



Making
life
affordable.

**Impact
Report
2022.**

Our mission is to unleash the power of food and ignite long-lasting change in struggling neighbourhoods across the UK.

We build bridges out of food deserts, bringing nutritious, affordable food to the centre of the UK's most deprived communities. We nourish them. We change lives. And we give voice to the people who use us – our members.

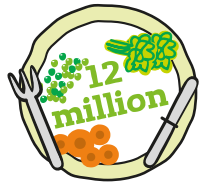
We are the everyday - the bread and butter - baked into the heart of our communities.



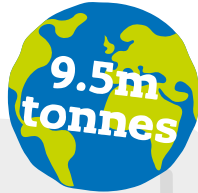
2022 at a glance



of food was redistributed to our communities, a massive...



...meals worth, that's...



...of CO₂.



By the end of 2022 we had **81 hubs** supporting **45,000 members.**

We have helped



over 14,000

people stop or reduce their food bank use.



of our members say TBBT is good for their community.

In 2022, TBBT members collectively saved more than...



...on their food budgets.

90%

of our volunteers have made new friends.





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What we do

It starts with food

When you're struggling to make ends meet, knowing where your family's next meal is coming from is paramount.

Our mobile food clubs give access to nutritious and affordable food taken into the heart of communities starved of money, food and resources. This low cost weekly shop provides essential produce for family eating – fresh fruit and veg, chilled goods and cupboard staples.

But that is just the beginning

Every week, we improve diets with a diverse variety of healthy produce and products.

Every week, our communities gather to manage the distribution of food, building friendships, skills and connections.

Every week, we diminish loneliness and reduce the stress of stretched finances.

Every week, we bring in external partners to offer bespoke and tailored support.

Every week, we listen and we learn, building understanding of the issues facing our members and give voice to their stories, amplifying them and affecting change at a local and national level.

Every week, we change lives.

Introduction



We are the everyday – the bread and butter - baked into the heart of our communities.

Throughout 2022, The Bread and Butter Thing (TBBT) has focused on increasing support across our existing and new communities to deliver maximum impact for people at a time when they need it the most.

The economic challenges every person in Britain has faced this year have been significant and have forced many families into financially difficult situations. With rising food prices, increasing housing costs and crippling energy prices, more and more people are struggling with everyday life.

As a result, TBBT has worked with partners to deliver an increased and sustainable response, actively investing in the long-term future of low-income communities. By providing access to healthy, affordable food, our communities build foundations that make them stronger, more closely connected and healthier. Every week they gather, working together to provide an uplifting, dignified and non-stigmatising shop for their neighbours. Allowing people to rebuild their lives and giving them a step-up towards stability.

TBBT is the catalyst for change. We empower our communities. We are about much more than food.

In 2022, we have also explored new ways that we can help meet the challenges our members face.

This winter we opened new Warm Hubs, creating welcoming spaces for a chat and brew, combatting loneliness and social isolation as well as the cold.

We extended our Additional Services programme to directly respond to issues our members say are most important to them. We bring skilled partners to our hubs to provide practical advice and solutions in areas such as digital exclusion, energy supply, income maximisation and mental health.

As well as providing grassroots interventions, we actively champion our members through advocacy by articulating their key concerns with policy makers at a local, regional and national level. 2022 also brought the launch of our podcast, A Slice of Bread and Butter, as a platform to amplify their voices.

All of this work is underpinned by the support of our extraordinary food partners who keep us stocked with a rich and diverse range of food, transforming members' diets in new and exciting ways. We have developed several new partnerships unlocking thousands of tonnes of surplus food to feed our members in safe and environmentally impactful ways of

redistribution. Not to mention those companies that routinely lend us their staff on volunteering days which help keep our warehouses running at full tilt.

But none of this could happen without the work of our amazing and tireless local volunteers who show up for us and their communities, week-in, week-out and make the magic happen. Together they build skills, connections and friendships forged in the freezer van or knee-deep in crates of fruit and veg! My personal thanks to each and every one of them for the time, energy and commitment they show.

I'm delighted to share some of this work and impacts from TBBT in 2022 and give a peek at what's coming in 2023.

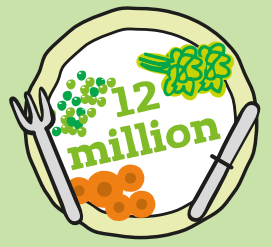
- Mark Game, CEO



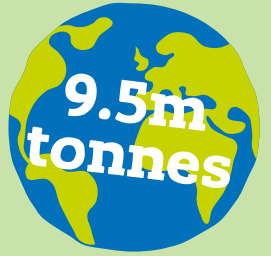


5000 tonnes
of food was redistributed to our communities, a massive...

“ TBBT has opened me up to a whole new community and got me out of the house even on bad days when I feel like I can't be bothered. It also makes me feel good that I can cook my children a decent meal too. I know I'm broke but not alone in the way I feel, so it's great to meet other people in the same boat and there's no judgement. We all speak and say hello. It's made me feel more like me again.
- Blackley Community Hub Member



...meals worth, that's...



...of CO₂ saved.

“ I am so impressed with TBBT for helping the community whilst reducing food waste that I have now become a volunteer. All the other volunteers are lovely people and it's a pleasure to work alongside them, knowing that the community greatly benefits from this great service.
- Houghton Green Hub Volunteer

In 2022, TBBT members collectively saved more than...



...on their food budgets.

“ I've felt less alone using TBBT as there's people in a very similar situation to me and I feel there's now somewhere to go for a wide selection of food instead of beans on toast for a week or so previously.
- Burbank Hub Member





96%

of our members feel comfortable shopping with TBBT.



