



FoodCycle Social Impact Report 2014



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Welcome!



As the new CEO of FoodCycle, I am hugely proud to be presenting our very first impact report.

Our model is simple. We combine surplus food, volunteers and spare kitchen spaces to create nutritious three-course meals for vulnerable people, many of whom are socially isolated. We are indebted to the 1,200 volunteers around the country who provide an amazing service in their local community week after week. Their spirit, determination and donation of time and skills is exceptional.

I would also like to thank our supporting partner charities such as the Bromley by Bow Centre and Islington Mind, who have provided space and helped us reach out to the local community. We have collected surplus food from Sainsbury's and Waitrose for a number of years, and it's wonderful to now be working with Asda, Morrisons, M&S and Tesco.

Having a place to come where you are welcome to share a meal and make new friends will always be needed. We want to be there to meet that need in deprived areas of towns and cities across the UK. I hope you enjoy reading about the impact we are making. We look forward to hearing from you and appreciate your help in whatever capacity you are able to offer.

Mary McGrath
FoodCycle Chief Executive



About FoodCycle

FoodCycle builds communities by combining volunteers, surplus food and spare kitchen spaces to create nutritious meals for people at risk of food poverty and social isolation.

This year we served 31,635 meals, we reclaimed 46,056kg of surplus food and our volunteers gave 26,340 hours of their time.

USING SURPLUS FOOD TO STRENGTHEN COMMUNITIES



Since we started cooking back in May 2009 we have:

SERVED OVER
105,000
MEALS

CREATED OVER
1,000
COMMUNAL DINING
EVENTS EACH
YEAR

RECLAIMED OVER
120,000KG
OF SURPLUS FOOD.
(a CO2 saving of over
540,000kg in emissions.)

USED
78,000
HOURS
of their time

WORKED
WITH OVER
3,000
VOLUNTEERS

EXPANDED TO
18
VOLUNTEER-
POWERED
COMMUNITY
PROJECTS

Executive Summary

Our 4 Main Objectives



Below is a summary of our progress in achieving these objectives over the past year.

1. Reduce Food Poverty and Promote Healthy Eating in the Community

In the UK, an estimated 4 million people are affected by food poverty. All FoodCycle projects serve in the 10%-20% most deprived wards in the UK. Surveys show that 72% of FoodCycle beneficiaries report skipping at least one meal in the week before coming to one of our Hubs: 85% say that they struggle to afford basics such as food or bills and 68% are out of work. Monitoring demonstrates that 73% of our guests eat more fruit and vegetables after coming to FoodCycle and 70% think more about the nutritional value of their diet. This year we opened four new Hubs and served a total of 31,635 meals, an increase of 5,000 meals on the previous year.

2. Strengthen Communities and Reduce Social Isolation

Social isolation and challenging life circumstances can affect mental and physical health. 62% of FoodCycle beneficiaries live alone, many of whom are over the age of 65 and many report other challenging circumstances such as being homeless or being affected by mental health issues. Our Hubs enable people to meet others in their community over a healthy meal in a warm and friendly environment. In the last year, 87% of our guests have reported that they feel more part of the community since coming to FoodCycle and 85% have said that FoodCycle has enabled them to make new friends.

3. Train and empower volunteers

FoodCycle supports over 1,200 volunteers across our Hub and Community Café programmes. 79% of our Hub volunteers report that volunteering with FoodCycle has provided them with skills that will help them get a job. Our Community Café in East London trains young people who are not in employment, education, or training (NEET). In the last year, 54% of young volunteer trainees at the café progressed into employment, education or training.

4. Tackle Food Waste

Since 2009, FoodCycle has partnered with Sainsbury's to tackle the coexistence of food poverty and food waste. With our models being expanded across the UK, we have formed new partnerships with Waitrose, Tesco, M&S, Asda and Morrisons in the past year. These new partnerships, coupled with the new locations we work in, mean that we have collected 31% more surplus food (i.e. unsold food still fit for human consumption and within use by date) than last year. Across both our café and Hub models we have reclaimed 46,000kg of surplus food this year, equivalent to a CO₂ emission saving of 207,000kg.

"May 10th 2009 will always be remembered as 'that' pivotal day in FoodCycle's history. After 6 months of getting the key ingredients of food, volunteers and a kitchen together for the first FoodCycle cooking session ever, it was game time. We've learned a lot since that first day in the kitchen, but one thing has always stayed the same: our conviction that, with an eclectic mix of surplus ingredients and a bit of elbow grease, a group of committed volunteers can create a meal that makes a difference to people's lives. It was just a bunch of young people having fun in a kitchen back in May 2009 but little did we know we were on to something much bigger – we were at the beginning of an entire movement."

