



Sprouts

COMMUNITY FOOD CHARITY



For 12 years we have been
dedicated to improving the
health and wellbeing of our
local communities

Using food and cooking to
bring people together to reduce
health and financial inequalities



Who do we help ?

Adults and children :

- Who are financially vulnerable
- Have learning disabilities
- Suffering poor mental and physical health
- Experiencing addictions
- Asylum seekers
- BAME community
- Elderly who are isolated and lonely



How do we help ?

- Community / Eco shop
- Surplus food collections
- Face to face contact throughout Covid and beyond
- Partnership working
- Lunch clubs
- Community gardens
- Family Pop up events in the park
- Volunteers
- Information gathering and knowledge of statutory services
- Attending meetings and Catalyst forums
- Inviting organisations such as the Citizens Advice Bureau and Smoking Cessation to speak with the community
- Up-skilling the community in Level 2 food hygiene
- Up-skilling the community via our cooking workshops

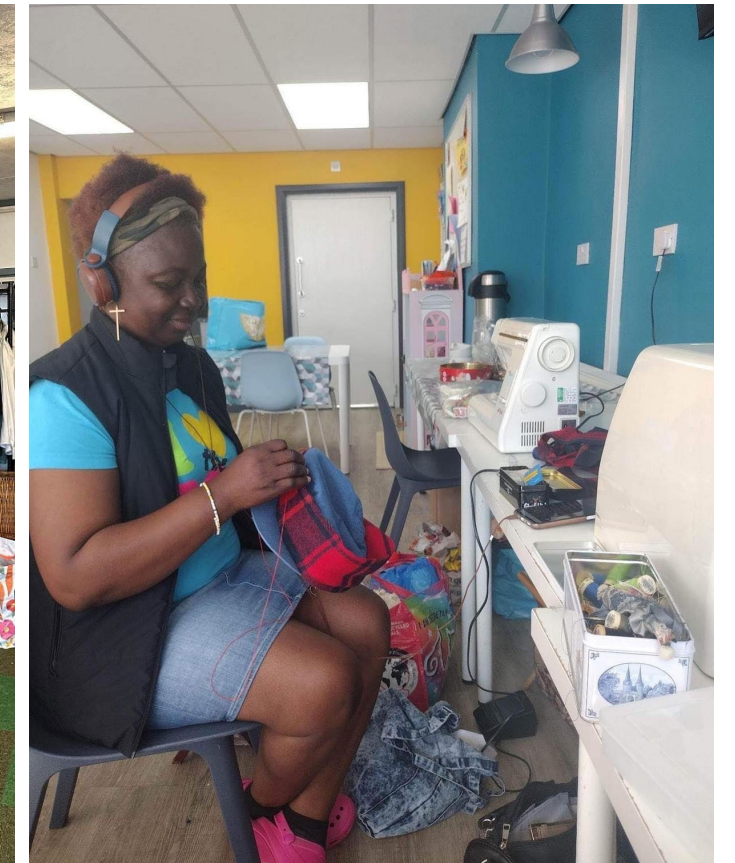


Arlington Park Eco Shop





Anneka Rice Autumn 2022



Community Shop & Community Hub



Lunch Club

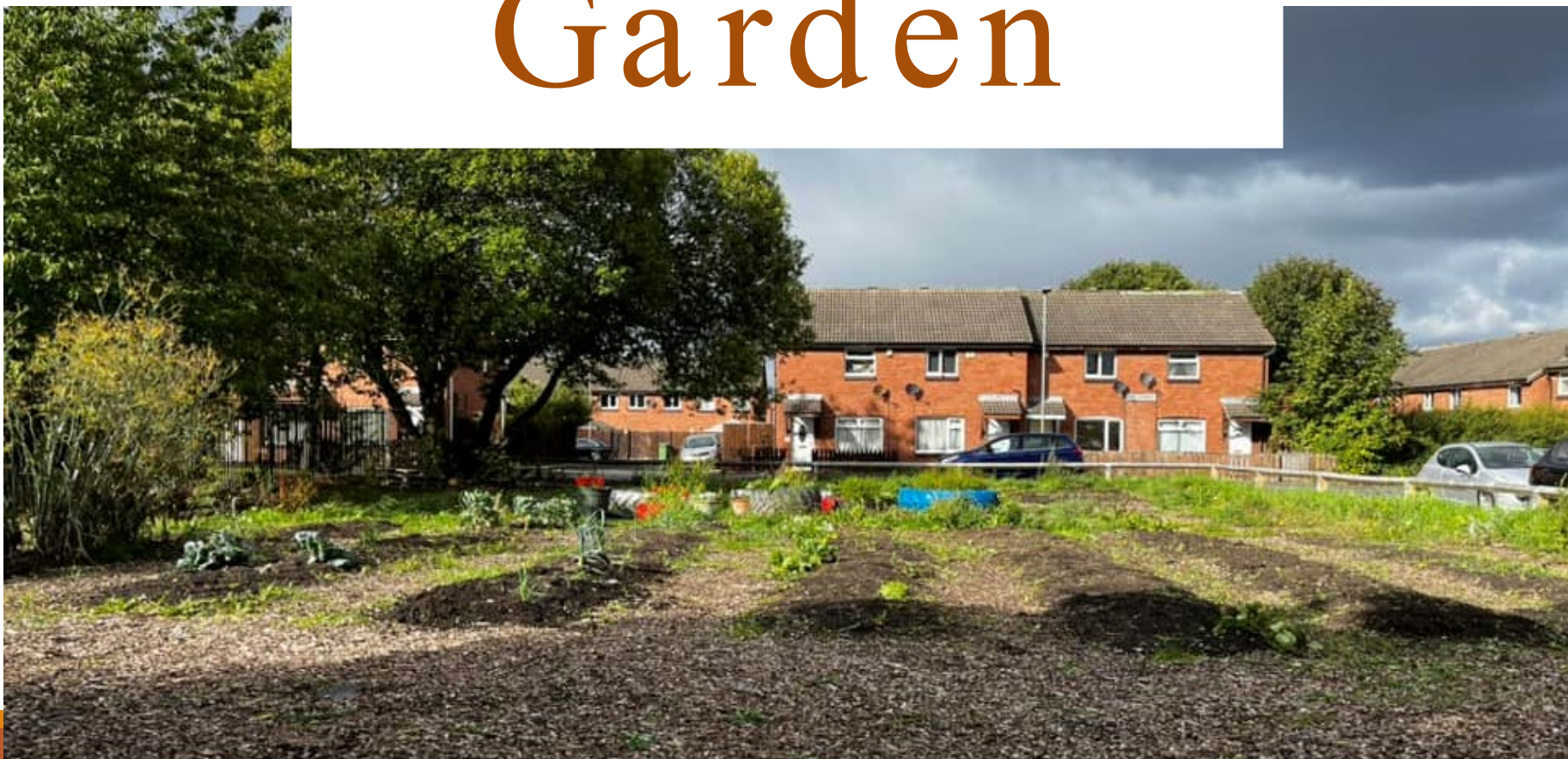


Community Cooking





Community Garden





Hart Cafe

Level 2 Food Hygiene





Volunteers





Evaluation of Sprouts

- AskFuse
- Three-year evaluation
- Mixed methods

Outcomes

- *75% OF USERS WILL DEVELOP NEW SKILLS IN COOKING AND FOOD PREPARATION*
 - ✓ 96% HAD LEARNT ONE NEW SKILL THROUGHOUT THE WORKSHOPS
 - ✓ 88% HAD LEARNT COMMUNICATION SKILLS
 - ✓ 75% HAD LEARNT COOKING SKILLS
 - ✓ 50% HAD LEARNT PEELING
 - ✓ 42% HAD LEARNT SERVING SKILLS
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Outcomes

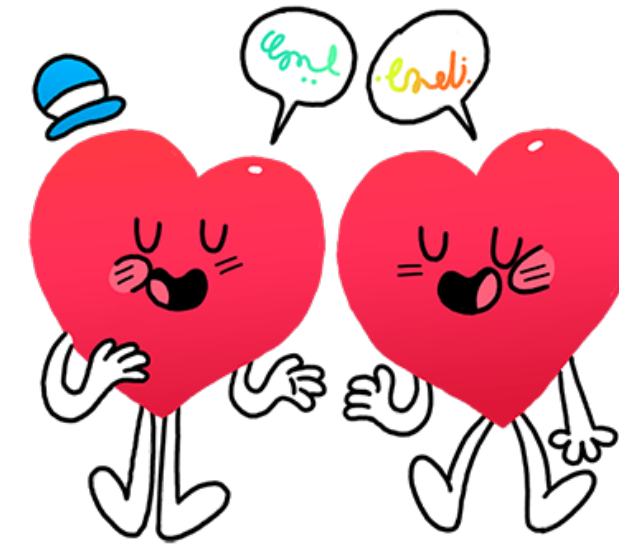
