



Food waste and food poverty are two of the biggest issues facing society. In London, one of the wealthiest cities in the world, an estimated 9 million meals are missed each month by individuals in poverty. Meanwhile, food for 13 million nutritious meals is wasted by manufacturers, retailers, restaurants and the hospitality industry.

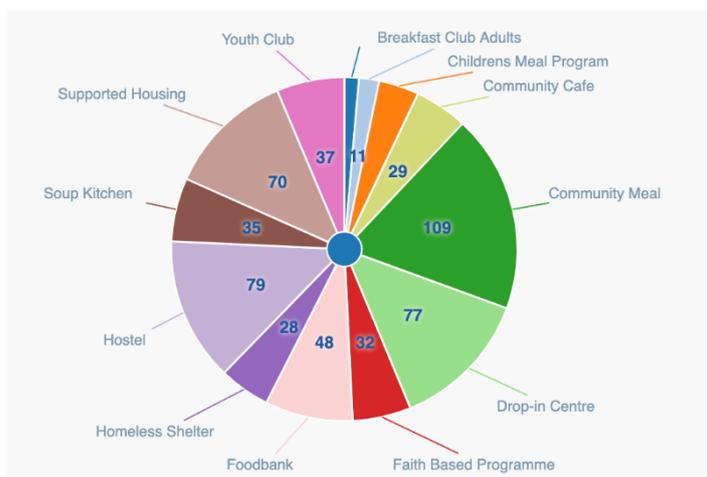
City Harvest London offers a simple solution: connecting waste and want safely, reliably and efficiently. Our “last mile” food rescue service offers more than 10,000 vulnerable men, women and children in 26 London boroughs access to eat healthy meals each day. Collecting high quality, fresh food from restaurants, supermarkets, and other food businesses with a fleet of refrigerated vans, City Harvest delivers enough food for over 60,000 meals each week, free of charge, to community organisations such as homeless shelters, soup kitchens, after school programs, and domestic violence refuges. Our mission is to supply good food in London so that no one is excluded from nourishment.

OUR IMPACT

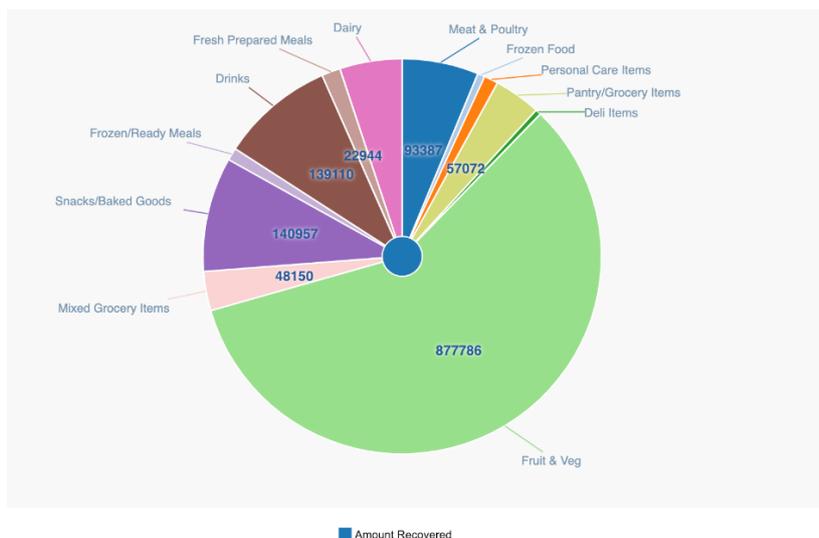
City Harvest delivers positive social change on a broad scale in London. We have enabled the community partners that receive City Harvest deliveries to serve more than 4 million meals and reduce their annual food budgets by more than £5 million to date, improve meal quality and attract additional guests. The healthy food we deliver transforms lives, improves health, enables vulnerable individuals to gain employment, and children to perform better academically. Without our current supply of nutritious food, many believe they would struggle or close. With City Harvest free food deliveries they instead have available funding for other vital services. In the next 12 months *each* of our partner charities in London will receive on average food valued at £19,000. A recent study has determined that for every £1 that is invested in City Harvest, we deliver £8.10 in social impact value.

