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Welcome

Hello and welcome to the February update from Hull Food Partnership!

You are receiving this email because you have previously signed up to receive more information about the work of Hull Food Partnership.

The mornings are getting lighter and many spring flowers are already in bloom, so the urge to get sowing is strong, but be patient as cold snaps and warm weather often yo-yo during the spring, leaving you time to finish winter jobs and prepare for the season.

This is a good time to sow a variety of cut and come again salads as regular harvesting of leaves helps to rejuvenate plants and encourage new growth throughout the year. If you don't have outside space, [consider using containers to get growing](#), there are many different veg to start off this month.

If you know someone who would like to receive this newsletter, please ask them to email their name and contact details to anna@rootedinhull.org.uk with the subject header 'HFP newsletter subscription' and we will add them to the mailing list. All requests will be dealt with in line with our data protection and UK GDPR policies and people can unsubscribe at any time.

#HullTogether

Hull Food Partnership News

Do you want to get involved in the new Food Exchange Platform?

In January we were awarded [UK Shared Prosperity Funding](#) to develop an online platform to connect local food growers to local food suppliers so that fresh, locally produced food doesn't go to waste and helps to support local organisations and businesses in getting good food to those who need it most.

can iron out any issues before we launch it to a wider audience.

If this is something you would like to get involved in, please email darren@rootedinhull.org.uk for more information.

Seed Swap attracts over 300 people!

At 10:30am on [Saturday 11th February](#), we opened the doors of Hull Seed Swap at Jubilee Central after a few years' hiatus due to the pandemic.

Throughout the day, we hosted stalls from local community organisations, had delicious food provided by TimeBank Kitchen, and ran family friendly make and take sessions delivered by #WeMadeThisHull. In addition, we gathered local and national experts to speak about key issues relating to food and growing, and launched the Hull Growers' Handbook 2023.



Hull Food Partnership would like to say a huge THANK YOU to everyone who came along, especially those who helped out and hosted stalls at the event. To find out more about who was there, download the speakers' presentations and get your copy of the new Growers' Handbook, [click here](#).



Get ready for Good to Grow 2023!

This year [Good to Grow weekend runs from 21st-24th April](#). It is a chance for all local community gardens to put on events or open their gardens, in order to engage the public, and especially to recruit new volunteers. The beauty of having a weekend of collective action is that we can all do our small part, but have a large impact city wide.

To make the most of Good to Grow weekend, Hull Food Partnership is suggesting the following:

activities, then you can simply arrange for one of these to happen during the Good to Grow Weekend. We will then take responsibility for all of the collective publicity i.e. getting onto local radio and in the Hull Daily mail, producing graphics that we can share and listing all the events in a single online location.

If this is something that would interest you, please email darren@rootedinhull.org.uk for further information.

Growing Food for Resilience

Stories from community gardens responding to the cost of living crisis

Monday 6th March | 2pm
Online



Local News

Welcome House Food & Friendship events

Every Sunday afternoon from 12-3pm [Welcome House](#) host a Food & Friendship event showcasing fabulous food from a different country each week. Pop along and see some of the fantastic work happening!

All are welcome, just email the team by Saturday evening via kitchen@welcomehouse.org.uk to secure your place and try delicious cuisines from across the globe.

Building local evidence and capacity to respond to the cost of living crisis

This [short case study from Sustain](#) illustrates the role of a food partnership and a local food inequality alliance in building up evidence and capacity for a local response to the cost-of-living crisis spearheaded, in this case, by Hull City Council.

#HullTogether

Food Donation Point



Hull City Council
Reception, Guildhall,
77 Lowgate, Hull HU1 2AA

Opening Hours:
Monday - Friday, 9am - 5pm

<https://tinyurl.com/hulltogether>

#HullTogether opens new Food Donation point at Guildhall

To expand the number of #HullTogether Food Donation points across the city, you can now drop food and other essential household items off at the Reception in the Guildhall, 77 Lowgate, Hull HU1 2AA.

Opening hours: Monday – Friday, 9am – 5pm.

This now increases the number of public donation points across the city to seven in total, you can find the full list of places to donate, with their opening times here: <https://tinyurl.com/hulltogether>

If you're not sure what to donate, please [check the list of items here](#).

