

LEAP Webinar:

Putting food back into the heart of our communities



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We always knew food poverty was a problem, but Covid has exacerbated the issue. [Poll]

- Nationally 14% of households with children report food insecurity, compared with 11.5% pre-Covid. (Source Food Foundation survey, August 2020)
- Concentrated in areas of high deprivation such as LEAP wards, but no local data available as food insecurity/poverty is not routinely measured.
- Food Foundation survey also found that food insecurity higher in BAME households at 16%



What do we mean by 'Food Insecurity'?



- Food Insecurity = being unable to reliably access a sufficient quantity of affordable, nutritious food.
- People report:
 - Reduced portion size
 - Feeling hungry
 - Managing on poor cheap food sources



Why are people food insecure?

[Poll]



- According to the Trussell Trust (main food bank operator across UK) the main reasons for people not having food are:
 - Benefit delays
 - Challenging life experiences or ill health
 - Lack of informal support
- But we have found it is more complex
 - Lack of 'head space' to make healthy decisions
 - Low income areas = unhealthy environment

Effects on early child development and health [Poll]



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- Impacts on birth weight
- Children and families not getting their 5 a day
- More than a million UK residents living in 'food deserts'
- Parents skipping meals to feed their children.
- Free school meals and holiday hunger
- Childhood obesity



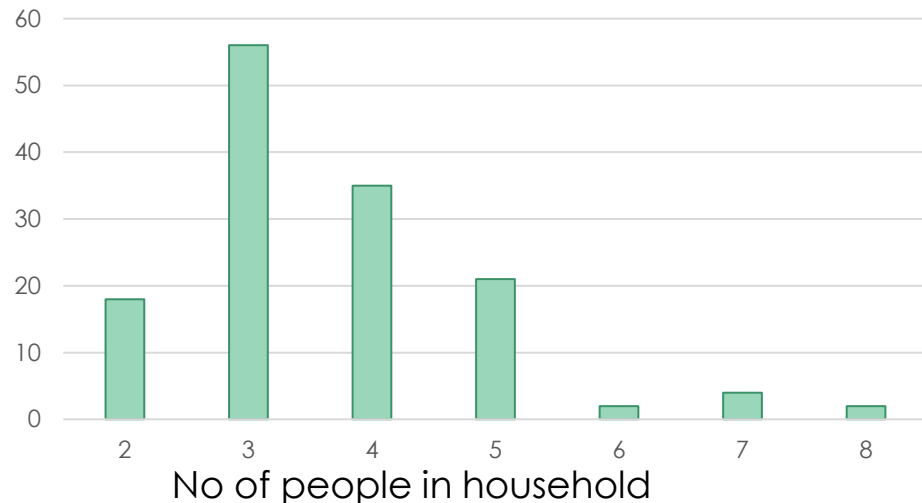


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Child poverty and our families

Average of 3 or more people living in a household - we need to consider this in our services. Many families requesting hot food have 5-6 people in a household.





What can we do? [Poll]



- **Healthy Start Vouchers** are offered by the government to support families with young children & we signpost our families to these on our website, in texts & via newsletter.
- Eligibility criteria
- Take up rates are approximately 55% for Lambeth (Mar 2019) - this equates to 1,476 families taking up the offer out of a possible 2,702 at that time.



What are we doing at HLP?

Vegetable bags/ & now food parcels

- 4,618 vegetable bags distributed
- 388 families in receipt of bags
- Assuming 1 bag = £5 then savings for local families = **£23,000**
- We think they are worth more than that



What are we doing at HLP?



Cook & Eat sessions

- Weekly cooking sessions - every day of the week, over 120 people a week eating together.



What are we doing at HLP?



Food Ambassadors:

- Training programme providing an accredited qualification (20 volunteers trained)
- Volunteering opportunities (150 volunteer hours per week)
- Sustainability planning (cook along sessions supported by Food Ambassadors - 2 shifts per week at Southwyck Kitchen)



What are we doing at HLP?

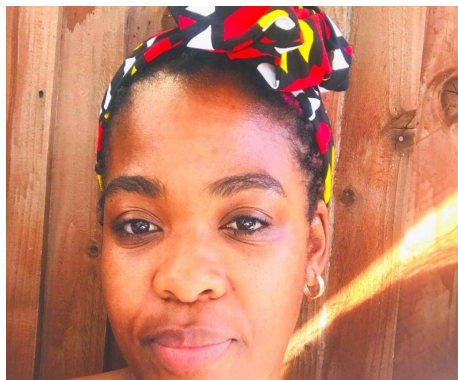


Cookalongs – co-produced e.g. for Black History Month

Recipe Packs: this makes things easier for families on low incomes to join in or to make time for the sessions average 10-15 recipe packs per session.

We also cook-along and deliver in collaboration: Big Little Soup with St Matthews -120 portions served

"Thank you so much to the team for all the effort put into preparing the recipe packs. It's been so helpful and made the cooking experience so much more enjoyable and practical."



