



Nourishing Our Nation



UKHARVEST ANNUAL REVIEW 2023

OUR YEAR IN NUMBERS

FOOD RESCUE



616

**TONNES OF FOOD
RESCUED & REDISTRIBUTED**



1.5M

MEALS REDISTRIBUTED



COMMUNITY FOOD HUBS



405

CFHS TOOK PLACE



62,212

PEOPLE SUPPORTED



EDUCATION & EVENTS



28,234

PEOPLE ENGAGED

VOLUNTEERS



516

VOLUNTEERS DONATED TIME



19,513

HOURS GIVEN

NOURISH HUB



44,544

MEALS CREATED



218

EVENTS TOOK PLACE



A MESSAGE FROM OUR CEO, YVONNE THOMSON



Following the impact of the global pandemic and the cost of living crisis on communities nationwide, food insecurity continues to dominate headlines. Like so many other charities, we have seen a dramatic increase in the number of people who can't access the food they need and a surge in demand on our services.

Our charity has responded by finding innovative solutions, growing our operations and enhancing our provision. Over the last year, we have opened more Community Food Hubs, extended service hours at our Nourish Hub in London, and hosted additional educational sessions to empower our community. UKHarvest have positively impacted hundreds of thousands of lives every week. We have provided food to those who need it most, brought communities together to tackle social isolation, educated communities on food waste and addressed the wider social issues that often impact the health of those we support by signposting to partner organisations.

Keeping our service users at the heart of everything we do, we have driven innovation and partnerships with compassion. Despite the heartbreaking stories we have heard from our service users, the stories we have heard following the use of our services have given us hope and motivated us to continue our mission.

We now operate Community Food Hubs at 16 locations, each supporting up to 100 families every week. Our signposting services have become a core component of our Community Food Hubs, Nourish Hub and community programmes. We continue to offer education to families and combat holiday hunger with Holiday Activity and Food (HAF) provision and our innovative Family Fun Days. Our Nourish Hub has expanded its offerings and services to meet the needs of its visitors. To make the food we rescue go further we provided training to our volunteers and incepted food earlier in the supply chain.

Our efforts have not gone unnoticed. Alongside continual press coverage, we have received recognition for our Community Food Hubs at the National Recycling Awards in its Food Waste Initiative category and added The UK Best 100 Taste Awards to our list of Nourish Hub awards. This is a testament to the hard work and dedication of our team, volunteers and supporters who have been instrumental in our journey. We would like to thank the Goodman Foundation, our founding donor, and all those who make our work possible.

Looking ahead to next year, we are excited to launch Grub Club to support school families, deliver more HAF Family Fun Days, and increase educational offerings at the Nourish Hub with tailored courses. We plan to provide specialised training for our volunteers and service users, enhance signposting across our projects, expand our online offerings, and strengthen our educational initiatives in schools.

Together, with the unwavering support of our donors and partners, we continue to make a sustainable difference to the lives of those we serve. Thank you for believing in our mission and helping us prevent food waste and food insecurity by enriching and educating our communities.



A MESSAGE FROM OUR CHAIR OF TRUSTEES

RICKY MCMENEMY



UKHarvest set out in 2017 to protect the environment by rescuing surplus food destined for landfill and to feed those in food poverty. In the six years since, we have remained true to our vision, finding new ways of working to maximise our environmental and social impact. Renowned for excellence in collaboration with corporations, charities and donors, UKHarvest has emerged as a leader in food strategy, relied on by local authorities and partnerships alike.

Using food as a medium we have brought socially isolated and lonely people together, building communities and nourishing minds, bodies and souls. Today, UKHarvest delivers a broad range of education and support programmes, with our environmental initiatives as vital as they were at our inception. As we have grown, we have kept our service users at the heart of all we do, developing new partnerships and solutions to maximise our impact. This year, we have strengthened our team to ensure continuous improvement and responsiveness to the needs of those most vulnerable.

As the landscape of surplus food continues to evolve, so do we. We continuously innovate new ways of rescuing and redistributing surplus food and identify new ways of reaching those most vulnerable. Over the year new projects have addressed the often-overlooked issue of pre-farm gate food waste and made our services accessible to more people, and as we look ahead to 2024 we are poised to enhance our potential.

As we enter the new year we are deeply honoured to learn that Her Majesty the Queen will continue to be our patron. This invaluable support is crucial to our ongoing work, and we hope to welcome Her Majesty in the coming year.

I would like to extend my gratitude to the UKHarvest team and Board of Trustees, who continue to work with unwavering commitment and dedication to deliver the best possible service to those in need. Led by our CEO, Yvonne Thomson, the team have focused on delivering education and providing good quality and nutritionally balanced meals to those most in need.

