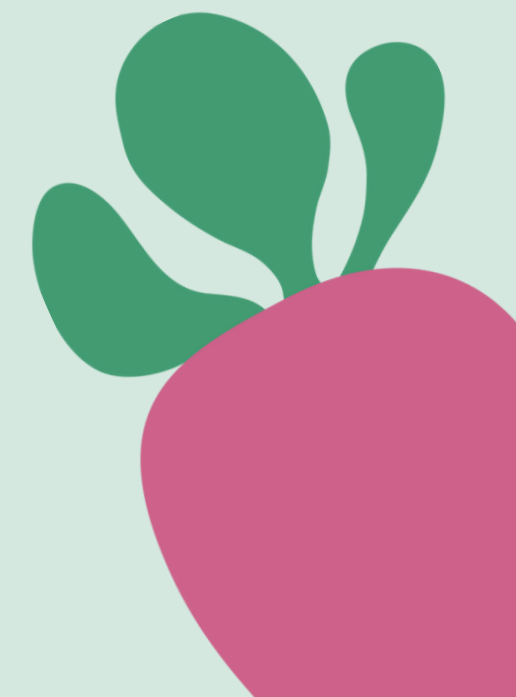


# Food Aid Sector Learning

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# FEAST

— With Us —



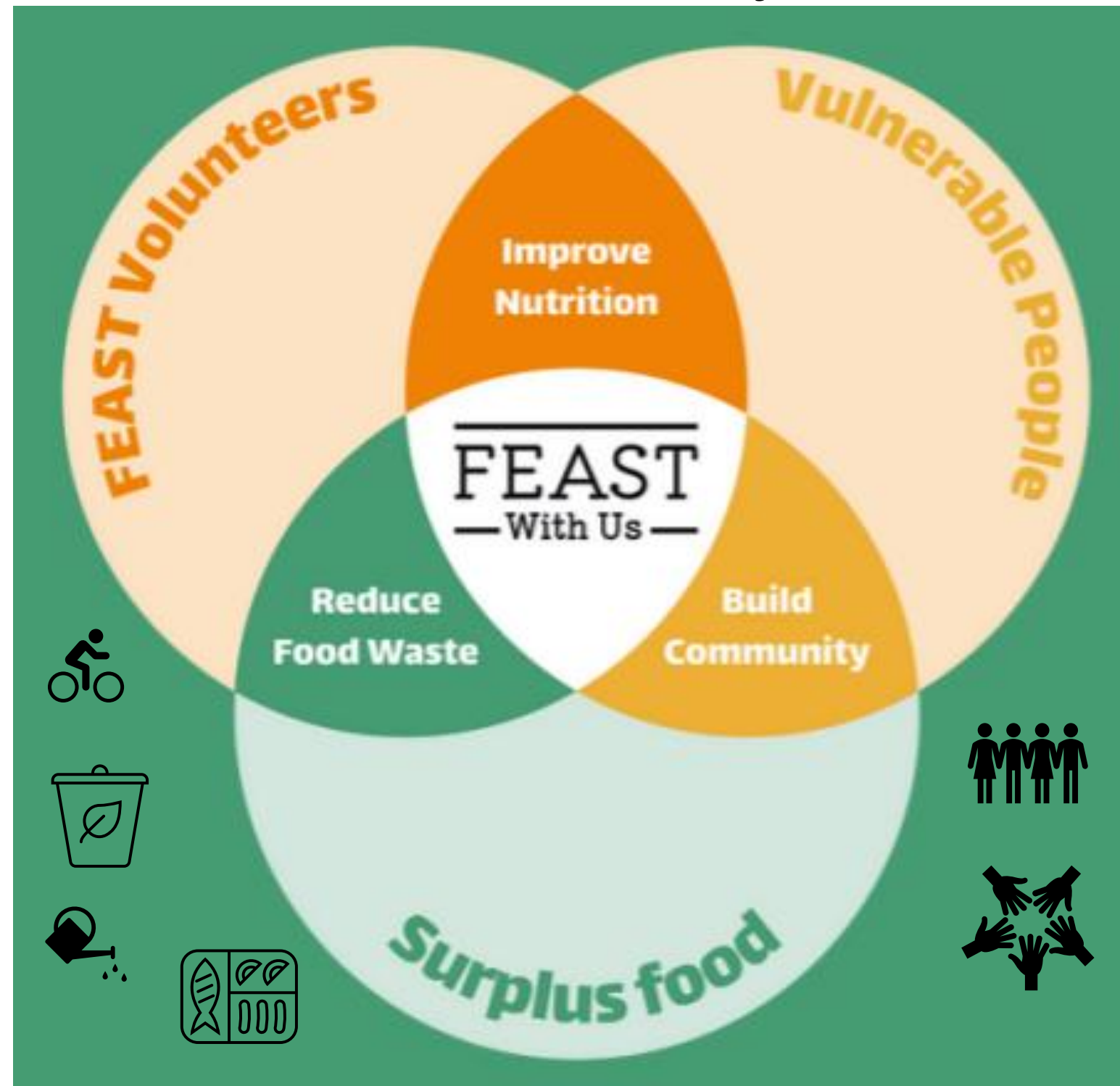


# **Supporting People Experiencing Food Poverty – Charity Perspective**

**BDA Sustainability Conference  
September 2023  
Hannah Style  
Founder and Research Dietitian**



## FEAST Charitable Objectives



### Timeline

- 2015: Grassroots Project
- 2017: Registered Charity
- 2020: Commissioned Service
- 2022: Camden Council Food Poverty Lead
- 2023: Research

Feeding and Empowering All Sustainably Together



## Who do we serve?



Anyone experiencing food poverty, including:

- Homeless people
- People attending mental health day centres
- People attending community centres
