

FOOD MATTERS

REGISTERED CHARITY NO 1174174

EXETER FOOD ACTION
IN PARTNERSHIP WITH



FareShare
South West



EXETER
SUSTAINABILITY
AWARDS

HIGHLY COMMENDED 2023
WINNER 2026

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COST OF LIVING

SPRING 2026

At the time of preparing this issue there was a week of uninterrupted, wall to wall sunshine, although against the worrying backdrop of the conflict in the Middle East. There's currently a fragile ceasefire but fears are growing that a prolonged conflict could significantly impact food prices, further exacerbating food insecurity, so the cost of living crisis is still with us.

In this issue we've dedicated several pages to resources that may be helpful for anyone struggling with food and fuel price rises. As ever we'll be doing everything we can to keep up our work tackling food waste and providing 'rescued' food to the now 70 community groups we support in Exeter and across Devon.

EFA WINS SUSTAINABILITY AWARD



In March we were delighted to learn that we were finalists in the [Exeter Sustainability Awards](#). In 2024 we'd been 'highly commended' in the category for community groups, charities and non-profits, so this year we were very pleased, against stiff competition, to actually win the award. It means a great deal to EFA, for which thanks go to our amazing team of 3 staff and 65 volunteers whose hard work make what we do possible. We wouldn't have won it without you!



SUSTAINABILITY AWARDS JUDGE & DIRECTOR OF [NOOKO](#), MAX SAYERS, EFA MANAGER, WENDY KEARNS, AND EFA TRUSTEE, ANDY KEMP.

LATE NEWS

- 2025 food delivery figures → [page 22](#)
- EFA on the BBC Spotlight sofa → [page 22](#)
- Admin Support Vacancy → [page 23](#)
- Looking for a part-time admin job? ↑ [page 15](#)
- Looking for a part-time van driving job? → [page 15](#)

Wherever you are in Food Matters, clicking on the triangle at the bottom of any page will take you back up to this one.

Some pages feature more than 1 item, so scroll down if you can't see the one you want.

We're always keen to identify new sources of donated, healthy and nutritious food, so we can keep the food banks and community groups we support well-stocked, and they can then share it with the many struggling individuals and families who use their services. Together, we're committed to reducing food waste and to ensuring that nobody has to make the choice between eating and heating.

To keep on providing our vital services we're always happy to receive dry, fresh and frozen food from retailers, farmers, food producers etc., and can collect daily from shops and outlets in and around Exeter. We're also able to take goods in bulk quantities. If you can help, please do get in touch with our manager, Wendy, by phone on 07880 814064, or by email at info@exeterfoodaction.org.uk.

DONATING FOOD



FOOD WASTE ACTION WEEK 2026



In the UK, around 60% of food waste takes place in our homes, with households throwing away:

4.4 million tonnes of edible food, with a value of £17.5 billion and creating 16 million tonnes of greenhouse gas emissions

For a family of four, that's roughly £1,000 going down the drain every year. At a time of ever rising costs, exacerbated by the war in the Middle East and climate crisis, reducing the amount of food that we throw away is one of the fastest, simplest ways to save money and to cut emissions, giving back to our pockets and our planet.

Food Waste Action Week is dedicated to raising awareness of the environmental costs of the food that we waste, with a longer term goal of halving the amount of food that's binned by 2030.

This year we played our part and, with the support of several local partners, we received donations of food equivalent to around 1,500 meals. A big thank you to everyone who played a part.

FOOD WASTE ACTION WEEK 9 - 15 MARCH 2026



WE HAD A WONDERFUL RESPONSE TO THIS YEAR'S FOOD WASTE ACTION WEEK, RECEIVING 627.03KG OF LOVELY, DONATED FOOD, EQUIVALENT TO AROUND 1,500 MEALS, AS WELL A GENEROUS CASH DONATION OF £100. HUGE THANKS TO EVERYONE WHO PLAYED A PART:

- WEST TOWN FARM - IDE
- WOODBURY PARK HOTEL
- THE STAFF AT SANDY PARK STADIUM.
- PROGRESSIVE
- YEAR 1 - WOODBURY PRIMARY SCHOOL
- BARTLETT REFRIGERATION
- COASTAL RECYCLING

THANK YOU!



DID YOU KNOW?



Guy Stewart Callendar, an English steam engineer and inventor, is often credited with identifying the phenomenon of global warming in 1938. In fact, he was beaten to it 83 years earlier by Eunice Newton Foote, an American scientist and women's rights campaigner (pictured right).

In 1856, she conducted experiments using a simple air pump, glass cylinders and thermometers, and found that moist air and carbon dioxide (or carbonic acid gas as it was called back then), became much hotter in sunlight than air, concluding in the style of the time that **"an atmosphere of that gas would give to our earth a high temperature"**.

Long before the phenomenon of 'mansplaining' became a thing, at the time of her discovery, men banned her from presenting her work, history forgot her and now, 170 years later, we're all living in the future she was the first to warn us about!