As the demand for our services grows, we are committed to rising to the challenge. By securing the necessary funding and ensuring a sustainable, adaptable organisational model, we continue to engage communities through education and food initiatives. There is much more to be done, and we are constantly evolving to meet the diverse needs of the communities we support, ensuring we remain leaders in education and food waste prevention.



FOOD RESCUE

Food rescue underpins our charitable work, enabling us to bring communities together to fight food waste and overcome food insecurity. To meet the nutritional needs of our communities, we have prioritised the collection of bulk fresh produce and diversified the range of products we collect. This ensures we provide food for a balanced, healthy diet to everyone we work with, individuals and families who are often limited in choice due to financial constraints.

This year we have rescued 616 tonnes of food from going to waste, by developing our partnerships to drive innovation. Our partnership with Vivid and Hampshire County Council has expanded our services across counties, whilst partnerships with local growers have enabled us to intercept surplus food at the first possible moment. By working with members of the XCESS: The Independent Food Redistribution Network, we have collected larger volumes of produce than previously possible.

We have increased the frozen capacity of our vans and size of our warehouse to increase the quantity and range of food we collect. Our relationships with supermarkets, wholesalers and restaurants remain strong, adding essential ambient products and proteins to our portfolio.



PEPPER PROJECT

In the summer of 2023, we launched our 'Pepper Project', working closely with a local grower to dramatically increase rescued produce from pre-farm gate. Through this pilot project, we rescued over 30 tonnes of peppers! Our team of volunteers tirelessly sorted through too-small, too-large, and odd-shaped peppers for the tastiest and brightest fruit.

213

ORGANISATIONS DONATED FOOD TO UKHARVEST

616

TONNES OF FOOD RESCUED AND REDISTRIBUTED

ASSOCIATED WITH

2,335

TONNES OF GHG EMISSIONS

AND THE EQUIVALENT OF

1.5M

MEALS



A recipient of food through our charity partner Plan B told us that
“With four hungry mouths to feed and one single family income, the packs sent home with my child are a very welcome help.”

EDUCATION AND COMMUNITY OUTREACH

Our education programme, NourishEd, spans the UK with sessions taking place online and in person covering cookery skills, food waste and nutrition. This year we developed existing partnerships, continued to attend key events across the South and created new opportunities within our Nourish Hub.

To reach the needs of differing communities we tailored material, such as translating our 'Eat Well, Spend Less' guide into the Welsh language, and launched our pilot online learning portal 'NourishEd at Home' with Clarion Futures. Thanks to Tesco Community Grants, we supported communities as far as Wales, Ireland, and Scotland.

We engaged with young children at risk of food insecurity as part of the 'Holiday, Activity and Food Programme'(HAF) in West Sussex and London, and supported socially isolated housing residents through 'Shop, Chop and Chat' with Hyde Housing. We enhanced the experience for our Community Food Hub customers by sharing recipes and hosting cooking demonstrations funded by West Sussex County Council. By offering new courses, such as 'Scrap and Pickle' funded through Veolia's Sustainability Fund, we helped increase knowledge and confidence at our Nourish Hub. Nourish Hub has also welcomed other organisations, such as Citizens Advice Bureau, AGE UK and Hammersmith and Fulham Adult Learning, to offer their training to our community.



28,234
PEOPLE
REACHED

165
COMMUNITY
EVENTS

202
EDUCATION
SESSIONS

“The children learnt lots of important things and they loved tasting the different fruits, wonky fruits and the squished products”
– Portfield School

FAMILY FUN DAY

In a brand-new trial for West Sussex County Council Holiday Activity and Food Programme we hosted a successful Family Fun Day in Crawley. The innovative event saw over 1000 people attend, 550 hot meals served, 17 different local clubs offering free activities and the launch of NourishEd at Home activity pack.



COMMUNITY FOOD HUBS



Thanks to our growing partnership with West Sussex County Council, our Community Food Hubs won the Food Waste Initiative at this year's MRW National Recycling Awards. We opened four new Community Food Hubs, and now operate at 16 locations of high deprivation and high levels of food waste across Chichester District and West Sussex. The number of people attending, household members they support, and the amount of food we distribute have all increased.



Over the year, we have focused on providing customers with the best possible experience, offering a wider range of food, more chances to interact with support services and tailored education around the produce we offer. 30 support agencies have shared their services and it's been incredible to hear the stories of our customers' interactions and successes, from those who have gained support with their mental health through Sussex Mind to those who gained financial support available via Supporting You. We have offered a consistent choice of food from across the food groups, hosted 12 cooking demonstrations, and provided recipes and handy tips on the more unusual ingredients we offer.



