

SQUARE FOOD FOUNDATION

England & Wales · Charity number 1173323

Details

Status Registered

Legal form CIO

Registered 2017-06-07

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: THE ADVANCEMENT OF EDUCATION AND TRAINING IN SUBJECTS RELATING TO HEALTHY EATING DIET AND NUTRITION IN BRISTOL AND THE SURROUNDING AREAS BY THE PROVISION OF TRAINING ACTIVITIES TO DEVELOP PEOPLE'S SKILLS, KNOWLEDGE AND CAPABILITIES IN COOKERY AND NUTRITION.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£461,279	£339,686	-	-
2023-08-31	£302,516	£306,465	-	-
2022-08-31	£328,550	£236,755	-	-
2021-08-31	£162,248	£170,761	-	-
2020-08-31	£231,918	£126,216	-	-

Trustees

Name	Role	Appointed
Claire Louise Ladkin		2024-11-07
Daniel Farmer		2022-01-27
Dionne Emma Seagrove		2025-01-27
Ian Howard Thomas		2024-11-26
Joshua Michael Charles Mudie		2024-07-24
Rebecca Jane Cole		2023-02-07
Sian Pamela Flynn		2022-01-27

SQUARE FOOD FOUNDATION

England & Wales - Charity number 1173323

Accounts

SQUARE FOOD FOUNDATION
REPORT AND FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2024

Charity Number 1173323

SQUARE FOOD FOUNDATION

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

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SQUARE FOOD FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS

YEAR ENDED 31 AUGUST 2024

Charity Name Square Food Foundation

Charity number 1173323

Registered office and operational address The Park, Daventry Road, Knowle, Bristol, BS4 1DQ

Trustees Trustees who served during the year and up to the date of this report were as follows:

Dr Jacqueline Aldridge	resigned 13/12/2023
Rebecca Cole	
Daniel Farmer	
Sian Pamela Flynn	Co-Chair
Claire Ladkin	appointed 07/11/2024
Ian Thomas	appointed 26/11/2024
Dionne Seagrove	appointed 27/01/2025
Dr Helen Miller	Co-Chair
Dr Joshua Mudie	appointed 24//07/2024
Luke Sapsed	resigned 19/01/2024
Catherine Steele	resigned 06/05/2024
Stephen Wray	resigned 28/01/2025

Bankers Triodos Bank
Deanery Road
Bristol
BS1 5AS

Independent Examiners Jacob Trowbridge MAAT
Bristol Community Accountants CIC
The Park, Daventry Road, Bristol, BS4 1DQ

Pro bono Solicitors Vesselina Debrevva (Associate)
Shannon Pepper (Trainee Solicitor)
Gibson Dunn
2-4 Temple Avenue, London, ECAY 0HB

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

Square Food Foundation

The trustees present the report and accounts for the year ended 31 August 2024.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011 as amended by the Charities Act 2022, the Memorandum and Articles of Association, Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective January 2019), and the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is constituted as a Charitable Incorporated Organisation (CIO), governed according to the rules of its CIO Foundation Constitution, registered on 7 June 2017.

Method of recruiting and appointing new charity trustees

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Organisational structure

The charity is run by a board of trustees who delegate the day-to-day operations of the charity to the Managing Director.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

Introduction

Square Food Foundation believes everyone should have access to, and the skills to prepare healthy, affordable food that's good for people and the planet.

As we reflect on the period 1 September 2023 to 31 August 2024, we are saddened by the increasing food insecurity in Bristol and beyond. At the time of writing 1 in 12 (7.9%) households have experienced moderate to severe food insecurity. One of the wards that Square Food Foundation serves is Filwood, where 7% of households report living with severe food insecurity compared to 3.2% in the wider Bristol area¹. Primarily this has been driven by the fuel and cost of living crisis as well as the negative legacy of the Covid 19 Pandemic. As we respond to the increasing needs of our students and beneficiaries, it's evident that the work of Square Food Foundation has never been more needed. Our strategic objectives (see below) as set out in our Business Plan 2022-2025, remain as relevant today as they did in 2022 and continue to be our framework for delivering life changing food education programmes.

OBJECTIVES AND ACTIVITIES

Square Food Foundation Strategic Objectives for 2022-2025:

- Develop a meaningful programme of work for Primary Schools that will provide children, staff, and families with the confidence, knowledge, and resources to embed food education into the school day
- Build up a portfolio of fully evaluated, off-the-shelf community food education programmes, that are suitable for a wide range of hard-to-reach groups
- We will develop a portfolio of professional training programmes (that incorporate cooking and teaching) that we'll deliver to cooks and teachers across the city
- Take part in local and national conversations around food education and its place in the wider food system
- We will partner with other organisations to scale up and extend food education beyond SFF's own capacity.
- We will engage in a continuous process of improvement to meet the needs of our stakeholders.
- We will grow our supporter base to raise awareness and core funds and continue fundraising for project costs through trusts and foundations.

Our strategic Objectives are underpinned by our Theory of Change which you can read about on the next page.

¹ Bristol City Council JSNA Health and Wellbeing Profile 2024/25

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At the time of writing this report we are busy preparing our Strategic Objectives for 2025-2028. Using current objectives and our Theory of Change (which itself is also due to go under then lens of review and scrutiny in conjunction with the Business Plan) as our guiding principles, we are scrutinising each objective to ensure they are:

- Fit for purpose against today's landscape;
- Embedding the skills and knowledge we have gained over the last 3 years to improve the services we deliver;
- Reflecting what our students and beneficiaries have told us they want and need;
- Delivering meaningful and long-lasting impact to our students and beneficiaries;
- Measurable and sharable: Improving our evaluation methodologies to enabling us to share our impact more widely and in turn support other food education organisations in Bristol; and
- Aligned to other Bristol based food strategies i.e. Feeding Bristol's Food Equality Strategy and Bristol Good Food 2030.

As you continue to read on, you'll have the opportunity to discover the impact we've made during this period. We are immensely grateful to all our funders and supporters who have made our work possible.

Charitable objects

The advancement of education and training in subjects relating to healthy eating, diet and nutrition in Bristol and the surrounding areas by the provision of training activities to develop people's skills, knowledge and capabilities in cookery and nutrition.

Our Theory of Change

- A lack of food knowledge and cooking skills result in poor nutritional choices, limited diet and poor health outcomes
- People have too few ways to connect meaningfully, resulting in social exclusion and linking with poor mental health outcomes
- Too high a proportion of families live in, or are at risk of, food poverty

Our intended impact is stated as:

- A reduction in physical health inequality;
- Choosing to have a healthier community;
- A reduction in social isolation and exclusion;
- A reduction in the number of people living in, or at risk of, food poverty; and
- A reduction in the number of young people who are unemployed and dependent on governmental support.

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The steps needed to bring about change:

- Free/affordable cookery classes which provide cooking skills which support being able to cook and eat nutritious meals and exposes people seasonality, provenance, different food cultures and new foods and tastes;
- A safe welcoming space, removing anxiety about learning, providing life skills, personal development, employability skills and opportunities for supportive conversations;
- Working with local primary schools and teachers to support them to embed a positive food culture that becomes part of the everyday life of the school; and
- Working with relevant projects to bring about national change.

Aims and intended impact

Square Food Foundation (SFF) aims to reduce food insecurity and inequality and improve health for Bristol and beyond by teaching people to cook good food from scratch.

The trustees have considered the Charity Commission's guidance on public benefit when reviewing its aims and objectives, and when planning its future activities. In line with guidance from the Charity Commission, the trustees are satisfied that SFF continues to achieve its charitable aims by teaching people to cook good food to improve their health and reduce poverty and inequality. Its public benefit is described in the pages that follow below.

Our work

Square Food Foundation is a charity working to reduce hunger, improve health and bring people together through food and cooking.

We are based in Knowle West, South Bristol, an area of multiple deprivation, and work with some of the community's most marginalised groups who have an increased risk of living with food insecurity. Primarily we work with young people not in education, employment or training, older adults at risk of becoming isolated, adults and children with additional needs, primary school children (and their families) on Free School Meals.

By equipping people with the life skills, knowledge, confidence to cook, to know where their food comes from, and to believe in their rights to advocate for a more equitable food system, we can improve healthy eating, diet-related ill health and mental wellbeing.

We are aware that access to support services and education remains a huge barrier for lots of people. Having access looks different to everyone, therefore at Square Food Foundation we work hard to create an inclusive and accessible teaching environment. All our classes are free or heavily subsidised and we pride ourselves in creating a friendly and welcome welcoming space which starts from the first point of contact with a member of the team. Since the middle of 2024 we have been adapting our Cookery School to increase wheelchair accessibility as well as make improvement for neurodivergent people. We'd like to thank the Bristol City Council's Community Resilience Grant which has allowed us to make these improvements.

Continuing to be a vital part of the Square Food Foundation offering our catering business is growing from strength to strength. In addition to creating delicious, beautiful and original food with ingredients from local and sustainable farmers, growers and producers, we have been able to provide real life work-based training for our students who attend our employability programme, How To Be A Chef.

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The experience the students receive working in our catering prep kitchen and onsite during events elevates their learning far beyond the classroom and support the students to grow in confidence and self-esteem, both vital when entering the workplace.

Having the ability to offer catering as part of the Square Food Foundation package, enables us to meet the needs of our socially responsible clients and, we hope, in turn grow our supporter base to have a positive impact on our fundraising strategy. All profits directly related to catering events go to fund Square Food Foundation's food education work in the community.

We would like to thank the following funders who have made it possible for Square Food Foundation to continue to work towards reducing food insecurity and improve health inequalities for Bristol and beyond

- The Linbury Trust for funding our How To Be A Chef programme and provided core funding for organisational resilience
- The Marchants Trust for funding our How To Be A Chef programme
- The 29th May 1962 Charity for funding our How To Be A Chef programme
- St Monica's Trust for funding our Back in the Kitchen Programme
- The Grateful Society for funding our Back in the Kitchen programme
- The Wesleyan Foundation for funding our Cooking Connections programme
- The Big Give for funding our Recipe Kits
- Feeding Bristol/The Household Support Fund for funding our recipe kits and our Welcome Spaces monthly sessions
- St Stephen and St James Trust for funding our recipe kits
- The National Lottery for funding our recipe kits
- Knowle West Alliance for funding our recipe kits
- The Hargreaves Foundation for funding our programme with Cabot Learning Federation
- OVO Foundation for funding our work with Primary Schools
- Bristol City Council for funding equipment to improve accessibility
- Bristol City Council for funding holiday classes for children who are in receipt of Free School Meals
- Health Foundation (HF) in partnership with the Local Government Association for funding the Shaping Places for Healthier Lives project

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ACHIEVEMENTS AND PERFORMANCE

Our programmes: 1 September 2023 – 31 August 2024



Course name: Back in the Kitchen

Beneficiaries: Adults over 55+ who are at risk of loneliness and isolation

Aims and objectives: To combat loneliness and isolation and the associated physical and mental health implications through a weekly friendly and sociable cooking class. Once a month, participants batch cook meals for those who are isolated and there is also a monthly lunch club for those who would like to come for a meal and not cook (though often this acts as a gateway to joining the cooking class).

Length: All year

Number of students: 10 -12 participants each week

What our students say:

"It's the most important part of the week for me."

"Since joining the class, I've lost weight and feel more healthy."

What our teachers say: We have a great group of 10 regulars who have welcomed in new members. We started batch cooking meals for the community which has brought the group closer and given them a sense of responsibility and a positive feeling about supporting others.

Supported by: St Monica's & The Grateful Society

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Course name: Cooking Connections

Beneficiaries: Adults with learning disabilities and / or mental health challenges who face barriers to cooking independently

Aims and objectives: To improve personal and social skills, and to explore progression pathways such as volunteering and work

Length: 2 x courses per year

Number of students: Between 7 and 9 participants per course

Impact:

- 100% of students have shared a recipe they learnt at Square Food Foundation
- 100% of students feel more confident committing to a programme
- 100% of students feel more confident in their ability to learn

What our students say: *"Thoroughly enjoyed the course and planning to volunteer to help others I feel more confident, all the staff was really helpful explaining things, really good set of people I was working with, kitchen was a nice layout, more than enough equipment, very clean, it was good. It was really good for where I'm at in my life right now"*

What our teachers say: A small group of students who have used the course to expand their food and cooking knowledge. Attendance on both courses was really good, and students came with enthusiasm to learn the skills and gain confidence to help them make changes to their diets resulting in them all now cooking more and even cooking for friends/family members.

Supported by: Quartet - Wesleyan programme

Course name: Healthy Me!

Beneficiaries: Learning disabled adults and their support staff

Aims and objectives: An opportunity to cook side by side, learn healthy, delicious recipes, and explore the connection between our health and the food we eat

Length: 3 x courses per year

Number of students: Between 10 – 12 people (care home residents and their support workers)

Impact:

- 100% of students feel more confident using a sharp knife
- 100% of students feel more confident meeting new people and in themselves
- 100% of students feel more confident committing to a programme

What our students say: *"I loved all of the cooking. I have learnt more skills to cook healthy foods. I will be interested in more cooking courses." "I have really enjoyed meeting new people and getting to know the staff and all the food I have tried."*

What our teachers say: A brilliant programme that had a real impact on both support worker and person in care. It really solidified the importance of working together.

Supported by: NHS Bristol, North Somerset and South Gloucestershire Integrated Care Board (BNSSG ICB)

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Course name: Cabot Learning Federation (CLF)

Beneficiaries: Young people aged 16-18 who are in alternative education

Aims and objectives: A practical and useful course focusing on basic life skills, teamwork, communication and attendance for young people who are not in mainstream education.

Empowering young people with skills, self-esteem, and independence can break the cycle of poverty and poor health

Length: 3 x courses per year

Number of students: 6 young people per course

Impact:

- 100% of students say their mood has improved
- 100% of students have cooked for friends and family
- 100% of students have shared a Square Food Foundation recipe

What our students say: *"I have re-made pretty much everything we've learned at home and really enjoyed practicing them."*

What our teachers say: Students are consistent and arrive on time and are keen to get started. They are engaged and enjoy trying new foods, learning and practicing new skills.

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Course name: How To Be A Chef

Beneficiaries: Young people aged 16-25 who are not in education, employment or training (NEET)

Aims and objectives: Our flagship young chefs training programme, currently in its sixth successful year. Designed to address a discernible and evidence-based, unmet need, this initiative establishes inclusive career pathways, providing accessible training and healthy living opportunities for disadvantaged young people aged 16-25 Not in Education, Employment, or Training (NEET).

Length: 2 x 12-week courses per year

Number of students: 7 students (Sept – Dec 23), 9 students (Feb – April 24)

Impact:

- 100% of students feel more about attending new groups and meeting new people
- 100% of students feel more confident in their ability to learn and themselves
- 100% of students say that as a result of the course, they feel more motivated to seek employment in the food industry/hospitality.
- 100% of students say that as a result of the course, they have improved employment opportunities
- 100% of students say they have learnt transferable skills

What our students say:

"I have a job - SFF has helped me to find employment opportunities which is fantastic."

"It was such a lovely experience, and the programme gave me more than what I had imagined I would get out of attending it. Not only it helped me learn cooking skills, I get a lot of knowledge about food and the food industry. I also get to know people and gained information on my career development. I am very thankful to Charlotte and Stu who are our teachers. They not only gave me confidence but also knowledge to build up my career and life."

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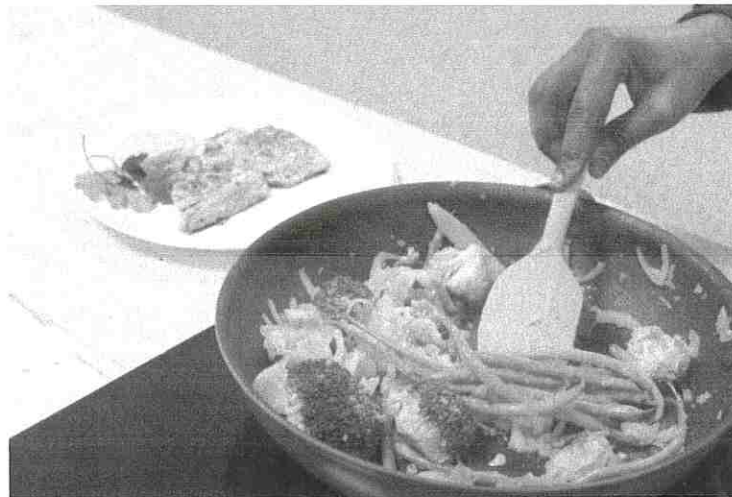
YEAR ENDED 31 AUGUST 2024

What our teachers say:

We had quite a few students drop out in the sept 23 programme – the group that stayed on however really worked well together and developed some excellent skills and opportunities for work. The Feb 24 cohort was well attended and the group bonded quickly. Some real interest in work opportunities and 90% of students went on to get work including one gaining employment in SFF catering.

Supported by: The Linbury Trust, Jolly Hog and Bristol 247

Course name: Food Leaders



Beneficiaries: Training individuals who are currently working with groups/people who may be experiencing food insecurity.

Aims and objectives: A collaborative project between some of Bristol's leading food educators and chefs to deliver quality Food Education and cookery lessons in the community

Length: 5 weeks

Number of students: 6

Impact:

- The principles of how to set-up a cookery class and what makes an engaging session, knife skills and essential health and safety
- How to work in different settings, often without a kitchen and including outdoors
- Inclusive sessions: how to work with people of different ages and abilities
- Celebrating food stories and cultures and considering culturally appropriate food
- Cooking for large numbers; scaling up, organising time and making sure batch cooking and community meals are safe.

What our teachers say:

Building confidence and skills to help those who support children who receive free school meals in the school holidays has enabled us to increase our reach across the city. The participants have been enthusiastic and embraced the opportunity to be able to deliver better support.

