



Building Food Resilience Toolkit

From emergency and crisis support to creating pathways to independence.



This toolkit has been developed by Foodwise and co-produced with Food Aid Providers across the city.

The toolkit was funded by FoodPower as part of the Building Food Resilience call.

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WHAT IS THIS TOOLKIT FOR?

Introducing the concept of 'building food resilience' and providing an overview of options available to people who require food access support in the city.

It also offers useful information and signposting advice to help organisations explore people's longer-term food options and to deliver effective food aid provision.

HOW TO USE THE TOOLKIT?

The toolkit contains three sections to help you navigate to the most relevant information:

1) About food provision and resilience – This section introduces the concept of building food resilience; provides information on food support and appropriate networks in the city, and introduces the importance of helpful conversations to support people back to food independence.

2) Signposting to services which can offer support – Overview of available services and information to support food aid providers to effectively signpost to a range of different services based on individual needs.

3) Information for food aid providers – To support effective practice, this section provides advice and guidance from other providers who can share their experiences.

BACKGROUND

Food access is a complex issue and people can find themselves requiring support for a number of reasons.

While some people are already known to key services, many more are facing food insecurity for the first time as a result of the pandemic and its impacts, such as widespread job losses, self-isolation, and sickness of family and loved ones.

Those who are experiencing domestic violence, poor mental health, difficult living circumstances, cramped homes and poverty have been further impacted by the current crisis. Therefore, it is imperative that we look at both emergency support and explore what longer-term support can be put in place.

We continue to be working in unprecedented times, which are fast changing and uncertain. We believe by working together we can offer better support to anyone in need.

This toolkit has been co-produced with food aid providers, building upon existing partnerships to ensure a city-wide approach to providing compassionate, practical

support to help people who are experiencing food insecurity, to build resilience, so they are less likely to need food support in the future.

UNDERSTANDING THE INDIVIDUAL

To build food resilience, it is important to understand the individual root causes that have resulted in people's need to access food aid support. Acknowledging these root causes and connecting them to the appropriate services helps build individual resilience and moves towards a regular food shopping experience.

"I'm proud of the massive work in Leeds and other cities to tackle food poverty. Together we will be able to change things for the better."

Neruka White

Neruka's Soup Kitchen

WHAT IS FOOD RESILIENCE?

Resilience is the ability to prepare for, withstand, and recover from a crisis or disruption. When we talk about building food resilience, we take a holistic approach and include the network of support and services, along with the different options for accessing nutritious and affordable food.

In Leeds, we are keen to work together to support people from crisis and emergency food support to building pathways to food independence.

To achieve this, FoodWise hosted two ‘Building Food Resilience’ workshops to learn from the experiences of food aid providers as they transition away from emergency support to longer-term options. The insight from these workshops has informed this toolkit.

Watch the webinars by visiting:
foodwiseleeds.org/food-resilience

We embrace the notions of food citizenship and food justice, ensuring there is always a safety net of support while empowering people along

