



HEALTHY EATING ON A BUDGET

IMPACT REPORT 2023 - PILOT



BACKGROUND

The Healthy Eating on a Budget (HEB) programme was inspired by service users, who told us that they wanted more opportunities with food. We could see that people wanted more from the informal community dining programmes, wanting more purpose and focus. It felt like a natural progression for FEAST to offer a service that promotes people's nutritional independence, being able to make informed choices from the limitations of their confines.

A stepping stone for people on their food journey

Our healthy eating programmes provide individuals experiencing food insecurity with opportunities to further their nutrition knowledge, to develop cooking skills and to help make healthy dietary choices accessible.

Most of FEAST's work is conducted in temporary homeless accommodation, and it is these service users who initiated the idea of the programme. The pilot was conducted in a men's only hostel in Kilburn.



Due to food insecurity in temporary homeless accommodation, accessing this opportunity requires a third-party facilitator, as staff lack the capacity to provide it themselves.

The programme provides a stepping stone for people on their food journey, enabling them to take the next step with a qualification and confidence. Having that motivation is so powerful and much more dignifying for people if they feel they have more choices.



**Our aim is
to empower
people
experiencing
food insecurity
to independently
access their
nutritional
needs, make
informed dietary
choices and
improve dietary
behaviours on a
budget.**

SUPPORT PEOPLE

Build knowledge and skills on nutrition, cooking and budgeting

EDUCATIONAL CONTENT

Simple nutrition theory

PROVIDE EXPERIENCE

Meal preparation and volunteering



PROMOTE CONFIDENCE

Improve sense of belonging

BUILD COMMUNITY

Partnerships in the food sector

STRUCTURE

PRE-SERVICE EVALUATION

Pre-service evaluation survey
Introduction to the programme
Total: 2 hours

LEVEL 1 NUTRITION & THEORY PRACTICE

Nutrition Theory and Practical Cooking
Total: 8 hours over 2- 4 sessions

LEVEL 2 PRACTICAL COOKING

Cooking with FEAST chefs
Total: 8 hours over 2- 4 sessions

LEVEL 3 FOOD SAFETY LEVEL 2 CERTIFICATE

Level 2 Food Hygiene and Safety Certificate
Onward Signposting to extra community services
Evaluation Survey
Graduation
TOTAL: 4 hours over 1 session

FOLLOW UP & EVALUATION

Six-month follow-up period
Evaluation reporting and dissemination



Some of the topics
cover include

- Food Groups and Food Labels
- Carbohydrates, Sugar and Diabetes
- Protein, Dairy and Fats
- Fruits, Vegetables & Fermented Food

PILOT AT CONWAY HOUSE

Conway House, Sapphire Independent Housing is temporary accommodation hostel in London. The pilot included nine male residents aged 27-64 from various ethnic backgrounds years who formed three cohorts from September 2023 to November 2023.¹

Participants used practical skills and learnt to cook healthy, low-cost meals and practice the basics of food hygiene and health and safety skills in the kitchen.

Prior to the pilot, food security of participants was:

- Food insecurity: **low to very low**
- **67%** reduced meal size or skipped meals
- **44%** experience hunger



Conversations and interactions during the sessions and meals reduced social isolation while improving the participant's sense of belonging and enhancing the social value and impact of the sessions.



¹ The pilot sample does not reflect all FEAST service users due to the small sample size and being delivered in a men's only hostel.



**WATCH OUR VIDEO AND
HEAR FROM PARTICIPANTS
OF THE PROGRAMME**



WATCH HERE



IMPACT

The programme had three key positive impacts: increased healthy dietary behaviours; enhanced participants nutritional knowledge; and increased sense of confidence and community.

INCREASED DIETARY BEHAVIOURS

The programme has markedly improved participants' dietary habits and awareness of healthy eating, evidenced by a notable 50% increase in prioritising healthy choices.

Significant shifts in budgeting for healthy eating were observed, with about 33% of participants recognising budget-friendly nutritious foods. Participants learn about the nutritional value of different foods, and identify cost-effective yet nutritious food options. This wider, practical approach helps to prioritise budgeting to secure the greatest nutritional value.



This was the first programme of its kind to be held at Conway. The residents were so engaged and really enjoyed the whole programme. They had a great sense of achievement. Thank you [FEAST], you were all great and enabled and empowered the residents more than you imagine, thank you."