Kelvin Cheung, FoodCycle Founder and Ambassador



Hub Programme



We run 17 Hubs across the country: volunteer-powered community projects serving nutritious three-course meals for people at risk of food poverty and social isolation.

Our Hubs are local projects where volunteers are trained up, supported and empowered to rescue food that is deemed as waste but is perfectly good to eat (surplus). Working with partner charities

and community groups, we then turn these ingredients into healthy, delicious meals, served for free in a warm and welcoming environment for vulnerable people in the community. Our Hubs work with groups including: older people, people affected by mental health issues, people affected by homelessness, low-income families, and asylum seekers and refugees.

FoodCycle Hubs make use of resources that already exist – surplus food, spare kitchen spaces, and the time and energy of volunteers – to create positive social and environmental change.

Highly
Commended at:



Best Community
Initiative at:



Who are we serving?

FoodCycle serves vulnerable people at risk of food poverty and social isolation. Our recent monitoring and evaluation has shown the following:

14% of our guests are older people (aged 65+)

23% of our guests are homeless or 'hidden homeless' (for example, sofa-surfing)

15% of our guests are refugees and asylum seekers

25% of our guests are affected by mental health issues

68% of our guests are out of work

62% of our guests live alone

19% of our guests do not have access to any cooking facilities

72% of our guests have skipped a meal in the week before coming to us

85% are struggling to afford basics such as food, energy bills, and other essentials

44% of our guests are either already accessing food banks or are considering doing so

27% of our guests are experiencing problems with debt

79% of our guests would come along if we were to serve more often than once or twice a week (this is something we are now supporting our Hubs to do where possible).

"I come here because I was on the streets for about a month and a half, sleeping on park benches. The only way I can describe it [homelessness] is humiliating. You feel worthless – the lowest of the low. Out of 10, I'd give FoodCycle 11! A lot of people leave here with happy faces and full tummies. It's really beneficial for people like me. They [the volunteers] are basically guardian angels."

Chris, guest at FoodCycle Manchester

Expansion

In 2013, we developed a social franchising expansion model that is enabling us to grow our network of Hubs in a sustainable and effective way.

Using this model, we have launched four new projects already and will open another four by the end of 2014. These Hubs are run by partner organisations with an established community presence. Being a part of our network and using the FoodCycle brand has enabled these Hubs to attract funding, recruit volunteers, and leverage vital local support.



Hub Snapshot

FoodCycle Manchester cooks at the Roby, a mental health and social inclusion initiative in Longsight and serves healthy three-course meals for people affected by homelessness and people accessing mental health support services.



FoodCycle Clacton-on-Sea serves a nutritious three-course meal each week at the Trinity Methodist Church for vulnerable people in the community including low-income families, people affected by mental health issues, people who are long-term unemployed, people affected by homelessness, and older people who are socially isolated.



FoodCycle Leeds works in partnership with STAR (Student Action for Refugees) and cooks a hearty three-course lunch for refugees and asylum seekers accessing their English-language conversation classes.



“As a patron of FoodCycle, I am delighted to support a charity which works both to alleviate food poverty and eliminate food waste. It is also great that it does so in a way that encourages healthy eating and harnesses impressive levels of volunteer engagement. As a Bristol MP, I am really pleased that FoodCycle is active in the city, and that its work and the food served is enjoyed and supported by the local community.”

Kerry McCarthy MP, FoodCycle Patron

FoodCycle is not a food bank

FoodCycle works in a different way from a food bank: addressing food poverty by providing a hot, nutritious three-course meal rather than items for people to take home. By providing a sit-down meal in a warm and welcoming atmosphere, we work to reduce social isolation – as people who often feel excluded get the chance to mix with others and feel valued as part of their community.



Good food

It is incredibly important to us that we're serving good food, not just any food. Even though they are 'surplus' ingredients, everything we use is perfectly edible. All our food is cooked from scratch, and a FoodCycle meal will often include up to 5 portions of fruit and veg. We also offer any leftover portions and ingredients we don't cook with for guests to take home.