A BIT OF HISTORY



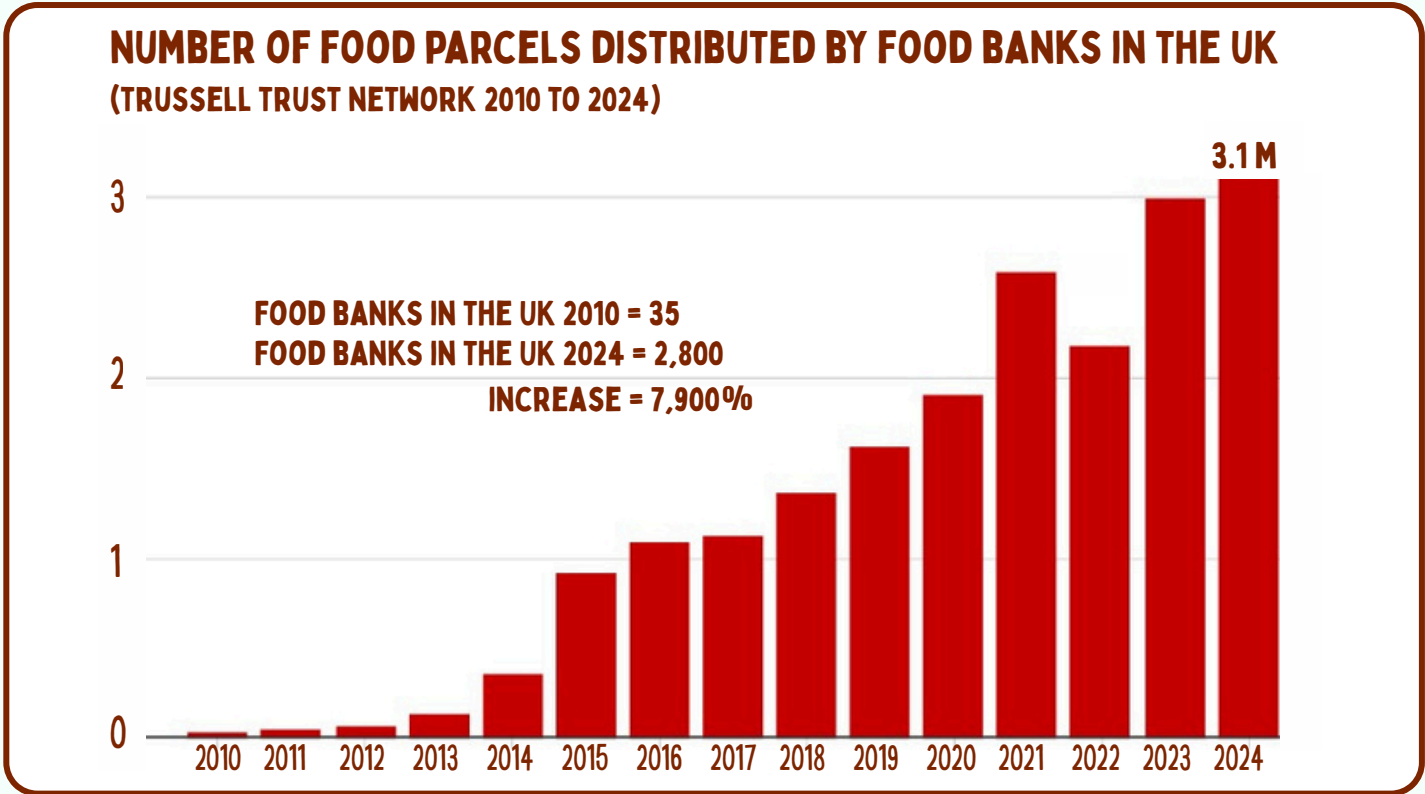
FOR ANYONE NEW TO EFA AND FOOD MATTERS, HERE'S A BIT OF HISTORY ABOUT OUR CHARITY.

Our story began 15 years ago in 2011 in a joint community project planned by a small group, Devon and Cornwall Food Association (DCFA Exeter). Six years later, in 2017, we became Exeter Food Action, an independent organisation registered with the [Charity Commission](#) as a CIO, a Charitable Incorporated Organisation (charity no 1174174).

Fast forward to today and, as demand has grown, we have too, and now employ one full-time and two part-time members staff, and have a team of 65 dedicated volunteers.

We also work in partnership with [FareShare South West](#) to supply food for their Community Food Members in Exeter, East and Mid-Devon, Torbay and Teignbridge. Together we distribute food to 70 food banks and community groups who, in turn, provide food for 1,000s of people living with food insecurity.

Until around 2009-10 food banks used to be a very marginal phenomenon in the UK but have since experienced a massive increase. Figures for 2024, for example, showed that there were 850 cinemas in the UK and three times as many food banks. Similarly, there were twice as many food banks as hospitals and more food banks than public libraries.



The existence of so many food banks today is testament to the goodwill of many kind people, including, of course, EFA's wonderful supporters, staff and volunteers. Nevertheless, the fact that today we have more food banks than branches of the fast food outlet, McDonald's, in one of the wealthiest economies in the world, should surely give policymakers food for thought.

While they're thinking, we'll carry on doing what we do, rescuing good, nutritious food and getting it to people who need it. The cost of living crisis is still with us, with the impact of the war in the Middle East presenting new challenges but, as our history demonstrates, we'll do our level best to rise to them. If anyone reading this would like to play their part by making a donation, however small, it would be a great help to us, and it's easily done (see below)

Yes - I'd like to play a part by making a donation:

WE PROMISE NOT TO PESTER YOU WITH REGULAR REQUESTS!



MEET OUR YOUNGEST VOLUNTEER, SIBYLE

Exeter Food Action really couldn't do what we do without our 65 amazing volunteers, often referred to as our beating heart. Some volunteer in our warehouse, others help to deliver food to the 70 community groups we now support and, every day, several of them venture out across the city collecting food from restaurants and supermarkets, preventing it from going to waste.

In recognition of the work that we do, as mentioned on page one, in March we won an award at the Exeter Sustainability Awards, which is for everyone who plays a part in our work which, of course, includes our wonderful volunteers because, quite literally, they keep our wheels turning.

They come from all walks of life, some working and volunteering in their spare time, others since retiring and even some who're still at school, such as Sibyle, pictured in the photo below with her mum, Emmanuelle. At 6 years old she's our youngest volunteer and has been doing a wonderful job for over 2 years, collecting surplus food from Prêt à Manger with mum. And when she's not at school or volunteering, she's apparently pretty good on a trampoline. Well, Sibyle, if you're reading this, on behalf of Exeter Food Action, we'd just like to say that we're jumping for joy at the great work that you do. Thank you!

Oh and sorry for what we've done to your face, Sibyle. We thought it best for you to remain anonymous in case people started pestering you for your autograph, or you got so famous that you didn't have time to be a volunteer. We really hope that you'll stick with us!



I'm kneeling down - I'm not really this short!

My name's Sibyle & I'm 6 years old. I've been volunteering for EFA for 2 years with my mum, Emmanuelle.

← That's her down there

WE STILL NEED MAPS, BOOKS AND CDS

Look what our incredible volunteer, Ellen, has done!

We still need good condition ordnance survey maps, CDs and books so, if you fancy a declutter, we'll gladly take them off your hands. Just drop them off at either of the locations below (*preferably Rosebarn Lane*) and Ellen will turn them into the money that helps fund our work stopping food from going to waste and getting it to people who need it.



ANOTHER CALL FOR ORDNANCE SURVEY MAPS, CDS & BOOKS

Thanks to the hard work of our wonderful volunteer, Ellen, she's now turned unwanted maps, CDs and books into an incredible

£4,550

(As of mid April 2026)

We could still do with more if you have any!



