



Volunteers' Celebration Edition



FareShare Slices

A healthy slice of FareShare volunteer news

Issue 18
Autumn 2023

 **FareShare**
fighting hunger,
tackling food waste

Hello

Welcome to the Volunteers' Celebration edition of FareShare Slices. As the name suggests – this issue is all about celebration!

In October, FareShare was delighted to host the inaugural Volunteers' Celebration to recognise and thank you for your incredible contribution. It was a joy to have more than 600 people across the FareShare Network join each other for the hybrid event. Each Regional Centre held a party, and virtually joining each other for the celebration and awards ceremony. 35 awards were presented across 12 categories. There was plenty of food, fun and festivities enjoyed across the Network. Read more on pages 3-7.

In this issue, we meet some of our incredible award winners. Daz Baldwin who took home the trophy for our Volunteer Driver of the Year Award for delivering orders, collecting surplus, and his selfless commitment and camaraderie (pages 8-9). Sally Lamb, who won our Leadership in Volunteering Award for her aptitude for imparting knowledge to newcomers (pages 10-11). Mark Webber, Fundraising Volunteer of the Year, raising an astonishing £5,440, equivalent to funding more than 21,760 meals by cycling 600km in 6.5 days in South Africa (pages 12-13). And we asked some quirky questions to our highly commended Warehouse Assistant of the Year, Jo van der Linden (pg 20).

We also learn about FareShare's exciting new food life extension project, The Flex Project (pg 16). Plus more!

This is your magazine. If you have a story you'd like to share, please get in touch. volunteering@fareshare.org.uk

Elise Taylor
Volunteering Development Manager

Front cover photos:

Top: Glenn, David, Sally, Demmi, Chao Wei and Michelle, FareShare Manchester

Middle: Long Service Volunteers, FareShare South West

Bottom: Andrew and Siobhan, FareShare Northern Ireland

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Volunteers' Celebration

A huge thank you to each and every volunteer for your support and dedication to getting food to people in need.

FareShare was delighted to host our fourth Volunteers' Celebration, which took place on 19 October 2023. The celebration was in recognition of you - our valued volunteers - who give up your time to support FareShare's work and help so many people in your local community.

More than 600 people across the FareShare Network joined each other for the hybrid event. Each Regional Centre hosted a spectacular party for volunteers, and virtually joined each other for the live event. Volunteer Managers decked out lunchrooms, ordered in delicious food, and organised for everyone to watch the event together.

The live event was opened with a video of thanks from CFM's - who thanked you for all the work you do to ensure they have food for their programs and the people they support.

35 awards were presented to volunteers who were nominated by their colleagues as having made an exceptional contribution to FareShare this year. The awards were very competitive, so multiple categories had joint highly commended and overall winners. A full list of winners is recognised on page four. Congratulations to everyone who was nominated and chosen as winners for these awards.

Clockwise top left: Mark, FareShare North East, Fiona, FareShare Sussex and Surrey, Josh, FareShare Yorkshire, Lee and Rob, FareShare Hull and Humber

Regional Centres presented local awards, celebrating incredible volunteer achievements locally. We also acknowledged long service volunteers, who have dedicated their time to volunteering over many years! Volunteers with more than 5 years of volunteering were presented an apple pin, and a personalised high-vis vest.

The highlight of the event for many was hearing the inspiring stories of volunteers, seeing volunteers from your sites recognised with an award, and joining other Regional Centres at the event to feel part of the wider FareShare network. But most of all, it was an opportunity for volunteers to share in each other's celebrations and reflect on the incredible impact you have on your local community.

Thank you to every volunteer for your generosity, compassion and hard work that you continue to give to FareShare and the people we support.