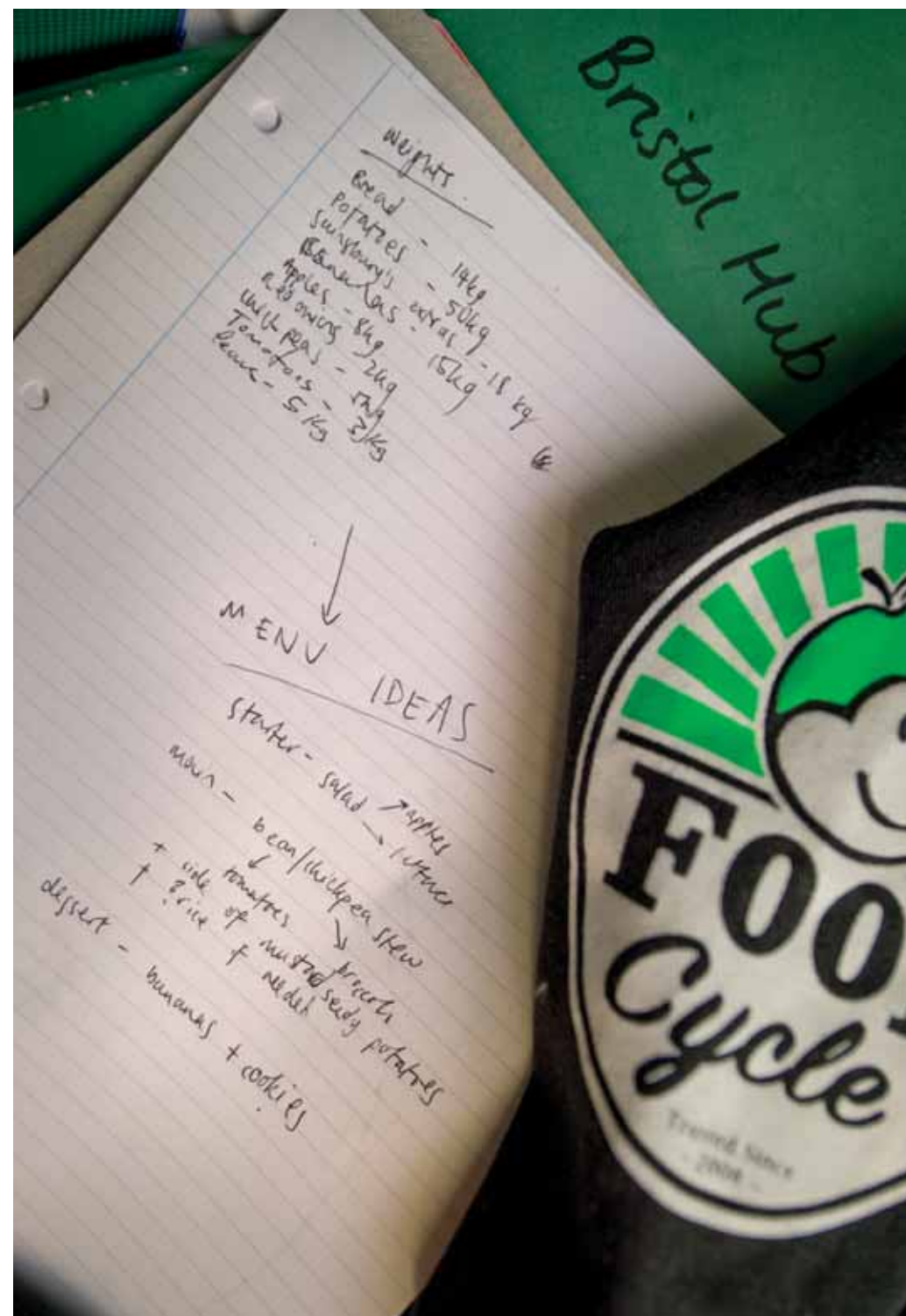


Ready, Steady, Cook-style kitchens

Our volunteers collect surplus ingredients from retailers just a few hours before serving a three-course meal for between 25-90 people. It's always a challenge and we have to think creatively to make the most of whatever we get from our suppliers that week. There are some things we almost always get (bananas, salad leaves, bread) but most ingredients will be totally unpredictable: from a sack of potatoes and a glut of mushrooms one week to kilograms of aubergines and lemons the next. Because of this, our volunteers need to be creative and resourceful in the kitchen – it's a bit like Ready, Steady, Cook but on a much bigger scale!

Why don't you serve meat and fish?

FoodCycle only serves meat-free food for a couple of reasons. Firstly, there are huge practical and legal hurdles to obtaining 'surplus' meat and fish, and we couldn't access it in the safe and straightforward way we can with fruit and veg. But more importantly, we want our meals to be as healthy and nutritious as possible, and we aim to promote healthy eating by showing people that meat-free food can be just as (if not more!) delicious than meals with meat and fish. By serving meat-free food, it also means that our meals are accessible to people of all cultures and religions.



Community Café Programme

Our FoodCycle Pie in the Sky Community Café is based at the Bromley by Bow Centre in Tower Hamlets. At the café we serve delicious meals made using surplus ingredients, promote healthy eating in the community, and provide training opportunities for people looking to develop the skills and confidence needed to gain employment. The meals we serve at the café are healthy and are sold at prices offering exceptional value for money, to make them as affordable as possible for the local community.

