

Food Matters

Summer 2026

EXETER FOOD ACTION
IN PARTNERSHIP WITH



FareShare
South West



HIGHLY COMMENDED 2023
WINNER 2026

Welcome to the Summer 2026 issue

We're bringing you a shorter summer issue, partly because readership tends to drop a little during the holiday period, but also because we've lots to do.

Unfortunately, the cost of living challenges we all face, made worse by the US Iran war, are impacting us too, with demand rising at the same time as costs are increasing. This presents new challenges to which we must rise, as we always have in the past. So we're working hard to secure the funding we'll need in the months and years ahead, which includes an **urgent appeal** to readers of Food Matters.

For this shorter issue, we're also trying a slightly different layout. Do let us know what you think and, as ever, if there's anything you'd like covered in future issues, or that you'd like to see more of, or less, the editor's all ears. You can contact the editor [here](#)



Book project paused

Our book project, managed by our volunteer, Ellen, has now raised an incredible £5,518. She'll be taking a well-earned break until October, so we're pausing donations until then. [Read more](#)

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Welcome to Jeannette and Jocelyne

We're pleased to report that our staff team was joined in June by 2 new part-time members of staff, Jeannette and Jocelyne. [Read more](#)

The Crisis and Resilience Fund

This is a new fund offering targeted help to people on low incomes who experience an unexpected financial shock, such as a sudden loss of income or an essential cost they can't afford. Information about eligibility and how to apply, including links to the local district or city councils who'll be overseeing the fund. [Read more](#)

Lunch they deserve

A short film narrated by Dame Emma Thompson and produced by the campaigning charity, the Food Foundation, appears to have had an impact on government policy on eligibility for free school meals.

[Read more](#)

Growing up hungry

New research provides a view of childhood hunger in 2026, revealing that food insecurity in the UK, is worryingly high. Almost half (44%) of parents polled said they struggle more today than they did 5 years ago.

[Read more](#)

Welcome Jeannette Allen

We're delighted to welcome Jeannette to the team, who'll be providing administrative support to our manager, Wendy. We asked Jeannette to provide a few words for this issue, featured below, and we all look forward to working with her.

“ I have previously worked and volunteered in a wide variety of roles, mainly in and around Exeter, where I currently live. I have 2 grown up sons who my husband and I love visiting in Bristol. I really appreciate living in the Southwest and spending time exploring our local beauty spots in our campervan. I also enjoy reading a good book, sudoku puzzles, family board games and 'trying' to keep fit. I have even been known to venture into the sea, and not only on a sunny day! I am very much looking forward to being a member of the Exeter Food Action Team and meeting you all soon. ”



Welcome Jocelyne Whittaker

We're also pleased to welcome Jocelyne to the team, pictured below, who'll be joining Keith as one of our two part-time van drivers. We all look forward to working with you, Jocelyne.



“ I am from the Caribbean Island of Guadeloupe and studied at the [Jean Drouant Hospitality School](#) in Paris, moving to the UK to improve my language skills. I became a head chef and hospitality and catering manager but, due to an accident at work, I retrained as a French and Spanish teacher, teaching years 7 to 13.

In 2022, I started the [Adonai Community Kitchen](#) at Newton St Cyres Parish Hall, obeying Adonai's call. On Tuesdays and Wednesdays we offer a 2 course meal on a donation only basis. It's all run by community volunteers. I love helping my community and am delighted now to join the Exeter Food Action team. ”

A lovely thank you from the Okehampton Community Kitchen & Food Bank



“ We struggle with food sources in rural areas and thanks to Exeter Food Action our food bank services remain open every day of the year! Collaborative working enabled us to stay open during the heatwave while all our other suppliers were closed. Every one of the families we support received fresh meat, veg, fruit and some treats as usual. Thanks Exeter Food Action! We really are grateful. ”



A round up of messages for our new Prime Minister

Since 2010 the UK has had six prime ministers and, on the 20th of July, our seventh, Andy Burnham, took office, promising to "give people some breathing space", which included an announcement of cutting VAT on electricity bills from October, a £2 limit on bus fares and a 20% cut in business rates for pubs, clubs and live music venues.



