



Barnet Food Hub

MONTHLY STATISTICAL

REPORT

Edition: October 2023 No. 34
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SUMMARY

In the Monthly Statistical Report, the Barnet Food Hub Team compiles monthly statistical and quantitative data on food / support provided to its partners, for interested parties.

In the month of October, a total of 23,054.89 kg of food was handled and all but the unusable food distributed to our various partners. Further information on support, additional resources that were provided and initiatives undertaken are detailed below.

OCTOBER FOOD STATISTICS

The number of kilograms of food handled from Barnet Food Hub, and the meal equivalents are shown below.

In addition, we include a metric which we have developed, to indicate the equivalent value of the food we give out.

Each week we purchase fresh fruit and vegetables and ambient produce to ensure that we can provide a consistent supply of ingredients to our foodbank communities. As a result of inflated food prices over the last couple of years, this food now costs considerably more than it used to – the same food costs around £2,238 per week at time of writing.

By additionally working with our food surplus chain and with help from our team of volunteers, we are now usually sending out between £12,000 - £15,000 worth of food each week.

October 2023			
	Food handled (in kg.)	Equivalent number of meals	Value of food handled (£)
TOTAL	23,054.89	54,892.6	57,161.22



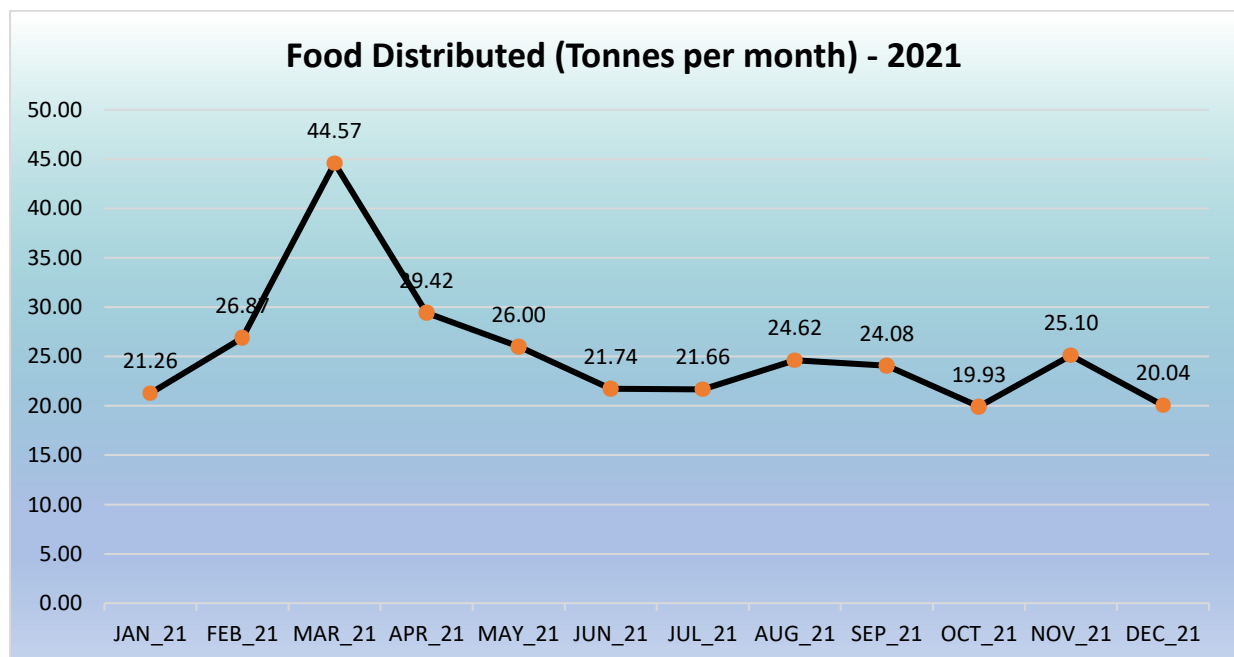
When our society wastes food, we also waste all the energy and water it takes to grow, harvest, transport it and package it. We do all we can to reduce the amount of food waste destined for landfill, and instead to try to make sure good food that might otherwise be binned, reaches the plates of food insecure people around the Borough.