Supported by: Bristol City Council Holiday Activity Fund

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Course name: Food Leaders E-Learning Course

Beneficiaries: Training individuals across the country who are currently working with groups/people who may be experiencing food insecurity.

Aims and objectives: A collaborative project between some of Bristol's leading food educators and chefs to deliver quality Food Education and cookery lessons in the community. This course is primarily for anyone who can't attend a course in person so instead complete it by watching videos and answering questions.

Length: Ongoing

Number of students: 71

Impact:

- The principles of how to set-up a cookery class and what makes an engaging session, knife skills and essential health and safety
- How to work in different settings, often without a kitchen and including outdoors
- Inclusive sessions: how to work with people of different ages and abilities
- Celebrating food stories and cultures and considering culturally appropriate food
- Cooking for large numbers; scaling up, organising time and making sure batch cooking and community meals are safe.

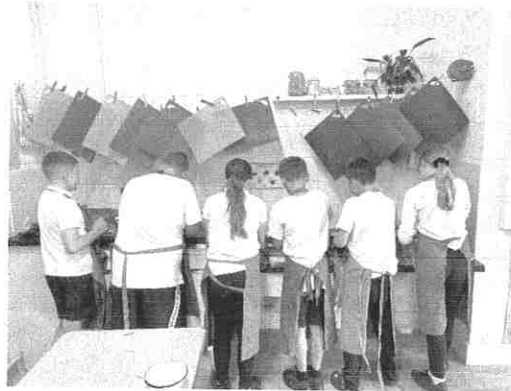
What the students say:

"Thank you! I am very grateful to be given this opportunity."

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YEAR ENDED 31 AUGUST 2024



Course name: Schools

Beneficiaries: Primary + Secondary School children

Aims and objectives: A comprehensive programme of food and cookery activities designed to bring cooking into the classroom and promote good food as a way of life for the entire school community. By engaging with children and their families who face multiple disadvantages, the project aims to teach basic principles of healthy and sustainable eating, the benefits of cooking from scratch, and inspire a lifelong love of food and cooking that is beneficial for the planet.

Impacts:

- 620 children have participated in free hands-on cookery classes, learning to cook nutritious meals, trying new foods, and understanding sustainable food choices.
- 13 teachers have been supported to foster a positive food culture in schools, emphasizing healthy eating and planet-friendly food choices.
- The program has not only improved cooking skills but also boosted self-esteem and a sense of community, aiming to instil a lifelong interest in beneficial food choices.
- Relationships with local schools have been strengthened, ensuring continuation of this work.

Length: Varied

Number of schools: 4 schools (Christ the King, Oasis Connaught, Daventry Road, Knowle Park)

What the schools say:

From a school: "The children thoroughly enjoyed themselves and it was lovely to see them taking part in something that they don't always have the opportunity to do. The session ran perfectly and we felt it was delivered in a way that the children could really understand what they needed to do. Thank you for the work that you do, the children would not normally be able to take part in cooking lessons so you are providing valuable life lessons that will stay with them beyond their school life. We have particularly enjoyed seeing the children learn about healthy eating habits as this is so important. We were also pleased to see that the recipes were mostly all vegetarian and the children were learning about eating food that is good for the planet and climate change."

From students: "I loved cooking and my favourite one we done was the flat bread and it inspired me to cook more." "I look forward to cooking every Friday, I love it. The team is so kind and nice."

What our teachers say: Working in the Hub we taught over 800 children in that period. The classes were really successful, and we had wonderful anecdotal feedback from both teachers and students. It did have an impact on our capacity and resources and something we will need to consider if we work with schools again.

Supported by: OVO Foundation

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Project name: Recipe Kits

Beneficiaries: Knowle West families who are experiencing food insecurity – delivered via Food Clubs and local schools (to families on Free School Meals)

Aims and objectives:

- To reduce hunger. We provide families with an additional meal every week. The kits contain enough food for a family of 4. This removes the financial and mental stress of one meal per week for 150 families.
- To build resilience. In response to the fuel crisis and cost of living crisis, our kits are low-cost recipes that can be recreated. We include hints and tips for families to cook as efficiently as possible including energy saving tips, advice on batch cooking and using up leftovers.
- To improve diet and health. We want to instil the principles of healthy eating, providing simple food preparation skills and supporting learners to make the connection between what they eat and their physical and mental health.
- To bring people together. Our kits provide an opportunity for families to cook together, without any barriers of cost or fear of waste that might normally get in the way. We also encourage cooking for friends, family and neighbours to bring the community together.
- To build confidence. By providing simple food preparation skills we support people to feel confident in the kitchen and instil a lifelong love of food

Impact - number of kits: We send c.150 kits every week for 49 weeks of the year. This equated to 7,444 recipe kits for 2023-2024 (or 29,776 meals!)

What our beneficiaries say:

"We would...like to say a very big thank you for all your hard work and what you do for the community. It makes such a difference for our vulnerable families and knowing there are organisations like yours that have their back in these hard times." (Primary School)

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What our teachers say:

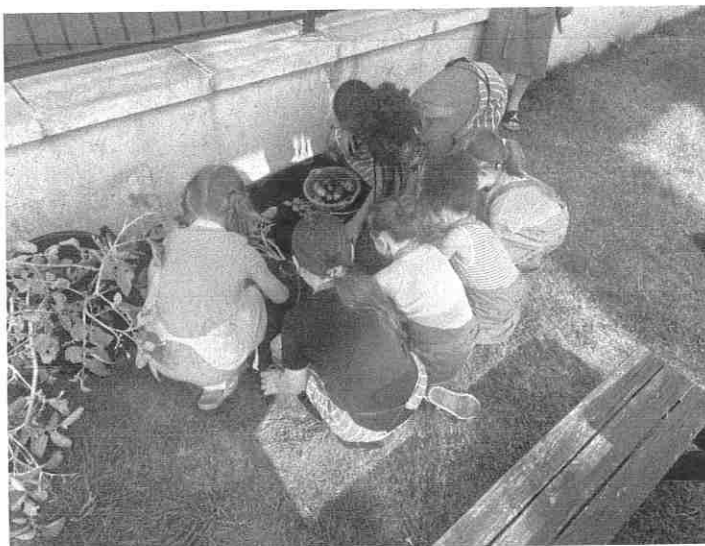
The kits enable us to reach so many more people than we can accommodate in the kitchen. We were delighted and touched to be invited to Knowle Park Primary school's (who receive recipe kits) final assembly where we were presented with some beautiful thank you cards the children had made and a cheque for £181.45p which the children had raised through a plant sale. They decided to give the money to Square Food Foundation as a thank you for the recipe kits

Supported by: Feeding Bristol, Quartet, The Albert Hunt Trust, ASDA Foundation and to all who supported through The Big Give Christmas Challenge Campaign including, The Nisbet Trust, Burges Salmon, Mark Calvery, Downfield Investments, Alastair Sawday, Iain Boyd, AgileChili, The Madison Foundation and Dormywood Trust.

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Course name: Your Holiday Hub: Cooking classes for children

Beneficiaries: Children aged 6-11 who receive benefits-related Free School Meals

Aims and Objectives: Fun, practical, educational sessions held in the school holidays to provide an activity and a meal for children who receive Free School Meals in term-time. We also taught 4 classes at Redcatch Community Garden

Length and number of students:

- Christmas: 2 x sessions, 12 children per session
- Easter holiday: 4 x sessions, 10 children per session
- Summer holidays: 16 x sessions, average of 10 children per session

What our students say:

"Thank you for asking [young person] to learn some cooking skills. She had a lovely morning. This is [young person's] favourite holiday group to come to."

What our teachers say:

The sessions are a safe space for children to experiment with flavours and try new things. We've noticed giving them ownership and choice over certain elements of recipes e.g. toppings to put on their homemade pizzas

Supported by: Bristol City Council

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Project name: Welcome Spaces

Beneficiaries:

Open sessions for the community of Knowle West

Aims and objectives:

Welcome Spaces started as a response to the cost-of-living crisis to provide a free, warm, welcoming space for those experiencing disadvantage. Our Welcome Spaces sessions consist of a group cooking lesson before everyone sits to eat a hot, healthy meal together.

Length: 4 sessions

Number of students: 15 - 20 per session

What our students say:

"It's an opportunity to be together as a family and spend real quality time with one another."

"At home we all do our own things or there's always something to get on with but here we can just be together".

What our teachers say:

Welcome Spaces encapsulates everything we are about. People from all ages and backgrounds coming together and cooking a meal for each other.

Supported by: Feeding Bristol Household Support Fund.

Project name: Slow Cooker Club

Beneficiaries: Vulnerable, low-income families in South Bristol

Aims and objectives:

To empower families to create nutritious meals and build cooking confidence through the use of a slow cooker. We delivered the ingredients each week and the teacher offered guidance via a WhatsApp group where participants also shared their results with each other.

Impact:

- 100% of participants said that having a slow cooker enabled them to try new recipes and ingredients;
- 100% of participants said that having a slower cooker meant they ate more vegetables;
- 100% of participants said that using a slow cooker to cook a meal saved them time.

Length: 6 weeks

Number of students: 10

Feedback:

"It really helped with my youngest son as he doesn't eat a lot of things because he doesn't like things to wet so having learnt new ways to cook he now eat loads healthier and enjoys things more to"

"It was great for the school week where it can be hard to make a healthy meal quickly for the children when they are hungry after school and felt like someone else had made me tea so was a pleasure to eat myself"

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"Involved our child in cooking more, enjoyed trying a new way of cooking. Also enjoyed discussing how food cooked in the slow cooker tasted different and because it was new it encouraged our 5-year-old to try more veg. Enjoyed being able to prep dinner in the morning before a day out on the weekend."

What our teachers say:

As I delivered the meals kits to the residents at their homes it was a great opportunity to talk face to face. Some participants shared with me that they had never cooked a meal with fresh ingredients. Some had only ever purchased food from the frozen section of supermarkets and didn't know that the ingredients we were using were accessible in all major supermarkets.

Supported by: Bristol City Council

Project name: Community Resilience Project

Project Title: Creating accessible and sustainable Food Education to create stronger, more connected communities

Beneficiaries: All learner and user of the Square Food Foundation Cookery School.

The project will enhance the facilities and resources available to all groups visiting SFF including young people NEET, older adults at risk of becoming isolated, children and families, people at risk of homelessness and the wider community at the centre

Aims and Objectives: Improve accessibility for wheelchair users through adjustable tables, hobs and ovens. By improving accessible cooking facilities for wheelchair users, SFF classes will be more inclusive to the wheelchair community and improve the experience of classes.

Length:

Supported by: Bristol City Council

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

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Other Projects

Community Classes and Events

Over autumn and winter, we delivered four BADDs (Oct, Nov, Jan, Feb) classes. These sessions are for young people and children who have Down's syndrome to cook together and for parents to work together and build a support network. We delivered two sessions for Active Recovery (Feb, May), a group of adults who suffered trauma in childhood. The staff have worked hard with the group facilitators to ensure the kitchen is a safe and welcoming space for the group who are very sensitive to new situations and new places and subsequently, these classes have become important to the group and the group facilitators. In July, we were delighted to be involved in The Park Centre Fun Day where we made and cooked over 80 pizzas with the local community.

Professional Development/Training

The team has been commissioned to deliver various training programmes during the year. In September and October, we delivered cookery training to Home Start volunteers who provide extra support to families. Our teachers delivered four sessions over two Food Leaders courses at Coexist Community Kitchen, focusing on how to set up and deliver a cookery class and batch cooking. In March we worked with cooks from Milestones residential homes on how to cook food suitable for residents with dysphagia (difficulties with swallowing).

Private Classes + Team Building:

In October we were delighted to deliver a teambuilding for the staff at Belgrave School. The team batch cooked meals to take away and also prepared a meal for the team to eat together after the session. In December, we were asked to do a 'Masterclass' to celebrate the 18th Birthday of someone who attended our Adults and Children's Classes when he was younger. We forged a new relationship with Lockton Insurance who arranged to come in and batch cook meals for the local community and build recipe kits, and we delivered a Christmas Gifts cooking class for Clifton Golf Club who made us their charity of the year. In addition, we welcomed back Airbus and Ovo for team building sessions.

Paid for Children's Classes

We delivered two of our very popular Adults and Kids Christmas Gifts Classes in December. In June, children from Redmaids School joined us for Middle-Easter inspired cookery.

Representation at Events

There were many food-related events during the year, and the team ensured SFF was represented at as many as possible. In September, we hosted an event which was part of Planet Local Summit, a conference exploring localisation as a strategy for food system change on a local level. where Zac Goldsmith was in attendance. In June, members of the team each represented SFF at various events forming part of Feeding Bristol's Food Justice Fortnight. Events included a networking event, a panel discussion on Food as a Language, and a lunch and learn with a local GP focusing on social-prescribing food. Something noticed by the team was a lack of representation of people with lived experience. In response to this, when SFF was invited to take part in a panel discussion at Feast On food festival, Becky Lane who is a volunteer and local resident with lived experience of food poverty and the organisation's services, represented us.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

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Volunteer/Work Experience

We provided four school students with work experience where they helped out with classes, built recipe kits and helped make staff lunch. In addition, we welcomed two students from the University of Gastronomic Sciences to the kitchen for them to help with and experience different classes and to learn more about different organisations supporting people experience food poverty in Bristol. In March, we celebrated our amazing regular volunteers by inviting them to an evening of cooking with us.

Our Team

Our team of paid staff continues to exceed all expectations in terms of their commitment, capacity and ideas. This year we had 15 paid staff all working on part-time contracts.

Barney Haughton – Founding Director
Eloise Morton – Managing Director (Maternity Leave)
Sophie Jerrold - Managing Director (Maternity Leave Cover)
Charlotte Fife – Head of Community Cookery
Dan Ford - Kitchen Manager and Cookery Teacher
Alice Morrison – Head of Fundraising and Communications
Nic White – Operations and Volunteer Coordinator
Jenny Smith – Cookery Teacher and Project Support
Lucy Kane – Events and Marketing Manager
Abby Skuse-Denley – Community Cookery Teacher
Lucy Dodd – Community Cookery Teacher and Project Support
Zinnia Murdoch – Cookery School and Kitchen Assistant
Charlie Veitch – Cookery School and Kitchen Assistant
Stuart Seth – Head of Event Catering
Sabrina Shirazi – Events Manager

Our staff have consistently gone above and beyond to deliver a diverse range of activities, both in and out of the kitchen. Their enthusiasm and dedication to growth have been evident as they embraced training opportunities and upskilled in several key areas. This includes expanding their knowledge of mental health, deepening our understanding of what it means to be an anti-racist organisation, and pursuing various other professional development initiatives. Their commitment to continuous improvement strengthens our ability to serve the community effectively.

Training

This was the first year that additional professional development focused training was formally undertaken at a whole organisational level. In April 2024, key staff attended an external Inclusivity Inc. training day at Burges Salmon, focusing on making services more inclusive for Disabled individuals and ensuring accessible policies and processes. In May, staff participated in a Food & Mood workshop led by Megan Mehnert, followed by an EDI training session, Race Ahead, in June. This course offered a non-judgmental look at systemic racism in the UK, its historical roots, and its effects on mental health. In July, staff also completed Mental Health First Aid (MHFA) training, with another Food & Mood workshop planned for November. Furthermore, all staff were encouraged to engage with an external mentor and/or trustee mentor to support individual CPD progression.

SQUARE FOOD FOUNDATION

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Articles:

[Inclusive Workplaces by Sophie Jerrold](#)

[Anti-Racism by Sophie Jerrold](#)

Our volunteers

Our community of volunteers have supported us by doing 674 'shifts' this year. Roles range from helping us prepare recipe kits, preparing for events, teambuilding events and masterclasses, and admin support. We also welcomed regular corporate volunteering teams from Jolly Hogg and began to look at our growing pool of potential supporters via new corporate supporters. Some volunteers enjoy helping out with a regular class or shift while others prefer one-off opportunities (such as prepping for events). Either way, their enthusiasm, positivity and shared passion for SFF's cause has resulted in them spreading the word about SFF and connecting us with new volunteers and contacts.

Looking to the future, we plan to offer a volunteering role to those who live locally and are looking to return to work after an absence.

Awareness

Square Food Foundation's work continues to attract attention within Bristol and beyond.

We have been working in partnership with Feeding Bristol supporting them with the development of their Food Equality Strategy. Specifically, we have been sharing our knowledge and expertise what a Food Education Action Plan could look like for Bristol.

We continued to work with our friends and partners at Bristol 24/7 to promote our work and the case for food education.

Our website, newsletters and social media platforms are a vital part of our communication to the general public and supporters for us to raise greater awareness of the work we do.

We continue to raise awareness of our work at every catering event, either through after dinner talks or information provided on menus.

The Cookery School and Kitchen, CIC

The Cookery School and Kitchen, CIC continued to trade in its new location in Filwood Community Centre. The Cookery School and Kitchen, CIC provides event catering services for private and commercial clients in Bristol with all qualifying profits being donated to Square Food Foundation on an annual basis at the year end.

During the year, the trustees authorised The Cookery School and Kitchen, CIC to be able to trade under the name Square Food Foundation Event Catering, to enable strategic alignment of our brands.

As well as providing income through a qualifying charitable donation, The Cookery School and Kitchen, CIC's activities will allow Square Food Foundation to increase its reach to new audiences. This will support our ambition to grow our corporate partnerships and monthly individual donations.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

In addition, The Cookery School and Kitchen, CIC will support Square Food Foundation by providing on the job training for the Young People who attend our How To Be A Chef (HTBAC) Programme. To date many of the 23/24 HTBAC graduates have gone on to become part of our paid team of chefs and front of house staff for The Cookery School and Kitchen, CIC.

