

FEAST
— With Us —

Annual Impact Report

2021

NUTRITION. COMMUNITY. SUSTAINABILITY





Feeding & Empowering All Sustainably Together

As a growing charity, it's important to us that our supporters understand the impact their hard work and generosity have had on the local community, and why their continued support is so crucial. 2021 was undoubtedly a difficult year: the Covid-19 pandemic was still with us, and rates of food poverty continued to increase. Due to the end of the furlough scheme, the rise in petrol prices, and the new threat of Omicron, FEAST faced the serious challenge of fewer volunteers – but we managed to overcome this hurdle to make sure no one in our FEAST communities went hungry.

This pivotal work wouldn't have been possible without FEAST's staff, our dedicated volunteers, and our community partners from the Single Homeless Project, JW3, Mind in Camden, Sapphire Housing Group, East Finchley Baptist Church, and the New North London Synagogue. We'd like to offer them our deepest thanks and gratitude for their support.

Despite the challenges we faced in 2021, we're delighted to have made some fantastic progress, including more than doubling our meal output compared to 2020, and providing over 40,000 regular meals for vulnerable people across North London. As we look ahead to 2022, it's clear that our work is needed more than ever before, as more and more people are forced to access food-aid services. Our aim is to continue offering meal deliveries, reintroduce communal dining sessions, and deliver tailored cookery programmes to give people the dignity and independence they deserve, through community support and nutrition education.

In partnership with University College London, we're also planning to research the root causes of malnutrition among vulnerable people, to help us understand the nutritional needs of this marginalised group.

As well as being proud of our past achievements, we're excited about the future and would like to extend a huge thank you to the generous funders and supporters who have made our work possible. Without them, we wouldn't be able to keep our services running – which, as this report shows, are more essential now than ever.

Thank you for being part of FEAST's fight against food poverty.

Hannah Style, FEAST With Us Founder and Chair





About

FEAST With Us

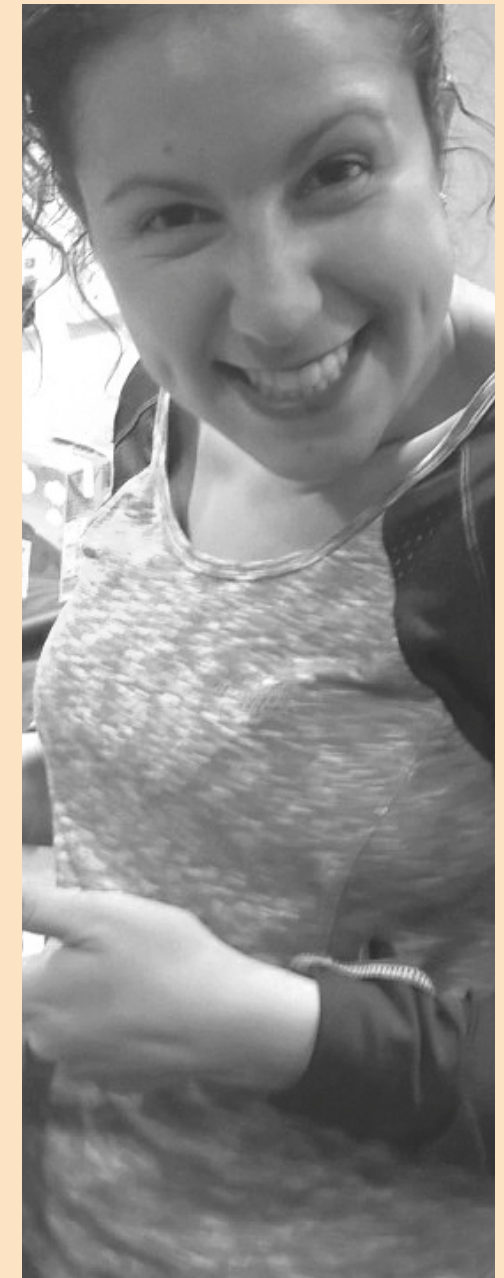
FEAST started in 2015 as a weekly community meal at a hostel for homeless people, using surplus food that would otherwise be thrown away. Each meal is a collaboration whereby volunteers and people experiencing food insecurity cook and dine together as equals.

