



# Edinburgh Food Social Community Food Transition Plan

8<sup>th</sup> February 2021

In March 2020, Edinburgh Food Social co-founded Food for Good; an emergency humanitarian food response to COVID-19. Since then, in partnership with a number of local organisations, we have created over 75,000 meals for our local community, both here in Craigmillar as well as the wider population of Edinburgh.

These meals have been provided around 3 pillars of Community, Dignity & Sustainability.

Naturally, our packages are made with thought and love. They;

- Are packed with nutrients from fresh, seasonal ingredients
- Maintain the traditional style that people in the area enjoy
- Include a variety of ingredients and types of food
- Include ingredients such as eggs and bread to encourage people to cook
- Are dispatched in plant-based, compostable packaging

Edinburgh Food Social was conceived to teach people about food and cooking, rather than cooking for them. We accept that feeding individuals and families direct to door is a short-term solution, which we hope to outline a transition from in this document.

## Lockdown 1.0- Spring 2020

Food resilience in areas of multiple deprivation was very low at the beginning of the pandemic. This could be down to a number of reasons including but not limited to;

- various types of poverty including financial, food and energy
- lack of cooking ability
- lack of access to fresh, nutritious food
- isolating / shielding

This led to lots of people depending on support within a short time frame and organisations saw their client lists grow rapidly.

We ended our initial emergency food provision in August 2020.

## Winter 2020

In November 2020, in a desire to support local people as COVID19 cases increased and the reality of Winter set-in, we reached out to local community organisations mainly with the support of Connecting Craigmillar to see how we could help.

It was decided that we would work with local youth group St Teresa's to support local people who were food insecure. The individuals were selected by the young people based on their local knowledge and also distributed by them. Our packs included sourdough bread, eggs, fruit and ready to heat meals.

In addition, we offered cookery classes in partnership with Fresh Start and Connecting Craigmillar to families from one bubble). Steve cooked together with 3 families to inspire them with fresh, tasty ingredients as well as providing them with a hot meal and leftovers to take away.

## 2021 (current)

Our Craigmillar list (above) has since grown to encompass 90 individuals and families and is now distributed weekly by Niddrie Mission as STYG is no longer able to operate due to current lockdown restrictions.

In addition, we offer 100 meals to The Venchie each week and a further 30 per week to Richmond Church.

## Transition

It is our desire to offer our community partners and service users a range of support options moving forward. These could include but are not limited to;

### Community Pantries

Community pantries already exist in the local area, with more due to open in the coming months. Pantries are an excellent option for local people providing an opportunity to pay a small membership fee to choose a number of items ranging from fresh food, dry ingredients, ready meals and so on.

Currently these are informal in Craigmillar (Richmond, Venchie) but are coming online with the My Pantry franchise, a conversation that we are involved with alongside Fresh Start, Castlerock Edinvar, Community Renewal and Community Alliance Trust (CAT)

We would simply provide our meals to be stored frozen for people to pick and choose from, reducing waste and offering a range of meals for all tastes.

This offers a dignified option for people, given that it requires a small cash payment (circa £3 per week) leading to the choice of shopping that suits their needs at the time.

### EFS Food Truck

Our food truck has been an underutilised resource during COVID. We see this as a fantastic opportunity to provide a COVID-safe, dignified food provision within our local community.

Not only is the truck (semi) mobile but also has both fridge and freezer capacity meaning that people can choose what type of food they would like on the day.

The food truck is also an excellent way to engage our students and young chefs, as well as gaining invaluable, direct contact with our end clients for feedback and conversation.

We have agreement from CAT at The Whitehouse to use their car park to host this provision and believe that other locations could be found if needs be.

### Recipe Bags

We see recipe bags as an excellent way to encourage individuals and families to get cooking again, or to try something new. These bags would ensure that our connections with community partners were continued, whilst giving people the opportunity to choose their own recipes and enjoy cooking and eating them at home.

These would be made up to include a range of delicious, nutritious meals and in packs for 2 people and 4 people. Recipes would be included in the bag with a short video also available for people to cook along.

### Cookery Classes

We eagerly anticipate the return of group cookery classes, where we would be able to welcome groups of up to 6 to learn simple, nutritious recipes using local, seasonal ingredients. These sessions could be with community cooks, young people from local groups, existing groups (such as a local club) or new groups.

### Community Meals

Oh, how we dream of community meals. The reality is that, as people are allowed to gather in larger numbers, we pre-empt a huge outpouring of emotion. This situation will have had an unprecedented effect on people of all aged and backgrounds and we hope to be able to support folk getting together after over 12 months of isolation, either away from loved ones or friendship groups.