According to the anti-poverty charity, the Joseph Rowntree Foundation (JRF), 4 years into the current cost-of-living crisis, almost two-thirds of low-income families say they struggle to buy essentials such as clothes, heating and food, equivalent to roughly 7.4 million households, up from 7.1m a year ago. The figures come from the JRF's poverty tracker, which surveys about 4,000 people from households in the lowest 40% of incomes.

[The Food Foundation](#) has called on Burnham to "form a credible plan on tackling the cost of living, ensuring everyone across the UK can afford to put food on the table", with the latest results from its food insecurity tracker showing that 12.2% of households are currently experiencing food insecurity.

Helen Barnard, director of policy and research at [Trussell](#), welcomed the proposal to cut VAT on electricity bills but said that this first step to addressing the cost-of-living crisis will do little for people forced to turn to food banks to survive, urging more targeted support. In 2025, 2.6 million emergency food parcels were distributed to people facing hunger and severe hardship in the UK, which is equivalent to a parcel every 12 seconds.

[Amnesty International UK](#)'s CEO, Kerry Moscogiuri, has urged Burnham to put a right to food and housing into law during his time in Number 10. In fact, the UK recognised the right to food in international human rights law decades ago, but this has never been put into law. Amnesty point out that A Right to Food Act would create a legal duty for governments and public authorities to ensure that everyone can access adequate, nutritious and affordable food, moving away from a system that relies on charity and emergency support and towards one based on dignity, accountability and rights.

As the saying goes, the proof of the pudding is in the eating and EFA will be keeping a keen eye on developments. We don't have the influence of some of the larger organisations referred to in this update, but we know from our own work that too many people are reliant on the 70 food banks and community groups we support. We're proud of our record but, as our 2025 figures show, last year we rescued 114,651 kg of food, about the same weight as 3 empty Boeing 737-700 passenger planes and equivalent to around 750 meals provided every single day of the year. It shouldn't be this way but, for as long as there's a need and we're able, we'll keep on doing what we do.

If you'd like to contribute to our vital work please visit [Keeping our Wheels Turning](#).



A hole in one!

In June, the [Exeter Golf and Country Club](#) held their Open Seniors' Competition, and we were delighted to learn that they had raised an incredible £900 for Exeter Food Action, their chosen Charity of the Year.

We're immensely grateful for their support, as can be seen on the smiles of our manager, Wendy, accompanied by one of volunteers, Lin, with Golf Seniors Captain, Jonathan Custance Baker. Thank you so much, Seniors. May the course be with you!



A well-earned break for Ellen



In December 2024, our wonderful volunteer, Ellen, said that she'd got an idea for raising funds. She suggested that we should invite people to donate any books that they no longer needed, which were perhaps cluttering up their shelves, and she'd then sell them.

We'd no idea how well it might go but thought it worth trying, so we started to publicise the project on social media, here in Food Matters and on our website etc. Ellen did too and before long we had to set up a dedicated space in our warehouse as the books came pouring in. In fact, as word got out there were so many

people popping in with boxes of books that Ellen was forever calling by to clear the space.

After a while things were going so well that, although people could still drop books at the warehouse, Ellen kindly offered to accept donations at home, thus avoiding the hassle of people having to drive down to Marsh Barton, which does get a bit congested at times. It was easier for Ellen too.

So, here we are, 18 months later and, thanks to Ellen's sterling efforts, which must surely have meant that she often dreamt about books in her sleep, she's raised an incredible **£5518.31!**

There were surprises along the way too. A paperback that Ellen's described as 'a tatty old paperback', sold for £50, and five Warhammer books sold for an incredible £290!

