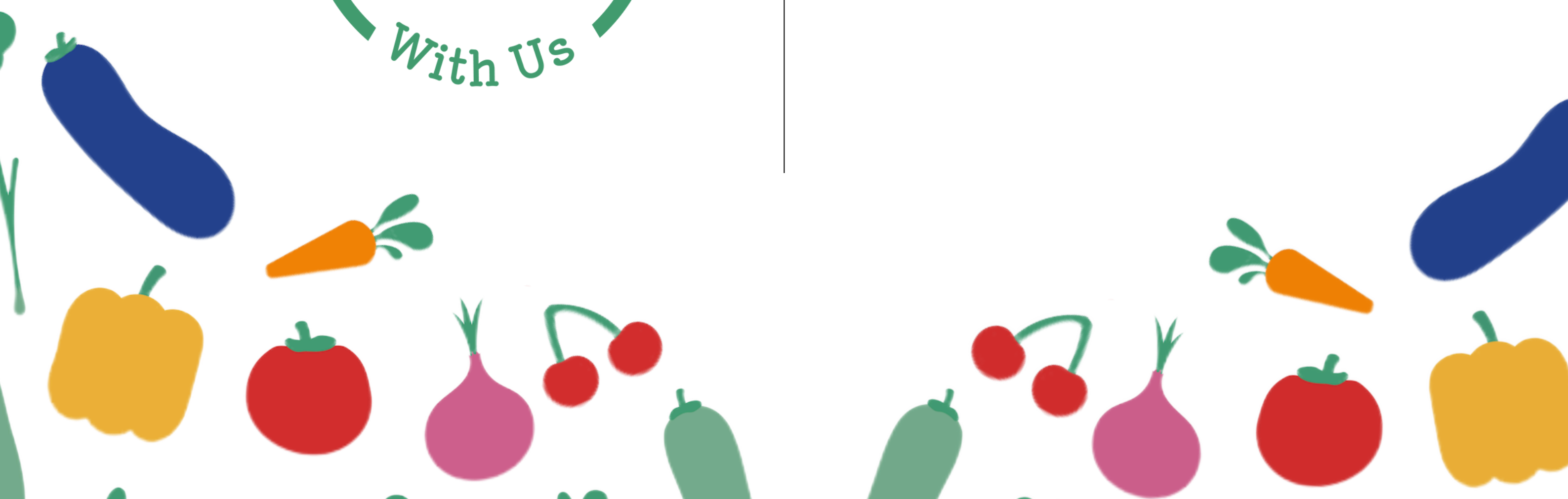




FEAST With Us Impact Report 2024





A word from our CEO, Caroline Monkhouse-Flower

At FEAST we believe that everyone deserves access to healthy food and nutrition support, regardless of circumstances and challenges, and we are very proud to have been able to make an even bigger impact in 2024;

- our operational team grew to 15 people, including new roles in our nutrition, chef and fundraising teams
- completed data collection and analysis in our first significant nutrition research project
- expanded our much-needed services to three new London boroughs; Westminster, Hackney and Kensington & Chelsea
- collected more surplus food using our new FEAST van
- a personal high point was taking part in our first FEAST challenge event, hiking 25km across the beautiful Peak District with a wonderful team of trustees, staff and supporters, raising £5,085!

A huge thanks to everyone who has contributed to and supported our work in 2024; partners, funders, suppliers, volunteers, cheerleaders and staff.

