



Building Food Resources and Access to All

Preston Food Partnership, May 2021

Building local food resilience in Preston

Our long-term aim has always been Food Fairness for All. Evaluations of our Kids in the Kitchen (KITK) holiday hunger programme highlighted the majority of the families had used foodbanks, so experimenting with recipes was not an option due to lack of funds. The KITK programme helped overcome this barrier by offering meal kits for families to try new recipes. Our evaluations have shown families want to build their knowledge and skills and are then happy to use and adapt these skills going forward to remain independent and make their own food choices with the increased knowledge.

This project builds on the foundations of KITK to raise awareness about where our food comes from by developing a high quality, local-based bank of cookery resources, videos, recipes, shopping lists and places to purchase for Preston residents, using the Open Food Network platform. Working with the families, these experts by experience build towards local food resilience; by continuing to work with the Larder & our partners to make healthy and sustainable food, affordable and accessible to themselves and their communities.



Salads Never Boring! Our Rainbow of Flavours Growing This Spring

Challenges and learning

This funding has been invaluable, allowing us to further develop our ideas and the Open Food Network (OFN) concept in our area. It has enabled us to work collaboratively with farmers and producers locally. Including Andrea, a local grower, developing the OFN offering through trialling the growing of multiple product lines, as well as producing video content specifically for the project to convey not only how the fresh produce looks, but also taste & texture. This all sits alongside our new short cookery videos that were developed based on feedback from experts by experience.

We have learnt this project can be replicated and scaled up across the country, but requires key support from the farmers and producers supplying in to the project. As well as working closely with the Open Food Network to proactively improve the local offering with suggestions of embedded video & multiple photos to enhance product listings and highlight the lifecycle of key ingredients grown locally.

Next steps

This funding has enabled us to look closely at the project and the many other opportunities to push for more sustainable local food supply. We are now working collaboratively with the local Climate Action group to ensure our OFN offering encompasses low waste options and reduces carbon footprints through packaging and food miles by creating direct links between local farmers and producers and the Preston community, with a view to scaling up across Lancashire.

“ Sometimes a meal can seem like a lot of hard work to make – your recipes show they’re actually pretty simple”

Recipe user, Preston

Outcomes

- Filmed and edited 3 short new cookery videos based on feedback from experts by experience.
- Hosted 4 meetings with local farmers and producers