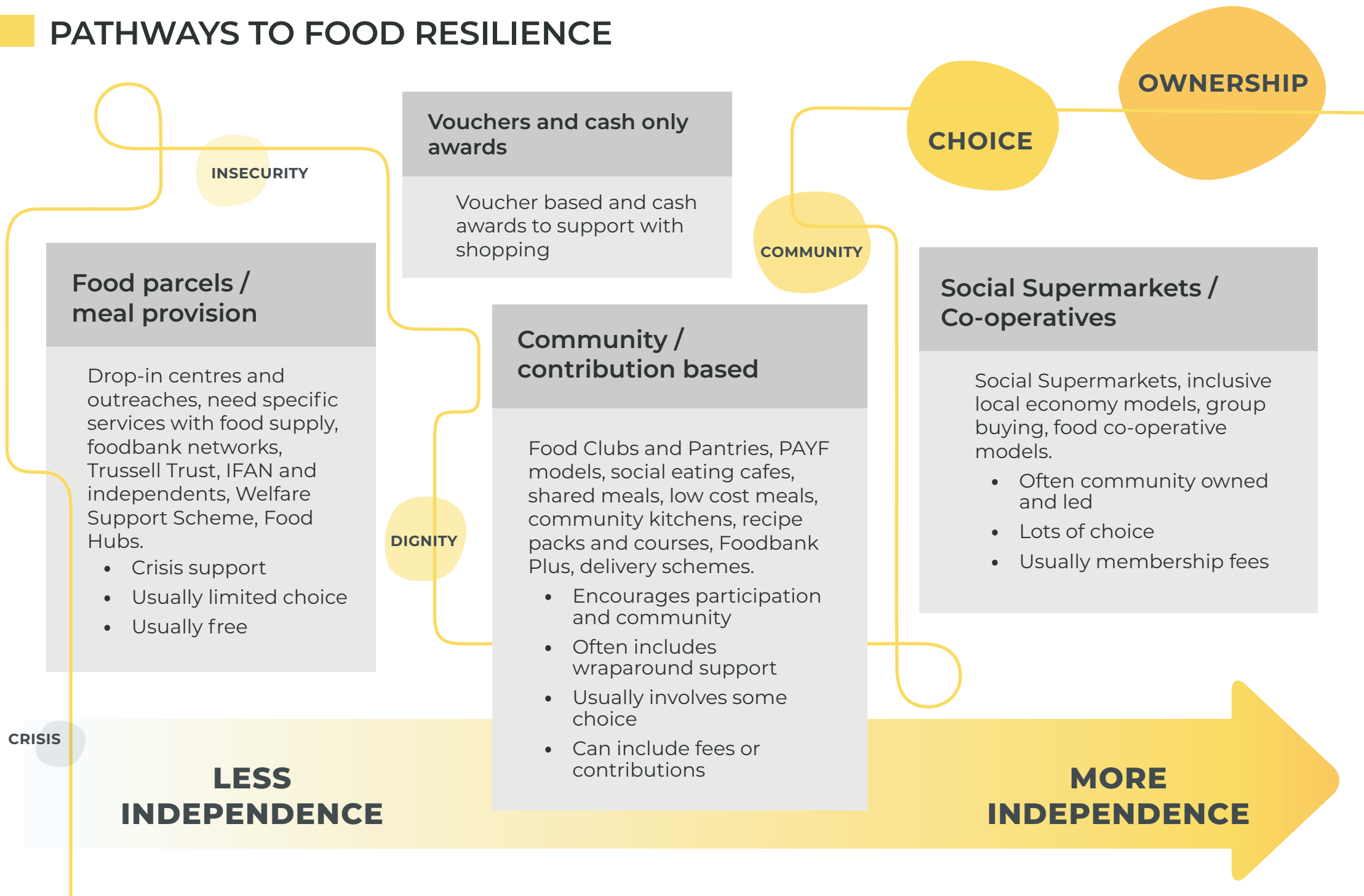


the pathway to greater food choice and independence.

This city vision includes a variety of options for accessing affordable and nutritious food, from community-led food projects to social supermarkets and everything in between. From what we have seen so far, taking an asset based community development approach (ABCD) is resulting in a variety of different provision models suited to the local community within which they are based.

Building food resilience is not as simple as applying a 'one size fits all' approach, but it can be achieved by creating a network of pathways leading to the same shared vision that everyone in Leeds has access to healthy, sustainable and fair food.

PATHWAYS TO FOOD RESILIENCE



FOOD SUPPORT IN THE CITY

Food and support is available across the city and the way to access support is different, dependent on the needs of the individual.

Food access support should continue to be prioritised for those most in need.

LOCAL WELFARE SUPPORT SCHEME (LWSS)

Leeds City Council's LWSS provides support for families in crisis and in need of assistance with paying for food, gas, electric, white goods and furniture.

People who are struggling to get food because of lost income or if they are self-isolating are advised to contact LWSS, details below.

Local Welfare Support Scheme
Phone: **0113 376 0330**
(Monday to Friday, 9am to 5pm,
Wednesdays, 10am to 5pm)

FOODBANKS AND FOOD AID PROVIDERS

There are many different food aid providers across the city. The Food Provision Map on [page 11](#) details their locations and offer.

In terms of Foodbanks, which offer non-perishable food by referral, there are smaller, independent foodbanks such as Holbeck, Wetherby, St Vincents and the Salvation Army. There are also the 2 large Trussell Trust Foodbanks, Leeds North and West and Leeds South and East.

To find out more about Leeds Foodbanks visit leedsfoodaidnetwork.co.uk/food-banks

For information about self-referring to Trussell Trust Foodbanks, please contact Citizens Advice, details below.

People in need of assistance can self-refer to Trussell Trust Foodbanks by calling the **National Citizens Advice helpline: 0808 208 2138** (freephone, Monday to Friday 10am to 4pm)

LEEDS FOOD AID NETWORK (LEEDS FAN)

The Leeds Food Aid Network (Leeds FAN) is an informal network tackling food poverty in Leeds. It brings together food provision services in the city which benefit people experiencing food poverty or food insecurity. These include drop-ins, soup kitchens, outreaches, foodbanks, cafes and enterprises.

If people need assistance and referral for emergency food, Leeds FAN refer to the Local Welfare Support Scheme (LWSS) first or the Citizens Advice helpline. They can also assist clients with direct referrals to foodbanks, community care hubs or other food aid providers if necessary.

If anyone is unable to access support via LWSS or Citizens Advice, contact Leeds FAN directly.

Leeds Food Aid Network

Phone: **07903 123283**

Email: **mary@**

leedsfoodaidnetwork.co.uk

leedsfoodaidnetwork.co.uk



“We have been delighted to be part of creating this toolkit and think it is vital that food aid providers continue to work together to sharpen their practice to better support people experiencing food insecurity.”

Dave Paterson

Chair, Leeds Food Aid Network

LEEDS FOOD PROVISION MAP

Leeds FAN, Leeds City Council and partners have worked together to map food provision across Leeds.

The Leeds FAN website hosts a geographical map to show where projects and services are based and can give further information about eligibility and how to refer.

The aim of the map is to help:

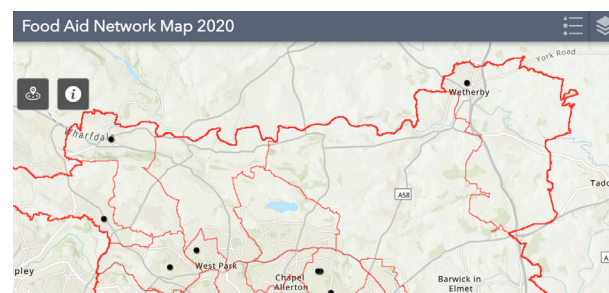
- Direct the public to food support
- Understand the provision in the city
- Identify strengths and gaps in provision

Food aid providers are encouraged to add information about their project onto the Leeds Food Map.

