

FareShare Slices

A healthy slice of FareShare volunteer news

Issue 9

Spring 2021



**Help us stay
Covid-19 safe
Take me
home, don't
share me**

Hello...

With spring well under way and summer just around the corner, we are looking forward to the prospect of being able to meet again with friends and family, hopefully around a good meal.

In this issue we look at some of the great projects FareShare is involved in that help to maximise the social good that surplus food can create. From the FullCrumb Kitchen in FareShare Yorkshire, to the online Tesco Community Cookery School, volunteers and charities up and down the UK are being supported to top up their cooking skills with tasty new recipes and techniques. We also hear about where some of FareShare's food comes from, through our partnerships with Waitrose and Albert Bartlett.

On pages 6-7, we look at the results of the 2020/21 Volunteer Survey. This survey is a key point in the year where we gather your feedback on how we can improve volunteering at FareShare. Take a look at the results and get in touch if you have any further comments you'd like to add about your experience.

Whether this is your first day volunteering, you've volunteered for years, or you're somewhere in between, thank you for your support.

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Keeping safe at FareShare

Though many social distancing measures are easing, it's important we continue to be safe and look out for one another. We take the wellbeing and safety of our volunteers very seriously. You will notice that there are rules in place in the warehouse about how we operate, particularly around deliveries and collection, and that you'll now be working in smaller teams than before.

In line with government guidance, we have put in place extra safety protocols to reduce the risk of transmitting Covid-19 and help halt the spread of any new Coronavirus strains. We are asking our staff and volunteers to please do the following:

- Wear a face mask. This is mandatory except in cases of medical exemption.
- Cover your mouth and nose with a tissue or your elbow (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately
- Avoid close contact with people who are unwell and do not attend a volunteering session if you or a member of your household have had Covid-19 symptoms or have tested positive for Covid-19 in the past 10 days
- Avoid touching your eyes, nose or mouth if your hands are not clean
- Wash your hands with soap and water thoroughly and often. Use hand sanitiser gel if soap and water are not available.

When you come into the warehouse you will now see:

- Information about local safety measures
- Information on how to clean your hands properly and when they should be cleaned
- Suitable soaps and hand sanitisers that kill the virus.

If you have any questions, concerns or feedback about these procedures please talk to your shift lead or regional volunteer manager. You can also email volunteering@fareshare.org.uk.

Albert Bartlett provide a mountain of potatoes

If you've been in our warehouses in the past few months you've surely noticed we don't lack for spuds! This is largely thanks to Albert Bartlett in Airdrie, who have donated 1,000 tonnes of surplus potatoes through the FareShare Surplus with Purpose Fund. This effort has provided the equivalent of over 2 million meals to charities across England and Scotland.



Waitrose help FareShare get more food from farms to families

Waitrose has teamed up with FareShare and some of its biggest suppliers in a new trial that will redirect surplus farm food to families in need. James Baily, Waitrose's Executive Director expressed that as the only supermarket

to manage its own farm, they wanted to take this opportunity to help tackle food poverty directly. All handling costs will be eliminated so that donations can be maximized. The goal is currently to provide over one million meals.

Manchester volunteer honoured with oil painting

Retired head teacher Sally, who volunteers as a Warehouse Assistant at FareShare Greater Manchester, was honoured when Hazel Berrisford, Community Artist with charity G-Force, gave Sally a beautiful oil painting portrait that she had

created as part of a project celebrating essential workers. Sally said she felt extremely humbled by the unique gift and was keen to stress that the work she does is very much a team effort in which she is supported by many other volunteers and staff.



FareShare celebrates one year of partnership with Marcus Rashford

Last month we celebrated the one year anniversary of FareShare teaming up with our amazing ambassador, footballer Marcus Rashford. Since March of 2020, Marcus has directly supported us in providing enough food for nearly 21 million meals, spearheaded the Task Force to End Child Food Poverty, and inspired countless people in



the UK and around the world with his fearless dedication to improving the lives of others, especially children.

Recently, Marcus remarked: "It has been a real pleasure being on this challenging but rewarding journey with FareShare over the last year. The staff, the volunteers and the families I have met have been incredibly supportive and brave with the stories they have shared with me." Here's to many more years!

