Our Plymouth – Grow, Share, Cook.
The city’s 2013 Fairness Commission found that people could not afford to eat healthily, particularly fresh fruit and veg.

Our amazing partners and volunteers are changing that.
We work closely with a range of partners including Tamar Grow Local, Food is Fun, Plymouth Community Homes, Plymouth University etc. All have given more than they have taken.
City Centre call for action, Pots and Pans Amnesty, Great Seed Giveaway, Lord Mayor’s Thank You Party, Inspiring Volunteers Awards etc.
We have an amazing 82 volunteers with more people joining every day
Our Impact

• 139 of our most disadvantaged families receiving fortnightly delivery of free fruit and vegetables to their door
• Over 25,000 portions of fruit and vegetables given to people
• Over 2,000 individuals have been fed including the families receiving fortnightly delivery, Foodbank users and people accessing soup run.
• 216 pots and pans donated during the ‘Pots and Pans amnesty’
• 90% of foodbag recipients reporting improved cooking skills, and 100% reporting a healthier diet as a result of Grow, Share, Cook
Essential EVALUATION

A copy of the final report can be found at:
Aim of evaluation

1. Identify what GSC was delivering
2. Critically assess how GSC was implemented
3. Explore the acceptability of GSC to stakeholders (including families)

Objectives

- Mapping of intervention
- Consultations with key stakeholders
- Observations of GSC activities
Intervention Map of 'Grow, Share, Cook'

**GROW**
- New lease of a 12 acre site - subdivided into 12 x 1 acre growing plots
- Swarthmore Allotment Site
- CROP site Penlee, Stoke
- Blunts Lane Allotment Site
- St. Budeux Allotment Site
- Callington Allotment Site
- 4-5 Regular Regional Wholesalers Tamar Valley English
- 8-10 local micro-producers
- 48 'GROW' Volunteers
- *Not yet in production* 2709 seeds sown

**SHARE**
- PCH Van - 4 drivers and 6 co-pilots
- Bikespace
- PCH Staff Volunteer
- Egg Producer Warleigh Barton Farm
- 2336 Vegetable bags and surplus from bulk purchases

**COOK**
- Oasis Food Bank 7 bags
- Lifehouse Soup Run
- 80 Fortnightly Home Delivery Points FWAF 2 PCH tenants Oasis food bank referrals
- Plymouth Community Homes Events
- 15 x Cooking Sessions Round 1 (each including 3 recipe demonstrations and food tasting) 100 participants
- Invite to volunteer with 'GROW'
- Invite to volunteer with 'SHARE'
- Invite to volunteer with 'COOK'
- 11 x Cooking Sessions Round 2 89 participants
- 15 'COOK' Volunteers
Family (food) engagement

- Recruitment
- Communication
- Steering group (leadership)
- Accessibility of short cooking demo style session
- Positive suggestions for improvements...

- Improved family ties
- Involving children
- Social connections
- Participatory, empowerment approaches
- Return on social investment
‘For me it’s broadened the horizons for what can be achieved in the kitchen as well as in your kids’ bellies, it keeps them happy and keeps me quiet – happy days’

(Respondent 3)