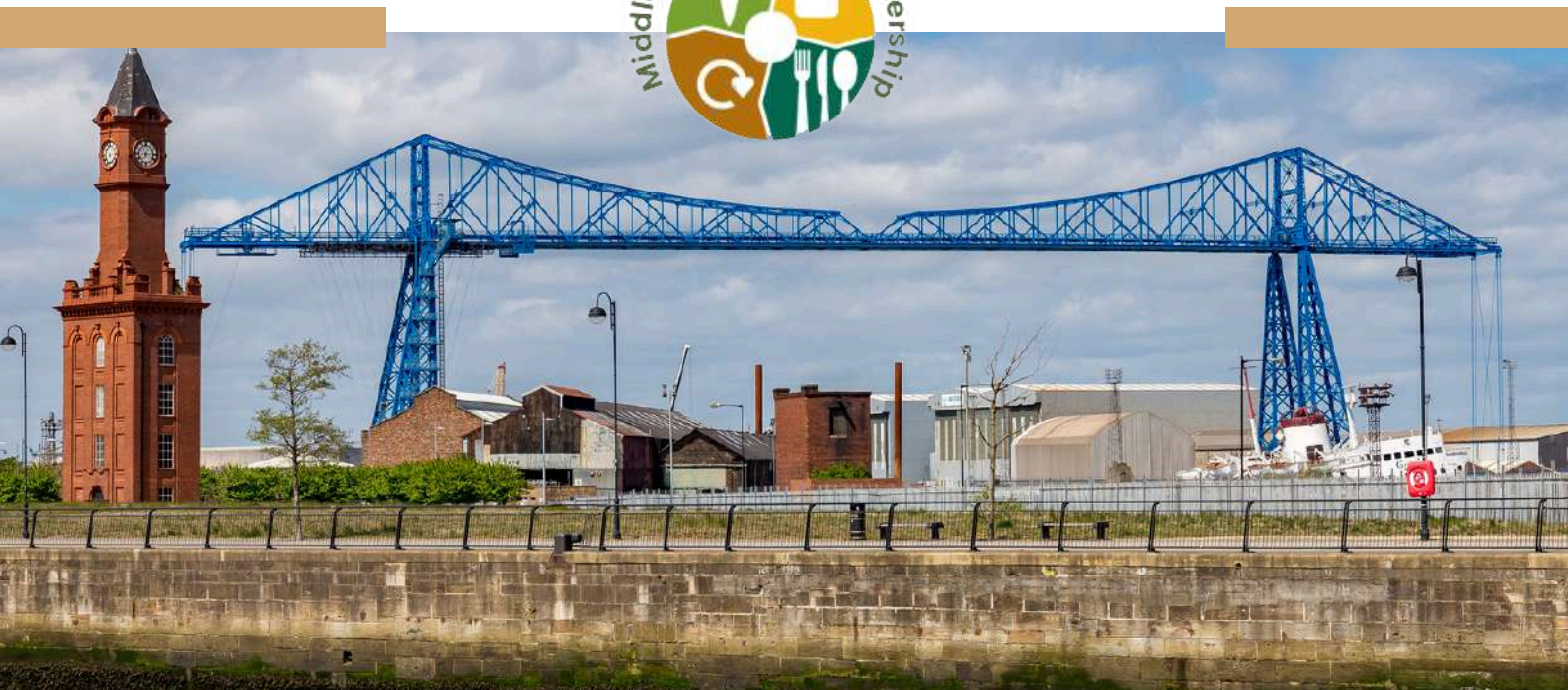


»»» NEWSLETTER «««

GOOD FOOD MIDDLESBROUGH

Middlesbrough Food Partnership



MAY 2024

»»» DAYS TO CELEBRATE

Food related days to celebrate in May;

- National Children’s Gardening Week (25th May - 2nd June)
- British Tomato Fortnight (27th May - 9th June)

WHAT'S HAPPENING



FOOD PARTNERSHIP NEWS «««

- Success from the Earth Day event
- Teesside University host a three week trial of Eco Shops
- Local food business feature on ‘Come Dine With Me’
- New social supermarket in the town centre

WHAT'S NEW

By Alexandra Young

GOING FOR GOLD

MIDDLESBROUGH FOOD PARTNERSHIP



➤➤➤ SUSTAINABLE FOOD PLACES GOLD AWARD

Middlesbrough Food Partnership are going for gold and it's all thanks to your amazing hard work and contributions over the years. Over the coming weeks we will be posting about all of the actions that we can take as individuals, businesses and schools to continue improving our local area. Some examples of the actions you could take are listed below. Don't forget to tag us in your posts using **#24carrotgold**.



TURNING ACTIONS INTO GOLD

We want to make Middlesbrough a place where everyone can eat good quality, healthy food that is easy to buy and offers value for money. In 2019, Middlesbrough became a silver Sustainable Food City, and are now bidding for Gold.

The Council and other institutions across the town are taking action to make food healthier and more sustainable. We are calling on residents, visitors, schools, cafes, restaurants, shops and caterers to all play their part too.