Fundraising

As a registered charity, we work diligently to raise funds that support our mission and maximize our impact. We do this by applying for grants from trusts and foundations, inspiring individual donations, and partnering with corporate supporters. Regular donations from our monthly givers provide us with a stable, reliable income, allowing us to plan with confidence.

To ensure Square Food Foundation remains a viable business we have been working hard to ensure our income streams are diversified (see above), our mission and impact are clearly understood through increased communication with our audience and stakeholders. We are pleased that our hard work is paying off and we are seeing increases in public donations, support for catering, and increased success in large trust and foundation bids.

This year, we held our inaugural fundraising event at the stunning Yeo Valley HQ in North Somerset and further diversified our revenue streams by launching a new Corporate Membership Club. The Big Give Campaign was a success, helping us expand our individual donor base and secure more regular monthly supporters.

We have also focused on securing multi-year funding partnerships, successfully gaining investment for several key programmes and activities. One of our most notable achievements was winning a three-year grant from The Linbury Trust for our flagship How To Be A Chef programme. This included support for a Research & Development element, essential in improving outcomes, strengthening our evaluation processes, and broadening recruitment efforts.

FINANCIAL REVIEW

It has been yet another successful year for Square Food Foundation from a financial perspective. Through the hard work of our staff, our income has increased to £461,279 (2023: £302,516), with the majority of this (£276,163) being raised through trusts and foundations in the form of grant funding (2023: £157,475). A significant proportion of this relates to funding from the Linbury Trust, mentioned earlier in this report, who generously awarded a multi-year grant to fund the How to Be a Chef programme, for which £70,000 of income was recognised in the current financial year.

Our expenditure rose from £306,465 in 2023 to £339,686 in 2024. The majority of the increase is due to increased staff costs, as we have developed and strengthened the staff team over the year in order to be able to deliver on the commitments we have made to our grant funders and to our beneficiaries.

Our cash position has strengthened, with a bank balance of £261,437 at the end of 2024 (2023: £165,462). This is important as we move into 2025 and tough financial conditions for charities of our size. We have planned a small budget deficit for 2025, which is mainly the result of planned spending down of our restricted funds, which is detailed further in the Reserves policy.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

Reserves policy

At 31 August 2024, Square Food Foundation had total funds of £312,610 (2023: £191,027), comprising restricted funds of £147,376 (2023: £67,884), and unrestricted funds of £165,244 (2023: £123,143). Restricted funds comprise a number of grants, primarily restricted towards the delivery of our core activities, as detailed in note 16.

The trustees have a designated fund representing the net book value of the charity's fixed assets. Depreciation expense is charged to this fund each year, and the fund will be spent down in line with the depreciation of the assets. In the prior year, we held an operational costs designated fund. We have moved this fund back within our unrestricted funds to better align with the requirements of the SORP and calculate our required free reserves inclusive of these operational costs.

Free reserves of the charity at 31 August 2024 were £128,934. The charity's reserves policy is to hold an amount in reserve in order for it to be able to meet certain commitments should they fall due, including estimated wind-up costs for the charity, and the ability to run between 2 and 5 programmes for 1 year (including staff costs and related overheads). The trustees estimate that the required reserves position to achieve the above requirements is an amount between £60,000 and £105,000. At 31 August 2024, the free reserves are above the reserves target however, as noted in the financial review, we are planning to run a small deficit in 2025 in order to spend down our additional reserves through the delivery of more programmes which will support those in the greatest food-need.

Financial security and planning for the future

As part of our annual financial and fundraising review the trustee and senior leadership team have reviewed the outputs from the 2023 strategy review and concluded that the strategic plan remains appropriate for the current year. Our strategy includes:

- Supporting the continued growth of The Cookery School and Kitchen, CIC, to enable it to provide a gift-aid donation of its profits;
- Leveraging public donations through a solid monthly donor campaign, in addition to large annual appeals such as the Big Give;
- Partnering with larger corporate organisations in Bristol and the wider area, who support and fund our programmes; and
- Building on our evaluation and impact reporting to enable us to attract larger and longer-term grants.

Opportunities and future plans

As mentioned in the introduction, at the time of writing we are busy preparing our Business Plan for 2025-2028. This is an exciting time for Square Food Foundation, as we reflect on the last 3 years, we feel more determined than ever to create a Business Plan which delivers lifechanging results for the people who need it the most.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

The Business Plan for 2025-2028 will include strategy on how we are diversity and increase our income streams, creating easy access opportunities for anyone who want to support Square Food Foundation's ground-breaking food education work. We hope to invest in additional capacity to help all our stakeholders clearly understand our vision, mission and impact. We will improve on internal operational structures to improve efficiency, both for our team and our stakeholders.

We will be looking to align our strategy to the city-wide food insecurity strategies. This will allow Square Food Foundation to work collaboratively with other food education organisations to collectively make a positive change in Bristol.

We can't wait to share this plan more widely in the Autumn of 2025.

To support the evaluation strategy section of the 2025-2028 Business Plan, in 2024 we redesigned our evaluation framework to make it easier for our students to complete. Our evaluation centres on our Theory of Change and evaluates our impact across what we see as the key issues we are hoping to address:

- Lack of food knowledge and cooking skills result in poor nutritional choices, limited diet and poor health outcomes
- People have too few ways to connect meaningfully, resulting in social exclusion and linking with poor mental health outcomes
- Too high a proportion of people live in, or are at risk of, food insecurity

Included in our new evaluation framework is the opportunity to speak to our beneficiaries 3, 6, and 12 months after leaving our programmes. This will help us better understand our long-term impact. We are excited to start using the data produced from our evaluation methods to produce our very first impact report in the spring of 2026.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

Challenges

As noted in the financial review, financial conditions are tough for all businesses, and charities are no exception. Charities locally and nationally are all reporting an increased need for their services, which driving demand and putting pressure on grant making organisations, who are reporting applications far exceeding the total amount available.

Thankfully Square Food Foundation has a robust strategy in place to ensure that we remain financially viable and continue to deliver our services to our community. Our income and fundraising strategy includes:

- Focusing on securing multi-year grants for all our core programmes. Not only does this provide financial stability, it reduces the cost burden of submitting multiple applications, allowing us to use our resources to more wisely;
- Continuing to grow our Corporate Membership Club which provides socially minded business in Bristol to support the work of Square Food Foundation by donating an annual amount towards our core programmes;
- Strengthening the proposition of our events catering offering. Ensuring that all customers are aware of where their money goes, as well as offering opportunities to support us further
- Increasing individual donation via our local giving page by creating a meaningful and through provoking marketing campaign; and
- Additional investment into evaluation, communication and impact. Allowing Square Food Foundation to clearly demonstrate its impact to further help across all fundraising efforts.

We feel confident that together with our new Business Plan and clearer methods of demonstrating our impact we are not only going to be able to withstand these current tough conditions and continue to grow.

FUNDS RECEIVED AS AGENT OR FUNDS HELD AS CUSTODIAN TRUSTEE

There are no assets, classes of assets or categories of assets held on behalf of other entities.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2024

STATEMENT OF RESPONSIBILITIES OF TRUSTEES

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charity and of the income and expenditure of the charity for that period. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the applicable charities SORP;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

If the Charity is wound up, the trustees of the charity have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities. The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

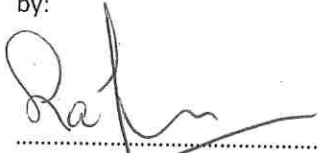
YEAR ENDED 31 AUGUST 2024

Independent examiners

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Jacob Trowbridge of Bristol Community Accountants CIC was appointed as the charity's independent examiner during the year.

The report was approved by the trustees on 20 May 2025 and signed on their behalf by:



Sian Flynn - Trustee



Joshua Mudie - Trustee

SQUARE FOOD FOUNDATION

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2024

I report on the accounts of the charity for the year ended 31st August 2024 which are set out on pages 29-41.

Respective responsibilities of trustees and examiner

As the trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement


Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Accounting Technicians, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jacob Trowbridge MAAT



Bristol Community Accountants CIC
The Park
Daventry Road
Knowle Bristol BS4 1DQ

27 MAY 2025

SQUARE FOOD FOUNDATION
STATEMENT OF FINANCIAL ACTIVITIES
YEAR ENDED 31 AUGUST 2024

		Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	Note	£	£	£	£
Income from:					
Donations and legacies	3	55,542	318,261	373,803	184,941
Charitable activities	4	80,845	5,770	86,615	117,119
Investments	5	861	-	861	456
Total		<u>137,248</u>	<u>324,031</u>	<u>461,279</u>	<u>302,516</u>
Expenditure on:					
Raising funds		30,035	-	30,035	35,033
Charitable activities		89,507	220,144	309,651	271,432
Total	7	<u>119,542</u>	<u>220,144</u>	<u>339,686</u>	<u>306,465</u>
Net income/(expenditure)		17,706	103,887	121,593	(3,949)
Transfers between funds	16	24,395	(24,395)	-	-
Net movement in funds		42,101	79,492	121,593	(3,949)
Reconciliation of funds:					
Total funds brought forward		123,143	67,884	191,027	194,976
Total funds carried forward	16	<u>165,244</u>	<u>147,376</u>	<u>312,620</u>	<u>191,027</u>

All of the activities of the charity are classed as continuing. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in note 16 to the accounts.

Expenditure has been restated for reclassification between SoFA headings. Total expenditure is not affected.

The notes on pages 31 to 41 form part of these financial statements.

SQUARE FOOD FOUNDATION

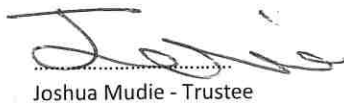
BALANCE SHEET

YEAR ENDED 31 AUGUST 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible assets	12	36,310	25,658
Current assets			
Debtors	13	21,451	6,163
Stock		2,000	2,000
Cash at bank and in hand		261,437	165,462
	<i>Current assets</i>	<u>284,888</u>	<u>173,625</u>
Liabilities			
Creditors: Amounts falling due within one year	14	(8,578)	(8,256)
	<i>Net current assets</i>	<u>276,310</u>	<u>165,369</u>
	Net assets	<u><u>312,620</u></u>	<u><u>191,027</u></u>
Funds			
Restricted funds	16	147,376	67,884
Unrestricted funds		165,244	123,143
		<u><u>312,620</u></u>	<u><u>191,027</u></u>

These financial statements were approved by the trustees on 20 May 2025 and are signed on their behalf by:


 Sian Flynn - Trustee


 Joshua Mudie - Trustee

The notes on pages 31 to 41 form part of these financial statements.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

1 General information and basis of preparation

- a) Square Food Foundation is a charitable incorporated organisation (CIO) limited by guarantee registered in England and Wales. The registered office address is The Park, Daventry Road, Knowle, Bristol, BS4 1DQ.
- b) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective from 1 January 2019) - (Charities SORP(FRS 102)) and with the Charities Act 2011 as amended by the Charities Act 2022.

- c) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

- d) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item of income have been met, it is probable that the income will be received and the amount can be measured reliably. Where donors stipulate the charity will receive donations over multiple years, income is recognised in line with the donations schedule.

Income from the government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

- b) Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item, is probable and the economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

- c) Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity: this is normally upon notification of the interest paid or payable by the bank.

- d) Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure includes attributable VAT which cannot be recovered.

- e) Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Governance costs are the costs associated with the governance arrangements of the charity, including the costs of complying with constitutional and statutory requirements and any costs associated with the strategic management of the charity's activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities based on the proportion of total costs as follows:

	2024	2023
Raising funds	9%	11%
Charitable activities	91%	89%

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

2 Accounting Policies (continued)

- f) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.
- g) Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.
- h) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- i) Tangible fixed assets are carried at cost less accumulated depreciation and impairment losses. Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office equipment	33	% straight line
Kitchen equipment	25	% straight line
Leasehold improvements	10	% straight line
Motor vehicle	25	% straight line

Assets are capitalised when the purchase price exceeds £1000

- j) Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due
- k) Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.
- l) Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.
- m) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.
- n) The charity operates a defined contribution pension scheme for its employees. There are no further liabilities other than that already recognised in the SoFA.
- o) Transactions in foreign currencies are translated at rates prevailing at the date of the transaction. Balances denominated in foreign currencies are translated at the rate of exchange prevailing at the period end.
- p) In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying values of assets and liabilities that are not readily apparent from other sources. The estimates and underlying assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period, or in the period of the revision and future periods if the revision affects both current and future periods.

The key source of estimation uncertainty that has a significant effect on the amounts recognised in the financial statements is depreciation as described in note 2(i) above.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

3 Income from donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Donations	20,042	42,098	62,140	27,466
Grants	-	276,163	276,163	157,475
Corporate membership club	35,500	-	35,500	-
	<u>55,542</u>	<u>318,261</u>	<u>373,803</u>	<u>184,941</u>

Donations and legacies - prior period

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Donations	27,466	-	27,466
Grants	1,502	155,973	157,475
	<u>28,968</u>	<u>155,973</u>	<u>184,941</u>

4 Income from charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Courses	1,472	-	1,472	5,686
Sale of product	-	-	-	23
Catering services	79,373	5,770	85,143	111,410
	<u>80,845</u>	<u>5,770</u>	<u>86,615</u>	<u>117,119</u>

All income from charitable activities was unrestricted in the prior period.

5 Income from investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Bank interest receivable	861	-	861	456
	<u>861</u>	<u>-</u>	<u>861</u>	<u>456</u>

All income from investments was unrestricted in the prior period.

6 Government Grants

The charity receives government grants, defined as funding from Bristol City Council to fund charitable activities. The total value of such grants in the period ending 31 August 2024 was £80,186 (2023: £13,950). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 August 2024.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

7 Total expenditure

	Raising funds £	Charitable activities £	Support costs £	Governance costs £	Total 2024 £
Staff costs	18,347	132,527	59,868	-	210,742
Outsourced labour	-	2,199	-	-	2,199
Employee training	-	-	3,715	-	3,715
Ingredients	-	45,558	-	-	45,558
Kitchen equipment	-	8,021	-	-	8,021
Travel and subsistence	-	848	-	-	848
Rent	-	-	28,125	-	28,125
Bank charges	-	-	228	-	228
Software and computer costs	-	-	203	-	203
Office expenses	-	-	4,259	-	4,259
Professional services	-	-	14,969	602	15,571
Subscriptions	-	-	1,922	-	1,922
Miscellaneous	-	-	1,014	-	1,014
Insurance	-	-	3,061	-	3,061
Depreciation	-	-	14,220	-	14,220
	<u>18,347</u>	<u>189,153</u>	<u>131,584</u>	<u>602</u>	<u>339,686</u>
Allocation of support and governance costs	11,688	120,498	(131,584)	(602)	-
Total expenditure	<u>30,035</u>	<u>309,651</u>	<u>-</u>	<u>-</u>	<u>339,686</u>

<i>Total expenditure</i>					<i>Restated</i>
<i>Prior period comparative</i>	<i>Raising funds</i>	<i>Charitable activities</i>	<i>Support costs</i>	<i>Governance costs</i>	<i>Total</i>
	£	£	£	£	2023 £
Staff costs	23,307	114,177	53,133	-	190,617
Outsourced labour	-	11,845	-	-	11,845
Employee training	-	-	701	-	701
Ingredients	-	51,320	-	-	51,320
Kitchen equipment	-	3,731	-	-	3,731
Travel and subsistence	-	902	-	-	902
Rent	-	-	24,317	-	24,317
Bank charges	-	-	132	-	132
Software and computer costs	-	-	180	-	180
Office expenses	180	-	814	-	994
Recruitment	-	-	145	-	145
Professional services	-	-	6,179	579	6,758
Subscriptions	-	-	2,250	-	2,250
Miscellaneous	-	-	1,763	-	1,763
Insurance	-	-	2,258	-	2,258
Depreciation	-	-	8,552	-	8,552
	<u>23,487</u>	<u>181,975</u>	<u>100,424</u>	<u>579</u>	<u>306,465</u>
Allocation of support and governance costs	11,546	89,457	(100,424)	(579)	-
Total expenditure	<u>35,033</u>	<u>271,432</u>	<u>-</u>	<u>-</u>	<u>306,465</u>

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

8 Net incoming resources for the year

This is stated after charging:

	2024	2023
	£	£
Operating lease expense	28,125	24,317
Depreciation	14,220	8,552
Independent Examiner's remuneration (excluding VAT): fee		
Independent examination	602	579
Other services	5,280	1,640

In common with other charities of our size and nature we use our independent examiners to assist with bookkeeping, the preparation of the financial statements, and payroll services.

9 Staff costs and numbers

Staff costs were as follows:

	2024	2023
	£	£
Salaries and wages	198,112	181,177
Social security costs	8,716	6,617
Pension costs	3,914	2,823
	<u>210,742</u>	<u>190,617</u>

No employee earned more than £60,000 during the current or prior period.

The key management personnel of the charity comprise the trustees, the founder director and the managing director (including maternity cover). The total employee benefits of the key management personnel were £51,603 (2023: £61,789).

	2024	2023
	No.	No.
Average head count	<u>12</u>	<u>11</u>

10 Related party transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2023: nil) neither were they reimbursed expenses during the year (2023: nil). No charity trustee received payment for professional or other services supplied to the charity (2023: nil).

During the year, trustees of Square Food Foundation CIO Luke Sapsed and Stephen Wray were also directors of The Cookery School and Kitchen CIC. Luke Sapsed resigned from The Cookery School and Kitchen CIC on 29 May 2024 and Stephen Wray was appointed on 4 March 2024. The Cookery School and Kitchen CIC did not donate to Square Food Foundation during the year (2023: £10,300).

There were no other related party transactions during the year.

