

LIVERPOOL'S  
**GOOD  
FOOD  
PLAN**

# Impact Report 2022

Moving the plan into action





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# WHAT IS LIVERPOOL'S GOOD FOOD PLAN?

We want to live in a city where everyone can eat good food.

Liverpool's Good Food Plan addresses key issues related to the food we eat in Liverpool. This includes food insecurity, access to and take-up of healthy, nutritious food, the impact the food we eat is having on our planet, and the practices by which the food we eat is produced.

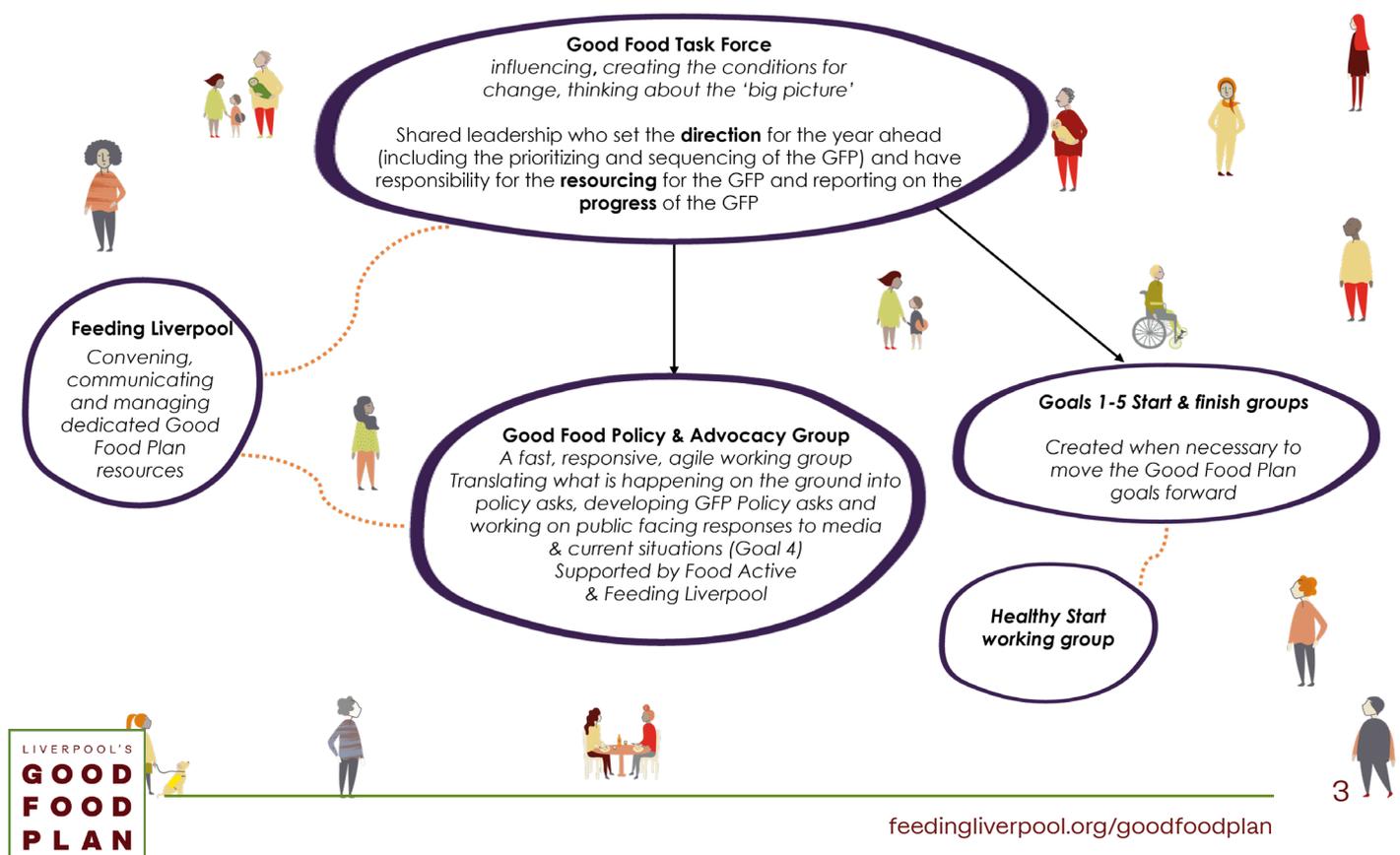
The five goals of the action plan were identified and developed by residents and organisations across Liverpool, before it was formally launched in October 2021.

