

OUR PLYMOUTH

# Our Plymouth – Grow, Share, Cook.



## The Situation

The city's 2013 Fairness Commission found that people could not afford to eat healthily, particularly fresh fruit and veg.

Our amazing partners and volunteers are changing that.

## The story so far...

We work closely with a range of partners including Tamar Grow Local, Food is Fun, Plymouth Community Homes, Plymouth University etc. All have given more than they have taken.



## Our activities

City Centre call for action, Pots and Pans Amnesty, Great Seed Giveaway, Lord Mayor's Thank You Party, Inspiring Volunteers Awards etc.



## Our Volunteers

We have an amazing 82 volunteers with more people joining every day



## Our Impact

- 139 of our most disadvantaged families receiving fortnightly delivery of free fruit and vegetables to their door
- Over 25,000 portions of fruit and vegetables given to people
- Over 2,000 individuals have been fed including the families receiving fortnightly delivery, Foodbank users and people accessing soup run.
- 216 pots and pans donated during the 'Pots and Pans amnesty'
- 90% of foodbag recipients reporting improved cooking skills, and 100% reporting a healthier diet as a result of Grow, Share, Cook



# Essential EVALUATION

A copy of the final report can be found at:

[https://www.plymouth.ac.uk/uploads/production/document/path/7/7758/GROW\\_SHARE\\_COOK\\_FINAL\\_REPORT\\_CPETTINGER.pdf](https://www.plymouth.ac.uk/uploads/production/document/path/7/7758/GROW_SHARE_COOK_FINAL_REPORT_CPETTINGER.pdf)

# Aim of evaluation

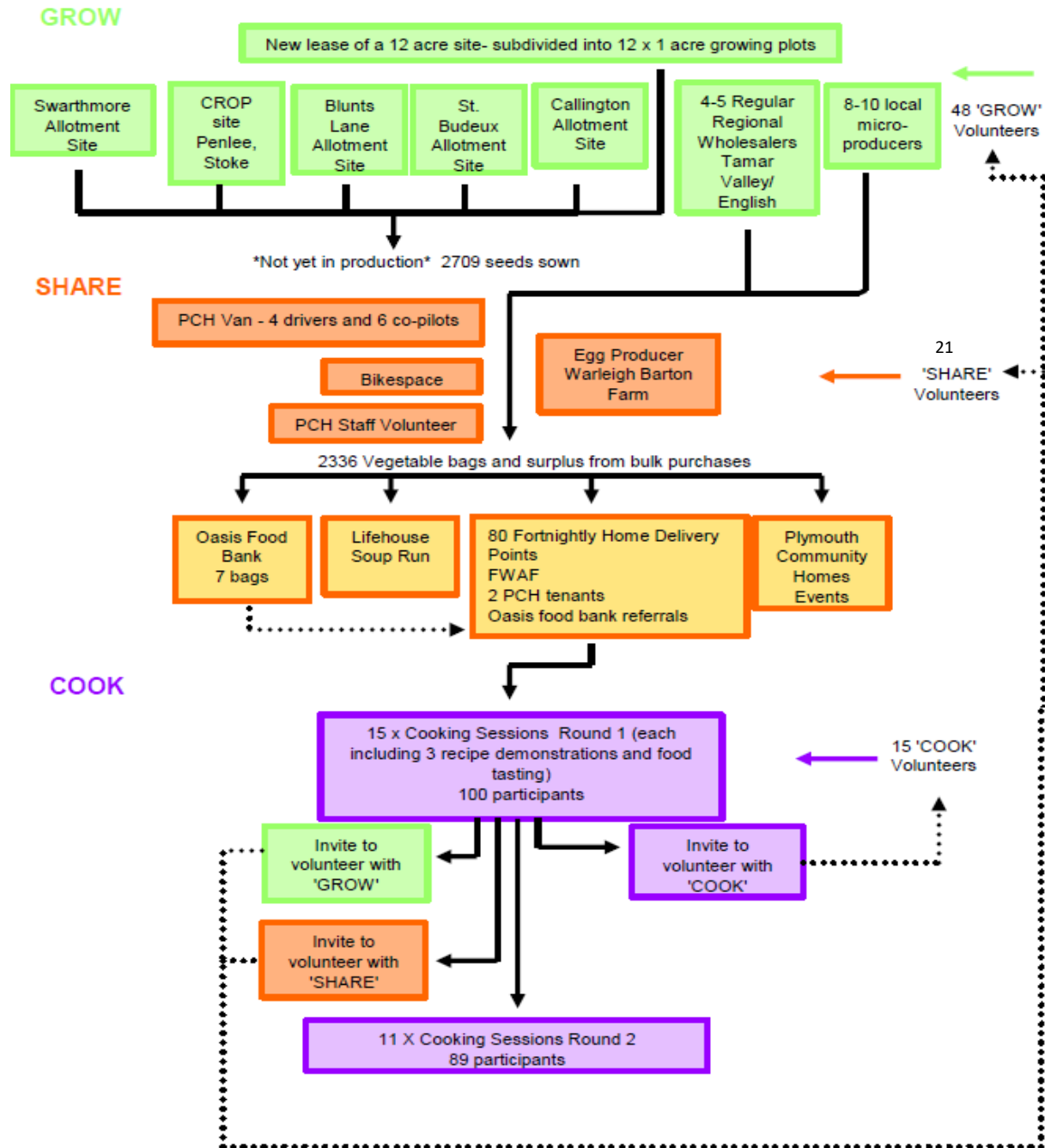
- 1. Identify what GSC was delivering**
- 2. Critically assess how GSC was implemented**
- 3. Explore the acceptability of GSC to stakeholders (including families)**

## **Objectives**

- Mapping of intervention
- Consultations with key stakeholders
- Observations of GSC activities



# Intervention Map of 'Grow, Share, Cook'



# Family (food) engagement

- Recruitment
- Communication
- Steering group (leadership)
- Accessibility of short cooking demo style session
- Positive suggestions for improvements...

- Improved family ties
- Involving children
- Social connections
- Participatory, empowerment approaches
- **Return on social investment**

# Spirit of GSC (family perspective)

***‘For me it’s broadened the horizons for what can be achieved in the kitchen as well as in your kids’ bellies, it keeps them happy and keeps me quiet – happy days’***

*(Respondent 3)*