OUR CHARITY PARTNERS

City Harvest has a deep understanding of our partners’ unique food needs. Each partner in our multicultural city has different food requirements for the meals they prepare. The dedicated City Harvest team - many of whom have faced hunger and adversity themselves - are passionate about food rescue. They aggregate nourishing meal solutions from multiple food donors on their routes and reliably deliver the right food to the right people at the right time. For instance, they plan their deliveries with the knowledge that 43% of our projects are vegetarian and 36% are halal. All 250 frontline charities we support – by type below - benefit from our focus on trying to obtain the surplus food that enables adherence to the guidance of the Eatwell Plate.



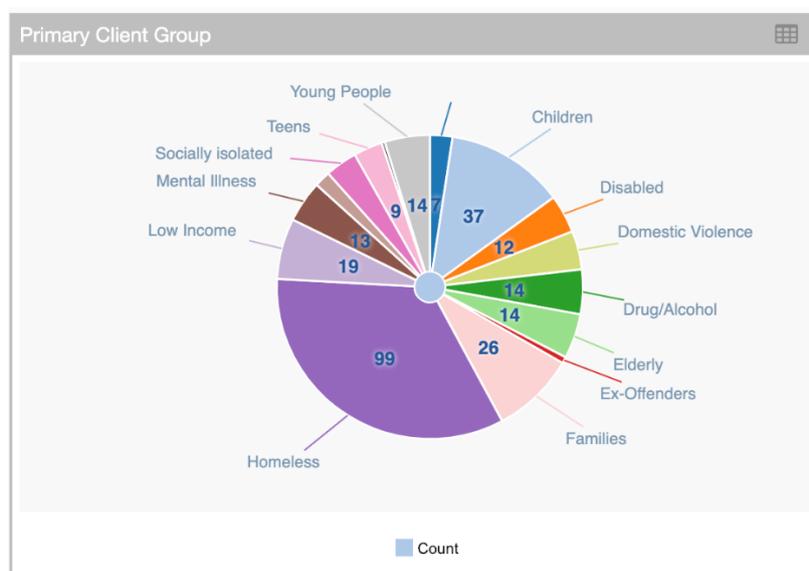
Our focus is on high quality fresh food. 38% of food delivered this year was fresh fruit and vegetables. Supported by the market traders at New Covent Garden, Western International and New Spitalfields we get fresh produce to people who otherwise might not be able to afford it (see food distribution below).



Many of the programmes to which we deliver use food to bring people together and reduce social isolation. The meals attract people to learn new life skills, receive counselling and training. We deliver to community hubs which play a crucial role in reducing isolation and loneliness. This is particularly important to groups at risk of marginalisation, including older people, people with disabilities, homeless people, and migrants with insecure status. We identify community hubs that could best use our food to help people learn more about healthy food and how to cook it. We deliver to more than 40 community programmes each week in key areas of deprivation that teach cookery, as well as diet and nutrition.

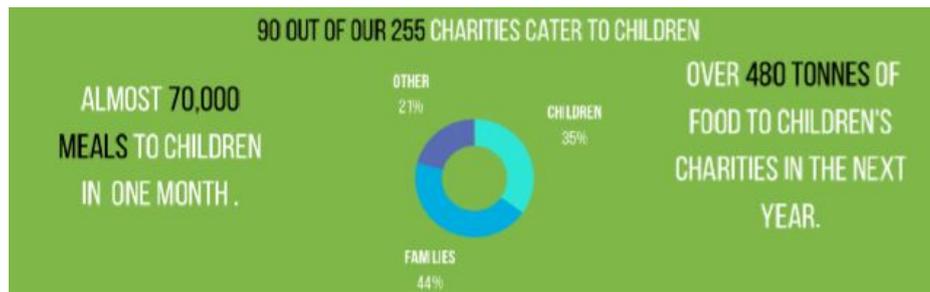
City Harvest has cultivated strong relationships throughout various London neighborhoods and delivers food to over 250 partnering charities that serve vulnerable populations. Examples of charities we reliably and safely deliver surplus food to include Acton Homeless Concern, The Upper Room, Ace of Clubs, Aston Mansfield, Royal Docks Learning and Activity Center, Caritas Anchor House, Dalgarno Community Centre, various locations for Centrepoint and St. Mungo's, and many more.

