



Good Food Group - Update



Introduction to the Good Food Group

Connecting Services to Strengthen
Our Community

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Good Food Group Aims

- Build community and advocacy support around food to improve economic, social and health outcomes for everyone in Kingston
- Celebrate our rich diverse culture and unite our community around a love and enjoyment of food!
- Work to reduce food waste



Overview of GFG Services



Central Network Hub: GFG acts as the pivotal network connecting various food service providers, facilitating collaboration among local charities, businesses, and community groups. We aim to streamline efforts and resources to enhance food distribution and education across Kingston.



Support Through Training and Funding: We provide robust support to our network members by offering:

Training: Programmes designed to enhance operational skills in food safety, nutrition education, and efficient food distribution.

Funding Opportunities: Assistance in securing grants and funding that enable expansion and improvement of services, directly impacting local food security.



Strategic Approach to Food Insecurity: GFG tackles food insecurity by advocating for systemic solutions and implementing strategic projects that address underlying causes. This includes influencing local policy, partnering with broader networks for resource leverage, and launching initiatives like urban agriculture to sustainably improve community food access.



Accessing GFG Services

Access Through Member Organisations: GFG services are available to the community through a diverse network of member organisations. These members include:

- **Food Banks:** Providing essential food items to those in need.
- **Pantries:** Offering a variety of foods to support families over extended periods.
- **Hot Food Providers:** Serving ready-to-eat meals to individuals and families.
- **Surplus Redistributors:** Ensuring excess food is utilised effectively and reaches those who need it most.

How to Connect: Individuals and families can connect with our services by:

- **Direct Links:** For ease of access, you can find the full list of our members and their services [here](#). This list is regularly updated to reflect the current offerings and any new members in our network.

Ongoing Projects and Initiatives

Five-Year Food Insecurity Plan:

- In partnership with RBK Public Health, GFG is developing a comprehensive five-year plan aimed at systematically reducing food insecurity across Kingston.
- This strategic initiative focuses on long-term solutions, policy influence, and the integration of services to provide sustainable support to the community.

Simplified Targeted Leaflets:

- GFG is creating easy-to-understand, targeted leaflets that will compile and condense information into single-page guides.
- Each leaflet will focus on detailing all accessible services for specific groups within the community, ensuring that individuals can easily find the help they need without navigating through complex information.

Surplus Hub Development:

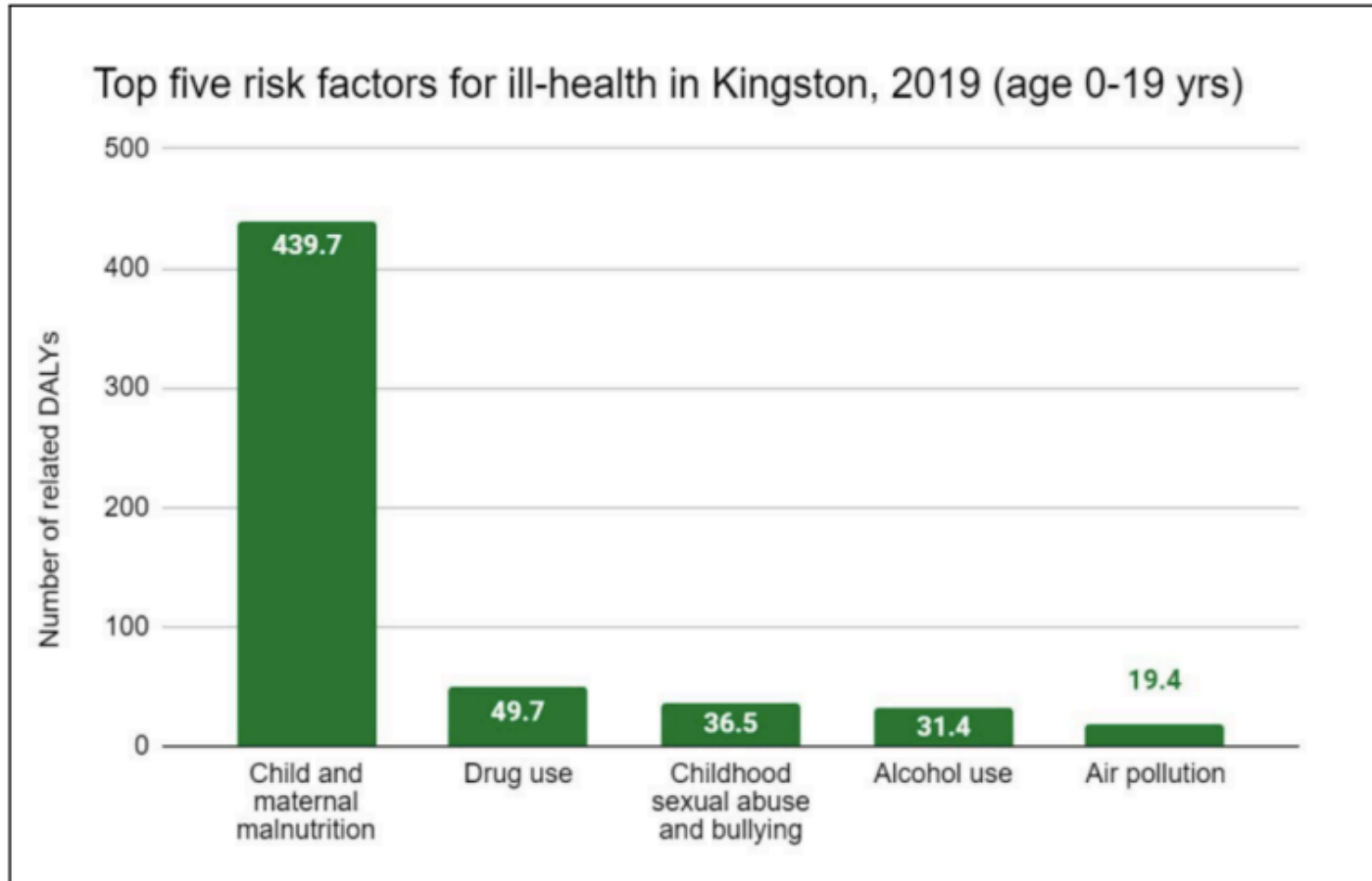
- To maximise the efficiency of food distribution and reduce waste, GFG is establishing a surplus hub that will serve as a central point for collecting and redistributing excess food from local businesses and supermarkets to those in need.

Expansion of Community Kitchens:

- GFG is actively working on expanding the number of community kitchens available in the area.



Health Risk Factor Areas (age 0-19 yrs)



Online Healthy Start Training

- Learn more about the Healthy Start a government scheme that helps families with young children on a low-income buy healthy foods, milk and obtain free vitamins.
- The session will cover entitlement, application, usage and problems as well as other local support.
- This training is may be of particular interest to those supporting food banks, community hubs, organisations, volunteers or befrienders working with young families.

