.

### Overcoming challenges

Parents were encouraged to include their children, of all ages, in the sessions. Because children were being home schooled at the time, it was felt by the parents, that this gave them something new and exciting to do, away from the day-to-day screen time they were having due to online lessons. By joining in the cooking process, it encouraged parents to teach essential skills to their children guided by us. Children can be fussy eaters, but we know they are more likely to try new foods if they have cooked it themselves.

We adapted the project when necessary, to cater for differing cookery skills and abilities. This included limited equipment and restricted cooking space. Recipes were modified to take these issues into account and alternative suggestions, such as on how to weigh food without scales for example, were given. Food was delivered pre-weighed so the recipient could visualise the correct quantities instead.

One of the parents we worked with was deaf and did not use sign language. To enable her to take part in the course we delivered it via text rather than video. This allowed mum not only to work at her own pace, but to also have the tutor with her the whole time on hand to have a conversation with. We were able to offer her additional time to suit the speed she was working at and to ensure there was plenty of time for discussion



### Some of the dishes that were cooked

Not all recipients were comfortable cooking alone as they felt embarrassed to have someone watching them, so on those occasions we cooked alongside them in our own kitchens rather than just watching. This gave them the confidence to try their new cooking skills and to compare their dishes with the tutors. Children loved getting involved in the cooking and were immensely proud of the meals they cooked and were pleased to show off their creations!

We were able to discuss leftovers in a way we have been unable to before – by encouraging families to look through their fridges and cupboards and have a discussion about how to use them up. Ends of carrots and odd slices of cheese were either used to make new dishes or incorporated into the ones they were cooking on the course. By delivering sessions via WhatsApp, families were able to talk about the food they had received in their food boxes over the Christmas and half-term holidays. We were able to show them how to prepare and cook some of the foods that were unfamiliar to them. One lady made a soup with the squash that she had received as she had never used one before.

Delivering in this way gave the participant the opportunity to open up, ask questions and to share concerns. Our courses are more than just cooking. They are a way to connect with people at a time when they are most need of support but often afraid to ask for it.

### Challenges

Not surprisingly there were challenges with the cooking element. Many parents were nervous about being on camera and needed extra reassurance. This was mostly solved by delivering the food to their doorsteps and having the opportunity to meet face-to-face and to explain the process in more detail as well as to discuss their fears. Teaching chopping skills was challenging as usually we would stand alongside the recipient and demonstrate how to use a knife correctly. While it was possible to demonstrate via video, it wasn't as easy as face-to-face.

### Evaluation

All recipients were asked to complete a questionnaire after the project. Answers were on a scale of 1-5 with 1 being not at all, and 5 being completely.

The questions were:

- Q1: Were you worried or nervous about the remote cook sessions beforehand?
- Q2: Will you plan your meals in the future?
- Q3: Did you enjoy the sessions?
- Q4: Will you try the recipes again?
- Q5: Do you feel more confident in cooking from scratch?
- Q6: Would you like to do more sessions?
- Q7: Did you learn anything new?
- Q8: Overall how satisfied were you with the activity?

Out of 35 recipients, we were able to gain feedback from 25 people. The feedback was exceptionally positive and several comments were also made.

Some of the comments from the participants:

- "Great idea wished it had lasted longer. Got a lot out of it."*
- "Learned a lot, wanted it to last a lot longer!"*
- "Enjoyed the contact and doorstep delivery"*
- "Highly recommend, I loved the doorstep interaction. I tried new things. Would love more."*
- "The cooking sessions were brilliant. I have learnt new vegetarian recipes which all the family learned. Charlotte was absolutely amazing and I loved cooking with her"*
- "Fun, informative, great to get my daughter involved. It was great!"*
- "Really enjoyed learning different ways to cook all the vegetables and using chickpeas etc in recipes"*
- "Enjoyed trying new things and it has shown me that I can implement these healthy dishes into a busy lifestyle"*
- "Loved it!"*
- "Will try the dishes again as loved them."*
- "Learnt how to make curry. Enjoyed trying new recipes and spices using leftovers."*
- "Opened up to new foods and cooking ideas, really enjoyed it. Wanted more."*

### Final words

As we all work together, we have learned new ways to adapt our delivery methods to suit the beneficiaries. From the conversations we had with the recipients throughout the project, there was overwhelming gratitude to their tutor because they felt that someone, with a knowledge of food, cared about them and had and spent time on them. All the recipients, without exception, thoroughly enjoyed the course.