IF YOU HAVE ANY, PLEASE DROP THEM OFF HERE IN THE UNDERCOVER AREA TO THE LEFT OF THE PROPERTY

19 ROSEBARN LANE
EXETER
EX4 5EL

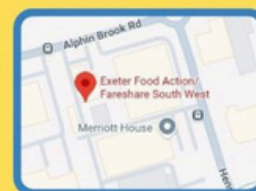


ALTERNATIVELY, YOU CAN DROP THEM AT OUR MARSH BARTON WAREHOUSE **BETWEEN 10:00 & 12:00 ON ANY WEEKDAY**



PLEASE DON'T LEAVE THEM OUTSIDE

EXETER FOOD ACTION
UNIT 10
THE SPACE PLACE
ALPHIN BROOK ROAD
EXETER, EX2 8RG



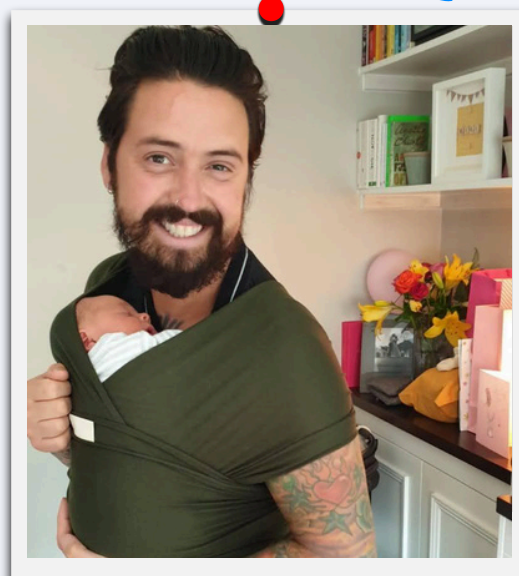
A FOND FAREWELL TO ALEX



After over five years as a valued member of the Exeter Food Action team, our part-time van driver and warehouse assistant, Alex, has decided to embark on a new chapter in his life with a move on to new pastures.

We're sure that everyone will join us in thanking him for his support over so many years and to wish him and his young family all the very best for the future.

Thank you!



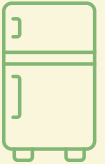
COST OF LIVING SUPPORT



1. COMMUNITY FRIDGES

Community fridges and larders are publicly accessible fridges, freezers or ambient spaces that offer free food to everyone in a local area, with no referral required. They make use of surplus food that would otherwise have gone to waste – mostly from businesses but also from households.

Find out more about community fridges and larders, including a list of where to find them, on the [Recycle Devon](#) website. The website also has great tips on reducing food waste and about apps such as Olio and Too Good To Go. Community fridges and larders are also included on the [community groups map](#) on the Recycle Devon website.



2. FOOD BANKS

Food banks provide stocks of food, typically basic provisions and non-perishable items, free of charge to people in need. Wherever you are in the UK, you can find your nearest food bank by adding your location e.g. city, town or postcode, on the [Give Food](#) website.



3. FREE SCHOOL MEALS

All children in reception, year 1 and year 2 at state schools in England automatically get free school meals. However, if eligible, parents and guardians should apply for free school meals when they enrol or once their child is in school, which can help the school to attract additional funding to support their child's learning. Applications can be made at any stage.

From year 3 onwards, children may continue to qualify for free school meals. Eligibility can be checked and applications made on DCC's website [free school meals page](#).

4. HOLIDAY FOOD VOUCHERS

Eligible families in receipt of benefit-related free school meals will receive a voucher to the value of £15 per child per week for 6 weeks of the school holidays for Sainsbury's, Tesco, Morrisons, Asda, Aldi, Iceland, M&S Food or Waitrose.



Although children in reception years, year 1 and year 2 receive free school meals as standard. To qualify for holiday food vouchers eligibility criteria must be met and free school meals have to be applied for, as described at 3 above. The vouchers will automatically be distributed to eligible households prior to the Easter and the May half-term (3 weeks), the summer holiday (6 weeks), October half-term (1 week), and the Christmas and February half-term breaks (3 weeks).

5. HOLIDAY ACTIVITIES AND FOOD PROGRAMME

The [Holiday Activity and Food \(HAF\) programme](#) aims to support children to eat more healthily and be more active over the school holidays.



6. HEALTHY START

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. [Find out more about Healthy Start and how to apply if you are eligible](#) (See [page 13](#) to find out how to become a Healthy Start Ambassador)



7. WARM SPACES

Devon's [local libraries](#) offer warm spaces where people can spend time out of the cold.



8. ENERGY COSTS: THE PRIORITY SERVICES REGISTER

Energy companies have registers of customers who would be most at risk if their energy was cut off. This includes older people, people with illnesses or disabilities and families with young children.

If you are over 66, ill or disabled, or have children living at home, ask your energy company if you can be added to their Priority Services Register. This provides you with free extra services and may help protect you from disconnection if you struggle to pay your energy bills if your supplier has signed up to the Vulnerability Commitment.

[Find out more about the priority services register.](#)



9. HELP FOR PEOPLE ON PRE-PAYMENT METERS

Citizens Advice Devon is managing an Energy Relief Scheme for people using pre-payment meters who are struggling to meet their energy needs. It's being funded by the Household Support Fund. To check eligibility and receive support, contact your [local Citizens Advice office](#).

10. ENERGY DEBT

Individuals and families can apply to the British Gas Energy Trust for grants to clear domestic gas and electricity debts. Before applying to the Trust people are encouraged to get money or debt advice first. Find out more about applying for a grant on the [British Gas Energy Trust website](#).

The [Energy Saving Trust](#) provides independent, expert advice on steps you can take to save money on your energy bills.

[Citizen's Advice Devon](#) can also advise people managing energy debt.



11. HELP AND SUPPORT IN YOUR LOCAL AREA

Visit the Cost of Living pages on your district council's pages to find out more about support in your local area.

- | | |
|---|---|
|  <u>EAST DEVON</u> |  <u>SOUTH HAMS</u> |
|  <u>EXETER</u> |  <u>TEIGNBRIDGE</u> |
|  <u>MID DEVON</u> |  <u>TORRIDGE</u> |
|  <u>NORTH DEVON</u> |  <u>WEST DEVON</u> |



ALTHOUGH HOUSEHOLD ENERGY BILLS ARE DUE TO FALL WHEN THE NEW ENERGY PRICE CAP TAKES EFFECT ON 1 APRIL, PRICES ARE LIKELY TO INCREASE LATER IN THE YEAR DUE TO THE ONGOING IMPACT ON OIL SUPPLIES CAUSED BY THE US-ISRAEL WAR WITH IRAN. AT THE TIME OF WRITING, THE CHANCELLOR, RACHEL REEVES, HAS PROMISED TARGETED SUPPORT IF ENERGY BILLS INCREASE.