#HullTogether is now looking to establish a network of food donation points covering sporting events, cultural events and workplace donations. This will require a partnership approach with local sporting clubs, cultural venues and local employers. If this is something that your organisation would like to be involved in, please email helen.skinner@hull4heroes.org.uk



Celebrate Fairtrade Fortnight and showcase Hull's Fairtrade credentials!

Hull is proud to be a [Fairtrade City](#) and has always had time to stand up



Climate change is making crops like bananas, cocoa and coffee harder and harder to grow. Combined with deeply unfair trade, communities growing these crops are being pushed to the brink. But... you can help! Choosing Fairtrade means extra income, power, and support for those communities, as they work to build sustainable and prosperous futures, so choosing Fairtrade is good for people and planet, and it could help save everyday treats like chocolate, bananas and a hot cuppa!

It's really easy to show your support for Fairtrade. You can...

- Choose a Fairtrade brand when you next go shopping for home or workplace
- Have a Fairtrade cuppa and cake at your team meeting or with friends or family
- Choose Fairtrade for gifts such as chocolates, flowers and wine
- Use a Fairtrade background for your online meeting and much more! For more information, ideas and free resources go the [UK Fairtrade Foundation](#) website.

Please share your support for Fairtrade via your networks and by using [@fairtradehull](#) and #FairtradeFortnight in your socials. Not on Socials? No problem! Just email sharon.clay@hullcc.gov.uk with details and photos.

Don't forget, Hull is a Fairtrade City all year round, not just for Fairtrade Fortnight. If you would like to get involved in events, support our campaigns, or just to be kept informed, please email Sharon.clay@hullcc.gov.uk to join the Hull Fairtrade Supporters email list. All are welcome!

If you have any local news that you would like us to share with our network, please email anna@rootedinhull.org.uk with the subject header 'HFP newsletter submission' and we will consider it for inclusion in our next newsletter.



Food bank collection donation point

#HullTogether

We'll support you with the **cost of living crisis**

HULL4HEROES
SUPPORTING THOSE WHO HAVE SERVED

forum

Hull
City Council
working in partnership

National News

270,000 primary school children in London to receive free school meals for a year

The Mayor of London, Sadiq Khan, has announced an historic £130m emergency scheme to help families with the spiralling cost of living by ensuring that [every primary schoolchild in London will receive free school meals in the next academic year](#). The Mayor is stepping in with the one-off proposal to ensure that healthy free school meals are universally available to all primary school pupils for one year from September due to the extreme pressures currently facing households across the capital. The unprecedented move will help around 270,000 primary school children and save families around £440 per child across the year.

Sadiq – who received free school meals as a child – has repeatedly called on the Government to make the meals available to all, as research has shown that hundreds of thousands of schoolchildren live in poverty but do not receive them due to the Government's restrictive eligibility criteria and lack of universal provision. Currently a household on universal credit must earn less than £7,400 a year (after tax and not including benefits), regardless of the number of children in the family, to be eligible. This means that many children from working families in poverty aren't entitled to free school meals.

At Hull Food Partnership we applaud this move and urge the government to follow the lead and support the introduction of universal free school meals across England, especially as [Hull was the first to](#)

[success](#), but [three years later, the scheme finished](#) with the council then subsidising school lunches to make them more affordable to families.

If you remember the 'Eat Well, Do Well' free school meal project in Hull from 2004-2007, we'd love to hear from you, please email hullfoodpartnership@gmail.com to share your experiences.

Food shortages expected to last up to 4 weeks

As predicted by experts last year, fruit and vegetable shortages, which are affecting the UK and are expected to last several weeks, have cast a new spotlight on the [fragility of the UK's food security](#) with the climate vulnerability of the [UK's fruit and vegetable supply chains](#) brought to the fore.

At this time of year, Spain and North Africa would usually provide a significant proportion of our fruit and veg imports, but extreme weather in these regions has affected harvests. Inflationary energy costs and Brexit-related supply chain challenges have meant The Netherlands, usually our fall-back supplier, hasn't been able to provide for us either.