The 'equivalent meals' figure is based on an average portion size for a meal weighing 420g (data derived from Food Portion Sizes, FSA 2008 and also from data from Waste and Resources Action Programme (WRAP), outlined within <https://wrap.org.uk/sites/default/files2020-10/WRAP-Food%20Surplus%20Redistribution%20Estimate%202017%20-%20Information%20sheet.pdf>.

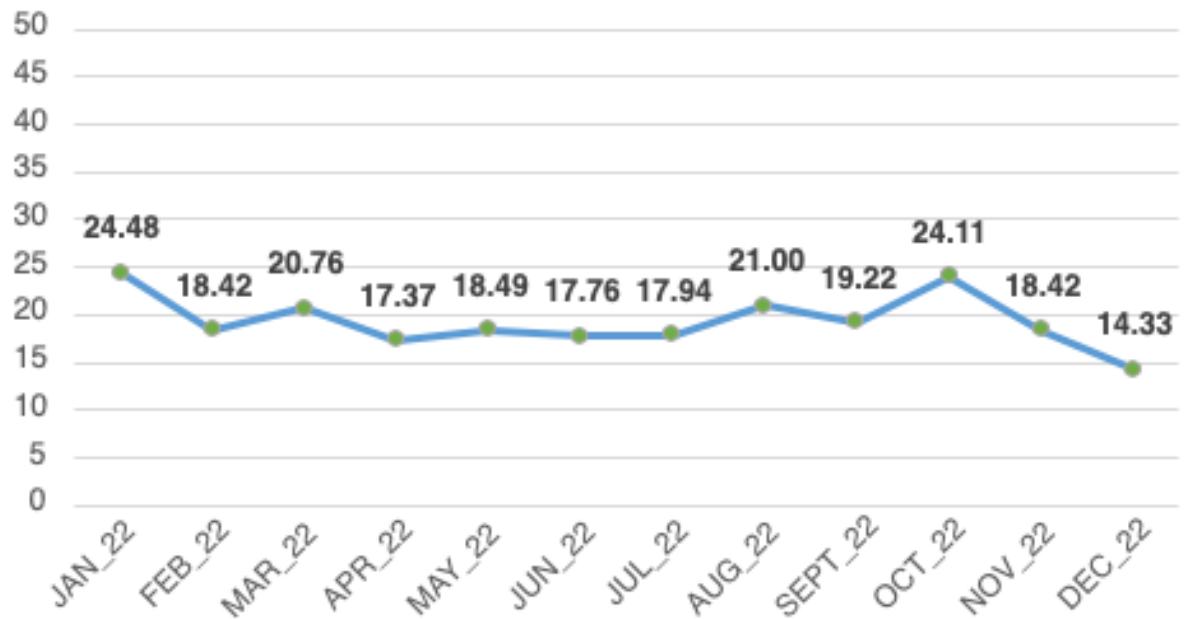
We calculate values for food waste based on the values outlined in 'Quantification of food surplus, waste and related materials' in the grocery supply chain. Previously, food and drink waste was estimated at £3,099 per tonne using 2014 cost data from PRODCOM. The 2021 estimate for the value of food and drink waste in the retail sector was increased to £3,144 per tonne after adjusting the 2014 estimate using the Consumer Price Index for Food and Non-Alcoholic Beverages. We have reviewed and approximate this to an average of £3.144/kg food rescued.

Therefore, the 'value of food distributed' figure is based on the price of the purchased food that we distribute, plus an average of £3.14 for each kg of surplus food that we send out.

