
FEAST

— With Us —

IMPACT REPORT 2023





NUMBERS

WHAT WE DO

WHY ARE WE NEEDED?

MAP

MEALS

HEALTHY EATING PROGRAMME

NUTRITION RESEARCH

FOOD POVERTY COORDINATION

VOLUNTEERS

PARTNERS

CORPORATE SUPPORT

FINANCE

YEAR AHEAD

Welcome



**A word from our CEO,
Caroline
Monkhouse-Flower**

“2023 was a landmark year for FEAST. With the launch of our Healthy Eating on a Budget Programmes, expansion to three new sites, forging a new borough food partnership in Redbridge, and embarking on the first phase of critical nutrition research, we’ve made significant strides towards addressing food insecurity.”

2023 in Numbers

**27,056
Meals**

14,257
Community
Meals

12,799
Delivered
Meals

15 Venues

Providing meals and Healthy
Eating on a Budget

13 Permanent Staff

4 New Permanent Jobs

5 Contractors

**171
Regular
Volunteers***

- 94 Cooks
- 32 In Multiple Roles
- 16 in Media
- 11 Drivers & Cyclists
- 11 Remote
- 7 in Marketing & Comms

Healthy Eating on a Budget

34 Participants
27 Sessions Delivered
3 Venues

**553 Corporate
Volunteers**



**4,597
Volunteer Hours**

With an estimated value of

£54,934

**3 New Meal
Projects**

Vision & Mission

OUR VISION:

FEAST = FEEDING AND EMPOWERING ALL SUSTAINABLY TOGETHER

OUR MISSION:

Improve the nutrition, wellbeing and health of people at risk of food insecurity in the UK.

WHAT WE DO:

We work with charity and community partners to deliver impactful food security programmes in homeless hostels, mental health day centres, community centres and faith centres in Camden, Islington, Barnet, Westminster and Redbridge.

**Nutritious Community
& Delivered Meals**

**Healthy Eating on a
Budget Programmes**

**Nutrition Research
& Insights**

**Food Partnership
Coordination**



**All of our work is
underpinned by our values:**

COLLABORATIVE

We work together as one team and with our stakeholders openly and respectfully – bringing diverse skills and experiences to design and deliver our services and achieve our vision and mission.

INCLUSIVE

We value equality, fairness and dignity, and create a positive and inclusive environments for our team, volunteers and service users and are committed to learning.

EMPOWERING

We provide inspiration, opportunities, and support to enable our team, volunteers and service users to develop capabilities, confidence, and independence.

INNOVATIVE

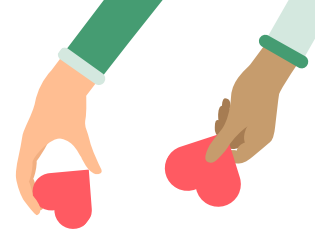
We are curious and creative - proactively seeking new ideas to improve ourselves, the organisation, and our services to make a bigger and longer term positive impact for our stakeholders.

EMPATHETIC

We are sensitive and understanding - we actively listen and learn from our team, volunteers, and service users to better appreciate and adapt to their situations, challenges and perspectives.

FEAST is so much more than just a meal.

Through our services we:



and ... all of our meals are aligned with the government's Eatwell Guide to ensure they are nutritious.



Nourish those who need it most with nutritious cooked meals



Support wellbeing and reduce loneliness through community dining and volunteering



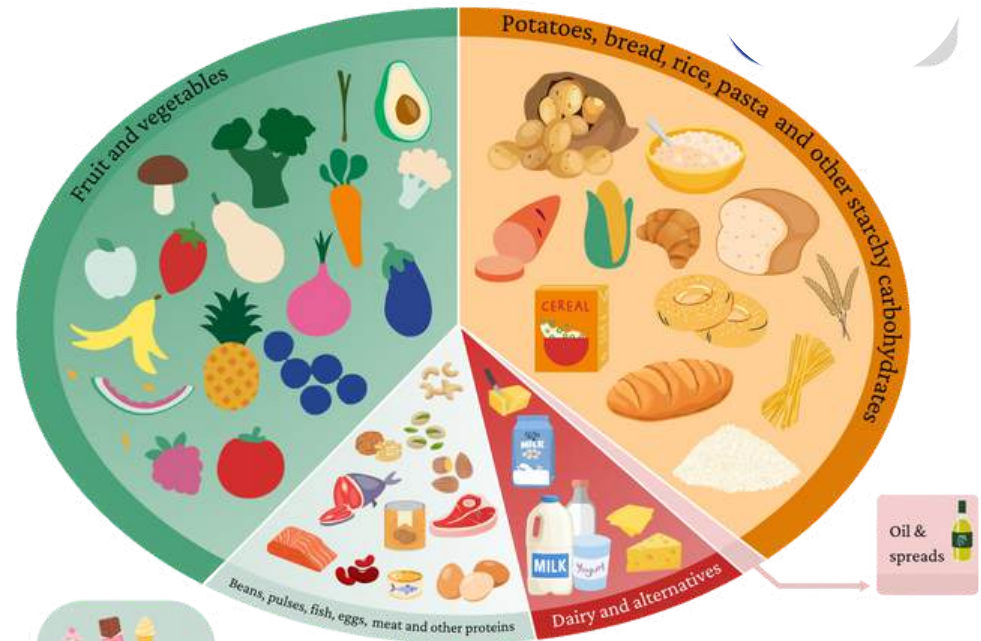
Empower people with skills and knowledge so they can climb the food ladder