Training Volunteers

The café is based in Bromley by Bow, one of the most deprived wards in the UK and an area of high unemployment and poor health outcomes. We support volunteer trainees including young people not in employment, education or training, young ex-offenders, and people who are long-term unemployed.

Serving over 50 meals per day, the bustling café environment provides an opportunity for confidence building and the development of skills needed to gain employment in the hospitality and food industry. We have developed a structured training model, offering an induction to working in a high-pressured kitchen environment, the development of cooking and nutrition skills, and customer service and barista training. Volunteer trainees also gain a Level 2 Food Hygiene certification.

This year we supported 39 volunteer trainees into employment, education, training or further volunteering opportunities.



"When you've been out of work for a few years it hits your confidence. Volunteering at the café has given me confidence again. My favourite part about it is learning all the new recipes and doing it myself."

Chris, Pie in the Sky volunteer trainee who is now in full-time employment

Catering

Our café also runs our catering enterprise, providing delicious food hand-made from surplus ingredients. All proceeds from catering go back into the café to help us support and train more volunteers. Looking for ethical, affordable catering in London? **Get in touch on: catering@foodcycle.org.uk**

96% of café volunteer trainees have improved their cooking skills and 80% feel more confident.

Objective 1

Reduce food poverty and promote healthy eating in the community

Over 4 million people in the UK are affected by food poverty yet a huge amount of edible food gets thrown away each year. At FoodCycle we don't believe that food waste and food poverty should co-exist in the same community – so we're doing something about it.

What is food poverty?

Food poverty can be defined as the inability to obtain healthy affordable food. This may be because of income, access, or knowledge. For instance, people may lack shops in their area or have trouble reaching them. Other factors influencing food access are the availability of healthy goods in local shops, income, transport, fear of crime, knowledge about what constitutes a healthy diet, and the skills necessary to create healthy meals.



Due to this complex mix of factors, people on low incomes generally have the lowest intakes of fruit and vegetables and are far more likely to suffer from diet-related diseases such as cancer, diabetes, obesity and coronary heart disease. Food poverty can be about an overabundance of 'junk' food as well as a lack of healthy food.

FoodCycle's Impact

31,635
nutritious three-course meals served last year; 42,000 next year.

73%
of guests eat more fruit and veg after coming to a FoodCycle meal.

70%
of guests think more about how healthy their diet is after eating with us.



"I'm in a hostel at the moment. I've been there for a few months now, before that I was homeless. I've been coming to FoodCycle on and off for a year and a half, it's always been really good, it's the healthiest meal I have all week and it's nice to come and see people. I like the food here, it's really nice. It tastes really fresh and they really helped me out while I was street homeless, it was really helpful. Some people bring in clothes, that's also really useful. Roughly the same people come each week and we just have a chat and see how they are. FoodCycle is healthy, sociable and a nice experience."

Andrew, 33, guest at FoodCycle Cambridge Hub



"If it wasn't for places like this we wouldn't have a hot meal in the week. This is the only place we can get something to eat that's actually cooked properly."

Guest at FoodCycle Sheffield Hub

"I don't have any food at home because I only have £8.00 a week to live on, so FoodCycle is a godsend to me. The food service and volunteers are fantastic and all deserve a medal."

Guest at FoodCycle Durham



"It means a lot. Having a meal here means more food for the children at home."

Guest at the FoodCycle Hub in Clacton-on-Sea

Objective 2

Strengthen Communities and Reduce Social Isolation



What is 'Social Isolation'?

Social isolation is a lack of social contact with other people and the wider community. This can affect anyone but there are particular links to physical and mental health, disability, age, unemployment, transportation, loss of a spouse, and socio-economic background.

Older people are particularly vulnerable to being socially isolated after the loss of friends and family, reduced mobility or limited income.

Over 1 million older people say they are always or often feel lonely and 6% of older people (nearly 600,000) leave their house once a week or less (Age UK, 2014).



Reducing social isolation through communal dining

FoodCycle brings people together and strengthens communities through the power of good food. People have the chance to sit down with others and enjoy a nutritious three-course meal in a safe and welcoming environment.

*62% of FoodCycle guests live alone
14% of our guests are 65 years of age or older
25% are affected by mental health issues.*

People who eat alone (as opposed to eating with others) and those who eat on their lap (as opposed to at a table) are more likely to have a nutritionally inadequate diet (RVS, 2009).



FoodCycle's Impact

18
projects create over 1,000 community dining events each year.

85%
of guests have made new friends since coming to FoodCycle.

87%
feel more part of the community.