- Goal 1 Good Food at points of crisis
- Goal 2 Uncovering the true scale of food insecurity
- Goal 3 Enabling food citizenship
- Goal 4 Shifting policy and practice
- Goal 5 Connecting the Community

The Good Food Plan connects to and builds on existing work in the city including Liverpool's City Plan, Liverpool's Pandemic Pledges, the work of Liverpool City Council's Poverty Action Group, Liverpool's Healthy Weight Declaration and Liverpool's Marmot Community.

This report shares the progress made in 2022 towards the goals of the Good Food Plan. It presents 'action highlights' under each goal identified by Liverpool's Good Food Taskforce, alongside updates from residents, organisations and businesses who pledged to work towards the vision of Good Food For All at the Good Food Plan Pledge event in November 2021.

## GOOD FOOD PLAN GOVERNANCE



# GOAL 1: GOOD FOOD AT POINTS OF CRISIS

We want to ensure people in crisis get access to good food quickly and easily.

The focus of 2022 has been to create spaces for emergency food providers to connect and share best practice and to improve the quality of the food that is being offered by emergency food providers in Liverpool. The cost-of-living crisis has brought acute challenges for the emergency food sector as donations and supplies have decreased whilst demand has gradually risen.

Under this Goal, Good Food Plan Partners Feeding Liverpool have led a programme of work to improve awareness of The Healthy Start Scheme, and Merseyside Play Action Council have grown and developed Liverpool's Holiday Activities and Food Programme and half term playscheme provision.

## ACTION HIGHLIGHTS:

- » Launch of Liverpool's Emergency Food Network – a quarterly gathering coordinated by Feeding Liverpool
- » Liverpool City Council provided supermarket vouchers during the school holidays to support families with children who would usually receive free school meals
- » Financial support for emergency food providers and community food spaces via the Household Support Fund to maintain and extend crisis provision food supplies to meet the need in Liverpool
- » Pilot of a voucher scheme by Citizens Advice Liverpool and St Andrews Community Network to support residents to transition from foodbanks to food pantries
- » Micah Liverpool and South Liverpool Foodbank incorporate fresh produce as a part of their regular foodbank offer
- » FareShare Merseyside and North Wales begin processes to convert surplus fresh fruit and vegetables into tinned and longer life products.



# GOAL 1 SPOTLIGHT: A HEALTHY START FOR LIVERPOOL

The Healthy Start Scheme is a lifeline for pregnant women and families with young children on a low income, providing access to good food: fruit, vegetables, lentils, milk, and vitamins, which are so important to give children the best start in life. But many eligible people in the city are missing out. Feeding Liverpool, with support from Torus Foundation and Liverpool City Council, have led a programme of work to increase awareness of the scheme.

## ACTION HIGHLIGHTS:

- » The publication of '[A Healthy Start for Liverpool](#)' research report developed with parents, children's centre staff, GP's, health visitors, and the Liverpool City Council Public health team. This includes local and national recommendations for how to increase uptake of the scheme
- » 117 Healthy Start Community Champions trained this year who are committed to raising awareness of the scheme in foodbanks, community food spaces, children's centres, and housing associations
- » The establishment of the Healthy Start Working Group, led by Liverpool City Council's Public Health team
- » New promotional material displayed at 30 community food spaces and 10,000 leaflets about the scheme distributed through the Holidays Activities and Food Programme
- » Speke, Woolton, Allerton, Gateacre, Garston, and Aigburth Primary Health Care Network have embedded Healthy Start questions into the work programme of their social prescribing team
- » The Healthy Start Scheme has been chosen as the focus area for Liverpool's Child Friendly City - health badge

## TAKING ACTION

The Riverside Group pledged to build upon their work to fight against food poverty including through supporting food banks, food pantries, community shops, etc, and to work in partnership to support their most vulnerable customers. This year The Riverside Group have developed the Well-Fed Riverside Initiative to support Riverside customers. Support includes funding a Food Pantry voucher scheme to encourage Riverside customers to use food pantries in their local communities. They have launched the Riverside Foundation Community Fund-promoting to local community food places to apply for funding.



