



Friday 30th June 2023

Hi Folks,

We hope this week's edition finds you well - it's hugely appreciated you've helped us to cook, pack and deliver some **6600** meals over this week!

This week we point to the key findings of the Broken Plate Report 2023 launched by the Food Foundation on Wednesday.....We were at Lauriston Farm on Monday - an amazing enterprise.....our Sharing Shelf develops with your help..... and of course, an update from Tom & Team.....

Firstly however, we'd like to offer a warm welcome to Charles who recently joined our delivery team. Charles is a highly experienced driver and we'll perhaps share some insights from Charles and Dom - our newest recruits in the coming week. Welcome!

Now, the **Broken Plate Report 2023** was published earlier this week and highlighted some startling facts.....

- **Affordability of a healthy diet** - the most deprived fifth of the population would need to **spend 50% of their disposable income on food to meet the cost of the Government recommended healthy diet**. This compares to just 11% for the least deprived fifth.
- Cost of healthy food - **more healthy foods are over twice as expensive** per calorie as less healthy foods.
- **Availability of low sugar options in key children's food categories** - only 7% of breakfast cereals and 8% of yoghurts marketed to children are low in sugar.
- Advertising spend on food - **a third (33%) of food and soft drink advertising spend goes towards confectionery, snacks, desserts and soft drinks compared to just 1% for fruit and vegetables**.
- **Healthy life expectancy** - healthy life expectancy in the **most deprived tenth of the population is 19 years lower for women and 18 years lower for men** than in the least deprived tenth.

The full report is available via this link [The Broken Plate 2023 | Food Foundation](#).

One thing that is very pertinent to the decreasing qualities of diet in the UK is **accessibility** to a healthy and sustainable diet, both from an affordability and availability

perspective and with that in mind a few of us went to see Lauriston farm on Monday.
<https://www.lauristonfarm.scot/>

It's an amazing local project, focused on transforming an existing farm into an urban food production and community hub that benefits, supports and regenerates the environment and all those connected to it. Among a variety of other things it provides access to allotments and growing spaces for people in impoverished areas nearby, where they can learn to grow their own fruit and vegetables, there is also a market garden which will be providing veg boxes across the north edinburgh area. These boxes are supplied on a sliding scale of price so that those who cannot afford to pay the full cost are subsidised by those who choose to pay more. Land use can be a key driver in the creation of food inequalities in Scotland and the juxtaposition between the creation of agency in food choices and community creation on one side of the fence and the fields of winter barley grown for cheap alcohol on private land on the other side of the fence, really brought this point home.

One other thing they are doing on the farm is growing wheat for Granton Community Bakery, if you would like to find out more about this project, they are holding an open day see below.

<https://www.eventbrite.com/e/walk-in-the-wheat-tickets-666865160647?fbclid=IwAR1CVQhYTrgcyXtptjhLgOjF7gu-TKaDkeVH9ugNFzqATj8xmGEUPIX5P7g>

Our Friends at Hibs.....have now launched their summer programme of groups, activities and free community lunches from @HibsinCommunity, with help from @Cyrenians1968 & ourselves @emptykitchens, & others over the school holidays.

You can get along to Easter Road and get involved! <https://t.co/yCkJYOzvUF>

Corporate & Group Volunteering..... As we head into July and the rest of the summer we will be welcoming groups from the Shore Group, Baillie Gifford, NatWest, Mazars, Barratt Homes, Q2 Solutions and others. From later in July groups will be joining us on Tuesdays and Wednesdays to support the work we all do here. Group size continues to be limited to 5 people and we remain determined to not displace you, the wonderful folk without whom we could not do what we do every day, so there is plenty of planned capacity but if you can't access a shift do let us know.



The Sharing Shelf...

The sharing shelf is working well - ideas on exploring how we develop both the space, what a food offering could look like and how we use these initiatives to connect more with our community now that the garden is established are very welcome.

We enjoyed eating a delicious lunch in the garden on Thursday - the salad included mint and parsley from our very own polytunnel!



Hand Washing..... Over the coming weeks you'll note extra signage and prompts to remind us all to wash our hands prior to commencing shift or upon entering the food production spaces. Hand Wash stations are adjacent to the Cloak Room, in the Pot Wash and in the Kitchen - for those working in the Kitchen. Thank you for your support on this.

News from Tom & Team in The Garden...



“Hello from the Sunny Garden! Another productive week - lots of thanks to the garden volunteers - some more ornamental planters built and planted up by Lynne and lots more bark spread by Anne and Stewart (nearly finished!).

The plants in the polytunnel are all growing super fast now, there are some cucumbers and chillies which are bearing fruit, which is great to see. We had a wee visit to Lauriston Community Farm on Monday afternoon, it was really interesting to see what they are doing - similar in many ways to our space but a lot bigger!”

Thank you for all your support this week and wishing you all a wonderful weekend!

[Mike](#), [Janet](#) & [Martin](#)

P.S. Do please let us know what's on your mind by email at et@emptykitchens.co.uk or just come and have a chat.

THE NOTICE BOARD

ROTA CENTRAL:

Departments are now showing shift availability up to the end of August including Project Hibs.

We are doing a lot of housekeeping on Rota Central, updating and clearing, ensuring roles and details are correct. This work will continue over the coming months. If you are not receiving the Wednesday rota email or you are but the role(s) are not the one(s) you signed up for, do let us know.

Let us know if you wish to add or remove roles, have any volunteering or shift queries or problems with Rota Central. Contact us via the WhatsApp channel (07918 121606) or to **Volunteer Services** at volunteer@emptykitchens.co.uk

The Kiltwalk - 17th September 2023.

Could you join the team walking Miles for Meals and help us turn miles into meals by walking **5, 15, or 21 miles**? Take part in the **Wee Wander**, the **Big Stroll**, or the **Mighty Stride!**.....

Here's how to get involved:

1. Sign up for your chosen distance at <https://www.thekiltwalk.co.uk/events/edinburgh>
2. Go to <https://emptykitchens.enthuse.com/cf/edinburgh-kiltwalk-2023> to register as part of our Empty Kitchens Full Hearts team and create your fundraising page

By registering with us and creating a fundraising page - which works in exactly the same way as a GoFundMe or JustGiving page - it's already built into our website and donation platform, and means we can claim GiftAid on relevant donations. It also makes it easier for us to see everyone who is kindly fundraising for us so that we can support your amazing efforts! Get in touch with Emily (emily.gifford@emptykitchens.co.uk) if you have any questions!

Membership:

We always welcome new applications to be Empty Kitchens Full Hearts Members! As a Member, you have oversight of what we do, you'll influence strategy, and be voting on matters of constitution and governance including electing our Trustees. Members' meetings take place approximately twice a year, so we hope it's not too big a commitment! You can always come and talk to us about it if you'd like to know more before you apply...

Registration forms are available from the Welcome Desk. New Membership applications will be reviewed at the next Board meeting in July.

