



Supporting your Organisation with Good Food from Wales

*Marvellous meat, dairy and fish.
Flavoursome fruit and veg.*

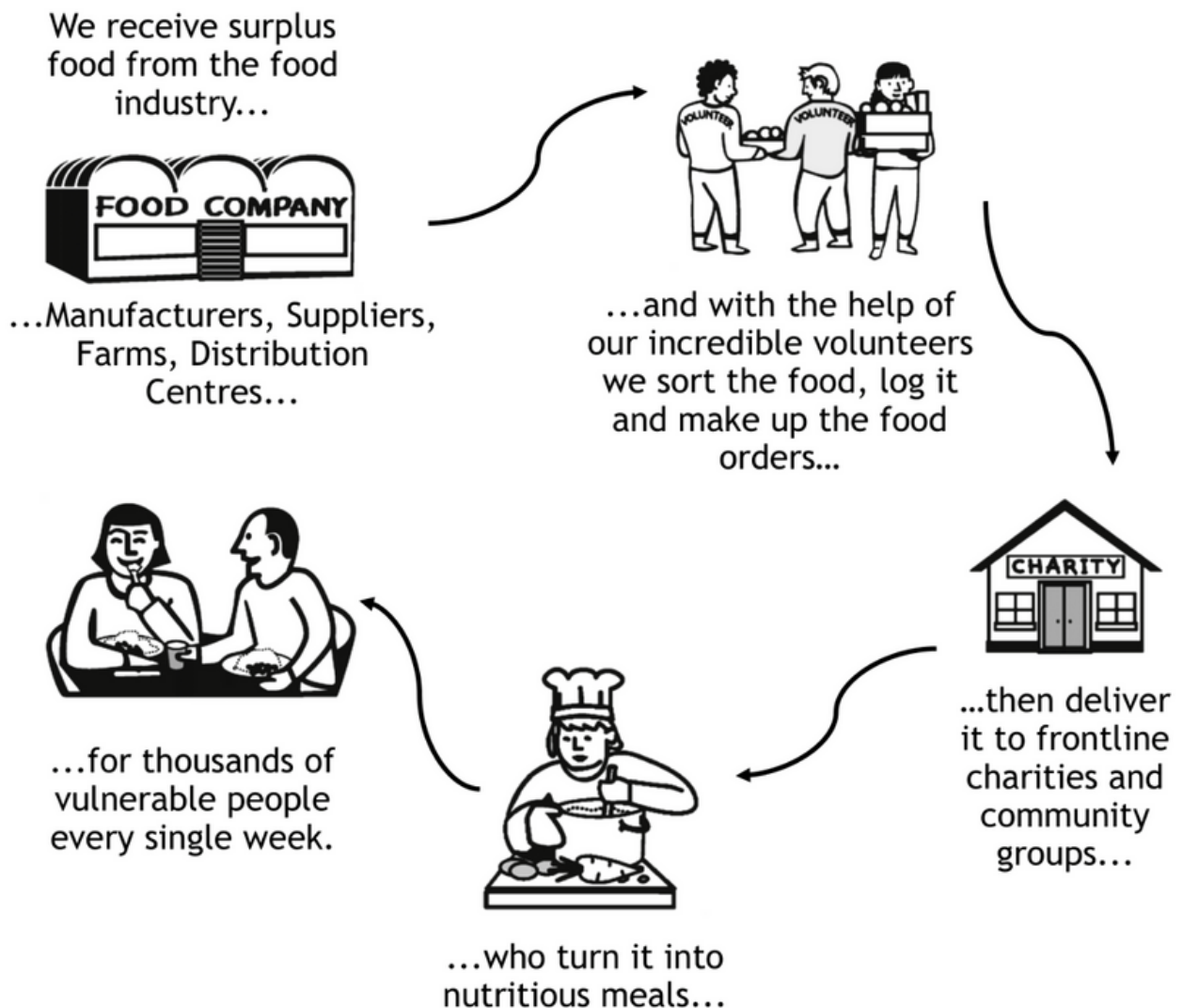
*The food we save is good quality, in date and
could help you provide a healthy, varied menu
for the people you support.*



What we do

FareShare is the UK's largest charity fighting hunger and food waste. We secure food quality surplus food and drink from the food industry, and redistribute good food that would otherwise go to waste to frontline charities and community groups supporting vulnerable people.

There are currently 25 FareShare UK Regional Centres operating across the UK. FareShare Cymru is based at our warehouse in Cardiff and, though we are an independent charity, we are still part of the FareShare UK family. We work with charities throughout the South East and South Central Wales region, ranging from charities for people who are homeless in Cardiff to youth groups in Kenfig Hill and Maesteg.



Good Food for your Service Users

FareShare works with national, regional and local food growers, manufacturers and retailers to access quality surplus food for redistribution.

Food becomes surplus for a wide range of reasons, from packaging errors to short date coding or cosmetic imperfections. All the food we provide is within its use by or best before date and we follow stringent policies and procedures for storage and transportation to meet all food safety legislation.