The simple form to collect this information can be found at:
bit.ly/LeedsFAN-Food-Aid-Map-Form

Projects can choose to make their information publicly available to support signposting, or to share for information purposes only i.e. to help strategic partners understand the picture of food support across Leeds.

The information from the form will go onto the map as written. Details might not be added to the map straightaway as there is a verification process for new submissions. If your project is time-limited, please include an end date and your information will automatically be removed from the map.



If projects have any issues with submitting data, or for general queries or concerns please contact Mary from Leeds FAN.

Contact: Mary Halsey (FAN)

mary@leedsfoodaidnetwork.co.uk
or emma.strachan@leeds.gov.uk

Visit the Map:

bit.ly/LeedsFAN-Food-Aid-Map

"We hope the Food Provision map will be a useful tool to understand food aid in the city and support each other in many ways."

Foodwise Leeds

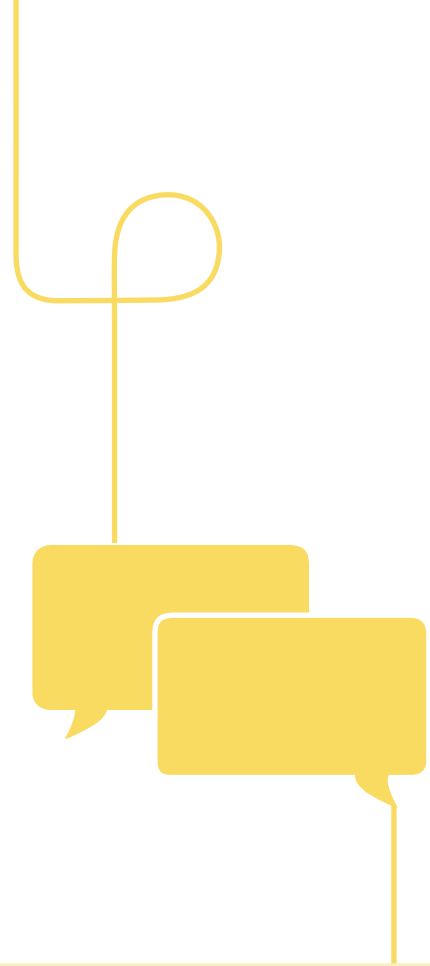
HELPFUL CONVERSATIONS AND PROVIDING SUPPORT

Making every contact count (MECC) is an approach to behaviour change that utilises the millions of day-to-day interactions that organisations and people have with other people to encourage changes in behaviour that have a positive effect on the health and wellbeing of individuals, communities and populations.

Although the approach tends to focus on healthy lifestyles topics such as smoking, healthy eating and physical activity, the skill set is transferrable to help inform helpful conversations of any kind.

For further information and training on the Making Every Contact Counts approach please visit: www.leeds.gov.uk/phrc/public-health-training/making-every-contact-count-training

Your organisation, staff and volunteers may feel nervous about the idea of having conversations which help to identify the reasons people are in need of support.



"When you're chatting to people, it made me realise that people's needs are complex, it's not just about food."

Ann Baker
Community Care Volunteer

Often, these conversations can be full of emotion. It can feel overwhelming to try to work out how to provide support and which services might be able to help.

On the following page are some simple tips which might make conversations easier.

SIMPLE TIPS TO HELP INFORM CONVERSATIONS

- Consider when to talk to people – there might never seem like the right time to begin a conversation. Sometimes it helps to start the conversation in a less direct way: trust your judgement. Also consider where to talk - it's best to find an area where you won't be disturbed.
- Try not to interrupt once someone has started talking and be non-judgmental.
- Keep to the topic at hand, and focus the person you are in conversation with to consider their own next steps.
- Remember, a conversation is two-way, so make sure the other person is involved and not simply a listener.
- Think about who may also be able to help – you are not responsible for fixing. You may require support from other agencies working in the city.

GUIDES TO SUPPORT MONEY DISCUSSIONS

Good guides to support discussion about money are available free from the [Money Advice Service](#)

Download:

[Difficult Conversations - Talking about Money pdf](#)

(full url: https://masassets.blob.core.windows.net/cms/files/000/001/092/original/Difficult_Conversations_-_Talking_about_money.pdf)

THE THREE 'A'S

The 3 'A's model is a simple part of the MECC approach which can be used to guide conversations.

Ask

Advise

Assist

Sometimes you may have the opportunity to set the scene for conversations.

This could be by putting up posters in your food access projects that invite people to think about services that could support them, such as Money Buddies, Citizen's Advice, or a Community Hub

Look for "door openers" to prompt a conversation for example:

- Something they are looking at i.e. poster/leaflet
- Something you have observed i.e. multiple presentations
- Something they have mentioned in conversation
- Cultural foods: not trying to pre-judge the food items they would want based on

appearance. Instead, ask what types of meals they usually eat/prefer to eat?

- Additional conversations starters can be part of a routine i.e. Today we are telling everyone about the Money Buddies service.

