

SMALL CHANGE BIG DIFFERENCE DIRECTORY

Below are local contacts, organisations and resources that should be useful to you and your project.

Whether you're looking for more ideas and inspiration, projects and networks to link with, or resources to get your own project underway, we hope this list will help you find what you need.

Don't forget to check out the Small Change Big Difference [Stuff We Love](#) page!

CAMPAIGNS AND EVENTS

Disco Soup

A creative, collaborative and celebratory approach to addressing the global issue of food waste. Volunteers gather to prepare soup and dance as part of global movement to inspire action. Toolkit from Feedback available below.
www.feedbackglobal.org/wp-content/uploads/2016/12/F5K-Disco-Chop-Small-Scale-Event-Toolkit.pdf

Eat Seasonably

Guidance and tips to help you enjoy fresh fruit and veg at its seasonal best.
www.eatseasonably.co.uk

Feedback

Campaign group working to transform the food system through a combination of campaigning and advocacy, citizen engagement and pilot programmes.
www.feedbackglobal.org

Food For Life

A Soil Association programme working to transform food culture and make good food the easy choice for everyone.
www.foodforlife.org.uk

Greenpeace - Less is More

Campaign to reduce meat and dairy for a healthier life and planet.
www.lessismore.greenpeace.org



Hubbub

Run a number of campaigns and initiatives, including the Community Fridge network, to inspire people to make healthier, greener lifestyle choices.

www.hubbub.org.uk

Love Food Hate Waste

Campaign that aims to raise awareness of the need to reduce food waste and help us take action. Includes recipes using leftover food.

www.lovefoodhatewaste.com

Meat Free Mondays

Campaign that encourages people to reduce their greenhouse gas emissions by having at least one meat-free day every week.

www.meatfreemondays.com

Recycle Now

National UK campaign to increase recycling.

www.recyclenow.com

Slow Food UK

Part of a global, grassroots movement with thousands of members around the world that links the pleasure of food with a commitment to community and the environment.

www.slowfood.org.uk

Sustain: the alliance for better food and farming

Advocate food and agriculture policies and practices that enhance the health and welfare of people and animals, improve the working and living environment, promote equity and enrich society and culture.

www.sustainweb.org

The Big Lunch

An annual event that aims to get as many people as possible across the whole of the UK to have lunch with their neighbours in a simple act of community, friendship and fun. A good platform for starting conversations and organising future actions around food waste.

www.edenprojectcommunities.com/thebiglunchhomepage

This Is Rubbish

Campaign group working to reduce food waste in the UK and beyond using policy campaigns, education, the arts and public events.

www.thisisrubbish.org.uk

Veganuary

Campaign that aims to inspire and support people to try a vegan diet. Includes recipes, a vegan starter kit and vegan eating out guide.

www.veganuary.com



GROUPS AND NETWORKS

Eden Project Communities Network

www.edenprojectcommunities.com/the-network

Sustainable Food Cities Network

Helps people and places share challenges, explore practical solutions and develop best practice on key food issues. Any town, city, borough, district or county can join the Sustainable Food Cities Network as long as it has a cross-sector food partnership working to create a better food system.

www.sustainablefoodcities.org

Incredible Edible

Incredible Edible's vision is to create kind, confident and connected communities through the power of food. There are currently groups in Lambeth, Barnet and Southall.

www.incredibleedible.org.uk

Semble

Free to use platform helping local projects get the support they deserve by partnering them with businesses and volunteers.

www.semble.org

COMMUNITY CAFES AND COOKING CLASSES

Bags of Taste

Deliver cooking and behaviour change programmes to participants in or at risk of food poverty, helping people enjoy better diets for less.

www.bagsoftaste.org

Bread 'n Butter

Barnet

Social enterprise that teaches the basic life skills of cooking and sustainable healthy independent living.

www.breadnbutter.org.uk

Brixton People's Kitchen

Brixton

Since 2011 BPK have been sharing and cooking surplus food with strangers as a way of bringing people together. Run a café in the Black Prince Community hub in Vauxhall, providing freshly cooked food and access to affordable fruit and vegetables for the local community.

www.brixtonpeopleskitchen.com

Brixton Pound Café

Lambeth

Community pay as you feel café using surplus food. Also run food preserving workshops.