JOIN ADELAIDE FOR A LIVE COOKALONG -
WE'LL BE MAKING ANGOLAN BEAN SOUP
WEDNESDAY 7 OCTOBER 12PM
LIVE ON ZOOM
FOLLOW LINK IN PROFILE TO REGISTER

INSTRUCTIONS

1. Heat the sunflower oil in a large saucepan.
 2. Add the chopped onions and carrots. Stir well then reduce the heat to low, cover the saucepan with a lid and cook for around 15 minutes, stirring occasionally, until soft.
 3. Remove the lid, turn the heat to medium and add the garlic. Stir and cook for 1-2 minutes until the garlic is starting to soften.
 4. Add all the spices and stir well. Cook for a further 1-2 minutes.
 5. Add all the prepared vegetables and stir well. Cook for 10 minutes, stirring often.
 6. Add the tinned tomatoes and the vegetable stock. Bring to the boil and then reduce the heat and simmer until the vegetables are soft. Add more stock or hot water if you need to.
 7. Season to taste with salt and pepper and finally stir through the chopped coriander leaves.
- Serves 4



What are we doing at HLP?

Mini Chefs

- Parents love cooking with their children - so much easier to devote time and attention if it also keeps children interested
- There is demand for healthy eating 'lessons' but generally we prefer to think about making life a bit easier for people. Also in our session we can reinforce the messages that come out of 'lessons'



[Check out Mini Chefs sessions](#)

What are we doing at HLP?



Post Natal Hot Food Offer:

- Discussions with KCL and GST midwifery partners helped LEAP identify a need within this Post Natal community, also supported by Health Visiting.
- The proposal to provide a hot meal for mothers with new babies and their families across Lambeth. We also offer Zoom catch up sessions and extras. We are picking up on a lot of what is missed due to Covid.
- First meal delivered on **1st June**.
- As at mid-January: **84 women have registered** for the service, 7 dropping out, **1,830 meals delivered** to date plus other baby essentials.
- Good partnership working.
- Continuing as an ongoing offer til March 2021 – potential for an extension.
- Group of 10 Spanish speaking women meeting as a result of the service.

What do our families say?



"I just want to say a BIG thank you for your generosity and kindness in such a difficult time- you guys have been lifesavers and brought such joy to my family and I."

"Thank you for another delicious meal. I am eating it now after freezing as it's the only time I can sit down while the children are having a nap. So nice not to have to cook."

"Not having to think about cooking a meal when you have a baby does remove some of the stress that we as new parents have been facing."

"It was such a lovely surprise to open the bag of goodies with my children. It was our first time and I was pleasantly amazed with the amount of care and effort that was put into the recipe packs. We will definitely repeat the Mini Chefs experience."

Co-production

- Key to building sustainable solutions
- Listening to what people say, what they want to do and work with them to create ideas
- Getting people to lead on activities or suggesting models of sessions that will work (LEAP Evidence Review, p.50)
- Helps to build good relationships with people who are living in the community and have lived experience of food poverty ([Sustain report on Empowering People living in food poverty](#))



Running a surplus food hub



- Ensuring surplus food gets to those who need it - veg bags, lockdown
- Comm Hubs - putting food back into the heart of our communities to provide more of that informal support (Lambeth Council contract)
- Working with 35 charities across the borough



A model food hub @ Southwyck



- 'Meals on wheels' service
- Food parcels
- Southwyck Pantry
- Digital Pantry
- Community Fridge
- Link with growing food too



COMMUNITY MEALS WITH Healthy Living Platform



- 1. VEG POWER** - we focus on vegetable-based meals to inspire us to eat more veg generally, and to make community cooking easier and safer
- 2. GOOD OILS & FATS** - we only use sunflower, olive and corn oils (polyunsaturated fats) and we don't use lard, ghee or butter
- 3. LOW SALT** - we don't add salt to cooking water. We add some salt to taste and discourage people from adding more salt
- 4. SUGAR-FREE** - look out for interesting ideas for sugar-free desserts
- 5. REAL SNACKS** - all our snacks are 'real' food such as fruit, cheese, popcorn
- 6. DRINK WATER** - water rehydrates us in the healthiest way. We can make it more fun by adding ice, fruit (eg lemon) and making herbal teas
- 7. WASTE NOTHING** - we aim to throw nothing away. We use washable plates and cutlery, and we get hold of surplus food where possible!

Information for signposting families



- Healthy Living Platform can be contacted on 07701 365551 or via e mail info@healthylivingplatform.org. The team can deliver **food parcels** on Mondays and Fridays and possibly also **cooked meals** during the week, and they can link families up with their local children's centres.
- HLP are also currently offering **hot meals for Post Natal mothers** across the whole of Lambeth – feel free to refer mothers/families that require the assistance. The family can also register directly via the HLP website here: <https://healthylivingplatform.org/new-baby> .
- HLP encourage families to join their membership to access all their offers with a weekly newsletter to let them know what activities are on offer, as well as lots of other benefits (e.g. recipes/cookbooks, volunteering opportunities, activity videos etc.). **Membership can be accessed on the website.**