



Cheshire and Warrington
**Sustainable and Inclusive
Growth Commission**



Case Study

 **Inclusive Economy**

The Bread and Butter Thing

This case study shows an example of how communities in Cheshire and Warrington are being supported by lower cost, affordable surplus food in a community setting, which aligns with our objectives for creating a sustainable and inclusive economy.



The Bread and Butter Thing (TBBT) is a charitable organisation that works with communities to provide mobile affordable food clubs across the country. It provides nutritious food to over 5000 families a week.

TBBT's work improves diets with a diverse variety of healthy produce and products. But that is just the start. Every week its communities and volunteers gather to manage the distribution of food, building friendships, skills and connections. This also helps to diminish loneliness and reduce the stress of stretched finances. TBBT then brings in external partners to offer bespoke and tailored support to members on the issues that matter to them most. The charity actively listens and learns from its members, building understanding of the issues that they face and give voice to their stories, amplifying them and affecting change at a local and national level.

TBBT offers a low cost, affordable food service, made up of surplus supplied by farmers, manufacturers and retailers meaning the food varies from day to day but each week its member's bags will be packed with fresh fruit and veg, cupboard staples and fridge favourites. In 2022, TBBT redistributed over 12 million meals worth of food.

By the end of 2022, TBBT had 81 hubs supporting 45,000 members. Almost three quarters of its members say that using TBBT gives them better access to fruit and veg and 8 out of 10 have tried new foods as a result of using TBBT. Collectively its members saved £4.8 million on their food budgets - money that was then used for other household essentials.

TBBT weekly 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, TBBT brings the community together to maximise the reach and benefit of the support available.

TBBT is currently supporting eight local communities in Cheshire and Warrington. Two hubs opened in Ellesmere Port earlier this year and one in Knutsford just before Christmas. Five hubs have opened in Warrington since they first launched in the town in the autumn of 2021.

Since then almost 3000 people have shopped with TBBT across Warrington where more than 1900 volunteering opportunities have totalled over 5700 hours. Over 400,000 meals worth of food has been distributed locally with Warrington residents saving over £336,000 through using the service.

TBBT is working in partnership with Warrington Food Network to provide for those experiencing food poverty. Find out more [here](#).

Warrington Borough Council's Cllr Maureen McLaughlin said: "We're very pleased to be able to work with Warrington Food Network to bring The Bread and Butter Thing to Warrington and support local families who are struggling with food insecurity. We know that many people locally are struggling to meet rising costs so access to affordable food is more important than ever."




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Theme:

 **Inclusive Economy**

Location:


 Cheshire & Warrington

Challenges addressed:

 Health & Wellbeing

 Waste

 Affordable food

 Community resilience

 Poverty



www.breadandbutterthing.org



All TBBT's hubs are established in collaboration with local partners, whether that's a local authority or housing association, for example. Volunteers are recruited directly by each hub and come from their local community. Often volunteers are members who also use the service.

TBBT works hard to develop local connections and actively seeks out local partners including food, logistics and service organisations. TBBT are always interested in developing new collaborations to strengthen support the communities they are supporting.

Key objectives

- TBBT's mission is to unleash the power of food and ignite long-lasting change in struggling neighbourhoods across the UK.
- TBBT build bridges out of food deserts, bringing nutritious, affordable food to the centre of the UK's most deprived communities and nourishes them. TBBT changes lives, and gives a voice to the people who use it - their members.
- TBBT are the everyday - the bread and butter - baked into the heart of our communities.
- During 2023, TBBT will double in size opening new projects across the country including a new warehouse that will support the growth of the charity within Cheshire. It will also continue to focus on working with local food businesses to expand and develop the unlocking of currently unused surpluses.
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Outcomes

TBBT always works with community partners and members are drawn from that local community. Its partner hubs report increased footfall with more people from the area feeling comfortable to attend.

- **96% of members** say that TBBT is good for the community.
- **82% of members** say that they feel more connected to their local community.
- **77% of TBBT members** worry less about running out of food.

- Overall, in 2022, TBBT helped **14,000 households** stop or reduce their food bank use.

Last year, members collectively saved £4.8m by shopping with TBBT which redistributed the equivalent of 12 million meals worth of food. Members say that they save roughly £25 a week on their food budgets which they then use for other household priorities.

TBBT has received donations from Sainsbury's through its partnership with Comic Relief which has helped widen its impact across the UK. If you or someone you know needs support, **please visit: Become a Member – The Bread and Butter Thing**



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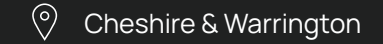


Theme:



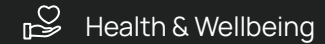
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