

Appendix 2

Evidence of impact of community food support in B&NES during 2020.

Testimonials from **Southside Family Food Hubs** highlighting the many ways that food support has helped families:

- ✓ Giving parents and carers a welcome break from cooking
 - ✓ Children trying and enjoying new foods
 - ✓ Social contact and relationship building with support services
 - ✓ Shared family activity around food, cooking and eating together
 - ✓ Saving money to spend on other important things
 - ✓ Feeling cared for and appreciated through the gift of flavoursome and well - cooked food with decent portions.
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- One client was not able to move home or actively bid on a property even though she had been awarded a band B due to owed rent arrears. Without the support of the Family Food Hub Groups through the summer and Southside FareShare Pantry, she would not have been able to save £700 needed to clear her debt with Curo to enable her to start bidding on another property.
 - A client who was supported through the Domestic Abuse service said just coming along to collect a meal makes her feel connected to Southside and she felt she would have been more isolated if she did not see us weekly over the summer holidays. The food was a bonus, saving money on one meal a week made a difference of £20 for her family , it means she is able to use the money she saves to use on school clothes instead of food, she would like to see it extended to more days a week. Even an afterschool teatime club!
 - "The meals have helped me amazingly, loving the meals and recipes and I have been cooking my own meals. My daughter and I love them, and it's enabled us to try new food too. I've collected the recipe cards and made my own recipe book and I look forward to Wednesdays, so I don't have to cook."
 - "Southside meals have been very appreciated in my household. It's been lovely to have a break from cooking. Every meal has been enjoyed and the portions are plenty despite having big eaters. Thank you."
 - "The Food Hubs are helping us out loads! My son ate mash potato for the first time this week thanks to this - he has always refused to eat it before."
 - "The meal was absolutely gorgeous, even my son enjoyed it & he's refused to eat Spaghetti Bolognese for ten years after being forced to eat it by my ex-partner."

A series of films have also been made by **Oasis Bath** about their food package and pantry schemes They can be viewed on Vimeo <https://vimeo.com/oasisbath>