- People attending food banks
- People seeking asylum / with refugee status
- People suffering alcohol addiction / substance misuse

Increased demand for services  
Continually increasing referrals in the past 3 years



# What is Food Poverty?

Umbrella term, no agreed definition

Notoriously hard to capture data



Term	Definition
FOOD POVERTY	'The inability to afford, or to have access to, food to make up a healthy diet' (DoH)
FOOD ILLITERACY	The inability to make educated decisions pertaining to meal preparation
FOOD INSECURITY	The lack of financial means to access and afford nutrition
MALNUTRITION	functional deficits and changes to body composition related to imbalanced diet

(Department of Health, WHO)

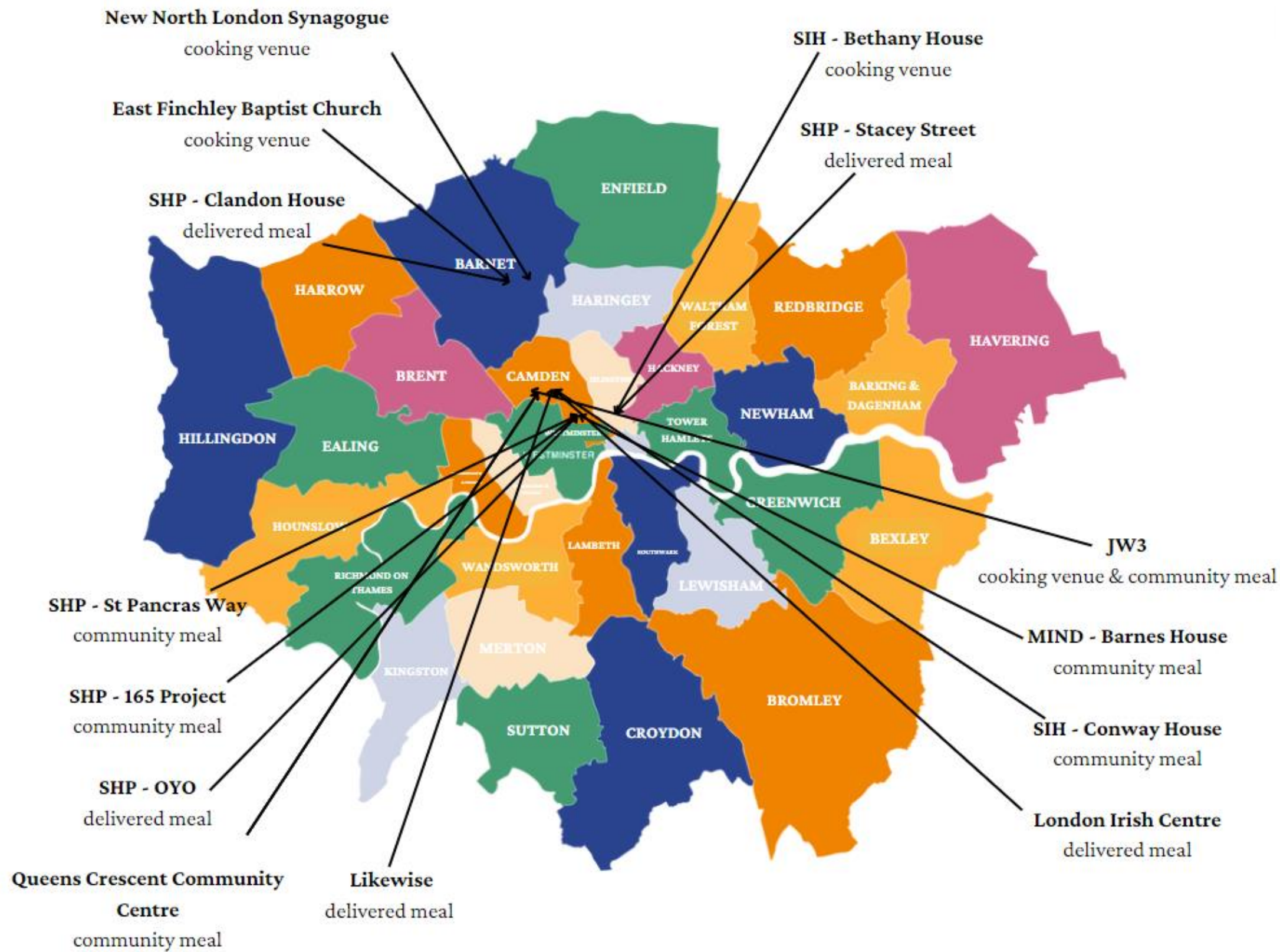
## Who experiences food poverty?