Promote sustainability by using surplus food as much as possible



Influence change through research and sharing what we learn



Why are we needed?

Food insecurity

The cost of living in London has gone up 27%¹ in the last 3 years for individuals/households with the lowest incomes; 2.2 million Londoners lived in poverty in 2021/22.

In January 2024, 8 million adults² in the UK faced food insecurity, with 3 million reporting not eating for a whole day due to financial constraints. London-specific data³ highlights that 16% of adults (approximately 1.2 million) experience low or very low food security, with those earning less than £14,900 annually being disproportionately affected.

This has led to a record number⁴ of almost 3 million emergency food parcels being provided to people facing hardship by Trussell Trust food banks in past 12 months.

Impact on vulnerable groups

One in three (34%) people⁵ referred to food banks in the Trussell Trust network in 2023 were either homeless at the point of referral or had experienced homelessness in the previous 12 months.

This population group is 3.2 times more likely⁶ to be admitted to hospital compared to those not experiencing food insecurity.

Moreover, people living with a severe mental illness are more likely⁷ to experience food insecurity than people without mental illness.

Diet and nutrition related outcomes

2.9m people in the UK are malnourished, and 25.9% of adults are obese.⁸ Hospital data indicates a significant rise in health issues related to poor nutrition, including malnutrition, obesity and vitamin deficiencies.

The most deprived fifth of adults¹⁰ consume significantly less fruit, vegetables, oily fish, and dietary fibre than the least deprived fifths. This diet disparity is linked to various health issues, from developmental delays in children to increased risk of chronic diseases in adults.

Rising food prices

The Office for National Statistics¹¹ reported a 18.2% increase in food prices over the year leading up to February 2023, marking a four-decade high. Economic barriers make healthy eating unaffordable for many, with the cost of a healthy diet consuming up to 50% of the disposable income¹² for the most deprived.