Volunteer Award Winners

Admin Volunteer of the Year	Winner: Fiona Taylor Highly Commended: Jane Phillipson	Sussex & Surrey Merseyside
Driver Volunteer of the Year	Winner: Darian Baldwin Winner: Mark Adams Highly Commended: Paul Highly Commended: Les Waterhouse Highly Commended: Graham	Yorkshire East of England Hull & Humber Greater Manchester Southern Central
Driver's Assistant Volunteer of the Year	Winner: Nicola Needham Highly Commended: Mathew Ford	Sussex & Surrey Merseyside
Fundraising Volunteer of the Year	Winner: Mark Webber	South Midlands
Leadership in Volunteering Award	Winner: Sally Lamb Highly Commended: Josh Wilkinson Highly Commended: Hilary Cooling	Greater Manchester Yorkshire South West
Regional Centre Volunteer Team of the Year	Winner: FareShare Grampian Highly Commended: FareShare Central and South East Scotland Highly Commended: FareShare Sussex & Surrey	
The Bright Idea Award	Winner: Mike Twine Highly Commended: Joe Wilton Highly Commended: Peter Chambers	Sussex & Surrey Cymru Merseyside
The Rising Star Award	Winner: Callum Ollerhead Highly Commended: Ellis Gallon Highly Commended: Steve Skipp Highly Commended: Constance Hui	Merseyside Sussex & Surrey Kent South West
Warehouse Volunteer of the Year	Winner: Howard Nightingale Winner: Ryan Rad Highly Commended: Peter Hardacre Highly Commended: Jo van der Linden Highly Commended: Gordon	Yorkshire Northern Ireland Lancashire & Cumbria North East Central and South East Scotland
Volunteer Manager of the Year	Winner: Phil Pinder	Cymru
The Teamwork Award	Winner: FareShare Plus Team; Ian Rutter, Mariam Mohammed, Chao Wei, Bunmi Ogunmowola, Sally Lamb, Glenn Clarke, Michelle Proudman, Catherine Dawson, Caroline Leedham, Charles Moore, Demmi Tiplady, Vince McAllister, Adam. Highly Commended: Didcot Community Larder: Kay, Kaye & Peter	Greater Manchester Thames Valley
The Perfect Pear Award	Winner: Gordon Taggart & Samuel Taggart Highly Commended: Janet & Jayne Highly Commended: Jenny & Lou Highly Commended: Patience & Nigel	Northern Ireland Hull & Humber Sussex & Surrey Thames Valley



Anita, Mathew, Callum, Jane and Peter,
FareShare Merseyside



Jay and Anita, FareShare Merseyside



Paul, FareShare
Hull and Humber



Janet, FareShare Cymru



Jayne and Janet, FareShare
Hull and Humber



Les, FareShare Manchester



Ryan, FareShare Northern Ireland



FareShare South West

Long Service Volunteers

Merseyside	5+ years	Paul Flynn, Jay Chau, Steve 'Tankie' Cliff
East of England	5+ years	Terry, Rob, Paul, Nicky, John
Northern Ireland	10+ years	Siobhan Gallagher, Beth Brownlee
	5+ years	Gordon Taggart, Samuel Taggart, Alan Parker, Andrew Igbinedion, Graeme Bell, Sean Mc Ivor
Lancs & Cumbria	5+ years	Sam Ilsley, John Wilkinson
Cymru	5+ years	Paul, Gareth Adams, Jo James, Phil Bingham, Howard Bingham
Yorkshire	15+ years	Dave Greenwood
	5+ years	Richard Ormorod, Andrew Batty, Lee Hall, Josh Wilkinson, Martin Dyson, Craig, John
Newcastle	5+ years	Jo van der Linden, Mark, Nigel Clegg, David Dale, Jacqui McNamara
Kent	5+ years	Malcolm Iles, Liz Dean, Jay Amin, Johnathan Whittle, Lorna Murray, Brenda Kent, Isobel Groves, David Mann
Greater Manchester	10+ years	Glynis Platt, Karin Frood
	5+ years	David Houston, Dorothy, Rob, Mike Shaw, Les Waterhouse, Bill Smith, Jim McLellan
Hull and Humber	10+ years	Chris, Paul
	5+ years	Paul, Lee, Kevin, Steven, Eric
Central and South East Scotland	20+ years	Craig, Arthur, Alex, Gaz, Nadia
	10+ years	Chris, Richard, Stuart, Miguel, Jocky, Gordon, Iain, Brian
	5+ years	Isla, Alexander, Derek
South West	10+ years	Hilary Cooling, Tim Jones, Pete Daw, Barry Coles, John Hogan, Dee Coles, Lissy Porter, Kai Harding
	5+ years	Carol Jarvis, Debbie Wyatt, Pat Endicott, Ralf Togneri, Peter Webb, Benjamin Watkins, Lorinda Coombes, Cyrus Persian, Margaret Reid, Veronica Pollard, Andy Segal, Angus Gregson, Nick Hooper, Adam Platt, Ian Dunn, Jill Dickinson, Sarah Ashworth
Southern Central	5+ years	Angela, Carol, David , Eric, Ez, Jill, John A, John T, Kevin, Lucy, Mark, Nicholas, Paul, Peter, Sarah, Steven, Sue A, Sue D, Teta, Trevor