ASK

Use "door openers" to start helpful conversations and begin asking questions:

How can I help you today?

What are your longer term food plans?

How important is it for you to get support for XX right now?

There are a number of issues which you have highlighted. Which issue would you like to work through first?

What cooking facilities do you have at home? Do you have a microwave or oven?

ADVISE

Keep the advice brief and pertinent to the person and the information that has been provided.

You are not responsible for providing support to everyone you start a conversation with. There are many support services in the city which can provide help and further advice.

Try to focus working on the person agreeing what their individual next steps might be and confirming any support needs they feel might be beneficial.

We want the person to be the centre of the conversation....their thoughts, their motives, and not whatever issues we think would be best for them to consider. They are the expert on themselves.

ASSIST

Signpost the person to further information and support (including apps if relevant).

Useful questions might be:

Have a look at the XXXXX website...

Have you heard about our XXXXX service?

Here is the information number for support with your benefits XXXXX.

Capturing information from individuals using your provision can be helpful to understand how best you can provide support. Some food aid providers choose to use a referral form, which can be helpful as a record that can be used to reflect upon or to help with monitoring usage of food aid provision. Other providers may use a case management form or a series of questions that they find helpful to ask.

An example referral form is on the next page, which can be used if helpful.

***Please note your referral form should also provide a use of personal data statement, which provides details on how the data will be used and stored.**

REFERRAL FORM – FOOD AID PROVISION

Date of referral	
About the Person or Family	
Name	
Address	
Postcode	
Number of people in the household (including children)	
Contact number	
Any other useful information	
Food Provision	
Can they collect food?	
Are there any allergies, dietary or cultural requirements?	
Other Support	
Do they require any further support? (Please give details)	
About the Referrer	
Organisation	
Contact name	
Contact number	

*This referral form should be used with a personal data statement which outlines details about how the data will be used and stored.

Signposting to Support Services



INFORMATION ABOUT SERVICES WHICH CAN OFFER SUPPORT

This section collates multiple signposting opportunities in the city to support people towards greater food independence.

This has been informed by insight from food aid providers and considers the main challenges that people present with. It does not contain every service which may be required or is available.

Many paper-based leaflets and signposting information can be accessed from the Leeds Public Health Resource Centre (PHRC).

[Leeds Public Health Resource Centre \(PHRC\)](#) offers support to anyone with a responsibility for, or a professional interest in, public health or promoting health and wellbeing in Leeds, including volunteers.

For more information on what the PHRC can offer visit their website or contact them directly.

Leeds Public Health Resource Centre (PHRC)

Phone: **0113 378 6200**

Email: **phrc@leeds.gov.uk**

www.leeds.gov.uk/phrc

Details on signposting can be found in the full document available on the [FoodWise website](#).

Additional Food Related Support

- Healthy Start Scheme
- Free School Meals
- Healthy Holidays

Leeds City Council Community Hubs



Money Help and Debt Advice

- Leeds Money Information Centre
- Better Leeds Communities
- Christians Against Poverty
- Citizens Advice Leeds (CAL)
 - Chapelton Citizens Advice
 - Citizens Advice Consumer Service
- Ebor Gardens Advice Centre and Money Buddies
- Leeds City Council - Council Tax
- StepChange
- St Vincent's Support

Crisis

- Samaritans
- Connect
- Leeds Survivor Led Crisis Dial House

999 Emergency Services
111 NHS advice

Help With Fuel and Utility Bills

- Local Welfare Support Scheme
- Leeds FAN & Fuel Bank Foundation
- Better Homes Yorkshire
- Energy Saving Trust
- Groundwork Green Doctors - HomePlus Leeds
- Scope Disability Energy Support
- TV Licensing
- Utility Trust Funds
- Watersave
- Yorkshire Water



Digital Inclusion

- 100% Digital Leeds
- Digital Access West Yorkshire
- Digital Inclusion Toolkit

Low-Income Extras

- Leeds Baby Bank
- Leeds School Uniform Exchange
- Leeds Pet Food Banks
- Support with Funeral Costs
- Hygiene Products - Freedom4Girls

LOANS

- Leeds Credit Union
- Report a Loan Shark



Benefits

- Leeds Council Welfare Rights
- AgeUK Leeds
- DWP
- GIPSIL (Engage Leeds and Our Way Leeds)

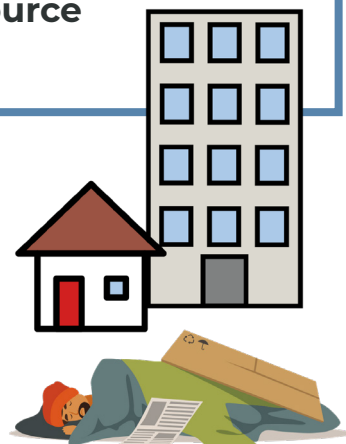


Housing

- Leeds City Council Housing
- Leeds Housing Options
- Shelter
- Street Support Network
- Homeless/Street Outreach:
 - Change Grow Live (CGL)
 - Simon on the Streets
 - Homeless Street Angels
- St Anne's Resource Centre