On top of this, a cold spell in the UK before Christmas damaged field crops resulting in particularly low home-grown supplies of cabbages, carrots and cauliflowers. UK and European growers have also been struggling with the rising cost of energy and fertiliser as a result of the Ukraine-Russia war.

With farmers earning less than 1p on the food they produce for supermarkets, as revealed by [Sustain's Unpicking Food Prices report](#), the first step towards a more nutritionally food secure UK is creating a fairer, diverse, and more resilient supply chain.

Whilst tomato and salad shortages may be across the headlines, there's no need to go short in your cooking. [There are plenty of homegrown seasonal fruit and veg still available \(not just turnips!\)](#), as we have yet to hit the 'hungry gap'. While keeping your fruit and veg seasonal, you can rely on your cupboard staples to add the extra character and zing. Tinned tomatoes, pulses, pastes, sauces, spices and herbs can all liven things up.



NHS

Healthy Start NHS

MILK

We can help your family stay healthy

Apply for your prepaid Healthy Start card now at:
www.healthystart.nhs.uk

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After months of campaigning from Sustain, the Food Foundation and other organisations, [eligibility and uptake data per local authority has been finally published on the NHS Healthy Start website.](#)

Healthy Start Scheme data for January 2023 shows a 63% uptake rate, falling short of the Government's own target of 75% by March 2023. The [NHS Healthy Start scheme](#) helps young families and those who are pregnant to access healthy food, milk and vitamins. Despite its importance as a nutritional safety net, it lacks Government investment in promotion. Based on Sustain's previous research, the estimated loss to families on low incomes across Northern Ireland, Wales and England was almost £70 million in 2021.

The value of the scheme, which has not been raised since 2021 continues to shrink in real terms as food prices and cost of living continue to rise. This is especially disheartening as a number of other benefits are set to increase in value from April 2023, but those providing a vital nutritional safety net, such as Healthy Start, are left behind. We continue committed to campaign on the value of the scheme.

If you or someone you know might be eligible for Healthy Start, find out how to apply here:

www.healthystart.nhs.uk

#EatThemToDefeatThem is back!

The veg are taking over the world in this year's

[#EatThemToDefeatThem](#) campaign!

Hull schools taking part this year are: Chiltern Primary School, Stepney Primary School, St. Vincents VC Academy, Priory Primary School, Buckingham Primary Academy, Bellfield Primary School, Southcoates Primary Academy, Thanet Primary School, Mountbatten Primary School, Oldfleet Primary School.



Even if your school isn't participating, Veg Power have put together some fun recipes, play ideas, catchphrases, videos and more over at <http://eatthemtodefearthem.com/teatime-adventures>

Families, parents and carers can use these resources to help kids defeat the veg all over the world, not just in the classroom.

Go take a look!





ARE YOU STRUGGLING WITH THE COST OF LIVING CRISIS? WE CAN HELP.

- ✓ Children eat free with paying adult
- ✓ Socialise with other members of the community

Springhead Park Golf Club
 Willerby Road, HU5 5JE

hull@groundwork.org.uk
 01482 363780



Consultations / Campaigns



is invited to have their say on life in the city – what things are like right now, and their hopes for the next 10 years. The responses will be used to develop a Community Strategy for Hull, which will help shape local plans and priorities for the next decade.

[The online survey is now 'live'](#), with support to complete it available in libraries and the council's Customer Service Centres (CSCs). Questions focus on three key themes – My Life, My Street, My City – and people will be asked how they feel about Hull, what is most important to them, what works well, what needs to improve and what they would like the city to be known for.

Over the coming weeks, there will also be opportunities to collect paper questionnaires from locations around the city, and a temporary drop-in centre will be based in Princes Quay in March.

The launch marks the second phase of the development of Hull's Community Strategy. The first phase, undertaken in advance of the questionnaire's launch, involved the running of more than 30 workshops around the city which were attended by more than 500 participants – all of them local people. These helped to develop themes, questions and suggested priorities to be included in the wider survey, in addition to feeding into the information-gathering for the creation of the strategy itself.