We recently spoke with one customer who was overjoyed by the opportunity to access food and find a sense of belonging at a time when they faced homelessness, telling us: **"I look forward to our Fridays now; I've made some really good friends! It's my Ready Steady Cook, give-it-a go moment"**.



REPURPOSE SURPLUS

To enhance our customers' experience we have introduced education sessions for our volunteers, called 'Repurpose Surplus', where we share recipes, tips and ideas using rescued ingredients that are hard to distribute due to volume or unusuality. Using their newfound knowledge and confidence, volunteers engage with customers to help make the most out of produce, saving more food from waste and helping people to try new foods.

COMMUNITY FOOD HUBS



30

SUPPORT AGENCIES



20,139

FAMILIES SUPPORTED



215

**TONNES OF FOOD
RESCUED & REDISTRIBUTED**



62,212

PEOPLE SUPPORTED



405

CFHS TOOK PLACE



16

LOCATIONS

VOLUNTEERS



We are incredibly proud of our volunteers who support our organisation. Not only have we seen an influx of new individuals willing to donate their time, but we've seen so many existing volunteers grow and develop.



Our volunteers have outshone themselves, filling our regular volunteer sessions, such as at our CFHs and kitchens, as well as dedicating time across projects. This includes the fantastic team of 17 volunteers who came from London and Sussex to support our vibrant Family Fun Day in Crawley, through to those who stepped into the warehouse for the first time for the Pepper Project. They demonstrated a commitment to travel across counties for our mission and to volunteer every day that we operated.



We have increased the opportunities available to different community groups, including refugees from Sanctuary who have become integral to our Community Food Hubs and adults with learning disabilities from Pursuing Independent Paths who support our Nourish Hub. We have watched many of our supported volunteers, such as those from the Chichester Centre and Apuldram Centre develop their confidence and skills to join our community sessions by themselves. At our Nourish Hub we have strengthened relationships with Action on Disability, giving a safe space and opportunities to connect for people with a physical or sensory impairment or learning difficulty.

Across our charity we have had:

378

**COMMUNITY
VOLUNTEERS**

138

**CORPORATE
VOLUNTEERS**

19,513

HOURS



THANK YOU!

Without our volunteers, we simply wouldn't be able to reach the people we do, and so we'd like to thank each and every one of them. We are proud that our volunteers give a satisfaction rating of nine out of ten, and we work hard to achieve this by committing to volunteer celebrations and listening to feedback from surveys. This year we have improved our communications, offered more training sessions, and created new opportunities for our volunteers to participate in.

"It's great seeing the familiar faces each week. Everyone is so friendly and seems happy that we are there to offer food for them. I feel part of their community too."

– Donnington volunteer talking about the Community Food Hub.

NOURISH HUB

Our services continue to be recognised, adding the Best 100 Taste Awards to the 7 awards our Nourish Hub has now received for supporting the local community. We have enjoyed meeting every individual who has walked through our doors, received food through our delivery service and taken part at an education or outreach event.

Our 6-week cookery courses remain successful, and we have added new courses. We continue to be a core provider of the Holiday Activities and Food programme (HAF), reaching children at risk of food insecurity. To ensure our residents are supported on social issues such as housing and finance we have invited more support services into our venue to host drop-in sessions and formalised courses.

We have served more meals than ever before, creating more opportunities to access food and to overcome social isolation. Surplus suppers and breakfast clubs are now established features in our calendar alongside our Community Lunch and Meals and a Chat service. To meet this need we have expanded our team of colleagues and volunteers. We have also seen Innocent support the refit of our meeting room, Imperial College bring scientific research with Future Fridge, and Veolia fund education on sustainable cooking.



“As a young woman experiencing crisis for the first time, this organisation has been a huge part of getting me back into a routine, restoring my hope for the future, and reassuring me that no matter what happens, there will always be a hot meal, friendly people and a safe space to welcome me.”