Although delivery and recruitment took more time than expected, it was worth it and we know this had a huge positive impact. We are so pleased with the outcome of this element the project. The feedback we have received has shown how valuable the project was, and how something as simple, but so thoughtful, has made such a difference to these people.



## Numbers

For many of the church collectives, identifying the families was not such a difficult task as there were many who had experienced an incredibly difficult summer holiday, and faced an even harder winter holiday as it included Christmas as well. Though the churches had been originally allocated an amount, there were requests for an increase in families to offer parcels to which was approved to be able to reach more families.

	December	February	Easter
Total number of meals	2244	2244	2244
Families	132	132	132
Total children (under 18)	324	324	324
Number of children eligible for FSM	241	241	241
Experienced a drop in income	75	89	65
Number who became unemployed	15	12	26
Number self employed experienced reduction income	26	24	23
Number experience reduction in benefits	16	28	32

## Dietary Analysis

Through Dr Clare Pettinger's links teaching at University of Plymouth, graduate dietetics students were brought in for part of the project.



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Over March they reviewed the parcel list and compared it to dietary guidelines to provide recommendations to improve the nutritional elements of it. Offering an analysis of the packing list, there were improvements suggested that had already been made following the changes after the December packs which were an encouragement to the partners that the right decisions had been made. Some of the key recommendations made were to replace some items for similar healthier options, this included cereals for porridge or granola (which are suitable for children), substituting white bread, pasta and rice for wholemeal alternative which also decreased the refined sugar content as well as increased fibre. There were also recommendations to reduce the chopped pork or other certain tinned meats to reduce salt and saturated fat but that may be more ethically and culturally appropriate.



To help broaden the possible meals that could be made, recommendations were to include items such as onions and garlic as well as to include a cooking booklet with recipes and suggestions, both of which had been resolved already by the partners. The students acknowledged that many of their suggestions had already been made in the February events and commended the changes made to improve the nutritional value of the parcels which they identified as well thought out and nutritionally complete as all food groups were represented. The students also recognised that the addition of certain 'fun foods' such as custard, cakes and crisps were an important aspect to make the parcel uplifting and exciting especially for the children with further comments that this was also important to mental health and wellbeing.

The students provided a leaflet (appendix five) to offer a food guide and advise nutritional values of different food groups. They also provided an activity card with games including word search to engage children to think about food and nutrition.

## Publicity

Due to the unusual nature of the funding, being the first of its kind for Unicef and it's partnership with Food Power, there was an increased interest in the project.

Members of the project team were invited to speak to the press on a number of different occasions:

- BBC Radio 4
- Spotlight - 17th December 20 & 22nd March 21
- Radio Devon
- Transforming Plymouth Together on BBC Spotlight 22nd March - YouTube
- Plymouth charities join forces to feed local families over Christmas and beyond - Transforming Plymouth Together
- Unicef to feed children in UK for first time - BBC News
- UNICEF to help feed children in UK for first time in its history - Plymouth Live (plymouthherald.co.uk)
- Churches work with Unicef to feed families in Plymouth | Diocese of Exeter (anglican.org)
- Plymouth charities join forces with UNICEF to feed local families over Christmas and beyond | News - Greatest Hits Radio (Plymouth) (planetradio.co.uk)
- Food Plymouth on Twitter: "Great to have our local @UNICEF #Plymouth project covered on national Radio this morning. @DrCPettingerRD @AllFoodIsFun" / Twitter

## Quotes

*Thank you also to Chris and Hannah at TPT for supplying the food for this session and the one before. We had some amazing feedback about the quality of the food. It is so good to know that many needy families in Devonport will have food to feed their families, especially with many no longer getting regular meals at School.*

*Thank you so much again for a wonderful hamper. Such lovely wholesome foods that we can't wait to enjoy as a family. I look forward to helping in January.*

*when one school rang parents (around December) a number of parents were in tears - it meant a lot that people had thought about them*

*Hampers are a fantastic help and very much appreciated. Especially the special diet items and often resources to occupy the kids!!! I also look forward to getting out of the house for 10 minutes and having a chat with some friendly faces!!! Great to hear that the support is going to continue. Please pass on our thanks to all involved.*



## Outcomes

The FamiliesRight2HealthyFood project aimed to improve the nutritional quality of emergency food parcels for 120 families to be delivered at three specific time points - December 2020, February 2021 half term and Easter 2021. It's purpose was also to connect relationally with the families, to combat emotional or social poverty many may have experienced. For the partners this project was considered a success both with the provision of food and the relationships established.