VISION, MISSION & VALUES

OUR VISION

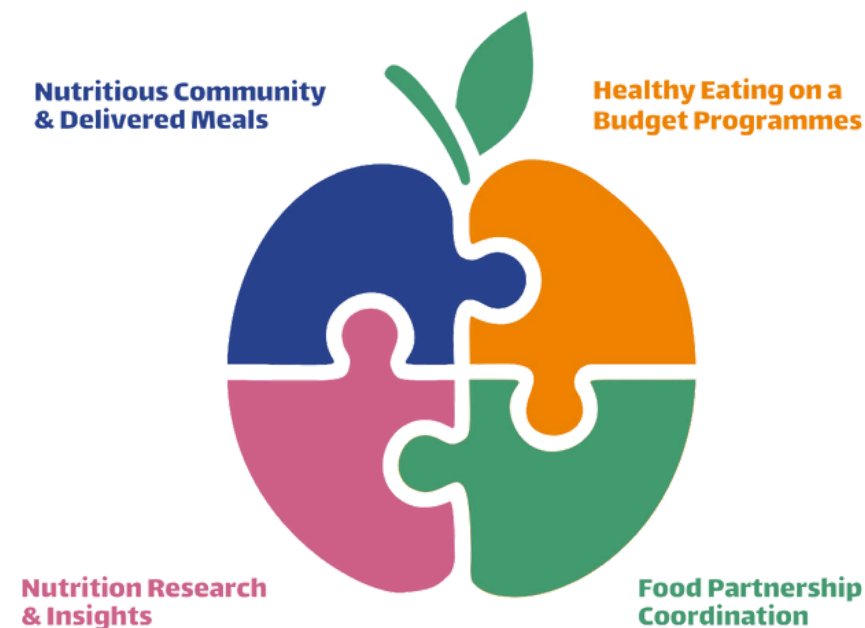
FEAST =
FEEDING &
EMPOWERING
ALL
SUSTAINABLY
TOGETHER

OUR MISSION

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

OUR VALUES

COLLABORATIVE
EMPATHETIC
INCLUSIVE
INNOVATIVE
EMPOWERING



WHAT WE DO

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

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.

2024 IN NUMBERS

Services delivered in
23 venues across
7 London boroughs






28,710
meals cooked for service users

16,713 Community Meals
12,537 Delivered Meals

We saved 12,871 KG of surplus food from going to waste



equating to 34,752 KG CO2 emissions




Healthy Eating on a Budget

48 sessions delivered to 67 participants

312 & 458
Regular Volunteers & Corporate Volunteers



Donated 5,798 hours
of their time, with an estimate value of **£77,358**



1 nutrition research project



with over 200 participants

WHY IS FEAST NEEDED?

FOOD INSECURITY



7.3 million adults (13.9% of households) experience food insecurity in the UK.¹



45% of disposable income is spent on food by the most deprived fifth of the population, rising to 70% for those households with children.²



Diminishing dietary quality and nutritional health from many being forced to cut back on essential food groups like fruits, vegetables, and fish.²



25% increase in the overall price of food between 2022 -2024. 53% of adults in the UK reported rising costs in October 2024, with 90% blaming food prices.³ The cost of living crisis has exacerbated food insecurity, worsening dietary health inequalities.

MALNUTRITION



3 million people, including 1.3 million older people, in the UK are malnourished or at risk, with deprived populations facing the greatest dietary disparities. Rising food costs have forced 3 million people over the age of 60 to skip meals, further increasing the risk of malnutrition.^{4,5}



Poor diets worsen chronic conditions like obesity, diabetes, and cardiovascular disease, as those from deprived backgrounds consume less fruit, vegetables, and fibre.^{4,5}

MENTAL HEALTH



People with severe mental illness are over twice as likely to face food insecurity.⁶ Food insecurity and mental health challenges perpetuate each other, creating a cycle that is difficult to break.⁷ Unreliable access to food significantly increases anxiety (72%), depression (67%), and stress levels (66%).⁶

HOMELESSNESS



London has the highest proportion of people experiencing homelessness living in temporary accommodation in the UK.⁸



Average life expectancy is 45 years for people experiencing homelessness,⁹ compared to the national average of 77. Poor diet is a key factor contributing to reduced life expectancy and other poorer health outcomes for people experiencing homelessness.¹⁰

WELLBEING & ISOLATION



Food insecurity increases loneliness by reducing opportunities for shared meals and social activities, leading to isolation.¹¹



Stigma of seeking help combined with the stress of providing for oneself often results in guilt and further withdrawal and isolation.⁷ Social isolation is as harmful to health as **smoking 15 cigarettes a day.**¹²



Communal eating improves wellbeing by providing a stable, dependable, inclusive, and dignified service, supporting access to food, fostering inclusivity and empowering communities while tackling social isolation.¹¹

SUSTAINABILITY



11-25% of global greenhouse gas emissions are from food production, yet 9.5 million tonnes of food are wasted annually in the UK.⁴



£22 million worth of crops were destroyed due to work force shortages last year, while over 7 million people faced food insecurity.⁴

OUR THEORY OF CHANGE



NUTRITIOUS COMMUNITY & DELIVERED MEALS

 [Hear about our impact](#)



28,710 meals in 2024

Nutrition

Each meal is nutritious, co-designed with service users, and aligned with the Eatwell Guide to meet health needs and dietary preferences.