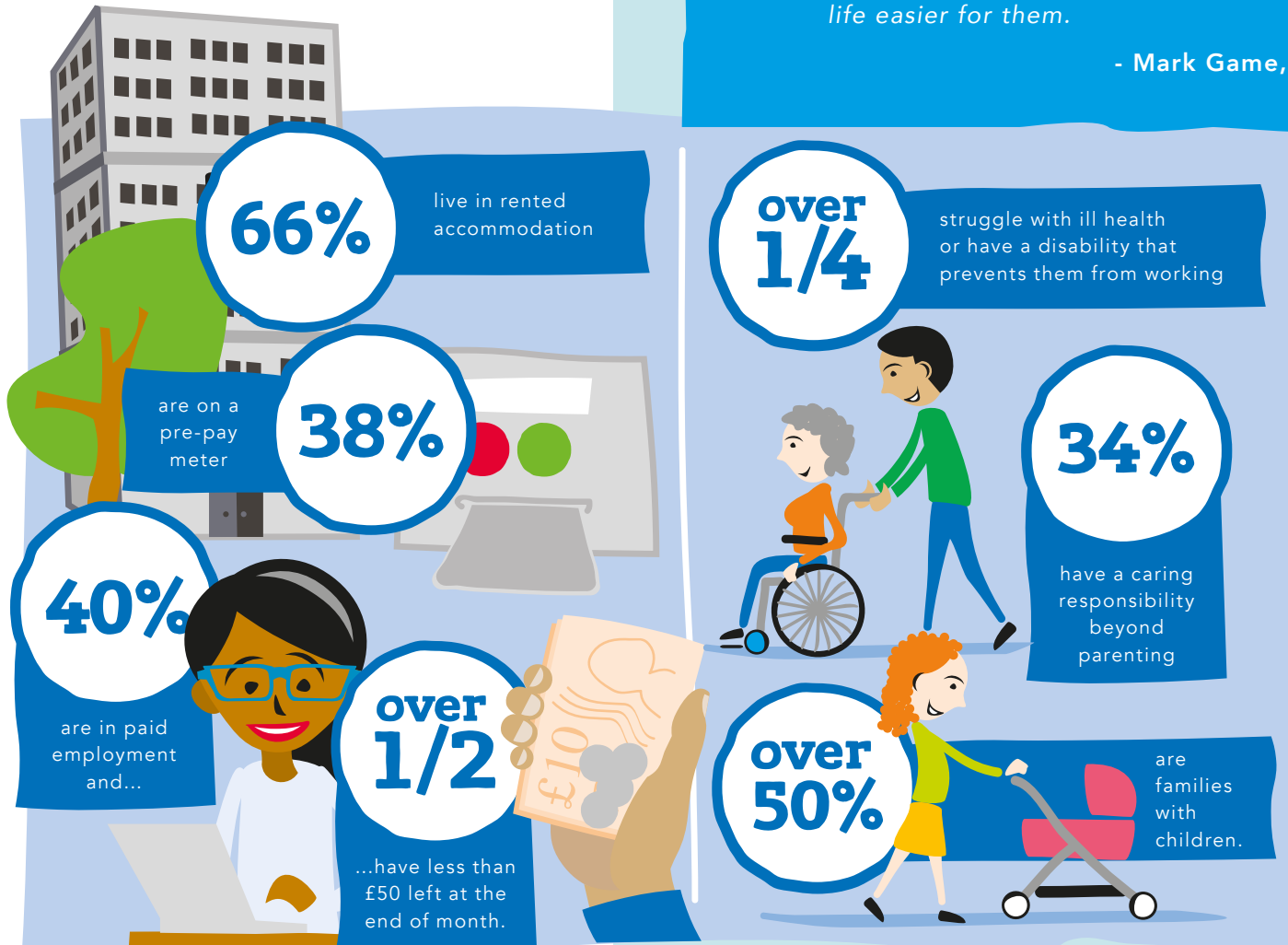
TBBT has introduced me to new foods and made me feel part of the community.

- Annfield Plain Hub Member



Who are our members?

TBBT's members are as diverse as the food we provide.



“ What unites our members is that they are expert jugglers. They face multiple personal challenges whether that’s a caring responsibility, low paid work or illness, combined with the increased costs of childcare, travel and energy. Over a third of them are barely breaking even each month. These are people who have a lot on their plate. And our job is to make life easier for them.

- Mark Game, CEO



Spreading the power of affordable food

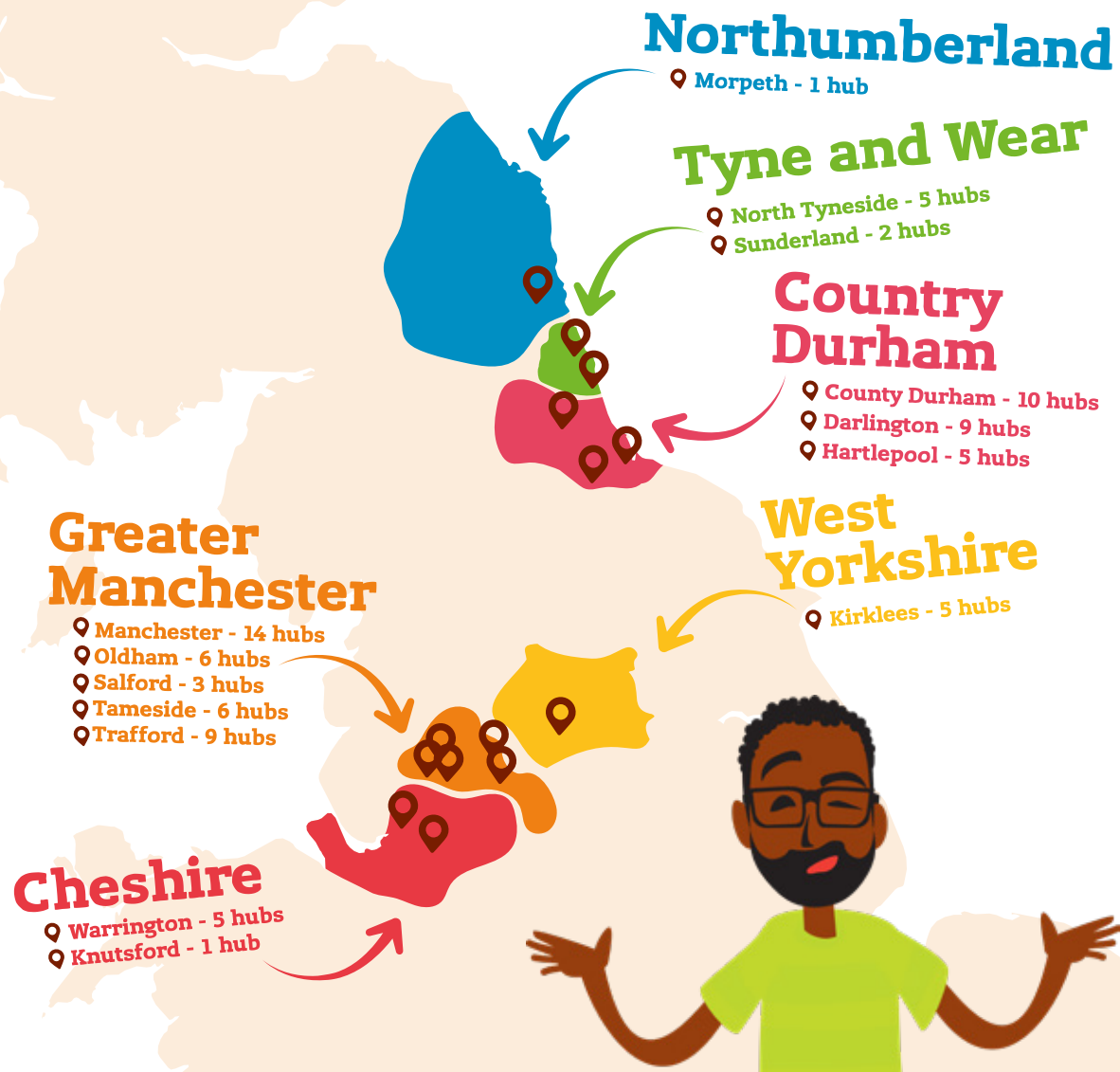
2022 demanded flexibility to spread the benefits of our affordable food clubs. This has been underpinned by new and existing partners investing in the long-term future of their low-income communities, including those hardest hit by 2022's economic challenges.

