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**SOCIAL
IMPACT
REPORT**

2



WELCOME!

I am very proud of our staff and volunteer teams who pulled out all the stops in 2022 to get FoodCycle back to pre-pandemic levels of service as quickly as possible.

At the start of the year, we focussed on rebuilding our volunteer teams in the locations that had launched or re-opened following the ending of lockdown rules in July 2021. We went on to open a further 18 Projects, extending our reach into new areas of the country such as Hull, Swindon, Cardiff and Luton. Our Check-in and Chat service continued to be valuable for those who are isolated and we developed signposting for every Project to equip our volunteers with solutions for those who needed more than a weekly meal and a chat.

As we headed into the autumn, the number of guests attending our meals swelled to our highest levels ever with some venues reaching capacity. Simultaneously we have faced the challenge of both a drop off in quantity and quality of surplus food, with reduced items selling out in store as food prices increase.

It's been wonderful to continue great relationships with both trusts and foundations and corporate partners. Without their fantastic support we would be unable to carry out our invaluable work. We have also been attracting lots of media attention with 250 pieces of media coverage including press, tv, radio and podcasts.

During the year we worked with social eating expert Dr Marsha Smith, Coventry University to produce the report *Your Place at the Table*. Launched in January 2023, the report aims to put the merits of community dining firmly on the map and to get the public talking about the importance of having shared meals in safe spaces as a way to feel part of the community.



We were honoured to receive a number of awards and accolades in 2022, including Community Partner at The Food and Drink Federation Awards, charity of the year for the 2023 Creative Shootout, runner up for Volunteer of the Year at The Third Sector Awards as well as being recognised as a disability confident employer. It is a real testament to the dedication of our staff and volunteer team.

Our meals are served in warm spaces by welcoming volunteers giving our guests respite from the challenges they face in everyday life. Knowing that the cost-of-living crisis is hitting our guests hardest we continue to be resolute in opening 20 more Projects in 2023.

Mary McGrath MBE
FoodCycle CEO

209

tonnes of food saved
from going to waste

62

local communities
benefitted from FoodCycle
services

18

new Projects
opened in 2022

3,123

Check-in and Chat
telephone
conversations

497,552

meals served*

5,458

volunteers donated 91,688
hours of their time

124,780

hours spent engaging
with our guests**

**equivalent meals, based on the
assumption an average meal weighs
420g (FSA 2008)*

***total contact time through
community meals, takeaway service
or Check-in and Chat calls*

87%

of FoodCycle guests said that coming
to a FoodCycle meal makes them feel
part of their community

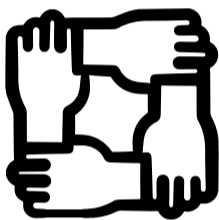
VISION

To make food poverty, loneliness and food waste a thing of the past for every community.

MISSION

Week in, week out, we nourish the hungry and lonely in our communities with delicious meals and great conversation, using food which would otherwise go to waste.

AIMS



Connect communities

Help strengthen and build resilient communities by bringing people together to share healthy, delicious meals.



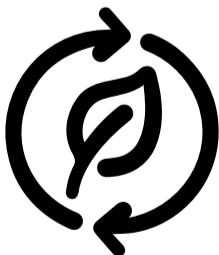
Support mental health, wellbeing and reduce loneliness

Enhance the health and mental wellbeing of all by creating welcoming spaces for people from all backgrounds and walks of life to have conversations together.



Nourish the hungry

Improve nutrition and reduce hunger by cooking healthy meals for those in need, leading to improved food knowledge and changes in behaviour.



Promote sustainability

Change attitudes to food and society's impact on the environment by cooking with surplus ingredients.



Inspire change

Share the virtues of our community dining model and the voices of our guests to gain greater support and speed our expansion, enabling us to help more people and more communities.