We support people with 7-day service in multiple hostels for homeless people, and weekly services in community centres, as well as offering communal lunch & dining sessions for anyone struggling with food poverty, including people experiencing homelessness, those with mental ill-health and substance misuse, the elderly, refugees, and low-income households.

Our work helps people through one of two main routes: cooking and eating together and delivering healthy food.

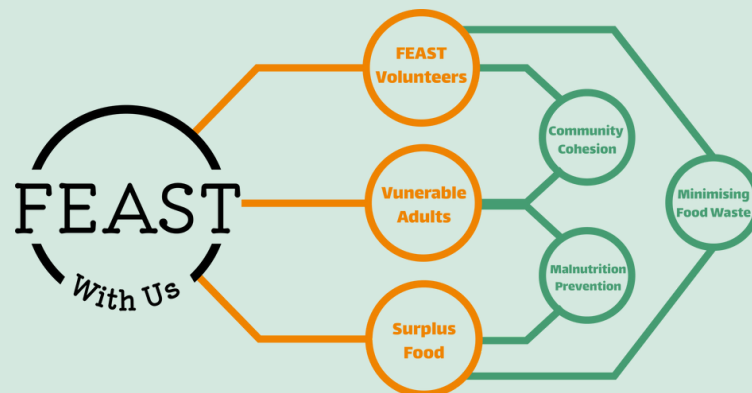
Mission & Vision

- Ameliorate malnutrition in adults at risk by enhancing access to nutrition.
- Promote sustainable eating habits and prevent food waste.
- Enable community cohesion.



Hannah Style

Our Model



“ I always knew I wanted to do something about food waste & malnutrition - marrying the two. ”

