

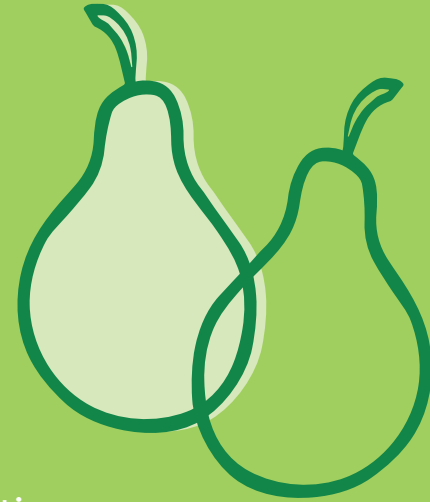
# OUR IMPACT 2023



Feeding  
Liverpool

#goodfoodforall

# Feeding Liverpool



We are the city of Liverpool's food alliance, connecting and equipping people and organisations to work towards Good Food for All.

Building on our work since 2015 tackling hunger and food insecurity, Feeding Liverpool is developing and driving forward Liverpool's Good Food Plan in partnership with communities and organisations across the city.

### Our key activities:

- Lead, equip and support people and projects to work towards Good Food for All
- Campaign with local and national partners to tackle the root causes of poverty
- Support people who have experiences of food insecurity to tell their story and shape their local food environment
- Connect communities and organisations through our network gatherings and programme of events
- Lead Liverpool's Good Food Plan

### The outcomes we are working towards:



Reduced levels of poverty and food insecurity in Liverpool



Increased access to good food for residents across the city



Reduced health inequalities and improved health outcomes for residents



Improved pathways of support for residents experiencing food insecurity



Improved communication and collaboration across the food support sector



Residents, of all ages, can shape the local and national food systems



Strong cross-sector partnerships working towards Good Food for All

## AN INTRODUCTION FROM OUR DIRECTOR:

“2023 has been another year of growth and development for Feeding Liverpool. Working alongside our 74 member organisations, we continue to lead, equip, and support people and projects that seek to tackle food insecurity and improve access to good food in Liverpool.

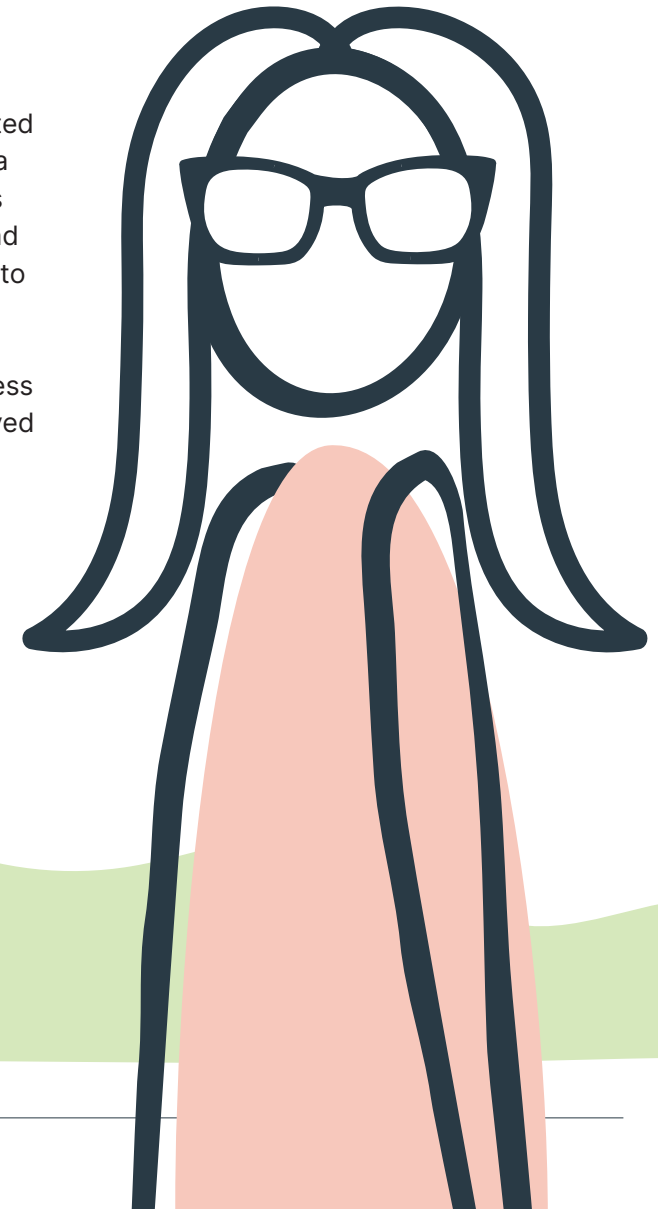
I am proud that our work continues to be shaped by people who have first-hand experience of poverty and food insecurity, and those who are working with our communities to tackle these issues.

