

# Food Newcastle Newsletter



Aug 2018



## A MESSAGE FROM BEV BOOKLESS CHAIR OF THE FOOD NEWCASTLE STEERING GROUP

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## GOOD FOOD THEMES, PARTNER UPDATES

Hear from the partners driving forward the good food plan and see how it is taking shape

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If you are interested in being part of one or more of the Good Food themed sub groups please get in contact!



## BRONZE AWARD APPLICATION

Still on target to apply in the next phase.

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## The Refill campaign

Refill is a free tap water initiative designed to reduce plastic pollution and promote healthy hydration by making refilling a water bottle easy, social and rewarding! TOGETHER Let's make NEWCASTLE upon Tyne an official REFILL CITY PAGE 14

## AWARDED COMMUNITY FOOD GRANTS

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## Dear Food Newcastle Partners

The Good Food Plan was formally launched earlier this year but in reality has been the strategy that Food Newcastle and its partners' have been starting to implement for about a year.

The six themes that have been prioritised are all at differing stages of developing. The last group to be established is Transforming Catering and Procurement, which hopefully will take off successfully this autumn when the partners that need to be involved have been fully identified and engaged. The leadership and governance of the themed groups is important and we will do all we can to support them.

We are very much moving into getting actions achieved and results from the hard work that everyone is putting into making the Good Food Plan a reality. To remain credible and seen to be successful, this is critical.

Partnership working is the only way we are going to achieve success and this is hard work. Relationships need to be established, developed and nurtured understanding that there has to be reward in whatever shape for all participants. It is also difficult to attribute success in partnership working, but one way we can do this is by achieving a Sustainable Food City Award, which we are hoping to do with an autumn submission.

We also want to learn from others, so in order to do this we will be reaching out across the north east to other cities and towns that have similar strategies. A stronger network will help us all to share successes and also help with problem solving.

Finally, thank you to everyone who is involved and working so hard to make the Good Food Plan a reality.

**Bev Bookless**  
**Chair, Food Newcastle Steering Group**



## 1. Diet related ill health

### Newcastle SUGAR SMART Update

**Judith MacMorran (Newcastle Public Health) on behalf of the Newcastle SUGAR SMART Group:** As a nation we consume too much sugar. This is having a considerable impact on obesity and tooth decay. It is recommended that sugar should make up only 5% of daily energy intake, but currently it is making up 12-15% of the daily intake.

The Newcastle Sugar Smart group is a multi-agency partnership whose members represent the NHS, universities, local authority, voluntary sector, leisure providers, school caterers and workplaces. The group has developed an 11 strand settings based action plan which outlines, how collectively the city can work together to reduce the amount of sugar the residents of Newcastle are consuming.

To date the activities that have begun include;

- Disseminated the key messages of the campaign through presentations to the Change 4 Life partnerships in the east and west of the city
- Working with 2 of the major school caterers to modify recipes and alter the drinks offered to children and young people, to contain less sugar
- Providing training to catering staff from the Laidlaw Trust schools on being Sugar Smart
- Planning a Give Up Loving Pop (GULP) campaign in several secondary schools
- Removing price promotions on high sugar drinks in local NHS premises
- Removing high sugar drinks from vending machines in NHS premises
- Producing some community settings training resources on Sugar Smart

Many more activities in each setting are planned over the next few years. The group intends to formally launch the Sugar Smart action plan in the Autumn 2018.



**Future Newcastle SUGAR SMART meeting dates:** 17 August  
08 November



## 2. Tackling Food Poverty

### Newcastle FOOD POVERTY update

#### Roz Rigby (Newcastle Public Health) on behalf of the Newcastle Food Poverty Group:

We feel that it is a good time to review the group and take a more focused approach to tackling food poverty. The group have been looking at examples of good practice from Brighton and Hove and have expressed an interest in developing a visual 'pathway' of existing provision and support for families experiencing food insecurity and poverty.

The group are also keen on exploring how to take a more preventative approach, by considering 'what prevents food poverty?' This approach would take account of the crisis elements of food poverty, such as food banks and would also look at the longer-term impacts such as employment, housing, cooking skills and access to healthy food.

The group recognise the need for political representation and would like to develop an action plan with clear accountability and tasks for stakeholders. We are hoping to develop these plans within the existing 'active inclusion' workshops to get a range of views and direction.