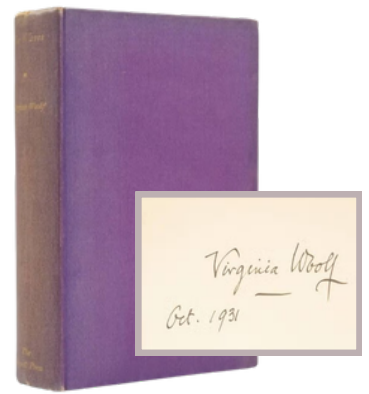
We're hoping that Ellen may one day have similar luck to that of a Bristol Oxfam shop. Maria Fenner, who'd been volunteering there for 4 years, was checking through donations



back in April and spotted a rare first edition of Virginia Woolf's novel, the Waves, signed by the author. It soon found its way to Bonham's Auctioneers, who confirmed it to be genuine. In July it went under the hammer and sold for £25,600! *

Ellen's going to be taking a well-earned break until October so, for now, thanks everyone who donated books but

.... NO MORE BOOKS UNTIL OCTOBER PLEASE!



*** While Ellen takes a break, if anyone would like to dispose of those rare, high value 1st edition books currently cluttering up their shelves, please contact us and we'll happily race round and take them off your hands.**

The Bakery

A huge thank you to our neighbours, [THE BAKERY](#), for their fabulous food donation of 103.91kg, which equates to around 250 meals. This followed one of our double door upright freezers not being closed properly the night before and, opening up the warehouse the next morning, Wendy finding a huge amount of food defrosting. The Bakery kindly stepped in, cooked and sold it all and then bought ambient staple products for us, such as tins, sugar and pasta etc. Many thanks to our friends at the Bakery for helping out and preventing all that food going to waste.

thank you!

Guardian Security

When FareShare South West closed for 2 days in the recent heatwave a lot of food was going to be wasted so we asked if we could have it. Wendy then arranged for a lorry to deliver 3 full pallet loads and our friendly neighbours, Guardian Security, provided a pallet truck to unload it. We're so grateful for the support they provide so often for us.

thank you!

Thanks from Job Club Exwick

The picture on right is of a recent interview day. Job Club Exwick often receive EFA food so mentees and mentors can share lunch when they arrive. 5 people have recently gone through the 8 week course and are all now looking for work.

"Thanks to Exeter Food Action for helping to make this possible".

Debbie Carter, Community Worker



MISSED AN ISSUE OF FOOD MATTERS? VIEW/DOWNLOAD BACK COPIES BELOW



SUMMER 2023



WINTER 2023



SPRING 2024



WINTER 2024



WINTER 2025



SPRING 2025



SPRING 2026



Can you help to keep our wheels turning?

Year on year we've seen a steady increase in need, a trend reflected nationally. In 2010, for example, the Trussell Trust, the UK's largest food bank charity, operated just 35 food banks. Today, due to the long-term impact of the 2008 financial crisis, welfare reforms, the COVID-19 pandemic and wars in Ukraine and the Gulf, there are over 2,800 UK food banks, an increase of 7,900%. In fact, there are now more food banks in the UK than branches of the fast food chain, McDonalds.



With demand increasing, as so many people struggle to get food on their tables, we've increased the number of groups we support but, as mentioned on the first page, the cost of living crisis is affecting us too, presenting new challenges to which we're determined to rise. As an example, in 2025, keeping the lights on and making sure that our bank of fridges, freezers and our walk in chiller kept humming for 24 hours of every day, cost us £14,194 – just under £40 a day. Similarly, just as we couldn't function without them, we couldn't without our warehouse either. In 2025 our rent and service charges amounted to £10,213 – just under £30 a day. And there are other costs, such as our current need to acquire a new upright freezer to cope with the fact that we're 'rescuing' more food that would otherwise go to waste. They cost over £3,000.

In June and July we submitted 49 applications for funding to a range of foundations and trusts and we'll be working on others in the months ahead. Unfortunately, however, all of them will have received 100s if not 1,000s of applications from the many organisation's who, like us, are feeling the pinch. There are no guarantees.

