

Training for building resilient and dignified food systems

WILL YOURS BE THE FIRST
FOOD BANK FREE
CITY?

ALLIANCE FOR
DIGNIFIED 
FOOD SUPPORT



Our training offer supports local authorities, food partnerships and community food groups to move beyond short-term crisis response and toward the development of a fully integrated, preventative, resilient and dignified food and local support system.



The four training modules do not need to be completed sequentially. Instead we provide organisations with a **bespoke offer** that aligns with where each organisation is on their journey and their specific objectives

Ending Reliance on Emergency Food Aid: a four-tiered training model

Level 1: DIGNITY
Dignity and Community
Food Groups



Level 2: RESILIENCE
Trauma informed training
and structured support for
resilience



Level 3: STRENGTHENING
Working together as local
authorities and food
partnerships to strengthen
food systems



**LEVEL 4:
TRANSFORMATION**
Design and deliver a
transition away from
emergency food

FOR: Community food
groups, emergency food aid
provider, LFPs

WHAT: A practical, interactive
introduction to embedding
dignity within community food
provision, using the ADFS
Dignity Toolkit to audit and
improve current practice

FOR: Community food
groups, emergency food aid
providers and LFPS

WHAT: Embedding trauma-
informed practice, structured
volunteer support and clear
governance processes

FOR: Local authorities, food
partnerships and community
food groups

WHAT: A strategic training
for local authorities and
food partnerships to
strengthen community food
systems by embedding the
ADFS Charter of Rights

FOR: Local authorities,
food partnerships,
statutory services, and
VCSE organisations

WHAT: A comprehensive,
systems-level training to
support local authorities
in using the CRF to design
and deliver a transition
away from emergency
food aid.

1: Embedding dignity and trauma-informed practice in community support networks

For: Food partnerships + community food groups organisations

How: One-day workshop delivered in-person or online

An essential part of **resilient** local food system support is ensuring that organisations provide **dignified, trauma-informed support** for volunteers, staff and service users. Using the ADFS **Dignity Toolkit**, this interactive training supports organisations to embed dignity across a range of community food support models, including **food banks, pantries, community hubs** and **social supermarkets**.

We begin this interactive session with **auditing your current services** and supporting you to develop a **tailored action plan**, with **clear and tangible goals** for implementation. We then take a detailed look at how **trauma affects service users, volunteers** and **staff** and how organisations can respond in ways that promote **safety, dignity and trust**.

1: Embedding dignity and trauma-informed practice in community support networks

In this day-long workshop, you will:

- Complete a dignity audit and bespoke action plan and clear, tangible goals and next steps for implementation
- Learn how to build a tailored, realistic action plan for enhancing dignity and trauma-informed practice
- Learn about the concepts of hunger trauma and moral injury
- Examine how trauma affects emotional regulation, decision-making, relationships and engagement with services
- Identify strengths and areas for development regarding dignified, trauma-informed support in your organisation
- Learn about the impacts of hunger trauma and moral injury in emergency food aid
- Explore how trauma-informed practice can be embedded in community support environments, from physical spaces to conversations and assessments.

Practical learning includes:

- Compassionate communication and active listening
- Non-judgemental approaches that reduce the risk of re-traumatisation
- Recognising and responding to signs of distress
- De-escalating challenging situations while maintaining professional boundaries
- Respecting individual choice and avoiding practices that undermine dignity or create shame
- Supporting staff and volunteer wellbeing through self-care, reflective practice and peer support.