



middlesbrough
food partnership

newsletter
February 2019

Welcome to the first Middlesbrough Food Partnership newsletter. This will give you a flavour of some of the great initiatives that are being delivered to make food more healthy, sustainable and accessible in the town.

The Middlesbrough Food Partnership (MFP) includes individuals, community groups, businesses and organisations who have a passion, interest or remit covering all aspects of food. The aim of the Food Partnership is to make the town a place where local people can eat good quality, healthy food that is easy to buy, offers value for money and is produced locally wherever possible.

Over the last four years there have been significant changes in the food culture in Middlesbrough with the image of food and the food offer in the town improving significantly. There has been investment in improving the infrastructure, which has opened up opportunities for new businesses to move in, including more local independent food and drink businesses. This is great to see and even better for our local economy. We are also now seeing more healthier options available and there is a real interest in and commitment to buying more local and sustainable ingredients.

In 2017, Middlesbrough achieved a Sustainable Food Cities bronze award. This was a major achievement for the town, highlighting the breadth and scale of activity across the food sector delivered by the partnership. It put Middlesbrough on the map and we are now recognised as a leading partnership in embedding healthy and sustainable food using a whole food system approach.

The MFP is in the process of applying for the SFC silver award, vying to be one of the first in the country to progress from bronze to silver, and to be one of only a handful of places to be awarded silver status. This would be a significant achievement for Middlesbrough and recognition of how healthy and sustainable food is identified, valued and integrated throughout the town.



We are extremely keen to hear from individuals, groups and businesses whose interest or remit involves food. Please contact Joe on 01642 579 820 or joe.dunne@menvcity.org.uk. If you would like to find out more about the Middlesbrough Food Partnership and how to get involved, then visit www.menvcity.org.uk/middlesbrough-food-partnership/ and also please show your support of the work of the Food Partnership by signing our Food Charter (found on the same page).

Dr Mark Fishpool
Chair of Middlesbrough Food Partnership

Food4Health

Middlesbrough Council's Food4Health Awards scheme aims to help local food businesses increase access to healthier foods for consumers and to raise awareness of the need to eat healthily.

It promotes and supports businesses to making food they serve healthier by reducing levels of salt, fat and sugar and increasing the nutritional quality. Businesses also need to promote healthy eating

and adopt responsible businesses practices, which can include using sustainable food, Fairtrade products, and whenever possible using locally produced food.

Since the relaunch of the scheme in 2016, over 60 food businesses including schools, nurseries, Teesside University and Middlesbrough College have achieved an award. 20 local nurseries have achieved Gold Standard showing their commitment to improving nutritional value and reducing of the levels of sugar, salt and fat within the meals they provide to their users.

Food4Health

Councillor Julia Rostron, Middlesbrough Council's Executive Member for Adult Social Care and Public Health, said: "Food4Health awards are a great way to recognise the efforts that our local schools and higher education establishments, as well as local food businesses, make to provide good quality nutritious food to people who live, learn and work in Middlesbrough.

middlesbrough food power

In 2018, Middlesbrough created a Food Power Alliance who are working together to address and reduce food poverty issues facing the people of Middlesbrough. The Food Power Alliance is a part of a national focus on food poverty and food insecurity.



It has been a busy six months for Middlesbrough's Alliance and it is working towards identifying the level of food poverty in the town and what and where existing provision that support people in need is. They have also created a Food Power Action Plan for Middlesbrough, setting out the key actions for the next year.

The Middlesbrough Food Power Alliance has been working with Middlesbrough's primary schools to find out what current provision of food is on offer throughout the school day, after school and during the holidays. A networking session was delivered in November to discuss what support was available and what each school can do to potentially set up their own holiday provision with the support of Food Power Middlesbrough and Feast of Fun.

Plans for 2019 include supporting Middlesbrough Council's Public Health department in an application to the Department of Education for a holiday food and activity provision available to the majority of children who are on free school meals. It will also work to create a surplus food hub and development kitchen, which will use a partnership approach to utilise as much surplus food as possible to feed people in need.



recycling food waste

Middlesbrough Food Partnership member Warren's Group Ltd continue to deliver and expand their food waste services, diverting unavoidable waste food from landfill and turn it into fuel via anaerobic digestion (AD).

They are now working with over 100 restaurants and businesses in the food



industry in Middlesbrough alone, which contributes to diverting approximately 115,000 tonnes of food waste from landfill annually in the North East at their plant in Newton Aycliffe. Contracts have developed with a range of businesses including Off the Ground Coffee, The Twisted Lip and Roast, and Teesside University's many catering outlets. But collecting food waste isn't the only thing that Warren's do. They are also working with Middlesbrough College and Teesside University by taking in engineering students at their facility to assist with course work and work experience.

In 2017, the Middlesbrough Food Partnership helped facilitate a meeting between Warren's and the Catering Manager for Middlesbrough schools. After an initial trial in six schools, Warren's are now collecting unavoidable food waste from 27 school sites across the town.



men's shed

The Groundwork Men's Shed project provides men who live in Middlesbrough with a space to learn and share horticulture and other practical skills (maintenance, construction, carpentry, etc). It also provides a much needed service to help reduce social isolation and loneliness and improve men's health and wellbeing.

The project makes use of an existing community allotment site as the physical hub for the 'Shed' and the men meet weekly to pursue a variety of practical projects. The site boasts a well-established orchard, large poly tunnel and a number of growing beds where organic produce is grown and shared with participants and local good causes.

The Men's Shed is open to male participants of all ages and backgrounds and to date 40 men have benefitted from taking part in the sessions (between April 2017 and November 2018).



"The Men's Shed has really helped to plug a gap in provision for men in Middlesbrough" says Sarah Marrison, Community Project Manager at Groundwork NE & Cumbria. "We know from participant feedback that it's really helping make a difference; the guys report having more social interactions and friendships since attending Men's Shed, they feel more interested in new things and people, they feel happier and more useful, they have gained knowledge about how to better look after their own health and they have also learned new practical skills."

For more information about Men's Shed please call 01642 815663 and ask for Helen Toves.

What to look out for in the next edition:

Report on the exciting Veg Cities project aiming to get more people eating more veg, and Incredible Edible Middlesbrough.