We never feel comfortable having to ask but, without the kindness of supporters able to make financial donations to support our work, it's a constant struggle covering the cost of getting food to so many people who need it. We run a tight ship and keep costs down as best we can, with much of what we do made possible because we have an incredible team of over 60 volunteers, generously giving their time to keep our wheels turning (*if you haven't yet seen our video, it provides a wonderful insight into what we do. Here's a [link](#)*).

We know it's tough for everyone at the moment but, if you're able, please consider supporting our vital work with a donation, however small. **It's easily done on the next page.**

By joining our family of Friends, quite literally, you'll be playing a part in ensuring that good, nutritious food continues to find its way onto the tables of people for whom it might otherwise be unaffordable.

And with the certainty of regular monthly income we're better able to plan ahead and to rise to current and future challenges, keeping on doing what we do. As well as playing such an important part in our work, as a Friend you'll receive regular updates on how we're doing and general Exeter Food Action news. We hope that you'll be inspired to join us.



AN URGENT APPEAL

Dear Friends

Over several years, due to the cumulative effects of the 2008 financial crisis, welfare reforms, the COVID-19 pandemic and, more recently, the wars in Ukraine and the Gulf, demand for the service we provide has risen exponentially, as have our costs.

Nevertheless, we now provide 'rescued' food to 70 food banks and community groups in Exeter and across Devon, supporting 1,000s of people struggling to get food on their tables.

Right now, however, we are navigating a particularly fragile financial period. A sudden combination of rising costs and funding shortfalls has put severe pressure on our operations, making our future far more uncertain than it should be.

We currently await the outcome of over 40 fundraising applications to trusts and foundations, such is our determination to ensure that our service continues but, much as we don't like having to ask, there's no other way to put it than that we urgently need a helping hand. With immediate support from our community, we can bridge this gap and, as we always have, rise to the new challenges we face.

This appeal, therefore, is to people and organisations who already support our work, to the many groups who rely on our service and to others sympathetic to our work. We know that times are tough for everyone and, to repeat, we really don't like to ask but, if you're able to help, even if only in a small way, please consider giving us a helping hand during this particularly difficult time.

As another winter approaches we are determined to ensure that nobody should ever have to make a choice between eating and heating.

Thank you to every one of our supporters, new and old. Quite simply, we couldn't do what we do without you!

The Exeter Food Action team.

DONATE



By choosing the Gift Aid option, our payment platform will process a claim on our behalf. This means that, if you are a UK taxpayer, for every £1.00 donated we can reclaim 25p from the government.

Thank You

A novel food bank 8,765 miles away

In the summer 2023 issue, we took a look at the world's first food bank. It was founded in 1967 by John van Hengel, a volunteer at a local soup kitchen in Phoenix, Arizona, where he'd struck up a conversation with a young mother who had 10 children and a husband on death row.

She'd told him about the struggles she faced to feed her children and how they relied on soup kitchens and thrown away food retrieved from grocery store skips.



A 24 HOUR AUTOMATED FOOD BANK IN SHENZHEN PROVINCE, CHINA.

Deeply moved and inspired by their exchange, Van Hengel set about thinking how he could help hungry families like hers and spare them the indignity of having to rummage through dirty skips to feed themselves. He came up with a bright idea that would eventually sweep the world and pioneered the concept of a 'food bank', a repository at which people and local businesses with surplus food on their hands could make 'deposits', and people like the young mum could make 'withdrawals'. *There's a link to that issue [here](#).*

In this issue, 3 years later and 8,765 miles away, we're taking a look at 24-hour automated food banks in China's Shenzhen Province. There, these community-based refrigerated vending machines store surplus or near-expiry fresh food donated by local businesses.

The distribution system's designed to prioritize vulnerable groups, ensuring that the people most in need receive support first. Registered users, including low-income families, people with disabilities, sanitation workers and older people living alone can reserve food daily through the "iShenzhen" app before 8.00 pm. After then, any remaining items become available to all citizens, guaranteeing daily clearance and minimizing waste.