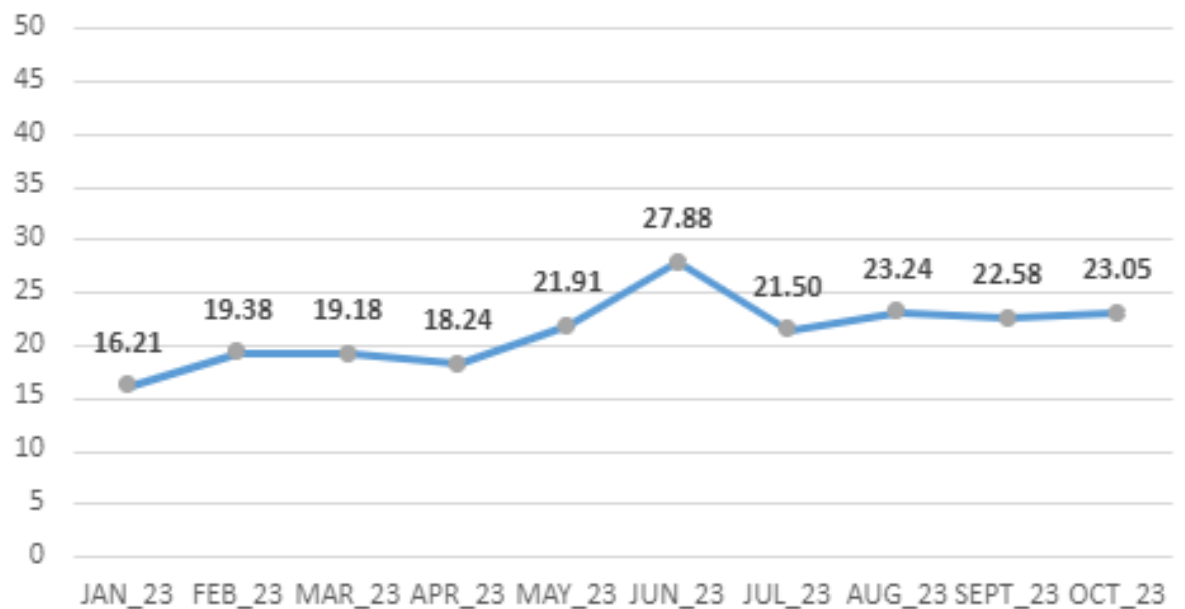
To ensure that the information remains legible, we have separated some of the data. The three charts below show the amount of food distributed during the course of 2021, 2022 and the food distributed to-date during the course of 2023.



Food distributed (Tonnes per month) 2022



Food Handled 2023 (Tonnes per month)



FOODBANK DATA ANALYSIS

Our Foodbanks share with us monthly data on how their food is distributed throughout the Borough of Barnet. October data is available from all Foodbanks in our network.

This information is collated by Barnet Food Hub and displayed via Public Health on an interactive dashboard, which is available to view using the following link:

<https://app.powerbi.com/view?r=eyJrIjoib2U3YmlxZTQ0OTc5Zi00NjliLWJmZGQtZmNmMWQ5NGFkNWMxliwidCI6IjFiYTQ2OGI5LTE0MTQ0NDY3NS1iZTRmLTUzYzQ3OGFkNDdiYiJ9>

It is clear from the figures provided, that Foodbanks are experiencing ever increasing numbers of people attending for support.



SUB-PROJECTS

The Barnet Together Alliance Conference

The second of these annual conferences took place on 2nd October, 2023 and the team from Barnet Food Hub was delighted to attend and to share a stand at this lively and interesting event.

Held at the Royal Air Force Museum, Hendon, the theme of the conference was 'Stronger Together: Addressing inequalities in Barnet to create a thriving borough', and people came from all around the borough to hear some fascinating talks – including speeches by Janet Matthewson, CEO of Young Barnet Foundation, John Hooton, CEO of Barnet Council which kindly supported the event, Kamran Mallick, CEO of Disability Rights UK, Jose Acuyo, Head of Population Health Commissioning, The Barnet Upshot Project, Deborah Blyth's delivery of a moving spoken word piece, George Nicholls of Inkluder, Meet the Funders opportunities and several workshops and breakout sessions.

The Barnet Food Hub team was delighted to be part of this event and to have the chance to inform and educate people about our work in the community – as well as to better inform ourselves about so many other great initiatives and organisations across the borough.

The Barnet Food Summit

In mid-October, the first Barnet Food Summit took place at OneStonegrove where we heard from a range of speakers about the Barnet Food Plan, food partnerships, food insecurity and other local food issues.

The Barnet Food Hub was pleased to work together with Kat Carr, Health in All Policies Officer and the team to help bring together and host this very successful event. This summit was designed to generate and encourage interest and discussion around food availability and to help tackle food insecurity and food poverty across the borough. As the Food Partnership continues to expand, we hope that this issue will gain more traction leading to positive action.

As with the Barnet Together Alliance Conference, we were delighted to see a great many of our network of Foodbanks represented, active and interested to join the Food Partnership; working together to improve the situation in terms of food availability and distribution in Barnet.