Mike, FareShare Sussex and Surrey



Gordon and Samuel, FareShare Northern Ireland



Darian and Howard, FareShare Yorkshire



FareShare East of England



FareShare Grampian



Beth (right) and Siobhan, FareShare Northern Ireland



Glynis, FareShare Manchester



David and Paul, FareShare North East



Julie, Andrew, Elspeth, FareShare South West



Phil, FareShare Cymru



Ellis, FareShare Sussex and Surrey

AWARD WINNER - DAZ BALDWIN



Regional Centre:
FareShare Yorkshire
Award:
Driver of the Year

How did you feel about winning the Driver of the Year award?

It has come as of a bit of a shock, I didn't expect anything like this. I am very pleased and thankful for the great team I have behind me - Steph, Dave, and Peter. I am very fortunate to work alongside good people, this award is just a bonus.

How long have you been volunteering at FareShare and why did you decide to start?

When the pandemic started and everything stopped, I saw an advert looking for volunteer drivers to help deliver food to people who needed it, and it just followed on from there.

The first time I was out driving to people's homes to drop off food hampers, I soon realised how people were struggling, so I thought I need to keep doing this because there are a lot of people going through a difficult time right now. Fortunately, I was ok and not struggling, but I wanted to help and that was how it all started.

What does your role involve?

I work in the frozen warehouse in Leeds. I pick up the van, and then the guys and Steph all help me to pick the food for the orders. We fill the van and I drive to Leeds, South Yorkshire and various other places delivering this frozen food to schools, community centres etc. It can be quite hectic at times, but I enjoy meeting and greeting people and feel very fulfilled doing it.

What do you enjoy most about volunteering with FareShare?

I love that I am helping to get food to people who really need it, especially those struggling with the cost of living crisis. When I used to deliver food hampers, you would have young kids running up shouting "Mummy, mummy, we've got some food". That was how bad it was in Leeds. I thought to myself, I need to do more, I have the time, so let me just help where I can.

Have you learnt any skills since volunteering with FareShare?

I would say as I'm like an ambassador for FareShare, this means I get to meet and talk to different types of people each time. I find it a joy.

How has volunteering made a difference in your life?

Mentally and physically, it's kept me going. Mentally it has given me something to do and focus on. I get to help the team with tasks and in return the team also help me. Physically, I am doing a bit of labour - carrying and lifting things. It's kept me mobile, it's kept me going. At my age you've got to keep going, you can't just be sat down. I'm healthy so why not? I get fulfilment from it, I have a great team behind me, and we have a bit of a laugh together. I really enjoy being there.

What has been your most memorable experience so far?

Overall, I would say seeing happy people. I usually volunteer on Wednesdays and Fridays and lately I've also been helping on Mondays as we are short of drivers. Seeing the expression on people's faces when we arrive, they are so thankful for the food that we bring as they can pass this on to people who need it. The people I meet are also really nice and we all have a bit of a banter. They are thankful for us and it's important to let them know that they are doing a great job too.

What would you say to someone who was thinking about joining FareShare as a volunteer?

I recommend it. You don't know what you're missing out on, the fulfilment that you get from it is great. You'll really enjoy volunteering with FareShare. I'm hoping to get my son involved too as I know he'll enjoy it just as much as I do.

AWARD WINNER - SALLY LAMB



Regional Centre:
FareShare Greater Manchester
 Award:
Leadership in Volunteering

How did you feel about winning the Leadership in Volunteering Award?