# GOAL 1 SPOTLIGHT: LIVERPOOL'S HOLIDAY ACTIVITIES AND FOOD PROGRAMME

Merseyside Play Action Council have overseen the growth and development of Liverpool's Holiday Activities and Food Programme and half term playscheme provision.

## ACTION HIGHLIGHTS:

- » 115 community providers provided 247,000 meals for 12,707 children across the Summer
- » 112 community leaders attended training to use Food Active and Merseyside Play Action Council's Good Food for the Holidays toolkit
- » 18 community leaders completed food hygiene certificates

“Prior to the scheme, 70 organisations were providing food and activities for young people. However, many were dependent on donations from bakeries or could only afford snacks. The development of the Holiday Activities and Food programme has meant that good quality food can be purchased. Staff and volunteers have received training about School Food Standards, what healthy and nutritious foods are, recipes and tips on how to encourage fussy eaters to have a try. Organisations have been supported to improve their kitchen facilities as well as providing funding to purchase cooking equipment such as slow cookers, air fryers, and a smoothie making bike. The majority of the organisations now offer hot food but we are still striving to achieve 100%. Families have reported feeling less stressed about feeding their children, children have tried food they would not normally eat and the providers have seen changes in behaviour with children being calmer, able to concentrate for longer and asking for fruit and water rather than fizzy drinks and crisps.”

Sally Dobbing, Holiday Activities and Food Project Manager

## GOAL 2 UNCOVERING THE TRUE SCALE OF FOOD INSECURITY

We want to better understand and document the scale and experiences of food insecurity. The focus of 2022 has been to support organisations in their data collection and explore ways that food insecurity screening questions could be embedded into the work of health care providers.

### ACTION HIGHLIGHTS:

- » Liverpool City Council, Feeding Liverpool, and the University of Liverpool have begun work on the Food Insecurity Monitoring at Local Level Project (FILL) which seeks to develop a measurement for food insecurity which can be used in Liverpool
- » Speke, Woolton, Allerton, Gateacre, Garston, and Aigburth Primary Health Care Networks are piloting asking the food insecurity screening questions through their social prescribing teams
- » Feeding Liverpool have developed food activity monitoring tools to support organisations who give out emergency food parcels, lead community food spaces or host community meals to monitor and report back on their activities



### TAKING ACTION

Micah Liverpool pledged to offer the most healthy and nutritious food parcel possible through their emergency food aid project, including fresh fruit and vegetables, and to be a Real Living Wage employer. This year, Micah Liverpool has increased the amount of fruit and vegetables they buy each week to ensure that all of their parcels contain fruit and vegetables. They also opened two community markets which offer fresh produce, and continue to be a Real Living Wage employee

## GOAL 3 ENABLING FOOD CITIZENSHIP

We want to enable people to have the power, voice, resources and motivation to shape their local food environments and the food system as a whole.

The Good Food Plan commits partners to set up spaces for a wide range of perspectives to prioritise key challenges in their local food environment and get involved in cycles of innovation, experimentation, reflection and learning. The plan also commits partners to support promising innovative solutions by helping them develop and become sustainable through making resources and expertise available and working with decision makers to shift policies that are getting in the way of this work.