Jamie Oliver, FareShare, and Tesco take Community Cookery online

Tesco's Community Cookery School, in partnership with Jamie Oliver and FareShare, launched its second phase virtually in February. The program seeks to help train community cooks in delivering helpful and practical food education to families in their communities. The program initially launched in 2019,



reaching 1,000 community cooks by January 2020 and will include 300 more by May 2021. This year's

campaign is to focus on cooking balanced meals from scratch.

The results are in...

Each year we conduct a survey to capture volunteer experiences in our FareShare network. This year, we had a record-breaking number of 576 survey responses over 23 sites. Here is what you told us.

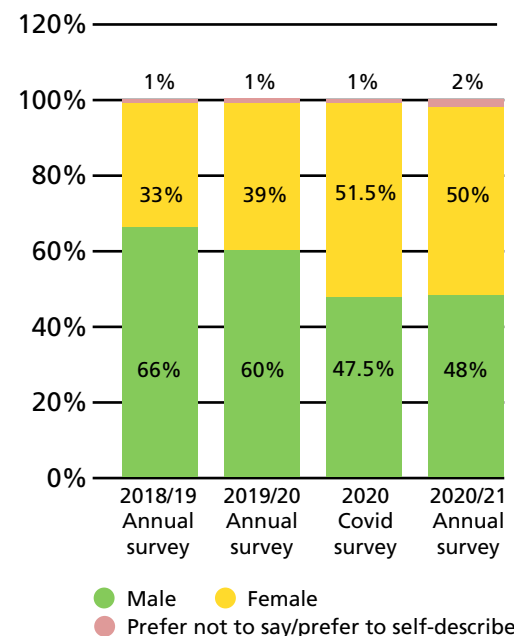
Overall Satisfaction

99% of volunteers indicated they would recommend FareShare as a place to volunteer.

96% of volunteers feel satisfied (28%) or very satisfied (68%) with their volunteering experience.

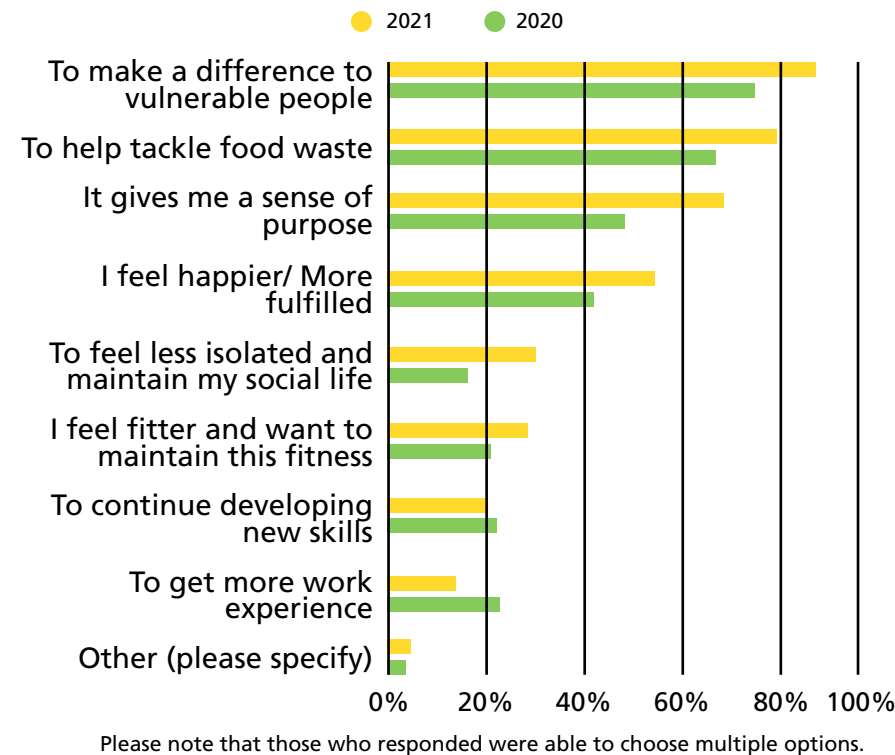
Recommendation levels have remained consistent throughout the three years we have been running this survey. the number of people who feel very satisfied has fallen by 2% since last year. Many have understandably been feeling the stresses brought on by the pandemic, but through this, we are so glad that most volunteers are still satisfied with their experience at FareShare, and would recommend it to others.

