Big Lottery Climate Action Fund project

Food Use Places – Brighton and Hove Food Partnership

Food Matters Evaluation Framework – Development Phase Outputs

Project goal

Work together with local communities and each other to become champions of food use.

Bringing together a circular economy and community development approach to address the climate change issue of food waste.

Invest in micro-level organisations who know best what their communities want and how best to work with them.

Work together as a place-based network, sharing skills.

Food Matters' Key evaluation focus – from the project's Evaluation Matrix

Aim
Demonstrate how the project has embedded a culture of climate action.

Questions

- What impact has the project had on the culture (behaviours and attitudes) of communities?
- How has cultural change impacted collective climate action?

Information source
Information provided by project participants (e.g. through focus groups, interviews).

Indicator
Food Use Confidence (reported changes in participant skills, knowledge, awareness, and access relating to food waste).

Delivery plan
Facilitate two preliminary workshops to co-develop 'Food Use Confidence' metric with participants, followed by four workshops to evaluate against it. To be supported by an end of project evaluation survey.

Timeline

3rd May 2022	**CAF all partner workshop 1** – Old Boat Corner Community Centre
29th Sept. 2022	**Co-production workshop 1** – Peacehaven Community Supermarket
6th Oct. 2022	**Co-production workshop 2** – BHFP Community Kitchen
18th Oct. 2022	**CAF all partner workshop 2** – BELTA Community Hub
23rd Nov. 2022	**Food Use Confidence Dial training** (Sussex Surplus and The Real Junk Food Project – The Fitz)

Food Use Confidence Evaluation workshops:

2nd Feb. 2023	Hop 50+
23rd Feb. 2023	Hangleton and Knowle after school club
2nd March 2023	Hop 50+ (comparative – facilitated by Libby Akehurst)
26th April 2023	**CAF all partner workshop 3** – St. Richard's Church

Outputs

- The 2 co-production workshops used a facilitated participatory process to determine key **indicators of Food Use Confidence** i.e. understanding and behaviour that reduces food waste.
- The indicators provide the criteria against which an individual's Food Use Confidence can be evaluated.
- The evaluation criteria were used to develop a prototype **Food Use Confidence Dial** evaluation tool – in both a physical hard copy and digital Excel doc version.
- The **Dial** tool (see **Appendix A**) comprises:
    - A **grid** that describes indicators and examples (evaluation criteria) of Food Use Confidence under 7 key themes
      The grid can be used to guide **informal conversations** around the key indicators of Food Use Confidence
    - A **scoring mechanism** on a continuum of Food Use Confidence
      The individuals score themselves between 0 and 5 against each indicator, encouraging **reflection** on different aspects of Food Use Confidence
    - A **dial** graphic that can be used to collate and present the individual's evaluation scores against each of the criteria
      The completed dial can be used to facilitate discussion on patterns of Food Use Confidence and as the basis for **comparison** between evaluations (e.g. before and after programme interventions).
    - **Data** collection
      The scoring generates data that can be collated to show patterns and changes in behaviour for each Food Use Place and across all participating organisations.

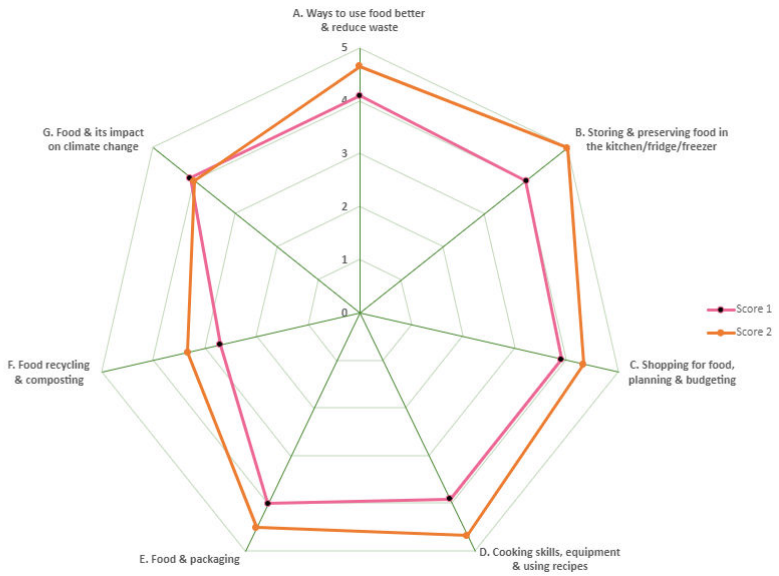
- The dial was introduced, demonstrated, and tested at the second all-partner workshop in October 2022
- Following refinement of the tool it was used at participatory evaluation workshops at participating Food Use Places (see **Timeline**, above)

- At each workshop people using and visiting the Food Use Place used the dial tool to provide a snapshot of their Food Use Confidence
- The Tool would be used again following implementation of CAF project food use activities and information provision.
- The completed 'before and after' Food Use Confidence Dials could be visually compared and provide the basis for conversations about the impact of the initiatives in supporting better food use and increased food use confidence.