**44,544
MEALS**

**105
EDUCATION
SESSIONS**

**1,805
EDUCATION
PARTICIPANTS**

**113
COMMUNITY AND
CULTURAL EVENTS**

**3,929
EVENT
PARTICIPANTS**

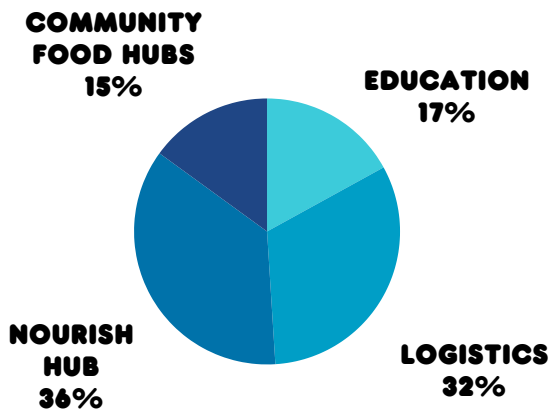


Thank You

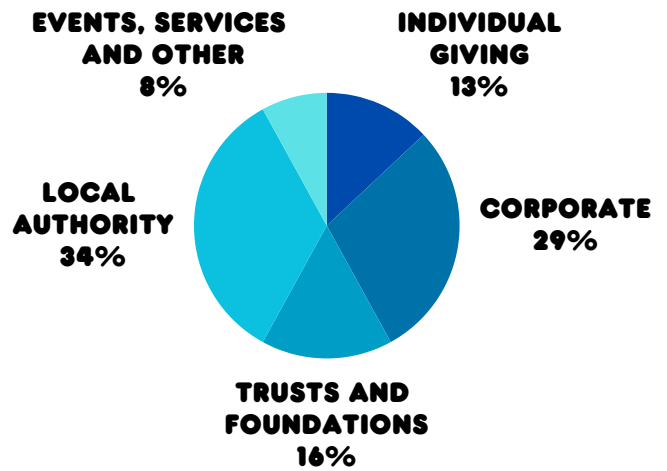
We are incredibly thankful for support of Hammersmith and Fulham Council (H&F) and the opportunities our partnership provides. This year Nourish Hub became co-chairs of the borough's Food for All Partnership, and, with thanks to Funding from the Greater London Authority and H&F, we welcomed a new member of the team as Partnership Coordinator.

SPENDING ALLOCATION

All charity expenditure as set against charitable activities:



FUNDRAISING INCOME



OUR PATRON HER MAJESTY THE QUEEN

We are honoured that Her Majesty The Queen (formerly HRH The Duchess of Cornwall) is patron to charity and has chosen to continue to support us. In February 2022 Her Majesty launched our Nourish Hub where Her Majesty congratulated the team for creating a space that benefits the local community by saying:

“The minute you walk in here you get a lovely uplifting, cheerful feeling. What you're doing is bringing people together and getting people talking over food. You can't think of many better combinations.”

THANK YOU

We know we could not have reached so many people or provided the amount of food or support without your help. We would like to thank everyone, from individuals to organisations who have donated their time, money, resources and food into helping us Nourish Our Nation.

Thank you for the continued support from our founding donor, the Goodman Foundation and all our funders and food donors.



With thanks for funding from donors such as:

A2 Dominion, Arthur Williams Trust, Aviva, Bassil Shippam & Alsford Trust, Boltini Trust, Chapman Charitable Trust, Charles Lewington, Chichester City Council, Chichester District Council, Clarion Futures, Co-op Group, Covers, Daisy Trust Grant, Feeding Britain, Ferry Farm, Friarsgate Trust, Garfield Weston Foundation, Goodman Foundation, Greater London Authority, Groundwork UK, Hammersmith and Fulham Council, Hampshire County Council, Hyde Charitable Trust, IHG Hotels & Resorts, Innocent, Kier, Kindred Hospitality Ltd, King Charles III Charitable Fund, Lendlease, Linden Family Trust, Mayors Fund for London, Mid Sussex District Council, Midhurst Town Council, National Lottery Community Funding, Neighbourly, Pfizer, Routledge Foundation, Selsey Town Council, The 29th May 1961 Charitable Trust, The Alex & William de Winton Trust, The Barn, The Community Organisations Cost of Living Fund, The Ernest Kleinwort Charitable Fund, The Miles Foundation, V2 Radio Sussex, Veolia, VLM Foundation, West Sussex County Council, West Sussex Travel Society Charity.

With thanks for food from organisations such as:

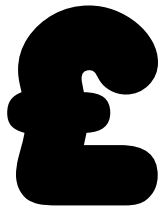
APS Produce, Barfoots, Bookers, Bidfoods, City Harvest, Fine Cheese Co, Greggs, Goodwood, Infinity Foods, Innocent, KFC, Knead Bakery, Mapsons, M Storage, Neighbourly, Pieminister, Sainsbury's, Squished, Sussex Greenhouse, Tangmere Nurseries, Tesco, The Summer Berry Company, Vitacress, Waitrose.





SUPPORT US NOW

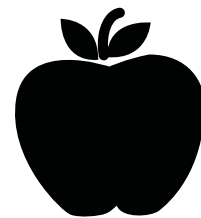
Every donation makes a huge difference in the fight against hunger and food waste in our local communities. Your donation helps us plan and commit resources to meet the increasing demand for our free services.



**DONATE
MONEY**



**DONATE
TIME**



**DONATE
FOOD**

WWW.UKHARVEST.ORG.UK/GET-INVOLVED