A new partnership with Kirklees Borough Council and Cummins Turbo Technologies brought TBBT into Yorkshire for the first time with five new hubs established this year. The hubs have been so successful that Kirklees has already made a commitment for a second van and further five new hubs to come in 2023.

Our second new council partnership was in North Tyneside which now has six hubs across the region including one as part of an innovative three way collaboration with Karbon Homes and Gentoo. Karbon Homes' first hub of three took TBBT to Morpeth, our most northerly point so far, while Gentoo's hub opened at Pennywell in Sunderland, where the city council are also investing.

Sunderland City Council's collaboration launched its first hub of five in the Southwick area of the city at the end of the year, with a further four to follow in early 2023.

Coast to Coast



Elsewhere there have been further developments within our existing regions. County Durham had five new locations launch in 2022 with a further five due in 2023, taking us to 15 across the county in total.

Darlington has seen two new projects open taking its total to nine and, with four new hubs this year, Warrington is now home to five TBBT locations. A new project in local Knutsford continues to spread our work into Cheshire.

Trafford and Tameside have opened one new hub apiece, taking Trafford to nine and Tameside to six. While a new partnership with Manchester Libraries sees three of our hubs rehoused into new community spaces in Beswick Library, Withington Library and Gorton Community Hub. And our Higher Blackley hub is now situated in the newly refurbished community centre.



By the end of 2022 we had

81 hubs

supporting

45,000 members.

TBBT works in areas where residents lack access to affordable food and are living in food insecurity from skipping meals to relying on handouts. By using our service, we can offer them a step-up - bridging the gap into better, more reliable food security.

Food ladders



Dr Megan Blake, Senior Lecturer in Human Geography from the University of Sheffield, is a specialist in food insecurity. She describes it as like being on a food ladder.

Rung Three

Long-term stability with families that are able to feed themselves well, within communities that are strong and resilient.

Rung Two

Families living in a degree of food insecurity - whether that's skipping meals or relying on handouts. By accessing affordable food clubs such as TBBT, they have their capacity for coping enhanced with access to other assistance such as advice with bills and debt management or connecting people with their communities. By providing tools for people to make accessible food choices and stretch their budgets, we can enable longer term solutions and lift people out of crisis, or prevent them falling into crisis in the first place.

Rung One

Vulnerable families who need crisis support, like food banks, to enable them to cope.

Dr Blake's work has helped shape TBBT's development. Our affordable food service supports families on Rung Two - preventing them from falling into crisis and helping to lift them to long-term food security.

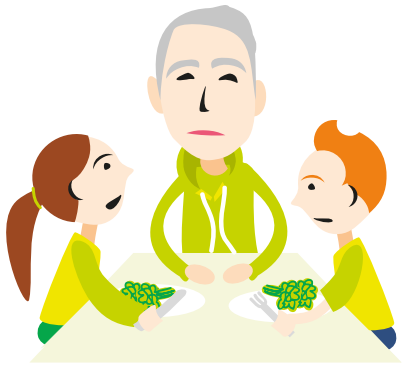
TBBT is much bigger than food. It's about relationships, community and bringing people together. The hubs have become places of connection and sanctuary. People volunteer and gain a sense of purpose, others access food in a way that doesn't feel stigmatising, some find a place in a community they never knew existed. Everyone gives something to it and gains something from it. Other groups and partnerships spring up at these hubs and tap into the communities that congregate there. Their impact is much bigger than we could have imagined.

- Lisa Waldron, Public Health Manager, Kirklees Council

Stepping up the food ladder

9 out of 10

members were skipping meals before they started using TBBT.



3/4

of them have now reduced or stopped skipping meals altogether.

1/2

of our members used a food bank prior to coming to TBBT, of them more than

2/3

have reduced their need to do so.



“

I have realised I am not alone in worrying about how to put food on the table.

- Chickenley Hub Member

We have helped



**over
14,000**

**people stop or
reduce their food
bank use.**

It starts with food

Every week, we improve diets with a diverse variety of healthy produce and products.

TBBT continues to be at the cutting edge of food redistribution working in areas others don't. We focus on unlocking new surpluses, encouraging our partners to look deeper and in a more rounded way at their operations to release new food into the redistribution eco-system. This means that we can work side-by-side with other food support agencies, bringing new food into areas that need it most. To coin a phrase, TBBT reaches parts other redistributors can't!