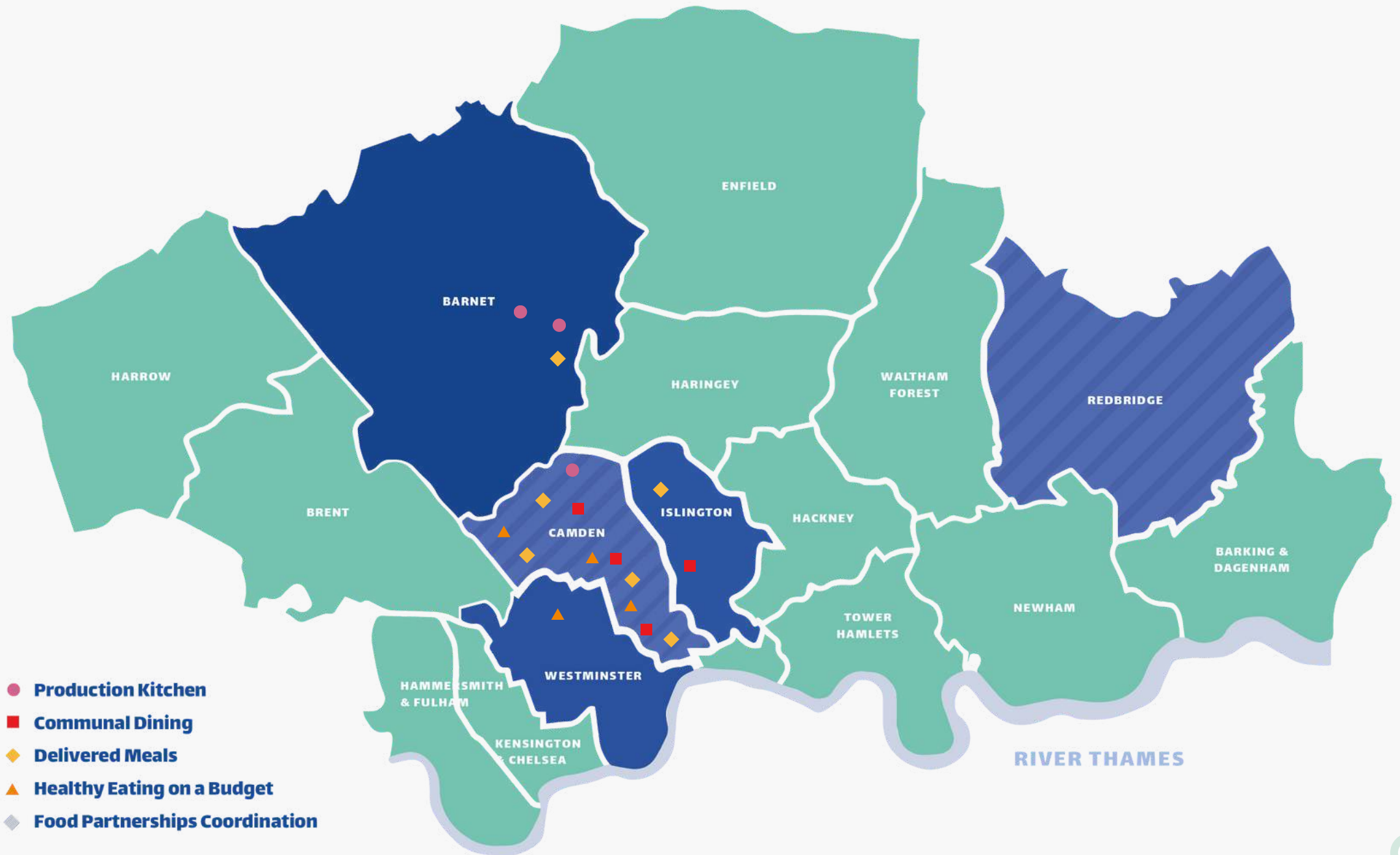
Wellbeing and community

A study¹³ from Oxford University found that people who eat socially are more likely to feel better about themselves and experience fewer feelings of isolation. Research indicates that individuals who share meals with others tend to have better self-esteem, higher levels of general wellbeing and embedding within the community.

Food waste and sustainability

The UK wastes 10.7 million tonnes¹⁴ of food a year, with nearly 2 million in just London,¹⁵ leading to substantial economic losses and environmental impacts, including unnecessary CO2 emissions of about 250,000 tonnes each year. 67% of London's food waste¹⁶ is edible, but less than 1% is redistributed.

Map of FEAST Services



Nutritious Community & Delivered Meals

In 2023, FEAST cooked an impressive **27,056 meals**, with **14,257** served during communal dining sessions and **12,799** nutritious meals delivered to hostels and community centres for people experiencing food insecurity to collect.