- 5m (=8%) in 2019/20, grown 10% pa next two years (Sustain)
- **1.9m Londoners**
- **32% of families** in London registered for free school meals
- FEAST provided 25,000 meals Apr-Sept 2020, and 22,000 meal in 2022
- **People of Black or Black British ethnic groups** overrepresented at food banks
- Estimated 200,000 **older Londoners** at risk of food insecurity



Rise in Food Poverty in the wake of the Covid-19 pandemic

# Community Meals in London



14 Community partners  
c200 Participants weekly  
18+ yrs mostly  
2-5x weekly service

# FEAST Impact 2022

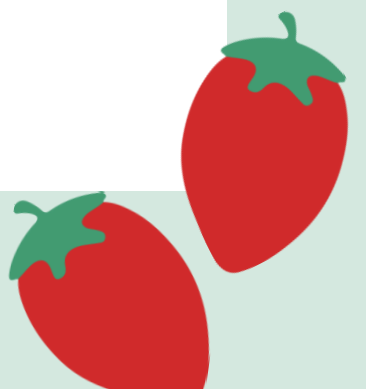


*"You can make connections with people, it's very gratifying, rewarding; it's a great community for people and it's the diversity aspect that I think is the most important"*

Emile, FEAST service user.

*"Most people I volunteer with like Dean the Chef or Demetris seem down to earth and fun to work with[...] that I find helps with mental health"*

Anonymous, FEAST service user and volunteer.