**- Linda Jones,
Education, Training
and Employment
Manager at
Conway House**



IMPACT



Confidence in performing healthy dietary behaviours pre and post course

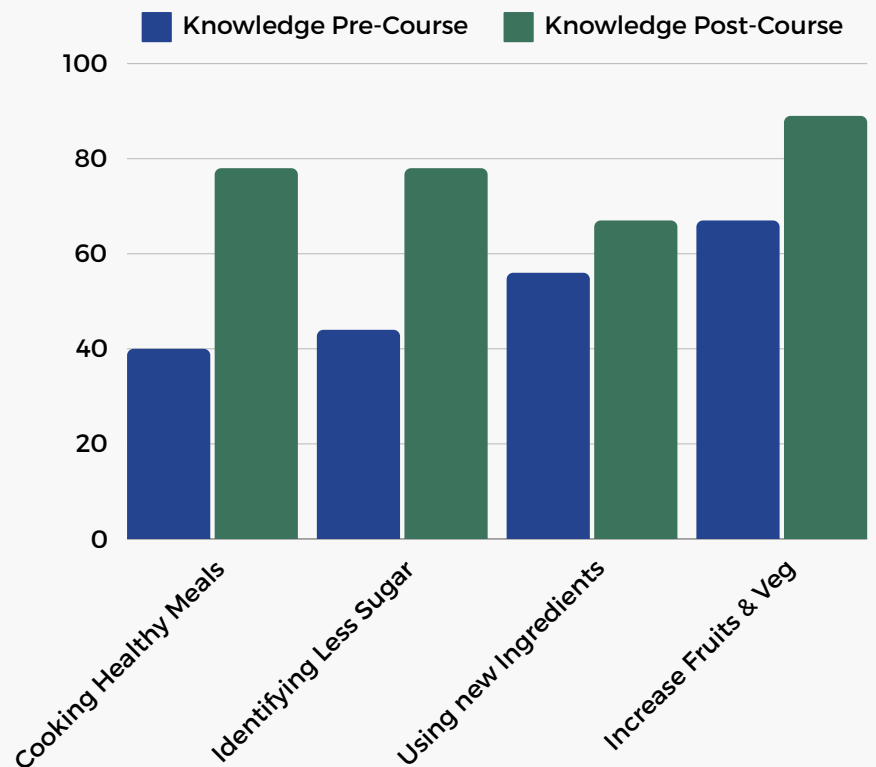


Figure 1: Percentage of Participants with 5-star Confidence Ratings Pre and Post Training.



The results indicate a significant increase in participants' confidence in performing various health-related activities after the training.

Most residents in Conway House have access to kitchen facilities and increased use of these after completing the programme, with more confidence, knowledge and motivation to cook healthy meals for themselves.

The survey results indicate that overall, the training programme appears to have had a substantial impact on the participants' confidence and attitudes towards healthy eating and cooking, suggesting its effectiveness in promoting better dietary behaviours.

IMPACT



Everything that has been said in the course has provided knowledge and I have learnt about food and hygiene."

- Participant, Conway House resident

ENHANCED NUTRITIONAL KNOWLEDGE

Overall, the pilot was successful in improving healthy eating knowledge. Notable improvements were observed in all key areas as demonstrated here:

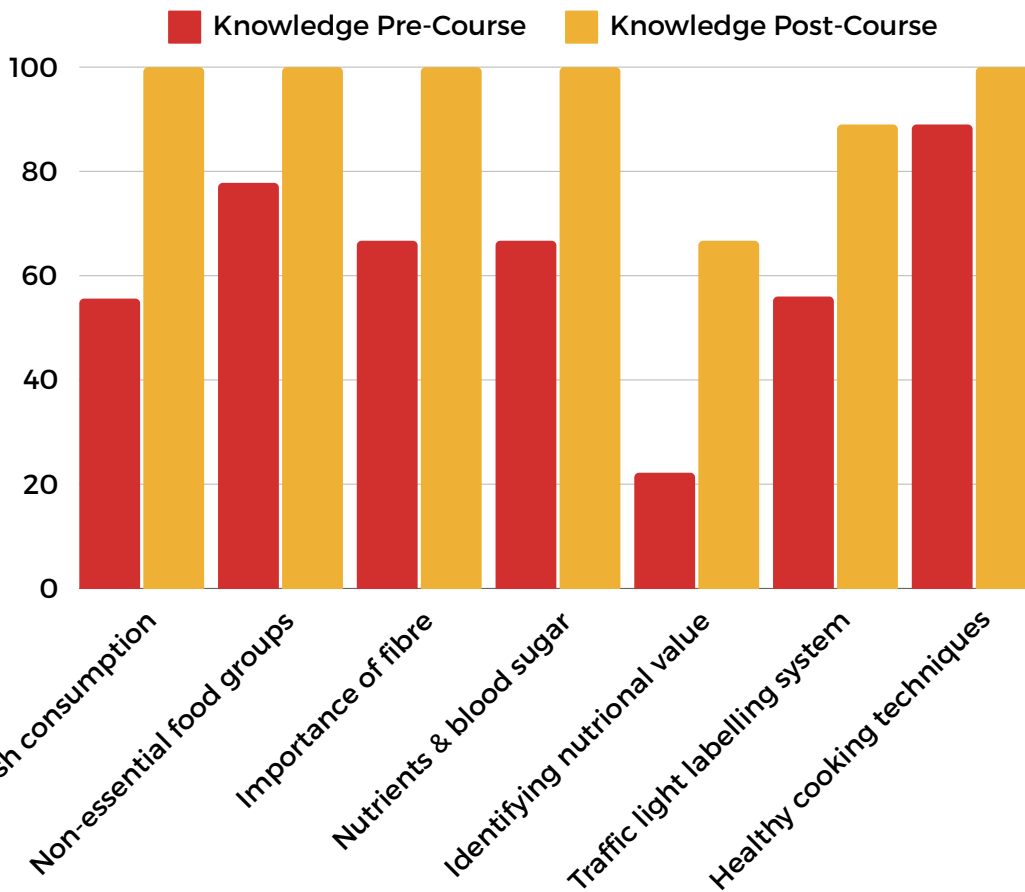
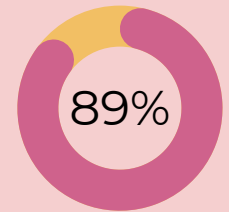
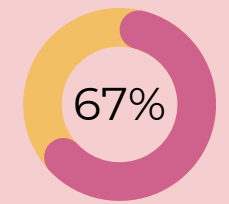


Figure 2. Improvements in Healthy Eating Knowledge and Behaviours¹.

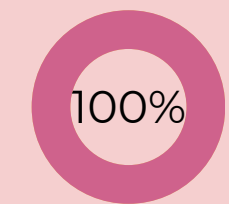
Specific improvements in knowledge and behaviours ranged from a 22% increase to 44% in some areas.



Improvement in traffic light labelling system



Improvement in identifying nutritional value



Better food knowledge and intake post-course training

"Feeling grateful for the course, and the food!" - Participant



“

I think benefits of such sessions engages participants in different aspects not only the cooking but coming out and being part of such activities is very meaningful. “

- Joel Akazarah, Housing Operations Manager at Conway House



**The programme
has been very
helpful,
supportive, and
very
informative.”**

- Participant

INCREASED SENSE OF COMMUNITY AND CONFIDENCE

The programme enhanced self-confidence, and social interactions. With 22% showing interest in volunteering with FEAST and **33% now actively participating in community meal preparations** at Conway House.

Participants were fully engaged in the sessions, actively asking questions, participating in exercises, which indicates a strong commitment to learning and implementing healthier habits and adopting longer-term behaviour change.

The programme's ability to foster a strong community through collaboration and volunteer engagement speaks to its capacity to create lasting change.



The programme not only met its goals of enhancing participants' health and nutritional awareness but has also played a pivotal role in improving their social integration and overall quality of life. The positive outcomes, high level of engagement, and the programme's influence on changing perceptions around healthy eating costs indicate sustainable impact and success.

**Played a
pivotal role in
improving
social
integration
and overall
quality of life.**

Through practically applying knowledge learnt, the programme provides a hands-on experience that is crucial for building confidence. This skills development leads to self-sufficiency, independence and improved food security.

TASTER SESSION



FEAST also offer one-off taster sessions. These sessions offer a succinct overview of nutrition theory from Level 1, including carbohydrates, sugar, diabetes and dietary fats.

This also can include a practical cooking session and the group dines communally at the end.



FUTURE PLANS

We are now seeking funders and more voluntary and community sector partners and venues, to deliver more healthy eating programmes and assess longer term impact to people experiencing food insecurity across London, including older people, people experiencing homelessness, asylum seekers and refugees, people with learning difficulties and people affected by mental health conditions.

If you represent an organisation that could fund this work, do get in touch.



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Registered Charity in England and
Wales. Charity number 1172884

Organisations we have delivered to
since launching the programme:



All participants consented for the images to be shared in this report.