I was very humbled by it because there are a lot of volunteers all doing great things. That was my first reaction. And then it was absolute delight that I was nominated for it, it's a great recognition. I am also really pleased for the team and the FareShare Plus team because they've won as well. It's a bit of a double whammy.

You won the award for Leadership in Volunteering. Can you share more about the training and support you offer to other volunteers. We understand you are the go-to person for things.

Some people might say bossy, but I'll go down the leadership route. As a retired headteacher I knew how valuable it was to have the right team around you. I now get an opportunity to be one of those people for Karina, Ruby, Liz and Hannah to support them.

I just try to spread some of that support to any new volunteers, giving them training, letting them know the importance of the job, what our values are and why we do it. I love cooking and being around food, so enjoy sharing recipes with the Community Food Members (CFM's) when they come in about what they can do with the food. I also share ingredient ideas with some of the volunteers so they can help put meals together.

How long have you been volunteering at FareShare and why did you decide to start?

When I retired as a headteacher three years ago, I always knew I wanted to do volunteer work, but it had to be something that was close to my passion, close to my values and was all about giving back. At my previous school we had used food from FareShare to run a food bank to support families at a time when many didn't exist.

The values and purpose of FareShare when they say they are a community

about changing lives, closely matched the mission statement at the school which was about changing lives in collaboration. We were an academy and located in quite a deprived area, so I saw first-hand what food poverty and insecurity does, the impact it has on children and whole families. For me it was a bit of a no brainer that I was going to volunteer at FareShare and the minute I met the team, I just knew I was in the right place.

What does your role involve?

I do two days, Tuesdays, and Thursdays, working in FareShare Plus which is slightly different from the main FareShare warehouse where the CFMs have already provided the team with a list and it's then picked and loaded up. At FareShare Plus, we deal with food on top of that. We go round with the charities and see what they need. We also need to make sure everything is recorded correctly on the weights based on what they are having. This is then passed onto the office where they will work out how much the customer owes. If they need help with packing and loading, we will always offer that to them.

What do you enjoy most about volunteering with FareShare?

It's really improved my physical strength and health. I'm helping others but it's also been great for my mental wellbeing. It's a routine and I know I'm doing something useful. When you stop work, that's one of the hardest things, especially in education because you always felt like you were doing something valuable. This for me is doing something valuable. It's also the teamwork I love. I missed working with a great team around me and it's a great team at FareShare Manchester.

I also love fancy dress and will celebrate the opening of a door. Children in Need will be coming up, so I will be dressing as Pudsey Bear. I bring in treats to share with the customers when they come in. It brightens their day and I love it. What could be better, I've found somewhere where I can do something valuable, dress up in fancy dress at any opportunity and the team won't bat an eyelid.

How has volunteering made a difference in your life?

It has not only given me physical strength and a routine, but a purpose. When I retired during lockdown, it was really important that I found something I wanted to do and that would be fulfilling for me. It has made me realise how lucky I am that I haven't had to worry about opening a cupboard and there not being food. We get days at FareShare where we are working outside and it can be cold, rainy, dark and wet, and I just think I'm going home now and I can have a bath, a hot drink, a meal, warm clothes and a bed. This is one day for me, but it isn't the same for a lot of people.

What would you say to someone who was thinking about joining FareShare as a volunteer?

Definitely do it. If you want to do something that feels beneficial and is valued, come and do this. Make sure you get the most out of it. Don't just turn up, do it and go home, really get the best out of it. It's also not just about the food, it's about preventing food waste and sustainability. It will also improve your physical wellbeing, you won't need to go to the gym. It will make you appreciate things in life, plus we are treated so well here, you know that you are valued.

AWARD WINNER - MARK WEBBER



Regional Centre:
SOFEA/FareShare South Midlands
 Award:
Fundraising Volunteer of the Year

How long have you been volunteering at FareShare and why did you decide to start?

Back at the beginning of the pandemic in March 2020, as an architect, I saw all my building contracts come to a standstill and my work disappeared overnight.

As I was self-employed, I had very little money coming in. My three boys, who are in their late teens and early twenties, suddenly all came home hungry from university and started to eat us out of the house. I soon realised feeding my family was going to be a major financial problem.

