



## FoodCycle

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Registered charity no. 1134423

FoodCycle builds communities through the power of good food. We combine surplus food, volunteers and spare kitchen spaces to create nutritious three-course meals for people at risk of food poverty and loneliness.

### We have four main aims:

- build stronger communities by encouraging volunteers and guests to dine and talk with each other
- reduce food poverty by providing nutritious meals to vulnerable groups
- reduce isolation by providing a three course nutritious meal in a communal setting
- change attitudes to food to reduce food waste



Volunteers create positive social change in their communities, and use surplus food that would otherwise have been wasted.

We run a national network of volunteer-powered projects in Bath, Bristol, Birmingham, Cambridge, Clacton-on-Sea, Durham, Exeter, Leeds, Liverpool, Manchester, Norwich, Peterborough, Portsmouth, Sheffield, and 7 across London.

### Partnerships

We work with major food retailers including Marks and Spencer, Morrisons, Sainsbury's, Tesco, Waitrose, together with local independent retailers and markets.

We have also built partnerships with over 25 other charities and organisations nationwide including Mind, Salvation Army and Community Shop.

FoodCycle projects in Hackney, Lewisham, Peckham, Marylebone, Portsmouth, Peterborough and Sheffield are part of our social franchising model, which has been developed to enable FoodCycle to expand in the most effective way possible to meet the growing need.

### Our impact

We started cooking in May 2009 and serve over 750 community meals a week by using over 1 tonne of reclaimed food. We have a network of over 13,000 volunteers who make our work possible.

*"I made a lot of new friends when I had virtually none. I have been coming along since my wife died nearly two years ago, somebody mentioned it at my church and I disregarded that comment for a few weeks and then just strolled down one day and straight away I thought 'this is for me' and give it a try and I've been coming ever since.*

*It was the right thing for me because when I was at home I wasn't seeing anybody, I didn't go out and was just looking at four walls and I realised that I needed to do something different. And as I say friends talked about this place, so I just took it upon myself to come along and see what it was about, and here I am!"*

Ted, guest at FoodCycle Leeds

82% of our guests say they have made friends and feel more a part of the community since coming to a FoodCycle meal and over 90% of volunteers have developed a better understanding of other cultures and backgrounds.



### **The need for FoodCycle**

*Food poverty* – there is an estimated 8 million people in the UK who struggle to get enough to eat (UN, 2016). Poor nutrition is estimated to cost the NHS £13bn per year (*Bapen Survey 2010*). We address these needs by providing free sit-down meals to those in need in the community.

*Social isolation* – there is extensive research that shows the connection between loneliness and mental health issues. FoodCycle addresses this by providing community dining experiences, bringing the community together and reducing loneliness.

*Food waste* – An estimated 15 million tonnes of food is wasted in Britain from plough to plate. If we stopped wasting food it would be the CO2 equivalent of taking 1 in 4 cars off the road (WRAP) and 300,000 tonnes of usable surplus food could be saved from supermarkets each year.

### **Awards and recognition**

We have achieved coverage in major newspapers including The Guardian, the Daily Mail, The Times, The Telegraph and the Evening Standard, and have featured on BBC2, BBC Radio 1, CNN and ITN London as well as local radio stations.

We have received a number of awards including the Charity Times' 'Best New Charity' 2010, the Prime Minister's 'Big Society Award' 2011, 'Highly Commended' at the Charity Awards 2014 and BBC Good Food's Great Gamechangers of 2015.

### **Campaigns**

We sit on the London Food Board and are involved in the All-Party Parliamentary Inquiry into Hunger and Food Poverty in Britain, led by Frank Field MP. We have FoodCycle also works at a policy level to get more surplus food donated to charities. We do this in partnership with FareShare and have been involved in Kerry McCarthy MP's proposed Food Waste Bill and the Food Redistribution roundtable with the Environment Secretary, DEFRA, WRAP, and representatives of all major supermarkets.

**CEO, trustees and patrons**

Chief Executive: Mary McGrath. Mary has over twenty years' experience of the charitable food sector, having worked for Grocery Aid, IGD and FareShare. Mary has been with FoodCycle for three years and is working to scale the charity over the next five years.

Patrons: Kerry McCarthy MP, Giorgio Locatelli, Baroness Jenkin

Trustees: Penelope Daly, Delphine Brand, Duncan Brewer, Regan Leahy, Daniel Oppenheimer