- Hannah Style

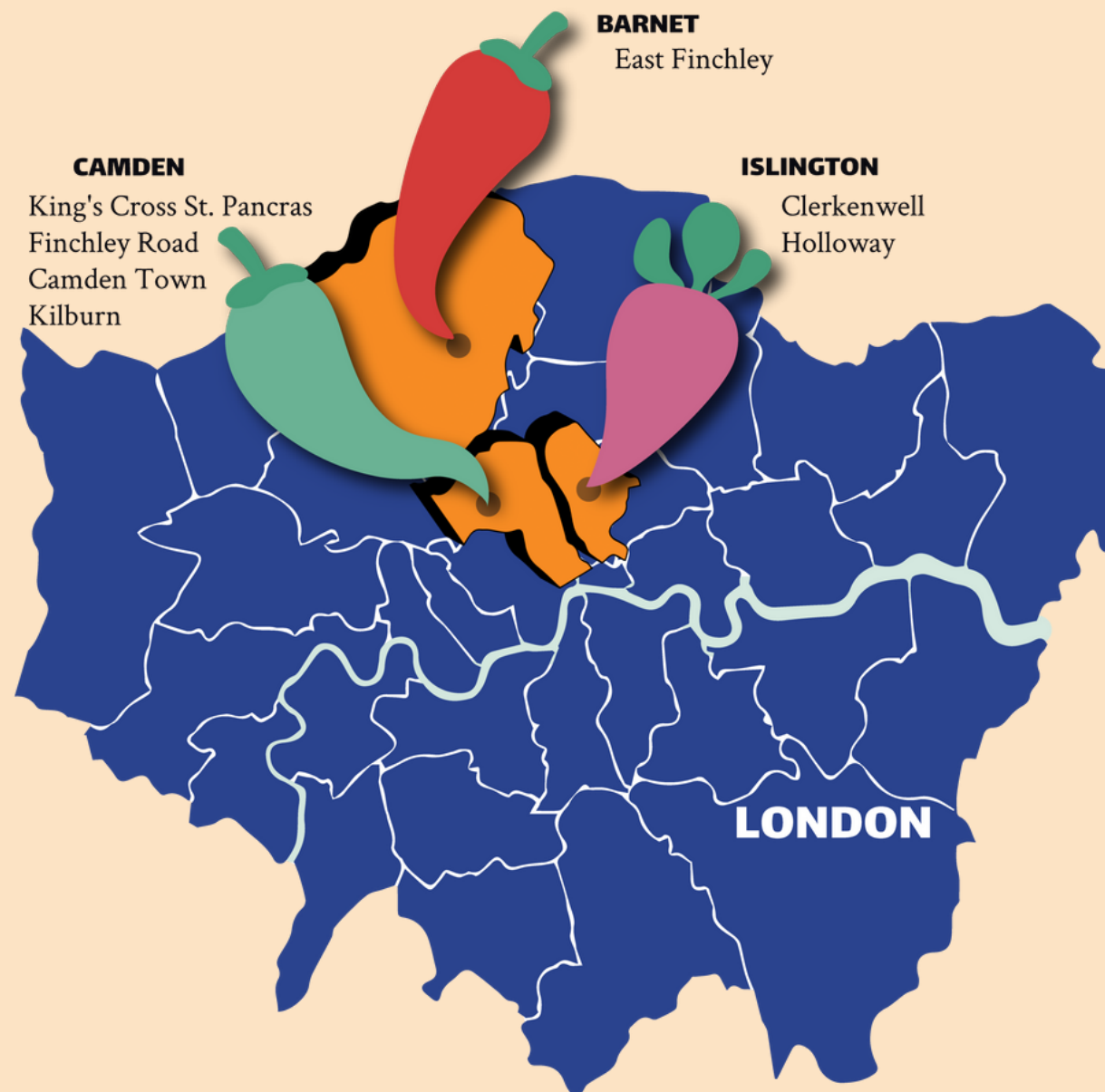
Cooking and eating together

Through our model of community dining, we empower our beneficiaries to engage in the meal preparation and to learn about nutrition and cookery with the help of our volunteers and chefs. At the end of each session, they receive a nutritious meal, and everyone eats together in a COVID-safe setting.

Delivering healthy food

FEAST chefs and volunteers also cook up healthy food to be delivered to shelters and homes experiencing poverty across North London.

We work with multiple community partners to deliver our services across nine sites, which are based in the boroughs of Barnet, Camden, Haringey and Islington.



our story overview...

Our Journey



2015

FEAST With Us is founded. A grassroots project providing **meals at one hostel once a month.**

2016

We increase our service by providing **meals at one hostel every week.**

2017

FEAST With Us becomes a registered charity and hires our first part-time Coordinator.

2018

Now providing **meals at two hostels a week**, we hire a full-time Coordinator and source volunteer facilitators.

2019

FEAST provides meals at **four centres a week** - hiring our Partners and Volunteer Coordinators.

2020

As the UK goes into lockdown **FEAST With Us is declared an essential service.** We expand across four London boroughs, averaging **21 cooking sessions a week and 20,000 meals across the year.** We create a zero-waste pathway across all our work.

2021

FEAST With Us operates at 9 sites across North London, providing **over 100 cooking sessions every month and 40,000 meals throughout the year.** We are commissioned to provide children with nutritious meals during the school holidays.

Our People

FEAST With Us is run by a small, tight-knit team, which oversees a large-scale operation that provides thousands of meals to vulnerable people.

The Board of Trustees, which includes FEAST Founder Hannah Style, oversees a four-person operations team and three FEAST chefs, along with assistance from special advisors, including experts from the restaurant industry.

Trustees



Simon Style
Treasure



Natassja Etherington
HR Trustee



Hannah Style
Founder & Chair



Hana Mosavie
Development Trustee



Kara Anderson
Data Consultant Trustee

Operations Team



Clark West
Operations Manager



Lily McSweeney
Partners Coordinator



Jen Carmo
Volunteer Coordinator



Emily Murgatroyd
Fundraising Coordinator

Kitchen Operations Team



Dean Murray
Chef



James Douglas
Chef



Aistis Palenskis
Chef

Our Impact

“The FEAST model empowers vulnerable people experiencing food insecurity, and helps them to enjoy autonomy and dignity when it comes to their food choices. To achieve this, we encourage engagement in the cooking process and ask for our volunteers’ input.”