Local businesses participate, storing unsold items overnight, inspecting them the next morning and typically placing it in the food bank refrigerators by 8:30 am.

A key feature of the program is its emphasis on preserving dignity, with the app-based "no-contact" system allowing users to receive help discreetly, avoiding the potential stigma associated with traditional charity.

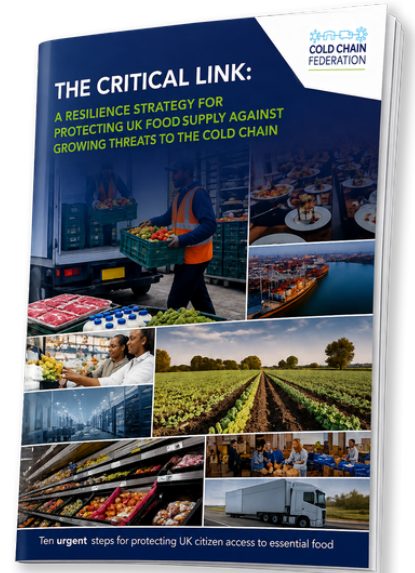
It's not for us because we're not a front line food bank but perhaps one day we'll see something similar in the UK.



Protecting UK food supplies

In the UK we import more than a third of our food and international conflicts, such as the US Iran war, which caused sudden spikes in fuel costs, have the potential to disrupt food supplies and cause gaps on supermarket shelves.

Similarly, extreme weather conditions, such as the poor weather in Europe and North Africa in February 2023, lead to shortages. At the same time UK and Dutch greenhouses reduced production following huge increases in energy costs, with several supermarkets temporarily rationing sales of certain items.



In June, the [Cold Chain Federation](#) (CCF), which represents the UK's temperature-controlled logistics industry, warned of the growing threat to food and medical supplies from frequent spells of extreme heat. Its members run 450 specialist storage facilities and over 40,000 vehicles and refrigerated trailers, on which around half of the nation's food supply depends, as well as a significant proportion of pharmaceuticals.

Philip Pluck, the CCF's chief executive, has accused the government of failing to take steps to make the UK's food supply more resilient, noting that cold storage facilities frequently face attempted cyber-attacks by Russian cybercriminals, who obviously recognise them as critical national infrastructure, although, in the CCF's view, the UK government doesn't.

Although the government has stated that the food sector is one of the UK's 13 critical national infrastructure sectors and the cold chain is important to food supply, the CCF is calling on the government to designate the UK's cold stores and food transport hubs as critical infrastructure, rather than the food sector as a whole, and to make potential disruption to the UK's food system an "immediate national priority".

In June, the CCF produced a white paper, [The Critical Link](#), which sets out in detail how the cold chain is critical to national resilience and security, with industry experts and academics warning of the immediate and significant consequences for food availability and pharmaceutical distribution, should this part of the supply chain be disrupted, the impact of which would ultimately be felt hardest and fastest by the country's most vulnerable communities.

50%

of the UK's food supply depends on the cold chain



66%

of the total cost of a typical shopping basket is made up of cold chain products



Crisis and Resilience Fund

The [Crisis and Resilience Fund](#) (CRF) is a new three-year scheme funded by the Department for Work and Pensions. It started in April of this year, replacing the previous Household Support Fund.

The fund's designed to offer targeted help to people on low incomes who experience an unexpected financial shock, such as a sudden loss of income or an essential cost they can't afford. Support to promote longer term financial resilience can also be offered.

Heating oil support

Help with the current high cost of heating oil is available to low-income households through the fund, although eligibility criteria apply and it's not available to all oil heated homes.

Eligibility for help

Funding is aimed at low-income households who are struggling to pay for essentials and you don't necessarily have to be in receipt of benefits to get help. If you are in receipt of benefits, they won't be affected if you get a payment from the fund.