WHY WE ARE NEEDED

People can't afford the basics

Living costs are at a record high and many households are struggling to afford the basics, such as food and heating. The Joseph Rowntree Foundation reports that over seven in ten families are going without essentials. 92% of FoodCycle guests are concerned that the price of food will increase, 82% are concerned about being able to keep their house warm enough and 48% are already behind on some, or all, of their household bills.

Access to healthy, nutritious food is expensive

It is well documented that eating a healthy and nutritious diet has many health benefits yet The Food Foundation reports that the cost of healthy food is three times as expensive as less healthy food. This means that the poorest households would need to spend 43% of their disposable income to meet the Government-recommended healthy diet.

Good food is still going to waste

WRAP reports that the food wasted by UK households in one year (6.4 million tonnes) could be turned in to the equivalent of 15 billion meals – enough to feed the entire UK population three meals a day for 11 weeks.

Community dining fights feelings of loneliness

The Campaign to End Loneliness reports that feeling lonely can quickly lead to a loss of confidence, causing people to withdraw from contact with others and in turn set off a downward spiral. FoodCycle's recent report, Your Place at the Table addresses the benefits of community dining and states that eating together is important in sustaining not just the physical body, but in creating the sense of belonging that underpins a healthy society.

Supporting the UN's Sustainable Development Goals

FoodCycle's work contributes to multiple Sustainable Development goals by tackling food poverty, food waste, bringing communities together and supporting health and wellbeing.

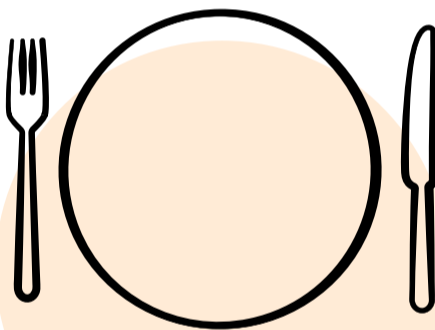
YOUR PLACE AT THE TABLE

In 2022, with support from our corporate partner Quorn Foods, we commissioned a report by social eating and community food systems expert, Dr Marsha Smith of Coventry University, to really understand the impact of community dining.

The report was supported by an independent survey to uncover the public's understanding of community dining, alongside the annual FoodCycle guest and volunteer surveys.

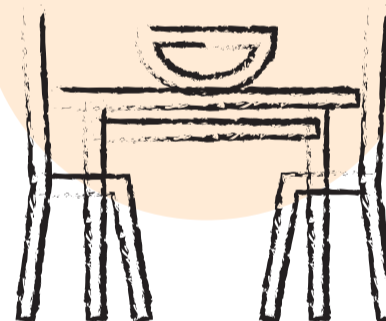


2/3 agree that not enough is being done by local councils to promote community dining projects



24% say that they eat alone every day of the week

96% of the population have not heard of community dining



The survey found that near to two in three agree that not enough is being done by local councils to promote community dining projects. It also highlighted that we are a nation of solo diners, with 24% saying that they eat alone every day of the week. Yet, one in two believe mental health is benefited by eating together. In terms of hurdles to finding social connection, it found that 96% of the population have not heard of community dining projects but near to one in two would attend if one was available in their area.

The report found that “anchor organisations at the heart of delivering services to communities” like FoodCycle “will help us build more resilience into our society”. It also said, during a time of crisis in the UK “the value of being able to eat with others, to share food, to feed people and to build social connections is particularly significant.”

WHY IS COMMUNITY DINING SO GOOD FOR US?



The report also highlights that “social isolation and loneliness are viewed as contributing to poorer general health and being closely linked with food poverty.” Therefore, FoodCycle’s model of community dining is “not just about eating together but also creates spaces and places for people to go, and to be. Fundamentally, eating together and with others not only provides the physical sustenance we need to survive but it also tethers people to a shared reality when their day-to-day life can be stressful or lonely.”

Dr Marsha Smith says “FoodCycle Projects offering opportunities to eat with others should be viewed as anchor organisations at the heart of delivering services to communities, and many more of them are needed.”