COST OF LIVING SUPPORT



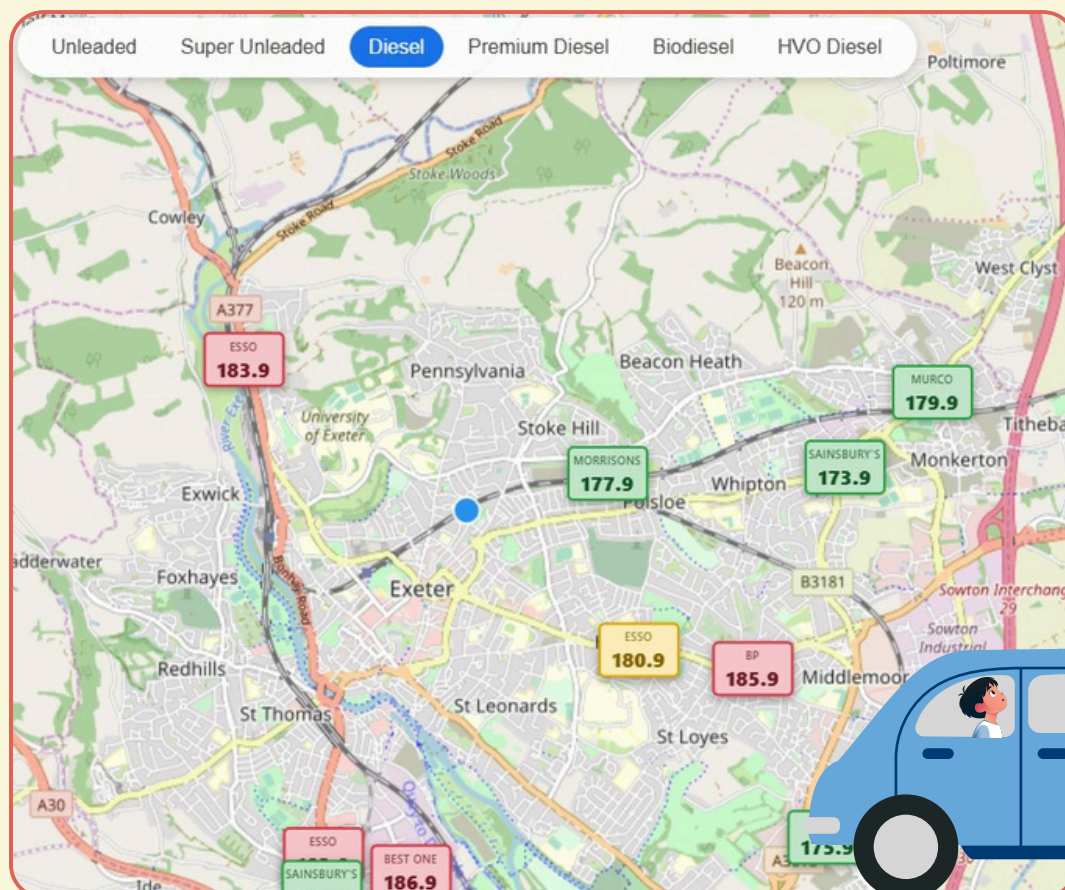
12. PETROL & DIESEL - THE CHEAPEST PRICES NEAR YOU

Whether driving long distance or locally, with the price of crude oil going over \$100 a barrel, there's good reason to be concerned about higher fuel costs, but there is something that canny drivers can do to soften the blow.

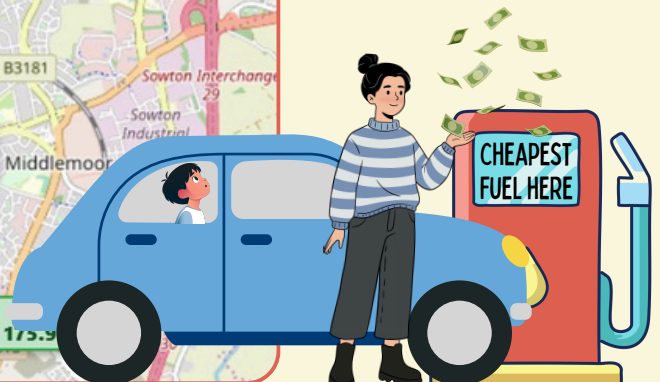
Because prices vary between forecourts, a relatively small increase in the cost of a litre of petrol or diesel can mount up to a hefty one if you're filling up your tank. Looking at the image of the map below, for example, there's such a variation in prices in Exeter that knowing where the cheapest supplier is could save you as much as £10.00 if you're filling up the tank of a small to medium sized car, and even more if you drive something bigger. So it's well worth shopping around, which you can do without undertaking a driving tour of them all.

There's a new government initiative called [Fuel Finder](#) where you can download a huge spreadsheet showing prices all over the UK, which is probably more than most people need and is a bit clunky to use, but there are much simpler ones, such as [Fuel Map UK](#), from which the image of the map was taken. On their website you can home in on any area and even enter the size of your tank so the results reflect the actual difference in the price you'll pay to fill up at different suppliers.

There are other online sites too and, for the avoidance of doubt, the editor isn't getting any commission from Fuel Map UK, and just in case you go in search of the Acme Garage's 'cheapest prices in Exeter', we're really sorry but it doesn't actually exist.



**BY SHOPPING
AROUND BEFORE
FILLING UP YOUR
TANK YOU CAN
MAKE
SUBSTANTIAL
SAVINGS!**



OUR TRUSTEES



Nigel Walsh



Phil Willcock



Susannah Ford



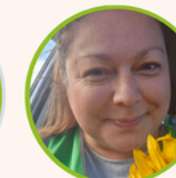
Andrew Kemp



Ian Awcock



Charles Nyeko-Lacek



Beth Cossey

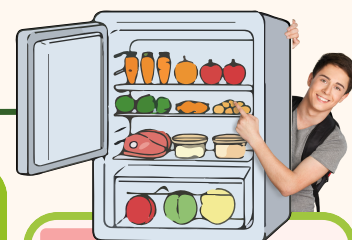
If you've ever wondered who Exeter Food Action's trustees are we've recently updated our website with photos of all seven, beside which they've each written a short bio covering their thoughts about being a trustee and one or two have even provided interesting snippets about their wider interests. One, for example, writes music for choirs, another is a church bell ringer and mountaineer, one admits to undertaking bad DIY projects, one paints and writes a travel blog, one captains a narrowboat, another's recently converted his garage into a studio and one's in the middle of her university studies in dietetics.