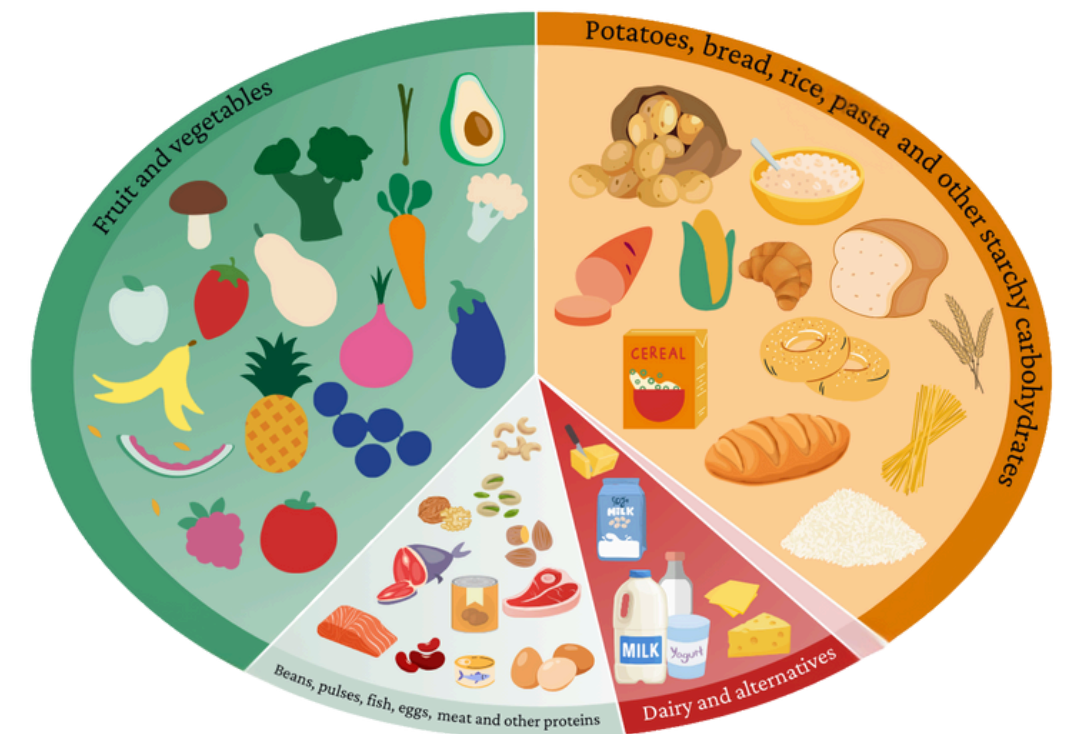
Community

More than just a meal: By creating inclusive and welcoming spaces, we strengthen service users' emotional and social wellbeing, support mental health, and build community connections, helping individuals feel valued and supported in overcoming challenges.

Sustainability

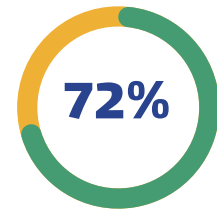
FEAST meals are made using mostly donate surplus food, supporting sustainability and reducing food waste.