Luckily, I had some savings and help from my dad, otherwise I would have been in real trouble. A lot of people are not so lucky, and I realised financially there must be other people out there who were in far worst difficulties than me, so I started looking to see how I could volunteer for a food bank. Someone mentioned FareShare to me, and

I can drive a van, so I just wanted to give something back and help in any way I could. A year later, my work returned to normal, but I decided I wanted to carry on doing my bit volunteering at FareShare, having seen first-hand people going hungry, plus I feel passionately about tackling food waste. I also really enjoyed my work there.

Please share more about your incredible fundraiser for FareShare for which you won the fundraising volunteer of the year award.

I had a full left hip replacement operation back in June last year. Before then I had done a bit of cycling and was generally quite fit. After the operation I wanted to do something to get me back in shape, so a friend of mine mentioned this bike race in South Africa which at the time was a year away, so I thought I had plenty of time to train and get ready for it. It involved a six-day mountain bike race off the side of Spion Kop mountain in the Drakensberg mountains, all off road and down a steep rocky single track. It is a dusty, rocky, technical and difficult descent. One tiny lapse of concentration and you would hit the dirt, a rock, a tree or worse. It was something I hadn't done before and I thought it would be quite the challenge as it was going to be around 600km.

Before I realised I may have bitten off more than I could chew, and with one prosthetic hip, I signed up for it and started training in November of last year. Having just turned 60 I would be one of the oldest attempting this ride. There were a few setbacks along the way - my mountain bike was stolen three weeks before the race, the crankset on my bike sheared off a week later and then I was diagnosed with arthritis of the right hip and right knee.

With one other friend, we decided we wanted to raise money for FareShare as it was one of my favourite charities. I realised when I started my Just Giving page that I had hit a nerve with a lot of people, as they all gave incredibly generously. I started with a target of £1000, and when my first donation was for £250, I thought blimey, I need to up this, so I increased it to £5000. We ended up raising £5440, plus £995 in gift aid.

What was your most memorable or favourite part of the journey?

The scenery was incredible. It was very cold at night, often frosty in the mornings when you set off, but got up to about 25 degrees during the day. I remember one morning we all set off together and there were these herds of springboks, kudus and antelopes going past us, it was unbelievable, so different from anything here. I had never been to South Africa before so that was amazing.

What was the most difficult?

You were self-guiding on an unmarked route and there was no back up. If you had a mechanical problem, you were pretty much on your own. You were having to navigate yourself, so if you went the wrong way, you would end up doing 20km more than you needed to which added to the day.

What is it like meeting the charities as one of the faces of FareShare?

I love it. Most of the people are very friendly and I get to meet some incredible people working in schools, care homes, homeless shelters, hostels, hospices and food larders. Most of them are also volunteers themselves.

I find that at the end of my Thursday, I have a big beaming smile on my face because everyone really appreciates those deliveries,

where in the construction industry, you get a lot of flak and disgruntled people. Thursdays are probably my favourite day of the week. I really enjoy what I do, and I get a lot out of it.

What do you enjoy most about volunteering with FareShare?

I think it's working with the other volunteers in the warehouse and the group at Milton Keynes, they are all so nice. I like the community feel and the great work that is being done by SOFEA. I enjoy the camaraderie that goes with that.

It's also a great workout, it saves you going to the gym.

How has volunteering made a difference in your life?

Mentally it has made a big difference because I wasn't in a good place before I started volunteering. Having your business almost collapse around you isn't good for your mental health. Putting something back into the community by volunteering during a difficult time makes you feel good on those days that you volunteer.

What has been your most memorable experience so far?

Going into these huge supermarket depots and realising the mammoth operation it takes to get food around the country. On my first day I went to Waitrose to collect some food and was told to go to bay 316. I was this tiny van amongst a warehouse full of these large articulated lorries. It was really surprising.

What would you say to someone who was thinking about joining FareShare as a volunteer?

Definitely do it. You will get so much out of it. The people are fantastic to work with, it gets you out meeting people, plus it's physical and really enjoyable.

Food News

Our Food Team has been working with different partners to help secure more food for our charities and community groups. Here are some of the things they have been up to.