The partners we support address the below issues.



FOOD RECIPIENT BENEFICIARIES

Childrens' health and well-being is a primary focus for City Harvest. We deliver thousands of healthy meals to programs that ensure that children from low-income families have access to healthy food during school holidays and some of London's poorest children, including asylum seekers ineligible for school meals, are able to eat during term time.



City Harvest support local groups that are addressing many of the issues facing vulnerable people in our communities.

Homelessness

Key stats: The Combined Homelessness and Information Network shows a 20% rise in the number of rough sleepers. Nearly 7,500 people sleep rough on the streets on London every year. Over 440 homeless people died on the street or in temporary accommodation last year.



Mental Health

Key stats: Last year, 32% of homeless individuals reported mental health issues. 1 in 4 people in the UK will suffer mental health issues. Depression rates on 10x higher for homeless individuals.



Women's Groups

Key stats: One in four women will experience domestic violence. Abuse is the single most quoted reason for becoming homeless.



Refugees

Key stats: According to the United Nations High Commissioner for Refugees (UNHCR), by the end of 2017 there were 121,837 refugees, 40,365 pending asylum cases and 97 stateless persons in the UK. Asylum seekers are not allowed to claim benefits or work in the UK. They can apply to receive asylum support, set at around £5.39 per day.



SIGNIFICANT ENVIRONMENTAL BENEFITS

City Harvest helps people and planet. The food that we rescue would have gone to landfill where it would have released harmful Greenhouse Gas emissions as it decomposed. To date our work has rescued 1,793 tonnes of surplus food and has prevented more than 6,800 tonnes of greenhouse gases from polluting the environment.

We support London's Circular economy by introducing food businesses to the concept of "*giving food another life*". Collecting high quality, in-date food that for a number of reasons is going unused, City Harvest prevented 1,000 tons of waste in the last 12 months. We recognise that there is significantly more food that should be unlocked and redistributed to those in need, and it is our mission to educate London's food businesses and effect change from companies with nutritious surplus to donate. We currently work with supermarkets such as Marks & Spencer, Whole Foods, Morrison's, restaurants such as Nandos, food box distributors such as Abel & Cole, and manufacturers such as Charlie Bigham's and cooking schools such as Leith's and Le Cordon Bleu. We pride ourselves on rescuing food from many of London's iconic locations such as Pinewood studios, Chelsea Flower Show, Queen's Tennis and Wimbledon. We plan to launch a social media campaign #LondonFeedingLondon to spread the word about sharing unused food.

MAKING A DIFFERENCE

City Harvest believes that the first step in tackling food waste and food poverty is investing in individuals. We directly support those who have experienced food poverty via employment opportunities. City Harvest employs 19 people, paying them the London Living Wage. Additionally we have had 100 volunteers in the last 12 months including offering ex-offenders work experience with our drivers and warehouse team.

We have identified more than 1,000 community meal programmes around London which could benefit from City Harvest surplus food distribution. Operating our food rescue service 7 days a week, it is our goal to help all Londoners access healthy, affordable and sustainable food, regardless of their background and circumstances.

As such, City Harvest is keen to make a major contribution to NSM's waste arrangements by redistributing surplus from the market to programmes across East London that feed the needy. There is considerable unsupplied demand for food across East London and in particular fresh produce. 43% of our charity partners surveyed are vegetarian and 90% of all partners said they urgently need more fruit and vegetables. We believe that our approach and model are unique amongst major redistribution charities in enabling the distribution of the widest range of perishable products.

We are a charity and our redistribution work is funded entirely by charitable grants and donations from trusts, businesses, and individuals. We are hugely grateful to all those who support us financially. This support allows us to do our work, provide food to our recipient partners at no cost and indeed help us grow to connect more waste with want.