“ **My favourite thing is the community – I don't feel alone when I come here. Plus, it's the healthiest meal I eat all week!** ”

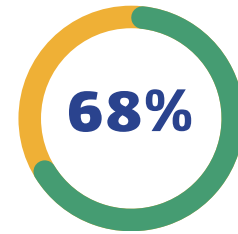


IMPACT FOR SERVICE USERS

Increased access to nutritious meals



Reported improved access to food through FEAST meals

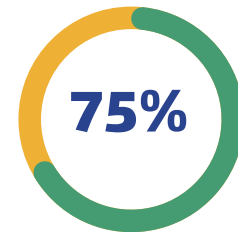


Say they are eating more fruits & vegetables because of FEAST

Improved health and well-being



feel well-nourished after a FEAST meal



believe FEAST meals are healthier than what they would typically eat

Strengthened community connections



feel a sense of community at FEAST



have reduced feelings of loneliness

Reduced food waste and emissions:

12,871 kg of surplus food used, saving 34,752kg of CO2 emissions



“ 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. ”

HEALTHY EATING ON A BUDGET PROGRAMME

This programme, developed by FEAST nutritionists and dietitians, empowers people experiencing food insecurity to independently meet their nutritional needs, make informed choices, and improve dietary behaviours on a budget. After a successful pilot in late 2023, this programme grew significantly over 2024, reaching eight venues across four boroughs.

More than just a cooking course, with nutrition at its heart, it equips participants with the knowledge, practical skills and confidence to prepare balanced, affordable meals, manage portions, and budget effectively for lasting change.

We've partnered with local authorities, community centres, homeless hostels, and supported living settings, delivering a flexible programme that responds and adapts to need, improving nutrition across various types of communities.

“ **I've lost 8 pounds just by taking on what I learned in HEB, especially portion control. It's changed how I see food!** ”

“ **I've made some friends too, and we've made a WhatsApp group to keep in touch. I'll miss coming next week—it's been great!** ”



Impact for service users

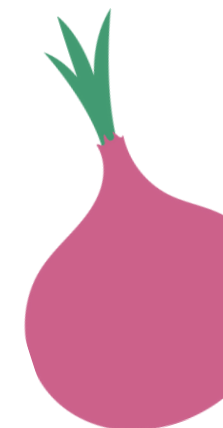
Improved dietary behaviours



Demonstrated increased nutritional knowledge



Reported using budgeting strategies to maintain a healthy diet



Enhanced cooking skills and kitchen access

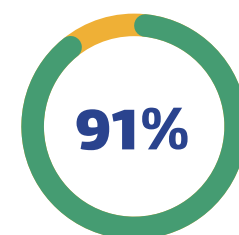


Reported modifying recipes to make them healthier



Regularly cook meals for themselves or others outside of the sessions

Boosted confidence and motivation



Feel more confident engaging socially and initiating conversations with others

Strengthened community and well-being



Feel part of a community after attending the programme





AARUSHI'S STORY - OVERCOMING ISOLATION

I wanted to be around people again. In my past, so many things happened, and now I'm living in a refuge. Most days, I'd just stay in my room. I was already on medication for depression. I thought, maybe this course could help, it would be nice to be around people.

It felt like a family vibe—we'd cook together, eat together, and really enjoy ourselves. At home, I wasn't cooking much, but for the first time, I was learning new recipes and trying different things. We'd share the work, put on music—no stresses, just fun. The budgeting and food skills were really great for me. Before, I didn't know how to use the food bank stuff. Now, I know how to make meals with what I have.

I've learned how to use chickpeas in so many ways. I learned about the EatWell Guide, how to portion protein and vegetables, what foods to avoid, how to use an oven at the right temperature. Budgeting has been a huge help too. I used to shop without much thought, but now I know how to compare prices and find discounts, and it's saved me so much money.





This programme brought me out of being on my own, I'm not alone in my room anymore. I've gained confidence, new friends, and a sense of purpose. It's been so helpful, and I am very grateful.

“ **I was in my room all day before this... now I can't wait for Thursdays to come**



NUTRITION, RESEARCH & INSIGHTS

Our unique focus on nutrition science has made a seminal contribution to the evidence base informing food policy related to food insecurity. We aim to improve the dietary outcomes for people experiencing food insecurity through the following objectives:

-  Improve understanding in nutrition services for people experiencing food insecurity
-  Improve sector understanding of evidence base and good nutritional practice
-  Increase policy implementation
-  Increase use of nutrition and food insecurity screening tools

This work both informs FEAST services and strengthens systems supporting vulnerable populations, promoting sustainable impact.