Research undertaken by industry experts WRAP show that over 200,000 tonnes of edible surplus is still being wasted every year within the food manufacturing industry. That's a whopping 476 million meals worth. World Wildlife Fund figures show that over 2 million tonnes of crops – fresh fruit and veg – were ploughed back into fields this year rather than being harvested and used to feed people.

We collaborate and innovate with food organisations to help get this food on people's plates, ploughing our own furrow from tractor to table.

As a result we can offer our members an incredible range of food including early

tastes of new products in development; top quality meat, fish and chicken; mouth-watering fridge favourites; and fruit and veg of all shapes and sizes!

Our flexible, agile and collaborative model means that TBBT can reach and repurpose all kinds of surplus. This brings better results for the environment, better results for suppliers and better results for our members too. All underpinned by our dynamic and flexible national infrastructure which enables us to deliver hyper-local distribution.





79%

of the food we distribute is fruit, veg or chill for the fridge.

72%

of our members now have better access to affordable fruit and veg.

8/10

members have tried food they'd never tried before.

“

I just wanted to contact you in order to thank you for your wonderful service. As a result of joining TBBT, I am able to cook healthy and nutritious meals for my family, without worrying that I cannot afford to buy other goods such as washing powder, cleaning products and sanitary items etc. Your service has been lifeline for us and is greatly appreciated.

- Houghton Green Hub Member

“

TBBT so often provides stuff I'd never dream of buying, like premium fruit juices and posh ready meals. Using TBBT means I've been able to put far more money aside for fuel and water bills, and that has significantly reduced my stress and fear about being able to meet rising costs.

- St Ambrose Hub Member

“

It's opened us up to new foods and made me more creative in the kitchen as I like to use everything that we buy.

- People's Church Hub Member

Westmill Foods

“At Westmill Foods we prioritise reducing waste in our operations wherever possible and this includes redistributing surplus food fit for human consumption. We wouldn't be able to do this without key redistribution partner charities like TBBT, who are able to accept a wide range of stock and ensure it always reaches those who really need it.

- Nia Garry, Sustainability Lead, Westmill Foods

Morrisons

A staunch supporter since TBBT's inception in 2016, work with Morrisons has continued to grow and develop in 2022. This year, across the whole operation, Morrisons has supplied TBBT with over 1803 tonnes of food – that's a record 4.8 million meals worth. But our relationship is about so much more than food. Unique amongst British supermarkets, Morrisons is a vertically integrated operation, working from farm to fork.

This provides unique and exciting possibilities for collaboration as we work with Morrisons to identify surplus food within the supply chain and find new ways to get it out to hubs for our members. As a result we're making great strides for the environment with quality, edible surplus saved from going to waste and our members benefit from a whole variety of food from produce and bakery items to eggs and meat. By redistributing surplus food with TBBT, Morrisons has saved 3.3 million kg of CO₂ in 2022 alone.

“Since 2016, we have worked closely with The Bread and Butter Thing to help distribute our surplus food. This partnership allows us to not only reduce our food waste but support great causes at a local level. The team is incredibly flexible and works closely with our sites to ensure food is collected and distributed in a quick manner.

- Ruth McDonald, Corporate Services Director, Morrisons



Oscar Mayer

Bringing DIY ready meals to TBBT

Joining forces with top British food manufacturers, TBBT has demonstrated expertise in working with partners in the manufacturing process itself, rescuing surplus foods that are used in the creation of other products – including components for ready meals.

Cue Oscar Mayer – a leading manufacturer of chilled ready meals and prepared foods, supplying supermarkets and major brands across the UK. Its portfolio spans the cuisine map - including British, Italian, Mexican, and Asian recipes. Together we combined the company's passionate approach to sustainability, desire to reduce its waste and its carbon footprint to ensure that its food feeds people first. Imagine the possibilities!

TBBT were invited to join Oscar Mayer's technical team on a factory walk at their Wrexham site, to see what goes on behind-the-scenes and take a closer look at where their surpluses are created.

A unique pilot project was born: for Oscar Mayer to send TBBT its surplus ready-meal meal components left over from the end of its batches of cooking.

Together we tackled the logistics to create a seamless 'chill chain' keeping everything secure, cold and edible. As well as making



You've helped me fill my fridge which was always empty before joining TBBT.

- The Well Hub Member

sure that members received all the ingredient, allergen and cooking instructions needed to ensure safe consumption and food safety compliance.

The first delivery of product began in June. 7kg bags of spag bol, cheese sauce, stroganoff, cottage pie and cheese sauce started to arrive, each with 10 days use-by life, even more if frozen. All top-quality components used in quality ready meals for the nation's favourite retailers. Each bag contains enough for 8-10 family meals – meaning TBBT members can batch cook their ready-meals at home and keep their freezers stocked.

The work was so successful that a fuller partnership was fostered which now means regular weekly collections resulting in up to 2 tonnes of food a week – that's enough for 4760 meals! And in August, Oscar Mayer's site in Flint joined with its New Product Development trial meals, giving our members a preview taste of treats not yet on the shelves.



With thanks for...

Keeping our fridges stocked...

Amazon, Best Food, Bakkavor, Cranswick, Greencore, Heck!, Iceland, Morrisons, Muller, Pukka Pies, Quorn Foods, Oscar Mayer, Pilgrim's.

Getting our 5 a day from...

Cutler Heights, Dole UK, Dyson Farming, Fyffes, G's Fresh, Gadbrook Produce, Greene King, Huntapac Produce, Len Wright Salads, Strawson Limited, Thanet Earth, Worldwide Fruit.

All our staples and some treats from...

Amazon, Aldi, Asda, Booker, Booths, Co-op, Dawn Foods, Destiny, Ekattera, GXO Costa and Whitbread, Kelloggs, KP Snacks, Lidl, Polish Village Bakery, Premier Foods, Sainsbury's, Soreen, Wagamama, Warburtons, Westmill Foods.

And thanks to Lineage Logistics for their continued masses of freezer space. Plus Lea Transport and Harrison's for literally going the extra mile, transporting our supplies across the UK.



Our communities

Every week, our communities gather to manage the distribution of food, building friendships, skills and connections.

