



Kitchen Social

good things to eat and do

97,792

meals provided
to children and
young people

14,021

meals served
to parents and
volunteers

21,124

children and young people have
benefitted from the programme



Data from the 2019 Survey of Londoners indicates that 400,000 young Londoners are still experiencing food insecurity.

Kitchen Social addresses the growing and serious issue of children facing food insecurity and social isolation outside of term time.

Poor nutrition and isolation not only affect a child's physical wellbeing, but also their long-term educational attainment and employment prospects, thereby perpetuating the cycle of poverty.

The programme gives children and young people a safe place to go during the school holidays where they can socialise, make new friends and get a free, healthy meal.

Over the last three years, Kitchen Social has built on the strengths and abilities of local community organisations to reach the children who most need support.

By raising awareness of the issue and developing an effective delivery model, Kitchen Social has been able to:

- Provide funding and training to over 200 local grassroots community organisations (hubs);
- Work closely with 122 of these hubs to continue to deliver holiday provision;
- Work with partners to lobby government to recognise and commit to tackling the issue.

Youth clubs, schools, churches, adventure playgrounds and community centres across London are among those delivering the programme. Kitchen Social has developed best practice and helped hubs to deliver holiday provision to a high standard by introducing a Quality Assurance Mark.

The programme has also worked extensively with surplus food suppliers in London to understand the needs of these hubs, as well as providing hundreds of volunteer hours through our corporate partners. We are proud to have brought together a coalition of food businesses, brands, charities, foundations and corporates to help tackle the issue of food insecurity. Kitchen Social has also gained the support of the Greater London Authority, and is a feature of the Mayor of London's Food Strategy.



122 community organisations signed up



24 London boroughs supported



72 professional chefs engaged



30 nutritionists involved

As part of a 2-year evaluation partnership with Northumbria University, we have found that the community organisations working with Kitchen Social deliver significant impact in the following areas:



Positive community networks



Water consumption
a significant increase



Readiness to learn



Improved diet
leading to nutritional intake improvement



More involvement in activities than those who do not attend holiday hubs



New friendships



Less weight gain than those who do not attend holiday hubs



Improved behaviour



Time with people that they wouldn't otherwise have met

“I like to come to the hub because it is fun and I get to meet up with my friends. I don't want to stay at home so I'm glad we come here and take part in activities and go on trips. If we didn't have this, I would be at home most of the day watching TV, studying and sleeping. The food was really nice too, we got to make stuffed vegetables with different fillings. We also learned the importance of including fruits and vegetables in our meals and regularly made fruit salads together.”

(Young Person)



Better employment opportunities



More integrated into the community



Optimism about the future



Financial impact on families



Increased wellbeing



Exposure to foods not consumed at home

“We are able to do things with our children, meet new and other parents. My child always looks forward to the activities which I find very refreshing. Where I come from there are no activities for children, the cheapest provision I could get was £16 per person. Without this my children would be bored and frustrating me as the most I could do with them was to go to the park.”

(Parent)



OUR WORK IS NOT YET DONE

At present, free holiday provision in both London and the rest of the UK is far from being inclusive, high-quality and sustainable.

In the absence of statutory support, Kitchen Social has demonstrated the need for more intervention, and developed a flexible delivery model which facilitates positive networks and relationships between hubs and partner organisations.

To ensure the long-term viability of Kitchen Social, and to extend the reach of the programme, further work is required.

We aim to embed this type of provision within local authorities and secure funding and support, in terms of governance on type and quality of food served, from central government.

To get involved with Kitchen Social or find out more visit:

mayorsfundforlondon.org.uk

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