**Holiday hunger:** The Department for Education has allocated funding to support pilot holiday provision in 2018 with Street Games and Children North East both putting in successful bids which will benefit the children of Newcastle.

The free clubs will offer opportunities for a range of physical activity, healthy eating (to the Food Schools standards) and stimulating activities and trips. Street Games are supporting existing organisations to enhance their summer provision and are focusing on the NEAT Trust (Newcastle East Academy Trust). Children North East have focused on providing holiday schemes in school settings, and are working with Bridgewater Primary School, North Fawdon Primary School and Kenton School. These holiday schemes are open to all children but are targeted within the more deprived areas where families are more likely to have increased food insecurity and financial pressures over the holidays particularly if their children are eligible for free school meals during the term.

GOOD FOOD THEME, PARTNER UPDATES



The pilots will feed into the Department for Education's future plans by adding to the research that Northumbria University have done on holiday schemes.

There is a growing recognition that holiday schemes can help mitigate against the potential nutritional, physical activity and learning loss that can occur during the summer holidays, and it is great that Newcastle has been chosen to take part in these pilots. The Food Poverty group are keen to continue to develop the partnerships that have been formed and provide co-ordination to ensure that there are more opportunities for children and young people in Newcastle to have holiday provision in the future.

**Nicola Cowell (Food Newcastle team) updates on Food Power:** We're delighted to be working with Sustain and Church Action on Poverty on our local Food Power programmes to tackle food poverty through people-powered change.

Food Power aims to strengthen local communities' ability to reduce food poverty through solutions developed by them with the support of their peers from other communities across the UK.

The goal of Food Power is to transform the way that people experiencing food poverty (issues relating to food accessibility and food affordability) can access support and create long-term, sustainable lives that are free from hunger. Critical to this is engaging local people and alliances, giving voice to those experiencing food poverty, influencing practice on the ground and leveraging in additional resources.

Food Power supports coordinated approaches to tackling food poverty in areas across the UK and supports food poverty alliances to develop their work, to respond to food poverty and its root causes, to give voice to people experiencing food poverty, and to evaluate and share what works well.



**So what are we doing here in Newcastle?** We are coordinating two Food Power programmes:

**‘Involving Experts by Experience’** – exploring approaches to community participation and voice, and empower those with direct experience of food poverty to play an active role in strategic alliance development. Over the coming months we are working with local partners to pilot the Signal Stoplight Survey in a local community and engage with those who are experiencing issues regarding food access and affordability; exploring issues and solutions through a series of conversations.

We are also being supported to deliver a **‘Maximising Family Income’** programme – which has a specific focus on improving coordination and navigation of the local welfare safety net. We will be working with partners, including Active Inclusion, to develop a Newcastle specific visual signposting tool which looks at ‘relief’, ‘resistance’ and ‘resilience’ pathways of support.

Ben Pearson (Food Power: Empowerment Programme Officer) is providing mentoring support on our programme delivery over this next year.

## FOOD *Power*



**Future Newcastle FOOD POVERTY meeting date: 16<sup>th</sup> November**



**Future Newcastle FOOD POWER meeting dates: 14<sup>th</sup> Aug Truth Conversation  
5<sup>th</sup> Sept Group Meeting**



### 3. Increasing Food Skills & Knowledge

#### Newcastle FOOD SKILLS AND KNOWLEDGE update

##### **Nicola Cowell (Food Newcastle team) updates on Food Skills and Knowledge:**

We are about to launch an online Newcastle Community Food Forum! This has been a long time in the making and follows on from feedback at the last Food Newcastle event where we were asked to create a network for community food organisations. We have created a **Newcastle Community Food Forum** on 'Slack'.

The idea of a slack is to create a community to communicate, collaborate, network, pass on valuable information and resources, find partners and discuss what's going on.

We're opening this up to community food organisations or any group, project or organisation that builds food skills and knowledge - so cooking skills, food growing and more.

We thought we'd trial it out and see how it goes.

There was also interest in settings dates for **Community Food Gatherings** at different projects across the city. This would potentially give more opportunities to network, update, discuss opportunities for citywide campaign delivery (for example Veg Cities, Big Dig and more), there could be topic based gatherings to share learning with each other.

We're working on this! More information will follow.



## COMMUNITY FOOD GRANTS 2018

The Food Grants are aligned to theme **3. Increasing Food Skills & Knowledge**

The pot of funding grew this year from £10,000 to £11,250 - which has funded an additional project!