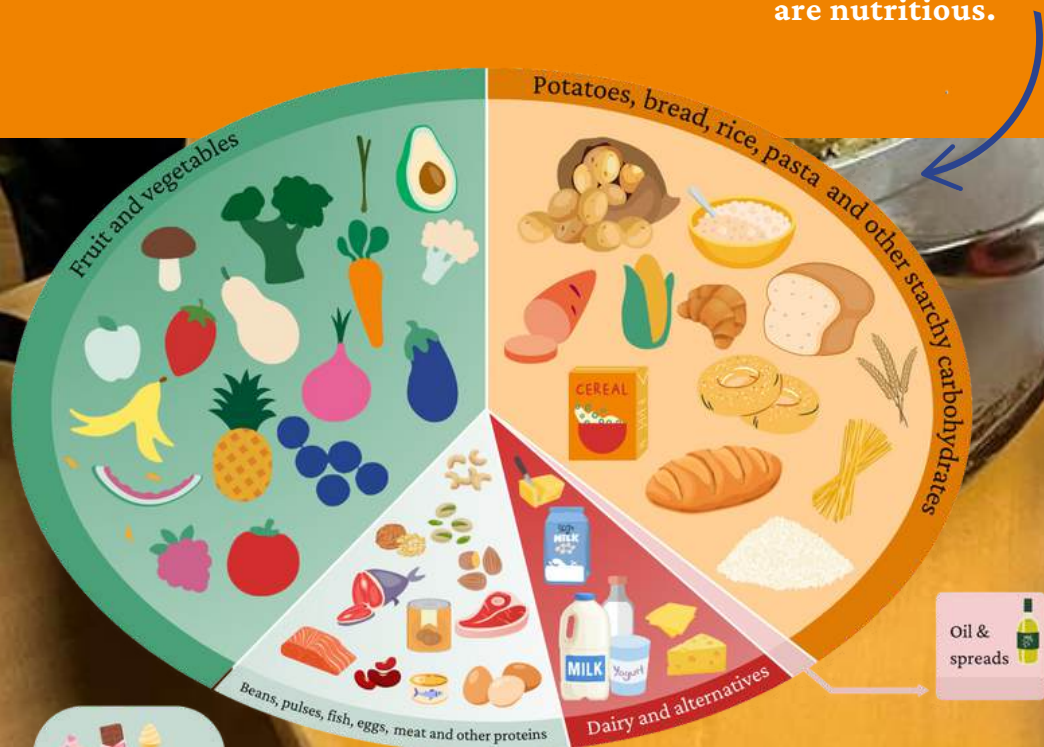
54% of our service users experience food insecurity, cutting portion sizes, skipping meals or going hungry because they can't afford to eat.

Co-designed with service users, we aim to provide services that resonate and make a meaningful difference. We conduct annual service evaluations to capture FEAST service user feedback, such as meal preferences and eating difficulties, so we can adapt menus to better meet their needs.

We aim to address this by creating meals with **nutrition** at the forefront, mostly from **donated surplus food**. We monitor the nutrition of our meals to align with the government's [Eatwell Guide](#) to ensure they are nutritious.

By providing these meals in a **community setting**, we offer immediate relief from hunger and contribute to improving the nutrition of and well-being of our community.

Creating **friendly, welcoming, inclusive spaces**, we strengthen emotional wellbeing through conversations and socialisation. Our community meals, 'FEASTs', play a crucial role in service users' well-being, fostering a sense of belonging and community.



“I've given up on cooking. I live alone now and just have a kitchenette so I depend on [FEAST] meals a lot.**”**


Eat less often and in small amounts



Living on your own is hard. I enjoy eating together at FEAST because it's nice to have company around me.



You can make connections with people, it's very gratifying, rewarding; it's a great community for people and it's the diversity aspect that I think is the most important.



When you are living on low budgets, these meals help me a lot, even once a week.



I like coming in, and the reason I come, is because you meet people who are in the same boat as you, it helps you a lot, and the love is tremendous.



I like the conversation, sharing food, it's lovely, it's a bit like a hub around which the day revolves. It's good for my wellbeing.



Service Users

100%

of service users feel their mental health has improved as a result of FEAST

84%

of service users feel well fed and nourished after a FEAST

68%

of service users feel less isolated as a result of FEAST

72%

of service users say FEAST influences their happiness and wellbeing

95%

of service users would like to continue accessing FEAST meals

Healthy Eating on a Budget Programme

After development throughout 2023, we launched the pilot of our Healthy Eating on a Budget programme in September.

Co-designed with our service users, the programme aims to empower people experiencing food insecurity to independently access their nutritional needs, make informed dietary choices and improve dietary behaviours, on a budget.

By the end of 2023 we delivered 27 sessions to 34 individuals, and we expect to reach three times the amount of people by the end of 2024.

The programme provides nutrition theory as well as hands-on experience, crucial for building confidence through practically applying knowledge.

This skills development leads to self-sufficiency, independence and improved food security.

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 and graduation
TOTAL: 4 hours over 1 session

FOLLOW UP & EVALUATION

Six-month follow-up period
Evaluation reporting and dissemination



Healthy Eating on a Budget Programme

Watch the video below to hear from graduates of the pilot of programme and the programme coordinator.



[WATCH HERE](#) >

Healthy Eating on a Budget Programme - Pilot

Conway House, run by Sapphire Independent Housing, is a temporary accommodation hostel for men 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.

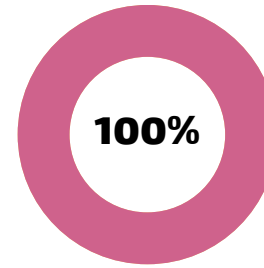
The programme had three key positive impacts:

- increased healthy dietary behaviours;
- enhanced participants nutritional knowledge;
- increased sense of confidence and community.