11 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

12 Tangible fixed assets	Leasehold Improvement	Kitchen Equipment	Office Equipment	Motor Vehicle	Total
Cost	£	£	£	£	£
At the beginning of the year	14,000	23,030	4,226	-	41,256
Additions	3,931	5,463	477	15,000	24,871
At the end of the year	<u>17,931</u>	<u>28,493</u>	<u>4,703</u>	<u>15,000</u>	<u>66,127</u>
Depreciation					
At the beginning of the year	2,456	11,516	1,626	-	15,598
Charge for the year	1,793	7,123	1,553	3,750	14,219
At the end of the year	<u>4,249</u>	<u>18,639</u>	<u>3,179</u>	<u>3,750</u>	<u>29,817</u>
Net book value					
At the beginning of the year	11,544	11,514	2,600	-	25,658
At the end of the year	<u>13,682</u>	<u>9,854</u>	<u>1,524</u>	<u>11,250</u>	<u>36,310</u>

13 Debtors	2024 £	2023 £
Other debtors	21,451	6,163
	<u>21,451</u>	<u>6,163</u>

14 Creditors: amounts falling due within one year	2024 £	2023 £
Trade creditors	6,346	4,876
Pension	876	-
PAYE	-	1,889
Accruals	1,356	1,291
Deferred income (see note 15)	-	200
	<u>8,578</u>	<u>8,256</u>

15 Deferred Income	2024 £	2023 £
Balance as at 1 September	200	4,302
Resources deferred during the year	-	200
Amount released to income earned from charitable activities	(200)	(4,302)
Balance as at 31 August	<u>-</u>	<u>200</u>

Deferred income comprises gift vouchers and courses purchased which have yet to be redeemed.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

16 Movement in funds

	01 Sep 2023	Incoming resources	Outgoing resources	Transfers	31 Aug 2024
	£	£	£	£	£
Restricted funds					
How to be a Chef	4,500	17,000	(21,500)	-	-
How to be a Chef (Linbury Trust)	-	70,000	(20,000)	-	50,000
Back in the Kitchen	-	36,985	(10,326)	-	26,659
Cooking Connections	-	9,135	(9,135)	-	-
KITS - Food Club	33,038	71,427	(85,893)	-	18,572
Welcome Spaces	2,003	2,704	(2,003)	-	2,704
Cabot Learning Foundation	10,291	27,865	(19,579)	-	18,577
New Cookery School Kit	2,488	-	-	-	2,488
Primary Schools Cookery Project	12,500	15,729	(28,229)	-	-
Shaping Places	1,800	9,133	(8,233)	-	2,700
New IT	1,264	-	(190)	-	1,074
Resilience Fund	-	50,000	(1,003)	(24,395)	24,602
YHH Holiday Classes	-	14,053	(14,053)	-	-
Total restricted funds	67,884	324,031	(220,144)	(24,395)	147,376
Unrestricted funds					
General fund	67,206	137,248	(105,323)	29,803	128,934
Designated funds:					
Operational costs inc. redundancy	30,279	-	-	(30,279)	-
Fixed Assets	25,658	-	(14,219)	24,871	36,310
Total unrestricted funds	123,143	137,248	(119,542)	24,395	165,244
Total funds	191,027	461,279	(339,686)	-	312,620

Purposes of transfers

The transfer from the Operational fund represents the movement of this fund back within general reserves. The transfer to the Fixed Asset fund represents purchase of fixed assets from restricted and unrestricted funds in the year.

Purpose of restricted funds

How to be a Chef

A 12-week vocational training programme for young people aged 16-25 that offers skills for employability and opportunities for progression to further catering-related learning or employment. This intensive programme includes hands-on cooking and work placements in different areas of the food industry. Thank you to our funders La Marchants Trusts and The 29th May 1961 Charity for supporting this programme.

How to be a Chef (Linbury Trust)

In addition to supporting the running cost of How to Be A Chef (HTBAC) as described above, The Linbury Trust have further support the programme by funding the new HTBAC mentoring scheme and additional support for the young people. This has enabled Square Food Foundation to support the young people beyond the scope of the 12 week training programme. The Linbury Trust have also funded staff training and development to build resilience within the team.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

16 Movement in funds (continued)

Purpose of restricted funds (continued)

Back in the Kitchen

This weekly, drop-in cookery club for older people at risk of social isolation gives a routine, encourages students to leave the house, teaches life skills, skills sharing, builds confidence, and provides vital social opportunities.

Once a month the students batch cook meals which are frozen and then distributed to other older people who may be experiencing Food Insecurity.

In addition the students help to prepare a monthly Lunch Club for the wider elderly community. Thank you to our funders St Monica's Trust and The Grateful Society for supporting this project.

Cooking Connections

A weekly programme for adults with learning disabilities, where they cook delicious food and learn about healthy eating principles. This course helps students to improve personal and social skills, and to explore progression pathways such as volunteering and work. Thank you to our funders The Wesleyan Foundation and Quartet Community Foundation for your support.

KITS - Food Club

Born during lockdown, the recipe kits provide families on a low income a way to cook together at home with none of the barriers around cost or fear of waste that might usually get in their way. As well as providing a free meal to families in need so that they can put the money they would have spent on food towards their energy bills, Square Food has responded to the fuel crisis by ensuring every kit is a low energy recipe and energy saving advice printed on the keepsake recipe card so that each family is supported beyond the fuel crisis. Thank you to the following supporters and funders of our Recipe Kits project: The Big Give, Feeding Bristol, St Stephen and St James Trust, National Lottery, and Knowle West Alliance.

Welcome Spaces

Welcome Spaces started as a response to the cost-of-living crisis to provide a free, warm, welcoming space for those experiencing disadvantage. Our Welcome Spaces sessions consist of a group cooking lesson before everyone sits to eat a hot, healthy meal together. Thank to Feeding Bristol and the Household Support Fund for support this programme

Cabot Learning Foundation

Three x 12-week cookery courses for young people aged 16-18 who are in alternative education. Course content is practical and useful and focuses on basic life skills including how to use a knife safely, shopping and cooking on a budget as well as team working, communication and attendance. Thank you to the Hargreaves Foundation for funding this project

New Cookery School Kit

Funding to support Square Food Foundation to move premise in 2022 and keep up with repairs to our new kitchen over the coming years. Thanks you to Quartet Community Foundation for support the cookery school move.

Primary Schools Cookery Project

The Primary Schools Cookery Project has enabled Square Food Foundation to work with 5 schools around the Knowle West area: Wansdyke, Four Acres, Hillcrest, Knowle DGE and Oasis Connaught. With thanks to support from OVO Foundation.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

16 Movement in funds (continued)

Purpose of restricted funds (continued)

Shaping Places

Square Food Foundation were successful in applying for 'Shaping Places for Healthier Lives', a new initiative by Bristol, North Somerset and South Gloucestershire local authorities. The vision of this project is to develop innovative, long-term system changes to improve food security and reduce health inequalities in some of their most disadvantaged communities.

New IT

With thanks to the Quartet Express Grant, Square Food Foundation were able to update outdated IT equipment including laptops and desktop equipment to improve office efficiency.

Resilience Fund

Helping Square Food Foundation to build resilience by improving accessibility for wheelchair users through adjustable tables, hobs and ovens; creating an accessible breakout space for our learners; purchasing laptops and AV equipment to improve digital accessibility; purchasing freezing equipment to improve energy efficiency, reduce food waste and provide meals to the community; and purchasing an electric van.

YHH Holiday Classes

Holiday Classes for children ages 7-12 who receive free school meals. The workshops provide opportunities to grow, learn, play, be active and develop personal and social skills. Attending our workshops will help children and young people to gain and build on skills needed to prosper and flourish and enhance their health and wellbeing. The workshops will be free to attend and open to all, encouraging equality and building inclusion. YHH classes are delivered during, Easter, Summer and Winter school holidays. These classes are funded through the Government's Holiday Activity Fund (HAF) programme, delivered by Bristol City Council as Your Holiday Hub (YHH). Square Food Foundation also delivered holiday classes to Sovereign.

Purpose of designated funds

Fixed Assets

The asset depreciation fund represents the net book value of unrestricted fixed assets held on the balance sheet at year end.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2024

16 Movement in funds (continued)

Prior period comparative (restated)

	01 Sep 2022 £	Incoming resources £	Outgoing resources £	Transfers £	31 Aug 2023 £
Restricted funds					
How to be a Chef	9,887	4,500	(9,887)	-	4,500
Back in the Kitchen	2,390	2,000	(4,390)	-	-
Cooking Connections	-	2,000	(2,000)	-	-
Peony Project	2,243	-	(2,243)	-	-
KITS - Food Club	-	84,724	(51,686)	-	33,038
Welcome Spaces	-	2,003	-	-	2,003
Cabot Learning Foundation	-	15,437	(5,146)	-	10,291
Food Leaders	-	4,219	(4,219)	-	-
YHH Holiday Classes	-	10,890	(10,890)	-	-
New Cookery School Kit	7,141	-	(4,653)	-	2,488
Sovereign Holiday Classes	4,280	-	(4,280)	-	-
Primary Schools Cookery Project	(1,624)	22,500	(8,376)	-	12,500
Shaping Places	-	2,700	(900)	-	1,800
New IT	-	5,000	(3,736)	-	1,264
Total restricted funds	24,317	155,973	(112,406)	-	67,884
Unrestricted funds					
General fund	110,065	146,543	(185,507)	(3,895)	67,206
Designated funds:					
Operational costs inc. redundancy	33,338	-	-	(3,059)	30,279
Asset depreciation	27,256	-	(8,552)	6,954	25,658
Total unrestricted funds	170,659	146,543	(194,059)	-	123,143
Total funds	194,976	302,516	(306,465)	-	191,027

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2024

17 Analysis of net assets between funds

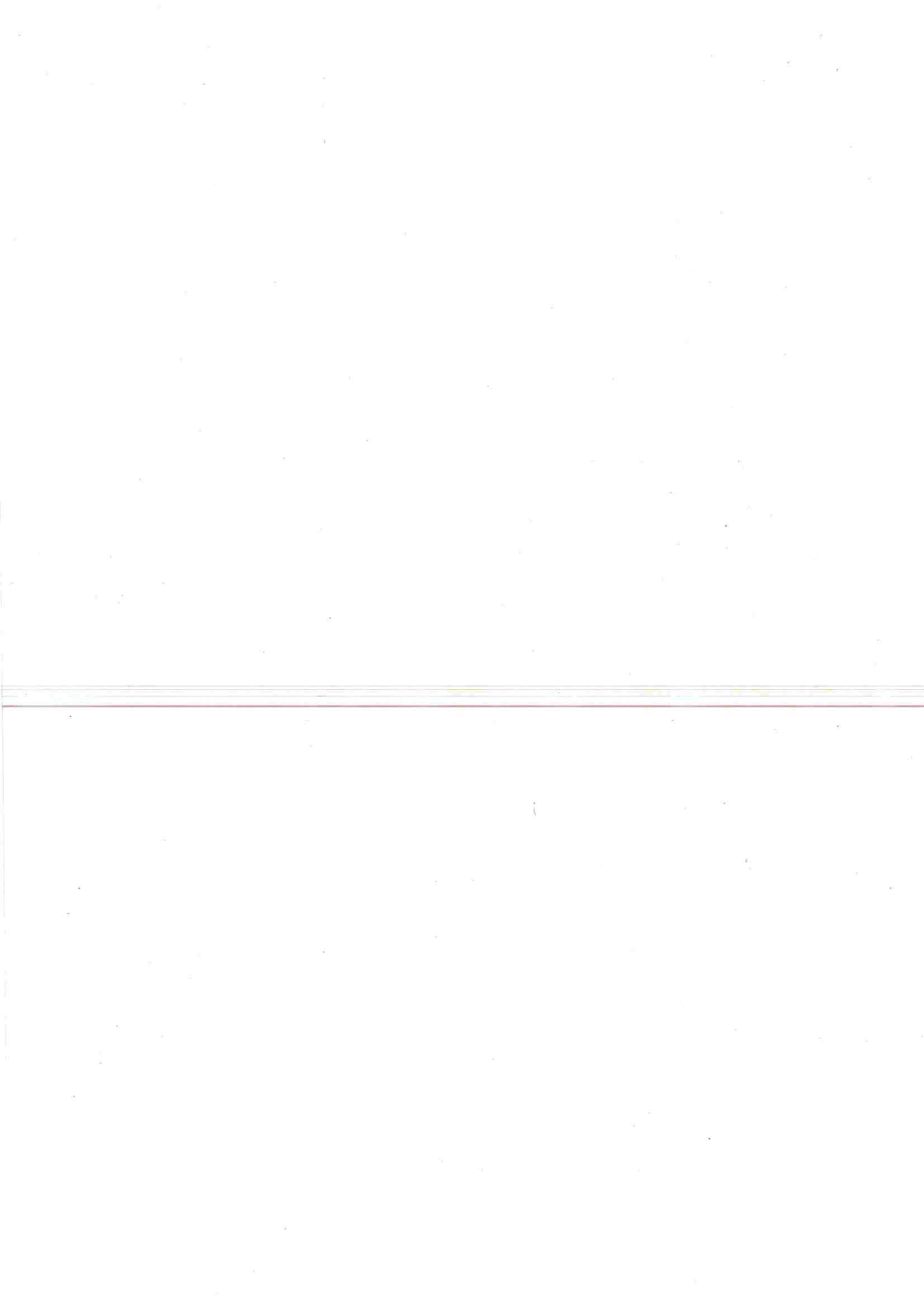
	Unrestricted Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	36,310	-	36,310
Cash at bank and in hand	114,061	147,376	261,437
Other net current assets/(liabilities)	14,873	-	14,873
Total	165,244	147,376	312,620

Prior period analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	25,658	-	25,658
Cash at bank and in hand	97,578	67,884	165,462
Other net current assets/(liabilities)	(93)	-	(93)
Total	123,143	67,884	191,027

18 Prior period comparatives: statement of financial activities (restated)

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £
Income and Endowments From:			
Donations and legacies	28,968	155,973	184,941
Charitable activities	117,119	-	117,119
Investments	456	-	456
Total	146,543	155,973	302,516
Expenditure On:			
Raising funds	35,033	-	35,033
Charitable activities	159,026	112,406	271,432
Total	194,059	112,406	306,465
Net income/(expenditure)	(47,516)	43,567	(3,949)
Net movement in funds	(47,516)	43,567	(3,949)
Total funds brought forward	170,659	24,317	194,976
Total funds carried forward	123,143	67,884	191,027



SQUARE FOOD FOUNDATION

England & Wales - Charity number 1173323

Accounts

SQUARE FOOD FOUNDATION
FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2023

Charity Number 1173323

SQUARE FOOD FOUNDATION

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2023

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SQUARE FOOD FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY AND ITS ADVISORS

YEAR ENDED 31 AUGUST 2023

Charity Name	Square Food Foundation
Charity number	1173323
Registered office and operational address	The Park, Davenry Road, Knowle, Bristol, BS4 1DQ
Trustees	Trustees who served during the year and up to the date of this report were as follows: Rhiannon McVey MBE resigned 29 September 2022 Stephen Wray Catherine Steele Secretary Luke Sapsed Chair of trustees Megan Mehnert resigned 29 September 2022 Dr Jacqueline Aldridge Daniel Farmer Sian Pamela Flynn Rebecca Cole Dr Helen Miller
Bankers	Triodos Bank Deanery Road Bristol BS1 5AS
Independent Examiners	Joanne Trowbridge MAAT Bristol Community Accountants CIC The Park, Davenry Road, Bristol, BS4 1DQ
Pro bono Solicitors	Vesselina Debreva (Associate) Shannon Pepper (Trainee Solicitor) Gibson Dunn 2-4 Temple Avenue, London, ECAY 0HB

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023

Square Food Foundation

The Trustees present the Report and Accounts for the year ended 31 August 2023.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011 as amended by the Charities Act 2022, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective January 2019).

Legal Structure, Governance and Management

The organisation is a Charitable Incorporated Organisation (the CIO) governed according to the rules of its CIO Foundation Constitution, registered on 7th June 2017.

Method of Recruiting and Appointing New Charity Trustees

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Organisational structure

The charity trustees manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO.

The purposes of the charity as set out in its governing document

The advancement of education and training in subjects relating to healthy eating, diet and nutrition in Bristol and the surrounding areas by the provision of training activities to develop people's skills, knowledge and capabilities in cookery and nutrition.

INTRODUCTION

Here at Square Food Foundation, we believe everyone should have access to, and the skills to prepare healthy, affordable food that's good for people and the planet.

Between 1st September 2022 and 31st August 2023, we continued to deliver food education to hard-to-reach groups in South Bristol, including those at risk of isolation, homelessness, poor physical or mental health, or who are struggling to look after themselves. We do this in the knowledge that food education enhances people's lives and prospects, at every age.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023

Alongside our regular classes held at our friendly, welcoming kitchen in Knowle West, we have expanded our outreach work: we have worked with schools to understand the system in which they function and map out the touchpoints at which food education could and help them embed food education into the school day and instill a love of food and an understanding of cookery in children from an early age. And we have trained other teachers and cooks to empower them to provide good food and food education to the people they look after, and we use these training programmes to develop templates for other service providers to follow.

Our work continues to advocate for the role that food education can play in promoting physical and mental health and reducing food insecurity.

Since last year, the percentage of people who have experienced severe food insecurity in Bristol has doubled. The combination of COVID-19, the fuel crisis and cost of living crisis has had a devastating effect on communities who were already struggling to make ends meet. It is estimated that 8.1% of households in Bristol have experienced moderate to severe food insecurity in the past 12 months, whereby they are unable to consume adequate quality or quantity of food for health.

Our community will remember this period in history as they have felt the impacts of the cost-of-living crisis most severely. As a charity, we have seen significant increases in energy costs, and the increased need of our students and a significant rise in the cost of food. Our programmes continue to offer a safe, affordable way for people to gain the life skills they need to feed their families and themselves in a way that enhances health and improves life chances as well as overcoming significant social, psychological, and physical challenges.

