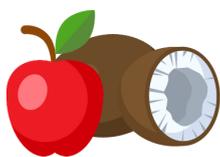


FOODCYCLE PRESS PACK



**NOURISHING COMMUNITIES
USING SURPLUS FOOD**



About us

10 years, 1 million meals

FoodCycle is a national charity that builds communities through the power of good food.

FoodCycle combines volunteers, surplus food and spare kitchen spaces to create nutritious, three-course meals for people at risk of food poverty and loneliness.

We build local communities by bringing people together to share a weekly meal with others. We harness the energy and enthusiasm of volunteers to create positive social change in their communities, and use surplus food that would otherwise have been wasted.

We invite everyone to come and eat, no ticket or referral needed. We have 40 projects and growing, reaching across England, from Newcastle to Portsmouth, Norwich to Exeter.

10 year highlights

- **275,132** community diners ate with us
- **424,895 kg** of surplus food saved
- **1,011,655** equivalent meals served
- **227,069** hours given by volunteers



#wearefoodcycle

**FOOD
CYCLE**

Why we exist

Loneliness is at epidemic levels

9 million adults in Britain are often or always lonely, according to the ONS Loneliness Report 2018. Many of our guests live with poor health, long term-illnesses or disabilities, and are consequently even more likely to experience loneliness. Evidence shows that loneliness has serious effects not only for an individuals wellbeing but also for their health and the economic stability of wider society.

A rising tide of food poverty

Falling incomes and rising food prices means that food is now less affordable for those on low incomes. Research by Kellogg's found that the UK's poorest households are not able to maintain a healthy, balanced diet and are being forced to cut back on fruit by 20% and vegetables by 12%

Being part of a community is good for our health

Public Health England say that feeling part of a community can help reduce health inequalities, empower people to have a greater say in their lives and health, engage those most at risk of poor health and create a more connected, cohesive and resilient society.

Food waste is hurting our planet

Every year 1.9 million tonnes of surplus food is wasted by the UK food industry. WRAP estimates that UK food waste is associated with greenhouse gas emissions of over 20 million tonnes. And that's not even including the water, fuels and other environmental costs of producing and distributing it.

Meeting our guests

Guidance on working with our guests

We work hard to ensure that FoodCycle meals are a safe place for our guests. When we work with the press, we always put our guests first, ensuring that we support them through the process. Remember that our guests come from a variety of backgrounds and experiences, and many are vulnerable. Please be sensitive and non-judgemental when speaking with our guests.

- Provide context for your interview: explain why you want to speak to a guest and how their contribution will be used.
- We'd encourage you to run your questions by with FoodCycle prior to interview.
- Check in with the interviewee, use prompts such as "do you feel comfortable to carry on talking?"
- Don't categorise an individual on their symptoms. Avoid describing someone as a "sufferer" or a "victim", instead say they "live with" or that they "have".
- Please respect our guests' right to privacy. We run interviews at FoodCycle sites and ask that you do not request to meet with interviewees outside of these sessions, or at their homes. We pay particular attention to our guests' privacy and dignity and ask that you share any sensitive facts about an interview with us prior to publishing revealing information in the public domain.



Contact us



MARY MCGRATH Chief Executive Officer

Mary began her career in the food industry, has worked at FareShare and was Director of Grocery Aid, a food redistribution charity. She has led FoodCycle since September 2013 and is available to provide comments, quotes and interviews. mary@foodcycle.org.uk



CAMILLA JAMES Marketing & Communications Manager

Please contact Camilla to arrange interviews, photos and to get more information. Email camilla@foodcycle.org.uk/ call 020 7729 2775.

Our projects

We have opportunities for press to visit our projects, meet volunteers and guests, and see how we put good food to great use.

Contact Camilla to arrange a visit. Please note that for reasons of guest confidentiality and protection, any filming and photography must be approved by FoodCycle in advance and adhere to our [filming policy](#).



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