We continue to lead Liverpool's Good Food Plan and were delighted to have this work recognized on a national stage after receiving a Sustainable Food Places Bronze award in November. The awards panel highlighted our exemplary work in tackling food poverty and diet-related ill-health, and our commitment to increasing access to affordable, healthy food.

Whilst the challenges we face as a city are significant, the progress made over the last few years has highlighted what can be achieved when we take a joined up, holistic approach to sustainable and healthy food, and work together towards Good Food for All.”

Dr Naomi Maynard,  
Good Food Programme Director

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# KEY ACHIEVEMENTS IN 2023:

**7,723**

Emergency food parcels boosted with fruit and vegetables.

**61**

New Community Healthy Start Champions trained.

**£1M**

distributed to our members.

**13,720**

Visits to the Queen of Greens mobile greengrocer.

**919**

People connected through our twice monthly news bulletin.

**10**

Good Food network events.

**30**

Community leaders trained to deliver cooking courses.

**7**

Community venues hosted Good Food; 'Our Food' photo exhibition.

**31**

Young people attended food citizenship workshops.

**8,800**

Visits to our Community Food Spaces map.

## OUR MEMBERS

Feeding Liverpool is an alliance of over 70 members including the local authority, statutory organisations, universities, health partners, local businesses and community organisations who provide food support across Liverpool and the surrounding areas. Together our members work towards Good Food for All.

### A week in the life of food support in Liverpool:



This report highlights the difference Feeding Liverpool has made across Liverpool and beyond. We are building trust and confidence across the food support sector, reducing the administrative burden on community groups and enabling member organisations of all sizes to work together in new ways.

Together we are improving access to good food, reducing social isolation, improving health and wellbeing, and fostering community cohesion as we work towards a common goal of Good Food for All.

## LEADING, EQUIPPING AND SUPPORTING PEOPLE AND PROJECTS

Feeding Liverpool leads, equips, and supports people and projects that work towards Good Food for All. In 2023 this has included leading the Winter Boost Project to support people in a crisis, developing the Queen of Greens mobile greengrocer to improve access to good food, supporting community leaders to deliver cooking courses, and expanding our network of Community Healthy Start Champions. We have also facilitated the distribution of vital funds to our members and continued to develop resources for our network to improve collaboration and access to information for people in need of emergency or community food provision.





# A HEALTHY START FOR LIVERPOOL

We trained 61 new community leaders to become Community Healthy Start Champions, supporting pregnant women and families with young children to access good food.

The NHS 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 nearly 1 in 3 eligible people in the city are missing out.

We continued to grow our network of Community Healthy Start Champions and developed a programme of work to increase uptake of the Healthy Start scheme locally, and campaign for change nationally.