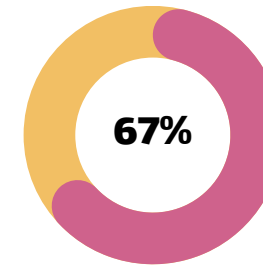
Overall, the pilot was successful in improving healthy eating knowledge and behaviours. Notable improvements were observed in all key areas.

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

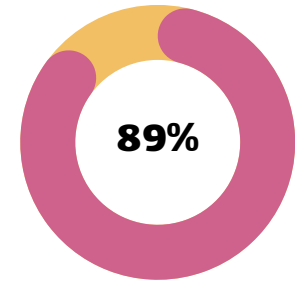
- participant at Conway House



Better food knowledge and intake post-course training



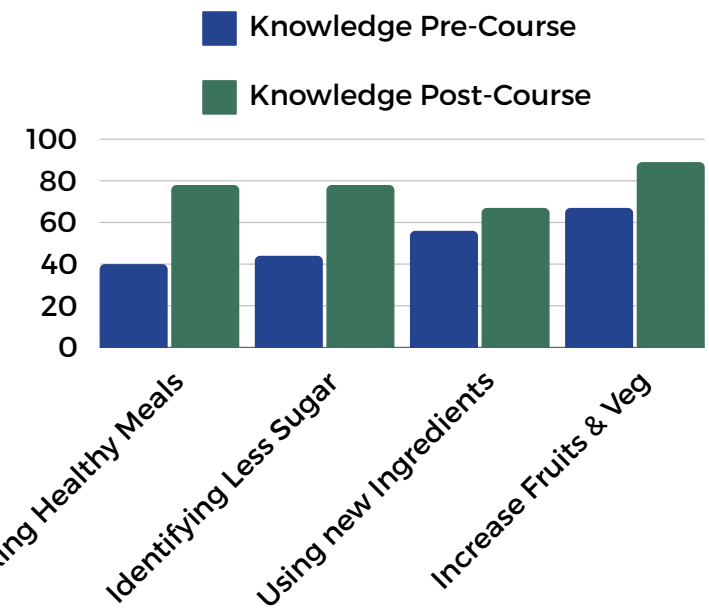
Improvement in identifying nutritional value



Improvement in traffic light labelling system



Confidence in performing healthy dietary behaviours pre and post course



Healthy Eating on a Budget Programme

Throughout the sessions, participants demonstrate high engagement and enthusiasm. They gain confidence both in and out of the kitchen, enhancing their social integration and quality of life. Proud of their achievements, they often share their learnings with families and even extend their skills to volunteering at breakfast clubs and community meals.

The supportive atmosphere fosters meaningful conversations and reduces isolation, encouraging routine social interactions. The programme successfully improves health, nutritional awareness, and social connections, significantly impacting participants' lives by promoting sustainable eating habits and long-term nutritional independence.

“ 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**



**[Read Full
Impact
Report
Here!](#)**

Nutrition, Research & Insights

In 2023, FEAST was awarded funding by the British Dietetics Association to conduct pioneering research in partnership with University College London. Our study examined dietary health inequalities prevalent amongst people experiencing homelessness, specifically malnutrition, low dietary quality, and food insecurity.

Over 6 months, we interviewed over 200 participants of 18 temporary accommodations in London to assess factors implicated in the diet and nutrition of people experiencing homelessness, including body composition, dietary intake and quality, mental health and food security. We worked with hostel staff and the evidence base to ensure our methods were sensitive and robust, and we provided £10 food vouchers as reimbursement for participants.

We intend to disseminate findings and publish the study in 2024. Insights will support FEAST, the wider food charity sector and policy-makers to enhance effectiveness of dietary interventions, and promote the nutritional health of people experiencing homelessness.

We look forward to sharing the impact of our research in our 2024 Impact Report.

Hannah cycling to hostels to meet with people experiencing homelessness to complete the data collection phase of the study



“

The preliminary findings of this novel study highlight the concerning gaps in nutrition services for people experiencing homelessness, and address gaps in the literature. It has also presented considerations for consequential research questions for future studies.

- Hannah Style, FEAST Founder, Nutrition Trustee and Research Dietitian

Food Partnership Coordination



We coordinate collaborative food partnerships in the London boroughs of Camden and Redbridge, with voluntary and community organisations, local councils and businesses. These networks are helping to tackle food insecurity and ensure residents have access to nutritious, affordable and sustainable food.