You can download and read the full report at foodcycle.org.uk/who-we-are/reports-publications/

COMMUNITY MEALS



FoodCycle meals continue to be at the heart of the community - a warm and safe space to socialise, make new friends, and share a tasty meal. In 2022 we were able to bring FoodCycle community meals to many more towns and cities across England and Wales.

87% of guests and 80% of volunteers said that coming to a FoodCycle meal makes them feel part of their community

91% of guests and volunteers said they had met people from different backgrounds

93% of guests and 90% of volunteers say they look forward to coming to FoodCycle

86% of guests and 71% of volunteers said they feel happier after attending a FoodCycle meal



“Fantastic, brilliant organisation. Wonderful big hearted volunteers. Full of kindness, humanity, appreciation. Hosting in a space which offers warmth, connection and safety and something to look forward to. Bless you all.”

FoodCycle guest, Havant

“I feel FoodCycle has changed the way I feel about the community. My friends and I love this place. I am very grateful.”

FoodCycle guest, White City

Award Winners

Acknowledging the quick and safe return to community meals after the pandemic, FoodCycle received the Community Partner Award at the Food and Drink Federation’s annual awards ceremony.





CHECK-IN AND CHAT



Our telephone service continues to be a popular addition to FoodCycle's services. Each week volunteers make calls to those that might be feeling lonely or in need of social contact.

3,123

Check-in and Chat
telephone conversations

93%

of Check-in and Chat
beneficiaries said the service
has a positive impact on them

80%

said they feel happier following
their weekly call



Rosie is a student and has been volunteering with Check-in and Chat since 2020, she says

"It's a really great way of getting to know people, getting to talk to people that you wouldn't usually meet in everyday life, especially as a student. I also find it really great that it's a virtual volunteering experience, it's really relaxed and flexible."

"The calls are a godsend and the difference they make is amazing. Thank you to all the different people who go out of their way to call me – they are unsung heroes!"

Check-in and Chat beneficiary

FOODCYCLE GUESTS

Guests attend FoodCycle's weekly community meals for a number of reasons, some come for the company, some come for the food. We pride ourselves on the fact that 'everyone is welcome', which means we see people from all walks of life, meeting together, sharing stories, making friends and enjoying a hot, nutritious meal.

43%

live on their own

68%

feel lonely

39%

have a long term physical health condition

68%

worry that they can't afford to buy the food they need

92%

are worried that the price of food will continue to increase

BUT THE BENEFITS ARE CLEAR:

84%

said they have made friends

90%

said they felt 'well fed' after a FoodCycle meal

81%

said they felt less lonely

87%

said FoodCycle gives them a safe space to socialise

81%

said they eat more fruit and vegetables



“FoodCycle is an amazing project. It brings the community together. I get to talk to people I would not normally engage with as they are not part of my social or cultural background. Lovely atmosphere. We feel welcome. Guests are well treated and considered regardless of their background. Keep up the good work.”
FoodCycle guest, Bow Road

“Gives me the chance to meet and be around others in a social setting. As times are hard it takes away all the worries and problems of everyday life.”
FoodCycle guest, Middlesbrough

“I am a 68-year-old male with no family etc. Rough sleeping is a way of life. FoodCycle gives me a warm nutritious meal that I couldn't get from anywhere else.”
FoodCycle guest, Norwich



“I am finding it difficult to adjust to a normal life after my mental health suffered from being locked down alone, but I am finding that the weekly FoodCycle meal is a definite help with this.”
FoodCycle guest, Felling

“I am very glad to be able to come and meet other people, have a healthy meal without spending money. My husband passed away recently. I am alone and feel lonely, having small income to keep me up.”
FoodCycle guest, Kilburn



“I enjoy coming to FoodCycle - otherwise I would go hungry as I don't have any money or a cooker.”
FoodCycle guest, Wandsworth Road



“I really do look forward to coming along weekly to FoodCycle as it gives me a little respite from my caring role.”
FoodCycle guest, Salford

VOLUNTEERS

Once again, our Project Leaders and volunteers have continued to go above and beyond, ensuring that we continue to provide good food and friendly conversation, week in, week out.