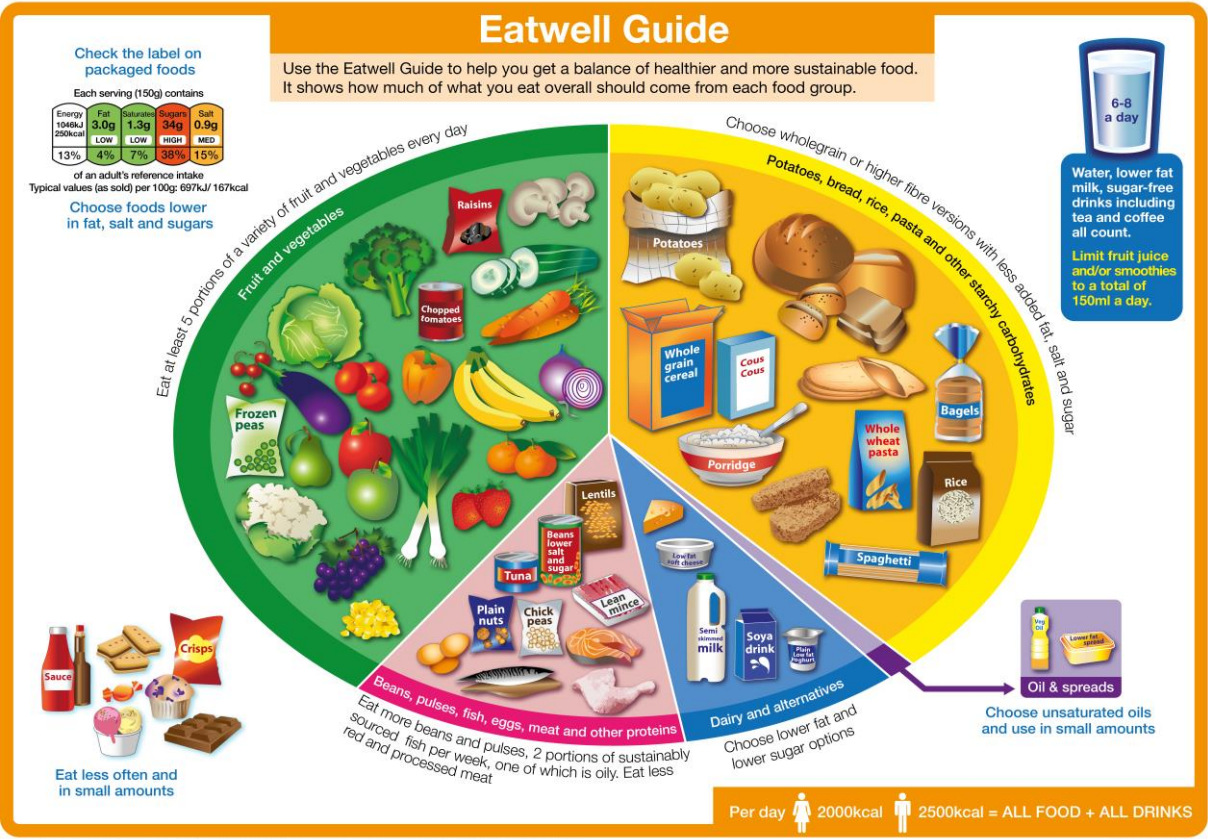


# Healthy Eating on a Budget Programme

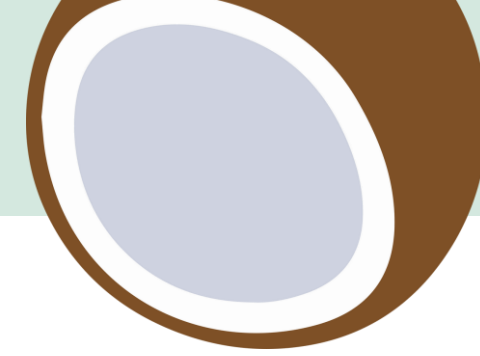


Nutrition Knowledge and Empowerment  
Cooking Skills  
Bridging the gap

Pilot Phase



# Camden Food Poverty Alliance



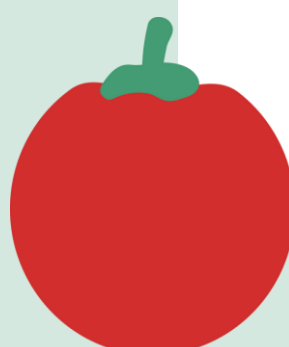
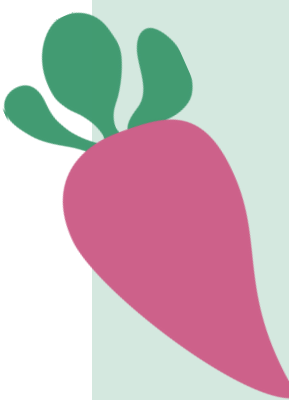
Steer and coordination of the Camden Food Network

42 Initiatives – nutrition not always at the core

Supporting initiatives to climb the Food Ladder sustainably

Funded by Camden Council

Sustain recognised Camden as a leader in the field





## Clinical Nutrition Research




# What is the Nutrition Status of homeless people residing in temporary accommodation in North London?

Primary objectives: prevalence of malnutrition using MUST

Secondary objectives: nutrient intake, prevalence of food insecurity, obesity and mental illness

Sampling: purposive, research visits at hostels ~40mins per participant to complete facilitated questionnaires. Started Jul'23, 70 participants thus far

Methods: anthropometry (bioimpedance scale, handgrip strength dynamometer), single-pass 24hr research, short form food frequency questionnaire, PHQ4, USDA 10-point survey



## People with Severe Mental Illness



Public Health Nutrition Considerations:

- **Risk of premature death - 15-20 years earlier** than general population
- **Two thirds of premature (age under 75) deaths preventable - diet and nutrition** are key drivers
- **4.1 times more likely to experience early death related to cardiovascular disease** compared with people without SMI
- causes include combination of **poor nutrition, low physical activity, obesogenic and diabetogenic antipsychotic treatments and social disadvantage**

(Office for Health Improvement and Disparities)



## People with Severe Mental Illness



### Clinical Nutrition Considerations:

- skin, wound and respiratory infections
- substance misuse – missed meals, large volumes of fluid
- refeeding syndrome
- high energy expenditure – long periods of walking

(Preliminary / anecdotal research findings)



## **THANK YOU FOR YOUR SUPPORT**

FEAST With Us is committed to relieving malnutrition, reducing food waste and building stronger community ties. We couldn't do what we do without the help of our fantastic volunteers & sponsors.

**[www.feastwithus.org.uk](http://www.feastwithus.org.uk)**

## References



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SHELTER: <https://www.shelter.org.uk/>

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Trussel Trust: <https://www.trusseltrust.org/>