Hannah and Adrian accepting the runner up prize awarded by British Dietetic Association in the Mental Health category for the abstract, exploring dietary health inequalities and nutrition status of people experiencing homelessness.

What is the Nutrition Status of homeless people residing in temporary accommodation in London?

In partnership with UCL, FEAST conducted novel research (2023–2025) exploring the diet of people experiencing homelessness (PEH) —the first study of its kind. Led by Hannah Style (FEAST founder, trustee, and research dietitian) and Adrian Brown (UCL research fellow), the study assessed 200 people experiencing homelessness across 18 London hostels in seven London Boroughs using standardised nutritional tools.

The research revealed a high prevalence of malnutrition in PEH linked to food insecurity, poor dietary quality, and mental illness. Many participants highlighted barriers to accessing a dignified, healthy diet.

Following this, Hannah and Ghislaine Swinburn, a specialist homeless health dietitian, established the Pathway Nutrition Committee, which convenes a network of professionals and experts by experience to share best practice and learning in nutrition service for PEH.

We engaged with many stakeholders to share our preliminary findings in 2024, such as public health teams wanting to embed nutrition into their homeless health strategy, hostels where we did the research and other hostel organisations interested in implementing our recommendations.

For more details and a comprehensive analysis of the findings and recommendations see our impact report, or the clinical report for a deeper dive.



FOOD PARTNERSHIP COORDINATION

Our food partnership work in the London boroughs of Camden and Redbridge empowers local communities to become stronger and more resilient in addressing and preventing food insecurity. By collaborating with local authorities, charities, and community organisations, we create networks that deliver sustainable solutions to food challenges in urban areas.

Camden

The Camden Food Partnership (CFP), hosted by FEAST, is a network of 90+ organisations tackling food-related challenges in Camden. The CFP supports Camden Council's Food Mission that by 2030, all residents will eat well every day with nutritious, affordable, and sustainable food. Led by a steering group of local organisations, surplus food suppliers, Camden Council, and Public Health, the CFP drives action through forums, workshops, and open discussions.

2024 Highlights:

- Achieved Sustainable Food Places status for promoting healthy, sustainable food systems.
- Recognised in Sustain's Good Food Local London report for leadership in tackling food poverty.
- Expanded the network from 60 to 90 organisations, including community centres, social supermarkets, businesses, and schools.



Produced a shared learning video and corresponding report to showcase successful approaches and common challenges faced by VCS organisations in the network.

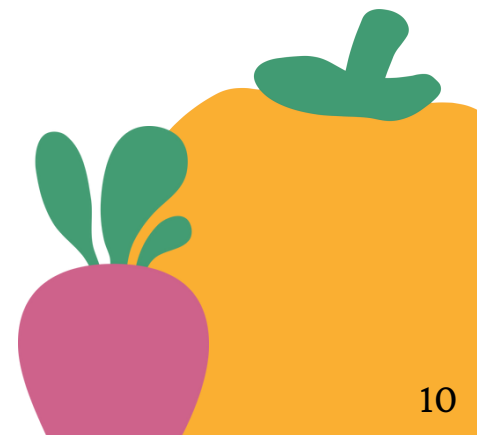
Refugee Community Kitchen
Steve Stavrindies & Janie Mac

Redbridge

2024 marked the launch of Redbridge's first food partnership, hosted by FEAST and funded by the Greater London Authority. The Redbridge Food Partnership (RFP) is a cross-sector network bringing together Redbridge Council, local VCS organisations, surplus food suppliers, and healthcare providers to build a more joined-up approach to food provision.

2024 Highlights:

- Grew the partnership to 27 members, including food banks, social supermarkets, children's centres, and youth groups.
- Developed an interactive map showcasing local food provision.
- Strengthened relationships between VCS organisations and surplus food suppliers.
- Promoted Healthy Start through collaboration with Public Health, Citizens Advice, researchers, and local volunteers.