The project reached more than the originally planned 120 families during each of the holidays with an over 130 total each holiday. This was made up of over 300 children provided with over 2000 meals through the food parcels. This project also allowed for partners' funds to be used elsewhere such as the TPT Feast of Fun project, resulting in even more families being reached and supported during the pandemic. Also the nutritional education and analysis of parcels influenced other parcels which has in turn led to more careful planning put into other packing lists. With feedback and quotes from many of the families both receiving the parcels and taking part in the cooking sessions, it can clearly be seen that there was significant need for multifaceted projects such as this. For many facing food poverty, being given a parcel with a range of items from ambient, long life, savoury, sweet and fresh allowed the families to maintain a healthy diet without hindrance of accessibility or affordability.



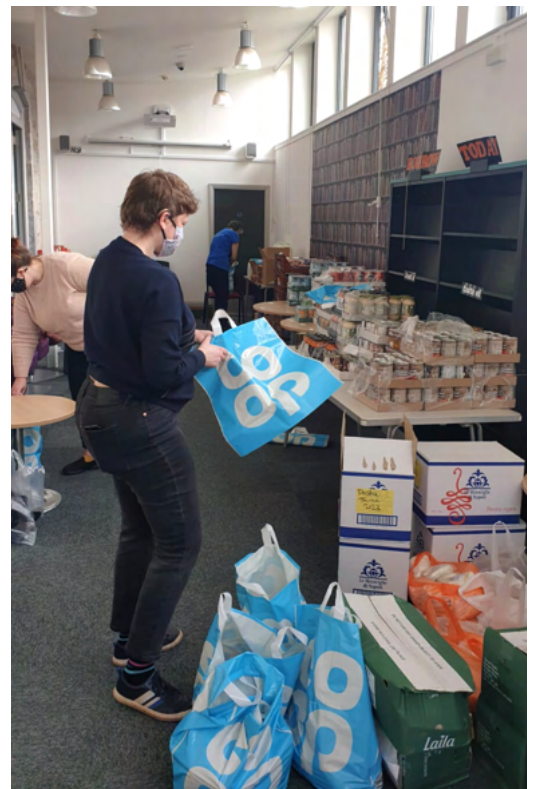
To add to the provision of food, all the churches observed how much stronger relationships with their community felt. The chance to be a place of welcome and comfort to the families, a number of whom may not have spoken to many other adults during the most restricted point in lockdown. Whilst quantity of the parcels may have been able to reach through the project, it would not have been possible to increase the quality and through relationship building on numbers any higher. For many families this project allowed them to not just survive but thrive through this difficult time.

The project had a particular focus on healthy eating and providing nutritional ingredients so when developing the packing list, there was more consideration for the amount of fresh items included. This side of the project influenced the rest of the Feast of Fun at Home packing lists as it informed the team what were more suitable options for nutritious eating and what should be ordered fresh.

There were hurdles faced by the partners over the course of the project due to a number of differing factors. For TPT, there were some occasions where not all of the food was immediately packed, meaning that there was not the full ingredients included. This was partly as the church collectives were trying to make the parcels easier to carry for the parents who were collecting. However after explaining that all the fresh items needed to be included, they were properly packed. After the first events, the partners realised that despite the blessing of a good amount and selection of food for a family, it was typically too much for one person to pick up (often with a child in a pushchair or pram). The packing list was evaluated and adjusted to reflect the capacity of someone coming to collect the packs. This made future events much easier for the families as they also knew what to expect and the quantity that would be collecting.

Another challenge faced, that unfortunately was harder to resolve, was the lack of commitment from some of the families. The church teams and even some of the schools would call a day or two prior to ensure that families were reminded and confirmed they would collect, only to not turn up on collection day. Thankfully this only happened a few times with a handful of families and after the first time, churches would have backup families that they would be able to offer the spare parcels to when they were available. These families would be ones that perhaps were not in as drastic needs as the first families but were just as grateful for the support that it offered.