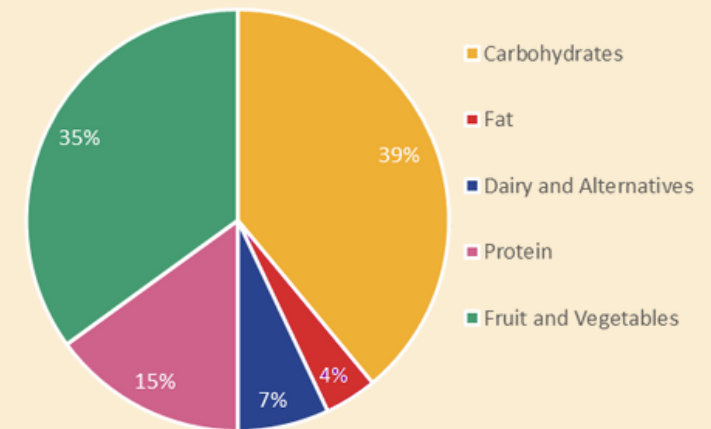
”



(1) Eat well guidelines

Thanks to this model, FEAST is well equipped to bring communities together through cooking and communal dining – an approach that’s been shown to improve people’s health and well-being and increase socialisation in 78% of communities.

FEAST With Us Meals



Food banks and other food-aid provision parcels have been shown to lack the adequate nutrition needed for a healthy diet, but the nutritional composition of FEAST meals is in keeping with the government’s Eatwell Guidelines.

We’ve also set up a zero-waste pathway across all our services, tackling both food and plastic packaging waste. For example, we source biodegradable food containers or receive donations from supporters, which saves over 20,000 plastic food containers going to landfills.

(1). Fallaize, R., Newlove, J., White, A. and Lovegrove, J., 2020. Nutritional adequacy and content of food bank parcels in Oxfordshire, UK: a comparative analysis of independent and organisational provision. *Journal of Human Nutrition and Dietetics*, 33(4), pp.477-486.

Why do we need FEAST?

Food poverty and malnutrition have been exacerbated by the Covid-19 pandemic, energy price rises, and the cost of living crisis, and more people are experiencing feelings of isolation (which in itself increases the likelihood of malnutrition).

The Food Foundation found that one in four adults in the UK report having difficulties accessing affordable food, and residents of the boroughs where FEAST operates are almost 27% more likely to worry about accessing food compared to the national average. The need for our provision increased by over 300% at the start of Covid-19, and since then, FEAST has been deemed an essential service by local councils.

Our own service evaluation found that among our beneficiaries:

31 %

ACCESS FEAST SERVICES DAILY

35%

HAVE SKIPPED OR CUT DOWN THE SIZE OF A MEAL BEFORE ACCESSING A FEAST SERVICE

65%

ARE CLASSED AS HAVING 'LOW' OR 'VERY LOW' FOOD SECURITY



Making a Difference



FEAST beneficiaries

Case study: Michael's Story

At the start of the pandemic, Michael's life was turned upside-down. He was already facing unemployment and food poverty when he received a devastating cancer diagnosis. Struggling to access food, and experiencing increasing isolation, Michael was referred to FEAST With Us through his local GP surgery.

FEAST supported Michael by delivering nutritious meals directly to his home, providing him with the nutrition he needed to support his cancer treatment, as well as a window in his day when he could talk to our volunteers, and feel less isolated.

What people say...

“FEAST is amazing – it plays a huge part in my life. Meals are healthy, and it helps me worry less about getting the food I need.”

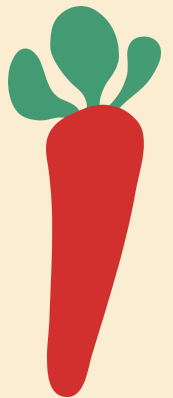
- *FEAST beneficiary*

“The food was so good! I really look forward to a really good wholesome meal. It was a feel-good factor. There's food I just cant afford, things are getting tighter now. It's going to be really tough for a lot of people. I'm used to scraping by.”

- *FEAST beneficiary*

“The food has always been amazing and of a higher quality.”

- *FEAST beneficiary*





Tackling Food Waste

As well as supporting those experiencing food poverty, FEAST plays a small but vital role in tackling the climate crisis, too.

Over 9.5 million tonnes of edible food are wasted in the UK every year, costing the UK economy £19 billion.

By using surplus food to make our meals, we save thousands of kilos of waste going to landfill. This means we can help reduce the amount of harmful greenhouse gases entering the atmosphere, all while providing healthy meals to the people who need them.



Did you know?

If food waste was a country, it would be the third-highest emitter of greenhouse gases.