### The difference we made:

- Located in food support spaces, community organisations and children's centres, our Community Healthy Start Champions increase awareness and support families to apply for the Healthy Start scheme. We trained 61 new champions bringing the total number of champions in our network to 187. Every Champion said they found the training 'very useful' and now felt more confident in supporting people to apply for the scheme.
- 6 months after the training, we asked our champions how they have put what they learnt into action: 69% now support people to register for the scheme; an increase from 44% prior to the training. 81% talk about the Healthy Start with pregnant women and families and 81% now display information about scheme. Together our champions have supported over 135 people to apply for the Healthy Start scheme.
- To increase the profile of the scheme in the city, we issued promotional materials to 34 venues via the Holidays Activities and Food Programme and promoted it via local media.
- Organisations such as Kinship Carers Liverpool now include Healthy Start questions in their assessment packs, identifying more people who may be eligible for the Healthy Start.
- We campaigned alongside Members of Parliament for a move towards automatic registration and to increase the value of Healthy Start card payments.
- Our 'A Healthy Start for Liverpool' page, containing a video recording of one of the online training sessions, as well as an easily-digestible PowerPoint presentation, has been viewed over 850 times.
- Our model of Community Healthy Start Champions training has garnered interest from other localities including Greater Manchester/Salford and Nottingham, who are looking to replicate the programme in their areas.



At the end of 2023, the uptake of Healthy Start across Liverpool is 75%, an increase from 65% in January 2023.





# The Winter Boost Project



We worked with the five of our members to boost 7,723 emergency food parcels with fresh fruit and vegetables during the winter months.

We want people in a crisis to be able to access good food. Into our third year of operations, The Winter Boost project provides fresh produce to people needing emergency food support.

**The difference we made:**

- We partnered with five of our member organisations: St Andrew’s Community Network, South Liverpool Foodbank, Micah Liverpool, New Beginnings Improving Lives CIC, and L6 Community Association, to boost over 7,723 of their emergency foodbank parcels with fresh produce from January to March 2023. This included locally sourced fruit, vegetables and eggs.
- This supported the health of households in a crisis during the Winter months.

The Winter Boost Project has been renewed and expanded for Winter 2023/2024 to include The Whitechapel Centre, the leading homeless and housing charity in Liverpool, alongside the five foodbank networks.



“We recently had a client visit one of our centres needing food for him and his young child, for whom he has custody each weekend. He has no access to the child benefit paid to his ex-partner and is also awaiting a decision on an appeal for a health-related benefit for himself. He was really happy to receive the fresh fruit and vegetables provided as part of the Winter Boost project alongside the foodbank parcel, because he has been trying to involve his child in simple healthy cooking activities at the weekend when funds allow. He was particularly chuffed when we were able to give him a pack of eggs, in response showing us a short video of the child helping to prepare his favourite lunch of scrambled eggs earlier in the year!”

**South Liverpool Foodbank,**  
Winter Boost Project Partner



# The Healthy Boost Project



The Healthy Boost Project provides targeted support for people at acute risk of food insecurity.

The Healthy Boost Project began operations in November 2023 to provide targeted food support for people at acute risk of food insecurity. Our project this year is focusing on pregnant women and families with young children on a low income, asylum seekers and refugees, and kinship carers.

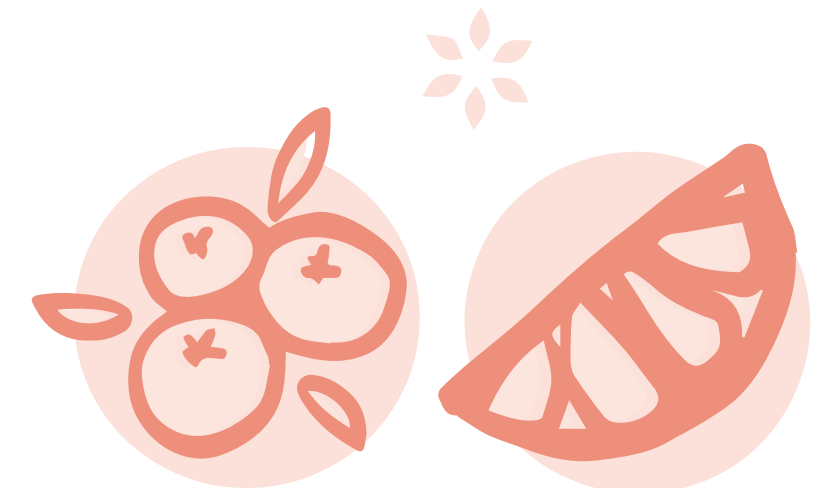
This project is led by Feeding Liverpool and Liverpool City Council’s Public Health team, with support from our project partners the Alexandra Rose Charity, Big Help Project, Kinship Carers Liverpool and Alchemic Kitchen CIC.