This dilemma also occurred for Food is Fun CIC, where the families were contacted and given the food the day before with good conversation happening on the doorstep at delivery, only then to not turn up for the cooking session when arranged. This resulted in many other families having to be referred, contacted and food sourced meaning that the cooking element of the project took slightly longer to deliver. On top of having to run cooking sessions remotely caused by the limitations through COVID, there were also challenges faced by some of the families who may have experienced differing levels of digital poverty (no internet, phone data or device good enough to facilitate a remote cooking session), some may not have had the right cooking utensils or equipment to cook at home with many having limited confidence in their own abilities to cook. However the feedback from the sessions gave an overwhelming positive response with many of them praising the time, consideration and effort that the Food is Fun CIC team put into the project, many having learned new skills and interest of food they knew before.



On the whole, the feedback from both church teams and families was that the project was an incredible means of support for the families, many of whom would have significantly struggled during the winter months after the extended duration of lockdown.

Between the initial work of Feast of Fun as well as other projects that TPT were involved in with churches, meant that a consistent point of contact was available for the families. With the addition of further projects and support through the various partners including the cooking classes, activities such as Kid's Matter and Kintsugi Hope run by the churches, there was a growth of confidence in the families that will have lasted far longer than the food.

## Legacy

Food Plymouth is the City's recognised Local Food Partnership - A 'central connecting hub' for all food-related matters in the City. Our multi-sector award winning partnership, founded in 2010, comprises a diverse mix of agencies, organisations, businesses, community groups and individual citizens, all working together to actively promote and lobby for healthy, sustainable and affordable food as a driver for positive change. Food Plymouth is a BRONZE Sustainable Food Places award holder and is currently working towards the silver award. This project has supported our collaborative ethos and consolidated our wider partnership.

Transforming Plymouth Together will continue to run their holiday hunger projects working with churches across the city with additional support for those who particularly need help. The work of this project has highlighted for both TPT and the church teams, the importance of including healthy and nutritious items in the food parcels. The contribution of funding from this project has also allowed for other funding to go towards the churches not involved in FR2HF resulting in more families being supported. With plans for summer Feast of Fun projects, many churches have identified an essential part of future events will be the provision of fresh items including fruit and veg. The resources and guidance provided by the other partners has been invaluable to influencing how TPT thinks about parcels and other resources that may be included.

For individual organisations who had not worked as one whole team on a project before, this project has cemented the relationships between the organisations and has increased our understanding of each other's typical mode of delivery, customers and mission of work. As well as the anticipated relationships established between the churches and the families, the alliance between the partners has influenced a number of other aspects of work improving delivery across other projects as well. There have also been introductions to other organisations such as the Food Aid Network in Plymouth and Food Power Regional Network. There has been extensive learning from each other between the partners that will last beyond the duration of the project.