Using the Food Use Confidence dial tool – Hop 50+ case study

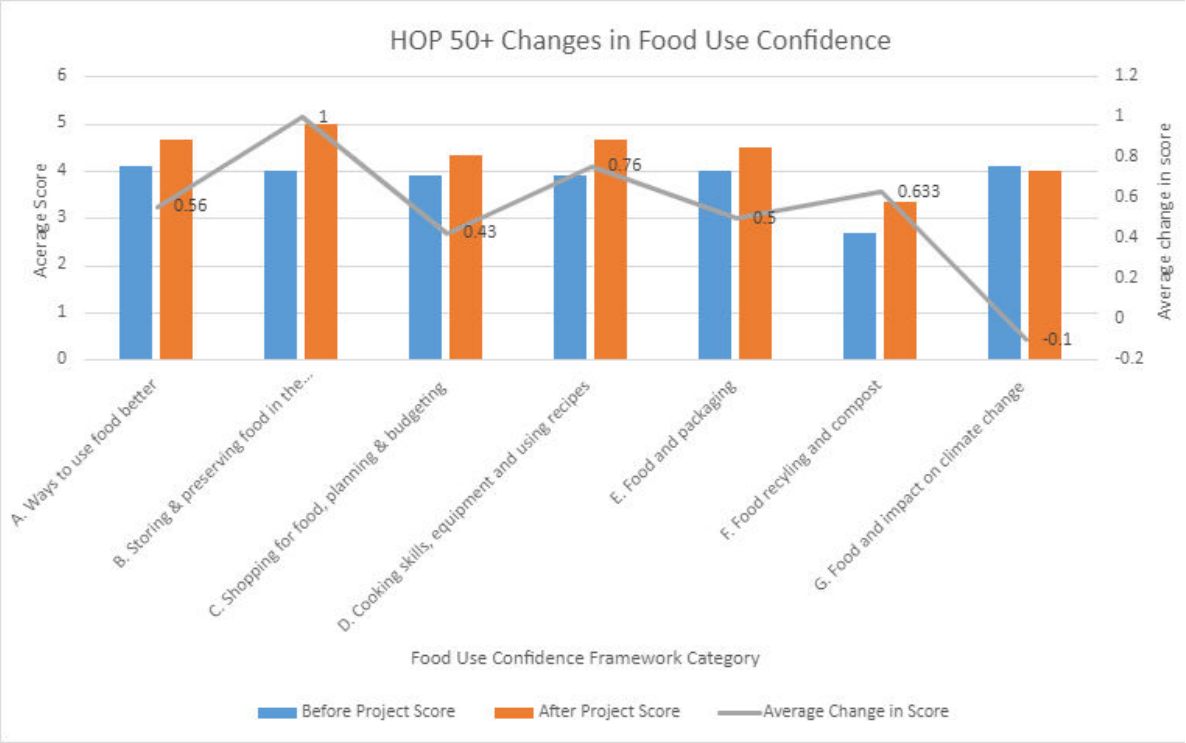
The Food Use Confidence dial was used to evaluate the impact of a Food Use Places project partner, HOP 50+, the flagship project of Brighton and Hove's Ageing Well program. The project offers a space for people over the age of 50 to meet, connect and feel supported. Their in-house café offers affordable meals, and their monthly activities include discussion groups, art classes, a gardening group, play reading and exercise classes.

As a partner of the Food Use Places project, HOP 50+ ran a series of activities, over a six week period, that focused on food, food waste and recycling. At the start of this series of activities Food Matters conducted a facilitated workshop with HOP 50+ service users, using the Food Use Confidence dial to introduce conversations about food waste and to enable participants to score their own 'food use confidence'. At the end of the series of activities, the workshop was repeated, allowing participants to reflect on how their 'food use confidence' had changed as result of being involved. From these scores, we were able to compare participant's food use confidence before and after being involved in the project (see below: score 1 = before, score 2 = after).