2023 also saw the launch of our catering arm: Square Food Foundation catering. From delicious seasonal canapés, to sharing feasts and dinner parties, we cater for celebrations, corporate receptions, community events, conferences, weddings and more. All profits go back to the charity therefore helping to fund Square Food Foundation's food education work in the community.

Thank you to all of our supporters who make our work possible. Please read on to discover all about our work and impact.

Aims and intended impact

Square Food Foundation (SFF) aims to reduce food poverty and inequality and improve health for Bristol and beyond by teaching people to cook good food from scratch.

The Trustees have considered the Charity Commission's guidance on public benefit when reviewing its aims and objectives, and when planning its future activities. In line with guidance from the Charity Commission, the Trustees are satisfied that SFF continues to achieve its charitable aims by teaching people to cook good food to improve their health and reduce poverty and inequality. Its public benefit is described in the pages that follow below.

Our work

Square Food Foundation is a charity working to reduce hunger, improve health and bring people together through food and cooking.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023

We are based in Knowle West, South Bristol, an area of multiple deprivation, and work with some of the community's most marginalised groups. We believe everyone should have access to, and the skills to prepare healthy, affordable food that's good for people and the planet.

We have been teaching people to cook for over 20 years through free and subsidised cooking classes to groups including: young people not in education, employment or training, older adults at risk of becoming isolated, adults and children with additional needs, primary school children on Free School Meals, women in sex work and more.

By equipping people with the life skills, knowledge and confidence to cook, we can improve healthy eating, diet-related ill health and mental wellbeing

Fundraising

As a registered charity, we work hard to raise funds to deliver our work and maximise our impact. To do this, we apply for grants from Trusts and Foundations, inspire individuals to donate and partner with corporate supporters. By making a monthly donation, our regular givers continued to provide us with a source of stable, reliable income that allows us to plan ahead.

Thank you to everyone who helped us make an impact over the last year.

Our programmes: 1 September 2022 – 31 August 2023

Course name: Back in the Kitchen

Beneficiaries: Adults over 55+ who are at risk of loneliness and isolation

Aims and objectives: To combat loneliness and isolation and the associated physical and mental health implications through a weekly friendly and sociable cooking class.

Length: All year

Number of students: 10 -12 participants each week, and an additional 12-15 elderly adults for monthly Lunch Club

Impact:

- 100% of students say they feel more confident attending new groups
- 100% of students say they feel more confident in themselves
- 100% of students say they feel more confident in their ability to learn
- 100% of students made new friends and felt more included in their community
- 100% of students eat less takeaways

What our students say: *"I love the friendliness, the inclusion, the happy atmosphere, I love the social aspect of it, and I like cooking. I don't like cooking with my husband, and here I have a chance to cook."*

What our teachers say: This is our longest running class and attendance is always consistently high. The group has created a close and supportive bond. We believe firmly that we are providing a useful service for those who are socially isolated.

Supported by: Francis Winham and Magic Little Grants

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023



Course name: Cooking Connections

Beneficiaries: Adults with learning disabilities and / or mental health challenges

Aims and objectives: To improve personal and social skills, and to explore progression pathways such as volunteering and work

Length: 3 x courses per year

Number of students: Between 7 and 9 participants per course

Impact:

- 100% feel more confident attending new groups
- 100% feel more confident meeting new people
- 100% of students feel more confident in themselves

What our students say: *"I feel really happy coming here, meeting new people and finding new techniques."*

What our teachers say: This year we have seen increased connection with the wider community. We have taken into consideration limiting the number of support workers attending to avoid overcrowding in the kitchen. We have re-defined the course as a programme for people who face barriers to cooking independently, which has meant we could offer it to those who applied for but didn't meet the criteria for How to be a Chef.

Supported by: Yellow Wood Foundation

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023



Course name: Healthy Me!

Beneficiaries: Learning disabled adults and their support staff

Aims and objectives: An opportunity to cook side by side, learn healthy, delicious recipes, and explore the connection between our health and the food we eat

Length: 3 x courses per year

Number of students: Between 10 – 12 people (care home residents and their support workers)

Impact:

- 100% of students cook more from scratch since attending the course
- 100% of students feel more confident using pulses and beans
- 100% of students feel more confident meeting new people and in themselves
- 100% of students eat a more balanced diet since attending the course

What our students say: *"I've enjoyed all of it. Everyone is so calm and lovely, it helped me feel comfortable to try new foods. I would say 1000 stars out of 5."*

What our teachers say: Feedback from participants and support workers suggests there was an increase in the variety of food eaten – particularly vegetables – and a decrease in the amount of processed food eaten by residents. Every cohort has been an absolute joy!

Supported by: NHS Bristol, North Somerset and South Gloucestershire Integrated Care Board (BNSSG ICB)

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023



Course name: Cabot Learning Federation (CLF)

Beneficiaries: Young people aged 16-18 who are in alternative education

Aims and objectives: A practical and useful course focusing on basic life skills, teamwork, communication and attendance for young people who are not in mainstream education. Empowering young people with skills, self-esteem, and independence can break the cycle of poverty and poor health

Length: 3 x courses per year

Number of students: 6 young people

Impact:

- 100% of students feel more confident in their ability to learn
- 100% of students feel more confident organising themselves and their time
- 100% of students feel more confident committing to a programme
- 90% of students feel more confident in themselves

What our students say: *"Before coming here I didn't realize how to cook but now I feel confident to cook."*

What our teachers say: Consistent attendance by the 6 students and a significant improvement in behaviour and cookery skills. We realised a lot of the students hadn't had breakfast before the class so we provided some and saw a positive difference in behaviour and attendance.

Supported by: Hargreaves Foundation

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TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2023

Course name: How to be a Chef

Beneficiaries: Young people aged 16-25 who are not in education, employment or training (NEET)

Aims and objectives: Our flagship young chefs training programme, currently in its fifth successful year. Designed to address a discernible and evidence-based, unmet need, this initiative establishes inclusive career pathways, providing accessible training and healthy living opportunities for disadvantaged young people aged 16-25 Not in Education, Employment, or Training (NEET).

Length: 2 x 12 week courses per year

Number of students: 7 students (Sept – Dec 22), 9 students (Apr – June 23)

Impact:

- 100% of students feel more confident committing to a programme
- 100% of students feel more confident in their ability to learn
- 100% of students eat a more balanced diet
- 100% of students have learned transferable skills (presentation, maths, timekeeping, communication, teamwork, punctuality, commitment)
- 90% of students feel more motivated to seek employment in the food industry / hospitality
- 100% of students have gained valuable qualifications
- 100% of students have gained professional hospitality experience

What our students say:

- *"I just want to say Big Thank You to all the SFF team. I have learnt so much from knife skills and speed at cooking different dishes at the same time. it has opened my world to new possibilities for cooking, I have much better confidence at doing cooking for others, passing on the great recipes which I have learnt at SFF, their feedback was positive. What I learnt from this great experience is that cooking is full of great taste, teamwork and support. it has been inspiration. Thank you again."*
- *"This Course has been genuinely life changing for me, Before the course I did not cook much if anything for myself and I ate a lot of processed frozen foods, I got too overwhelmed by being in a kitchen by the noises and smells and was too scared to try any foods that differed from my narrow ideas of safe foods. I am now able to cook healthy food for myself confidently and cope with a kitchen environment and have learnt about and tried so many new foods. I feel this course has given me huge amounts of confidence and independence I did not think I'd ever be able to have."*

What our teachers say: All students completed the BTEC qualification. We had a successful reunion at Community Farm for all HTBAC participants. We have secured work placements for students at the following: Root, becoming a regular volunteer at SFF, working at The Park Café, Fareshare, Five Acre Farm

Supported by: Savoy Educational Trust, The Woodroffe Benton Foundation, Jolly Hog and Bristol 247

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Photography by Rob Wicks

Course name: Food Leaders

Beneficiaries: People working in the food / hospitality sector who are looking to train and develop skills

Aims and objectives: A collaborative project between some of Bristol's leading food educators and chefs to deliver quality Food Education and cookery lessons in the community

Length: 2 x courses ("Become a HAF Food Leader" and "Cooking for Older People")

Number of students: 7 per course

Impact:

- Greater consideration of the needs of target audience
- Improved confidence to plan and deliver food and cooking sessions
- Improved skills and knowledge of new recipes
- Greater knowledge of how to plan and set up cooking session
- Greater awareness and confidence assessing health and safety and managing allergens
- Increased networks

What our students say: *"I have been inspired by the course and looking forward to delivering my kids club"*

What our teachers say: A great opportunity to connect with other organisations in the city. Many participants went on to deliver their own sessions with an increased awareness of standards and activities to deliver.

Supported by: Quartet and St Monica's

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Course name: Schools

Beneficiaries: Primary School children

Aims and objectives: Helping to embed food education into the school day and instill a love of food and an understanding of cookery in children from an early age

Length: Varied

Number of schools: 5 schools (Wansdyke, Four Acres, Hillcrest, Knowle DGE, Oasis Connaught)

What the schools say: *“The children have loved their sessions. The feedback from the parents is amazing and the staff have nothing but praise for the fantastic resourcing, organization and interactions you all have with your young people” (Hillcrest)*

“As a school as part of our curriculum intent, we are striving to give our children meaningful learning experiences which deepen their learning and improve their lives. Due to the lack of space on our school site, we are not currently able to offer the full positive experience of food technology that we would like to be able to offer these children. We believe that collaboration with the Square Food Foundation enables us to deliver this aspect of our curriculum in a very effective and meaningful way: not just teaching the children the specifics of food and nutrition, but also opening up their experience and understanding of food which they will then take from their school experience back home to share with their families.”

What our teachers say: We have built good relationships with the schools, and all have wanted to continue going forward (with 4 of the 5 able to)

Supported by: OVO Foundation

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YEAR ENDED 31 AUGUST 2023



Photography by Rob Wicks

Project name: Recipe Kits

Beneficiaries: Knowle West families who are experiencing food insecurity – delivered via Food Clubs and local schools (to families on Free School Meals)

Aims and objectives:

- To reduce hunger. We provide families with an additional meal every week. The kits contain enough food for a family of 4. This removes the financial and mental stress of one meal per week for 200 families.
- To build resilience. In response to the fuel crisis and cost of living crisis, our kits are low cost recipes that can be recreated. We include hints and tips for families to cook as efficiently as possible including energy saving tips, advice on batch cooking and using up leftovers.
- To improve diet and health. We want to instill the principles of healthy eating, providing simple food preparation skills and supporting learners to make the connection between what they eat and their physical and mental health.
- To bring people together. Our kits provide an opportunity for families to cook together, without any barriers of cost or fear of waste that might normally get in the way. We also encourage cooking for friends, family and neighbours to bring the community together.
- To build confidence. By providing simple food preparation skills we support people to feel confident in the kitchen and instill a lifelong love of food

Impact - number of kits: We send c.200 kits every week for 50 weeks of the year. This equated to 7,126 recipe kits for 2022-2023 (or 28,504 meals!)

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What our beneficiaries say: *"We would also like to say a very big thank you for all your (and your Team's) hard work and what you do for the community. It makes such a difference for our vulnerable families and knowing there are organisations like yours that have their back in these hard times"* (Knowle Park Primary)

What our teachers say: The team visited one of the Food Clubs this year and did a cooking demonstration for the recipients. Responding to the cost-of-living crisis, we ensured we only sent out recipes that were energy efficient, used seasonal produce and store cupboard ingredients.

Supported by: Feeding Bristol, Quartet, The Nisbett Trust, The Albert Hunt Trust, ASDA Foundation and to all who supported through The Big Give Christmas Challenge Campaign including Burges Salmon and The Julia and Hans Rausing Trust.



Photography by Josh Campbell

Course name: Your Holiday Hub: Cooking classes for children

Beneficiaries: Children aged 6-11 on Free School Meals

Aims and Objectives: Fun, practical, educational sessions held in the school holidays to provide an activity and a meal for children who receive Free School Meals in term-time. Held in collaboration with Redcatch Community Gardens, the sessions combine cooking and growing in a way that is accessible and engaging for children.

Length and number of students:

- Autumn half-term: 2 x sessions, 11 children per session
- Christmas holiday: 2 x sessions, 12 children per session
- Easter holiday: 4 x sessions, 10 children per session
- Summer holidays: 10 x sessions, average of 10 children per session

What our students say:

"Just wanted to say a huge thanks for today. The children absolutely loved it."

"Thank you for giving them the chance to learn some cooking skills. She had a lovely morning."

"This is [young person's] favourite holiday group to come to."

What our teachers say: Children are becoming regular attendees, which enables us to build relationships with local families and we can encourage and signpost other activities such as Welcome Spaces

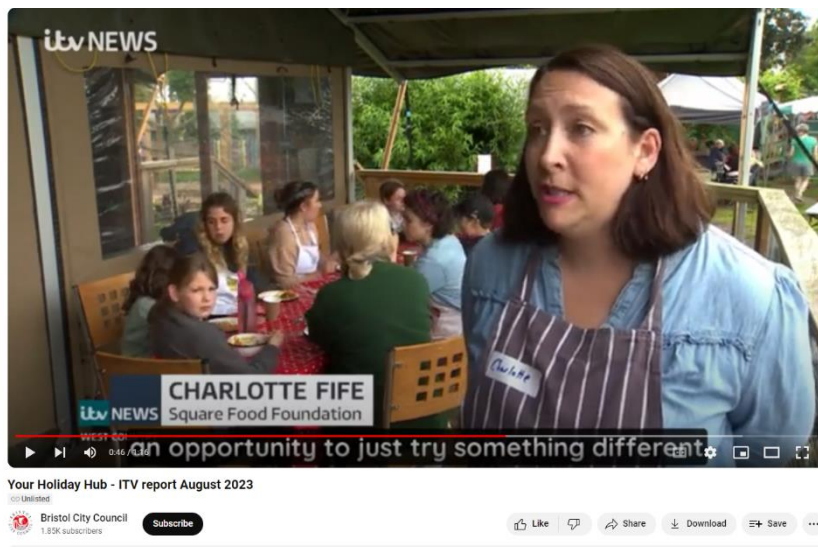
SQUARE FOOD FOUNDATION

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Supported by: Bristol City Council

We were featured on the ITV News:



Course name: Towards Independence

Beneficiaries: Young people from The Park Education Unit

Aims and Objectives: A basic, independent cooking skills class for The Park Centre's Towards Independence Group. An opportunity to develop the students' skills by cooking recipes that are familiar and teaching the students the art of resilient cooking

Length: 6 sessions

Number of students: 12 students

What our students say: *"I thought the course was perfect in meeting my student's needs. It was fun, engaging and new skills and dishes were produced each week. I saw a noticeable improvement in everyone's performance."*

What our teachers say: It is wonderful to work with a group of students who are based here at The Park Community Centre with us. All of the young people in Towards Independence have learning disabilities, and some are Autistic. One student has become a regular at the Welcome Spaces sessions that we have run.

Supported by: The Park Education Unit

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Project name: Welcome Spaces

Beneficiaries:

Open sessions for the community of Knowle West

Aims and objectives:

Welcome Spaces started as a response to the cost-of-living crisis to provide a free, warm, welcoming space for those experiencing disadvantage. Our Welcome Spaces sessions consist of a group cooking lesson before everyone sits to eat a hot, healthy meal together.

Length: 3 sessions

Number of students: 10 and 18 per session

What our teachers say:

The age range of sessions was from 2 years old – 80 years old! It was amazing to offer something that was inclusive to the local community and see families cooking together.

Supported by: Feeding Bristol Household Support Fund

Project name: Community Roast

Beneficiaries: Open event to the community of Knowle West

Aims and Objectives: We worked with Knowle West Alliance, Redcatch Community Gardens and The Park Community Centre to provide Sunday Lunch for local residents.

Beneficiaries: 70 Knowle West residents of all ages

Length: One-off session

What our students say: *“Amazing. Delicious food. Wonderful to be with people, great community. Thank you. Working together to help my community.”*

What our teachers say: An 80 year old local resident volunteered in the kitchen with us and now attends our Back in the Kitchen course on a Monday. A group of residents who didn't know each other before the meal sat together and arranged to meet up to batch cook together. We made a roast for 70 people including 80 yorkshire puddings.

Supported by: Knowle West Alliance

Course name: Adult and Children Christmas Gift Workshop

Beneficiaries: Adult and Children

Aims and Objectives: Fun, family classes designed as an opportunity to spend time cooking together and learning new recipes

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Length: 2 sessions

Number of students: 12 students per session

Feedback: *"Myself and my daughter (11 years old) have done your cookery classes in the past and absolutely loved it."*

What our teachers say: People who attended our regular adults and kids classes booked on to this one too, good to keep in contact!

Our Team

Our team of paid staff continues to exceed all expectations in terms of their commitment, capacity and ideas. This year we have 12 paid staff working a mixture of full time and part time.

Barney Haughton – Founding Director
Eloise Morton – Managing Director
Charlotte Fife – Head of Community Cookery
Stuart Seth – Head of Event Catering
Dan Ford - Kitchen Manager and Cookery Teacher
Alice Morrison – Fundraising and Communications Manager
Nic White – Operations and Volunteer Co-ordinator
Lucy Kane – Events and Marketing Manager
Abby Skuse-Denley – Community Cookery Teacher
Lucy Dodd – Community Cookery Teacher
Zinnia Murdoch – Cookery School and Kitchen Assistant
Charlie Vietch – Cookery School and Kitchen Assistant

Our Volunteers

Our community of volunteers have supported us by doing 674 'shifts' this year. Roles range from helping us prepare recipe kits, preparing for events, teambuilding events and masterclasses, and admin support. We also welcomed regular corporate volunteering teams from Jolly Hogg and Pukka Tea. Some volunteers enjoy helping out with a regular class or shift while others prefer one-off opportunities (such as prepping for events). Either way, their enthusiasm, positivity and shared passion for SFF's cause has resulted in them spreading the word about SFF and connecting us with new volunteers and contacts.