The Food and Drink Federation Awards 2023

As this year's charity partner for the Food and Drink Federation, we were invited to the FDF Awards which took place on Thursday 21 September at The Roundhouse in London.

The event recognises and celebrates the UK's food and drink industry and offers a great opportunity for FareShare to network, fundraise and talk more about our work. Some of the amazing food partners we work with were also winners on the night so a big congratulations to them.



Tesco Food Collection

It's almost time for the Tesco Food Collection. This year the collection takes place between Thursday 30 November – Saturday 2 December and we are once again working with our long-term partner Tesco and the

charity The Trussell Trust which supports a network of food banks in the UK.

Volunteers play an essential part in this event by helping us collect vital long-life food for our charities and community groups supporting people facing hunger this winter.

You can make a huge difference in the amount of food that is collected by encouraging Tesco customers to donate food items on our wish list whilst they do their in-store shop. We receive 4 x times more food when a volunteer is present in-store asking for donations.

If you can spare three hours, we would really appreciate you signing up at your nearest Tesco store that has shifts available. Please also encourage your family and friends to support us. It will mean so much to people in need in your community. Sign up on our volunteering portal here: fareshare.org.uk/foodcollection

Food partner highlights

We love to celebrate the achievements of our incredible food partners. Here are just a few recent highlights:

The Compleat Food Group reached their 1 million meal milestone by providing approximately 463 tonnes of food.

Smithfield Foods Ltd UK donated sliced pepperoni for our Summer Hunger Campaign to 457 charities across the UK, which provided the equivalent of 21,438 meals.

Barfoots of Botley Ltd were recently on Channel 5's "Harvest on The Farm" talking about the great work they do with FareShare Sussex and Surrey to support local charities. You can watch the programme on My 5 either through the app or online - episode four.'

Albert Bartlett reached an amazing 11 million meal milestone in October and have provided over 4900 tonnes of surplus potatoes. Without fail, they have also provided food to FareShare every week over the last 12 months.

Fundraising News



Big Give

Give big with the Big Give this Christmas

This winter FareShare is tackling loneliness and social isolation by taking part in the Big Give's Christmas Challenge — the UK's biggest match-funded campaign.

With 14 million people already struggling to get enough to eat, and bills set to increase over the colder, darker months, FareShare's food will be an essential lifeline for people at risk of food insecurity and loneliness.

We'll be asking for people to donate to our Big Give Christmas appeal between midday Tuesday 28 November and Tuesday 5 December to ensure their gifts go twice as far.

During this time, their gifts will be doubled so that we can help twice as many lonely, vulnerable people to access the support they need. For more information visit biggive.org/christmas-challenge.

belVita

Give back with belVita's 'Give a Smile' initiative

belVita (the biscuit brand) is on a mission to spread positivity. That's why they've teamed up with FareShare to help fight food poverty.

Until Monday 30 October, you can 'Give a Smile' to help those in need. For every smile donated, belVita will donate the equivalent of one meal to FareShare, up to 100,000 meals.

Spread some positivity with belVita and FareShare by getting involved via the campaign website: <https://giveasmile-belvitasnacks.com.mdzapps.cloud/>.



Zero Waste Challenge

Good luck to our Zero Heroes

This month, FareShare's Zero Heroes are taking on the Zero Waste Challenge. By getting sponsored to cut out food waste at home, our heroes will be helping FareShare to tackle food waste across the UK.

Wishing a huge good luck to anyone taking part! Don't forget to join our Facebook community of like-minded Zero Heroes to share recipes,

motivation and fundraising tips throughout the challenge.

You can find more information about the challenge, including our very own waste free hacks, at <https://fareshare.org.uk/zero-waste-challenge/>.



FareShare Flex Project



Frank, Lisa, Shay

Flex, FareShare's food life extension project, is exploring ways to manage the inconsistency of surplus food supplies, to prevent gluts of particular foods going to waste, and times when fruits and vegetables are scarce. We are taking short life foods and canning, freezing, juicing and cooking with them to turn them into long life sources of nutrition and energy for our charities and service users. This prevents food waste and its environmental impact and creates long life stocks of food which can be drawn on when supplies are low. It solves the problems FareShare has always faced at harvest time, of being offered more of a particular food than our charities could possibly use in time, or receiving food in formats which charities or households would struggle to make use of.