How to apply

Anyone facing sudden financial difficulty can contact their local district council to find out how to access their local Crisis and Resilience scheme, or they can speak to [Citizens Advice Devon](#). Information about eligibility and how to apply can be found on local district council websites and the links below will take you to the Crisis and Resilience scheme pages of each one:

- [East Devon District Council](#)
- [Exeter City Council](#)
- [Mid Devon District Council](#)
- [North Devon District Council](#)
- [South Hams District Council](#)
- [Teignbridge District Council](#)
- [Torridge District Council](#)
- [West Devon Borough Council](#)

UNSURE OF YOUR COUNCIL?
CHECK VIA THE LINK BELOW.

FIND YOUR COUNCIL



Potentially useful information from Devon County Council

- [Funding, money & debt](#)
- [Food & essentials](#)
- [Energy](#)
- [Housing costs & bills](#)
- [Family support](#)
- [Mental health](#)



Growing up Hungry

[The Social Market Foundation](#) (SMF), overseen by a cross-party Board of Trustees, works to inform people (of all parties and none), how public policy can improve outcomes, especially for the people and places too often left out of political conversations.

In June, the SMF published a new report, '[Growing up Hungry: Measuring UK Child Food Insecurity in 2026](#)', featuring data from a survey of 2,500 parents, along with insights from food policy and support experts.

The report reveals that family food insecurity in the UK is worryingly high. Over the past 12 months, for example, 15% of parents reported not having enough food at some point, including 4% going without regularly.



There are also signs that food insecurity is worsening over time, with almost half (44%) of parents polled saying that they struggle more today than they did five years ago.

With extensive evidence showing that such hardship has lasting consequences, affecting children not only at home and in school, but also their wider health outcomes and adult development, the report urges Government action. To tackle the issue meaningfully, it recommends that Government needs to deploy a whole-government approach, incorporating long-term prevention measures to ensure that children are fed consistently.

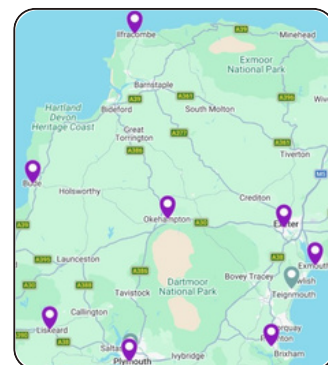
The report, which includes 5 key recommendations for mitigating child food insecurity, can be viewed/downloaded via this [link](#). (See also 'The Lunch They Deserve' on the next page.

Baby banks

As our name suggests, Exeter Food Action is all about food, but we often receive items for babies and children, such as nappies and toys, and sometimes formula milk, all of which finds its way to the 70 groups we support, one being [Open Door Exmouth](#). They run a Baby Bank, providing free nappies and baby clothes from their Parent Hub, where parents and carers with babies aged 0-12 months can relax in a welcoming café-style space, accessing support and connecting with other parents and babies. According to the latest [Government figures](#), in the UK, of the 13 million people living in poverty, 4 million are children.

The national [Baby Bank Alliance](#) supports and advocates for over 400 UK baby banks. In June of this year, following their annual survey of baby banks, the alliance warned that families are being pushed deeper into hardship, with a rise in demand for everyday items such as cots, formula milk and clothing, and an increase across almost every area of support provided. The survey also revealed that an average of 1,096 children were being supported by baby banks every day. UK wide, 400,000 children were supported by baby banks last year, an 11% increase on 2024.

Describing the situation as *"pretty damning"*, Alliance chair, Sophie Livingstone, has said that families are needing help for systemic reasons and not because of a one-off shock to their lives. She has called on government to pull on *"some big levers to make life for all families in this country liveable"*.



SEARCH FOR BABY BANKS NEAR YOU BY
CLICKING ON THE MAP ABOVE AND
ENTERING YOUR POSTCODE OR ADDRESS



The Lunch They Deserve

[The Food Foundation](#) is a charity with a mission is to change food policy and business practice to ensure that everyone across the UK nations can afford and access a healthy diet.

