



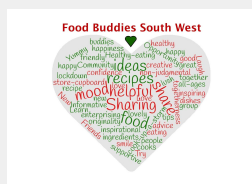
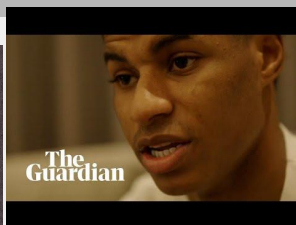
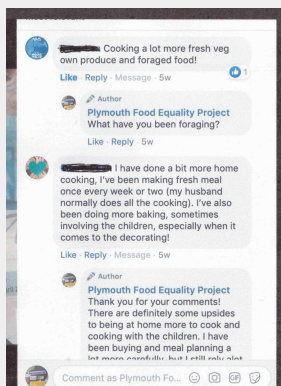
2020 what changed for you and your food?



The Food Equality Project noticed that many more people wanted to prioritise conversations about food: online, in the media and in new groups

we asked: HOW CAN WE SUPPORT MORE PEOPLE

- To have a conversation
- To BE HEARD
- Can talking, sharing experiences and knowledge help identify actions to support our local food system?



Food Talks People's Assembly aimed to find out. We created a **survey online and offline**. We asked about the **changes** that people had experienced. We ran face to face and online **focus groups** and a **Virtual Assembly on 11th May**.

FOOD Talks snapshot survey findings

respondents said they were
female **79.9%**
male **20.1%**

drop in
income
reported
by **34.9%**

mental health and wellbeing

12% reported positive changes
20% reported no change
68% reported negative changes

39% had caring responsibilities

$\frac{1}{3}$ of these respondents were
homeschooling **and** caring for
someone who was shielding

How you have accessed food

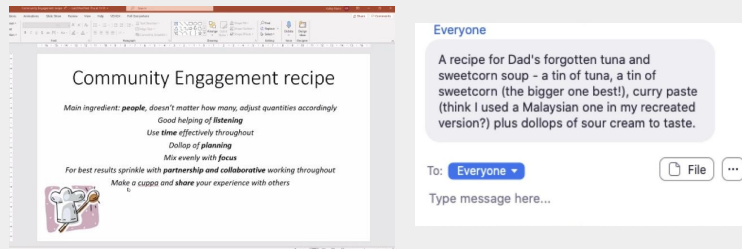
Growing **40.9%** Free school meals **22.7%**
Supermarket delivery **65%** Veg Box delivery
39% Community networks **26.3%**

Thank you to everyone who took part and shared their experiences!

affording nice food... distribution of surplus foodstuff.. more fresh items ...meaningful within my communitywithin walking reach ... not knowing when I am
able ...without income for almost a year... family's future ...I have learned ... tried to grow, have more time ...I will forever grateful ...organic food ... costs have
risen gone up loads ... think carefully about what we are eating... less food for switching to a veg box ...better quality local cooking swap/barter
community hub ...embarrassing ... quality of soil ...shopping cooking delivering selling ... having their names called out ...follow examples ...50 years of
organising meals! our household champion ... decent wage ... my children will definitely have a meal that day ... accessible fruit and veg

For the Virtual Assembly we were joined on zoom by experts, experts by experience and creative practitioners to talk about food support, wellbeing and food, sustainability and the future. We shared tips about cooking, growing, budgeting and memories of food.

Well Connected's recipe for Community Engagement
shared by Kelley created by Wendy Smith



"We thought about recipes for togetherness, community engagement and recipes for how to make a group of strangers feel cosy. And Sloe Gin and Mulled Wine."

Feast of Fun
Roast dinner
on a Monday
- parents
eating
together

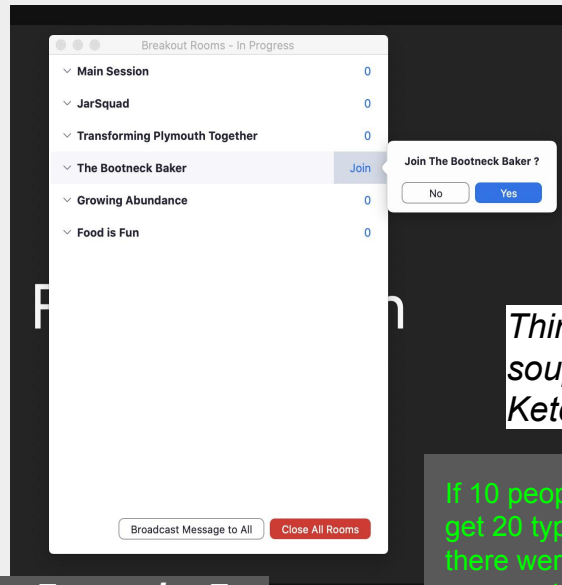
The Plymouth Fairness Commission Final Report

**"How can we bottle up the Feast, the Fun
and support people through Covid?"**

"I don't know what to do with slugs!"

"Lockdown really challenged my food shopping."

We talked about food support, mental health, affordability, sustainability and the future of food. You can still contribute an idea, image or comment please scan **HERE**.
We'd love to hear from you and we will add this to the Food Plymouth website.



Bootneck = ex Marine

Bake and Banter veterans baking together online "... **group identity and shared experiences are really important and having something else to talk about.**"

- Fish can bite, even after they're dead!
 - Knives should be respected - brother (master butcher) who nearly died after an accident with a knife
 - Cooking and baking help my mental welfare
- "I'm a rubbish cook"... "no you're not, just an inexperienced one"**

Things you can make with foraged plants: nettle soup (full of iron) Wild Garlic pesto, Hawthorn Ketchup, Seaweed Stock Cubes

If 10 people grow two packets of seeds well and then exchange we all get 20 types of veg, less work and stronger plants. 30-40 years ago there were no garden centres, people grew and shared within their community



 **SCAN ME**