As the project develops in 2024, our aim is to provide regular food support for over 285 households.



“Public Health are delighted to be working in collaboration with Feeding Liverpool. This report highlights the progress made towards our vision of ‘Good Food for All’. The successes of the Good Food Task Force were celebrated further with the fantastic achievement of the Sustainable Food Places Bronze Award in November 2023. There are still challenges ahead and so it is vital that we continue to work together to create a city where everyone can eat good food, no matter who they are and where they live.”

**Professor Matthew Ashton,**  
Director of Public Health, Liverpool City Council







Through the development of the Queen of Greens mobile greengrocer, we have improved access to good food across Liverpool and Knowsley.



**The difference we made:**

- Over 250 families visit the bus each week to access high quality, affordable fresh fruit and vegetables.
- The bus has been visited over 13,720 times this year.
- We have added new stops onto the route to particularly support refugees and asylum seekers, and families with young children as part of our Healthy Boost project.
- We have developed promotional materials and an online map for the Queen of Greens. The map has been viewed 4,400 times this year.

The Queen of Greens brings affordable fresh fruit and vegetables into the heart of communities. Operated in partnership with Alchemic Kitchen CIC – a Global Feedback project – the mobile greengrocer visits 23 stops each week including health centres, hospitals, children’s centres and community venues providing people with better opportunities to shop for nutritious food closer to their home or workplace. Customers can pay for their shopping with their Healthy Start cards or Rose vouchers - fruit and vegetables vouchers for families on a low-income, provided by our partner the Alexandra Rose Charity - as well as cash or card.

The Queen of Greens will be expanding in 2024 to include additional stops, particularly targeting neighbourhoods classed as ‘food deserts’, where residents have to travel more than a kilometre or walk 15 minutes to reach a supermarket selling ‘green’ produce.



# THE FED-UP SLOW COOKER COURSES



We have trained 30 community leaders to deliver cooking courses to support households to cook good food on a budget.

Feeding Liverpool, Alchemic Kitchen CIC, and chef Adam Franklin have extended last year’s partnership to deliver four more Fed-Up Slow Cooker Train-the-Trainer courses, teaching practical, communal cooking courses that bring together and equip community members to make delicious, nutritious, low-maintenance meals on a budget.

**The difference we made:**

- 30 new community leaders were trained to deliver cooking courses in their community, bringing the total number of trainers to 58, each representing a different community or organisation.
- With thanks to our sponsors Merseyside Play Action Council and Plus Packaging, we distributed 570 slow cookers to the trainers to give out to attendees of their own slow cooker courses.
- So far, 38 courses have been delivered by community leaders across the city, supporting over 300 members of their communities to cook good food on a budget, try new foods, make new friends and save energy.



“Our Fed Up slow cooker course has been really popular. We now have a waiting list. We started with 9 people, all are some of our regular food club members, and we started with the simple Bolognese Sauce recipe.

One mum commented that it was really enjoyable, easy to follow, and their 4-year-old loved cooking; another participant’s teenage son tried two new vegetables that he previously had refused and really enjoyed it; a further participant said that the slow cooker was a great help as she could cook and leave the house then come home to a fresh meal. She said she never cooks, cannot cook but found it really easy.