Volunteers join us for various reasons and with many still adjusting to life post-pandemic, alongside increasing living costs, we're seeing that some volunteers have similar needs to our guests. In our annual survey 10% said they volunteer so they can access a free meal and 26% said they came to FoodCycle to help them feel less lonely.



The positive impact on our volunteers



46%

say their mental health has improved through volunteering



80%

feel more connected to their local community



70%

have a greater understanding of food waste



60%

say it gives their lives a new sense of purpose



90%

look forward to volunteering with us

“As I work at home, on my own, I really enjoy being part of the volunteer team during the session. It’s really good to be with other people; all the volunteers are really friendly, come from different backgrounds, and work together to ensure the session runs well. My working day is on a computer screen so I really enjoy the practical element of volunteering at FoodCycle. It’s so good to get to know the guests, chat to different people, and feel part of the FoodCycle community.”

FoodCycle volunteer, Gloucester

“Since I am from Ukraine, volunteering helps to improve my English language skills, volunteering helps me understand people better and treat everyone with great respect. Volunteering teaches me to love what I do and I really feel happy attending, I really like the team which (is) helping people, amazing organisation and I am happy to be a part of team.”

FoodCycle volunteer, Havant

“I enjoy meeting new people from different ages, abilities, etc everyone has their own unique story and experiences to talk about. I can honestly say I come away from FoodCycle feeling uplifted, happy and with a smile on my face.”

FoodCycle volunteer, Birmingham Longbridge



MEET PAUL

Paul, who has a lifelong learning disability, was struggling to find a volunteering role that suited him. Then he found FoodCycle and discovered his love of cooking! “I’ve lived quite a reclusive life and wanted to find something that helped me integrate with the community and help my social skills. Being in such a relaxed atmosphere means I could learn new skills without feeling pressured. My support workers and family say my confidence has increased, I’m more positive and I talk about cooking a lot. I’m very proud of being a FoodCycle volunteer. I walk 40minutes each way every week to my shift, I’d do it in any weather.”

VOLUNTEER OF THE YEAR RUNNER UP

Birmingham Volunteer, Kirsty Preston was shortlisted at the Third Sector Awards for this prestigious award, after being nominated by her fellow volunteers. Well done Kirsty, a great achievement.



Equal Opportunities

FoodCycle prides itself on being an inclusive and diverse organisation and is proud to have been recognised as a Disability Confident Employer as well as receiving Pioneer status from the Recruitment Industry Disability Initiative (RIDI).



OUR SUPPORTERS

Once again, our partners and funders have provided fantastic support, enabling us to expand into new areas and reach more people struggling to access food and friendly conversation.



It was a busy year for FoodCycle's long-standing partnership with Just Eat. Their employees continued to volunteer across the country and fundraise, including the Just Eat Liverpool Hub who undertook a group hike of Snowdon. We are hugely grateful for Just Eat's Winter Meal Appeal which yet again saw the company support financially and encourage customers to donate at check out.



FoodCycle's partnership with Quorn goes from strength to strength, and we were delighted our work together was shortlisted in the Third Sector Business Charity Awards 2022. As well as Quorn's continued financial support, employees regularly volunteered at our Projects and Quorn products and vouchers were donated for our meals. The company kindly hosted one of our Volunteer Celebration events at their Leeds HQ, and employees took part in the Royal Parks Half Marathon to raise funds.



