

FOOD FOR FAMILIES



Re-claim, Re-purpose, Re-educate

April 2024 Update

Hello to everyone. It has been a very hectic time at FFF since the last update. Over the winter, we kept ourselves busy cooking, stews, casseroles and one-pot meals for the families. We are still cooking around 150 meals on a Monday, as well as giving out bonus bags with extra items that have been donated to us.

Christmas Hampers

At the end of 2023, we decided to give each family a Christmas hamper, but we wanted this to be in-keeping with our mission to provide healthy and nutritious meals using surplus food. Each hamper contained sliced turkey, chipolata sausages, homemade stuffing balls, gravy, a bag of vegetables, homemade redcurrant jelly and homemade apple sauce. Rather than a traditional Christmas pudding we opted for a delicious sticky toffee pudding and custard. We were also able to add a cheeseboard with chutney, some chocolates and a box of roses and some Christmas crackers.

The hamper was fantastic, we are still eating bits now lol! Absolutely fantastic. Thanks again.

Thank you, I'm sure it will taste wonderful as always. We had a beautiful Christmas dinner, thanks to everyone. The meat was cooked to perfection.



Christmas Gala Dinner - Dine to make a Difference

Through the hard work of our treasurer, Jo, and her sister Sarah and Philippa and Venus Digital Media, they created an amazing event in December at The Venue, at very short notice. The event raised an amazing amount of **£11,316** and our thanks go to everyone who helped make it so successful.



Busy start to the new year

January - We got ready to move to our new unit at COLT. This was a welcome upgrade, and we managed to pack, empty, move and unpack in 2 days! Thanks of course to the volunteers at COLT who did all the heavy lifting.

We also made the decision to apply to be a Charity. This was based on the fact that FFF is growing and for us to be able to continue our work in the future. Helped by FutureKraft we have geared ourselves up to the challenges of being a Charity.

February

We welcomed 2 new schools in Elland to Food For Families - Old Earth School and Elland C of E School with an additional 10 families. Taking our total number of schools to 6 and 35 families.



The COLT Table

We started with a tiny little table about 2ft wide, after a few weeks we persuaded Russell Davies (COLT Director) to let us have a bigger table. Now we have a very large table! The table is restocked daily with the donated supermarket food. We try to put a selection of food items such as breads, pastries, soups, ready meals, tinned food, fresh tomatoes and vegetables and anything else we have. The food is FREE, anyone coming in to COLT can take food if they need it.

From the very beginning. FFF has embraced the need to highlight the food that is wasted. In the UK over £9.8m tonnes of food from supermarkets is wasted and put into landfill. FFF collects 'waste' food every day, 7 days a week, from Co-op Stores, Morrisons, SUMA and LIDL. This food is still good-to-eat, and our team processes, prepares and cooks the meals using this surplus food, turning it into good, traditional, nourishing meals. In November we were delighted to have been accepted into the **FareShare** programme. Each week we receive 120kg of food which enables us to offer a better variety of meals to the families but it also allows us to introduce new ingredients to our meals.



Emergency food bags

One of our projects was to find a way to provide a store of Emergency Food Bags that could be kept at Project COLT. As well as the coffee shop, bric-a-brac, furniture and Zarach beds, COLT is an addiction centre and through it's trained Counsellors and volunteers it offers pathways and recovery to many. Through working with other charities we have been able to get 5 Emergency bags each month from Happy Days. The Emergency Bags are given out by COLT to those who turn up in dire need, usually with no money or food.

More for 2024

We have lots more planned for the rest of the year including a new kitchen installed at COLT which will be amazing to cook on the same site as our storage, meaning we can be more efficient. We have exciting plans to start cookery classes to educate people, as well as a YouTube channel. We are thinking of ways to support families over the 6 week summer holidays with food bags & meal ideas as well as several fundraising events coming up.



Food For Families - Let's cook

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1 video

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