Anyone concerned about their capabilities at fulfilling their trustee responsibilities, such as ensuring EFA's compliance with the law, responsible management of resources and the making of strategic decisions etc., will be relieved to know that none of them flagged up anything in their bio about which we need worry, and we know now who not to call if we need any DIY doing in the warehouse. You can read more on the [about us](#) page of our website.

NEW COMMUNITY FRIDGE & FREEZER FOR EXWICK

Our hard working volunteer, Ellen, (see also [page 5](#)), as well as raising over £4,000 for EFA by selling donated books, will soon be operating a Food Hub, Community Fridge in Exwick.

The official opening will take place on Friday the 24th of April at 10.00am, conducted by the Lord Mayor of Exeter and accompanied by Councillor Philip Bialyk and local Community Builder, Rachel Gillmore.



2026		APRIL					
SUN	MON	TUE	WED	THU	FRI	SAT	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

The community fridge and freezer will run from 10.00am to 12.00pm every Friday to coincide with the Friday Friendship coffee mornings next door. We'll be there for the opening and for group photos, which we'll publish on our website and social media, and later on in the next issue of Food Matters.



THANK YOU TO MARTINSFIELD FARM

A big thank you to farmers, Heather and Ed, who invited us to come gleaning at [Martinsfield Farm](#) in Broadclyst. Our manager, Wendy, and volunteers Stu, Will, Andrea and Pat, managed to glean a fabulous 300kg of red cabbage and leeks. Red cabbage and leeks alone might not be a meal to everyone's taste, but 300kg of food, using a widely used Waste and Resources Action Programme (WRAP) calculation, equates the combined weight of such a lovely haul to over 700 meals. Thank you Heather and Ed!



THANK YOU GLEANING CORNWALL NETWORK

The US writer, Mark Twain, may once have described cauliflowers as nothing but a cabbage with a college education, but we think he misunderstands them. We think they're actually rather beautiful and so we were delighted to receive loads of them earlier this year from [Gleaning Cornwall Network](#), kindly delivered by our friends at Amazon. Thank you both – we love cabbages (and cauliflowers).



NATIONAL STORYTELLING WEEK



It was National Storytelling Week from the 2nd to the 8th of February, an annual event celebrating the power of shared stories. This year's theme was 'Speaking Story into the Darkness', so we thought we'd share our film because it shines a light on our wonderful volunteers and staff and tells a story of hope.

Every week we turn food waste into hope for 1,000s of people living with food insecurity in Exeter & across Devon, which we think is a story worth telling - shouting from the rooftops even. The film got nearly 600 views on Facebook, so we think our story was heard!

If you've not seen our short film you can watch it on YouTube by clicking on the image below.



WOULD YOU LIKE TO RECEIVE REGULAR COPIES OF FOOD MATTERS?

if you're reading this but aren't a regular recipient of Food Matters and would like to be, you can sign up below. There's no charge and you'll receive all future issues, which usually come out four times a year.

Each issue tries to cover a range of subjects related to food insecurity and what we and other organisations have been doing to address the problem. and if there's something you'd like to see covered, or if you have an idea for a story, we'd love to hear from you. Use the email link below to get in touch (don't forget to include your name). We'll only use your email to send you Food Matters or other EFA news and will never share it with anyone.



MISSED AN ISSUE? YOU CAN VIEW/DOWNLOAD PREVIOUS ISSUES BELOW



FOOD FOUNDATION CALLS FOR A 'GOOD FOOD BILL'

In a new report published alongside food insecurity statistics, [The Food Foundation](#), [Sustain](#) and [Green Alliance](#) are calling for a Good Food Bill that would provide a legal framework to protect citizens, farmers and food businesses from food system shocks and tackle some of the issues that are deeply entrenched in our food system.



This follows a joint statement in February from over 100 retailers, businesses, investors, NGOs and academics calling for a new Good Food Bill.

According to the Foundation, 69% of people think the UK Government should be doing more to ensure everyone can afford and access healthy food.

The report suggests that such a bill could reshape the food system over the long term, ensuring that affordable, healthy and sustainable food is accessible for everyone, as well as securing a shock resilient domestic supply of nutritious food. The Foundation believes that this would deliver the food strategy outcomes set out in the Government's [Good Food Cycle](#), ensuring that the failures exposed by the cost-of-living crisis aren't repeated.

The Good Food Bill proposed should include three legally binding targets:

- Reduction in childhood obesity and in the gap between the richest and poorest children **by 2050**
- Increase in the national average consumption of fruit and vegetables among children and an increase in the proportion of the fruit and veg supply produced in Britain **by 2040**
- Reduction in household food insecurity as measured by the Department for Work and Pensions ([DWP](#)) **by 2035**
- Set a definition for a '*healthy and sustainable diet*', ensuring school meals, hospital food, food industry restrictions and public sector procurement all work towards the same nutritional goals, and that agricultural policy supports farmers to produce more nutritious foods.
- Place a duty on government to publish a Good Food Action Plan every 5 years
- Enforce cross-departmental working from government
- Place a duty on local authorities to play a role in strengthening the resilience of food systems
- Include independent monitoring of progress from the [Food Standards Agency](#), working closely with the [Climate Change Committee](#), [Office for Environmental Protection](#) and [National Protective Security Authority](#).



BECOME A HEALTHY START AMBASSADOR



In Devon, it's estimated that up to half of all people who are eligible for Healthy Start aren't receiving it and Devon County Council (DCC) is keen to identify **Healthy Start Ambassadors** to help raise awareness and support in local communities.

Healthy Start is an NHS initiative that provides eligible pregnant women and low income families with children under 4 a prepaid card, topped up every four weeks, which enables users to buy:

- plain liquid cow's milk
- fresh, frozen and tinned fruit and vegetables
- fresh, dried and tinned pulses
- infant formula milk based on cow's milk



The card can also be used to collect:

- Healthy Start vitamins - for support during pregnancy and breastfeeding
- vitamin drops for babies and young children, suitable from birth to 4 years old.