#ChooseLoose – National Campaign

If there is one theme that is consistent whether we're talking to primary school kids, a local community group or senior execs at a major corporate, it is that there is too much [plastic packaging on our fruit & veg](#). Back in 2022, [The Big Plastic Count](#) revealed that over 1m pieces of fruit & veg packaging were thrown away by nearly 100,000 households across the UK in one week. Averaging over 10 bits of fruit & veg packaging per household per week, if household averages were typical of every home in the UK, almost 300m pieces of plastic fruit & veg packaging would be thrown away each week – equivalent to around 14bn pieces per year.

The #ChooseLoose campaign calls for supermarkets to remove plastic packaging from five top-selling fruit & veg products: potatoes, apples, bananas, carrots and onions.

These products also happen to be the top five most wasted fruit & veg products in UK households. Over a one-year period, it is estimated that selling these five items loose would...

- Prevent an estimated 1.7 billion pieces of plastic packaging from being thrown away
- Avoid over 77,000 tonnes of food waste by allowing people to buy the exact amount they need
- Save shoppers a combined total of over £85m in uneaten food

Get involved [here](#).

[Waste can help.](#)

4. Perfect portions. Hands up who has ever found themselves with far too much rice or pasta? It's easy to do, but there are simple ways to cook the perfect amount. For example, a mug filled with dry rice will cook enough for four adults.

5. Snap a shelfie. If you're not a fan of shopping lists, take a picture of your fridge/cupboard shelves before you head to the shops instead. This will stop you from buying something you've already got at home.

6. Savvy storage. Most fruit and veg will stay fresher for longer in the fridge. The key exceptions are bananas and pineapple (keep these on the counter), and onions and potatoes (which should be kept in a cool, dark, dry place – like a cupboard!). Not sure where something should be stored? [Try this Food Storage A–Z!](#)

7. Freeze up to the 'use by' date. All foods with a 'use by' date, including meat, can be frozen right up to this date. This is especially helpful if your plans change at the last minute – before you order an emergency takeaway, check your fridge for anything that can be frozen for another day.

8. Ice-cube tray – the freezer hero. Too much milk, not enough time? Pour your remaining milk into ice-cube trays and freeze – this is the perfect amount for a brew. You can use ice-cube trays to freeze fresh herbs, too. Chop them up, pop them in the tray, and top up with oil, and then you have easy portions to add to the pan next time you're cooking.

9. Use your loaf. [Bread is another food that freezes beautifully.](#) Put your sliced loaf in the freezer, and then you can pick out a slice at a time and toast straight from frozen. Extra tip: tap the loaf on the counter before you freeze it to stop the slices sticking together.

10. Unidentified Frozen Objects. Before you freeze your leftovers, label the bag/container telling you what's inside and when you froze it.

FOOD WASTE ACTION WEEK

6th - 12th March 2023

1 week
to go!

Offers / Resources

Free NCVO membership for small organisations

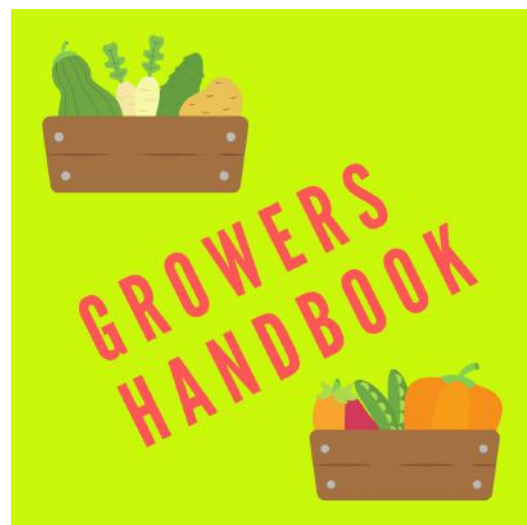
[Join NCVO for free if your annual turnover is less than £30,000.](#) What do you get when you join NCVO?

Member-only resources, including example policies, templates and digital tools to help you run your organisation effectively.

Be part of a network of more than 17,000 organisations, get support, learn and share with your peers, attend member-only events and be a voice for the sector.

Member offers include, competitive rates, discounts and free support from expert suppliers in HR and recruitment, insurance, IT and other services your organisation needs.