In January they launched an animated campaign film, narrated by Dame Emma Thompson and 4 young people from across the UK with lived experience of food insecurity.

Called 'The Lunch They Deserve', it seeks to focus the nation on the need for better school food standards ([link to film below](#)).



Currently in the UK, for example, mirroring the subject of the 'Growing up Hungry' piece on the previous page:

- fewer than 10% of teenagers eat enough fruit and vegetables,
- over a third of children are living with being overweight or obesity by the age of 11
- young people's risk of type 2 diabetes has increased by 22% in the last 5 years.

The Foundation believes that school meals have the potential to ensure these young people have access to a nutritious, hot meal that will help to keep them healthy.

Dame Emma Thompson, actor and Food Foundation celebrity ambassador, has described school lunchtime as a golden opportunity for society to step up and *"to serve great food to our young people and by doing so support families, the NHS and our communities. Every child has the right to healthy food. Let's get it right in all our schools. Let's give all our kids the lunch they deserve so that they can thrive."*

Referring to the film, Jamie Oliver, the chef and school food campaigner, added that we've had the evidence for years that good school food transforms children's health, learning, attendance and wellbeing, but still have a system where some eat well at school and others don't, describing the situation as outrageous, saying *"School meals are the UK's biggest and most important restaurant chain, and it's failing too many of its customers. It's long past time for government to properly update 20-year-old standards and actually enforce them."*

The film's launch and pressure from various campaign groups appears to have had an impact, with the government announcing in June that, from September, free school meals are to be extended to 500,000 more children. **Find out how to apply for free school meals in Devon via this [link](#).**

Additionally, from 6 April, the two-child benefit will be scrapped, which means that low-income families can now claim universal credit payments for all children living in the household.

**VIEW THE LUNCH THEY DESERVE ON
YOUTUBE BY CLICKING ON THIS LINK**



(2.31 MINS)



What does food insecurity actually mean?

The charity referred to on the previous page, the [Food Foundation](#), describes food insecurity as a lack of reliable access to enough food, often leading to skipped meals, reduced portion sizes and persistent feelings of hunger.

When people can't afford adequate, nutritious food, they face impossible choices, such as paying rent or energy bills instead of buying healthy food, often resulting in greater dependence on cheap, highly processed foods that lack essential nutrients.

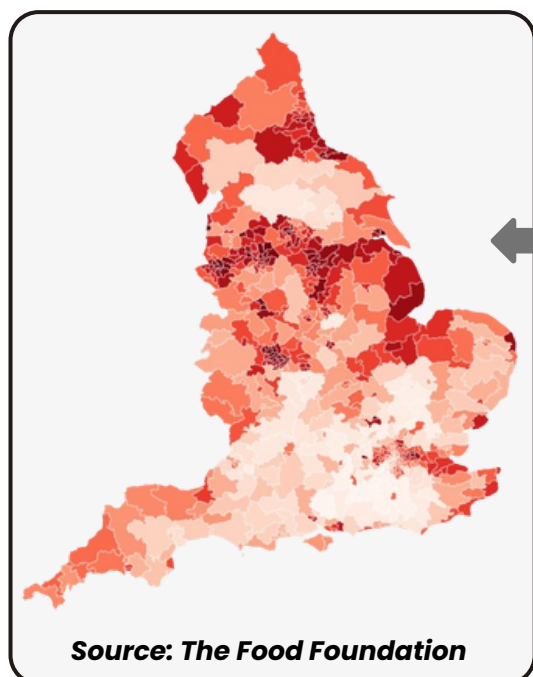


People living with food insecurity are at higher risk of developing diabetes, cardiovascular disease and mental health conditions, and children are more likely to experience developmental delays. These health disparities contribute to increased NHS demand and higher long-term healthcare costs for chronic diseases.