Rather than being rejected by our food team, or wasted in our warehouses before they can be distributed, these foods are processed to extend their shelf-life. Broccoli

with just a few days life turns into soup with three years life, carrots are frozen to be used as needed, and much more, all to create a more consistent supply for our network of charities, and fuller fridges, freezers and cupboards for people who need them. So far we have made soups, chutney, tinned vegetables and frozen vegetables, and distributed them through our network of warehouses to our 8,500 charities, and to over a million individuals.

We want to make sure we are producing and providing the right foods that people need, so are asking FareShare warehouses, charities and individuals to let us know what they think of our products:

"We could provide a hot snack for young people accessing our centre"

"It was delicious"

"Families like tinned food as they can use it as a fallback when the fresh stuff has ran out"

"It was ready made - no cost involved due to needing additional ingredients. Quick and easy to make so suitable for people struggling to cook for themselves"

"Ease of use for those in poverty and also street homeless because of ring pull access"

"They [are] finding it harder to buy the veg they need and make it last and frozen veg is vital for them"

We have so far produced thousands of items which have already made a difference in our communities across the UK, but we want to do more, and explore all our options. We have generous funding from Julia and Hans Rausing, and invaluable in-kind support from suppliers and partners, to experiment with how best to work in this way, but we invite anyone else who might be able to help with this project to get in touch.



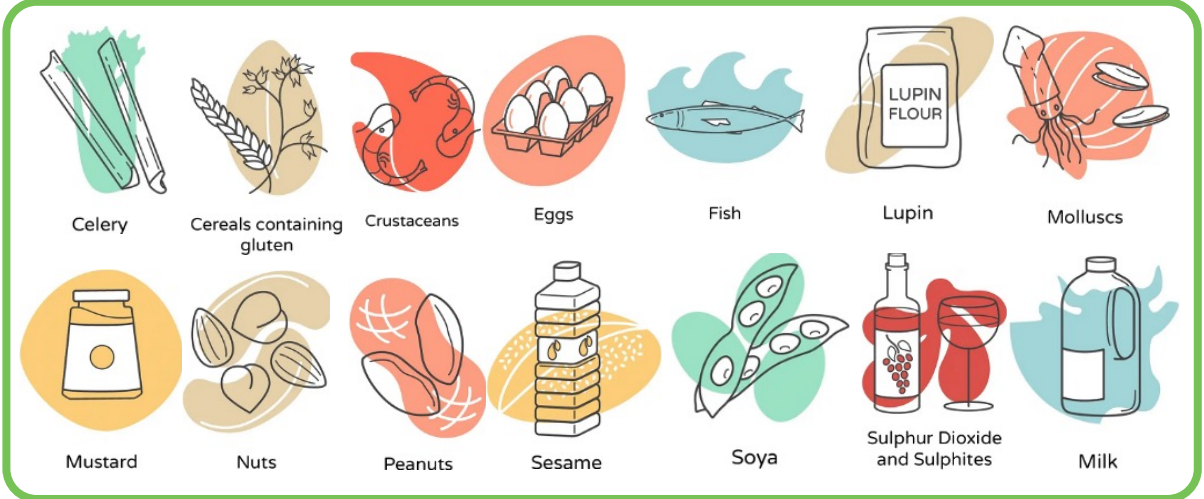
We are looking for partners with whom we can work flexibly, as well as sources of suitable food and help with packaging and storage.



SOP for Allergens

Standard Operating Procedure (SOP) for Allergen Control

The allergens covered by the scope of this SOP are the 14 recognised allergens in the UK:



Responsibilities

- Have you been trained on Allergens?
- Do you have any allergies?
- Have you reported this?

Ensure that all staff/volunteers/corporate volunteers and visitors that will be handling/picking food in the warehouse are screened and asked about any allergies that they may have. **See Health Questionnaire in Food Safety Manual.**

Procedures

Receiving Storage, Distribution & Handling

All incoming allergens must be labelled prior to going into storage. **See Allergen Notice.**

Loose allergens are stored separately from non-allergens to prevent cross-contamination. Loose allergens will be clearly labelled to indicate that it is an allergen. **See Allergen Notice.**

When handling multiple allergens, between each one you must wash hands with soap and water – or if disposable gloves are worn, replace them, and clean all equipment that is used to process different food allergens; allow equipment to air dry.