Two people who attended our course live on the same street, and since attending they have been taking turns to cook for each other. They have also started sharing the recipes they received with a third resident of the street.”

**Nicola McHugh,**  
The Drive Community Centre, Feeding Liverpool member and new Fed-Up trainer





# BRICKYARD: GROW, COOK, EAT



Brickyard: Grow, Cook, Eat is Feeding Liverpool and Everton in the Community's new community garden, which brings sustainable, creative urban-growing into the heart of Liverpool.

Brickyard was initially developed as a show garden for the RHS Tatton Park Flower Show. It was awarded the highest honours at show: a Gold Medal, the award for Best Terrace and Slim Space Garden, and the People's Choice award.

Designer Conal Studio approached Feeding Liverpool and Everton in the Community to enable the garden to be relocated to a community setting, to inspire and encourage people to grow, cook and eat good food.

In July, the garden was relocated to Everton in the Community's purpose-built mental health and wellbeing hub, The People's Place – forming a lasting legacy for the city.



"Everton in the Community is thrilled to partner with Feeding Liverpool and Conal Studio ... this is a great opportunity for us, which will allow the community and our participants to access a green growing space and take up gardening to help aid their wellbeing."

**Jonathon Jones,**  
Senior Programme Manager,  
Everton in the Community



"Good food is the foundation of strong communities in our city, bringing people from all different walks of life together. Our hope is that Brickyard will inspire urban growing in unusual spaces across Liverpool alongside being a focal point for good food in Everton."

**Dr Naomi Maynard,**  
Feeding Liverpool Director

# EQUIPPING OUR NETWORK THROUGH RESOURCES

Our online resources make it easy for residents and people supporting those experiencing food insecurity to find and share the information and support they need.

Feeding Liverpool produce and maintain city-wide resources which support improved collaboration and best practice across emergency and community food providers.

**The difference we made:**

- Our Community Food Spaces map was viewed over 8,800 times by 5,100 people this year. The map contains the locations, opening hours and descriptions of 61 community food spaces in Liverpool. Now into its fourth year, it is regularly used by support workers, housing officers and emergency and community food space staff and volunteers to signpost people to support in their local community.
- Our 2023 Liverpool Christmas Food Support page was viewed over 1,900 times in the run up to Christmas. This signposts organisations and residents to information about the food support available over the Christmas period.
- We developed resources for organisations offering food support, including a van safety checklist for mobile pantries and food allergy posters.











# GOOD FOOD; OUR FOOD

We developed the Good Food; Our Food photo exhibition to share powerful stories of what good food means to cultural communities across Liverpool.



Since 2021 we have been working with cultural communities in Liverpool to answer the question “what does good food mean to you?” We heard how the traditions surrounding cultural food are important to wellbeing through our sense of shared identity, community, and heritage.

The Good Food; Our Food photo exhibition, developed with local photographer Emma Case, showcases photos and stories from individuals and families within our local communities, including members of Pakistan Association Liverpool, Chinese Wellbeing, Refugee Women Connect, Merseyside Polonia, Liverpool Irish Centre, and Irish Community Care.



**The difference we made:**

- Over 200 people joined the launch of the exhibition in May, which included community stalls, a cooking demonstration run by members of the Ukrainian community and a choral piece by members of Chinese Wellbeing. This event encouraged community cohesion through bringing together and celebrating cultural communities across our city.
- So far, the exhibition has toured 7 community venues providing people from all walks of life the opportunity to engage with art and learn about and celebrate the different traditions and cultures surrounding good food.

“We are incredibly honoured to partner with Feeding Liverpool and Emma Case on the launch of Good Food; Our Food. Having access to culturally appropriate food is a necessity shared between all community members, universal to their country of origin. We are pleased that together we can support and advocate for wider community groups who found home here in Liverpool and Merseyside. We are such a welcoming city and this event is all about Scouse hospitality and all of our neighbours who chose this city to call home.”

