



Community Food



Nutrition Workshops and Emergency Food Parcels Impact and Learning Flash Report - 2024-25

Background

Lanarkshire Community Food and Health Partnership (LCFHP) is commissioned as the Community Solutions Thematic Lead for Community Food. In 2024-25, annual funding of £40k was allocated to LCFHP to provide cookery classes and nutritional advice for groups within North Lanarkshire, to contribute to a positive change in eating behaviour and a healthier diet. During this period, it was identified that LCFHP were providing emergency food parcels following Covid-19, with limited funding. VANL worked with LCFHP and in line with remaining budget, VANL recommended two awards: £23,334 for the preventative work LCFHP originally received CS funding for, and £29,260 for emergency food parcels due to acute need. A full rationale was provided for both amounts.

Volunteer Support

The project was supported by **25** volunteers (unique individuals) including trustees, drivers, and helpers. Volunteers dedicated **432** hours to supporting the project.

Many thanks to the funded projects which provided information and to the VANL staff who prepared this report.

Emergency Food Parcels

Since August 2024, LCFHP have been providing emergency food parcels funded by CS to extremely vulnerable people - e.g. people with connectivity issues, housebound, with no one to shop for them - often within the hour of receiving the referral. There is no other service which does this locally.

- Total funding amount: **£29,260**
- Total parcels delivered across 8 months: **1859**
- Average **232** parcels per month
- December was the highest month

Month	No. of Parcels
August	226
September	189
October	214
November	221
December	286
January	264
February	243
March	216
TOTAL	1859



Nutrition Workshops

LCFHP provided cookery classes and nutritional workshops for groups within North Lanarkshire. The training was carried out by fully qualified nutritionists and primarily helped people to eat more healthily on a budget and provided support to those with identified health issues, such as those at risk of developing Type 2 Diabetes.

- Total funding amount: **£23,334**
- Total sessions delivered across 8 months: **36**
- Total people supported through sessions: **774**
- Average of **21.5** people supported per session

Locality	No. of sessions	No. of people in attendance
Airdrie	12	98
Bellshill	2	72
Coatbridge	22	167
Motherwell	12	171
The North	9	74
Wishaw and Shotts	9	192
TOTAL	36	774



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Learning

- Approximately **60** parcels per month are for children (roughly **1 in every 3** people referred are children)
- Of the families with children, almost all are single parent families. For example, in October, only 1 family referred was not a single parent household
- Single adult males referred for emergency food to us outnumber single adult females by **3:1**
- The organisation felt the **post-Christmas** demand was higher than normal
- The organisation had to deliver to a number of people who are housebound or are unable to access food banks and regularly have call outs during unsociable hours

Unexpected Outcomes

- In partnership with Airdrie Action Partnership and Spirit Aid, LCFHP arranged toys for over 40 children, as part of a group hosted by Bestway Community Development
- LCFHP received 176 loaves of bread per week from Warburtons which they distributed across five foodbanks/community groups
- Through partnership working, LCFHP has signposted projects to Airdrie Action Partnership who have referred 57 families for income maximisation support

Impact

The following feedback was received about the Community Food workshops:

"The course has helped my child tackle food sensory issues"

"The course gave me confidence to cook more from scratch for my family"

"I now cook with my children now and we eat together as a family"

"I cook at home with my mum"

"I like to eat fruit and veg now"

"I'm adding mushrooms and other veg to my spag bol now"

"I now cook with chickpeas, pulses and other legumes now"