What best describes your gender?



Since the first annual volunteer survey, we have made steps to address the gender imbalance in those who volunteer with us. This includes approaches like ensuring we have pictures of women in our advertising of volunteering. Moving forward, we are dedicated to ensuring that we maintain this balance and all genders feel welcome at FareShare.

What motivates you to keep volunteering for FareShare?



Understanding what motivates volunteers is important to us, so that we know how best to support you to get the most from your experience.

Since the last annual survey, we saw a significant rise in volunteers who want to make a difference to vulnerable people and help tackle food waste as well as those who volunteer because it provides a sense of purpose and increases their happiness.

Areas for Improvement

Although 59% of volunteers said they felt extremely or very informed about what is happening within FareShare, this is something we are continually trying to improve, through activities such as this magazine. We've seen significant change over the past year, and it is important that all volunteers feel that they are kept as up to date as possible.

Additionally, 13% of volunteers feel only somewhat valued, or not very valued. We want to be sure that we recognise the key impact that volunteers have within FareShare. The main steps we take to do this include celebrations at Volunteers Week, the Volunteer Awards, and the Christmas letters. This year, we will consider how these can be developed further to celebrate the contribution of our volunteers.

Thank you to all those who completed the survey this year. We appreciate your feedback as it provides us with the insight we need to improve the volunteer experience.

If you have any other comments or suggestions, please reach out to us at volunteering@fareshare.org.uk. We would love to hear from you.

Checking in with Frazer at FareShare South West

"I was somebody that never considered volunteering before last year, and now I hope to remain in such a privileged position that I can continue to volunteer for the rest of my life," says Frazer Gorman, a jack-of-all-trades volunteer with FareShare South West in Bristol.

"I began volunteering here shortly after sobering up from a life of alcohol and substance misuse, and was somewhat of an empty shell," Frazer explains, "volunteering felt like a great way to give back to society and reintegrate myself into the world after becoming quite unwell and having to take a step back. The people here at FareShare have helped inspire me to want to grow into a better person as I move on with my life"



Frazer explains that he has taken time out from his studies to focus on recovery and personal growth: "I enjoy being useful and learning from the amazing people I meet here at FareShare. It has taught me about the challenges surrounding surplus food and has helped shape an ideal for the person that I would like to be. The organisation attracts many kind-

hearted and like-minded people, I have developed friendships with people who I would otherwise never have met."

For Frazer, volunteering has been a key part of a transformative time in his life: "It has helped me stay connected throughout a pandemic, at a time in my life that I have really needed it most. FareShare has given me something to be proud of about myself. I would absolutely recommend to anybody to volunteer their time at FareShare. Volunteering has been an incredible way to get out of my own head and carry out an act of service to the wider community. It's a great way to express gratitude for what we have whilst also giving something back to the world."

Restoring Hope Through Food in the Chilterns

"We wanted to let people know that even though they may feel alone there's still love for them," says Bethany Wallace, describing the Food Life Initiative – a food delivery scheme that Restore Hope launched last Spring.

When Covid hit, Restore Hope had to temporarily close their grounds but were determined to

help their community at a distance. They started delivering food boxes and prepared meals to the community. Before long they had around 205 families receiving fresh food boxes and 466 people being delivered frozen meals.

Restore Hope rely on food provided by FareShare to keep up

with the demand: "The food from FareShare has been a massive help allowing us to operate. We get such a massive range and quantity that it really reduces the amount we need to spend buying food.



We're able to cook really quality meals with it and we always provide a dessert as well. It's not just food, it's a little extra. A treat. The fresh food boxes are full of fruits and veg – parsnips, limes, asparagus, grapes, and strawberries."

Food has also helped provide a sense of connection: "Sometimes

we get sort of unusual stuff," explains Bethany, "like kohlrabi or celeriac, but people have been sharing recipes and that's been really lovely. It's helped to build community between the families and us as well – I

learned how to make beetroot crisps!"