TESTIMONIALS

"We rely on City Harvest, we know that you will give us food we can't get anywhere else. It's very, very important. Without City Harvest, we wouldn't be able to offer what we do." Clifton, Kitchen Manager, Ace of Clubs

"We feed 70-100 homeless and vulnerable adults five nights a week. In 2008 we spent £16,723 on buying food. In 2017/18 we only £252. The high quality food we receive from City Harvest enables us to use more money to provide training to help people back into work and to become economically independent." F Cook, The Upper Room

"Thank you so much for helping us with your donations to Baron's Court Project. We utilise everything you bring our way. It is a huge help, especially as we need every help possible due to funding cuts." Baron's Court Project

"Your donations are fantastic and truly life changing to our clients. You really are making a massive difference in their lives with this food and we thank you so much for delivering to us so we can pass them on. Please thank the donors too, our families are so happy, and for many this is their first experience of having regular food for their children." Julia Acott, Alternatives Trust

"About 20% of our food comes from City Harvest, which is about a saving of £100 per week. With the help of City Harvest we can provide our clients with a much more varied and healthy diet to what they were already getting before ie fresh vegetables and more meat." Ian Breen, Director of Acton Homeless Concern

CHARITY SPOTLIGHT



CHARITY SPOTLIGHT: THE DINNER CLUB

THE DINNER CLUB IS OPEN FOR ANYONE WHO MAY BE IN NEED OF FOOD, FRIENDSHIP OR JUST A HELPING HAND IN LIFE. MUCH MORE THAN SIMPLY A FREE THREE COURSE MEAL, THE DINNER CLUB EXIST TO OFFER HOPE AND LOVE TO THE PEOPLE OF NOTTING HILL AND LONDON.

"THE FOOD HERE GETS BETTER EVERY WEEK" THIS QUOTE LAST WEEK FROM ONE OF OUR GUESTS HIGHLIGHTS HOW CITY HARVEST ARE HELPING US TO ACHIEVE WHAT WE WANT. THE WHOLE SERVICE GIVEN TO US BY CITY HARVEST HAS ENABLED US AS A SMALL CHARITY TO REDUCE COSTS SO ENSURING SUSTAINABILITY OF OUR PROJECT. "
-KEN PERSAUD, THE DINNER CLUB





CHARITY SPOTLIGHT:
HESTIA

HESTIA IS THE LARGEST PROVIDER OF DOMESTIC ABUSE REFUGES IN LONDON AND THE MAIN ORGANISATION SUPPORTING VICTIMS OF MODERN SLAVERY IN THE CAPITAL.

"WE MAKE COMMUNAL MEALS FOR OUR SERVICE USERS AND ALSO IT HELPS THOSE WHO ENCOUNTER PROBLEMS OR DELAYS WITH THEIR BENEFITS, SO EVEN THOUGH THEY HAVE NO FUNDS THEY HAVE ACCESS TO FOOD."

- SERVICE WORKER AT HESTIA



"WE ALSO USE THE FOOD DONATIONS TO INCENTIVISE OUR THERAPY SESSIONS LIKE ART THERAPY, BINGO CARD GAMES ETC. PEOPLE WILL BE MORE WILLING TO ATTEND AND PARTICIPATE IF THEY KNOW THEY ARE REFRESHMENTS OR A MEAL AT THE END OF IT."

- SUPPORT WORKER AT HESTIA



CHARITY SPOTLIGHT:
ACE OF CLUBS

ACE OF CLUBS IS A FAMILY-LIKE COMMUNITY PROVIDING TRANSFORMATIVE SUPPORT FOR THOSE WHO ARE HOMELESS, VULNERABLE, OR OTHERWISE MARGINALISED.

"WE ARE FEEDING UP TO 100 PEOPLE EACH DAY; WE USE THE FRESH INGREDIENTS RECEIVED FROM CITY HARVEST TO HELP US PROVIDE A VARIED, BALANCED CHOICE OF MEALS FOR SOME OF THE MOST VULNERABLE PEOPLE IN OUR AREA."

- SARAH MILES, ACE OF CLUBS



www.cityharvest.org.uk