Disability Support

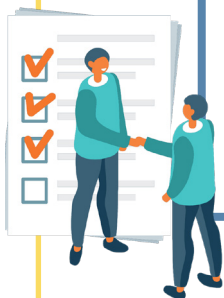
- Leeds Mencap
- Scope
- Connect in the North
- Leep 1
- Advonet
- AbilityNet





Employment

- Leeds City Council Employment and Skills Team
- Scope Employment Services



Refugees and People Seeking Asylum

- New to Leeds
- Refugee Transition Guide
- Help In Leeds
- NRPF - Welfare Rights

Mental Health and Wellbeing

ADULTS

- MindWell
- Andy's Man Club
- NHS Leeds & York (SPA)

CHILDREN & YOUNG PEOPLE

- Childline
- The Market Place
- MindMate



LGBTQ+

- Switchboard LGBTQ+ helpline
- Angels of Freedom

BEREAVEMENT

- Cruse Bereavement Care
- Leeds Suicide Bereavement Service
- Grief and Loss West Yorkshire and Harrogate

Healthy Living

- One You Leeds
- Active Leeds
- Ministry of Food



Social Prescribing

- Linking Leeds



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Drugs, Alcohol and Addiction

- Forward Leeds
- St Anne's Alcohol Services
- Alcoholics Anonymous
- Narcotics Anonymous

Affected by another's drug and alcohol use

- Carers Leeds
- Al-Anon

Gambling

- Leeds Community Gambling Service (GamCare)

Safeguarding

- Leeds Safeguarding Children Partnership
- Leeds Safeguarding Adults Board



Domestic Violence and Abuse

- Leeds Domestic Violence Service
- Leeds Women's Aid
- Support After Rape & Sexual Violence Leeds (SARSVL)

SERVICES FOR SEX WORKERS AND VULNERABLE WOMEN

- Basis Yorkshire
- Joanna Project



Information for Food Aid Providers



INFORMATION FOR FOOD AID PROVIDERS

In light of increasing food insecurity, in Leeds we aim to build local level resilience and to support people back to independence.

Over the course of the pandemic, excellent practice has emerged from local food aid providers: from offers of free food parcels to projects that offer more choice and build resilience through initiatives running on a membership, charged or pay as you feel basis.

Watch the webinar on Building Food Resilience to hear from a range of different food aid providers about their projects and approaches:

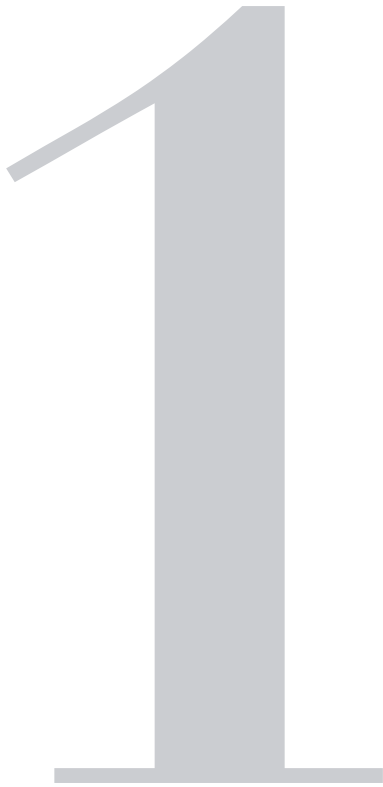
foodwiseleeds.org/food-resilience/

WHAT TO CONSIDER WHEN DELIVERING FOOD AID

The following 4 questions can be used to summarise your key considerations when planning and delivering food aid provision.

1. Does your organisation understand the local needs?
2. What should you consider as part of the plan?
3. Have you thought about your food offer?
4. Have you thought about the impact your project may have?

This section looks at each of these 4 questions in turn.



Does your organisation understand the local needs?

Consider your understanding of your specific community's nutritional and wellbeing needs.


This information can help shape your project and might be useful for applying for any funding.

The Leeds Observatory provides data and information about communities and geographies in Leeds. This includes data sets on deprivation and health and well-being.

<https://observatory.leeds.gov.uk/>

Questions to guide your thinking:

- Are there any new insights emerging from the response to COVID 19 on eating, shopping and accessing food that you can support with?
- How could you access this information?
- Are you working with people as a result of a crisis, i.e. providing emergency food, or looking to provide support to build food resilience?



2

What should you consider as part of the plan?

Consider who is best to lead your project and what useful skills you will need to make it successful.

In this section we'll look at:

- What type of provision should you offer and should a charge apply?
- How to reduce stigma and promote dignity
- Do you require funding?
- Do you require volunteers?

Questions to guide your thinking:

- What are your strengths as an organisation and what do you need support with?
- Which partners might be able to help?
- Do you have staff skilled in the preparation and/or transportation of food available to support the project?
- Have you timetabled what you will need to do and by when, considering resource requirements?

