

Lendlease - UKHarvest IQL Pilot Programme Update

Aims of the pilot programme is to engage with individuals and groups both young and old to improve their wellbeing

- Improved knowledge about and skills around low cost, nutritious healthy eating choices and minimising food waste (including the utilisation of left-overs).
- Improved food purchasing and preparation behaviours for future self-sufficiency, independence, better health and mental health and improved life habits.
- Increased confidence and knowledge in preparing low cost, nutritious meals.
- Break down barriers associated with food planning and preparation, allowing the people to enjoy the nutritional and social benefits of sharing a meal.
- Up-skill staff and volunteers within agencies to both prepare nutritious meal options within their services and pass valuable knowledge and skills to clients to inspire positive future behaviours and attitudes around food and meals.
- Provide additional opportunities for suitably skilled volunteers to engage with UKHarvest's cause.
- Allow UKHarvest to add further social and environmental impact via its work.

Chobham Academy

Chobham Academy is a mixed all-through school and sixth form which opened in September 2013. The school is located in the East Village of Stratford in the London Borough of Newham, England; It has 1,800 student places.

As a school that was purpose-built to serve the new community established in the former Olympic Village, priority for admission into the school is given to those who live in East Village.

UKHarvest collaborated with the Chobham Academy to enhance modules on food waste reduction and economical cooking to specifically support modules on food provenance and sustainability recommended by the department of education (AQA, 2018).

We work to ensure the meals and methods used are in alignment with the Eatwell Guide recommendations from Public Health England (2018).

Engagement:

- 21 students from Year 8 (12-13 year olds)
- Subject Leader for Design Technology and a member of support staff
- Cooking experience was very limited and selected students had not previously taken part in Food Technology
- All food to be prepared and cooked had to meet specific dietary requirements of the group taking into account both potential allergies and cultural factors.

Format:

- Interactive two hour session looking at:
 - food waste, it's causes, impacts and how we can help to reduce it;



- what makes a nutritious well balanced meal;
- preparation of three dishes covering all of the food groups;
- sitting and sharing the food together.

Caritas Anchor House

Caritas Anchor House is based in Newham, one of the most deprived boroughs in the UK and has the highest level of homelessness with 1 in every 25 people without a home. Caritas Anchor House is a homelessness charity providing residential and life-skills support for single homeless adults working with vulnerable groups including those affected by homelessness, unemployment, mental health, substance misuse, domestic abuse and offending. Currently there are 140 residents including 25 in on-site Move On flats.

Engagement:

- 6 residents living in Move On flats
- Two staff members including Mental Health Lead and Deputy Team Leader

- 50 residents, staff and guests who shared the prepared meal including The Rt Revd Thomas McMahon, Bishop Emeritus of Brentwood, Amanda Dubarry, CEO CAH and Yvonne Thomson, CEO UKHarvest.

Format:

- Two hour interactive session covering:
 - Intro to UKHarvest and what we do
 - Discussion about what we mean by a balance diet
 - How to maintain a balanced diet on a budget and utilise donated food
 - Basic food hygiene and knife safety
 - Prepare healthy soup starter and curry main course for approx 50 people
 - Sit and share meal with participants and other residents

Photographs to follow.

Please see press release issued by Caritas Anchor House:

<https://www.caritasanchorhouse.org.uk/news/preparing-healthy-meals-surplus-food>