## Appendix

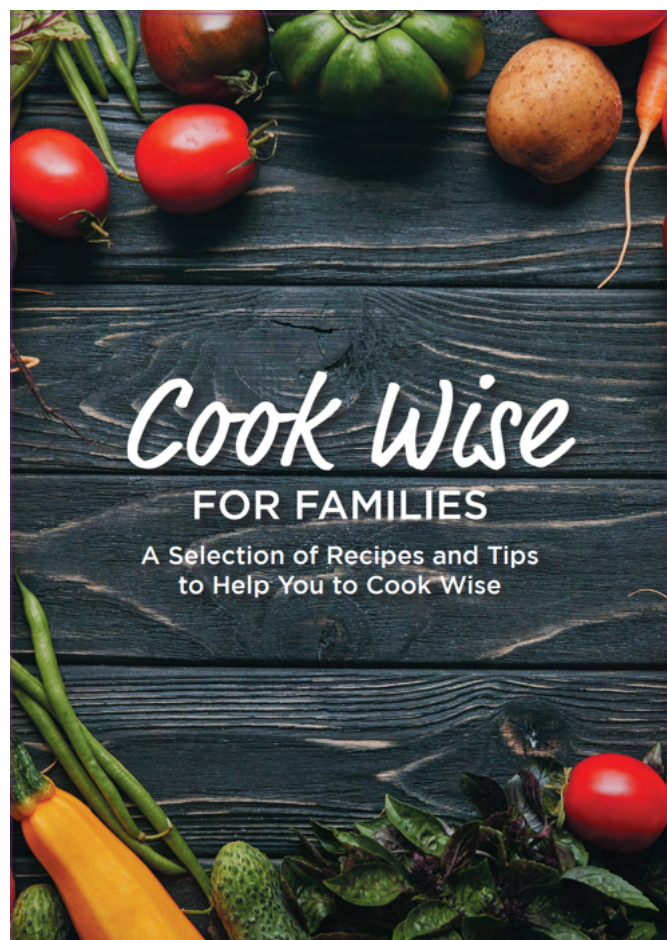
### Appendix One

PRODUCT	Qty	INFO
Long Life Milk	40	To collect from Provide Unit 07/12/20
Tinned Tomatoes	40	"
Tinned Meat (Chopped Pork)	40	"
Tinned Fish (Tuna)	40	"
Tinned Peas	40	"
Tinned Chickpeas	40	"
Tinned Mushrooms	40	"
Tinned Soup	80	"
Tinned Beans	80	"
Pasta Sauce	40	"
Pasta	40	"
Rice	40	"
Lentils	40	"
Madras Curry Powder (pkt 50g)	40	"
Tinned Fruit (Peaches)	40	"
Custard (750g)	40	"
Cereals	40	"
Burts Crisps	40 (4 per pack)	"
1Ltr Carton juice	40	"
Tea (pkt 20)	40	"
Coffee (pkt 50g)	40	"
Bread	40	"
Milk	40	Direct delivery from Tamar Fresh to Church 09/12/20
Cheese	40	"
Butter	40	"
Eggs	1 box + 60	"
Potatoes	8 x 25kg	"
Carrots	8 x 10kg	"
Broccoli / Cauliflower	40	"
Apples	5 boxes	"
Oranges	8 x 10kg	"

### Appendix Two

FEBRUARY/EASTER PRODUCT	Qty	INFO
Tinned Sweetcorn	1	Provide
Tinned Tomatoes	2	"
Tinned Fish (Tuna)	2	"
Tinned Peas	1	"
Tinned Chickpeas	1	"
Tinned Butterbeans	1	"
Tinned Mushrooms	1	"
Tinned Carrots	1	"
Tomato puree	1	"
Pasta	1kg	"
Rice	1kg	"
Lentils	500g	"
Madras Curry Powder (pkt 50g)	1	"
Mixed Herbs (pkt 50g)	1	"
Tinned Fruit (Peaches)	2	"
Custard (750g)	1	"
Cereals Weetabix (x24)	1	"
Bottle of squash	1	"
Tea	Pkt 40	"
Coffee (pkt 50g)	50g pkt	"
Bread	1	"
Milk	2ltr	Tamar Fresh
Cheese	400g	"
Butter	250g	"
Eggs	½ Doz	"
Potatoes	3kg	"
Carrots	1kg	"
Broccoli / Cauliflower	1	"
Onion	1/2kg	"
Red Pepper	1	"
Garlic	1 Bulb	"
Apples	1kg	"
Oranges	1kg	"

Appendix Three - CookWise Booklet



## INTRODUCTION

This edition of Cook Wise has been created to support The Families Right 2 Healthy Food Project, a collaboration between several organisations in Plymouth (Food Plymouth, Transforming Plymouth Together, Provide Devon and Food is Fun CIC) to offer families support with food over the winter period. Christmas can be a time of huge financial pressure for families, and this year Covid19 has made matters worse.

The alliance has received a grant from the 'Food Power for Generation Covid' ((funded by Soccer Aid for UNICEF UK and delivered by Sustain the alliance for better food and farming and Church Action on Poverty)) to ensure children and families have access to food during the pandemic crisis.

The aim of this book is to give families a helping hand to cook wisely and to produce meals which are easy, affordable and nutritious for the whole family. All the recipes serve four people unless otherwise stated.

Each recipe has notes below and many of the ingredients can be swapped for what you may have in your cupboard.

Most recipes will need olive oil, or vegetable oil, and salt and pepper to season.

Nutritional information is provided for each recipe.

If you have a long-term health condition, you may have been advised to follow a certain diet as part of your treatment plan. For example, if you have diabetes, irritable bowel syndrome, inflammatory bowel disease, malnutrition, kidney disease, cancer, cystic fibrosis, another chronic lung condition or other medical condition. It is important that you continue to follow the dietary advice you have been given by your medical professional as best as you can in order to keep as healthy as possible.



2 / Food is Fun CIC

## BANANA CAKE

### METHOD

**1** Pre-heat the oven to 170°C / 150°C Fan / Gas mark 3 and grease a loaf tin or use a liner.

**2** Put all the ingredients into a bowl, apart from the bananas and whisk thoroughly for 3-4 minutes until well blended.