TBBT is all about community – fostering the warmth of community spirit and building strong local connections.

Our hubs are the epicentre of our service – they are our champions and the heroes of their local communities. We work with them to amplify their work and build their impact too. **2/3 of our members** are new visitors to their local hub with their weekly TBBT shop building connections with local centres and their residents.



“ TBBT has been a brilliant thing for our community. When our first hub location closed, we were determined to keep TBBT here as we were getting so many requests for help. So we formed a special group to manage it out of Westy Community Centre and we’re so pleased we did. The demand for food support locally just keeps growing and TBBT is making a big difference. We’ve hosted a Warm Hub too and it’s been lovely having members come early for a chat and the chance to meet and make friends. There’s a great sense of the community coming together each week.

- Naomi, Hub Leader, Westy Community Centre

Our amazing volunteers

Volunteers are the life blood of TBBT's operation. In 2022, TBBT benefitted from:

100,000 volunteering hours

in our communities, at the warehouse or as drivers collecting food.

90%

of our volunteers have made new friends.



Sandra has volunteered at OL1 in Oldham since the hub opened in 2018.

"The best part about volunteering is you don't just feel that you're doing good, it is actually fun. It's hard work, because it's a lot of heavy lifting. But once you get a regular group of volunteers, which we have, it's been more or less the same since day one. And you can have a laugh and you become a family in itself."

“

Made me feel part of the community. TBBT is the best thing I have joined.

- Corporation Road Hub Member

“

It's nice to meet members of the community and hear about other events in the community as well as TBBT.

- Eden Miner's Hub Member

“

It's allowed me to have enough food for my family and, because lots of various people use TBBT, I don't feel embarrassed about going there. And it has a good community vibe.

- Dalton Hub Member



Changing lives

Every week, we diminish loneliness and reduce the stress of stretched finances.

Being social

Social isolation is a big issue amongst TBBT members, especially with the cost-of-living crisis leaving people with not enough disposable income to afford to travel socially or meet for a brew and a chat.

2/3 of our members are seeing their friends and family less as the year has gone on, a direct correlation with rising prices in energy, food and fuel.

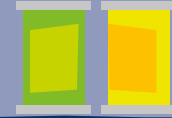
We recognise the significant importance that TBBT plays in providing social space for our members too. **Over half** of our members have met new people and made new friends by using TBBT.

“ It has given me access to low-cost, high quality food (nutritionally and monetarily). It has helped me feel less uncomfortable about struggling with rising living costs through seeing and speaking with others in similar struggles. It has given me a new place to visit for socialising and getting me out of the house, in an environment where I feel safe, comfortable and welcomed. It has improved my mental and physical health even if only in a small way.

- St Catherine's Hub Member

“ It has got me changing diet as it's random food I wouldn't normally eat. We're a family of 3. All of us work but have nothing to show for it. TBBT also gets me out of the house and I've met many characters while waiting in the queue. I'm not a people person so this has also improved my social skills.

- Sankey Bridge Hub Member



77% of our members worry less about running out of food.





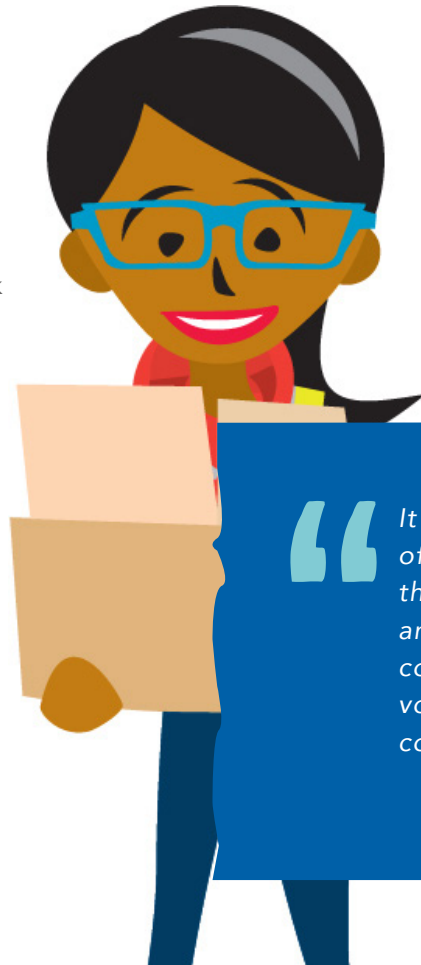
TBBT gets toasty

Early in 2022, 85% of our members told us they were going to struggle to pay their energy bills and were facing a frightening winter with no heating. As a result, we launched our Warm Hubs in conjunction with more than 40 of our community partners.

Every week, our volunteers open the doors, put the kettle on and offer a warm welcome to people struggling to fire up the heating at home. Open to the wider community, these spaces offer people the chance to meet friends for a hot drink and a natter, or to tackle the crossword, read a book or do some knitting. Some hubs have even offered home baked cakes, biscuits, and hot dogs!

In the first four months of opening, there were almost 12,000 visits to our Warm Hubs. They've been so positively received that they are now evolving into permanent weekly social spaces.

The project has been generously sponsored by Sainsbury's - with teas, coffees and accompanying brewing kit - and Premier Foods also supplying 50,000 Cup a Soups.



“ Provided a warm welcome, easy to chat to, made me feel part of the community and helped us tremendously without judgement.