60%
of our guests say that coming to FoodCycle has increased their confidence.

87%
of volunteers have made new friends through volunteering with FoodCycle.

70%
of volunteers say volunteering at FoodCycle has increased their confidence.

Community

97%

of communities in the UK have become more socially fragmented over the past 30 years.

Changing UK, BBC



Using surplus food to strengthen communities

Eating with others has huge social benefits – it helps people to connect with each other, it relaxes people, it encourages mindful eating, and it's fun. Ultimately, it's the best way to enjoy food – and we believe everyone deserves the right to enjoy this. Our FoodCycle Hubs bring people together at the dining table - many of whom live alone and will eat alone for the rest of the week – to enjoy a nutritious three-course meal in a friendly and welcoming environment.



54%

of guests are now interested in volunteering or being involved in other activities in their community.

Eating Together

Our volunteers and guests all sit down to eat together, and people from different walks of life end up enjoying a meal and conversation with one another.

88%

of volunteers have developed a better understanding of people from different backgrounds, cultures and ages.

83%

of volunteers have developed friendships with people from different backgrounds, cultures and ages.

89%

of volunteers feel more inclined to get involved with other activities in the community.

"I love FoodCycle because it allows me and others to spend time with those in society who are often ignored or forgotten about in the midst of our busy lives. For me, FoodCycle is all about uniting the community regardless of one's background."



"It's something that I know really makes a difference in the community. It gives me a chance to help those in bad situations and to learn from people with different backgrounds and characteristics."



Eating Together

Our Pie in the Sky Community Café is based at the Bromley by Bow Centre, an innovative community centre in Tower Hamlets which supports people of all ages to improve their health and wellbeing, find employment and develop the confidence to achieve their goals. The café is an important part of this, providing healthy food and a welcoming community space for both volunteers and customers'



"I love the food and the atmosphere - it is a positive place with a real social mix of people from different walks of life."

86%

of café customers feel more part of the community since coming to the café.

100%

of café volunteers feel they have a better understanding of people from different background, cultures and ages.

84%

of café volunteers have made new friends through the café.

"I've lived in Salisbury all my life. It's a nice place, a friendly place. Recently I've fallen on hard times and I was told about this place by the Citizens Advice Bureau. One of the other guests who comes here just told me that there are a lot of other places where you can get food now in Salisbury, like soup kitchens and food banks. But this is different, it's nice to sit down for a nice meal and chat to people. Sometimes you feel a bit isolated living on your own."

Sally, guest at the FoodCycle Salisbury Hub



"I heard about FoodCycle and came with my late husband. Since he has died I don't like to cook just for myself, so this is perfect and I am grateful... no matter who you are, you are always made to feel welcome."

Virginia, 87 year-old guest at FoodCycle Cambridge

Removing stigma

FoodCycle does not operate a voucher or referrals scheme and our guests do not need to prove a need in order to receive our support. With the exception of a few closed-service projects (asylum seeker and mental health support groups), our projects are open to anyone. This is a decision we have made as some people in need will not access essential support if they feel there is a stigma associated with that service. Anyone is welcome to a FoodCycle meal and we have a donations jar for anyone who can/would prefer to give money. For example, some people do not like the idea of receiving 'charity' so prefer to donate a small amount for their meal. We also continually work to improve our guest experience and make the meals feel fun, dignified and uplifting for our guests – through table service, proper cutlery and crockery, and some Hubs even offer entertainment such as live music.

Case Study

Linda, 53, has been coming to the Clacton-on-Sea FoodCycle Hub for over a year:

"I live in Clacton; I've got three boys, one daughter that lives at home and my husband and me. My daughter comes along too and she enjoys it, it gets me out the house and gives me a break. I have two children with special needs and my husband has got different illnesses, so this is my escape time. I know a lot of people here now and I've been coming a long time.

It's lovely. The best thing about it is getting out of the house when you're stuck indoors, because I'm a carer I need time for myself. When you do it day in and day out you think "is it worth getting up?" You have to sort of blank those thoughts out of your head, so you need something to come to.

FoodCycle is here for everybody that needs it. If we didn't have each other here there would be no one to offload your problems to. It's more than food, it's making friends and we're all in the same boat."

Objective 3

Tackle food waste

An estimated 15 million tonnes of food is wasted in Britain from plough to plate and if we stopped wasting food it would be the CO2 equivalent of taking 1 in 4 cars off the road.

At least 400,000 tonnes of surplus food is thrown away at retail level each year – and much of this is perfectly edible and considered 'high-value' surplus. That's where FoodCycle comes in. We collect surplus food from supermarkets and other retailers – mainly fresh fruit, vegetables, and bread – and turn these ingredients into tasty and nutritious meals.