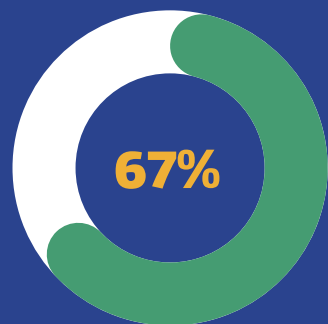
VOLUNTEERS

FEAST couldn't support vulnerable people living in London without our incredible team of volunteers.

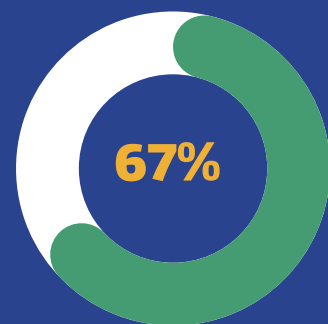
From preparing over 28,000 nutritious meals to collecting surplus food to applying their skills behind the scenes, their dedication ensures we can make a meaningful impact, nourishing those in need.

Every hour they give helps create a stronger, more connected community where everyone has access to healthy, tasty meals in a warm, safe space.

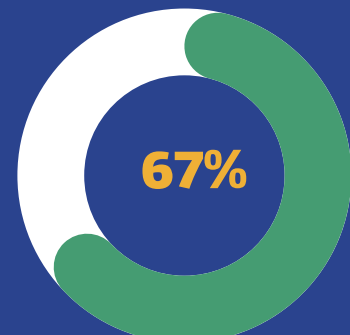
Why do you volunteer?



want to help their community



want to tackle food surplus and waste



say it provides them with a sense of purpose



92% have met people from different backgrounds

58% have gained new skills or improved existing ones

50% have cooked with new ingredients

HIGHLIGHTS:

312 VOLUNTEERS, INCLUDING:

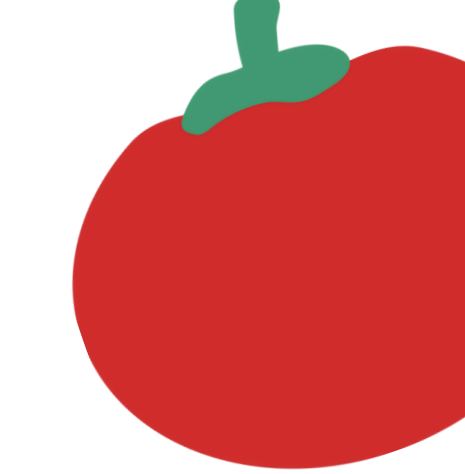
+ 156 new volunteers

210 cooks

13 drivers & cyclists

11 in media

18 remote



Celebrated 5 volunteers achieving 100+ hours

“ 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.

“ Feel the food prepared for the [service users] is really high quality and have huge admiration for the ingenuity and skills of the chefs I have volunteered with.

“ 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.



TAUHIDA'S STORY - PROGRAMME PARTICIPANT TO WEEKLY VOLUNTEER

After completing the Healthy Eating on a Budget programme at the Fitzrovia Community Centre in April 2024, Tauhida felt inspired to give back and volunteered to support new groups.

“Since coming to London, I’ve always wanted to volunteer,” she shared. “Sandra, who runs the programme, makes you feel like part of a family. I love cooking, so it felt natural to get involved. It’s been such a positive environment, and I enjoy helping out and giving back.”

As a volunteer, Tauhida has found it incredibly rewarding to see participants grow in confidence and skill. “At first, people might be unsure, but by the third week, they’re trying new things and feeling more comfortable in the kitchen. It’s amazing to see their progress.”

“
**... learning from each other,
sharing recipes from different
cultures. It’s something I really
look forward to every week. You
meet new people, you work with
different people. It’s amazing.**

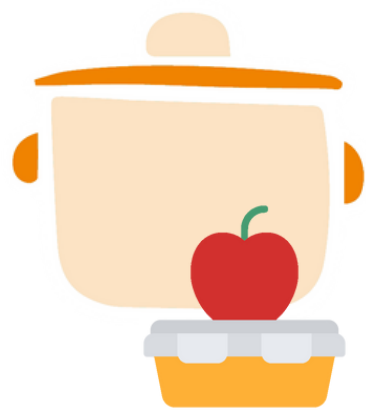


For Tauhida, volunteering is about more than cooking. It’s about building a sense of community and empowering others. “You’re surrounded by people learning alongside you, helping each other, and giving tips. It’s inspiring to see how everyone grows together,” she explained.