The Foundation regularly monitors household food insecurity, tracking how many people across different population groups are affected at any given time, and they've created a very useful dashboard (*see below*) that highlights how parliamentary constituencies perform across key health, diet and poverty indicators. Users can click on a constituency and immediately see data on key health metrics, such as child poverty, dental health, diabetes, fast food outlet density, food insecurity, life expectancy and childhood obesity.

If you're specifically interested in food insecurity in Exeter, for example, the dashboard reveals that 6% of the population are living in areas at highest risk of food insecurity. As a proportion of the city's population of about 140,000, 6% translates into around 8,400 people.

As the Foundation point out, understanding geographical disparities is key if the Government is to meet its manifesto commitments to raising the healthiest generation of children ever, halving the gap in healthy life expectancy between the richest and poorest, reducing child poverty and ending the need for food banks.



The dashboard also highlights areas where progress has been made, as well as those of concern, empowering policymakers with evidence to target intervention where it's needed most.

The tool is very useful, informative and easy to use and can be accessed by clicking on the map on the left.

The metrics were calculated using a previously developed methodology established by the London School of Hygiene & Tropical Medicine, adapted to account of the new 2024 constituency boundaries.

Further information about the widespread nature of poor health resulting from our food system, and about the metrics & methodology used can be viewed via this [link](#).

ADVERTISE IN FOOD MATTERS

Food Matters is published 4 times a year and distributed to 70 sites in Exeter and across Devon, as well as to local businesses, our many supporters and families, and on social media (Facebook followers 1,900).

Check out the rates below and, if you'd like to discuss further, please contact the editor via the address below:

akemp@exeterfoodaction.org.uk

We can prepare art work and your advert can include logos, images and working links to your business or organisation's email address, website and social media pages etc.



ADVERTISING RATES

- QUARTER PAGE ADVERT IN ONE ISSUE: £50.00
- QUARTER PAGE ADVERT IN FOUR ISSUES (A FULL YEAR): £150.00 (ONLY £2.88 A WEEK!)
- HALF PAGE ADVERT IN ONE ISSUE: £80.00
- HALF PAGE ADVERT IN FOUR ISSUES (A FULL YEAR): £240.00 (ONLY £4.62 A WEEK!)



FOOD MATTERS: DATES & DEADLINES 2026/7

Although we try to keep to deadlines, it's not always possible, but here are the scheduled dates for 2026, for publication and deadlines by which we need to receive content.



If you'd like to submit something for publication, suggest an idea for a story, a topic you'd like to see covered, or just tell us what you think of Food Matters, we'd love to hear from you. We can't guarantee that all submissions can be included but, space permitting, we'll do our best.

Obviously, we're keen on pieces about Exeter Food Action's impact and, more generally, about how people are managing the challenges of high food costs. And, despite the real challenges faced by so many, we're looking for good news stories too, for example on initiatives to reduce food waste.

ISSUE	PUBLICATION	COPY DEADLINE
Autumn/winter 2026	Late September/early October	15.09.26
Spring 2027	Late March/early April	15.03.27

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DONATIONS

Exeter Food Action simply couldn't exist without the kind and generous support of our friends and supporters. Regular income helps us in our planning, so if you are able to, please consider [making a monthly donation](#) and becoming a [Friend of Exeter Food Action](#).

DONATE BY CHEQUE

Please make cheques payable to 'Exeter Food Action' and post them to Exeter Food Action, Unit 10, The Space Place, Alphin Brook Road, Exeter, EX2 8RG, and indicate if Gift Aid can be recovered (see below).

DONATE BY BANK TRANSFER

Exeter Food Action
Co-operative Bank (242 High St, Exeter, EX4 3QB).
Sort code: 08-92-99
Account number: 65845611

GIFT AID

We are Gift Aid registered, so if you are a UK taxpayer we can reclaim an extra 25p for every £1.00 you donate, at no extra cost to you.

FUNDRAISING

If you are undertaking a sponsored event and would like to raise money for Exeter Food Action, you can do so via [JustGiving](#). Please contact us if you would like support with fundraising events: info@exeterfoodaction.org.uk

CONTACT THE EDITOR

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