### ACTION HIGHLIGHTS:

- » Continued growth, development and innovation of the community food spaces sector in Liverpool, with communities and local organisations developing community pantries, growing spaces, community markets, and community shops. New sites have opened in 2022 including the Fans Supporting Foodbanks Everton in the Community Mobile Pantry and Community Grocery Liverpool. These build local communities around good food, provide opportunities for volunteering, and reduce the amount households spend on food
- » Kensington Fields Community Association told their story about their local food environment through a short documentary with The Guardian: 'Made in Liverpool: This Land is Our Land'
- » BiteBack 2030 established a Liverpool Youth Board and National Citizens Service Merseyside focused their social action projects on affordable and sustainable food, with young people delivering projects across the region
- » New cross-city initiatives have developed which seek to empower local community leaders, including the training of 28 community leaders to deliver Fed-Up Slow Cooker courses, led by Feedback Global, Feeding Liverpool and chef Adam Franklin
- » The expansion and development of a mobile greengrocers called 'Queen of Greens' to improve access to fresh fruit and vegetables in Liverpool. Led by Feedback Global and Feeding Liverpool, The Queen of Greens visits 29 stops in Liverpool and Knowsley; with site locations identified by health partners
- » Volunteer Voices photo project led by Hellen Songa and the Liverpool Food Growers network told the stories of growers across the city
- » Five community leaders undertook media training and residents with experience of food insecurity and community leaders engaged with local and national media
- » 92 residents across five communities shared what good food means to them in a listening project led by Feeding Liverpool. This included members from the Multicultural Women's Empowerment Group, Chinese Wellbeing, Asylum Link Merseyside, Igbo Women's Group, and Liverpool Irish Centre



## TAKING ACTION

**Liverpool Food Cycle pledged to open two new community food spaces across Liverpool and join the Food Alliance.**

Liverpool Food Cycle opened two new community meal projects in Old Swan and Bootle.

**Liverpool Hope University pledged to use their applied community nutrition and public health nutrition curriculum to support the goals of the Good Food Plan.** Liverpool Hope University Public Health department have developed their curriculum to include recipe and meal plans to make best use of items available in food banks and have encouraged students to volunteer with organisations linked in with the network.

**Liverpool Zero Waste CIC pledged to collect and redistribute surplus food to families, food pantries and community groups in South Liverpool.** This year they have been providing surplus food for free to 2000 - 2500 families in Merseyside a week.

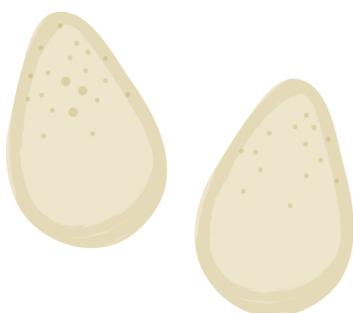
**Compost Works pledged to support local residents and organisations with food waste composting, producing compost to grow local food.** Compost Works have built their 24th community compost site in Liverpool City Region and set up food waste composting facilities for 900 household users in the region. This year, they've delivered a number of free Introduction to Composting training sessions, and have ran wormery compost workshops in schools and given talks on composting to businesses and other agencies.



**Local resident Simon pledged to talk to the people he lives, works and meets about what good food means to them.** Simon has started conversations with his staff team and people he meets about what good food means to them

**Local resident Annette pledged to eat seasonal mainly plant-based foods, and grow her own food (alongside continuing her numerous voluntary commitments and campaigning as a food justice activist)** Annette has eaten mainly plant based foods this year and grown a variety of vegetables in her garden.

**Local resident Hellen pledged to volunteer at local community food growing projects and support local community projects.** This year Hellen has volunteered at John Archer Hall, Hope Community Garden, Grow Speke, Growing Sudley, and Faiths4Change. She also partnered with Open Eye Gallery, Groundwork UK, Liverpool Food Growers Network and Feeding Liverpool to champion the people who lead and volunteer at community food growing projects via an exhibition at OEG during both their LOOK Climate Lab 2022 and LOOK Climate Photo Biennial 2022.



## GOAL 4 SHIFTING POLICY AND PRACTICE

We want to shift policy and practice to enable 'Good Food' to flourish. In 2022 this goal has focused increasing the engagement of Good Food Plan partners in local and national policy arenas.