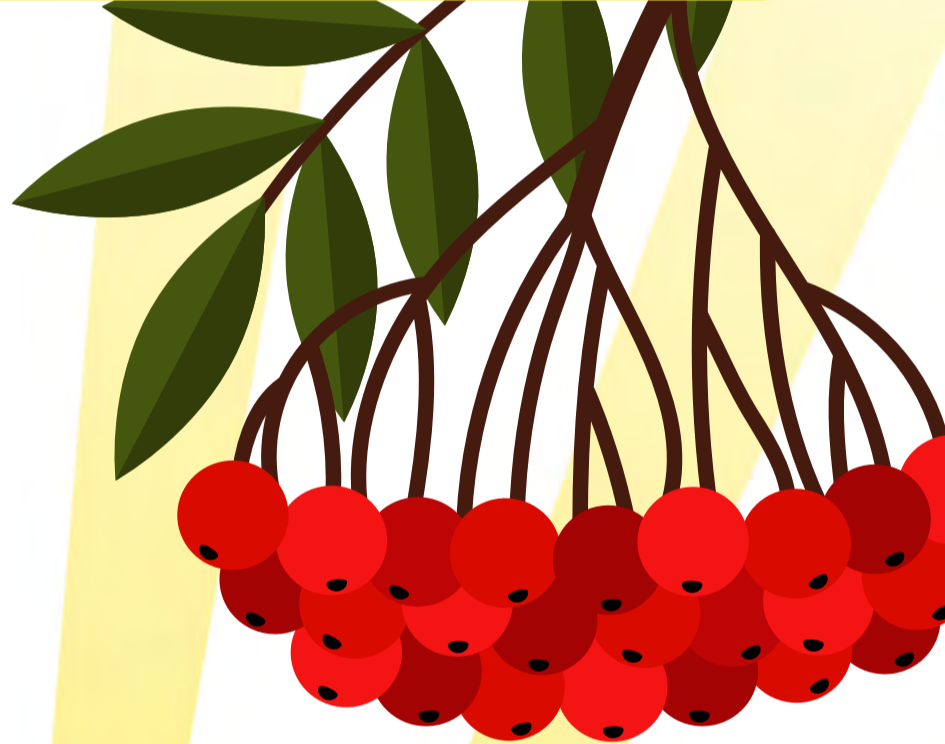


Boursin and FoodCycle partnered on a media campaign featuring Masterchef winner Kenny Tutt to highlight the issue of food waste and Boursin made a financial donation. FoodCycle also hosted a CSR Day for employees of Boursin and parent company Bel UK, where teams had the chance to create delicious meals with surplus produce and Boursin products. We were also selected as Bel UK's charity partner for 2023.



COMPASS GROUP FOUNDATION

FoodCycle was among the first recipients of a grant from the newly launched Compass Group Foundation to support volunteer training and development. Compass Group employees have already thrown themselves into volunteering at Projects as we embark on a partnership which will see their network of chefs support volunteers.



CALASTONE

Calastone continued its wonderful support of FoodCycle; we benefited from financial support through their Around the World Challenge, donations from their client survey and a staff cocktail evening.



FoodCycle launched a new partnership in 2022 with investment company, Fortem Capital, which also provided financial support. FoodCycle benefitted from the company's annual Charity Flight Night darts evening and Director Chris Dagg took part in the 100-mile Ride London event to raise funds.

Other corporate support:

Other corporate partners provided wonderful support in various ways. Rolls-Royce Bristol employees raised over £6,000 for FoodCycle's Bristol Projects and a team from Macquarie organised a Three Peaks Challenge raising over £5,000, match funded by the company. The Tesco Produce team also raised £5,230 by taking part in a 20K walking challenge.



Community Fundraising

Neil Russell-Bates, a volunteer at FoodCycle Bath, raised a fantastic £2,260 for FoodCycle by swimming the Eaton Dorney 10K.

Pupils, staff and parents at The Paragon School in Bath continued their amazing support in 2022 and raised over £7,900 for FoodCycle Bath.