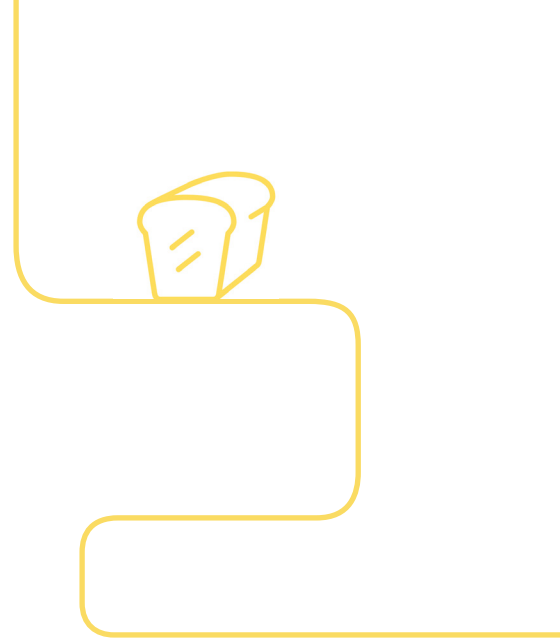
WHAT TYPE OF PROVISION SHOULD YOU OFFER?

AND SHOULD A CHARGE APPLY?

There is a range of different food aid provision across Leeds. Some have a small charge, between £2.50 and £5 a week, and others require a membership. Best practice is to not charge for individual food items.

Here are 3 key recommendations to guide the development of your food aid provision:

- a) Food aid projects should aim to provide some short-term stability for people who need a few weeks (possibly months) recurring assistance. It's important to monitor usage and consider signposting so people don't become dependent long-term.
- b) Consider working with other advice agencies to see how the people using your food aid project can be supported. The membership and/or regularity of attendance can enable more targeted work to take place, helping people to deal with their longer-term needs and collaborative working with local support services to work on the root causes of food insecurity.
- c) If you are looking to run a Food Pantry, you should consider becoming part of an official organisational set up such as [Health for All](#) and [Church Action on Poverty](#) to give good legal infrastructure.



HOW TO REDUCE STIGMA AND PROMOTE DIGNITY

Communities alone cannot provide the solution to food insecurity. However, everyone can be involved in reducing stigma and promoting dignity.

Learning from Scotland's Dignity in Practice initiative, food aid providers can take small, practical steps that will help make a difference.



Organisations can help put dignity at the heart of their work by asking these 5 questions:

How does this work support people to...

- ... feel a sense of control?
- ... take part in community life?
- ... feel nourished and supported?
- ... be involved in decision making?
- ... feel valued and able to contribute?

For more information about how to promote dignity watch this [Dignity Principles in Practice video](https://vimeo.com/337236921/522eb7505d) (<https://vimeo.com/337236921/522eb7505d>)

DO YOU REQUIRE FUNDING?

FUNDING LEEDS

Funding Leeds is a public and third sector partnership helping the voluntary, community and social enterprise sector in Leeds find the funds to achieve their vision.

Funding Leeds

www.idoxopen4community.co.uk/lcc

Using Funding Leeds you can:

- Make funding searches to tap into local, regional and national funding sources
- Get regular updates on your funding area of interests
- Take advantage of useful information and local support to help you achieve your funding goals.

BID WRITING SUPPORT

Voluntary Action Leeds (VAL)

supports organisations to help strengthen funding bids through feedback on drafts, or to help identify funding or fundraising opportunities.

Funding Support Network

Email: info@val.org.uk

doinggoodleeds.org.uk/support-for-organisations/funding

Facebook: facebook.com/groups/1348899201825821

Leeds Community Foundation

(LCF) supports hundreds of charities and voluntary groups across the city, addressing inequalities and working together to help create opportunities for those that need help the most. LCF invests in these groups by distributing grants and sharing advice. Sign up for grant notifications at: www.leedscf.org.uk/grants-notifications

Leeds Community Foundation

Phone: 0113 242 2426

Email: info@leedscf.org.uk or grants@leedscf.org.uk

www.leedscf.org.uk

DO YOU REQUIRE VOLUNTEERS?

Volunteer Centre Leeds helps individual people to find meaningful volunteering opportunities. They also offer advice and support to organisations and small groups to help them set up and manage a volunteering programme, and to recruit suitable volunteers.

Run and managed by Voluntary Action Leeds (VAL), the Volunteer Centre is based in Leeds Kirkgate Market in the food court area. It is open for pre-booked appointments from Monday to Friday 9:30am to 4:30pm.

Volunteer Centre Leeds manages a dedicated Volunteering Platform powered by Be Collective, which helps to streamline the volunteering process for both volunteers and volunteer managers.



The online [Volunteering Platform](#) enables groups of any size to advertise, recruit and manage volunteers easily and effectively.

The Leeds platform is accessed through the Doing Good Leeds website.

It is free and simple to use, but they also offer support to those who may need help getting started.

Volunteer Centre Leeds

Phone: **0113 297 7920, 07340323190**

Email: **volunteering@val.org.uk**
[doinggoodleeds.org.uk/
volunteering/volunteer-centre-
leeds/](https://doinggoodleeds.org.uk/volunteering/volunteer-centre-leeds/)



Have you thought about your food offer?

What food will you make available – individual items of food, food parcels, or meals?