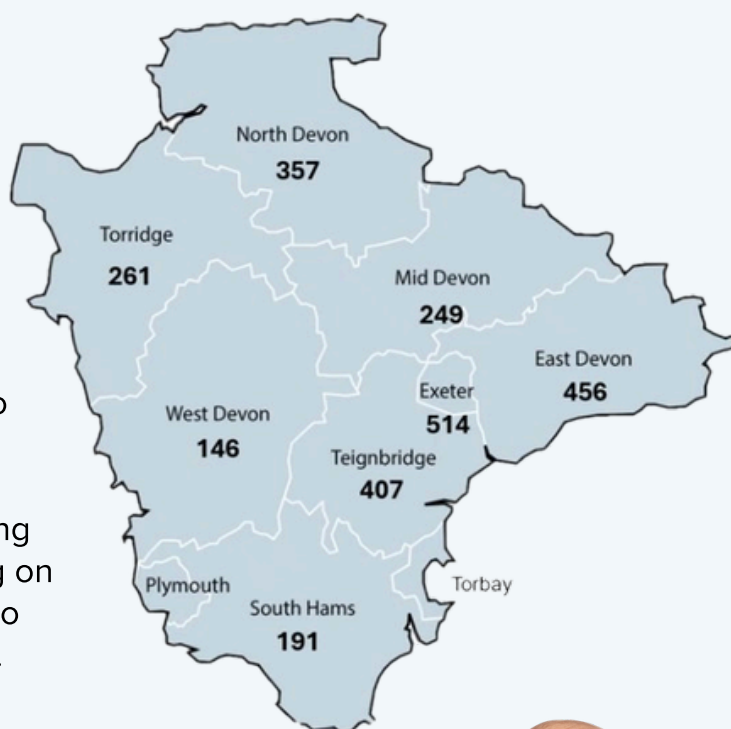
As of November last year, the map of Devon below shows the numbers of people who were receiving Healthy Start. Unfortunately, DCC don't know what proportion of the eligible population the figures show but, based on past data, they estimate this to be 50-60% uptake.

They think that low uptake may be due to:

- Low public awareness
- Low professional awareness
- Misunderstandings about the scheme

DCC therefore want to ensure that as many people as possible are getting the Healthy Start support to which they're entitled, and are keen to recruit Healthy Start Ambassadors.

Anyone interested can find out more by contacting publichealth-mailbox@devon.gov.uk. By clicking on the image below you can also watch a short video about the scheme made by Public Health Devon.



A MOOSE ENCOUNTER



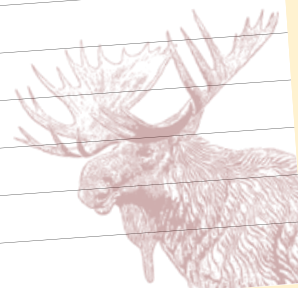
Moose, sometimes called elks, are the world's tallest, largest and heaviest species of deer. They can be just shy of 7 feet tall at the shoulder and weigh nearly 2,000lbs, which is about the same weight as a small car or a pallet of bricks. Occasionally they've been known to attack humans and can charge at 35 mph, so you wouldn't want to meet one on a dark night. That's unlikely to happen here in Exeter but the editor did have the pleasure of meeting a different kind of Moose one dark night in March, in fact several of them, and it was an absolute pleasure.

Readers familiar with Exeter may well have passed the Moose Charity Shop on the Pinhoe Road (pictured below). It was in their meeting room behind the shop where he met members of the Exeter branch of Moose. In fact, Moose is an international organisation with roots going back to 1888, when it was founded in Louisville, Kentucky. It's dedicated today to 'bringing communities closer together and celebrating life', and 100 years ago, in 1926, it was established here in the UK too, with the Exeter group now one of the 21 groups currently active in England and Wales, eight of them in the South West.

Moose invite members to 'get more out of life by helping others', which is just what the Exeter group do. In the financial year 2025 to 2026, for example, they raised and donated £13,700 to local organisations, including EFA. The picture below shows Moose President, Mike Drewe, accompanied by Moose members Tony Walker and Dave Hodges, presenting a cheque to EFA for £1,000. We're so grateful for such a generous contribution to our work, as was the editor to be able to meet members of the group, with whom he shared a delicious meal, cooked by group member, Sue.

As Moose encounters go, it was a very good one, and infinitely more pleasurable than being charged at by one weighing as much as a pallet of bricks at 35 mph!

Huge thanks from everyone at EFA to our friends at Moose, Exeter!



VAN DRIVER/WAREHOUSE SUPERVISOR VACANCY

WE'RE KEEN TO RECRUIT A DRIVER / WAREHOUSE SUPERVISOR TO JOIN OUR AWARD-WINNING TEAM.

**JOB TITLE**

Driver/Warehouse Supervisor

SALARY

£13.45 hourly (£25,878 pro rata)

TERM

Permanent

LOCATION

Unit 10 , The Space Place,
Alphin Brook Road ,
Marsh Barton, Exeter, EX2 8 RG

**REPORTING TO**

Charity Manager and Trustees

HOURS

10 hours to include Thursday and Friday on site at the warehouse.

Hours will not be exactly 5 hours each day and there will need to be flexibility over other times to support the needs of the charity. This will be discussed at interview. Some evening and weekend work to be expected but will be agreed in advance

PURPOSE OF ROLE

Exeter Food Action is a small charity with a paid workforce of three and a large volunteer team of 65. The Driver/Warehouse Supervisor works with Exeter Food Action and FareShare South West delivering vital food supplies to Community Food Member (CFM) frontline organisations across Devon.

The role involves collecting surplus food from local suppliers and retailers, managing incoming goods, storage and dispatch of goods from the warehouse to all organisations receiving surplus food to high levels of compliance and service. The role includes working alongside and supervising volunteers in the warehouse and as drivers' mates. Training and Induction will be provided.

CLOSING DATE

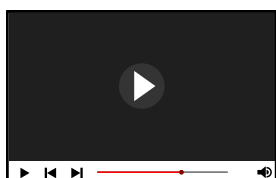
3rd May 5.00pm.