- £10,000 funding from Newcastle Public Health
- Harissa Kitchen (Food Nation's sister project) kindly contributed £250; as part of their dedication to invest profits back into the community!
- Muddy fingers raised £1000 at the NE Potters 'Empty Bowls' event!

**St Joseph's  
Catholic  
Primary**

### **After School Cooking and Gardening Club**

The aim of the project is to teach children the life skills of basic healthy cooking and food preparation as well as gardening and growing food. The club will bring children together to encourage social interaction and develop their teamwork skills. They will also enhance their learning and knowledge in mathematics, safety, motor skills, literacy and science.

**Nunsmoor  
Centre Trust**

### **Foodie Friends for Life**

To increase food knowledge and skills of young people and their families.

Develop skills in preparing simple meals from easy to follow recipes which the young people will keep to build up a collection to use at home and share their new skills with the family, the project will include an initial visit to Grainger Market to gain knowledge of how fresh seasonal produce can be purchased, with tips on reducing waste and avoiding excess food packaging.

The young people will also grow herbs and easy grow-cut-and-come-again vegetables and salad ingredients in containers which they can take away to continue to use in their own home environments having learnt new skills to help them achieve this.

**NEAT**

### **Seed to Plate**

To develop a community based sustainable food approach in line with the Newcastle City Plan. Our 'From Seed to Serving' project aims to mobilise the different generations in our community to develop interest, skills, knowledge and resources. We are aiming to make





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members more aware of economical, health and wellbeing issues in our area with a focus on improving outcomes and opportunities for NEAT families.

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**BIND**

**Food Smart**

To reduce the level of food waste generated by primary schools and the homes of the pupils and staff.

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**Amazing Start  
Community  
Family Hub  
West**

**Little Diggers**

To enable families to develop further skills, knowledge and confidence in growing and cooking with their own fresh fruit and vegetables, by providing regular fun, practical sessions in order to promote positive changes towards a healthy lifestyle.

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**WEA NE Green  
Branch**

**West End Food Hub Development Trial**

The trial will help to build food knowledge and skills in the West End, particularly around social entrepreneurship, strengthening the fledgling food businesses that are emerging, including growers, bakers and processors.

It aims to strengthen the local sustainable food economy in the West End through providing a hub (an eco/community version of click and collect!) that provides an outlet for local food producers to sell and enables the local community to buy, including members of the local community who may be excluded from this type of model by having a way for local people to buy through a community centre that is familiar to them and by providing bicycle delivery, particularly important for those people who are less mobile.

It will also support environmental sustainability; the project plans to greatly increase the amount of allotment surpluses, that are either then used as ingredients or available to buy.

**Wor Hoose**

**Wor Healthy Club Café**

Hands-on cookery courses delivered to a group of local residents, who have nursery or school aged children, to learn new food skills and knowledge.

The group will then be supported to progress onto being involved in preparing, cooking and serving meals to others within a weekly community café activity to improve their employability and learn social enterprise skills.



## 4. Developing a Good Food Business Network

### Newcastle GOOD FOOD BUSINESS NETWORK update

GOOD FOOD THEME, PARTNER UPDATES

**Chris Jewitt (Dept. of Trade, food and drink) shares the developments in the Good Food Business Network group:** Following the very well received launch of the Good Food Plan earlier this year, the partners have worked hard to put in place the foundations of a pioneering Good Food Business Network. Across the North East, we are lucky to have such a diverse, influential and engaged food and drink sector ranging from artisan food producers and small/medium sized enterprises (SME's) through to large scale manufacturers.

Following the first round of consultation, we felt that the GFBN network needed to be representative of this diversity in order for our mission to be measurable and relevant to the needs of the region.

We have been successful in drawing up a shortlist of around ten leading individuals and businesses that we feel could truly take ownership of the network, its drive and its ambition. These businesses have all expressed a keen interest in being involved in the GFBN as we look to arrange our first round table meeting together following the summer break.



## 5. Transforming Catering and Procurement

### Newcastle TRANSFORMING CATERING AND PROCUREMENT update

**David Stobbs (Newcastle Public Health) summarises our approach in developing a Catering and Procurement group:** The Newcastle Good Food Plan identified Transforming Catering and Food Procurement as one of the six themes to address in relation to the programme to support the Sustainable Food City Network. This recognises that as nearly 50% of all food is eaten outside the home, catering and procurement offers one of the most effective ways to drive large scale changes in healthy and sustainable food.

