

# THEORY OF CHANGE

## BACKGROUND CONTEXT

Food insecurity remains a critical issue in the UK with vulnerable people struggling to access nutritious, sustainable, affordable food on a regular basis. Its effects extend beyond hunger, impacting both physical and mental well-being. At FEAST With Us (FEAST), we aim to improve the nutrition, health, and well-being of those experiencing food insecurity, empowering them to live more independently and healthily.

We are guided by the 'Food Ladders' framework, which emphasises the importance of building community resilience and sustainability to achieve long-term food security and self-sufficiency. By integrating this model, FEAST provides immediate nutrition support while empowering and helping service users build connections and gain the knowledge, tools, and skills needed to sustain long-term food security.

## WHAT IS THEORY OF CHANGE?

A theory of change is a framework that maps out how and why an initiative will achieve its long-term goals. It helps us define our impact, identify assumptions, and track progress through measurable outcomes.

As a living document, we will continually review and refine it based on learnings and co-production feedback. This will help us:

- Stay focused on meaningful change aligned with service user needs and our mission.
- Guide effective programme design.
- Make decisions that support our goals.
- Strengthen monitoring and evaluation for data-driven improvement.

## THE CHANGE WE WANT TO SEE

We want to create a world where everyone has access to healthy and nutritious food, where communities are resilient, and food policies better support those facing food insecurity.

Our goal is to align all levels of the food system to address food insecurity by modelling innovative, sustainable solutions promoting long-term food security and dietary quality of service.

## HOW WE PLAN TO GET THERE

We aim to create lasting change by continuing to expand the FEAST model, reach more communities, launch new services, and build partnerships to maximise impact.

Our strong network of volunteers and partners is essential to FEAST's work. We consider their experiences, skills, and progression as part of the broader positive outcomes FEAST aims to achieve. Their personal growth and well-being are intentionally supported, which, in turn, contributes to our collective mission.

Our Theory of Change maps out the steps we will take to achieve our mission.

## GUIDED BY OUR VALUES

**COLLABORATIVE    EMPATHETIC    INCLUSIVE    INNOVATIVE    EMPOWERING**

# THEORY OF CHANGE

## INPUTS

- SERVICE USERS
- VOLUNTEERS
- STAFF AND TRUSTEES
- SUPPLIERS
- SURPLUS, DONATED AND PURCHASED FOOD
- COMMUNITY AND CHARITY PARTNERS
- DELIVERY VAN
- KITCHENS AND EQUIPMENT
- NUTRITION AND COOKING KNOWLEDGE AND EXPERTISE
- LOCAL GOVERNMENT PARTNERSHIPS
- FOOD NETWORKS
- UNIVERSITY PARTNERSHIPS
- CULTURE AND VALUES
- INCOME AND IN-KIND SUPPORT
- NATIONAL NETWORKS AND ALLIANCES

## WHAT WE DO

**Nutritious Community Meals**



- Acquire food surplus, donations and purchased food
- Co-design menus for nutritious meals with service users to meet their specific needs
- Manage kitchens, food hygiene and safety
- Co-host, cook and eat meals together with service users, volunteers and community partners

**Healthy Eating on a Budget Programmes**



- Work with partners to identify people experiencing food insecurity
- Co-design content with registered nutritionists and dietitians, service users and partners
- Deliver practical food handling and cooking activities
- Empower participants through nutrition and budgeting workshops
- Facilitate food safety and hygiene training

**Pioneering Nutrition Research**



- Conduct nutrition research of vulnerable groups
- Develop and share evidence-base, training, dietary publications and resources
- Lead and support cross-sector collaborations

**Borough Food Partnership Coordination**



- Coordinate and contribute to local food partnerships
- Mapping and data collection
- Improve communications and relationships between organisations, residents, local government and national networks
- Facilitate collaboration and sharing of best practice
- Co-design strategy, shared vision and action plans

## OUTPUTS

- Nutritious meals served per month
- KG surplus food saved from landfill and CO2 equivalent saved
- Nutritional value of meals
- Volunteers and hours given
- Venues
- Sessions per week per venue

- Starters, graduates and Level 2 Food Safety & Hygiene certificates
- Sessions, cohorts and venues
- Graduates who become volunteers
- Volunteers and hours given
- Nutritional value of meals
- Graduates referred to further training in hospitality

- Affiliated studies, research publications and resources about nutrition for vulnerable groups
- Research participants experiencing food insecurity
- Research partners
- Research findings sessions
- Citations and downloads

- Food partnership members
- Newsletter engagement
- Attendees at meetings
- Uptake of Healthy Start scheme
- Sustainable Food Place awards
- Good Food London score
- Organisations and services at each food ladder rung

## SHORT-TERM IMPACT

- Increased access to regular nutritious meals in the community
- Increased sense of community and decreased sense of loneliness
- Reduced food waste and greenhouse gas emissions
- Improved health and wellbeing

- Improved dietary behaviours on a budget with skills and knowledge in line with EatWell Guidelines
- More opportunities to use kitchens, cooking facilities and new ingredients
- Increased confidence and motivation in preparing affordable nutritious meals
- Increased social connections and sense of belonging and community

- Improved understanding by stakeholders of nutrition services for people experiencing food insecurity
- Improved sector understanding of evidence base and good nutritional practice
- Increased policy implementation
- Increased use of nutrition and food insecurity screening tools

- Improved access to affordable, nutritious, and sustainable food
- Increased visibility of and engagement with underrepresented voices
- Increased sustainability of local food systems
- Improved collaboration between partnership members, influencing policy and funding

## MEDIUM-TERM IMPACT

People experiencing food insecurity have improved dietary quality and wellbeing

People experiencing food insecurity independently meet their nutritional needs

People experiencing food insecurity are better supported by food policy

Local communities are empowered, stronger and more resilient to address and prevent food insecurity

## LONG-TERM IMPACT

Nutrition, health and wellbeing has improved for people at risk of food insecurity in the UK