Bethany and her team are hopeful for the future: "We plan to keep delivering the fresh food boxes long-term because

there are still people in desperate need, we're still getting referrals now. But we're also excited to get people involved in the process and build on that sense of community. Our families are so involved and it's wonderful to see they've got that love to share."

Celebrating FullCrumb Kitchen's first year

It's been one year since FullCrumb Kitchen first launched in FareShare Yorkshire and since then it has developed tremendously.

Sixteen volunteers have participated in the Jamie Oliver Ministry of Food program and over 60 classes have been offered thus far. This program helps volunteers learn to cook healthy and nutritious meals

from scratch, while also building up their overall confidence. Additionally, local charities in the FareShare network have supported the program by supplying ideas for using surplus food to community cooks in the form of YouTube videos, which are openly available for viewing.

FullCrumb Kitchen was able to host some charity training days through

the summer when lockdown was eased. This involved community cooks in the kitchen itself actively learning knife skills, cooking skills, and included a tour of the warehouse, showing charities how the food comes in, gets picked, and is sent out to them. Local charities were also able to connect through a Facebook Group that was created to allow them to share ideas.



Volunteers help to cook up something special

Lee is one of the volunteers who's benefitted from FullCrumb Kitchen. He initially came to FareShare to gain a certificate in warehousing, but has extended his skills into the kitchen. He participated in the

8-week course early on and has developed a great passion for cooking. Lee is known to be first in the kitchen and has a reputation for being unafraid to experiment with new and exciting vegetables. He's now subscribed to a recipe scheme online

and continues to show enthusiasm for trying different foods from around the world: "the course has helped me to cook healthy meals from scratch and given me more ideas for cooking different things."

Project Manager Chris Clyburn says that he and his team are excited to "get the charities in again and get the kitchen rocking." In the meantime, a FullCrumb Cookbook is in the works, which will showcase recipes using

popular items received at FareShare Yorkshire along with general hints and tips.

For now, we've got a sneak preview of the FullCrumb Cookbook: a recipe for Panzanella. This classic Italian dish is

an easy, delicious way to use leftover bread and surplus food. It makes a lovely light lunch or works as a side salad to go with continental meats, fish, or chicken dishes. Try it at home!



Panzanella

Preparation: 10-15 mins

Cooking: Eggs

Serves 2-4

Ingredients

- 250g Day old sourdough/ ciabbata/baguette (chopped roughly into 2cm chunks)
- 250g Cherry tomatoes (halved)
- 3 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1/2 red onion (finely sliced)
- handful of basil (washed & torn)
- 80g black pitted olives
- 30g anchovies (roughly chopped)
- 2 eggs (soft boiled & quartered)

Directions

1. Cook the eggs to your liking then cool, shell and slice into quarters
2. Wash and halve the cherry tomatoes, finely slice the red onion and add both to a large mixing bowl along with the olives, anchovies and basil.
3. Mix the oil & vinegar together in a small bowl.
4. Add the bread to the mixing bowl and dizzle over the dressing.
5. Place in a large serving bowl, and add the egg on top, garnish with fresh basil and serve immediately.

Check out FullCrumb Kitchen's social media channels
Twitter & Instagram @FullCrumbKitch
Facebook: The FullCrumb Kitchen

Two minutes with... Chamayne

Each issue, we'll be finding out more about one of our amazing volunteers. This time, we've got Chamayne from FareShare Lancashire and Cumbria



Why do you volunteer at FareShare?

To help others and get more experience.

Which living person do you most admire?

My kids because of what they have become.

Which talent would you most like to have?

Playing the guitar

Where would you most like to live and why?

Nowhere else because I've worked hard for what I've got.

What's the most interesting food you've ever seen in the warehouse?

Octopus

Tea or coffee?

Coffee with one sugar and milk

Volunteers

By Anthony J.P.

All hail
the unpaid
the unsung
let's sing their praises.

Hidden heroes
capas hidden under high vis
or water proofs
they wear as they're out there
in sunshine, rain and hail
giving the precious gift of time.

All hail
the volunteers
who came, saw and cared.
Who alongside the food
They deliver hope
As we can't live on bread alone.



Anthony has been raising money for FareShare by writing poems by request. This one was requested by FareShare Greater Manchester, and written inspired by the word 'Volunteers'