What is 'surplus food'?

Surplus food can be described as food that is fit for human consumption, but has marginal or no commercial value or the sale of it is restricted by its date label. This food, which may ultimately go to waste, is generated within the supply chain for a number of reasons, including: mislabeling; product or packaging damage; incorrect packaging; shelf life date expiration and over-ordering or over supply.

FoodCycle reclaims 'back-of-store' surplus food from supermarkets and other retailers. Retailers work hard to minimise food waste, but we know from our collections that there is sufficient volume to provide our service. We work with supermarkets and other food retailers to reclaim as much surplus food as possible.

FoodCycle's Impact

46 tonnes

of surplus food has been reclaimed this year, a CO2 saving of 207 tonnes. This is equivalent to driving 44 cars for a year.

91%

of FoodCycle volunteers are wasting less or consider themselves to be more aware of food waste since volunteering.

73%

of guests are more aware of food waste as a result of coming to eat at FoodCycle.

80%

of café customers are wasting less or consider themselves to be more aware of food waste since visiting the café.

Educating the next generation

UK households throw away 7.2 million tonnes of food each year so educating the next generation to truly value food and all the resources that go into producing it is key. In Bath, Bristol, and London we've been into schools and provided workshops on food waste – and this is an area we hope to expand over the coming year.

Policy and Campaigns

FoodCycle also works at a policy level to ensure less food is wasted, and that as much unavoidable surplus food as possible is fed to people first. We were involved in Kerry McCarthy MP's proposed Food Waste Bill and alongside FareShare, participated in the Food Redistribution roundtable with the Environment Secretary, DEFRA, WRAP, and representatives of all major supermarkets. We were invited to give evidence to the APPG on Hunger and Food Poverty to ascertain how surplus food can help alleviate the current situation within the UK. We also sit on the London Food Board and work closely with a number of supermarkets to help reduce food waste.

Where does our food come from?

FoodCycle works with supermarkets, farmers markets and other retailers to source perfectly edible surplus food in a safe and responsible way. The vast majority of the surplus food we reclaim is fruit, vegetables and bread. We also purchase extra ingredients (or rely on donations) such as pulses, rice and dairy, to make our meals as balanced and nutritious as possible.



Our first and largest supermarket partner is Sainsbury's, who have provided fantastic support over the last five years.

"We've been a proud partner of FoodCycle from the very beginning. FoodCycle's inspired concept was something we were keen to back, turning surplus food into something very positive. Our joint relationship ensures that together we can fight social isolation and food poverty through nutritious meals shared in a friendly environment."

Paul Crewe, Sainsbury's Head of Sustainability, Energy & Engineering

We also work with supermarkets including Waitrose, Planet Organic, Tesco, Morrisons and Marks & Spencer, and we are in discussions with Asda.



Objective 4

Train and empower volunteers

Around 2.2million people in the UK are currently unemployed and another 1.4 million are working part-time because they cannot find full-time work. This is particularly high among young people, with 18% of 18-25 year-olds unemployed.

For many, the skills and experience gained through volunteering helps them to get a job. At FoodCycle we

recruit, develop and train over 1,000 volunteers a year from a range of backgrounds. These volunteers fit into three categories: café volunteer trainees, Hub Leaders, and Hub volunteers.

26,340
HOURS

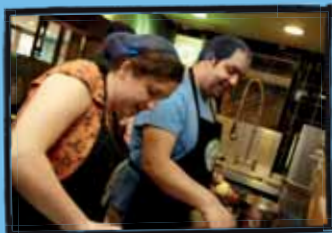
time our volunteers
have given this
year.

FoodCycle's Impact

Pie in the Sky Community Café

Our café supports volunteer trainees to develop the skills and confidence required to get jobs in hospitality, food and retail.

We work with volunteer trainees to help them develop new skills, achieve Food Safety certification, and we support them to find a job. In the past year, the café has worked with over 100 volunteers, supporting 39 of these into employment, education, training or another volunteering opportunity. Out of 30 young NEETs (16-24 year olds not in employment, education, or training), 16 trainees have moved on to a positive outcome.



Community Café volunteers:

- 80% are more confident since volunteering
- 96% have improved their cooking skills
- 87% have improved their communication skills
- 92% have improved their teamwork skills
- 86% have improved their organisation and time management skills
- 74% say it has broadened their awareness of the jobs open to them



Case Study

Chanel, 17, was referred to our café training programme by Second Chance, a youth employability charity. She volunteered with us one day a week for four months. Chanel completed her training with us and was awarded her Level 2 Food Safety certificate. Chanel has recently started work as a junior chef with Life's Kitchen, a large catering company, and is planning to move out of her parents' house and into a place of her own for the first time.