MORE INFORMATION

For further information about the role please contact our manager, Wendy Kearns, on 07880 814064 or by email at: info@exeterfoodaction.org.uk



WATCH A SHORT VIDEO
ABOUT OUR WORK HERE



CLICK TO VIEW OR
DOWNLOAD MORE
INFORMATION HERE



THE MIDDLE EAST WAR & FOOD PRODUCTION

In early April the chief economist of the Food and Agriculture Organization of the United Nations, Máximo Torero, speaking at a briefing one month into the war, said that the duration of the conflict in the Middle East will be pivotal to maintaining global food stocks. He suggested that a short-term disruption could be absorbed, but that one of three months or longer risks a significant global impact on farming.



With the war already sending oil markets into turmoil it also comes just as farmers around the world prepare for the next planting season and concern is now shifting to a less visible but equally critical resource: fertilizer.

Qatar, the world's second-largest exporter of liquefied natural gas (LNG), report that the impact of Iranian attacks has already reduced production by 17%, and LNG is an essential ingredient in the production of fertilizers. One of these, urea, helps plants to grow and boosts yields. Already, prices have surged by around 25%.

Because fertilizer shortages are hitting just as planting seasons begin across much of Africa and Asia, the timing couldn't be worse. According to the the World Food Programme's Deputy Executive Director, Carl Skau, this is likely to have serious consequences for global food security. Speaking to reporters in Geneva he warned that, in a worst case scenario, this will lead to lower yields and crop failures next season, and in the best case, to higher input costs, which we'll all see in escalating food prices.

Even before the conflict in the Middle East began, a Government [report](#) released in January, warned that urgent change was needed in the way we produce and eat food if we're to prevent worsening UK food insecurity and global conflict for resources. It argued that, without major intervention to reverse the current trend, this is highly likely to continue to 2050 and beyond.

Among several others, one way the report suggests that we can address the need for resilience across the food system is to reduce food waste, a core element of EFA's work, an example being our involvement in Food Waste Action Week (FWAW), featured on [page 2](#). FWAW is dedicated to raising awareness of the environmental costs of the food that we waste, with around 60% of it taking place in our homes. In 2024/5, for example, we binned a staggering 4.4 million tonnes of edible food with an estimated value of £17.5 billion. It's a relative drop in the ocean but during this year's FWAW, with the support of several local partners, we received donations of food that might otherwise have gone to waste, equivalent to around 1,500 meals. And that was just in one week.

Similarly, although the global picture may well look bleak at the moment, as the title of our film featured on [page 11](#) demonstrates, our work turns food waste into hope and, at times like this, hope's something onto which we all need to keep a hold. The name escapes the editor but, as someone once said rather poetically, "*hope is patience with the lamp lit*". In the coming months EFA will be doing everything we can to keep ours burning for the 1,000s of people who rely on the 70 community groups we support with our partners, FareShare South West, getting good 'rescued' food to the many people who need it.





COOKING ON A BOOTSTRAP WITH JACK MONROE



Jack Monroe, the food writer, journalist and activist known for campaigning on poverty issues, particularly hunger relief, kindly agreed for EFA to reproduce some of her recipes in Food Matters.

Jack rose to prominence when a post on her blog, A Girl Called Jack, now renamed [Cooking on a Bootstrap](#), went viral. She's published seven cookbooks focusing on 'austerity recipes' and meals that can be made on the tightest of budgets. Here's this issue's treat - enjoy!

ULTIMATE LASAGNE

SERVES AROUND 6 TO 8 DEPENDING ON APPETITE.

INGREDIENTS

- 1 onion
- 6 cloves of garlic
- 150g dried green or red lentils
- 400g mushrooms
- 100g spinach or other greens
- 100ml red wine
- 400g chopped tomatoes
- 1 tsp thyme
- 1 tbsp gravy granules
- 1 packet lasagne sheets

INGREDIENTS FOR THE SAUCE

- 1 tbsp flour
- 1 tbsp oil or butter)
- 200ml cashew or other milk
- ½ tsp mustard
- 2 tbsp breadcrumbs



PREPARATION & COOKING

Peel and finely chop the onion and garlic. Toss into a large pan (either a saucepan or a shallow frying pan will do) with the oil and salt, and bring to a medium heat for a few minutes.

Meanwhile, rinse the lentils under a cold tap for a few minutes then add to the pan. Pour in the wine and tomatoes, add the herbs and give it all a good stir before turning up the heat until it comes to the boil, then turn it down again to a medium simmer.

Finely chop the mushrooms into smithereens, almost a mince-like texture; this lasagne works best when its component parts are barely detectable, instead a mysterious homogeneity of deep, earthy flavours and sneaky-vegetable bliss. When chopped as fine as you can, add those to the pan too with the gravy granules and spinach and – you guessed it – give it all a stir.

While the lentils are cooking and absorbing all the rich, winey flavour, make the white sauce. In a small, separate pan, heat the oil, flour and mustard together and stir briskly to form a rough paste. Add a splash of milk to loosen it, and another, and another, stirring all the time. It can be tempting to rush this step, but it will result in a lumpy, awful sauce, which in itself is not the end of the world as you can pass it through a tea strainer or sieve to separate the lumps, but try to take your time. Gradually add the milk until it is all incorporated, and leave it to cook on a low heat for around 10 minutes, where it will thicken considerably.

Turn your oven on to 180C, and grab a suitable dish that will hold the same amount of lentil-mushroom-ragu that you have. Spread a layer of ragu into the bottom to cover it. Lay lasagne sheets over the top, leaving no gaps. Spread a thin layer of white sauce onto the dry pasta then repeat: ragu, pasta, sauce, until the ragu is all used up. Top with a final layer of pasta sheets, then a generous layer of white sauce, carefully spreading it right to the edges. Sprinkle breadcrumbs across the top, and carefully place into the centre of the oven. Bake for 40 minutes, until golden and crisp around the edges. A knife inserted into the middle should go through the pasta easily. If not, bake for a further 10 minutes.

Cut into portions as desired and serve.

Thanks again Jack!

WE DON'T LIKE TO ASK BUT

PLEASE HELP
IF YOU CAN

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 the 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 65 volunteers, generously giving their time to keep our wheels turning. We only employ one full-time and two part-time members of staff but, as demand and costs increase, although we make applications for grants, some successful and others not, running a bank of fridges, freezers and a walk in chiller 24 hours of every day means that our bills are high, and then there's rent and wages etc. It all mounts up.