In this section we'll look at:

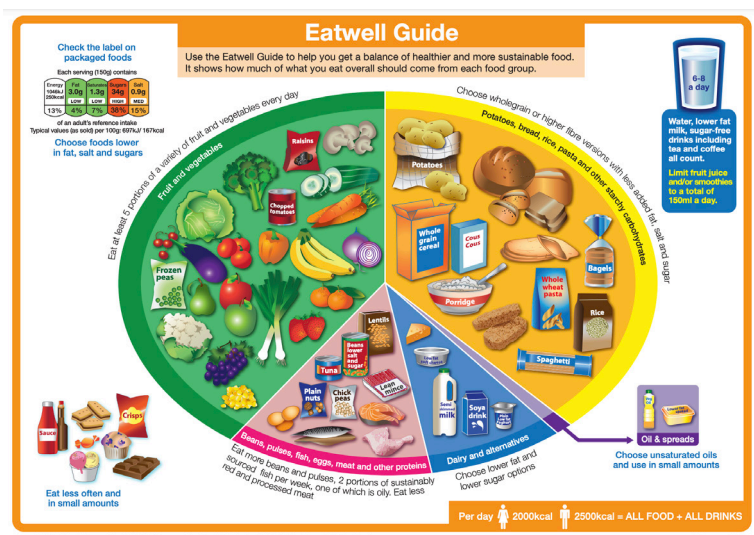
- Meeting nutritional needs
- Store cupboard essential ideas
- Food safety
- Sourcing food

MEETING NUTRITIONAL NEEDS

Food aid projects should aim to combine hunger relief efforts with nutrition information and healthy eating opportunities for individuals and families.

If your project needs more support on healthy eating, Leeds City Council provides a free one-day training course called Healthy Living Training.

The Eatwell Guide is a visual tool that shows the different types of food and proportions that are needed to maintain a well-balanced and healthy diet. Food aid projects should consider how the Eatwell Guide can be used to inform their food offer.



Dietary requirements and cultural preferences should be accommodated. For more support with cultural food requirements, speak with [Hamara](#) or [Give a Gift](#) who are skilled in working with BAME groups. For more information on food provisions and managing allergens, there is useful information for schools and businesses that can be applied.

For resources to support the delivery of healthy eating messages, including cultural food messages, the [Leeds Public Health Resource Centre](#) stocks a wide range of leaflets, poster and resources.

STORE CUPBOARD ESSENTIAL IDEAS



TINS

- **Whole plum tomatoes** - essential for sauces, soups, stews, casseroles
- **Pulses and beans (chickpeas, cannellini, kidney, and lentils)** - a great source of protein and fibre
- **Light coconut milk** - add to soups and curries for a mellow, creamy flavour;
- Good-quality, responsibly-sourced **tinned tuna, salmon, sardines, anchovies** - great for simple pasta dishes and fishcakes



PACKETS

- **Rice (brown and/or white)** - wholegrain rice is full of fibre which we need for our digestive system
- **Dried pasta (brown and/or white)** - cheap and versatile, perfect for pasta bakes
- **Dried noodles (egg or rice)** - great for stir-fries, soups and curries
- **Grains (bulgur, pearl barley)** - also great and relatively cheap bulkers for stews and soups

JARS AND BOTTLES

- **Honey** - you only need a little drizzle!
- **Vegetable (rapeseed) or groundnut oil** - good flavourless oil for everyday cooking
- **Soy sauce** - seasoning for Asian dishes, use naturally brewed varieties whenever possible
- **Vinegars** (red wine, cider, balsamic)
- **Worcester sauce** - peps up most sauces



HERBS AND SPICES

- **Sea salt**
- **Black peppercorns**
- **Oregano**
- **Smoked paprika**
- **Chilli powder**
- **Cinnamon**
- **Cumin** (ground, seeds)
- **Ground coriander**
- **Curry powder** (hot, medium)
- **Five-spice**



OTHER ESSENTIALS

- **Good-quality stock cubes**
- **Porridge oats**
- **Flour** (plain and self-raising, wholemeal or white)
- **Nuts and seeds** (mixed nut packs, cashews, almonds, walnuts, pecans. Seeds; pumpkin, sunflower - great for sprinkling on salads)
- **Sugar** (white and brown)



CONDIMENTS

- **Ketchup**
- **Mayonnaise**
- **Brown sauce**
- **Barbecue sauce**
- **Tabasco**
- **Mustard** (dijon, whole grain, French, English)



GOOD-TO-HAVES

- **Extra virgin olive oil** - for dressing salads and drizzling over finished dishes, never cooking
- **Tomato purée** - add a flavour punch to lots of different dishes
- **Fresh garlic**
- **Fresh ginger**
- **Jars of olives** (green or black), **capers**, **gherkins**
- **Bread flour** and **dried yeast** - for baking easy breads
- **Dried fruit** (apricots, prunes, raisins)
- **Chutneys, jams and preserves**
- **Peanut butter** (crunchy, smooth)
- **Cocoa powder**
- **Baking powder**
- **Turmeric**
- **Garam masala**
- **Ground ginger**
- **Fennel seeds**



FOOD SAFETY

It is very unlikely that you can catch COVID-19 from food. It is not known to be transmitted by exposure to food or food packaging.

Any food handler who is unwell should not be at work. If they have COVID-19 symptoms, they should follow government advice and stay at home.

Food aid projects that are planning to provide and or/deliver food or meals to the public should be registered with Environmental Health and should have completed Food Safety Level 2 training as a minimum.

Food aid projects should follow the Food Standard Agency's guidance on good hygiene practices in food preparation and implement a Hazard Analysis and Critical Control Point (HACCP) processes.