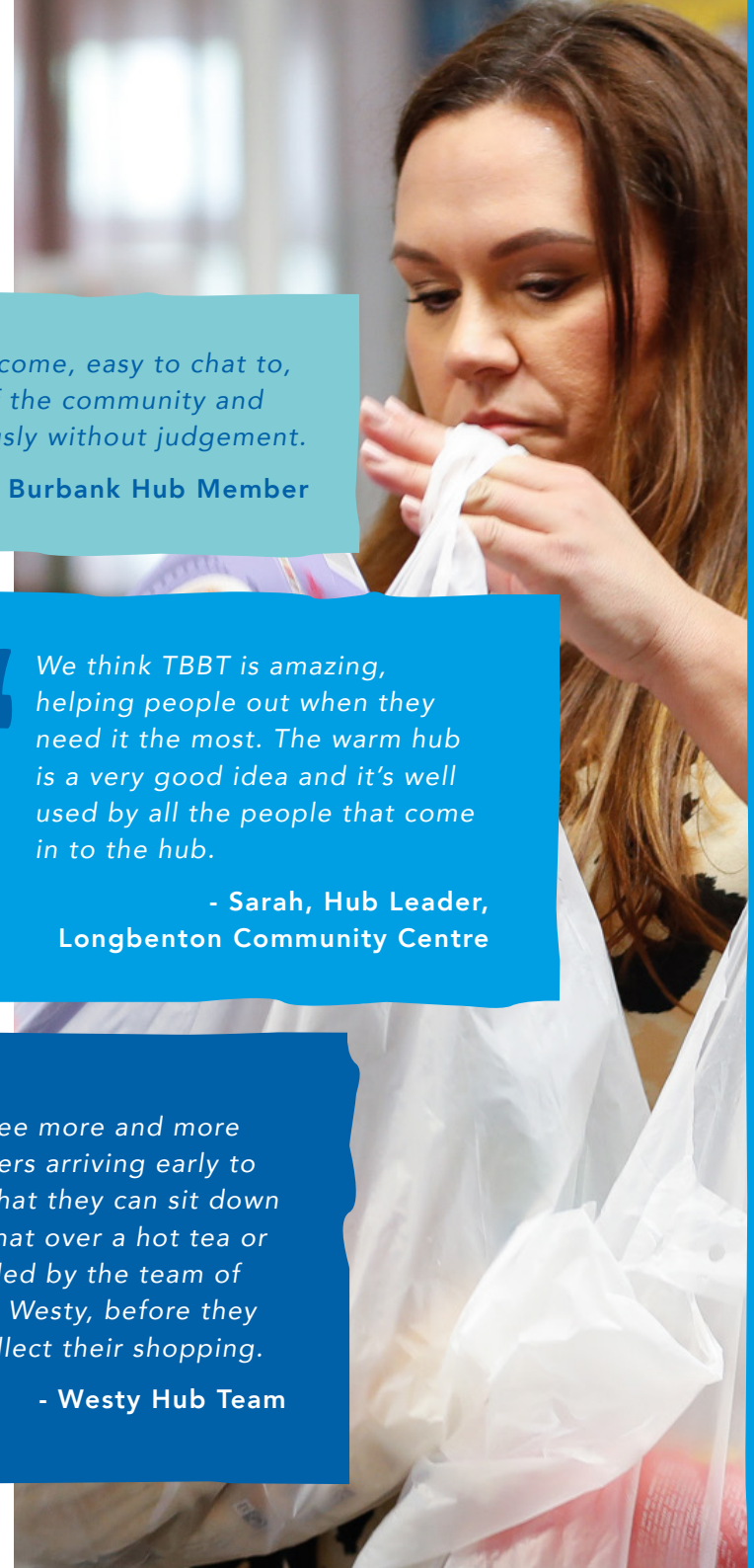
- Burbank Hub Member

“ We think TBBT is amazing, helping people out when they need it the most. The warm hub is a very good idea and it's well used by all the people that come in to the hub.

- Sarah, Hub Leader,
Longbenton Community Centre

“ It is nice to see more and more of our members arriving early to the hub, so that they can sit down and have a chat over a hot tea or coffee provided by the team of volunteers at Westy, before they come and collect their shopping.

- Westy Hub Team



A 360° approach

Every week, we bring in external partners to offer bespoke and tailored support.

This year TBBT has been re-building the services offered at hubs. Taking our lead from our members we've focused on some of the key issues affecting them: income maximisation, mental health, digital exclusion and energy. We find and incorporate the best possible support in our offer to members.

TBBT hubs are the perfect place for partners to visit communities that are often cut off from advice services – whether that's through transport, digital exclusion or simply not knowing where to go and what's on offer. Within the welcoming space of their local hub, we bring the community together to maximise the reach and benefit of the support available.

With up to 80 members attending each hub every week, our partners can extend their reach into our communities, breaking down barriers to access and building trust and relationships locally.

In 2022, we collaborated with The Green Doctors, Morrisons Trust, YES Manchester, Groundworks' Energy Works, Citizens Advice Manchester, Virgin Media O2 Business, New Leaf, Kirklees Money Advice and Paddock Trust, amongst others.

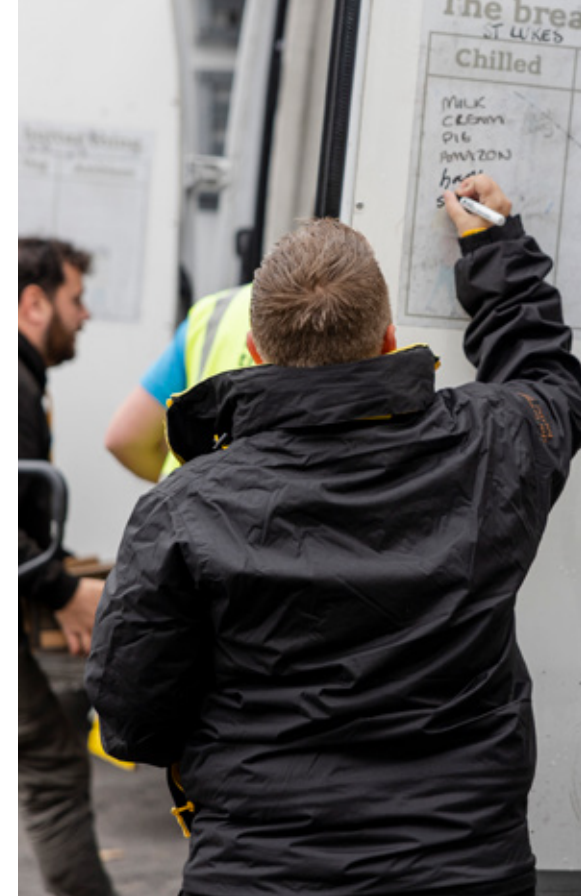
Kit, connectivity and confidence

Almost a quarter of TBBT members struggle to get online and this digital exclusion means that many can't access the help and support they need, missing out on vital benefits and opportunities from changing energy providers to finding a job.