We're not alone. It's a problem reported by all organisations involved in the prevention of food waste and getting food to people experiencing food insecurity. We wish it wasn't this way but, for as long as it is and for as long as we can, we'll continue to do what we do, supporting as many food banks and community groups as possible. We currently provide 'rescued' food to 70 such groups who, between them, every week, support 1,000s of people in Exeter and across Devon. They need us, just as we need you.

If you're able help with a donation, however small, we'd be immensely grateful, as will the many struggling individuals and families reliant on the support we provide. Donating is really easy. All it takes is a click on the button below and for you to choose the option that best suits you.

**YES, I'D LIKE TO
MAKE A DONATION**

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.

SPONSORSHIP & SUPPORT OPPORTUNITIES

Exeter Food Action is grateful for the generosity and support of the many individuals and businesses who share our commitment to reducing food waste, and to ensuring that surplus food gets onto the tables of the 1000s of individuals and families struggling with the cost of living. We're determined that nobody should ever have to go hungry in 2026.

If you'd like to play a part, however small, either through an [individual donation](#) or through the mutual benefits of your business sponsoring our vital work, we'd love to hear from you. See also our very reasonable advertising rates on [page 20](#) if you'd like to spread the word about your business to our readers.

✉ info@exeterfoodaction.org.uk

07880 814064

Thank you

**CLICK TO
DONATE**

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 the newsletter, 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
Spring 2026	Late March/early April	15.03.26
Summer 2026	Late June/early July	15.06.26
Autumn/winter 2026	Late September/early October	15.09.26
Spring 2027	Late March/early April	15.03.27

EMAIL THE EDITOR 

akemp@exeterfoodaction.org.uk

SEND A LETTER TO
THE EDITOR 

Food Matters Editor,
Exeter Food Action,
Unit 10, The Space Place,
Alphin Brook Road,
Exeter, EX2 8RG.



ADVERTISE IN FOOD MATTERS

Food Matters is published four times a year and distributed to 70 sites in Exeter and across Devon, as well as to local businesses and our many individual supporters and their families.

Check out the rates below and, if you'd like to discuss further, please contact the editor: 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 ISSUE IN FOUR ISSUES (A FULL YEAR): £240.00 (ONLY £4.62 A WEEK!)



CONTACT US

ADDRESS

Exeter Food Action,
Unit 10,
The Space Place,
Alphin Brook Road,
Marsh Barton,
Exeter,
EX2 8RG



PHONE

07880 814064

EMAIL

info@exeterfoodaction.org.uk

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

akemp@exeterfoodaction.org.uk

'STOP PRESS!'

LATE NEWS

When important late news had come in, the term 'stop press!' was often called out by editors, in the days when newspapers were printed on rotary presses in the 19th & 20th centuries. Even after digital printing removed the need to stop machines, it became a label for breaking news inserted at the last minute, often in a small box or column. That's what this page is for.

It's not quite the same but when an issue of Food Matters is done and dusted and ready to go, slotting in late news can be a bit of a challenge, requiring pages, content and links to be shuffled around, and pages renumbered etc., so this page, near the end, makes late news easier to add. In this issue there's some really big news!



THE FIRST ROTARY PRESS, 1814





1. 2025 FOOD DELIVERY FIGURES



WE'VE TOTTED UP THE AMOUNT OF 'RESCUED' FOOD THAT WE PROVIDED TO THE NOW 70 COMMUNITY GROUPS WE SUPPORT AND OUR 2025 FIGURES ARE FINALLY OUT.

LAST YEAR WE DELIVERED 114,651 KG

IT'S HARD TO VISUALISE SUCH A LARGE AMOUNT OF FOOD, SO HERE ARE SOME COMPARISONS FOR PERSPECTIVE.

114,651 KG =		X 20	ADULT AFRICAN ELEPHANTS
		X 50,000	STANDARD HOUSE BRICKS
		X 5-6	FULLY LOADED 40 FT SHIPPING CONTAINERS
		X 14-18	FULLY LOADED CONCRETE MIXERS

THAT'S EQUIVALENT TO 272,979 MEALS!

2. EFA ON THE TELLY!



TRIGGERED BY THE THE CONFLICT IN THE MIDDLE EAST, AS THE COST OF LIVING BITES ONCE MORE, WITH RISING COSTS FOR ENERGY AND FOOD, WE RECENTLY TOOK TO THE BBC SPOTLIGHT SOFA TO EXPLAIN WHAT IT MEANS FOR US. CLICK ANYWHERE ON THE TV ON THE RIGHT TO WATCH A RECORDING OF THE BROADCAST.



3. ADMINISTRATION ASSISTANT VACANCY



WE'RE KEEN TO RECRUIT AN ADMINISTRATION ASSISTANT TO JOIN OUR AWARD-WINNING TEAM.



<u>JOB TITLE</u>	Administration Assistant
<u>SALARY</u>	£13.45 hourly (£25,878 pro rata)
<u>TERM</u>	Permanent
<u>LOCATION</u>	Unit 10 , The Space Place, Alphin Brook Road , Marsh Barton, Exeter, EX2 8 RG
<u>REPORTING TO</u>	Charity Manager and Trustees
<u>HOURS</u>	8 hours to be worked over the week. Times and days to be agreed with the successful candidate. There will need to be some flexibility and it will be possible to do some work from home, which can be discussed at interview.
<u>PURPOSE OF ROLE</u>	<p>Exeter Food Action is a small charity with a paid workforce of 3 and a large volunteer team of 65. The administration assistant will work with the manager to support staff and volunteers in day-to-day operations at the warehouse.</p> <p>Tasks will include:</p> <ul style="list-style-type: none"> • Support with regular day to day administration • Follow up on new volunteer applications/requesting references • Helping to create a volunteer onboarding pack • Creating, updating and maintaining volunteer training records • Creating, updating and maintaining staff and volunteer incident log • Updating/maintaining Community Food Member (CFM) records • Helping to oversee RACI (responsible, accountable, consulted and informed) records
<u>CLOSING DATE</u>	3rd May 5.00pm.
<u>MORE INFORMATION</u>	<p>For further information about the role please contact our manager, Wendy Kearns, on 07880 814064 or by email: info@exeterfoodaction.org.uk.</p>

View/download further information (PDF) by clicking on the link below.

WATCH A SHORT VIDEO ABOUT OUR WORK HERE