Since 2022 Camden Council have funded us to lead the Camden Food Partnership network. Over 60 organisations are now part of the CFP network, an increase of 50% over 2022. This includes 12 co-ops, nine of which were established in 2023.

LAUNCH OF NEW CFP WEBSITE:

The new website has been a crucial tool in enhancing communication and resource sharing among partnership members and the broader community, providing easy access to vital information and updates.

DEVELOPMENT OF GOOD FOOD PRINCIPLES:

These eight principles which directly contribute to Camden's Food Mission, were established to guide what good food support should look like in Camden.

2023 highlights:

"FOOD & BEYOND" SUMMIT:

Held in February, this event brought together 70 organisations, including VCS organisations, the council and residents. Stakeholders crafted an 8-point action plan, to ensure the whole network is striving towards the Camden Food Mission, coinciding with relevant actions for the partnership, ensuring inclusive, resilient, wrap-around support for local residents.

INTRODUCTION OF FINDFOOD PLATFORM:

This platform now features 32 services from 21 organisations, providing crucial support to Camden's residents. It contains a comprehensive list of services offering free or low-cost food. Residents can use this site to find details regarding opening days and time, the types of services available and make referrals.

RISE UP COMMUNICATION PLATFORM:

With 118 members, this platform was created to foster open communication within the partnership, ensuring that everyone can easily share and receive valuable information.

Food Partnership Coordination

And now, we are taking our learnings from Camden Food Partnership and helping to apply them in Redbridge. Since November 2023, the GLA have funded us to initiate the Redbridge Food Partnership. We have been hard at work building a new network from the ground up, raising awareness of the importance of local food initiatives and working towards a more sustainable and resilient food system for Redbridge.

London Borough of
Redbridge

**GREATER
LONDON
AUTHORITY**



Volunteers

Our activities are supported by a diverse team of volunteers who help us to cook and deliver hot meals to people experiencing food insecurity across London. We also work with volunteers who contribute remotely through design, marketing, media, data analysis, website development and more.

We are continually guided by our volunteers, valuing their time and feedback. Prioritising their well-being and sense of purpose is crucial to ensuring they continue to make positive contributions, further strengthening our community and impact.

We also want to promote professional development and welcome our service users into the kitchens with us to gain experience.

How do you rate your volunteering experience at FEAST?



171

VOLUNTEERS

- 94 Cooks
- 32 In Multiple Roles
- 16 in Media
- 11 Drivers & Cyclists
- 11 Remote
- 7 in Marketing & Comms

Why do you volunteer?

“

It helps me to
gain new skills

“

I want to
meet new
people and
socialise

“

It provides
me with a
sense of
purpose

“

I want to help
my community

“

It supports my
mental health

What our volunteers say...

I love cooking at QCCA. We have a great team and having the same chefs each week is creating a real bond with the community.

As a driver I am full of admiration for the kitchen staff, who are so cheerful and creative yet do not receive the face-to-face gratitude of recipients which is the reward I enjoy hugely from volunteering.

For recipients, the contact and a few minutes' chat each week are often as beneficial as the food. For me, the gratitude expressed is wonderful.

The volunteering community at FEAST is incredibly welcoming and supportive and I would highly recommend volunteering with FEAST.

FEAST is doing amazing work and it's a pleasure to be part of the community to help those in need.

In my volunteering journey, I've found so many beautiful beings kind and compassionate enough to care for others.



Case Study

Stephen is a resident at Conway House, a temporary homeless accommodation hostel in Kilburn and was a participant of our Healthy Eating on a Budget Programme.

After graduating the programme with improved confidence and a Food Safety and Hygiene Certificate, he wanted to continue cooking and to apply all the knowledge and skills he had developed.

He now volunteers at our weekly community meals at Conway House and helps Conway House staff run the breakfast club once a week – buying ingredients, prepping and cooking breakfast for other residents.

“ I joined the programme because it gave me a way to get out of being stuck in my room and socialise and it was suggested by staff that it would be good for me and it was!

“ It made me think a lot more and also maximise my spend better instead of just buying junk food



Thank you to our Partners!

We are so grateful for the support from our partners — community and charity partners, local councils, corporate organisations and suppliers. Our supporters, both longstanding and new, consistently go above and beyond by sharing their time, resources, and expertise. Their generosity enables us to expand our reach, helping more individuals experiencing food insecurity.