Looking to the future, we plan to offer a volunteering role to those who live locally and are looking to return to work after an absence.

Our Trustees

Our Trustees remain a constant, guiding presence. They provide useful, insightful perspective, bring skills that complement the team and offer practical support whenever required.

Luke Sapsed - Chair of Trustees
Kate Steele - Secretary
Sian Flynn
Stephen Wray

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Dr Jacqueline Aldridge

Dan Farmer

Becky Cole

Helen Miller

Awareness

Square Food Foundation's work continues to attract attention within Bristol and beyond.

We have been working in partnership with Feeding Bristol supporting them with the development of their Food Equality Strategy. Specifically, we have been sharing our knowledge and expertise about what a Food Education Action Plan could look like for Bristol.

We continued to work with our friends and partners at Bristol 24/7 to promote our work and the case for food education.

Our website, newsletters and social media platforms are a vital part of our communication to the general public and supporters for us to raise greater awareness of the work we do.

We continue to raise awareness of our work at every catering event, either through after dinner talks or information provided on menus.

The Cookery school & Kitchen, CIC

In April 2021 The Cookery School and Kitchen, CIC (07658940) transferred its entire operation to Square Food Foundation. You can read more about this in our 20/21 Trustee Report.

In January 2023 The Cookery School and Kitchen, CIC re-started in a new location in Filwood Community Centre. The Cookery School and Kitchen, CIC will be providing event catering services for private and commercial clients in Bristol with all qualifying profits being donated to Square Food Foundation on an annual basis at the Year End (August).

Because of the strong relationship between The Cookery School and Kitchen, CIC and Square Food Foundation, and because it's deemed as being beneficial to Square Food Foundation the Trustees have agreed that The Cookery School and Kitchen, CIC's event catering business can trade using the name Square Food Foundation.

As well as providing income through qualifying charitable donation, The Cookery School and Kitchen, CIC's activities will allow Square Food Foundation to increase its reach to new audiences. This will support our ambition to grow our corporate partnerships and monthly individual donation. In addition, The Cookery School and Kitchen, CIC will support Square Food Foundation by providing on the job training for the Young People who attend our How To Be A Chef (HTBAC) Programme. To date many of the HTBAC graduates go on to become part of our paid team of chefs and front of house staff for The Cookery School and Kitchen, CIC

SQUARE FOOD FOUNDATION

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Financial Review

Free Unrestricted Reserves and Designated Reserves

At the end of August 2023 Square Food Foundation held £123,142 (2022: £170,659) in unrestricted funds.

The Trustees have agreed that Square Food Foundation must hold a Designated Reserve in the event of Square Food Foundation ceasing to trade and therefore being liable to pay statutory redundancy to eligible employees as well as any contractual liabilities. At time of writing the total redundancy bill for 12 employees is equal to £20,351 (2022: £24,210.) We will review this figure annually and adjust accordingly. The Trustee also deem it responsible to hold the equivalent of 1 month cost to pay any creditors. Average monthly costs (not including lease or salary costs) are £8,400 (2022: £7,600). An additional liability for insurance costs of £1,528 is also being held. Therefore, the total amount held as a Designated Reserve is £30,279 (2022: £33,338).

Square Food Foundation also holds fixed assets to the value of £25,658 (2022: £27,256).

This leaves Square Food Foundation with £67,205 (2022: £110,065) of free unrestricted reserves. The Trustees would like to hold a minimum of £30,000 (the equivalent of running 2 programmes for 1 year) and a maximum of £75,000 (the equivalent of running 5 programmes for 1 year). This policy will support Square Food Foundation to build a free unrestricted reserve that increases our finance stability.

Additional Liability: In February 2022 Square Food Foundation took on a new lease as part of the move to the newly built Park Community Centre. The term of the lease is 5 years with a 3 year break clause. At the time of writing should Square Food Foundation need to break its lease it would have 8 months left to pay, equalling £17611. It's extremely unlikely that we will break our lease and therefore the Trustees believe that we do not need to keep this liability in reserve.

Usage of Free Unrestricted Reserves

The Trustees have agreed that free unrestricted reserves can be used to support any of Square Food Foundation's projects, should there be a shortfall in funding. Square Food Foundation is also able to use these unrestricted funds to run new projects which align to its charitable objects. Decisions about which project to support are made at Board meetings.

Square Food Foundation continues to prioritise making its programmes as accessible and affordable as possible. The charity maintains a good balance between commissioned income and fundraised income. We end the year in a positive position, with a satisfactory level of reserves.

Financial security and planning for the future

As part of our annual financial and fundraising review the Trustee and Square Food Foundations Management team have updated its strategic finance and fundraising plan to ensure we have a diverse range of income sources and are not solely reliant on grant funding. Our strategy includes:

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- Donations from profits generated by The Cookery School and Kitchen, CIC.
- Leveraging public donations through a solid monthly donor campaign
- Partnering with larger corporate organisations in Bristol and the wider area, who support and fund our programmes
- Building on our evaluation and impact reporting to enable us to attract larger and longer term grants

Challenges, Opportunities and Future for Square Food Foundation

To ensure Square Food Foundation remains a viable business we have been working hard to ensure our income streams are diversified (see above) and our mission and impact are clearly understood through increased communication with our audience and stakeholder. We are pleased that our hard work is paying off and we are seeing increases in public donations, support for catering and a number of bids to Trusts and Foundations, including major national donors, being successful.

At the end of 22-23 we continued to implement our 3-year business plan which sees Square Food Foundation focus on:

1. Working with primary schools, we'll develop a meaningful programme of work that will provide schools (children, staff and families) with the confidence, knowledge and resources to embed food education into the school day.
2. We'll build up a portfolio of fully evaluated, off-the-shelf community food education programmes (delivered over 12 weeks), that are suitable for a wide range of hard-to-reach groups.
3. We'll ensure that our impact isn't confined to South Bristol, by developing a portfolio of professional training programmes (that incorporate cooking and teaching) that we'll deliver to cooks and teachers across the city.
4. We'll partner with other organisations as part of city-wide food and health initiatives and campaigns. Where appropriate, we'll position ourselves as the South Bristol delivery lead.
5. We'll take part in local and national conversations around food education and its place in the wider food system and where appropriate, position ourselves as an authority on practical food education.
6. We'll engage in a continuous process of improvement to meet the needs of our stakeholders.
7. We'll grow our supporter base to raise core funds and continue fundraising for project costs through trusts and foundation

We are thrilled that coming to end of Year two, we are on target to have achieved what we set out to do.

At the time of writing, we in the process of fine-tuning Year Three through project development sessions for all our services. These include key Square Food Foundation staff, services users and our volunteers.

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YEAR ENDED 31 AUGUST 2023

We have redesigned our evaluation framework to make it easier for our students to complete. Evaluation centres on our Theory of Change, to understand and evaluate the impact of what we do on the key areas we are aiming to address:

- Lack of food knowledge and cooking skills result in poor nutritional choices, limited diet and poor health outcomes
- People who have too few ways to connect meaningfully, resulting in social exclusion and linking with poor mental health outcomes
- Too high a proportion of people live in, or are at risk of, food insecurity

Included in our new evaluation framework is the opportunity to speak to our beneficiaries 3,6 and 12 months after leaving our programmes. This will help us better understand our long-term impact. We will produce our very first impact report in the spring of 2024.

We will continue to fulfil the charitable objects of the charity in the most effective, efficient, and sustainable manner possible whilst developing our knowledge, skill, team and impact.

Funds received as agent or funds held as custodian trustee

There are no assets, classes of assets or categories of assets held on behalf of other entities.

Independent examiners

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they

have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Joanne Trowbridge of Bristol Community Accountants CIC was appointed as the charity's independent examiner during the year. Joanne Trowbridge is a member the Association of Accounting Technicians.

The report was approved by the trustees on and signed on its behalf by:

.....

Sian Flynn - Trustee

SQUARE FOOD FOUNDATION

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2023

I report on the accounts of the company for the year ended 31st August 2023 which are set out on pages 21-31.

Respective responsibilities of trustees and examiner

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Accounting Technicians, which is one of the listed bodies

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joanne Trowbridge MAAT

.....
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle Bristol BS4 1DQ

.....

SQUARE FOOD FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 AUGUST 2023

	Note	General Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Incoming and Endowments from:					
<i>Incoming resources from generated funds</i>					
Donations and legacies	3	28,968	155,973	184,941	180,247
Charitable activities	4	117,119	-	117,119	148,265
Investments	5	456	-	456	38
Total		146,543	155,973	302,516	328,550
Expenditure On:					
Charitable activities	7	236,755	68,417	305,172	235,777
Other	8	1,293	-	1,293	978
Total		238,048	68,417	306,465	236,755
Net income/(expenditure)		(91,505)	87,556	(3,949)	91,795
Transfers between funds	17	43,988	(43,988)	-	-
Net income/(expenditure) before other gains and losses		(47,517)	43,568	(3,949)	91,795
Net movement in funds		(47,517)	43,568	(3,949)	91,795
Total funds brought forward		170,659	24,316	194,975	103,180
Total Funds Carried Forward	17	123,142	67,884	191,026	194,975

All of the activities of the charity are classed as continuing

The notes on pages 23 to 31 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

SQUARE FOOD FOUNDATION

BALANCE SHEET

YEAR ENDED 31 AUGUST 2023

		2023	2022
	Note	£	£
Fixed assets			
Tangible assets	13	25,658	27,256
Current assets			
Debtors	14	6,162	40,549
Stock		2,000	2,000
Cash at bank and in hand		165,462	135,265
<i>Total current assets</i>		<u>173,624</u>	<u>177,814</u>
Liabilities			
Creditors: Amounts falling due within one year	15	(8,256)	(10,095)
<i>Net current assets or liabilities</i>		<u>165,368</u>	<u>167,719</u>
Total net assets or liabilities		<u><u>191,026</u></u>	<u><u>194,975</u></u>
The Funds of the Charity	17		
Restricted funds		67,884	24,316
Unrestricted funds		123,142	170,659
		<u>191,026</u>	<u>194,975</u>

These financial statements were approved by the trustees on and are signed on their behalf by:

.....
Sian Flynn - Trustee

The notes on pages 23 to 31 form part of these financial statements

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2023

1 Basis of Preparation

- a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective from 1 January 2019) - (Charities SORP(FRS 102)) and with the Charities Act 2011 as amended by the Charities Act 2022.

- b) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

- b) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

- c) Most expenditure is directly attributable to specific activities, and has been included in those cost categories. Support cost have been allocated 100% towards the charitable activities of the charity.

- d) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.

- e) Tangible fixed assets and depreciation - Tangible fixed assets are carried at cost less accumulated depreciation and impairment losses. Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment	33.3	% straight line
Kitchen Equipment	25	% straight line
Leasehold improvements	10	% straight line

- f) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

- g) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

- h) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2023

Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Donations	27,466	-	27,466	70,772
Grants	1,502	155,973	157,475	109,475
	<u>28,968</u>	<u>155,973</u>	<u>184,941</u>	<u>180,247</u>

Donations and Legacies -Prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations	69,272	1,500	70,772
Grants	2,760	106,715	109,475
	<u>72,032</u>	<u>108,215</u>	<u>180,247</u>

4 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Courses	5,686	-	5,686	6,814
Sale of product	23	-	23	38
Catering services	111,410	-	111,410	141,413
	<u>117,119</u>	<u>-</u>	<u>117,119</u>	<u>148,265</u>

Charitable Activities -Prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Courses	5,659	1,155	6,814
Sale of product	38	-	38
Catering services	136,146	5,267	141,413
	<u>141,843</u>	<u>6,422</u>	<u>148,265</u>

5 Investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Bank interest receivable	456	-	456	38
	<u>456</u>	<u>-</u>	<u>456</u>	<u>38</u>

Investments prior year - all unrestricted

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2023

6 Government Grants

The charity receives government grants, defined as funding from Bristol City Council to fund charitable activities. The total value of such grants in the period ending 31 August 2023 was £13,950 (2022: £54,107). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 August 2023.

Expenditure on:

7 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Bank charges	294	-	294	294
Professional services	3,214	1,225	4,439	633
Software & computer costs	180	-	180	200
Kitchen & sundry equipment & Hire	3,443	288	3,731	4,101
Ingredients	20,656	30,666	51,322	40,426
Salaries	158,501	32,114	190,615	141,970
Outsourced labour	8,810	3,035	11,845	13,135
Insurance	2,258	-	2,258	1,736
Payroll fees	765	-	765	949
Recruitment	145	-	145	395
Rent	24,317	-	24,317	16,946
Office & general administration	679	134	813	1,608
Memberships and subscriptions	1,879	632	2,511	3,092
Travel	879	23	902	1,794
Employee training	701	-	701	300
Miscellaneous	1,482	300	1,782	1,152
Depreciation	8,552	-	8,552	7,046
	<u>236,755</u>	<u>68,417</u>	<u>305,172</u>	<u>235,777</u>

Charitable Activities - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Bank charges	294	-	294
Professional services	283	350	633
Software & computer costs	200	-	200
Kitchen & sundry equipment & Hire	2,974	1,127	4,101
Ingredients	12,615	27,811	40,426
Salaries	95,907	46,063	141,970
Outsourced labour	12,656	479	13,135
Insurance	1,736	-	1,736
Payroll fees	949	-	949
Recruitment	395	-	395
Rent	16,946	-	16,946
Office & general administration	1,367	241	1,608
Memberships and subscriptions	2,518	574	3,092
Travel	1,785	9	1,794
Employee training	300	-	300
Miscellaneous	1,152	-	1,152
Depreciation	7,046	-	7,046
	<u>159,123</u>	<u>76,654</u>	<u>235,777</u>

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2023

8 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Independent examination	579	-	579	526
Accounts preparation	714	-	714	452
	1,293	-	1,293	978

Other prior year - all unrestricted

9 Net incoming resources for the year

This is stated after charging:

	2023 £	2022 £
Depreciation	8,552	7,046
Independent Examiner's fee	579	526
	9,131	7,572

10 Related Party Transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2022: nil) neither were they reimbursed expenses during the year (2022: nil). No charity trustee received payment for professional or other services supplied to the charity (2022: nil).

The Cookery School CIC donated £10,300 to Square Food Foundation in the year (2022: £828).

During the year, directors of The Cookery School CIC included Luke Sapsed, Rhiannon McVey (resigned from SFF Sept 22) and Catherine Steele (resigned from CSK Feb 2023), who were also trustees of Square Food Foundation CIO in the year.

There were no other related party transactions during the year.

11 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2023

13 Tangible fixed assets	Leasehold Improvement	Kitchen Equipment	Office Equipment	Total
Cost	£	£	£	£
At the beginning of the year	10,572	23,030	700	34,302
Additions	3,428	-	3,526	6,954
At the end of the year	<u>14,000</u>	<u>23,030</u>	<u>4,226</u>	<u>41,256</u>
Depreciation				
At the beginning of the year	1,057	5,758	231	5,989
Charge for the year	1,399	5,758	1,395	8,552
At the end of the year	<u>2,456</u>	<u>11,516</u>	<u>1,626</u>	<u>14,541</u>
Net book value				
At the beginning of the year	9,515	17,272	469	27,256
At the end of the year	<u>11,544</u>	<u>11,514</u>	<u>2,600</u>	<u>25,658</u>
14 Debtors		2023	2022	
		£	£	
Other debtors		6,162	40,549	
		<u>6,162</u>	<u>40,549</u>	
15 Creditors: amounts falling due within one year		2023	2022	
		£	£	
Trade creditors		4,876	4,299	
Pension		-	516	
PAYE		1,889	-	
Accruals		1,291	978	
Deferred income (see note 136)		200	4,302	
		<u>8,256</u>	<u>10,095</u>	
16 Deferred Income		2023	2022	
		£	£	
Balance as at 1 Sept 2022		4,302	4,973	
Resources deferred during the year		200	4,302	
Amount released to income earned from charitable activities		(4,302)	(4,973)	
Balance as at 31 August 2023 (see note 15)		<u>200</u>	<u>4,302</u>	

Deferred income is made up from gift vouchers and courses purchased which have yet to be redeemed.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2023

17 Analysis of Charitable Funds

	01-Sep 2022 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Aug 2023 £
Unrestricted funds					
General fund	110,065	146,543	(229,496)	40,093	67,205
Designated funds:					
Operational costs inc redundancy	33,338	-	-	(3,059)	30,279
Asset depreciation	27,256	-	(8,552)	6,954	25,658
Total unrestricted funds	170,659	146,543	(238,048)	43,988	123,142
Restricted funds					
How to be a Chef	9,887	4,500	(3,842)	(6,045)	4,500
Back in the Kitchen	2,390	2,000	(2,582)	(1,808)	-
Cooking Connections	-	2,000	(2,000)	-	-
Peony Project	2,243	-	(2,243)	-	-
KITS - Food Club	-	84,724	(36,315)	(15,371)	33,038
Welcome Spaces	-	2,003	-	-	2,003
Cabot learning Foundation	-	15,437	(1,640)	(3,506)	10,291
Food Leaders	-	4,219	(1,786)	(2,433)	-
YHH Holiday Classes	-	10,890	(5,653)	(5,237)	-
New Cookery School Kit	7,140	-	(1,225)	(3,428)	2,487
Sovereign Holiday Classes	4,280	-	(4,280)	-	-
Primary Schools Cookery Project	(1,624)	22,500	(5,741)	(2,635)	12,500
Shaping Places	-	2,700	(900)	-	1,800
New IT	-	5,000	(210)	(3,526)	1,264
Total restricted funds	24,316	155,973	(68,417)	(43,988)	67,884
Total funds	194,975	302,516	(306,465)	-	191,026

Note: The transfer from New Cookery School Kit and New IT funds to represents capital expenses now being depreciated over their useful economic life via the designated Asset Depreciation Fund.