The Green Doctors in Darlington

Supported by funding from Northern Powergrid and working in partnership with Darlington Borough Council, The Green Doctors attended a total of 48 sessions at eleven different hubs in Darlington during the spring and autumn of 2022. This provided members with the opportunity to access invaluable energy saving advice, just as the energy crisis started to escalate.



As well as providing on the spot advice about how to save money, The Green Doctors have visited 37 homes in Darlington to carry out energy audits and provide bespoke advice. This is almost double the number of home visits they would normally carry out over the same period.

Matt Eves, The Green Doctor who ran the events, said: "It's the first time we've worked with TBBT but based on the impact of these Darlington sessions, we're keen to do more of the same across Northern Powergrid's operating area which covers the North East, Yorkshire and Northern Lincolnshire."

Back to work with YES Manchester

Lily Lane was one of six stops on the Yes Manchester and TBBT roadshow that took place in August 2022 to raise awareness of the free services available to north Manchester residents to access employment and training opportunities.

The visit prompted Luke to get in touch with Yes, booking an appointment to see an advisor at North City library in Harpurhey.

Luke had been unemployed for around three months when he first contacted Yes, after leaving his previous role as a delivery rider which he had taken up during the pandemic. Within just four weeks of his initial appointment, Luke successfully secured a job as a call handler for a national telecoms provider.



“

One of our highlights of the past year has been working alongside the fantastic team at TBBT, to raise awareness of the free support services available to unemployed and under-employed people in north Manchester. In November, our team embarked upon a week-long roadshow, visiting a number of TBBT sites, receiving a great reception. It has been fantastic to connect with members, helping many people to explore new employment opportunities and move forwards on their journeys. With more activity planned for 2023, we're really looking forward to engaging with even more people, and continuing this great partnership.

- Tim O'Neill, Operations Manager, Yes Manchester CIO

“

Working at TBBT's hubs is very effective. On my first visit to Lostock alone, I picked up a week's worth of referrals in an hour. It is hugely beneficial to be able to meet so many people face to face in a place where they feel comfortable and are happy to chat. It delivers positive impact for all of us.

- Gary Smith, Employment and Skills Service, Trafford Housing Trust



Giving a voice to our members

Every day TBBT listens and learns from its members.

We do like to chat and so do our members. We talk about the issues that are affecting them like the cost of living and digital exclusion. We also regularly seek their opinions through a range of surveys which culminate in our comprehensive annual member survey. This year over 6,600 members responded and the results are presented throughout this report.

We use this rich insight in two ways. Firstly, we listen to our members' concerns and the systemic problems that they face. This led to TBBT creating warm hubs and drives the development of our partnerships and services we bring to hubs.

Importantly, it also enables us to advocate for change with policy makers at local, regional and national levels – putting our members at the very centre of the picture.

Challenge Poverty Week



Oldham, Trafford and Greater Manchester embraced the 3rd annual Challenge Poverty Action Week in October. At its launch event, hosted by mayor Andy Burnham, TBBT was asked to present the results of our cost-of-living surveys. These set the tone and painted the picture for the week and the wider conversation across the Greater Manchester area. It also opened doors into other work with new partners around digital exclusion.

Tuning in for...



TBBT's podcast, A Slice of Bread and Butter launched in July, as a platform for our members and volunteers to talk about what's important to them, the role TBBT plays in their lives and explore the impact of the cost-the-living crisis. By the end of 2022, the pod has been downloaded almost 3000 times so far with listeners across the world - from Australia to Mexico, Canada to Italy - all tuning in to hear about the lives of people involved with TBBT.

Food Policy

Megan Blake, Senior Lecturer in Social Geography, University of Sheffield said:

"I value the knowledge transfer relationship I have with TBBT greatly. Together, we have developed and analysed several member surveys. The data

is unique because it provides direct insights from those who receive food and volunteer with food club services. The results identify impacts that include social, economic, and dietary improvements afforded by the service. Being able to quantify these outcomes has lent strength to the argument that food clubs are fundamentally

different to the food bank model and carry with them significant improvements for communities. Using this evidence alongside my other research has enabled me to persuade numerous stakeholders to reconsider how they support and allocate funds to meet food needs in communities across the UK and Ireland."

“

It has been great working with TBBT. They have helped us reach out to families who use Healthy Start to hear people’s experiences of accessing and using the scheme. We are also learning how grass roots organisations like TBBT work effectively at promoting national and local schemes with local communities in order to help families access adequate healthy foods to feed their families well. As an example of best practice for other communities to consider, we are incorporating in our evaluation case studies of the non-stigmatising and accessible ways organisations like TBBT adopt to effectively help families.

- Professor Christina Vogel, Principal Investigator of the Healthy Start Evaluation, Centre for Food Policy, City University London

Healthy Start campaigning

Healthy Start is an NHS scheme to reduce child poverty and health inequalities by providing weekly vouchers to buy nutritious food. However, statistics show that more than 40% of eligible people haven’t signed up for the Healthy Start card they are entitled to.

It is becoming increasingly clear that awareness of the scheme is low in some areas and groups and that technical issues when the scheme was digitised made it difficult for some families to apply. Working in conjunction with

organisations across the north of England – including co-chairing the Greater Manchester Healthy Start Taskforce - TBBT co-created and delivered a bespoke training scheme to raise awareness amongst midwives, nurseries and public health organisations as well as wider third sector support groups. We also continue to promote the scheme direct to members at hubs.

We are collaborating with the Centre for Food Policy at City University, London and the University of Southampton in an independent evaluation commissioned by the Department of Health and Social Care to explore the impact of the NHS Healthy Start scheme and co-create solutions to improve its effectiveness at reaching eligible families. Manchester is one of three case study areas across England for this research and we are one of the key stakeholder organisations involved for the Manchester area. We are also lobbying central government to improve the scheme with auto-enrolment for all eligible families.



Funders and corporate partners

TBBT is grateful to all its funders and partners for helping to establish and support new hubs and projects across the UK. In 2022 this included extending partnerships with Durham County Council, First Choice Homes and Trafford Housing Trust as well as new partners Gentoo, Karbon Homes, North Tyneside Council and Sunderland City Council bringing TBBT into new areas of the North East and Kirklees Borough Council with Cummins Turbo Technologies introducing TBBT to Yorkshire.