Hop 50+ Findings:

- *Baseline results show that HOP 50+ project participants, on average, scored themselves highly on most categories of the 'food use confidence' framework.*
- *The average baseline score across all dial categories was a confidence rating of 3.81 out of 5.*
- *The lowest average baseline score was for category,* ***F. Food recycling & composting,*** *which scored an average confidence rating of 2.7.*
- *A reason identified by participants for this low score was a lack of access to appropriate composting equipment or facilities.*
- *Following project involvement, participants scored higher on all but one of the seven dimensions of the 'food use confidence' framework, with the overall average rising to 4.35 out of 5.*
- *Score decreased in only one out of the seven categories,* ***G. Food & its Impact on Climate Change,*** *which decreased by an average of 0.1.*
- *A reason identified by participants for this decrease was an increase in awareness of the problems faced.*



Hop 50+ Learning:

- *The co-developed 'food use confidence' framework provided an effective way of measuring the impact of the project on improving participants' confidence in turning food waste into food use.*
- *The tool was used to open up and structure conversations with project participants, helping to explore and score their confidence relating to food and food waste.*
- *The tool was used to provide benchmarking and end-of-project data through which impact can be assessed.*
- *In subsequent funding phases, this tool could be scaled up to evaluate the impact across all project partners and participants.*

Findings

- **Food Use Confidence** has been tested and accepted as a valid evaluation metric for the programme.
- The prototype **Food Use Confidence Dial Tool** has been piloted and its value demonstrated as a practical evaluation mechanism for the Food Use Places programme.
- **Co-production** of the Tool, with project participants in facilitated participatory workshops, makes the Tool robust and relevant to participants' experience.
- The Tool's value as a supporting a **reflective process** has been demonstrated in the places where it has been piloted – i.e. supporting reflection and providing a snapshot of an individual's behaviour/awareness/confidence.
- The Tool's value as the basis for **comparative evaluation** has been piloted and shown to be effective in comparing an individual's and groups' scoring before and after specific programme interventions/initiatives (see Hop 50+ case study above).
- The Tool provides valuable **qualitative information** about an individual's food use confidence – i.e. case studies and the experiences of individual participants.
- The Tool can provide useful **quantitative data** about food use confidence patterns within participating organisations and across the programme.
- Use of the Tool goes beyond an evaluation process – it also helps **deliver key programme objectives**: raising awareness; building understanding; signposting to information and resources; and ultimately building participants' food use confidence.

Recommendations

1. Continue to refine the Food Use Confidence Dial Tool based on learning from the development phase of the Food Use Places programme.
2. Use the Tool as the evaluation mechanism for the next phase of the Food Use Places programme.
3. Ensure that the Tool is used as a comparative evaluation process – to establish a benchmark before any project initiatives are delivered at Food Use Places.
4. Return and repeat the evaluation and compare the two dials to evaluate the impact of the initiatives on improved Food Use Confidence.
5. Further explore ways in which the outputs of the individual Dials can be collated as data within each participating Food Use Place and across the programme.
6. Consider using the Dials with project staff as well as visitors/users of Food Use Places and their services.
7. Include training for project partners in the use and facilitation of the Dial tool in the next phase of the project.