Looking ahead, Tauhida hopes to deepen her knowledge of nutrition and continue supporting others in her community. Inspired by her father’s philanthropic spirit, she’s eager to share what she’s learned to help others lead healthier lives.

Tauhida’s journey highlights the power of volunteering not just to make a difference in others’ lives, but to create a supportive community.

FUNDRAISING HIGHLIGHTS



£417,951

total income raised to tackle food insecurity and reduce food waste



£3,226

raised in our World Hunger Day appeal in May 2024, from 85 generous people



1

new hybrid-electric van to support collecting donations and delivering meals

6 months

of long-life pantry food for all kitchens kindly donated by The Jansen Foundation

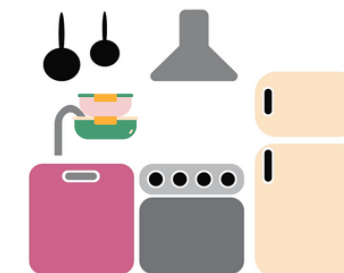
£7,744

raised by 9 brilliant FEAST fundraisers, supporters, staff and trustees through sponsored challenge events



1

multi-year grant to expand healthy eating on a budget programme into Hackney



THANK YOU TO OUR FUNDERS & DONORS



Our work simply wouldn't be possible without the generosity of our supporters and funders. In 2024, the impact of their giving enabled us to provide nutritious meals to 400 people experiencing food insecurity every week.

Their support has helped us expand into new London boroughs, develop our systems and processes and grow our team. To every funder and supporter, thank you for making 2024 such an exceptional year.

FUNDERS

Camden Council - Greater London Authority - Hackney Foodbank - Hedley Foundation - Kusuma Trust UK - Landsec Futures - London Community Foundation - Meeting Needs - Morris Charitable Trust - The Cranswick Charitable Trust - The Jansen Foundation - The John Horseman Trust - The National Lottery - The Souter Charitable Trust - The Stewarts Foundation - William Kessler Charitable Trust - UK Government



National Lottery Funding Impact

Reaching Communities

Long term support over multiple years is an invaluable resource, providing predictable and stable income over a period of time. FEAST's multi-year **National Lottery Reaching Communities** grant supports our nutritious meal services at six venues in Camden. It has also supported developing our first Theory of Change, (page 4, above) to maximise our impact.



Community Fund

At the beginning of 2024 we secured a **National Lottery Community Fund** grant, that supported six months of staff salaries and delivery costs, thanks to government funding. The most significant impact was that this enabled us to **supercharge our operations to buy a hybrid electric van** – FEAST's first!



TechforGood UK generously donated nine Samsung tablets, for our healthy eating programmes for service user surveys



CORPORATE SUPPORT



Over the years, FEAST has connected with a diverse range of businesses and organisations to turn their ESG (Environmental, Social, and Governance) principles into practical action.

In 2024, FEAST welcomed **42 teams** to our kitchens, with **458 individuals** supporting 65 cooking sessions, cooking almost 3,000 nutritious meals for our service users at community lunches and delivered to hostels and other community partners.

Alliance Community Fund - AccorInvest - Action Funder - Adobe - Arriva - Avaloq - BCG - Buzz Bike - Bywaters - Canva - Central District Alliance - Centrica - Chainalysis - The Cranmere Group - Dentons - Earnest & Young - FullFat - Gate One - Gousto - Graysons - Here We Flo - In Digital - JMW - JP Morgan Chase - Kin Group - LPIO - LSH - Lyondell Basell - Mace - MBW - MediaBrands - Metro Bank - Moorhouse Consulting - MSI Choices - Naked Ideas - Ocean Bottle - On Hand - Ono Pharma - Park High School - Pltfrm - PPRO - Service Now - Shaw Trust - Tapestry - Today Tix - Video Week - WTWco - Yahoo

Central District Alliance case study



In 2024, FEAST collaborated with Central District Alliance (CDA) to support meal services and rescue surplus food. CDA's contributions included volunteering, food donations, and connecting FEAST with five corporate partners—four of whom volunteered and donated, while one offered surplus food. This resulted in 32 volunteers supporting five services, £2,050 in donations, and 160 nutritious meals cooked for people facing food insecurity.