www.brixtonpound.org/cafe

FoodCycle

Various locations

UK charity that combines surplus food, spare kitchen spaces and volunteers to create three-course meals for people at risk of food poverty and social isolation. Various hubs across London.

www.foodcycle.org.uk



Greenwich Community Cookery Clubs

Greenwich

Working with people across the borough demonstrating healthy, affordable and accessible recipes.

www.gcda.coop/cookery-clubs

Hornbeam Café

Walthamstow

Community café, linked to a veg box scheme and also run workshops on sustainable living.

www.hornbeam.org.uk

Life After Hummus

Camden

BME-led Community Benefit Society offering vegan community nutrition and cooking classes.

www.lifeafterhummus.com

Made in Hackney

Hackney

Plant-based community cookery school offering courses in cooking, growing and food sourcing skills to help people lead healthier, happier and more environmentally sustainable lives.

www.madeinhackney.org

People's Kitchen

Permanent site at Newham (Thames Barrier Park)

Create plant-based community feasts using surplus food by transforming a community space into a temporary kitchen. A step by step guide to help you set up your own community food waste feasts is available to download on their website.

www.thepeopleskitchen.co.uk

The London Cooking Project

Battersea

Social enterprise running a variety of events, supper clubs, pop ups and cookery classes that anyone with a passion for food can get involved in.

www.londoncookingproject.com

COMMUNITY SHOPS AND FOOD CO-OPS

Community Shop

West Norwood

Social enterprise that brings together great value surplus food and personal development to build stronger individuals and more confident communities.

www.companyshopgroup.co.uk/apply-for-membership/community-shop

Fetch Ur Veg

King's College London

Weekly veg box scheme for King's College London students.

www.facebook.com/FetchUrVeg



Food Co-ops Finder

Tool for finding food co-ops local to you.

www.sustainweb.org/foodcoops/finder

Greenwich Community Food Co-op

Greenwich, Lewisham, Woolwich

Supporting communities to be healthy and sustainable since 1982.

www.gcda.coop

St Hilda's Food Coop

East London

Offers fresh fruit and vegetables at affordable prices to the local community, provides a lifeline for housebound older people, and a place to shop, chat and meet.

www.sthildas.org.uk/advice/food-coop

Students.coop

Guide on how to start a student food co-op.

www.students.coop/resources/how-to-start-a-food-co-op

FOOD GROWING

Abundance London

Chiswick

Voluntary organisation that harvests surplus fruit, plants orchards, hedgerows and trees, and tries to reconnect people with nature and protect it in an urban setting.

www.chiswicktimeline.org/abundance-london

Cultivate London

West London

Innovative urban farm and social enterprise based across multiple community garden sites in West London. Working to engage communities in food growing and change the way Londoners think about their fresh produce and where it comes from.

www.cultivatelondon.org

Growing Communities

Hackney

Community-led organisation working to change what we eat, how we eat and how it's farmed. Run food growing at award-winning urban farms in Hackney and Dagenham, an organic fruit and vegetable bag scheme and a weekly Farmers' Market.

www.growingcommunities.org

Hammersmith Community Gardens

Hammersmith

Local environmental charity that manages four community gardens in Hammersmith and Fulham. Their projects include conservation training schemes, volunteer gardening sessions, health and wellbeing projects, environmental playschemes and environmental education in local schools.

www.hcga.org.uk

Organiclea

Lea Valley

A workers' cooperative growing food on London's edge in the Lea Valley. Their vision is of a socially and environmentally just food system where the means of production and distribution, including access to land, seed and water are controlled not by markets or corporations but by the people themselves.

www.organiclea.org.uk



The Good Food Matters Community Food Learning Centre

Croydon

Run a 1.5 acres bio-diverse green space with a large eco-built and accessible teaching kitchen, two large wooden greenhouses and a world food polytunnel.

www.goodfoodmatters.org.uk

The Orchard Project

Hackney

Working in partnership with communities to plant, manage, restore and harvest from their own orchards. Rebuild orcharding skills and celebrate orchard heritage, contributing to a better, locally-led food system.

www.theorchardproject.org.uk

Social Farms and Gardens

Support people and communities delivering food growing and nature-based activities with advice and training opportunities.

www.farmgarden.org.uk

Find your nearest urban farm or community food growing project with these maps:

Big Dig map

The place to find and volunteer for community gardens in London.

www.bigdig.org.uk/map/london

London City Farms and Community Gardens map

www.farmgarden.org.uk/sites/farmgarden.org.uk/files/london_map.pdf

FOOD RECYCLING AND COMPOSTING

Community Composting Resource Pack

Action pack providing guidance on setting up a Community Composting operation. Help and advice is offered for all stages, from the initial planning to the distribution of your valuable compost.

www.farmgarden.org.uk/resources/community-composting-resource-pack

LEAP / Community By Design Camden

LEAP is a cross-sector partnership developing a pilot micro anaerobic digestion (AD) system at Camley Street Natural Park near Kings Cross. Offer guided tours and educational workshops.

www.communitybydesign.co.uk/pages/our-pilot-system

London Recycles

More information about food recycling in London.

www.londonrecycles.co.uk/food-waste-recycling



RECIPES AND HEALTHY SUSTAINABLE EATING GUIDANCE

BBC Good Food – Leftovers

Recipes to use up leftover ingredients.

www.bbcgoodfood.com/recipes/collection/leftovers

Cooking on a Bootstrap

Simple, inventive budget recipes with a focus on store cupboard ingredients.

www.cookingonabootstrap.com

Dabble with your Dinner

Ideas for incorporating more veg into family favourite dinners.

www.dabblewithyourdinner.co.uk

EPC Network

Delicious delights for you to make and share in your community.

www.edenprojectcommunities.com/make-it-happen/recipes

Lighter: Britain's favourite meat dishes turn veg

Reimagining Britain's favourite dishes with meat-free versions of staples such as Shepherd's Pie, Chilli and Curry.

www.hubbub.org.uk/FAQs/lighter-britains-favourite-meat-dishes-turn-veg

Love Food Hate Waste

Extensive collection of recipes that fight food waste.

www.lovefoodhatewaste.com/recipes

Made in Hackney

Plant-based recipes that are good for people and planet.

www.madeinhackney.org/recipes

Menu for Change

Really useful guide on responsible food consumption, packed with information and statistics.

s3.eu-central-1.amazonaws.com/uploads.mangoweb.org/shared-prod/eatresponsibly.eu/uploads/2016/10/FoodChpater_EN_FINAL_preview.pdf

NHS Eatwell Guide

Recommended guidelines on how much we should eat from each food group to achieve a healthy, balanced diet.

www.nhs.uk/live-well/eat-well/the-eatwell-guide/

The Darwin Challenge App

Mobile phone app created to show people how their meat-free days are improving their health and the planet.

www.thedarwinchallenge.org



SURPLUS FOOD REDISTRIBUTION

City Harvest

Rescuing food for the hungry.

www.cityharvest.org.uk

Community Food Enterprise

East London

Procure food that is surplus and redistribute it exclusively to charities/community organisations located in East London.

www.c-f-e.org.uk

Community Fridge

Community Fridges are housed in public, accessible places, making surplus perishable food freely available to members of the public. Hubbub have created a 'How To Guide' as well as a free network to connect all of the Community Fridge projects across the UK and IE.

www.hubbub.org.uk/the-community-fridge

Fareshare

Redistribute surplus food to charities that turn it into meals.

www.fareshare.org.uk

Olio

Mobile phone app that connects neighbours with each other and with local shops & cafes so surplus food and other items can be shared, not thrown away.

www.olioex.com

Plan Zheroes

Operate a food donation platform that helps food businesses easily and safely donate their surplus food to nearby charities and community groups who can use it. Also work with food markets to collect and redistribute their surplus food.

www.planzheroes.org

Felix Project

Felix collect, sort and distribute surplus food for to front line charities, schools and holiday clubs. They currently distribute enough food for 3.5 million meals per year and are totally dependent upon volunteers to collect more food and feed more disadvantaged people.

www.thefelixproject.org

People's Fridge

Brixton

London's first community fridge.

www.peoplesfridge.com

Too Good To Go

Mobile phone app through which you can get a Magic Bag filled with food that stores and restaurants have to throw out at the end of the day.

www.toogoodtogo.co.uk/en-gb

Waste Not Want Not Project

Battersea

Volunteer powered organisation redistributing surplus food to the local community through food sharing, healthy eating classes and more.

www.wastenotwantnot-battersea.org