Case Study

Jamie, 19, was referred to the café by Switchback, who mentor young ex-offenders who want to work in the food industry. He had been placed at the Crisis Skylight Café, training in a front-of-house position for a number of months, but decided that he wanted to expand his experience and skills in the kitchen. Over six weeks, Jamie used his skillset, developed at Skylight, to become a solid member of the Pie in the Sky team. He has now started a part-time position with a busy catering team in Liverpool Street, in London, and has also signed up for a course at a local college.

Hub Leaders

FoodCycle's Hub Leaders are the inspirational volunteers that keep our Hubs cooking. If you've been to a FoodCycle Hub, you will have encountered at least one Hub Leader, running the kitchen and making sure that all volunteers and guests enjoy the meal and the company. However, being a FoodCycle Hub Leader is about much more than just running the Hub's cooking sessions; our Hub Leaders take the lead in running all aspects of their local project, from coordinating volunteers, managing relationships with charity and retail partners, and community fundraising, to local outreach and marketing.

FoodCycle provides training in all of these areas at our annual Hub Leader Conference, and supports each team throughout the year to develop these skills as they put them into practice at their Hubs.

As well as giving a huge amount to their community, FoodCycle Hub Leaders also benefit from the experience. Hub Leaders will develop skills that help with their careers, have new experiences and gain important lifeskills.

87%

of Hub Leaders believe the skills and experience gained at FoodCycle will help them in their career.

Skills developed by Hub Leaders

70% improved leadership skills

59% improved organisational & time management skills

79% improved project management skills

68% improved cooking skills

"I joined the FoodCycle Bath team with the aim of boosting my CV, and it certainly has! The skills, confidence and stories I have gained from volunteering at FoodCycle Bath have become the bread and butter of my job applications and interviews. My FoodCycle experience has equipped me with an endless source of examples of how I can apply myself and my skills to various situations, and has helped me to apply and succeed in gaining the jobs I want."

Alex, Hub Leader at FoodCycle Bath

Hub Volunteers



As well as our Hub Leaders, we also work with many volunteers who aren't asked to commit as much time. Our Hub volunteers can sign up to volunteer on a more flexible basis – they may come along every week, once a month, or less often depending on how much time they'd like to give.

Volunteering has helped many to build their confidence and develop important skills.

79% think volunteering with FoodCycle has provided them with skills that will help them get a job.

72% say volunteering with FoodCycle has increased their confidence.

86% have improved communication skills since volunteering with FoodCycle

94% have improved teamwork skills since volunteering with FoodCycle



"I like the sense of community and feeling that I am contributing to helping others and using and developing skills."

Why volunteer?

65% of people volunteer with FoodCycle because they want to help people who are less fortunate than themselves.

48% volunteer because they love cooking and food.

53% volunteer because they can't stand food waste.

41% volunteer because they wanted to be more connected to their community.

(Volunteers could tick multiple boxes)

96% of volunteers would recommend volunteering with FoodCycle to a friend.



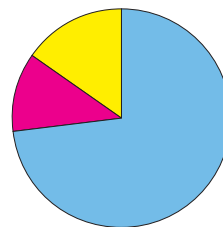
"I heard about FoodCycle from a friend and I've been coming since it started. I was skint and wanted to meet nice people. The main point of FoodCycle is treating everyone with respect and helping out. It gets people off the streets and makes them feel welcome. It's the volunteers who really understand people who are on low incomes who can't afford to eat. If they come to FoodCycle they get together with friends and have a nice hot meal and if they want some bread or some clothing, you can get that also. If you need some support there is always someone here. Everyone is kind and respectful towards others and they make you feel welcome."

Darren, 27, guest at FoodCycle Clacton-on-Sea

Finance

FoodCycle has grown significantly and we are set to grow more over the next three years. Like all charities, we try our best to keep fundraising and governance costs as low as possible and ensure that your donations are spent on the delivery of our projects.

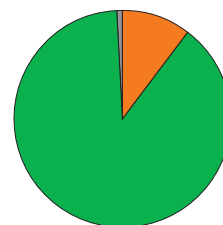
FoodCycle Income 2012-2013



- Grants and donations (£360,337, 73.2%)
- Hubs fundraising and events (£57,207, 11.6%)
- Café and catering revenue (£74,377, 15.1%)

Total Income £492,236

FoodCycle Expenditure 2012-2013



- Cost of generating income (£42,690, 10.5%)
- Charitable activities (£360,205, 88.8%)
- Governance costs (£2,891, 0.7%)

Total Expenditure £405,786

Full accounts are available from the Charity Commission.



Funders and Supporters

We're extremely grateful to our funders and supporters for all their help.