CDA members actively joined FEAST's cooking sessions, helping to prepare and serve nutritious meals. Their hands-on involvement fostered a sense of community while providing immediate support to our service users. CDA also facilitated surplus food donations from local businesses, helping FEAST prepare balanced, sustainable meals.



At Central District Alliance, our ESG programme drives us to support initiatives like FEAST With Us in tackling food insecurity and promoting healthy living. From food donations to empowering meal services and the Healthy Eating on a Budget Programme, we're proud to create lasting impact and look forward to continuing our partnership.

– Debbie Akehurst, Chief Executive, **Central District Alliance**



THANK YOU TO OUR PARTNERS

We are so grateful for the support from our partners — community and charity partners, local councils, corporate organisations, suppliers, and academic partners.

CHARITY & COMMUNITY

Calthorpe Community Gardens - East Finchley Baptist Church - Finchley Charities - Fitzrovia Community Centre - Grand Junction - Hackney Foodbank - Hopscotch - JW3 - Likewise Community Centre - London Irish Centre - Mind in Camden - New North London Synagogue - Queen's Crescent Community Association - Salvation Army - St Giles Trust - Sapphire Independent Housing - SHAK - Single Homeless Project - SomersTown Community Association

SUPPLIERS

Barnet Food Hub - Budgens - Bywaters - City Harvest - Kilburn Pickers - Life After Hummus - Square Mile Farms - The Felix Project

FOOD PARTNERSHIPS

Barnet Council - Camden Council - Hackney Council - Redbridge Council - Westminster Council

ACADEMIC PARTNERS

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

We partner with universities to host nutrition and dietetics student placements.

In 2024, we welcomed 16 students over 18 weeks, supporting key projects such as:

- Service evaluations of our meals service
- Nutritional analysis of our meals
- Mapping food services against deprivation data
- Healthy Eating on a Budget content



Community Programme Coordinator, at Likewise Community Centre



I think that knowing that we're living in a cost-of-living crisis, there's so much uncertainty and insecurity in different parts of people's lives. I think it just keeps coming back to food security, people knowing that there's going to be a meal here for them and for some people, that might be like the only meal that they that they have for that day. So it feels like a really good gift to have people coming in and offering that to us to our movement at Likewise.

I feel inspired by the way FEAST and Likewise work together. We're these two kinds of organisations, trying to do things a bit differently, providing tangible things like food security. It's really exciting to have this service and our working relationship with FEAST.



10 YEARS OF FEAST!

From humble beginnings of cooking monthly meals in a hostel to today, where we are supporting over 400 people every week - none of this would be possible without the generosity of people like you.

2025 marks 10 years of FEAST impacting lives through nutrition and community, starting in 2015 as a monthly community meal service at a temporary homeless accommodation in Kilburn with volunteers using surplus food.

Join our celebration by getting involved—donate, fundraise, volunteer, or partner with us to make a difference. Take part in our “Tins for Ten” campaign and other special events as we celebrate this milestone and continue to support people experiencing food insecurity in London.



How you can help

Volunteer

We have many volunteer opportunities to be involved in this year as we plan our 10th birthday celebrations. From cooking in our kitchens, media, marketing and more, get in touch to find out more.

Donate

Set up a monthly £10 gift to provide someone with two hot nutritious meals.

Fundraise

Take on a sponsored challenge event to have some fun, boost your fitness, all while raising vital funds for FEAST.

Corporate Support

We're looking for corporate partners to join us in making this milestone year extra memorable! If your company is interested in sponsoring FEAST in 2025, we'd love to hear from you.

✦ [FIND OUT MORE](#) ✦

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FEAST With Us Impact Report 2024

FEAST With Us

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