Food Invention Challenges

2022 was a busy year for our Food Invention Challenges, with 18 companies taking part including Goldman Sachs, Westmill and Bel UK. These fun sessions bring teams together to create three-course meals using surplus food which are then donated to local organisations supporting communities in South London. Over the course of the year, challenge participants made 800 three-course meals from more than a tonne of surplus food.

THANK YOU

With many thanks to all our supporters during 2022, including:

Corporates

Just Eat, Quorn Foods, Redevco, COOK, Boursin, Fortem Capital, Calastone, British Gas, Whirlpool, Goldman Sachs, Warburg Pincus, Zurich Community Trust, David Wilson Homes, ADM Cares, Octopus, Jamieson Corporate Finance and Macquarie.

Trusts and Foundations

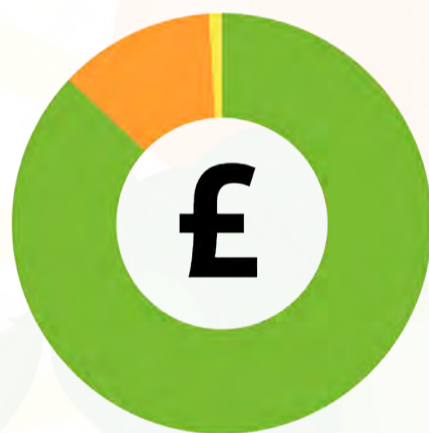
AKO Foundation, The Champniss Foundation, The City Bridge Trust, Compass Group Foundation, Drapers Charitable Fund, E Q Foundation, The Eveson Trust, The Fishmongers Company, Garfield Weston Foundation, Julia and Hans Rausing Trust, L&Q Foundation, Moondance Foundation, Rothschild Foundation, The Steel Charitable Trust.

Food Suppliers

Aldi, Asda, Booker Wholesale, Birmingham Wholesale Market, City Harvest, Co-op, The Felix Project, Lidl, Makro, M&S, Morrisons, Oddbox, Riverford Organic Farmers, Sainsbury's, Surplus for Purpose, Tesco, The Bread and Butter Thing, Waitrose and all our local independent retailers.

And a special thank you to all the other amazing companies, trusts, individuals, independent shops, restaurants, chefs and organisations across the country who have either made a donation, donated food or staff time – there are just too many of you to fit on to the page.

WHERE YOUR MONEY GOES



88%

Charitable activities

11%

Fundraising

1%

Governance

Income 2022

Corporate donations
Trusts and Foundations
Individual income
Community income
Gift in Kind
Other

£1,850,793

£774,688

£842,840

£117,732

£36,737

£61,946

£16,850

Figures are draft and are subject to change when final accounts are produced in April 2023



HOW YOU CAN HELP

Volunteer

All Projects are run by a team of incredible Project Leaders and volunteers and we're always looking for more people to join us. Roles include collecting food, cooking, hosting, or helping lead the sessions. You can also support the Check-in and Chat service by signing up to make weekly phone calls to our guests.

Corporate Partnership

We work in partnership with organisations large and small to help achieve our aims. We provide fantastic fundraising and volunteering opportunities to bring together staff and demonstrate your wonderful commitment to your community.

From a Cause Related Marketing campaign, to forming a long-term partnership and providing pro-bono support, partnering with FoodCycle will align your brand with a respected national charity.

We love to develop mutually beneficial partnerships with organisations which help us deliver support to the most vulnerable people in communities.

Fundraise

You could take on something sporty such as a walk, run, swim or cycle; organise something food related such as a tea party for family and friends or arrange an event like a quiz night or karaoke evening. We have a tonne of ideas to inspire you on our website and we can offer advice about your fundraising.

To sign up to volunteer please visit www.foodcycle.org.uk

For more information on fundraising and corporate partnerships please email fundraising@foodcycle.org.uk



NOURISHING COMMUNITIES WITH FOOD AND CONVERSATION

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www.foodcycle.org.uk

FoodCycle is a company limited by guarantee (number 7101349)
and a registered charity in England and Wales (number 1134423)

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