10GM and Sodexo supported our work spreading the benefits of Healthy Start Vouchers, Sainsbury's funded our Warm Hubs, Cummins are sponsoring our North East regional Partnership Officer and Morrisons sent funding to help keep our vans on the road.

Other welcome donations have come from Amazon, Booths, Duchy of Lancaster, Headley Trust, Henry Boot, It's In Your Hands, Kingsway Church, Laurus Trust, Livin Boards, Okell Trust, Omnisys Ltd, Reality Mine, The Talent Fund, Virgin Media and Viridian.

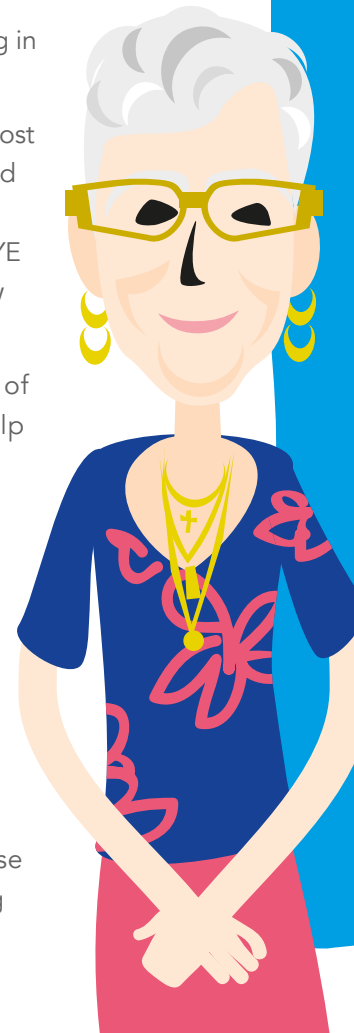
We're thrilled to be working with three organisations as their nominated Charity of the Year with staff from PwC, ECI and Mills and Reeve solicitors all baking, bingo-ing, running and quizzing in aid of TBBT.

Plus our sincere thanks to the host of individuals who have donated and helped support us either personally or through their GAYE programmes at work. You know who you are!

And thanks also to the hosts of corporate volunteers who help out each week at our warehouses!

Strategic partnerships

Beyond funding, TBBT has also developed new strategic partnerships with companies offering support across all aspects of the business, allowing TBBT to draw on the expertise and opportunities of working alongside big business.



We've really enjoyed the fresh challenges that working with TBBT has offered us across the Sodexo community. Our teams have been stretched with new ways of thinking and exploring ways we can support TBBT in developing robust systems drawn from our corporate expertise but transferable to the charity sector. It's been eye-opening and rewarding work which spans Leadership and Management coaching and procurement expertise as well as the chance to look at our supply chain opportunities. 2022 has been focussed on building a strong foundation for this dynamic partnership which we hope will continue to flourish in 2023.

- Aoife Wycherley, Head of Supply Chain and Food Procurement, Sodexo

Household support

Our synergistic relationship with our local authority partners also means we can collaborate to deliver programmes of work that directly target low income families at a scale and effectiveness difficult to achieve otherwise.

In 2022, we have worked with Tameside, Durham, Hartlepool and Darlington Councils to deliver targeted programmes of work with their Household Support funding. This has varied from providing additional food support to distributing vital fuel vouchers, ensuring those most in need of support have accessed the extra funding they need to keep their homes heated in the winter months.

“Darlington Borough Council has a long standing relationship with TBBT. They operate their food service right across Darlington and are trusted by the communities they work with. It was therefore a great relief that we were able to look to them to deliver fuel vouchers as part of the Household Support Fund. Given the current national picture fuel vouchers are a vital part of our delivery. In addition to their competence, TBBT have a deep culture of compassion and can be relied on to do ‘the right thing’ which often is different from the easy thing.

- Seth Pearson, Darlington Borough Council

“They have helped with food and vouchers for my heating which is a massive help because of my disabilities I need to keep warm and always have fridge on for my medication.

- Annfield Plain Hub Member

“When I had no gas I was worried how to top up my smart meter. I got a call from a member of the team and they helped me. I was provided with a voucher. It really was very helpful. They do an amazing job.

- West End Hub Member



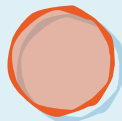

North East

South Yorkshire

North West

East Midlands

West Midlands

-  **Existing**
-  **2023**

**National
Expansion**

What's coming in 2023



Thanks to funding from Comic Relief and Sainsbury's as well as The Purslow Trust and Lyons Trust, TBBT will be expanding into three new regions in 2023.

Comic Relief and Sainsbury's will support new operations in the East Midlands and South Yorkshire. The Purslow and Lyons Trusts will fully embed TBBT in Cheshire and the West Midlands.

These new depots will serve up to 35 hubs each, spreading TBBT's work into low income communities further across the UK. We will therefore double in size in 2023.



This new funding recognises the significant value of our work in using affordable food as a catalyst for change at a grassroots level. It will enable TBBT to broaden our geographic reach and the regeneration of communities in new regions.

- Mark Game, CEO



The work that TBBT delivers is absolutely crucial in helping people across the country stay afloat in these deeply worrying times. It's fantastic that this new funding will help to open new locations and reach even more people as the national crisis worsens.

- Samir Patel, CEO, Comic Relief



We are really pleased that the donation to TBBT will go towards making a difference to those communities that really need it. The support the charity gives to these communities is invaluable and we hope that the funding will provide healthy and affordable food to the most vulnerable in our society.

- Ruth Cranston, Director of Corporate Responsibility and Sustainability, Sainsbury's



The bread and butter thing.

Impact Report 2022.

Keep in touch.

 @teamtbbt

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 The Bread and Butter Thing

 hello@breadandbutterthing.org

 Sign up to our newsletter online at:

breadandbutterthing.org

*Member insights in this report are taken from the responses to our annual Member Survey, completed in December 2022. Over 6,600 of our 45,000 members took part from across all of our hubs.