Ben Messer and Callum Etches
Food Matters
April 2023

Appendix

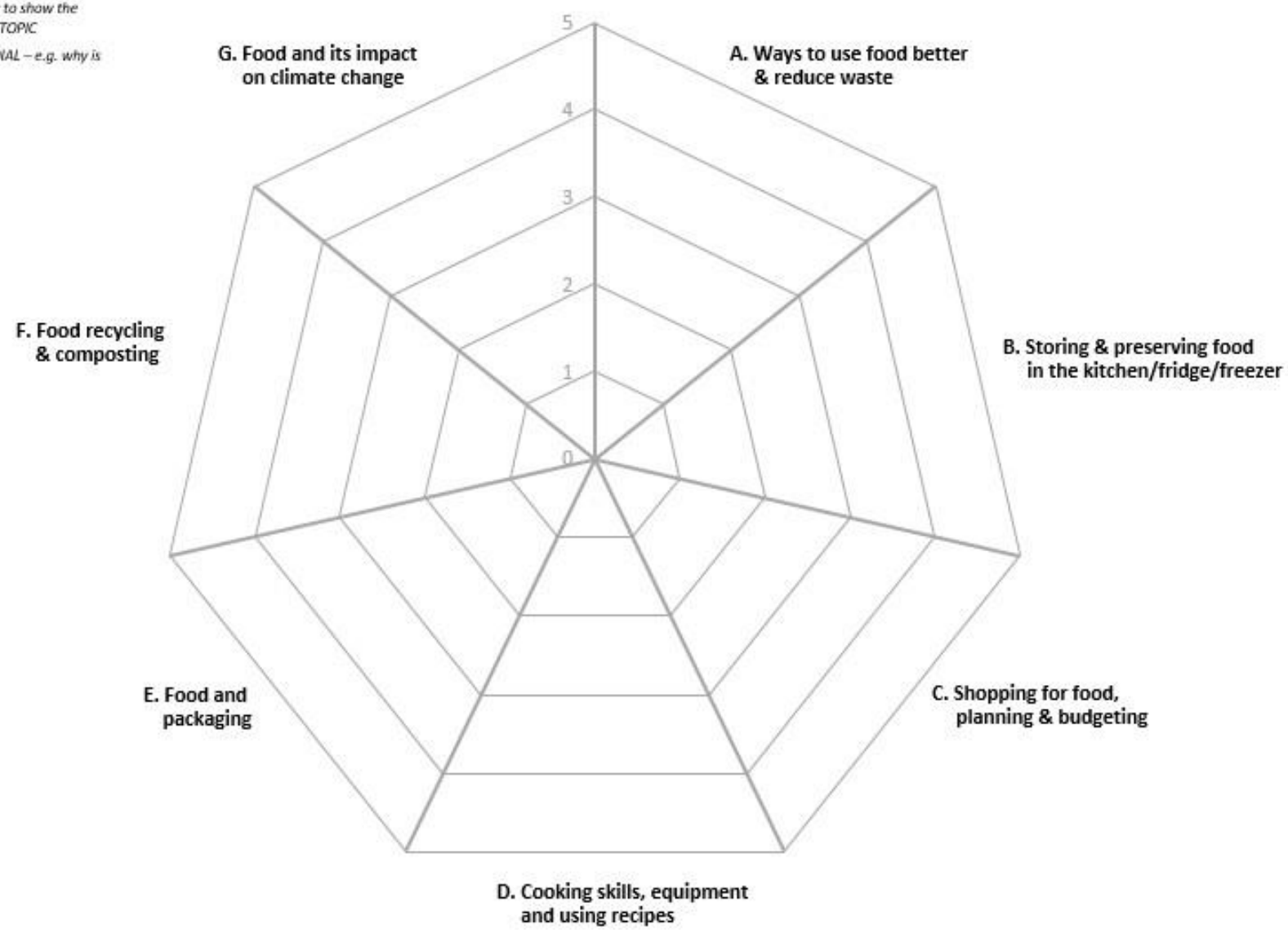
Food Use Confidence Dial

Name:

Date:

Colour in each segment to show the average score for each TOPIC

Add comments to the DIAL – e.g. why is this your score



How to use the Food Use Confidence Tool

STEP 1
Read TOPIC A. and the **Examples** ↓

STEP 2
Score 0 - 5 how strongly you agree on each statement:
5 = strongly agree
0 = strongly disagree

STEP 3
Calculate your **average score** for each **TOPIC** and **colour in** segment A. on the DIAL to show your score

STEP 4
Write next to segment A. of the DIAL **why** you have scored this much

STEP 5
Under **Actions** write how you could improve your score ↓

...and repeat for all remaining TOPICS

TOPIC	EXAMPLES (use these statements to help consider what you do & decide your score)	SCORE	ACTIONS (what could you do to increase your score?)
A. Ways to use food better & reduce waste	→ I know when food is safe to eat and when it's not and has gone off → I know how to avoid cooking too much food for meals – weighing etc. → I know what to do with leftovers when I have made too much food → I know where to go to learn more and get inspiration		
B. Storing & preserving food in the kitchen/ fridge/freezer	→ I am confident about storing food to stop it going off - freezer, jars etc. → I make full use of food stored in my kitchen and fridge → I preserve/freeze foods to keep them for longer		
C. Shopping for food, planning & budgeting	→ I keep to my budget and buy the right amount of food that I need → I plan my meals ahead of time to help save money & reduce waste → I know which food will last longer & which needs to be eaten fresh → I am good at buying food that I like and that I know I will use		
D. Cooking skills, equipment and using recipes	→ I have good cooking skills & know how to prepare meals from scratch → I have recipes that I follow/adapt & that help me use the food I buy → I have kitchen equipment to prepare food and store it safely → I know where to get cooking skills information, courses and support		
E. Food and packaging	→ I'm good at minimizing the amount of food packaging when I shop → I know how to recycle food packaging when I get it → I know where to take food packaging to be recycled		
F. Food recycling and composting	→ I compost food that I can't use & I know what I can/can't compost → I know where to take surplus food → I know where to get composting equipment if I need it → I know where to get information about how and where to compost		
G. Food and its impact on climate change	→ I understand the link between the way I use food and my impact on carbon emissions and climate change → I take steps to reduce my climate impact related to food → I know where to get information on food and its climate impact		