For queries and or advice contact:
food.safety@leeds.gov.uk

To register your community project with Environmental Health complete a form available online:
www.leeds.gov.uk/business/environmental-health-for-business/food/register-a-food-business

For further general food safety information visit: www.food.gov.uk/business-guidance

For more information on food safety for community cooking and food banks visit: www.food.gov.uk/safety-hygiene/food-safety-for-community-cooking-and-food-banks

SOURCING FOOD

FareShare Yorkshire helps to tackle food poverty issues by redistributing surplus food across the region. FareShare sources and redistributes quality, in-date surplus food, which would otherwise go to waste.

Food is redistributed to charity members to transform the food into nutritious meals for those in need.

For more information, including joining forms visit their website.

FareShare Yorkshire

[www.fareshareyorkshire.org/
get-food/joining-fareshare](http://www.fareshareyorkshire.org/get-food/joining-fareshare)

Rethink Food redistributes good quality surplus food into schools and community groups throughout Leeds and Bradford.

Contact Suzanne Ward, the Community Group Liaison, to find out more **suzanne.ward@rethinkfood.co.uk**.

Rethink Food

www.rethinkfood.co.uk

TALK TO LOCAL BUSINESSES

Get in touch with local businesses to share what you are doing and explain how they can help build community food resilience.

Speak with your local supermarkets and independent food shops (greengrocers, butchers, bakeries, refill shops and corner shops etc.) to see if they can offer support with discounted or surplus food.



CHAMPIONS IN SUPERMARKETS

Supermarket Community Champions are staff within major supermarkets that help and support local community organisations with volunteering, providing food and when available, access to funding via their plastic bag schemes or their own general pots of funding.

Visit your local supermarket and ask for the Community Champion, or the Manager if they are not available.



RECIPES, TIPS AND IDEAS

For food aid resources including recipes visit the [FoodWise Leeds](#) website.

The Foodwise website is being developed to become a local portal for food budgeting, healthy eating and cooking skills resources.

The website contains useful resources such as the '[Cooking on a Shoe String](#)' recipe book designed by [Zest](#).





Have you thought about the impact your project may have?

Have you thought about monitoring and evaluating your project?

This will help to adapt your support to ensure your project best meets the needs of the people who use it.

Monitoring and evaluation can provide insight on how to improve your project, identify challenges, source support from other partners or signpost to other food aid provision. It can also help support fundraising and demonstrate the outcomes of your project.

The Leeds Food Aid Network (Leeds FAN) collects information to help understand the picture of food insecurity across the city. Useful information to collect to support this includes:

- The number of times people have accessed your food provision via a referral (if appropriate).
- The number of food parcels given out informally without the need for a referral.
- The number of sandwich batches/ meals given out by food drop-ins, community cafes or out on the street.

Capturing **case studies** is also a useful way of demonstrating the wider support offered through food aid provision.

DEALING WITH THE ISSUE OF RECURRING ASSISTANCE

Throughout the Covid-19 pandemic food aid provision has been upscaled to support the increasing need for food. This upscaling has benefited from the existing food aid infrastructure in the city and the willingness of providers to work together. This provision has also benefited from large quantities of food obtained through a variety of funding sources.

However, as we look to move forward from the pandemic, significantly less food is available. Projects are now encouraged to consider their own donations and to ensure that support is given to people who need it most, on a short-term basis, with the aim of helping them back to independence.




Learning from experienced food aid providers has shown that where people are continually returning for support and assistance, a good approach has been to offer more cooked meals. These can either be provided as a takeaway or by enabling people to sit down together in a socially-distanced, community café setting.

This approach enables opportunities for relationship building, time to consider individual needs and signposting to support services.

Other ideas include co-locating support services at the food aid project venue to assist with financial, welfare, health, housing, immigration, asylum, training and employment issues.

Furthermore, it may be appropriate to start evolving food aid provision to a different model of delivery, i.e. developing a food pantry model where people contribute something financially in return for food on a weekly basis and supporting members with their longer-term needs.

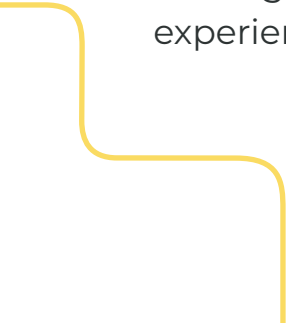


Supporting people back to independence can be a difficult and complex task. Food aid providers should keep in mind that the overarching aim of all provision should be to avoid dependency, build resilience, and support people back to a regular shopping experience.

Over the last 18 months, food aid provision has evolved substantially from offering free food parcels to a range of different interventions which are shown on the Building Food Resilience pathway on [page 7](#).

We have heard from a range of food aid providers who have shared details about their provision, offering helpful tips and learning from their experience to support others looking to evolve their food aid provision. The webinar recordings are available here: foodwiseleeds.org/food-resilience/

By working together and supporting people to address the root cause of food insecurity, we can enable people to return to a regular food shopping experience.



THANKS

We hope you have found information featured in this toolkit helpful.

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Steering group members:

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FOODWISE LEEDS

FoodWise is the driving force for good food in Leeds.

We encourage people to grow, buy, serve and eat healthy, sustainable food, to build a locally-focused, high quality, low carbon, minimum waste, fair food system for our city.



foodwiseleeds.org

Follow us on social media
@foodwiseleeds



Leeds Food Aid Network