- *60% OF USERS WILL GAIN KNOWLEDGE ON NUTRITION AND AFFORDABLE FOODS WHICH ARE HEALTHY FOR THEM*
- ✓ 69% INTRODUCED NEW FOODS INTO THEIR DIETS



Outcomes

- 60% USERS TO USE THE COOKING SKILLS GAINED TO IMPROVE THEIR HEALTH
 - ✓ 88% REPORTED LEARNING SKILLS TO IMPROVE THEIR OWN HEALTH
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Outcomes



- **50 % USERS TO REPLICATE RECIPES AT HOME FOR FRIENDS AND FAMILY**
 - ✓ **63% COOKED THE RECIPES AT HOME AND 80% TAUGHT ANOTHER PERSON**
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Participant quotes

"The group is relaxed and fun. I just wish it was longer than 10 weeks. But I've made new friends who I will carry on with the friendships outside the group."

"I was very scared to meet new people. A new environment and meeting people made me uncomfortable. I hardly spoke to anyone without my support worker. After 10 weeks I am so happy to come on my own and meet my new friends"

Participant quotes

“the group have been very welcoming and supportive. I have gained new skills and have learnt to cook healthy meals. I have really enjoyed the group and I looked forward to coming every week.”

“My mum is partially sighted so I wanted to help her in the kitchen. I have been able to help her chop and supervise with the cooking. I have learnt new recipes and gained so much confidence.”

Participant quotes

"I want to do it again, love to cook. Learnt a lot. I am now confident and will be helping out at the café. Serving customers, chopping and helping the cook. Extending my life skills."

"I really want to volunteer with Sprouts and get more work experience and this hopefully will gain me a job in hospitality and food and beverage."



“Amazing, a community.”



Thank you!