Doris Pacey Charitable Foundation & Dr Michael and Anna Brynberg Charitable Foundations, Societe Generale, Man Charitable Trust, Tower Hill Trust, Fidelity UK, John James Bristol Foundation, Cripplegate Foundation, Wakefield & Tetley Trust, Cambridgeshire Community Foundation, Wates Foundation, East End Community Foundation, 29th May 1961 Charitable Trust, Mrs L D Rope's Charitable Settlement, Boltini Trust, Urban Food Routes, Co-operative Membership Community Fund, DS Smith Charitable Foundation, Community First, Leeds Food Aid Network, Manchester City Council, Saintbury Trust, Argentarius Foundation, Hemby Trust, Fishmongers' Company Charity, Ormsby Charitable Trust, Borrows Charitable Trust, Hadrian Trust, Leeds Building Society Charitable Foundation, Ray Harris Charitable Trust, Nichol-Young Foundation, Lalonde Trust, The Mince Pie Project.

Retail Partners



Many farmers markets, greengrocers, local retailers, and other food companies across the country including Mr Organic, Food Speed, London Farmers Markets.

Corporate Supporters



Other partners including: Hogan Lovells, Qbic Hotels, Yumbles, Little Pancake Company, Palm PR, Sauce Communications, Papi's Pickles, Grub Club, The Workplace Depot, Whisk.

Partner Charities



Many other brilliant local charities, churches, and community organisations including: St Mary's Church, Bath; All Saints Church, Birmingham; Somers Town Community Centre, London; Easton Community Centre, Bristol; The Centre at St Paul's, Cambridge; Trinity Methodist Church, Clacton-on-Sea; Salvation Army Sanctuary 21, Durham; Mind in Islington, London; Southwood Smith Centre, London; Little London Community Centre, Leeds; Leeds Mind; Inkwell Arts, Leeds; The Roby, Manchester; Friends Meeting House, Norwich; John Pounds Centre, Portsmouth; St Thomas's House, Salisbury; St Mary's Church & Conference Centre, Sheffield; St Barthomew's Church Centre, Sheffield; The Food Chain, London; United Reformed Church, London; Mushkil Aasaan, London.

Community Café partner charities and organisations: Bromley by Bow Centre; Switchback; Better Health Bakery; Rework; Streets of Growth; Headway; London Youth; Mazi Mas; MRG; Newham College; Second Chance; Princes Trust; Qbic Hotels.

Take Action

Volunteer

FoodCycle is powered by thousands of amazing volunteers across the country. Without them, FoodCycle just wouldn't be possible. Whether you're a Masterchef winner in the making or a cooking novice, everyone is welcome to volunteer with us. There are all sorts of things you could do: picking up the surplus food, meal prep, chopping, cooking, stirring, serving, fundraising, community outreach – all making a positive difference in your community and, of course, having fun!

If you'd like to find out more please get in touch or visit

www.foodcycle.org.uk



Fundraise or donate

FoodCycle is a low-cost model but we do have some essential costs that we need to cover. We are reliant on donations and grants and do not receive government funding. If you are able to donate then please visit www.foodcycle.org.uk – just £20 is enough for us to buy the extra ingredients needed to serve around 70 nutritious three-course meals. We also have many ways for you to fundraise for us – from hosting a 'Meals that Matter' dinner party or a bake sale, to running a marathon or cycling across the country. Please get in touch or visit our website for plenty more ideas!



Corporate partner

We are keen to work with more companies who can help us to reduce food poverty and food waste in the UK. Whether you could fundraise for us, work with us on a cause-related marketing campaign, volunteer, choose us as your charity of the year, or offer pro-bono advice, we'd love to hear from you!

Charity partner

Our social franchising expansion model focuses on working with other charities and community organisations to run a local FoodCycle Hub in partnership. If you like our concept and think it could work in your community then it would be great to hear from you and explore whether we can set up a new Hub together.



Food retailers

If you're interested in donating surplus food on a regular or one-off basis then please do get in touch! We take fresh ingredients (such as fruit and veg) and dried goods (rice, lentils, etc.) but we do not take processed or ready prepared foods.



Catering

We run a catering arm out of our Pie in the Sky Community Café which creates delicious food using surplus ingredients. All revenue from this goes back into the café, helping us support more volunteer trainees into employment. Get in touch on catering@foodcycle.org.uk

Interested in getting involved?

Visit www.foodcycle.org.uk for more information, email us on hello@foodcycle.org.uk, call us on 020 7729 2775, write to us at FoodCycle, Oxford House, Derbyshire Street, London, E2 6HG or tweet us [@foodcycle!](https://twitter.com/foodcycle)



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