Our Volunteers



As a volunteer-led charity FEAST counts on the help of amazing and dedicated volunteers. They help in diverse areas of the charity, from cooking to delivering and taking care of admin work. We work to enable and empower people to support their community.

Volunteers are at the heart of FEAST: without them, meals wouldn't get made, food wouldn't be collected or delivered, and the community spirit that FEAST thrives on wouldn't exist.

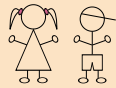
All the staff and beneficiaries at FEAST With Us would like to thank our volunteers for their dedicated work, with a special thank you to those who come back time and time again, and go the extra mile by donating their time towards our operation efforts.

Thank You

FEAST at a Glance

In 2021...

4,000



Meals were provided for children during the school holidays.



Over **204**

volunteers donated their time to FEAST With Us.



More than

1,250

cookery sessions were held, providing opportunities for our beneficiaries and volunteers to learn new skills, and enjoy healthy food.



500

Beneficiaries were supported with a regular meal, as well as the chance to learn new cookery and nutrition skills, taught to them by a FEAST chef.

Beneficiaries include local residents in the boroughs FEAST operates in, people experiencing homelessness and people experiencing a mental health crisis.



Over

40,000

nutritious meals were cooked for (and with) beneficiaries.

15,000kg

Of food was prevented from going to landfill.



2,064h

Volunteering hours were donated across the year.

813



Delivery and collection routes were walked, cycled or driven.

Our Finances

Thanks to our generous funders, our income more than doubled in 2021. This increase was hugely appreciated and very much needed.

As you've seen in this report, our services are more in demand than ever, which means we're constantly having to scale up our output. Our key expenditures in 2021 were the employment of a new FEAST chef, a Volunteer Coordinator and a Fundraising Coordinator.

Hiring these members of staff was vital for FEAST's long-term sustainability, and to make sure we can continue to provide a quality service for our beneficiaries for years to come.

Future

2022 looks like it'll prove particularly challenging: funding in 2021 was largely the result of the Covid-19 emergency crisis response – but these funds are no longer available, even as demand for our services continues to grow.



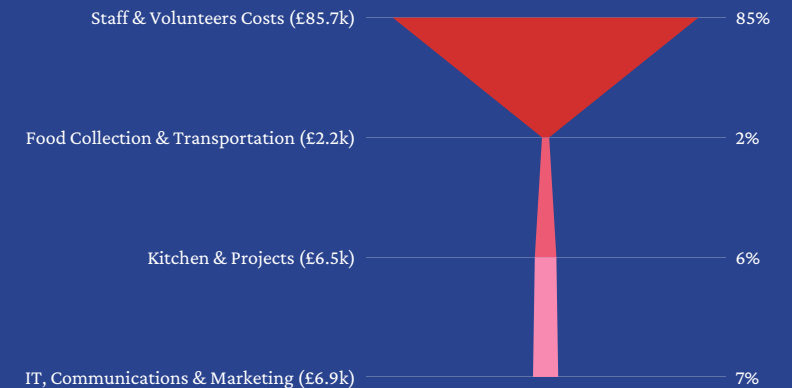
Income

*£221K



Expenditures

*£101.3K



(*provisional figures; end-of-year accounts yet to be finalised.)

Our Funders & Supporters

FEAST With Us wouldn't be able to carry out the vital work it does without our amazingly generous funders and supporters.

Volunteering, advice, gifts and donations of any size go a long way in supporting vulnerable people with a warm and nutritious meal, so we'd like to sincerely thank all those who have supported us.

Trusts & Foundations

- Aviva Community Fund
- Arnold Clark Community Fund
- Big Blue Thread
- Clarion Housing Group
- Comic Relief
- DWF Foundation
- Gigglemug Charitable Trust
- Groundwork
- Haringey Giving
- Joseph Levy Foundation
- London Catalyst
- London Community Response Fund
- National Lottery - Rebuilding Communities
- Tesco Community - Bags of Help
- The Hampstead Wells and Campden trust
- Travers Smith foundation
- Worshipful Company of Cooks
- Young Camden Foundation