Foodbank Visits

Team members from the Barnet Food Hub continued to make their round of visits to all of the Foodbanks in our network during October.

There are several reasons for making these visits.

First, it's important that we ensure we remain totally up-to-date with the set-up at each Foodbank as these vary so widely in terms of the space and resources available. Knowing, for example, how much ambient storage space and refrigeration space that is available (or not) helps us gauge the amount and type of food we can send to a Foodbank each week.

Secondly, we offer to make an informal assessment of each Foodbank's compliance with food safety and hygiene regulations, to help them ensure that they would pass a spot-check inspection by public health authorities, were one to be made. After the visit, Simone sends a report which details any recommended areas for improvement.

Thirdly, we take the opportunity to gauge and discuss with Foodbank Managers, the potential for Digital Champions to visit the Foodbank and offer a weekly face-to-face help and advice service to their clients and visitors. People visiting Foodbanks are often stuck in a bind where they are unable to apply for jobs and improve their financial situation, because they don't have access to the internet to search or apply online, or because they struggle with the process. Digital Champions can help by providing hardware where it's needed (second hand), by providing access to the internet, and/or by holding clients' hands throughout the process – whether that's applying for jobs online or sorting anything else out that needs to be done online.

Also of course, it's very good for the team to meet up with Foodbank Managers and their volunteer teams face-to-face, especially those who aren't able to join in the network meetings, training and occasional social events which we hold.

We are grateful to the Foodbank Managers for making us so welcome and we are glad to hear that the reports and advice we have provided have proved valuable.



Map of our Foodbanks across Barnet

We are currently supporting 15 Foodbanks with a predictable supply of purchased food, as well as providing other support and surplus food to several community groups across the Borough of Barnet.

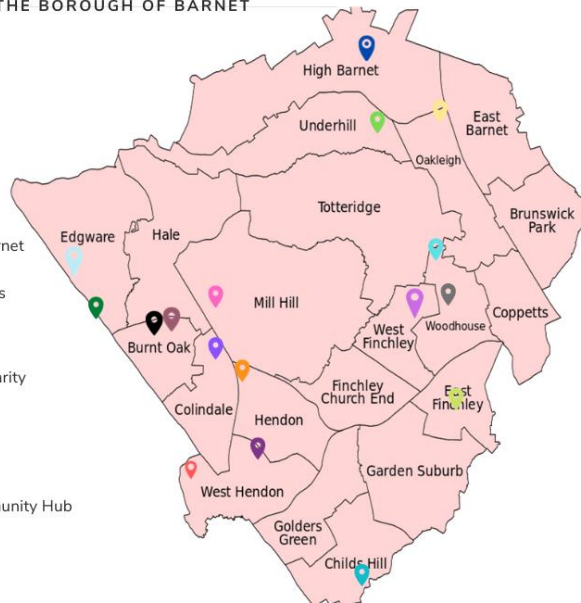
Below is a map of the Foodbanks currently supported in any way by The Barnet Food Hub – in other words, the map shows those we regularly give food to, as well as the additional two which we support only in other ways.



OUR FOODBANK PARTNERS

ACROSS THE BOROUGH OF BARNET

- All Saints Child's Hill
- Barnet Community Projects
- Burnt Oak Community Project
- PCN no. 5
- Chipping Barnet
- Christ Church Foodbank
- Colindale Foodbank
- Community Network Group
- Finchley Foodbank
- GIFT
- Homeless Action Barnet
- Living Way Ministries
- NW7 Hub
- RCCT Romanian Charity
- St Barnabas
- St Peter's Pantry
- West Hendon Community Hub



SUPPORT

Foodbanks supported through the Barnet Food Hub this month:

- All Saints Child's Hill
- Barnet Community Projects – Rainbow Centre
- Burnt Oak Community Foodbank
- Chipping Barnet Foodbank
- Colindale Foodbank
- Community Network Group
- Finchley Foodbank
- GIFT
- Living Way Ministries
- NW7 Hub
- PCN no. 5 (Was Burnt Oak Women's Group)
- RCCT
- St Barnabas
- St Peter's Pantry
- West Hendon Community Hub

Additional support provided to foodbanks:

Two newsletters were sent out to our Foodbank community during October, each containing a variety of community fund details and resources for help and funding which the foodbanks and/or their beneficiaries might find useful.