Other transfer between restricted and unrestricted funds are overhead costs contributions.

Purpose of restricted funds

How to be a Chef A 12-week vocational training programme for young people aged 16-25 that offers skills for employability and opportunities for progression to further catering-related learning or employment. This intensive programme includes hands-on cooking and work placements in different areas of the food industry. Thank you to our funders Savoy Educational Trust and The Woodroffe Benton Foundation for supporting this programme

Back in the Kitchen This weekly, drop-in cookery club for older people at risk of social isolation gives a routine, encourages students to leave the house, teaches life skills and skills sharing, builds confidence, and provides vital social opportunities. Students then help to prepare a monthly Lunch Club for the wider elderly community, where everyone sits and eats together to facilitate the creation of peer support networks. Thank you to our funders Francis Winham and Magic Little Grants for supporting this programme

Purpose of restricted funds cont over.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2023

Purpose of restricted funds cont.

Cooking Connections	<p>A weekly programme for adults with learning disabilities, where they cook delicious food and learn about healthy eating principles. This course helps students to improve personal and social skills, and to explore progression pathways such as volunteering and work. Thank you to our funder Yellow Wood Foundation for supporting this programme.</p> <p>A weekly programme for adults with learning disabilities, where they cook delicious food and learn about healthy eating principles. This course helps students to improve personal and social skills, and to explore progression pathways such as volunteering and work. Thank you to our funder Yellow Wood Foundation for supporting this programme.</p>
Peony Project	<p>A weekly cookery programme for women trapped in sex work and addiction, which helps them to build trust, self-esteem and confidence through cooking. We teach women cooking skills and recipes and, most importantly provide a nourishing and delicious meal. Thank you to corporate supporter AHMM for their donation towards this programme.</p>
KITS - Food Club	<p>Born during lockdown, the recipe kits provide families on a low income a way to cook together at home with none of the barriers around cost or fear of waste that might usually get in their way. As well as providing a free meal to families in need so that they can put the money they would have spent on food towards their energy bills, Square Food has responded to the fuel crisis by ensuring every kit is a low energy recipe and energy saving advice printed on the keepsake recipe card so that each family is supported beyond the fuel crisis.</p> <p>Thank you to the following supporters and funders of our Recipe Kits project: The Big Give, Feeding Bristol, Quartet, The Nisbett Trust, The Albert Hunt Trust and ASDA Foundation.</p>
Welcome Spaces	<p>Welcome Spaces started as a response to the cost-of-living crisis to provide a free, warm, welcoming space for those experiencing disadvantage. Our Welcome Spaces sessions consist of a group cooking lesson before everyone sits to eat a hot, healthy meal together.</p>
Cabot Learning Federation	<p>Three x 12-week cookery courses for young people aged 16-18 who are in alternative education. Course content is practical and useful and focuses on basic life skills including how to use a knife safely, shopping and cooking on a budget as well as team working, communication and attendance. Thank you to the Hargreaves Foundation for funding this project</p>
Food Leaders	<p>Food Leaders is a collaborative project between some of Bristol's leading food educators and chefs and was born from knowledge that if Bristol is going to tackle food insecurity, there needs to be a sharp increase in the number of people who have the skills and confidence to deliver quality Food Education/cookery lessons in the community. With thanks to Quartet/City Funds (no child goes hungry) and St Monica's for funding this programme</p>
Holiday Classes	<p>Holiday Classes for children ages 7-12 who receive free school meals.</p> <p>The workshops provide opportunities to grow, learn, play, be active and develop personal and social skills. Attending our workshops will help children and young people to gain and build on skills needed to prosper and flourish and enhance their health and wellbeing. The workshops will be free to attend and open to all, encouraging equality and building inclusion. YHH classes are delivered during, Easter, Summer and Winter school holidays. These classes are funded through the Government's Holiday Activity Fund (HAF) programme, delivered by Bristol City Council as Your Holiday Hub (YHH). Square Food Foundation also delivered holiday classes to Sovereign.</p>

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2023

Purpose of restricted funds cont.

Primary Schools Cookery Project The Primary Schools Cookery Project has enabled Square Food Foundation to work with 5 schools around the Knowle West area: Wansdyke, Four Acres, Hillcrest, Knowle DGE and Oasis Connaught. With thanks to support from OVO Foundation

Shaping Places Square Food Foundation were successful in applying for 'Shaping Places for Healthier Lives', a new initiative by Bristol, North Somerset and South Gloucestershire local authorities. The vision of of this project is to develop innovative, long-term system changes to improve food security and reduce health inequalities in some of their most disadvantaged communities.

New IT Equipment With thanks to the Quartet Express Grant, Square Food Foundation were able to update outdated IT equipment including laptops and desktop equipment to improve office efficiency

Purpose of designated funds

Operational costs inc redundancy The operational designated fund represents the esitmated value for redundancy and future committed expenses

Asset depreciation The asset depreciation fund represents the value of unrestricted fixed assets held on the balance sheet at year end

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2023

18 Analysis of net assets between funds

	General Fund £	Restricted Funds £	Total £
Tangible Fixed Assets	25,658	-	25,658
Cash at Bank and in Hand	97,578	67,884	165,462
Other Net Current Assets/(Liabilities)	(94)	-	(94)
Total	<u>123,142</u>	<u>67,884</u>	<u>191,026</u>

19 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2022 £	Prior Year Restricted Funds 2022 £	Prior Year Total Funds 2022 £
Income and Endowments From:			
Donations and legacies	72,032	108,215	180,247
Charitable activities	141,843	6,422	148,265
Investments	38	-	38
Total	<u>213,913</u>	<u>114,637</u>	<u>328,550</u>
Expenditure On:			
Charitable activities	159,123	76,654	235,777
Other	978	-	978
Total	<u>160,101</u>	<u>76,654</u>	<u>236,755</u>
Net income/(expenditure)	53,812	37,983	91,795
Transfers between funds	32,580	(32,580)	-
Net movement in funds	<u>86,392</u>	<u>5,403</u>	<u>91,795</u>
Total funds Brought forward	41320	61,860	103,180
Total funds carried forward	<u>131,145</u>	<u>67,263</u>	<u>194,975</u>

SQUARE FOOD FOUNDATION

England & Wales - Charity number 1173323

Accounts

SQUARE FOOD FOUNDATION
FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2022

Charity Number 1173323

SQUARE FOOD FOUNDATION

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2022

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SQUARE FOOD FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY AND ITS ADVISORS

YEAR ENDED 31 AUGUST 2022

Charity Name	Square Food Foundation
Charity number	1173323
Registered office and operational address	The Park, Davenry Road, Knowle, Bristol, BS4 1DQ
Trustees	Trustees who served during the year and up to the date of this report were as follows: Rhiannon McVey MBE resigned 29 September 2022 Stephen Wray Catherine Steele Secretary Luke Sapsed Chair of trustees Megan Mehnert resigned 29 September 2022 Dr Jacqueline Aldridge appointed 25 March 2021 Daniel Farmer appointed 27 January 2022 Sian Pamela Flynn appointed 27 January 2022 Rebecca Cole appointed 27 February 2023 Dr Helen Miller appointed 27 February 2023
Bankers	Triodos Bank Deanery Road Bristol BS1 5AS
Independent Examiners	Joanne Trowbridge MAAT Bristol Community Accountants CIC The Park, Davenry Road, Bristol, BS4 1DQ
Pro bono Solicitors	Vesselina Debreva (Associate) Shannon Pepper (Trainee Solicitor) Gibson Dunn 2-4 Temple Avenue, London, ECAY 0HB

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

Square Food Foundation

The Trustees present the Report and Accounts for the year ended 31 August 2022.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011 as amended by the Charities Act 2022, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective January 2019).

Legal Structure, Governance and Management

The organisation is a Charitable Incorporated Organisation (the CIO) governed according to the rules of its CIO Foundation Constitution, registered on 7th June 2017.

Method of Recruiting and Appointing New Charity Trustees

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Organisational structure

The charity trustees manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO.

The purposes of the charity as set out in its governing document

The advancement of education and training in subjects relating to healthy eating, diet and nutrition in Bristol and the surrounding areas by the provision of training activities to develop people's skills, knowledge and capabilities in cookery and nutrition.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

A message from our Founder

Food education is a growing global movement which is addressing issues central to human existence on every level: individual, social, economic, environmental. In every city and town in the UK and in every country in the world organisations like SFF are changing people's lives for the better.

This is both amazing and depressing. Amazing because it shows that the greatest drives for positive change in the world come from small ideas, from within communities, from ordinary people. We have seen the future.

And depressing because after 27 COPS, developed world government have singularly failed to invest in this future. The future of a sustainable food system

Square Food Foundation has been on a food education journey for 11 years. And I have been at it personally for thirty years. If I had one wish for the next part of the journey it would be that our path – a path which puts a sustainable food system as inextricably bound to the future of humanity and the planet - would intersect with those in positions of greater power: policy makers, school curriculum designers, school meal providers, public health, food corporations. I think that time is not long coming.

Meanwhile it feels incredible to be part of this global movement but more importantly than anything else to have the support and recognition from so many people in this city. A huge thank you to all our supporters.



Barney Haughton
Founder and CEO
June 2023

A message from our Chair of Trustees

At Square Food Foundation charity we strive to put good healthy meals and immersive teaching at the very core of what we do every single day and we do so in a hands on, friendly, productive and enjoyable environment.

Over the last eleven years, Square Food Foundation has brought together the young, the old, families and those who face some of life's most difficult challenges to learn how to cook better.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

We support health, nutrition, well-being, environmental awareness and social inclusion by helping participants to build their confidence and enjoy cooking as individuals, for themselves, with friends, family or for their communities and thereby help build resilience.

Our classes include 'Cooking Connections' for adults with mental health issues or learning disabilities, 'Back in the Kitchen' - a drop-in class for those over 55 relearning how to appreciate life and stay healthy also we teach youngsters 'How to be a Chef' and we teach extensively in the schools of south Bristol. As we work in our kitchens, our communities and with other food educators across the city and the South West, we evaluate our all courses and can show how we improve lives.

But never have our classes, our chefs, our educators and outreach programmes been more needed than right now. And never have they been more over-subscribed. The current and ongoing cost of living crisis makes life choices more difficult daily and therefore more important than ever to empower people to create healthy, tasty meals at a fraction of the cost of a ready meal or a takeaway.

In conclusion, I and my fellow trustees are happy to assert that Square Food Foundation helps people to face the challenges of today and with the possibilities of tomorrow.



Luke Sapsed
Chair of Trustees
June 2023

Aims and intended impact

Square Food Foundation (SFF) aims to reduce food poverty and inequality and improve health for Bristol and beyond by teaching people to cook good food from scratch.

The Trustees have considered the Charity Commission's guidance on public benefit when reviewing its aims and objectives, and when planning its future activities. In line with guidance from the Charity Commission, the Trustees are satisfied that SFF continues to achieve its charitable aims by teaching people to cook good food in order to improve their health and reduce poverty and inequality. Its public benefit is described in the pages that follow below.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

Our work

Square Food Foundation is a charity working to reduce hunger, improve health and bring people together through food and cooking.

We are based in Knowle West, South Bristol, an area of multiple deprivation, and work with some of the community's most marginalised groups. We believe everyone should have access to, and the skills to prepare healthy, affordable food that's good for people and the planet.

We have been teaching people to cook for over 20 years through free and subsidised cooking classes to groups including: young people not in education, employment or training, older adults at risk of becoming isolated, adults and children with additional needs, primary school children on Free School Meals, women in sex work and more.

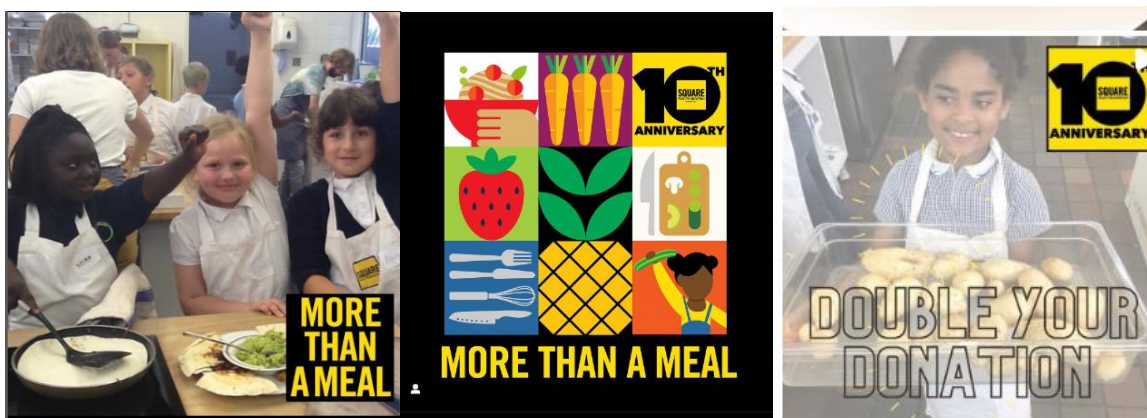
By equipping people with the life skills, knowledge and confidence to cook, we can improve healthy eating, diet-related ill health and mental wellbeing

1 September 2021 – 31 August 2022

Headlines:

- Our 10th anniversary

2021 marked the 10th anniversary of Square Food Foundation and we celebrated this milestone with our “More Than a Meal” public appeal. We took part in a match-funding campaign, securing corporate support from Burgess Salmon, and raising nearly £15,000 in 10 days



- Square Food Foundation Moves Location

Square Food Foundation first moved to The Park Community Centre in the heart of Knowle West, South Bristol in 2011. In February 2022, we moved across premises into the newly built Park Community Centre with a purpose-built kitchen.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022



- **An update on Covid-19**

During 2021-2022, life was returning to normal after COVID-19 and we were able to deliver our full programme in-person and without disruption. This has been a period of recovery following the disruption of the pandemic and we have been delighted to be able to welcome back all our beneficiaries to the Square Food Foundation kitchen in our new site at The Park and continue teaching people how to cook.

Covid-19 has highlighted global food insecurity and deprivation, and the importance of social connection – all of which are the core mission of Square Food Foundation.

Our work is more important than ever and there is a continued need for us to provide a service for Bristol's most marginalised groups at risk of food insecurity.

During the winter of 2021, when cases of the Omicron variant of COVID-19 started to rise, we worked hard to minimise disruption to our classes and thankfully did not have to cancel any classes. Throughout the Omicron wave, we initiated a rigorous covid testing programme so we could continue to deliver classes over the Christmas holidays to children who are on Free School Meals.

Our programmes

- **Cooking with older people**

"I really look forward to my Monday morning cookery class. The students and staff are very friendly. It has opened up my previous limited skills at cooking and has helped me create some tasty new dishes and give my family and friends the opportunity to try my new recipes. So everybody is happy! Thank you SFF!"

Our longest running cookery programme, **Back in the Kitchen**, supports older people (55+) who may be at risk of isolation and the associated physical and mental health implications it brings. During the pandemic, older people were at greater risk of loneliness and isolation and our weekly drop-in classes have provided valuable rehabilitation for our students following long periods of isolation over the last

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

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few years. Our monthly lunch club has also made a welcome return, where a further 12-15 elderly adults join for a communal meal cooked by our students.

Back in the Kitchen provides our students with an element of routine, an opportunity to 'get out of the house' and a chance to spend time with peers. It is friendly and sociable, helps to build confidence and teaches valuable cooking skills which will help students to continue living independently. Our students work together in pairs or small groups to create one meal to eat all together, and one portion to take home, so everyone has two healthy, hearty meals every week.

This year the students had a celebration lunch for the Platinum Jubilee and invited partners and friends to join. The menu included homemade scotch eggs, coronation chicken sandwiches and afternoon tea. The group also visited the Community Farm to celebrate the 10th year of the class running. The students enjoyed picking seasonal fruit and vegetables which they then used to cook a delicious lunch.



- **Cooking with young people**

By cooking with young people who are not in mainstream education we aim to break the cycle of poverty and poor physical and mental health by providing important life skills, self-esteem and independence.

Thanks to support from the Hargreaves Foundation, we have continued to deliver '**A Toolkit for Independent Living**' which is for young people aged 16-18 who are in alternative education and who may be at risk of being 'left behind'. Over the course of 3 x 12 week cookery courses, we equip students with confidence, knowledge and basic life skills in order to create opportunities for employment, encourage healthy, independent living and improve life chances. The course content is practical and useful and focuses on areas including how to use a knife safely, shopping and cooking on a budget as well as team working, communication and attendance.

"We currently have 6 students accessing the cooking sessions at the Square Food Foundation. They all have EHCP's and have significant SEN/SEMH needs. The students are given the chance to work with fresh wholesome ingredients and create nutritious meals that they eat for lunch or take home to feed their families.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

These sessions give the students the chance to cook independently to learn new skills (Social and Culinary) and to enjoy themselves. The students love their sessions on a Tuesday, and I am very grateful to Dan and the team for giving my students the opportunity to attend."

'How To Be A Chef' is our 12-week accredited, vocational programme in cooking and hospitality that provides young people, aged 16-25 who are not in employment, education or training (NEET) and who experience multiple barriers into employment, with the skills and education they need to enter the catering industry.

Our students spend 2 days a week with us for 12 weeks, learning a variety of dishes and techniques. They meet with a variety of guest chefs and food industry experts who offer their time to demonstrate recipes, make a presentation or offer mentoring. They also go on field trips to local food producers, farms and wholesalers to gain insight into food production, the food cycle and sustainability.

The course encourages students to build confidence, to tap into interests they may not have been able to pursue previously and provide real life skills relevant to the food and hospitality industry.