**3** Add the bananas and stir in gently. Transfer into the loaf tin.

**4** Cook for 45 minutes or until a skewer poked into the centre comes out clean.

### INGREDIENTS

175g self-raising flour  
125g butter or soft margarine  
75g caster sugar (granulated will be fine)  
2 eggs  
75g sultanas soaked in boiling water for 10 minutes  
½ tsp vanilla extract  
2 very ripe bananas, sliced

### NOTES

- Swap the banana for pears/apples/plums.
- Swap the dried fruit for chocolate chips for a change.

### NUTRITION

• Bananas contain **fibre** that not only keep our guts healthy, but also moderate the rise in our blood sugar after we eat a meal.

• Bananas are a good source of **potassium** that helps to lower blood pressure.



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## SUPPORT GROUPS AND HELPFUL WEBSITES

Food Plymouth: [foodplymouth.org](http://foodplymouth.org)

Food Access Guide: [foodplymouth.org/1983-2/](http://foodplymouth.org/1983-2/)

Citizens Advice Bureau: [citizensadviceplymouth.org.uk](http://citizensadviceplymouth.org.uk)

Transforming Plymouth Together Feast of Fun: [transformingplymouthtogether.org.uk/initiatives/feast-of-fun](http://transformingplymouthtogether.org.uk/initiatives/feast-of-fun)

Transforming Plymouth Together COVID Cash Recovery: [transformingplymouthtogether.org.uk/initiatives/covid-cash-course](http://transformingplymouthtogether.org.uk/initiatives/covid-cash-course)

Plymouth Online Directory: [plymouthonlinedirectory.com](http://plymouthonlinedirectory.com)

Money Advice Plymouth: [moneyadviceplymouth.org.uk](http://moneyadviceplymouth.org.uk)

Food Buddies South West: [facebook.com/groups/2900272496729153](https://facebook.com/groups/2900272496729153)

Food is Fun CIC: [foodisfun.org.uk](http://foodisfun.org.uk) or [facebook.com/foodisfun](https://facebook.com/foodisfun)



[www.foodisfun.org.uk](http://www.foodisfun.org.uk)  
Email: [info@foodisfun.org.uk](mailto:info@foodisfun.org.uk)  
Tel: 07818 450968



**5 ESSENTIAL NUTRIENTS**

**PROTEIN**

Protein is important for the body to grow and repair itself. They are also a good source of vitamins and minerals. Beans and pulses are high in fibre while oily fish is particularly rich in omega-3 fatty acids.

**CARBOHYDRATE**

Carbohydrate is our main source of energy. Wholegrain carbohydrates are higher in fibre, vitamins and minerals.

**FATS**

Some fats such as omega-3 fatty acids (found in tuna) are essential in the diet as they keep the heart healthy. Fats also help to absorb vitamins A, D, E and K. However, excessive consumption of hard fats such as butter can be harmful.

**FIBRE**

Fibre found in fruits and vegetables helps with digestion and prevents constipation.

**CALCIUM**

Calcium is an important mineral that helps to build strong bones and teeth. Milk and dairy products such as cheese are high in calcium as well as protein.

## With Thanks!

With thanks to all the partners who were involved in this project as well as the churches and teams who tirelessly collected, packed and distributed the food to the families, keeping in contact with them during this difficult time.

Thank you to the funders and organisations who supported us during this project.



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### A huge thank you and well done to the churches involved :

- Devonport Baptist Church
- St Aubyn's Church
- St Michael's & St Barnabas
- Stoke Damerel Parish Church
- St Edward's Church
- The Rock Community
- St Pancras Church



This report on 'Families Right 2 Healthy Food' project was written by Transforming Plymouth Together which alongside further information on the project can be found at [transformingplymouthtogether.org.uk](http://transformingplymouthtogether.org.uk)

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[transformingplymouthtogether.org.uk](http://transformingplymouthtogether.org.uk)