CHARITY & COMMUNITY

Calthorpe Community Gardens - East Finchley Baptist Church - JW3 - Likewise - London Irish Centre - Mind in Camden - New North London Synagogue - Queen's Crescent Community Association - Sapphire Independent Housing - SHAK - Single Homeless Project - SomersTown Community Association - The Welcome Project

SUPPLIERS

The Felix Project – Fareshare - City Harvest - Gail's Bakery - Kilburn Pickers - Square Mile Farms - Barnet Food Hub

COUNCILS

Camden – Greater London Authority – Redbridge - Westminster

OTHER PARTNERS

British Dietetics Association - King's College London – London Metropolitan University - University College London



Corporate Support

Over the years, FEAST has connected with an exciting wide range of businesses and organisations to turn their ESG principles into practical action.

In 2023, FEAST welcomed 34 teams to our kitchens, with 553 individuals supporting 82 cooking sessions and, incredibly, cooked over almost 3,000 nutritious meals for our service users. This is a 225% increase from the 15 partners who joined us in 2022, and almost triples the number of corporate cooking sessions we hosted. The meals cooked by our generous corporate volunteers were served at community lunches and delivered to hostels and other community partners.

**Alliance Community Fund • American Express • Aptos •
Aria Grace Law • Atkins • Avaloq • Brigad • Britvic •
Bywaters • Canva • Central District • Alliance • Denzo •
Deutsche Bank • Ernst & Young • Google • Gousto •
Grubby • Jamf • MAPP • Marsden • Metro Bank • Nestle •
NG Bailey • Perlego • Premier Foods • Preqin • Propeller •
Ricoh • Salesforce • Samsara • SKAI • Tony's Choclonely •
Viridian Nutrition Charity • WTW • Yahoo**

Bywaters

recycling made easy



Bywaters was a valuable partner to FEAST in 2023, with 48 volunteers cooking over 160 meals at the East Finchley Baptist Church for SHP Clandon House. Their time and monetary donations have sustained FEAST's projects, turning surplus food into nutritious meals for those experiencing homelessness. In 2023, Bywaters' efforts saved 110kg of surplus food, equivalent to 34kg CO2 and 9,900 liters of water. We look forward to future collaboration.



Aria Grace is a leading law firm when it comes to charitable giving. Every year they aim to give 10% of the firm's profits to support charities, and in 2023, they donated £6,000 to FEAST. As a small charity, their financial support was highly valuable helping build our resilience enabling us to invest in our development and growth plans and ultimately reach more people experiencing food insecurity.



Canva



Moreover, FEAST hosted two larger corporate volunteering events in 2023, with 35 volunteers from Canva and 50 from Salesforce, creating over 500 meals for vulnerable individuals. The Canva team supported us with volunteering hours both in and out of the kitchen, offering pro bono digital skills support and facilitating community lunches. They donated a full day of volunteering, creating over 200 meals for our service users. Additionally, Canva volunteers supported six FEAST community lunches, cooking 120 meals. In partnership with Flourish, Canva also hosted a data visualisation workshop, enhancing our digital skills and impact reporting.

Finance

Amidst the cost of living crisis, 2023 was a year like no other for FEAST's fundraising. Despite the immense challenges small charities are facing, we are incredibly grateful for the financial support we have received from our funders.