The types of food received by our charity members can vary from week to week. We appreciate that this is a challenge, as comes with working with surplus, but it can also be a bonus, sometimes offering unexpected treats as well as classic staples.

More Than Food

FareShare hopes that organisations can create a sense of community using our food. We work with organisations that run additional support and services to tackle the underlying causes of hunger rather than just the symptoms. This will look different in every organisation as some will be able to provide more than others due to the facilities available.

Some examples include

- Accommodation
- Addiction Support
- Financial Advice
- Education
- Signposting
- Employment Support
- Life Skills Training
- Mental Health Support
- Social Befriending
- Training

We hope our food can be used to tackle social isolation and the barriers that creates whilst also providing dignity to those requiring support for food insecurity.

Benefits to your Organisation

There are many benefits of becoming a FareShare Cymru Community Food Member, including:

- Access to a wide range of quality food
- Reduction in your food spending: for a small fee, our members have access to several hundreds of pounds worth of food
- Increased ability to support people beyond the provision of food

FareShare's food makes a huge contribution to the resources of the community organisations we supply food to.

The NatCen report [Saving Money, Improving Lives](#) (2016) demonstrates that by receiving food from FareShare, frontline organisations are better equipped to provide the support to get people back on their feet.

Here are a few findings of that report:

77% say FareShare food has improved the diet of their service users



82% of service users say that eating a meal at the charity makes them feel part of the community



75% say they are better able to engage with their service users and provide them with adequate support



53% of service users say their physical strength has improved and 52% say their energy levels are up

We work with a huge range of charities and community organisations including hostels for the homeless, women's refuges, refugee centres, youth groups, community centres, community cafes, lunch clubs, churches, school holiday clubs, community pantry's and many more.

If what you do isn't on that list, give us a call and ask if we can help you. If you are using food regularly for social good, the chances are we can!

How does it work?

If your organisation or project supports vulnerable people in your community and you are either a charity, not-for-profit organisation, community group or social enterprise providing a meal or food service, please get in touch.

In order to become a FareShare Cymru Community Food Member, you will need to complete an application form. We will then contact you to discuss your food requirements as well as food hygiene and safety.



1. FareShare Cymru will phone to discuss your project

We will talk about who your project is supporting, the types of food you may want and the additional services your project offers. We will discuss how the process works and answer any questions you may have.



2. Sign up to FareShare Cymru

You will need to complete and sign:

- FareShare Cymru Membership Application Form
- FareShare Cymru Membership Agreement



3. Complete a premises check

This check can be done virtually or in-person. During the premises check we will need to see:

- A copy of a Level 2 Food Hygiene certificate for someone who will be present when the food is being stored and prepared/ redistributed
- A copy of your latest Environmental Health report or proof of registration with Environmental Health
- Two weeks of written temperature checks for your fridges/ freezers



4. Your FareShare Cymru deliveries/collections will begin

Membership

FareShare Cymru is a non-profit charity and to remain sustainable and continue to be able to provide our service, we charge community food members a small fee to cover operational costs. This includes running chillers and a freezer as well as delivery vehicles and fuel.

The membership for FareShare Cymru is paid monthly for a weekly food order. The monthly membership starts at £65 a month.

Receiving your food

Based on your food profile and the food we have in the warehouse, we will select a range of food for you which you collect from our Cardiff warehouse or from a Local Collection Point (LCP), near to your organisation.

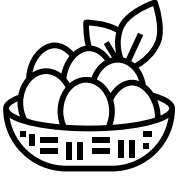
For warehouse collections, you will be allocated a 30-minute weekly collection slot. We deliver to each LCP weekly. Collections from the LCP are on the delivery day only.

The LCP option is dependent on if there is an existing one near you. We are working on setting up further LCP's through the region.

We will provide chilled/ frozen food in cool boxes with cool packs and thermometers. Each cool box holds its temperature for 2 hours to allow safe transportation of food to your premises.



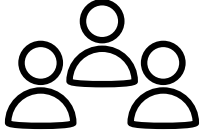
The impact during 2020/21



1181.767 tonnes of food redistributed to charities and community groups within South Wales, of which **735t** was surplus food



155 volunteers gave **16385 hours** of their time with **7** of our regular volunteers went on to paid employment



188 Charities and community organisations supported



2270 tonnes of CO2 emissions saved from a reduction of **735 t** food and drink waste



2,813,787 meals provided to vulnerable people during a difficult time

Join our network

(The food is) really bringing communities together and is really good produce.

FareShare has just been phenomenal.

Heather McDowell, Development Officer at CCHA

In the beginning of the pandemic, when all shops closed down, FareShare kept going and for that we are really grateful.

Songyeon Choi, Oasis Kitchen Manager

It's a good opportunity for people to have fruit and veg, which might not be people's priorities. We've been able to give people a better diet.

Nkini Pulei, TAVS Co-Ordinator



Get in touch

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