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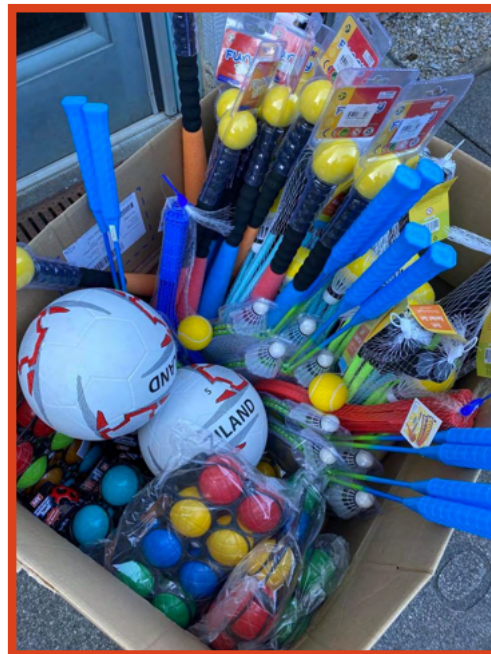
**FINISH**

# Feast of Fun at Home

## A church response to COVID holiday hunger in Plymouth

After running Feast of Fun at Home for 14 months (March 2020 to June 2021), TPT was working with 23 churches who worked as individual churches or collective groups, as well as supporting a number of other groups and charities to offer food, activities as well as regular points of contact for the families through all the holidays as well as other points of need when required. Whilst delivery of as many parcels as possible was important, the priority for TPT was to offer a holistic support that included food, but also games and activities as well as being a regular point of contact to be a listening ear, a friendly familiar face and to be able to signpost where required. It wasn't about the quantity of parcels distributed but the quality of the relationships built over the duration of the project. The churches were encouraged to think about how they would go beyond just being a foodbank but a place to build relationships

The parcels had a range of items from soup, pasta, tinned veg, meat and fish as well as sweet treats and plenty of fresh items to ensure that all the food groups were provided. As well as the food, craft bags, sports games, seasonal activities such as Christingle kits and activity books for Easter were included in the parcels throughout the year.



### Feedback from Churches

*This is actually building relationships with the adults in a way I never got to do whilst policing a bouncy castle or supervising small folk with glue and scissors, and having the contact in place from previous years must surely count as a bit of a modern miracle.*

*One family spoke of how they literally had nothing left in cupboards until they came to the feast of fun and the parent had gone without eating. Another spoke of how they had been worried about the choice between bills and food shopping and that feast of fun provision meant they were able to stock their cupboards and then afford to pay what needed to be paid. We were able to provide drinks and cake at collection outside and socially distanced but it meant that we were able to talk to families and build relationships.*

*A single mother was able to share a very personal story to us in an open way, this must have been difficult for her but she found that our group of volunteers were the right people to talk to.*

### Feedback From Families

*I just want to say a massive thank you. I've tried so hard to stay afloat and reaching out was the hardest thing I've ever done. Seeing the smiles you put on my children's face I will be forever grateful. I've been unable to buy pumpkins and luxuries like biscuits etc. so my children were thrilled - never forget how amazing you all are.*

*You are saving people like me at these hard times. The Hampers are absolutely amazing – thank you so much Thank you for the hampers – so much appreciated Thank you for the hampers – we are finding it more of a struggle than we ever have before especially as we are looking after 2 extra children*

*I'm always grateful for the food package. The fresh veggies are so good as we peel and chop as a family and we all get to eat the same thing at the same time. I know how much my children like it when I'm eating with them. I have only been able to do with your help. I never thought how someone could make such joy to my family. Thank you for making my children feel special and loved. It brings so much joy knowing people care so much and It's mad that you're texting really helps me to keep going thank you all. Please I know everyone tells you all thank you for me that don't seem enough it has been so lonely and your texts just make me feel I have got a friend to talk to. I will never forget all the help you all have shown me and my children xxx*





# What's Next?

With such national uncertainty, it is difficult for plans to be made for future projects. However with the achievements and impact made during the summer with Feast of Fun at Home, it has proved that the adjusted model works for both families and church teams.

Many of the families found the range of items exciting and offering potential for both substantial and healthy family meals to be made. The offering of quality, fresh and longer life items, gave families the dignity of being able to cook with their children and eat together, having received from a welcoming and supportive environment. Showing that the churches care for their local communities by not only food, but a bit of fun as well, improved relationships during a difficult time and was also extremely rewarding for many volunteers involved.

Many have found the pandemic to be a time of isolation and even churches found it difficult to grasp the opportunity to engage with missional outreach with limited teams and resources whilst also being safe.

Working with not only churches but organisations such as Provide Devon, Scrapstore and FareShare has allowed for deeper relationships across the city to be established. This has resulted in future projects already starting to take place. With the winter season approaching and a second lockdown likely, the need for a similar model will be required again. Transforming Plymouth Together will continue to work with the local churches to engage with holiday hunger projects. Plans for October and Christmas holidays Feast of Fun at Home are already underway and we look to 2021 for what might be possible.