A themed group has been established as part of the Food Newcastle Partnership to bring together relevant individuals and organisations. This group will look at what can be achieved and should be prioritised in Newcastle to address the actions highlighted in the Sustainable Food City award criteria. This will involve establishing a broad sustainable food procurement working group or network and will likely focus on the public sector initially and then tie in to the work being done through the business theme of the Good Food Plan. This could include look at developing sustainable food procurement policies and will be supported by the North-East Purchasing Organisation (NEPO) who have carried out similar work with Durham's sustainable food partnership.

 **Future Newcastle TRANSFORMING CATERING AND FOOD PROCUREMENT meeting dates: 27 September**



## 6. Reducing Food Waste

### Newcastle FOOD WASTE update

**Duncan Fairbrother (BIND - Food Waste Innovation) reports on developments under the Food Waste theme:** Whilst we wait to see how the recommendations in the Waste Commission's 'No Time to Waste' report will be resourced following the local elections, Bind are piloting several initiatives with a view to roll them out city-wide to fit in with the report's recommendations:

- **Eat Smart** - We have helped the pupils of two Newcastle primary schools reduce their food waste by 38%, by conducting food waste audits, holding food waste awareness workshops, encouraging pupils to make better choices and working with the catering company to look at portion sizes and menu options. We are currently recruiting more schools for the 'Eat Smart' pilot - more info [here](#)



- **The Magic Hat Cafe** have just launched a regular cafe and supermarket in Byker, redistributing surplus food from Newcastle food businesses that would otherwise be wasted. Both the cafe and supermarket are open to anyone through our 'Pay-as-you-feel' policy, creating a genuinely diverse client base and conversation that challenges our current food system. We are using our presence in Byker as a trial, whilst we work on establishing a premises in the city centre to increase our impact, if you know of any empty spaces that could be put to good use, please [get in touch](#).



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OOD FOOD THEME, PARTNER UPDATES

- Currently based at the Beacon Community Centre -The **Ugly Duckling** continues to trade at markets, sell to local cafes and cater events using surplus, locally sourced and foraged food. Its highlight this summer was supporting the New Bridge Project in its 'Deep Adaptionation' program with an evening tasting menu. Alongside its food production it continues to run its workshop program on preserving, pickling and fermenting at various venues across the city. Its main focus remains finding an accessible, affordable commercial kitchen and retail space to grow in, which is available for hire for other young food businesses, reducing the barriers to entry of production and 'route to market' for startups.



**Duncan Fairbrother**

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## BRONZE AWARD APPLICATION

With support from Fiona Caple we're making great progress in our application for Sustainable Food Cities Bronze Award. We are on target to take our application forward when SFC re-opens the process in October. We anticipate the final application to be submitted in spring next year.

Thank you to everyone who has contributed so far, we'll keep you posted on progress!



## The Refill campaign

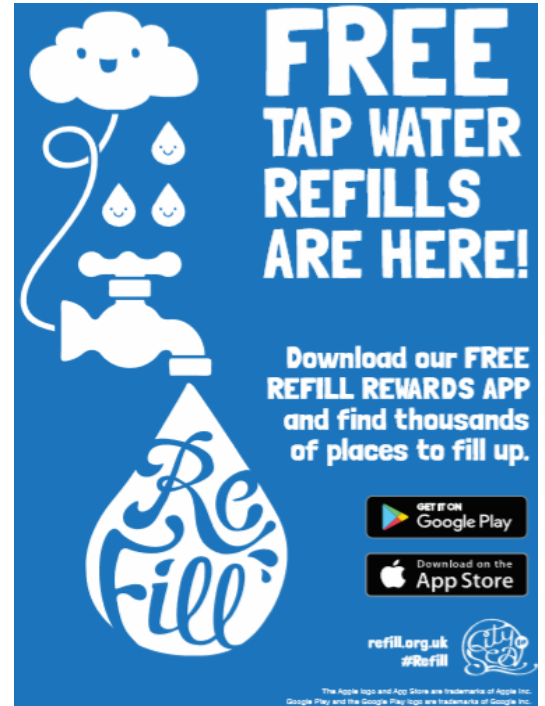
### About Refill

Refill is a national, practical tap water campaign that aims to make refilling your bottle as easy, convenient and cheap as possible by introducing Refill Stations on every street.