**Dagmara Wojciechowicz,**  
Merseyside Polonia



# YOUNG PEOPLE AND FOOD CITIZENSHIP

We hosted workshops with young people to explore themes of food citizenship and develop young people's confidence to use their voice to speak out for change.

We want to enable young people to have the power, voice, resources, and motivation to shape their local food environments and the food system as a whole. Our workshops provide young people with the opportunity to explore what 'good food' means to them, identify the barriers they face in accessing good food, and articulate how they would like food systems to change in the future.



"It was great working with Feeding Liverpool. The sessions were engaging and important; they highlighted politics, food poverty, wastage and health."

Walton Youth and Community Project

### The difference we made:

- 31 young people aged 8-15 from four Holiday Activities and Food Programme providers, Al-Ghazali Centre, Croxteth Gems, Central Youth Club and Walton Youth and Community Project, attended workshops throughout the summer.
- Through photography, collage, and cooking, the young people produced their own definitions of what Good Food means to them. They were taught photography skills to document their Good Food activities and created their own demands to improve our food systems.
- The young people were supported to become more politically aware and engaged in issues of social justice related to food security.
- Through the workshops they produced a collection of photographs, collages and artworks which will be available for display as part of the touring Good Food; Our Food photo exhibition.



# CAMPAIGNING FOR GOOD FOOD FOR ALL

We create opportunities for residents to engage with national campaigns that promote Good Food for All.

We want to equip and support residents to engage in campaigns which promote Good Food for All. In June we facilitated local action as part of the No Child Left Behind campaign week advocating for Free School Meals for All. In September we mobilised support for the Right to Food Week, a campaign led by our local MP Ian Byrne.

"Feeding Liverpool is a tireless advocate for ensuring there's enough food and, crucially, good food for all. We're so grateful to have you in the coalition for #FreeSchoolMealsForAll. Thank you for all you do!"

No Child Left Behind UK campaign

"I would like to thank Feeding Liverpool for their continued help and support over the Right to Food week, with their Director speaking at the rally after the Hunger March in Liverpool and the tireless work from their Development Officer who helped to ensure the schools, pantries and foodbanks within the network had a voice and presence on the day."

Ian Byrne MP,  
Liverpool West Derby –  
Right to Food Campaign founder



### The difference we made:

- We facilitated local action for the Free School Meals campaign week including parent forums and pantry dinner plate activities, culminating in a demonstration by pupils at Monksdown Primary School. This received national media coverage, with pupils on the front page of the Daily Mirror, and later interviewed on ITV Breakfast. Two of our Food Justice campaigners attended the Downing Street letter hand-in and oversaw the delivery of over 60 letters written by pupils of Monksdown Primary School. We have been recognised by the national campaign as a key partner in moving Free School Meals up the political agenda and have continued to support the campaign throughout 2023.
- We mobilized local support for the Right to Food campaign through organizing banner making sessions at five pantries in the lead up to the Right to Food Hunger March. Our Director and a Food Justice Campaigner were invited to speak at the campaign rally after the march and also supported with media coverage.



# MOBILISING GRASSROOTS CAMPAIGNERS

We have hosted Community Meals to bring together pantry and foodbank volunteers and members to develop local campaigns aimed at the prevention of food insecurity.

In 2023, as part of The Trussell Trust's Organising and Local Mobilisation Programme, we held three community meals, each hosted by a different pantry. These brought together volunteers and members from across the network.



### The difference we made:

- 20 individuals attended one or more of these events, with ten different Community Food Spaces sending attendees. These events provided opportunities for members to meet one another, identify issues and begin to develop activities and actions.
- Thanks to the enthusiasm of those who attended the meals, we have since developed a local Free School Meal campaigns group and launched our Food Ambassador drive; seeking passionate individuals to become advocates for Good Food in their communities.