Statutory & Community Partners

- 10x10 Charity
- Camden Council
- Caritas
- East Finchley Baptist Church
- Edible London
- Dennington Park Synagogue
- Hampstead Synagogue
- Haringey Council
- JW3
- North London Waste Authority
- Makor Hayim
- Mind in Camden
- Mitzvah Day
- New North London Synagogue
- Sapphire Group
- Single Homeless Project
- South London Liberal Synagogue
- South Hampstead Junior School
- Sunshine Action UK
- The Felix Project
- Wolfson Hillel Primary School

Corporates

- Dropbox
- Stewarts Law
- iTech
- Fox Williams
- Oaktree Capital
- Point Blank Music School

Friends of FEAST

- Eddie Hughes
- Andrew Jacobs
- Daniella Jaff-Klein
- Ivan Kapelus
- Eli Laifer
- Rose Leigh
- Thomas Marcuson
- Naazi Marouf-Key
- The Mond family
- Daniel Oppenheimer
- Holly Rogers
- Adrienne Rosen
- Richard Serlin
- Ian Stewart
- Jo Summerfield
- Maureen Weigert
- Julian Weinberg
- Tanya Reinhold Burns (Legacy)
- Simon Alberge
- Arlene Beare
- Francis Bloom
- Laurence Blumberg
- Richard Cohen
- Simon Collins
- Gerald Cooke
- Susan Cooklin
- Simon Friend
- David Goldin
- Jeremy Gubbay
- Joanne Gubbay
- Maxim Horwitz

Thank You

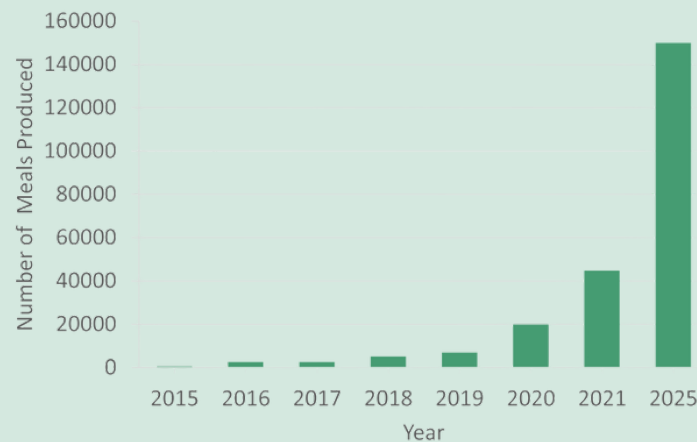
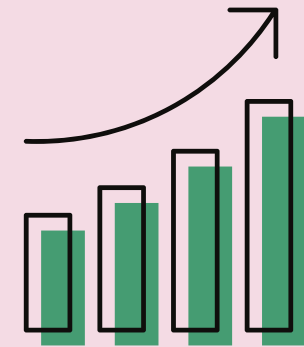
The Future of FEAST

FEAST's long-term plan is to deliver community meals through communal dining, in tandem with nutrition education programmes that help tackle food poverty. Feedback from our beneficiaries has shaped the aim of our programmes for 2022, which will continue to help empower vulnerable individuals to eat healthily, affordably and with dignity.

These programmes will be rolled out across our services, and allow beneficiaries to work towards an understanding of nutrition and cookery. This will give them the skills to cook healthy food for themselves, as well as improve their employment prospects.

It's vital that the work of FEAST With Us remains sustainable. The government is asking large supermarkets to reduce the food they waste, so should our sources of surplus food dwindle, we need to make sure we can still continue the important work of FEAST.

We're achieving this by forming close ties with local food businesses and restaurants, and by expanding our work into community gardening projects. Our aim is to help to create green spaces in an urban setting, provide our beneficiaries and volunteers with another way to engage with the work of FEAST, and to give them access to organically grown food.





SUPPORT US

Join us in our work in fighting food waste and food poverty. With your help, we can reach more people who need it, and expand our services across London.




FEAST


— With Us —


CONNECT WITH US



GET IN TOUCH

 0207 871 0094

 fundraising@feastwithus.org.uk

 volunteer@feastwithus.org.uk

OTHER WAYS OF SUPPORTING US:

- Volunteering.
- Becoming a partner.
- Buying compostable food containers.

FEAST With Us, is a registered Charity in England and Wales. [Charity Number 1172884.](#)



**THANK
YOU**

JOIN US ON OUR MISSION TO STOP FOOD POVERTY



WWW.FEASTWITHUS.ORG.UK