### ACTION HIGHLIGHTS:

- » Good Food Policy and Community Advocacy Group established and meeting quarterly. This group supported [52 foodbank users and 20 organisations](#) to submit responses to the All-Party Parliamentary Group inquiry into Ending the Need for Foodbanks, and led on Liverpool's response to four consultations related to Good Food.
- » Liverpool's Members of Parliament Ian Byrne and Kim Johnson have championed changes to The Healthy Start Scheme and Free School Meals in the Houses of Parliament. Ian Byrne MP and Fans Supporting Foodbanks continue to lead the Right to Food campaign
- » Trussell Trust's Day of Action in September was supported by Liverpool's Members of Parliament and the Mayor of Liverpool
- » Cheshire and Merseyside Cancer Alliance Strategic Obesity Project was established and led by Food Active
- » Good Food Policy group members joined the Food and Work Research network led by Birkbeck University
- » Good Food Partners support the work of Liverpool's Marmot Community
- » University of Liverpool PHASE research project developed a data model to support decision making in the local policy good food landscape

### TAKING ACTION

Liverpool City Council Public Health department pledged to support the development and implementation of the Good Food Plan. Public Health are co-chairing the new Good Food Plan Taskforce to support the implementation of the five goals of the Good Food Plan with strategic leads across a range of organisations. Public Health have also employed a new Senior Public Health Practitioner who will also support the development and co-ordination of the Good Food Plan. In addition, the team is leading the new Healthy Start Steering Group with the aim to increase awareness and uptake of Healthy Start Vouchers through the implementation and delivery of the recommendations from the 'How can we improve the uptake of healthy start scheme in Liverpool' report launched by Feeding Liverpool in September 2022. An action plan is currently being developed.

Community Shop Kirkdale pledged to use their community space to support the goals of the Good Food Plan. This year they have worked collaboratively with several organisations to support the Goals to enable food citizenship and to connect communities. They recently hosted Feeding Liverpool's Community Cooking Conversations event which demonstrated some of the amazing work by community food initiatives and provided insight into effective practises and models of intervention.



# GOAL 5 CONNECTING THE COMMUNITY

We want to bring together a community of people and organisations that have a part to play in achieving good food for all.

2022 has seen the growth of local networks, whilst Good Food Plan Partners have also become further integrated into regional and national networks.

## ACTION HIGHLIGHTS:

- » Over 1000 people have been introduced to the work of the Good Food Plan through local and national presentations and events
- » Liverpool Food Growers Network has grown, now engaging with 40-50 groups across the region, the network has hosted 20 events this year across Merseyside
- » LCVS have created the Health and Wellbeing Network which meets quarterly
- » Feeding Liverpool was established as Liverpool's food alliance, and developed the Emergency Food Providers Network which meets quarterly. Feeding Liverpool have hosted 11 Good Food gatherings including events on Community Cooking, Establishing partnerships between community growers and community food spaces, and Supporting Refugees and Asylum Seekers with good food
- » Regular good food communications have been developed with Feeding Liverpool sending 20+ news bulletins in 2022 which share resources, best practice and events connected to the vision of Good Food for All
- » Good Food taskforce members are embedded into regional and national networks including Sustain, Feeding Britain and The Community Research and Engagement Network. Liverpool has been readmitted into the Sustainable Food Places Network



## TAKING ACTION

Liverpool Charity and Voluntary Services (LCVS) pledged to engage the development of the plan, support their network to work towards the Good Food Plan and provide resources for local groups to deliver interventions which contribute to the plan and address local health inequalities. Over the last year LCVS have played an active part in the Good Food Plan as part of the Good Food steering group, Policy group, and through promoting the work via monthly newsletters and the Health and Wellbeing Network. They coordinated a discussion and information gathering exercise around the awareness and up-take of Healthy Start vouchers of organisations involved in the Health and Wellbeing Network and administrated the Healthy Activity and Food programme for a year which provided healthy and nutritious food to children and families in need. LCVS are administrating a grant in collaboration with Alder Hey Children's Hospital and Public Health Liverpool with the aim of promoting healthy weight management for children and families. LCVS provide central support information on their website, including promoting links to Feeding Liverpool resources.



# THANK YOU

With over 300 organisations connected to and working towards the aims of the plan, this report cannot share all that has happened this year but, we hope, offers a glimpse into the work across the city. It has been compiled by the Good Food Taskforce with support from Feeding Liverpool.

We would like to extend our thanks to the residents and organisations working towards creating a city where everyone can eat good food.



Learn more about Liverpool's Good Food Plan:  
[www.feedingliverpool.org/goodfoodplan](http://www.feedingliverpool.org/goodfoodplan)

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