More info: www.ncvo.org.uk/get-involved/join



Hull Growers' Handbook, 2023 edition

If you want to grow food in Hull, then [this is the guide for you](#), taking you through the seasons, with what is best to grow when, tailored to Hull's climate and soil.

It also lists lots of places to get additional help and advice, including local community groups growing food across the city.

TAKE CONTROL OF YOUR ENERGY BILLS

Worried about soaring energy bills? Register for a free consultation for help with saving energy, installing energy efficiency measures, accessing financial initiatives and changing tariffs. **Stay well and warm during the cost of living crisis.**

Who is eligible? Our free impartial advice is available for a wide range of people, many of which are struggling for the first time this year. You might fall into one of the following categories:

-  Low income
-  Poor housing or a cold and damp home
-  High bills or energy debt
-  Living with health conditions

Find out about our service in Hull:

01234 567 891

Hull@groundwork.org.uk

www.groundwork.org.uk/greendoctor



**GREEN
DOCTOR**



Hull
City Council

Funding

Grow Wild Community Programme – closes 24th March

Grow Wild is looking for seven groups from across the UK, who would like to transform an urban space through planting and take positive actions for nature. They're seeking groups who will involve other people in their project and create transformations that will benefit their wider community. You can also use your grant to engage other people in your project through workshops, events and learning activities.

Successful groups will receive:

- Chances for project leaders to connect, hear about each other's projects, learn and share experiences with online meet-ups

This opportunity is more than just financial support - they're seeking groups who will welcome all the programme has to offer and be keen to actively engage.

Find out more and apply here: <https://growwild.kew.org/apply-grant/community-grants>

Community Ownership Fund – closes 14th April

The [Community Ownership Fund](#) exists to help local communities across the UK to take control of assets, amenities or facilities that are at risk of closure - from parks to pubs, lidos to libraries.

Groups can apply for up to £250k through the Community Ownership Fund to purchase or lease a local asset or to help pay for refurbishments. All funds provided must be 'matched' £1 for £1 from alternative sources. Several pubs and community hubs were funded in rounds 1 and 2 so this is highly relevant for food projects.

The Plunkett Foundation is working together with 9 other community support organisations as official delivery partners of the Community Ownership Fund support programme.

Find out if the fund is right for your organisation and how they can help by visiting the [Community Ownership Fund support programme page](#).

Magic Little Grants - launches 1st March 2023

With a simple 20-minute application process and an outcome within six weeks, the Magic Little Grants fund reduces the work required for grass-roots organisations to access the funding they need to launch or strengthen their services. The following criteria apply:

- Organisations must either be in their first year of operation or have an annual income under £250,000.
- Funding can be used to launch new projects, support existing ones, or cover core costs associated with ongoing work.
- Organisations and the projects for which they apply must be located within England, Scotland, or Wales.

Grants are for up to £500. Applications will be open from 1st March until 31st October 2023. Groups may only apply once in 2023 for a grant. Find out more here: <https://localgiving.org/about/magic-little-grants>

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Dates for your Diary / Events

[#EatThemToDefeatThem](#) [20th Feb – 8th April](#)

[Fairtrade Fortnight](#) [27th Feb – 12th March](#)

[Good Things Market](#) [5th March](#)

[Food Waste Action Week](#) [6th-12th March](#)

[British Pie Week](#) [6th-12th March](#)

[Nutrition and Hydration Week](#) [13th-19th March](#)

[Soil Regen Summit 2023](#) [14th-16th March](#)

[The Awakening](#) [17th-18th March](#)

[Global Recycling Day](#) [18th March](#)

[Vernal Equinox](#) [20th March](#)

[World Water Day](#) [22nd March](#)



[Community Garden Week](#) [3rd-9th April](#)

[Hull Minster Beer Festival](#) [13th-15th April](#)

[Good to Grow Weekend](#) [21st-24th April](#)

[Stop Food Waste Day](#) [26th April](#)

[FoodCycle FREE Community Meals every Thursday at 6:30pm](#) Marfleet Community Centre, Rear of 22-24 Swanfield Road, Hull, HU9 4PX

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Training / Webinars

FREE webinar: Growing Food for Resilience: Stories from community gardens responding to the cost-of-living crisis. [6th March](#)

To celebrate the vital role of community growing spaces, and to launch [Good to Grow Day 2023](#), join us to hear about the crucial role community gardens play in building resilience in their local communities.

