



Guidance on One Can Trust's Food Provision, Donation Requests and Procurement

The One Can Trust food bank provides weekly emergency food parcels to anyone in South Bucks who is struggling to put food on the table. The parcels are packed according to size of the household and any dietary requirements. Contents of the parcels have been carefully planned and designed by a food nutritionist to ensure recipients can make three meals a day for a week. Since 2023, One Can Trust has been working with the social enterprise, RaisingNutrition, to further improve the healthiness of food parcels. RaisingNutrition is also working with our hot meals / café provision.

The food provided is largely sourced from public donations. One Can Trust regularly requests specific foods through the various media channels to help guide and encourage donors to donate foods that are most needed. In some instances, food may be directly purchased by One Can Trust, funded by cash donations or grants etc.

One Can Trust is committed to incorporating the following elements of RaisingNutrition's charter into its routine practice:



Based on RaisingNutrition's advice, One Can Trust have pledged the following:

Food Provision:

- ❖ One Can Trust aims to support people in eating a healthier diet as per the Eatwell Guide - [The Eatwell Guide \(publishing.service.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/101361/eatwell-guide.pdf).
- ❖ Fresh fruit and vegetables will always be available with each food parcel*
- ❖ One Can Trust is actively working towards providing 'at least 5 portions of a variety of fruit and vegetables a day' as recommended by the Eatwell Guide. Progress is towards this goal is reviewed every 6 months.
- ❖ One Can Trust will continue working closely with local allotment growers (including Grow to Give campaign) to encourage donations of surplus fruit and veg thus boosting the variety of produce that is available to our clients.
- ❖ One Can Trust will continue working to the highest standards possible with regards to the provision of appropriate food for clients with disclosed food intolerances. No food is pre-packed or wrapped for direct sale at One Can Trust and therefore Natasha's Law 2021 does

not apply. However, One Can Trust ensures allergen information is available for all provided products (including bakery items that are not packaged and labelled).

- ❖ One Can Trust will not add peanut butter to week 1 parcels (due to children not being allowed nuts in schools) and instead adding honey as a versatile and less processed alternative to jam.

*To manage the potential for waste, inclusion of fresh produce is an option within the referral process and clients do have the opportunity to “opt out” of having fresh produce in parcels.

Food Requests:

- ❖ Wholewheat pasta and wholegrain rice are specifically requested in donations.
- ❖ “Healthier” breakfast cereals such as shredded wheat, oats and unsweetened whole grain cereals are requested in preference to sweetened cereals such as Coco Pops.
- ❖ Oily fish such as mackerel, sardines and salmon are requested in donations.
- ❖ Tinned mince beef and onions is requested rather than hot dogs and other highly processed tinned meats.

Food Procurement:

- ❖ Wholewheat pasta and wholegrain rice are purchased in preference to refined grain products.
- ❖ To help manage the sugar content of parcels, biscuits are no longer purchased if donations are running low. Biscuits that have been donated can be rationed if necessary.
- ❖ Sugar will not be purchased for food parcels. If sugar is donated by the general public, the sugar will be split into 250g smaller bags.
- ❖ Due to the high salt content and additives of processed meat, hot dogs are not purchased directly by the food bank.
- ❖ Spam and tinned ham are also not purchased directly by the food bank. They are distributed in food parcels if donated. If no tinned meat is available, extra fish is given instead.
- ❖ Tinned pies are no longer purchased. Pies are distributed in food parcels if donated. Rather than purchasing tinned pies, canned mince beef and onions are purchased instead (a healthier and more versatile option).
- ❖ Where possible, greener bananas are bought (which contain a higher level of prebiotic resistant starches that are not broken down in the small intestine causing a rise in blood glucose levels. Instead, they are fermented in the large intestine thus promoting healthy gut bacteria).

Community Café

The following pledges have been made with regards to One Can Trust’s Community Café:

- ❖ To collate feedback guide activities and to demonstrate the positive impact cookery courses have, for example, on improving diet and nutrition.
- ❖ To share healthy recipes and photos from the Café on the website.
- ❖ All the food supplied through the Community Café is vegetarian. Basics from the store cupboard (beans/ tinned tomatoes etc) are used and paired with wholefoods such as wholewheat grains and fresh fruit and vegetables. The food uses an array of spices and ingredients to make the café experience more unique however the recipes taught at the cookery courses are slightly more basic to suit all abilities, using very accessible ingredients and are all based on a typical One Can Trust food parcel.

Training

In June 2023, RaisingNutrition ran two training sessions for volunteers and staff in order to raise awareness of healthy eating. In addition, two members of the One Can Trust team attended RaisingNutrition's 'Food Service for Health' conferences in January and March 2024 to improve their knowledge. From Hills Café in Micklefield, our Food Programmes Team run courses in basic kitchen skills, cookery classes and supper clubs where individuals and families can make healthy and nutritious meals from scratch, learning about the importance and benefits of eating nutritious food.

Accreditation

One Can Trust received RaisingNutrition's accreditation in May 2024 in recognition of its commitment to nutrition in line with RaisingNutrition's accreditation framework and key principles. This was achieved in particular through the introduction of a food & nutrition policy, changes to the way the food bank requests food donations and how food parcels are put together.

This highly respected accreditation is restricted to caterers or food businesses who can show they are taking nutrition seriously; making proactive changes to improve nutrition standards as well as educating staff and empowering clients to help them in making and valuing healthier food choices. This initiative demonstrates our commitment to raising nutritional standards and aligns with our belief that eating well can help us to live well and stay well.