Every action counts!

Individuals & Visitors



- Eat a healthier diet low in salt, sugar and fat
- Eat less meat
- Use less packaging & recycle

Schools



- Offer cooking and growing opportunities
- Undertake a food waste audit
- Run an eco-shop

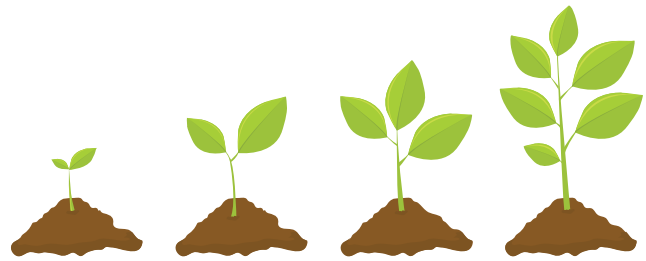
Food Businesses



- Buy more sustainable, local and seasonal food
- Offer smaller portions
- Reduce and recycle food packaging

GROUNDWORK

➤➤➤ TOWN FARM VOLUNTEERING



Groundwork takes practical action to create a fair and green future in which people, places, and nature thrive. They support local communities and businesses to build capacity and resilience to tackle hardship, achieve a just transition to net-zero and help nature recover in a way that reduces inequality and leads to better work and healthier, happier lives.



Volunteering

Groundwork have plenty of volunteering opportunities around the Middlesbrough area, including at their Town Farm Allotment.



WE HAVE A RANGE OF OF OPPORTUNITIES AVAILABLE , SO PLEASE COME AND JOIN US AND ENJOY VOLUNTEERING OUTDOORS !
TS3 8PE

www.groundwork.org.uk

TO BOOK YOUR PLACE OR FOR MORE INFORMATION PLEASE CONTACT

natalie.whitworth@groundwork.org.uk

**YOU'VE
GOT
THIS.**

Visit www.groundwork.org.uk or contact Natalie for more information

Teesside University Eco Shop

Middlesbrough Environment City (MEC) worked in partnership with Teesside University's Students Union on a three week social supermarket trial. The pop up Eco Shop was to give students the opportunity to access affordable food and reduce food waste.

Approximately 85 students attended and 570kg of surplus food was redistributed for a small donation. The surplus food was provided by FareShare North East, who are a surplus food charity dedicated to eradicating food waste and alleviating food poverty in the North East.



PHOTO COURTESY OF TEESSIDE UNIVERSITY

Pictured above is Stephen Goodall, Social Responsibility Officer at Teesside University, Lisa Harris, Eco Shop coordinator at MEC and some of the committed student volunteers (pictured above and right)

A huge thank you to the student volunteers who dedicated their time to help launch this initiative, providing support with the deliveries, assisting shoppers and taking donations.

This trial run proved successful and we hope this will become a more permanent fixture in the new term.

Thank you to all involved at Teesside University and the Student Union.



>>> OVERVIEW

This Earth Day the Food Partnership collaborated with Climate Action Middlesbrough and Communities Growing Together. Alex and Jodie kicked things off with a presentation on how to reduce plastic and food waste, this included a short video on the 'Great Pacific Garbage Patch' and some alarming statistics on how much good food is going to waste in the UK each year. According to FareShare, 4.6 million tonnes of food that goes to waste each year is still edible, that's enough for 7 billion meals!

After the presentation, we stopped for a short break to enjoy a hot drink, fresh fruit and some homemade cupcakes. We then got straight to work on repurposing crisp packets to make warm blankets for homeless people, which will be donated to Nitelite. In amongst the blanket making, Dave, from Communities Growing Together, provided a guided tour of the old Nature's World site and developing allotment.



We want to say a huge thank you to all those who celebrated Earth Day with us!

We were pleased to see so many people keen to make a difference.



IN THE COMMUNITY

»» NEW SOCIAL SUPERMARKET

Connections Community cafe have recently opened up a community deli, providing good quality food for all.

They sell a range of food items at affordable prices, perfect as a cost effective way of topping up your shopping and reducing food waste.

Choose from dry items (5 for £2) and frozen items (5 for £3).

Pop along for a warm welcome by the friendly staff and why not grab a coffee whilst you are there!



»» V-edge Winners!

V-edge, an independent Middlesbrough based vegan eatery, have recently won 'Come dine with me'. The episode aired on Tuesday 14th May, hosting 3 restaurants from the local area, including Babuls in Darlington and Sheesh Mahal in Hartlepool.

Located on Linthorpe Road, V-edge offer some of the most incredible plant-based food, from brunch to burgers, desserts to cocktails! If you fancy a treat, that's hard to beat, head to V-edge and congratulate them on their latest win!



Image: come dine with me



Middlesbrough Food Partnership



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Middlesbrough Food Partnership Page

Would you like to feature in our next newsletter?

Get in touch!

We would love to write an article about you to showcase your work and achievements.

Contact Alex at alex.young@mencvcity.org.uk