FREE webinar: Food Waste Action Week 2023 [7th March](#)

The theme for Food Waste Action Week 2023 is 'Win. Don't Bin.' and aims to demonstrate how valuable food is in our lives, how it unites people and how using up everything we buy saves money, time and the planet.

FREE online fundraising drop in sessions from Two Ridings: Every session has a specific topic they cover so that people come away with some really focused and useful support and knowledge. [Sign up here.](#)

- Tues 7th March - 10am: Top tips for applying for funding
- Weds 5th April - 2pm: Full cost recovery
- Tues 2nd May - 10am: Other sources of funding
- Weds 7th June - 2pm: Preparing a cash flow
- Tues 4th July - 10am: Shouting about your project

FREE Hull Data Observatory Walkthrough. 1pm – 2.30pm on Wednesday 15th March.

This is a must for anyone involved in applying for grants. Interactive session where you can find out how to use the Hull Data Observatory - a free and open online data resource – vital for evidencing need in funding applications. Book a date on Eventbrite here: [15th March](#)

FREE level 2 Food Safety training course (women only) Wednesday 15th March 2023 at Source Solutions UK. Please contact sally@sourcesolutionsuk.co.uk or call 01482 291499 for more information.

Let's Talk Food Conference, Ewood Park Blackburn Rovers Blackburn BB2 4JF. [16th March.](#)

Hosted by Blackburn With Darwen Food Alliance, this conference brings together key players in the national food landscape to share their expertise.

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BLACKBURN WITH DARWEN FOOD ALLIANCE ANNUAL CONFERENCE

Let's Talk Food

16th March 2023 Ewood Park Blackburn

Keynote Presentations

Sheila Dillon

Presenter of the Radio 4 Food Programme will deliver the inaugural BwD Food Alliance Presentation.

Prof Corrina Hawkes

Leadership Practices For A Well-nourished Borough

Corinna will talk about why leadership is the magic ingredient needed to evolve our food system into one which serves people's and planetary health and wellbeing. She will talk about what needs to be done and why and how the specific practices of courageous leadership working from the ground up can make a difference.

Tim Radcliffe

NHS England Green Food Update

Tim will provide an insight into NHS England Net Zero ambitions, their new food standards and upcoming food strategy

Sarah Ottaway

"Why food waste is one of our biggest challenges, globally and locally."

If food waste was a country, it would have the third largest carbon footprint in the world behind only the USA and China. Its impacts are felt both at home and at a global level, but what does this mean and where are the opportunities to benefit people and communities by tackling this major problem?



1

KEYNOTES

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WORKSHOPS

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NETWORKING

4

COMMUNITY

courses to choose from



Founded in 1903, the Workers' Educational Association (WEA) is a charity dedicated to bringing high-quality, professional education into the heart of communities.

Due to the COVID-19 pandemic, they have had to move most learning online, and as a result have refreshed their offer for 2023. Many courses are FREE or discounted (subject to eligibility). Some courses we think you'll find interesting include:

- Food matters: Getting a grip on diet [Starts 3rd March](#)
- Online Moroccan Patisserie [Starts 3rd March](#)
- Cooking/Catering: Budget Easter Meals [Starts 21st March](#)
- Quick to Crop [Starts 17th April](#)
- Understanding your Immune System [Starts 17th April](#)
- Cooking/Catering: Step into Catering [18th April](#)
- Care 2 find out about Nutrition [Starts 18th April](#)
- Cooking on a budget: Microwave Cooking [Starts 18th April](#)
- Plant life in Britain [Starts 20th April](#)
- Moroccan Home Cooking [Starts 21st April](#)
- Introduction to Climate Change [Starts 28th April](#)
- Conservation in Britain [Starts 24th May](#)

For more information about WEA Yorkshire & Humberside courses, click here: www.wea.org.uk/yorkshire-and-humber



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