## A huge thank you and well done to all the churches involved :

- Derriford United Reform Church
- Devonport Baptist Church
- Hooe Baptist Church Plymouth
- Hope Baptist Church
- New Life Fellowship Plymouth
- Plymouth Christian Centre
- Plymstock United Reform Church
- Plymstock Chapel
- Plymstock St Marys
- St Aubyn's Church
- St Boniface Church of England
- St Budeaux Baptist Church
- St Budeaux Church of England
- St Budeaux Methodist
- St Edwards Church
- St Francis of Assisi
- St Jude's Church
- St Pancras Church
- St Peter and The Holy Apostle
- St Marks Church
- The Rock Community

## Thank you to our supporters and funders:



This document is a summary of the 'Feast of Fun at Home - A Year of COVID' report which alongside further information on the project can be found at [transformingplymouthtogether.org.uk/initiatives/feast-of-fun](https://transformingplymouthtogether.org.uk/initiatives/feast-of-fun)

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# Feast of Fun at Home

## A church response to COVID holiday hunger in Plymouth

Whilst schools were shut, many more families experienced holiday hunger not only during the summer holidays but long before. With a number of churches getting involved for the Easter holidays, many continued throughout the following months to come together for the summer. For the summer, 19 churches were involved, many of whom worked as church collectives allowing teams of volunteers to support numerous churches and reach more families through their work.

A challenge faced by the churches was how to identify the families. Previously, all were welcomed to a Feast of Fun event and whilst the Church has a heart for supporting all, the feasibility of that would not be possible. Churches worked with family workers, social workers and in particular their local schools to identify the families in need. The churches then worked on a relational approach to connect with the families, not only offering the food parcels but a point of contact for support, having time to speak to the families as they collected or during deliveries.



The new model offered food hampers that would be similar to a typical family food shop: a selection of dried and tinned items, fresh fruit and veg, dairy and even a few treats. To incorporate 'fun', craft kits were given during Easter holidays and over the summer holidays outdoor games were given (football, quoits tennis, badminton and boules) with a craft bag sourced from Plymouth Scrapstore.

Churches were also encouraged to offer additional items where they were able to. This included summer programme of guided crafts with a children friendly bible study, additional food items and some gave refreshments to the families as they collected.



### Feedback from Churches

*One family spoke of how they literally had nothing left in cupboards until they came to the Feast of Fun and the parent had gone without eating.*

*Another spoke of how they had been worried about the choice between bills and food shopping and that Feast of Fun at Home provision meant they were able to stock their cupboards and then afford to pay what needed to be paid.*

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**FEAST  
OF FUN**  
*at home*

**Feast of Fun at Home  
COVID Report  
TRANSFORMING  
PLYMOUTH  
TOGETHER<sup>⊕</sup>**

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**250**

Families supported every week during the summer

**9,600**

Total recipients during the project

**163,200**

Total meals (minimum) able to be made from the food hampers

### Feedback from Churches

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*We were able to provide drinks and cake at collection outside and socially distanced but it meant that we were able to talk to families and build relationships.*

### Feedback From Families

*Thankyou so much we really needed that little bit of food it made a massive difference*

*Thankyou so much I really appreciate what you are doing for me and my family*

*We always look forward to seeing what in the hampers and the boys love working out what we can all can cook with it*

*I'm always grateful for the food package. The fresh veggies are so good as we peel and chop as a family and we all get to eat the same thing at the same time. I know how much my children like it when I'm eating with them. I have only been able to do with your help. I never thought how someone could make such joy to my family.*

*Hampers are a fantastic help and very much appreciated. Especially the special diet items and often resources to occupy the kids!!! I also look forward to getting out of the house for 10 minutes and having a chat with some friendly faces!*



# Food Poverty During COVID

Child Poverty in Plymouth During COVID

**1**  
**City**

**22**  
**Churches**

**151**  
**Events**

**383**  
**Families**



**195,619**  
**Meals**

**11,507**  
**Parcels**

**59**  
**Weeks**

**47,155**  
**Individuals**

**11,500**

Children living in  
poverty in Plymouth  
prior to 2020

**26.5%**

Pupils on average in  
primary and secondary  
schools are eligible for  
free school meals

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