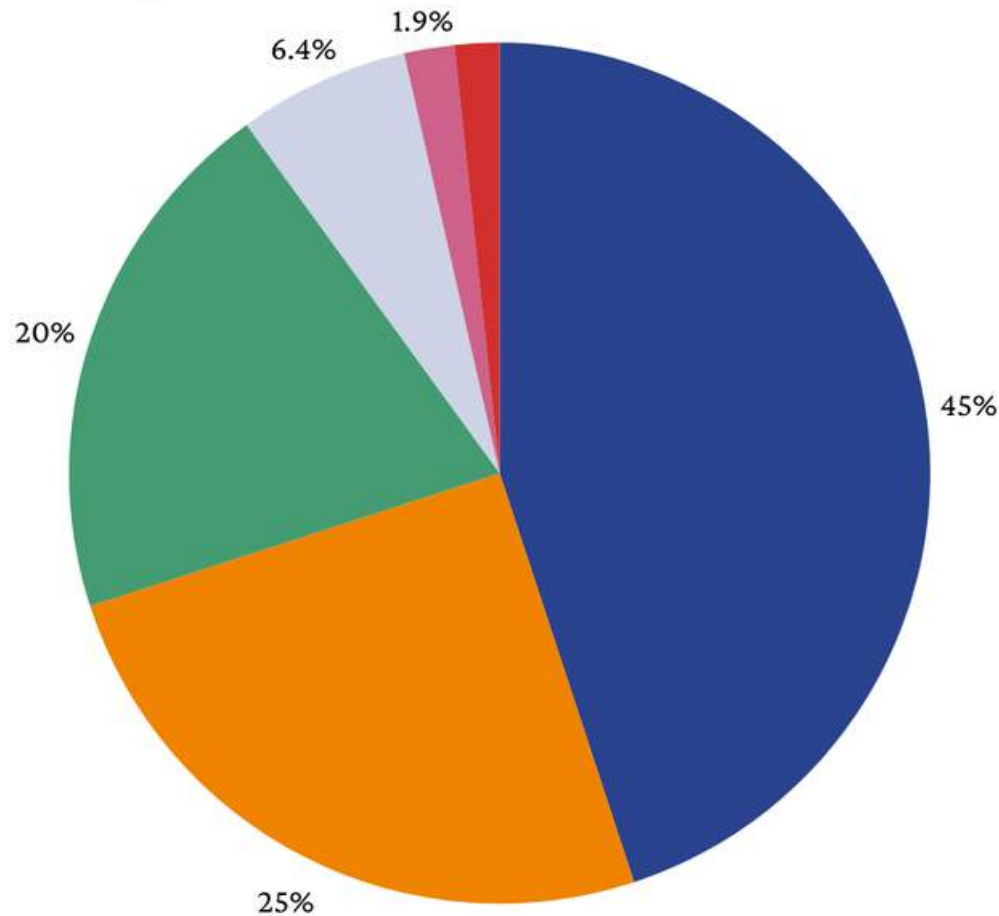
Over the year our most successful area of fundraising was through Trusts and Foundations, where we raised more than any other year, including securing FEAST's first multiyear grant, with three years of funding, from the National Lottery Community Fund.

With support from the Greater London Authority, we launched a new food network in the London borough of Redbridge. We would like to extend our sincere gratitude and thanks, to every funder and supporter who partnered with us to ensure more vulnerable people experiencing food insecurity can receive the support they need to improve health outcomes, build their social connections and strengthen their emotional well-being.



Fundraising

Sources of Funding



- Trust & Foundations
- Partnership Services
- Community & Events
- Statutory
- Corporate Partnerships & Donations
- Individual Giving

Statutory

- Camden Council
- Greater London Authority
- Single Homeless Project
- Westminster Council

Trusts & Foundations

- Ambergate Charitable Trust
- Benefact Group
- Forrester Family Trust
- Schroder Charitable Trust
- Souter Charitable Trust
- Tesco Stronger Starts
- The John Horseman Trust
- The National Lottery Community Fund
- The Stewarts Foundation
- Women of the Year Foundation

Fundraising Highlights



£348,469

total income raised to tackle food insecurity and reduce food waste



£325,517

invested in our service delivery to tackle food insecurity



109

generous individuals gave one off and regular donations to support FEAST's mission

5

grants were from new Trusts & Foundations to FEAST

1


multiyear grant from The National Lottery Community Fund - FEAST's first!

11

Trusts & Foundations gave a combined 46% of our income



What's Next!



Increase the number and impact of community meals delivered



Empower service users to independently meet their nutritional needs



PLAN TO CELEBRATE 10 YEARS OF FEAST IN 2025!



Build the resilience of FEAST



Influence food insecurity policy

REFERENCES

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2 - Slide 3 of 14, [Food Foundation Insecurity Tracking, Round 14, January 2024](#)

3 - Page 11, [Food Insecurity in London, Economy Committee, London Assembly, April 2022](#)

4 - Record number of emergency food parcels provided to people facing hardship by Trussell Trust food banks in past 12 months [Trussell Trust, April 2023](#)

5 - Page 32, [Hunger in the UK, Trussell Trust, June 2023](#)

6 - [Health matters: rough sleeping, public Health England, February 2020](#)

7 - Page 675, [Food Insecurity & Severe Mental Illness, Giles et al, November 2023](#)

8 - Page 6, [Hiding in Plain Sight, Future Health, October 2023](#)

9 - 4, [Obesity Profile, Office for Health Improvement and Disparities, May 2023](#)

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13 - [Social eating connects communities, Oxford University, March 2017](#)

14 - Page 1, [Food Surplus and Waste in the UK, WRAP, November 2023](#)

15 - Page 2, [A Wasted Opportunity: Reducing and Managing London's Food Waste, London Assembly, February 2020](#)

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FEAST

— With Us —

IMPACT REPORT 2023

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