In 2024, we will work together with Food Ambassadors to identify barriers to accessing good food, understand problems or representational issues in their areas and communities, and engage the public and stakeholders in tackling these issues.



# CONNECTING COMMUNITIES

Feeding Liverpool connects people, organisations and communities through our programme of events, network gatherings and our regular news bulletins and social media communications. In 2023 we continued to lead the Emergency Food network, facilitating supportive and informative spaces for food support organisations in Liverpool. We also delivered a programme of Good Food networking events and supported Liverpool Food Aid music festival.





# GOOD FOOD EVENTS

We hosted six Good Food events which brought groups together around topics connected with Good Food for All. We also supported the delivery of the Liverpool Food Aid fundraising concert.

We continue to provide a programme of networking and themed events across the year. The aim of these events is to share expertise and promote the development of best practice in a wide variety of areas related to Good Food for All. We also supported the Florrie to deliver Liverpool Food Aid, a fundraising music festival in aid of community food spaces in Liverpool.

### The difference we made:

- Over 160 individuals from 64 different organisations attended one or more of our networking events, sharing their expertise with each other through presentations, round table discussions and informal networking sessions. This included our Growing in the Community event, co-hosted with Liverpool Food Growers Network which was attended by 30 people looking to meet community growers, and find out how they can establish and develop their own community food growing projects.
- Over 2000 people attended Liverpool Food Aid music festival, enjoying good music and learning more about how they can tackle food insecurity in the city. We raised £20,000 for community food spaces across Liverpool.

“This year we hosted Food-Aid Liverpool at The Florrie, in partnership with the incredible Feeding Liverpool. Without their help and assistance, we simply could not have pulled off such a high profile fundraising event, which raised vital funds for food pantries throughout the City. Their Director was always on-hand to offer us advice and feedback, and her powerful speech was magnificent on the day of the event. Thanks again from us all at The Florrie for your support.”

**Laurence Fenlon,**  
COO - The Florence Institute Trust





# LEADING LOCAL NETWORKS

We lead the Emergency Food Network, facilitating supportive and informative spaces for food support organisations in Liverpool. We have established a new working group to tackle issues around food supplies.

Every quarter we facilitate Emergency Food network meetings to provide opportunities for our 74 members to collaborate, share best practice and develop new ways of working together to improve food support in Liverpool.

Where necessary we create and facilitate new sub-working groups to tackle issues identified by our members.

### The difference we made:

- Over 50 food support staff or volunteers attended one or more of our Emergency Food Network Gatherings which help foster collaboration, communication and partnership working across the food support sector. We held four gatherings, each focusing on a key area; employment rights and in-work poverty, food supply, mental health, and winter preparations.
- We created and facilitated a new working group to strategically address the long-term sustainability and direction of emergency and community food provision in the region. We have secured funding for a project worker to conduct a feasibility study in 2024, exploring the operations of food support in the city with a view to increasing collaboration across the sector.



"The event was inspiring, it's so important to get together, raise our heads and think about the bigger context. It's great to have Feeding Liverpool. Thank you for providing us with this forum."

**Member of Everyone's Aigburth,**  
Emergency Food Network Gathering attendee



# THANK YOU

Our achievements this year would not have been possible without the many dedicated, passionate people and communities we partner with and work alongside. We would like to thank everyone who has supported our work this year.

With special thanks to our funders and key partners:



### And our donors:

- |   |  |
|---|--|
| Blackhawk Network                       | LFC Foundation                         |
| British Society of Gastroenterology     | Liverpool Voluntary Aid Club           |
| Childwall Open Spaces Trust             | Soroptimist International of Liverpool |
| Elanco Speke Operations Workplace Trust | The Bathgate Charitable Trust          |
| Foundation School of Martial Arts       | The Health Foundation                  |
| JA Shone Memorial Trust                 | United Way                             |



# Feeding Liverpool

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Follow the work of Feeding Liverpool:

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