When picking loose allergen products such as celery, celeriac and nets of nuts, all staff with allergens should wear appropriate PPE.

When loading delivery vehicles, staff/volunteers must separate loose allergen products by using trays. Trays must be washed separately after each use. When picking loose allergen products such as celery, celeriac and nets of nuts, all staff/volunteers with allergens should wear appropriate PPE.

Recipe: Fish Pie

As the days get shorter and colder, here's a tasty, warming fish pie recipe from our food partner Albert Bartlett, to provide a hearty meal, perfect for a weekday night.

Preparation time: 20 minutes

Cooking time: 90 minutes

Serves: 4

Ingredients:

1kg, peeled and halved Original Rooster Potatoes
Knob of butter
Splash of milk
25g (1oz) butter
25g (1oz) flour
400ml milk
2 handfuls chopped parsley
200g (8oz) fresh skinless salmon fillet – chopped into chunks
200g (8oz) fresh skinless cod fillet – chopped into chunks
100g (4oz) fresh cooked prawns
1 tsp Dijon or English mustard
Handful frozen sweetcorn
Handful frozen petits pois
75g (3oz) grated cheddar

Instructions:

1. Preheat the oven to 200°C/180°C fan/gas mark 6. Put the potatoes in a saucepan and pour over enough water to cover them. Bring to the boil and then simmer until tender. When cooked, drain thoroughly and mash with a splash of milk and some butter. Season with ground black pepper.

2. Meanwhile, put the butter and flour in another pan and heat gently until the butter has melted, stirring regularly. Gradually whisk in the milk and bring to the boil, stirring to avoid any lumps. Add

the chopped parsley and stir, cook for 3-4 minutes until thickened.

3. Take off the heat and stir in the fish, sweet corn and peas. Spoon into an ovenproof dish.

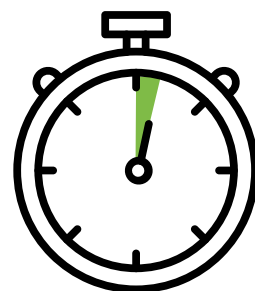
4. Put the mashed potato into a piping bag with a large rosette nozzle and pipe large swirls on top of the fish mixture and sprinkle with cheddar cheese. Put in the oven for 20-25 minutes or until golden and bubbling at the edges.

And now enjoy.



2 minutes with

Jo van der Linden



What do you enjoy most about volunteering at FareShare?

Spending time with people who have become my 'session in the warehouse' friends, having a chat and a laugh.

What has been your highlight of volunteering at FareShare?

It has got to be the award I received for the length of time I have been a volunteer, making me feel quite old.

Which living person do you most admire and why?

My mum (and all elderly ladies really) for keeping going, mostly on her own.

What superpower would you choose to have and why?

Flying because then I could go and see my family and friends in the Netherlands (where I was born) more often.

What do you consider your greatest achievement and why?

Our two children. They are now lovely adults.

What are your 3 favourite foods?

Chips and mayo, bread, and cheese.

If you had 25 hours in a day, how would you use your extra time?

I am a great fan of sleeping so probably an extra hour of that.

What's your favourite place you've ever visited?

Anywhere with the sea close by, Holy Island, the west coast of Scotland, Kastos Greece....

What's your favourite thing to have on toast?

Butter and homemade marmalade.

What is the most important object you own and why is it important to you?

A wood spiral carving my late dad made out of one piece of wood.

What's the best piece of advice you have ever been given?

A Dutch saying: Act normal that's crazy enough (sort of saying 'don't be such a show-off').

Which fictional character would you most like to meet in real life and why?

Tintin, for some crazy adventures.

How do you take your tea?

Hot and black when I am 'at home' in the Netherlands or hot with a splash of milk when I am at home here.

If you had to eat one meal every day for the rest of your life what would it be?

Anything involving pasta.