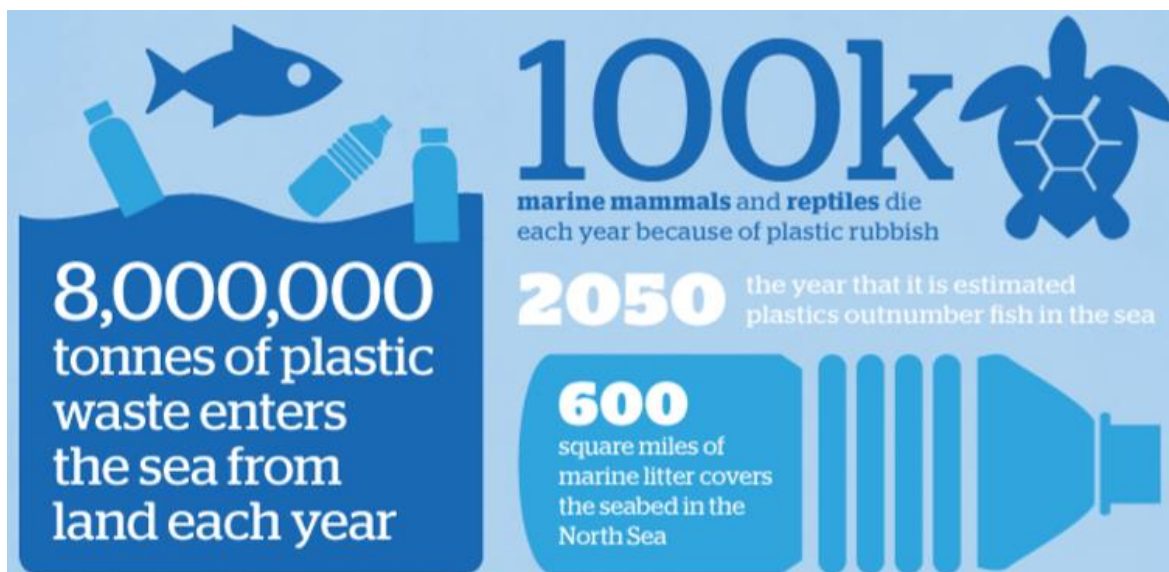
REFILL FEATURES ACROSS MANY OF THE SETTINGS IN OUR SUGAR SMART ACTION PLAN AND FOOD WASTE THEME SO WE ARE WORKING WITH Charlotte Hawkins (North East Coordinator) to see how best to take this forward.

### How does it work?

Participating cafes, bars, restaurants, banks, galleries, museums and other businesses simply put a sticker in their window – alerting passers-by to the fact they’re welcome to come on in and fill up their bottle – for free! [Download the free Refill rewards app](#) to see where you can Refill on the go, or add new places to Refill yourself!



[Charlotte is liaising with various partners in the city – including Food Newcastle and WEA NE Green Branch - to set up an official scheme in Newcastle.](#)



COMPANY SHOP 

To Open Flagship North East Store

Company Shop, the UK's largest redistributor of surplus food and household products in the UK, is opening a brand-new flagship store in the North East next month.

The store, which is located in Washington, near Sunderland, will officially open on Friday 21<sup>st</sup> September. It will operate on a membership basis, open to people working in food manufacturing, the emergency services and the NHS. The opening of the store will create up to 41 jobs, at all levels, and membership is expected to reach around 20,000 within the first 18 months of trading.



Company Shop works with major retailers, manufacturers and brands across the country, to stop more than 60 million items of surplus food and household products going to waste each year. The Company Shop Washington store will stock the surplus products at up to a 1/3 of the normal retail price, from the full range of Company Shop's industry partners.

Surplus is created for a wide range of reasons in the supply chain – be it a wonky label, incorrect weight on a product, seasonable packaging or an incomplete batch. Company Shop takes this perfectly edible, wholesome surplus and redistributes it to its network of members, helping hard-working families to stretch their budgets, and the food industry to prevent unnecessary waste.

The opening of the store follows the rapid expansion of Company Shop across the country, having opened its fifth store in St Helens in January and with Washington as its sixth superstore, joining the Barnsley, Corby, Grimsby, and Middleton stores.

For more information about Company Shop and the opening of the new store, contact: 0800 024 6691