Additional resources and support initiatives provided to our Foodbank community this month, included:

- Reminder and Invitation to the upcoming Barnet Food Summit
- Opportunity for free training – Make Every Contact Count
- Celebrating Black History Month in Barnet
- Black History Walks
- Advice First Aid: delivered by Citizens Advice Barnet
- The Community Ownership Fund
- Substance Misuse Awareness Training
- Unseen – domestic abuse of blind and partially sighted people
- Free Upshot Demo Sessions
- DWF Foundation Grants
- The Community Organisations Cost of Living Fund
- Morrisons Foundation Grants
- Grants for Good
- Nature's Way: Engaging Young Minds in Mental Health Exploration through Nature
- Beyond Equality – working with men and boys to promote positive masculinities
- Motability Foundation
- ZST Online Social Isolation Training
- BACE holidays
- Become a Community Organisation Support Member Today! Inclusion Barnet
- The Garfield Weston Foundation Grants
- London Catalyst Grants
- The Thomas Wall Trust – Grants for registered charities
- What is a Trustee and how do I become one? Webinar with Leon Ward
- Gardening Grants
- Find your next workspace
- Free mental health support toolkit for employers



- Lived Experience Network
- Online green skills course available for over 16s
- Cosaraf Charitable Foundation – Hardship grants
- Free Parent Therapy Groups
- Barnet Community Health Screening Service
- Understanding best before and use by dates
- Help and support for mental health
- What to do if someone is having an epileptic seizure
- Persian games / dance group / exhibition / live music event – 4th November



Monthly Foodbank Meeting

Our usual Monthly Foodbank Meeting took place on 30th October 2023.

These meetings are a valuable opportunity for the Foodbanks community of Barnet to meet up for an informal social and networking event; to share updates and news, discuss any concerns, and hear and discuss new ideas and initiatives taking place in the sector.

It's really helpful for everyone to be able to share and learn from each other in this way, and where there are more complicated issues, The Barnet Food Hub is happy to be able to step in and seek further advice and clarification, provide further information, or offer to host relevant training courses.

In this session we were joined by Lauren Neill from Barnet Council who came to talk to us about the Healthy Start Scheme and to ask all Foodbanks to promote it to the families who visit them. She also helpfully provided some useful materials for Foodbanks to display and leaflets for them to give out to their clients.

Sophie Milner from Volunteering Barnet also joined the meeting to tell us about the Mental Health Champions Scheme which is a new pilot project drop-in scheme, set up in Barnet's libraries. The idea is to create a network of people who receive information from the NHS regarding maintaining a healthy lifestyle which they then share and disseminate amongst their own networks.

Sophie also encouraged all Foodbanks to make use of Volunteering Barnet's services for recruiting volunteers. Also she mentioned that the following week would be Trustees' week and that some workshops are being held to inform and encourage people who might consider becoming trustees – and to reiterate that there is a real desire to diversify trustee boards.

The next monthly meeting is scheduled to take place online on Monday 27th November 2023.



OTHER

Volunteering hours

The Barnet Food Hub engages with an ever-growing team of volunteers from the community. This ongoing engagement enables the Hub to process larger quantities of food and increases our ability to rescue divert food from the waste cycle. This also benefits the volunteers through offering a sense of community engagement and connection.

This month:	70 volunteer hours
Total:	3,745 volunteer hours

Food Surplus Partners

Donations from The Felix Project, Fareshare and the supermarkets are not always suitable or safe to redistribute to foodbanks. This could be because they are catering sized items or items past their 'best before'. When the food cannot be sent to any of our foodbank partners, we work with wider Barnet community groups to find good homes for these items. This is all part of the Barnet Food Hub commitment to a zero-food waste operation.

Surplus partners helped on an on-going basis:

- HSP: Clandon House
- New Barnet Community Association
- N2 Meals
- Family Resource Centre
- Feast With Us
- Gratitude
- Cat Hill Allotments (composting at our local allotment)
- Friend In Need
- Memory Lane
- Age UK
- The Sonia Community





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youngbarnetfoundation.org.uk



www.barnettogether.org.uk