This year 11 students graduated with a BTEC Level 2 in Home Cooking Skills and Level 2 certificate in Food & Hygiene. 1 student is now working at Windmill Hill City Farm Café, 1 student focused her thesis for her dissertation on Square Food Foundation, 3 others went on to work in restaurant kitchens, and 1 student recently got in touch for our guidance to get into the School of Food Apprenticeship. The rest of the students either went on to finish education or found work in other sectors. A reunion is due to take place in 2023

"Square Food Foundation was a pivotal experience for me, the course gave me a solid foundation for my personal cooking skills and I was able to build self-confidence and work in industry. I worked in two kitchens and then went on to study nutrition at the university of Leeds. A lot of what I've learned at Square Food Foundation is implemented in my everyday cooking"

Looking forward: as our events catering continues to expand, we will be able to offer real-life experience in the kitchen preparing food for events, and paid work experience working at events

'Towards Independence' is a basic independent cooking skills class for The Park Centre's Towards Independence Group. This is an opportunity to develop the students' skills by cooking recipes that are familiar and teaching the students the art of resilient cooking.

"I thought the course was perfect in meeting my students needs. It was fun, engaging and new skills and dishes were produced each week. I saw a noticeable improvement in everyone's performance."

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TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022



- **Cooking with children**

Our **Primary Schools Cookery Project** is addressing a vital area of children's food education in areas where families are at risk of or experiencing food insecurity. We want to instil in the next generation a life-long love of food and cooking, the basic principles of healthy eating and the importance of cooking from scratch.

This year we worked with the Oasis Academy Connaught school, running sessions for children, parents and teachers. Children attended at least 3 sessions and had multiple opportunities to learn in a cross-curricular and practical approach covering part of the maths, English, science and DT curriculum. The children became very comfortable with adding, multiplying, and dividing, reading recipes and had many science lessons within the programme. With parents/guardians, the focus was on batch cooking, economising, and budgeting. Involving the whole family in this way provides further opportunity for the children to embed their learning at home, and to develop healthy eating, cooking and habits beyond the lessons and into the future. We also ran sessions for the teachers on inset days to embed the lessons into the fabric of the school.

We also worked with Wansdyke Primary School and delivered Bread Week in June 2022. Year 5 students had a cooking lesson every day and thoroughly enjoyed it:

"All our students love the Story of Bread week. It was a fantastic opportunity for them to gain a deeper understanding of where their food comes from and to try new foods that they might not normally be exposed to. Many of the students had never made bread before and on completing the week felt that they now had the skills to bake bread at home. Thank you for a fabulous week!" Eleanor Rhodes

Looking forward: our aim is for primary schools across South Bristol to become sustainable and to be able to run the programme for themselves. We are continuing our work with Oasis Academy Connaught to realise this ambition.

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During the school holidays we also continued to run our **holiday classes**. When schools close for the holidays, thousands of children that rely on free school meals are left without a lifeline. Holiday hunger continues to be a huge problem.

Thanks to you, Square Food has worked alongside schools, charities and community groups to deliver cookery workshops that not only stop children from going hungry but offer them something fun and productive to do during the school holidays.

Thanks to continued funding from the governments Holiday Activities and Food (HAF) programme, we've delivered cookery workshops over the Summer for children eligible for free school meals from local schools. These sessions provide fun, practical, educational sessions that combine cooking and growing in a way that is accessible and engaging for the children. Each session is for up to 12 children and incorporates making 2-3 different recipes from scratch, eating the meals that they have cooked in a communal lunch, and taking food and a recipe card home.

We partnered with Redcatch Community Garden for the growing element of the sessions:

"In 2022 Square Food Foundation and Redcatch Community Garden partnered up to deliver the YHH (Your Holiday Hub) school holiday provision both at the Garden and at The Park Centre. From the beginning, the teams have got along well and it has been an absolute joy to have Dan, Charlotte and Barney come and deliver cookery sessions as part of our RCG offering, with their fantastic volunteers. Our Education and Gardening team have loved delivering gardening sessions at the Square Food Foundation, reaching new audiences. We are now in our second year delivering YHH in partnership. It has felt like a true partnership - sharing ideas, building knowledge and perfecting our delivery together."

- **Cooking with adults with learning disabilities**

Diet-related health issues are prevalent amongst adults with learning disabilities. By attending one of our courses, our learners will leave equipped with a portfolio of affordable, healthy recipes that they can recreate at home and have an understanding of the principles of healthy eating in order to improve their health going forward.

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Cooking Connections is a twelve-week programme for adults with learning disabilities and / or mental health challenges. Our course helps students to improve personal and social skills, and to explore progression pathways such as volunteering and work. We offer two levels, Beginnings and Next Steps, to allow us to reach more people and offer progression for our students.

Healthy Me! is a new opportunity for learning-disabled adults which is funded by the NHS. Every week, 13 students and their support workers, learn to cook healthy, delicious recipes and explore the connection between our health and the food that we eat.



- **Cooking to train the trainers**

Our new training programme, **Food Leaders**, has been a really exciting new direction for us this year. This course centres on a sustainable training model which teaches people how to lead cookery sessions with the groups they support. The programme takes the participants through everything they would need to know to confidently run cookery classes. We also provide a whole suite of resources from recipes, to time planners to all things health and safety related.

Food Leaders enables us to use our own resources to work directly with our own community and at the same time, work with other service providers to benefit their own communities therefore spreading the reach and mission of Square Food Foundation to more people.

This work also included a project with East Bristol Children Centre in 2021.



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Recipe kits

We have continued to extend our work beyond the four walls of Square Food Foundation with our weekly **recipe kits**. These started in lockdown as part of our “virtual cookery club” – designed as a fun activity for families to do together during lockdown. They quickly became a staple for the families that received them and the demand has continued to rise with the rise in the cost of living and number of families struggling to make ends meet. We have risen to the challenge of delivering more kits, increasing from 50 per week to 120 per week and with the aim of increasing this further to 200 per week.

Our recipe kits contain fresh ingredients with enough food for 4-5 people and an easy to follow recipe card. As well as sending an extra meal into people’s homes every week, the kits aim to encourage cooking together as a family, creating healthy meals from scratch and recreating the meals into the future. The recipe cards include tips for using leftovers, batch cooking, cooking on a budget and energy efficient ideas.

The kits are delivered to: Oasis Academy Connaught and FOOD clubs (Redcliffe, Connaught and Inns Court)

- *“We absolutely love the kits each week. The kits are also a great way for us to not on improve our cooking skills but are also great for extra bonding time”*
- *“Honestly just thank you. I've got 2 children under 2 and my energy and effort levels for cooking are so low. I genuinely look forward to the kits as they inspire me. I think the work you do is amazing and it's totally got me cooking again”*
- *“The fact that your kits are fresh will give our families a much needed vitamin boost and show what can be achieved with very little ingredients really. The kits will give them a sense of achievement and may give them a love of cooking and they may come up with their own ideas too. This project is so exciting, I hope we can be part of it.” - Liz Morse, Family Support Worker and DDSL, Ilminster*

- *“The need for these resources are sadly increasing. The opportunity to have a kit with recipes and advice would not only assist them in widening their childs pallet, but it would also inspire them to try and recreate those meals independently. Along with the nutritional value these kits would bring, it would also be a positive activity for our young people to do with their parents as cooking is a popular option at Knowle DGE.” – Jenny Hughes, Knowle DGE*

Looking forward: we would like to create an online resource for the recipients to share feedback and photos so we can better connect with the community.

SQUARE FOOD FOUNDATION

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Fundraising

As a registered charity, we work hard to raise funds to deliver our work and maximise our impact.

To do this, we apply for grants from Trusts and Foundations, inspire individuals to donate and partner with corporate supporters.

In 2021-22, we received support from Trusts and Foundations including the Savoy Educational Trust, the Hargreaves Foundation, Quartet, Sovereign Community Trust, Awards for All, HAF, the Nisbet Trust, Francis Winham Foundation, the Sobell Trust, ActionFunder and LocalGiving among others.

2021 marked our 10th anniversary and we celebrated this milestone with our “More Than a Meal” public appeal. We took part in The Big Give’s match-funding campaign, securing corporate support from Burgess Salmon, and raising nearly £15,000 in 10 days.

Our Corporate partners include Kerry Foods, the Jolly Hog and Burgess Salmon as well as many of Bristol’s restaurants, food producers and retailers who supported our students, volunteered their time and donated ingredients.

By making a monthly donation, our regular givers continued to provide us with a source of stable, reliable income that allows us to plan ahead.

Thank you goes to each and every person who has helped us make an impact over the last 12 months.

Our Team

Our team of paid staff continues to exceed all expectations in terms of their commitment, capacity and ideas. This year we have 12 paid staff working a mixture of full time and part time.

Barney Haughton – Founding Director

Eloise Morton – Managing Director

Charlotte Fife – Head of Community Cookery

Stuart Seth – Head of Event Catering

Dan Ford - Kitchen Manager and Cookery Teacher

Alice Morrison – Fundraising and Communications Manager

Nic White – Operations and Volunteer Co-ordination

Lucy Kane – Operations and Catering Co-ordinator

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Abby Skuse-Denley – Community Cookery Teacher
Lucy Dodd – Community Cookery Teacher
Zinnia Murdoch – Cookery School and Kitchen Assistant
Charlie Vietch – Cookery School and Kitchen Assistant



Our Volunteers

Our community of volunteers have supported us by doing 674 'shifts' this year. Roles range from helping us prepare recipe kits, preparing for events, teambuilding events and masterclasses, and admin support. We also welcomed regular corporate volunteering teams from Jolly Hogg and Pukka Tea. Some volunteers enjoy helping out with a regular class or shift while others prefer one-off opportunities (such as prepping for events). Either way, their enthusiasm, positivity and shared passion for SFF's cause has resulted in them spreading the word about SFF and connecting us with new volunteers and contacts.

Looking to the future, we plan to offer a volunteering role to those who live locally and are looking to return to work after an absence.

Our Trustees

Our Trustees remain a constant, guiding presence. They provide useful, insightful perspective, bring skills that complement the team and offer practical support whenever required.

Luke Sapsed - Chair of Trustees
Kate Steele - Secretary
Sian Flynn
Stephen Wray
Dr Jacqueline Aldridge
Dan Farmer

SQUARE FOOD FOUNDATION

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Becky Cole
Helen Miller

Awareness

Square Food Foundation's work continues to attract attention within Bristol and beyond.

We have been working in partnership with Feeding Bristol supporting them with the development of their Food Equality Strategy. Specifically, we have been sharing our knowledge and expertise what a Food Education Action Plan could look like for Bristol.

We continued to work with our friends and partners at Bristol 24/7 to promote our work and the case for food education.

Our website, newsletters and social media platforms are a vital part of our communication to the general public and supporters for us to raise greater awareness of the work we do.

We continue to raise awareness of our work at every catering event, either through after dinner talks or information provided on menus.

In April 2021 The Cookery School and Kitchen, CIC (07658940) transferred its entire operation to Square Food Foundation. You can read more about this in our 20/21 Trustee Report.

In January 2023 The Cookery School and Kitchen, CIC re-started in a new location in Filwood Community Centre. The Cookery School and Kitchen, CIC will be providing event catering services for private and commercial clients in Bristol with all qualifying profits being donated to Square Food Foundation on an annual basis at the Year End (August).

Because of the strong relationship between The Cookery School and Kitchen, CIC and Square Food Foundation, and because it's deemed as being beneficial to Square Food Foundation the Trustees have agreed that The Cookery School and Kitchen, CIC's event catering business can trade using the name Square Food Foundation.

As well as providing income through qualifying charitable donation, The Cookery School and Kitchen, CIC's activities will allow Square Food Foundation to increase its reach to new audiences. This will support our ambition to grow our corporate partnerships and monthly individual donation. In addition, The Cookery School and Kitchen, CIC will support Square Food Foundation by providing on the job training for the Young People who attend our How To Be A Chef (HTBAC) Programme. To date many of the 2023 HTBAC graduates going on to become part of our paid team of chefs and front of house staff for The Cookery School and Kitchen, CIC

Financial Review

NB: Regarding comparative figures for 20/21 'v' 21/22. In 20/21 you will only see full income and expenditure for 5 months (from 1st April 21 - 30th August 21). This is due to the Transfer of Operations and Assets which took place from The Cookery School and Kitchen, CIC to Square Food Foundation. You can read more about this in our 20/21 Trustee Report.

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

Free Unrestricted Reserves and Designated Reserves

At the end of August 2022 Square Food Foundation held £170,659 in unrestricted funds.

The Trustees have agreed that Square Food Foundation must hold a Designated Reserve in the event of Square Food Foundation ceasing to trade and therefore being liable to pay statutory redundancy to eligible employees as well as any contractual liabilities. At time of writing the total redundancy bill for 12 employees is equal to £24,210. We will review this figure annually and adjust accordingly. The Trustee also deem it responsible to hold the equivalent of 1 month cost to pay any creditors. Average monthly costs (not including lease or salary costs) are £7,600. An additional liability for insurance costs of £1,528 is also being held. Therefore, the total amount held as a Designated Reserve is £33,338.

Square Food Foundation also holds fixed assets to the value of £27,256.

This leaves Square Food Foundation with £110,065 of free unrestricted reserves.

We are aware that the value of free unrestricted reserves is higher than the maximum stated in our 20/21 accounts. The Trustees agreed to exceed our threshold as part of strategic decision in light of the cost of living, wage and overhead increases due to be incurred in 22/23.

Taking into consideration the increase in costs, the Trustees have reviewed our free unrestricted reserved policy and have agreed to amend the policy from last year. The Trustees would like to hold a minimum of £30,000 (the equivalent of running 2 programmes for 1 year) and a maximum of £75,000 (the equivalent of running 5 programmes for 1 year). This increase in our policy will support Square Food Foundation to build a free unrestricted reserve that increases our finance stability.

Additional Liability: In February 2022 Square Food Foundation took on a new lease as part of the move to the newly built Park Community Centre. The term of the lease is 5 years with a 3 year break clause. At the time of writing should Square Food Foundation need to break its lease it would have 21 months left to pay, equalling £38,700. It's extremely unlikely that we will break our lease and therefore the Trustees believe that we do not need to keep this liability in reserve.

Usage of Free Unrestricted Reserves in 21/22 and 22/23

In 21/22 Square Food Foundation used £8,801 of its free unrestricted reserve to support our classes and activities.

At the time of writing this report we have used an additional £93,100 in 22/23 to support and grow our classes, cover increases in overhead and salary costs.

The total drawn down of free unrestricted reserves in 21/22 and 22/23 is £101,901. This has been achieved through using our £110,065 free unrestricted reserve from 21/22 and the additional unrestricted income generated in 22/23 of approx. £46,900. Unrestricted income in 22/23 has been generated from catering, masterclasses and team building events delivered by Square Food Foundation and from unrestricted donation from the public. This also includes a predicted donation of £7,500 from The Cookery School and Kitchen, from profits generated by the catering work it started in January 2023.

At the time of writing this report we estimate to end 22/23 with between £25,000 and £30,000 in free unrestricted reserves. This is in line with our new policy.

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The Trustees have agreed that these funds can be used to support any of Square Food Foundation's projects, should there be a shortfall in funding. Square Food Foundation is also able to use these unrestricted funds to run new projects which align to its charitable objects. Decision on which project to support are made at board meetings.

Square Food Foundation continues to prioritise making its programmes as accessible and affordable as possible. The charity maintains a good balance between commissioned income and fundraised income. We end the year in a positive position, with a satisfactory level of reserves.

Financial security and planning for the future

As part of our annual financial and fundraising review the Trustee and Square Food Foundations Management team have updated its strategic finance and fundraising plan to ensure we have a diverse range of income sources and are not solely reliant on grant funding. Our strategy includes:

- Donations from profits generated by The Cookery School and Kitchen, CIC.
- Leveraging public donations through a solid monthly donor campaign
- Partnering with larger corporate organisations in Bristol and the wider area, who support and fund our programmes
- Building on our evaluation and impact reporting to enable us to attract larger and longer term grants

Challenges, Opportunities and Future for Square Food Foundation

21/22 and into 22/23 has been a challenging time for Square Food Foundation. Coming out of Covid recovery into a cost of living crisis has seen both an increased need for our services but has also seen our own costs go up.

To ensure Square Food Foundation remains a viable business we have been working hard to ensure our income streams are diversified (see above), our mission and impact are clearly understood through increased communication with our audience and stakeholder. We are pleased that our hard work is paying off and we are seeing increases in public donation, support for catering and we are seeing a large portion of trust and foundation bids being successful.

At the end of 21-22 we started implementing our 3-year business plan which sees Square Food Foundation focus on:

1. Working with primary schools, we'll develop a meaningful programme of work that will provide schools (children, staff and families) with the confidence, knowledge and resources to embed food education into the school day.
2. We'll build up a portfolio of fully evaluated, off-the-shelf community food education programmes (delivered over 12 weeks), that are suitable for a wide range of hard-to-reach groups.
3. We'll ensure that our impact isn't confined to South Bristol, by developing a portfolio of professional training programmes (that incorporate cooking and teaching) that we'll deliver to cooks and teachers across the city.
4. We'll partner with other organisations as part of city-wide food and health initiatives and campaigns. Where appropriate, we'll position ourselves as the South Bristol delivery lead.

SQUARE FOOD FOUNDATION

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5. We'll take part in local and national conversations around food education and its place in the wider food system and where appropriate, position ourselves as an authority on practical food education.
6. We'll engage in a continuous process of improvement to meet the needs of our stakeholders.
7. We'll grow our supporter base to raise core funds and continue fundraising for project costs through trusts and foundation

We are thrilled that coming to end of Year One, we are on target to have achieved what we set out. At the time of writing, we in the process of fine-tuning Year Two through project development session for all our services. These sessions include key Square Food Foundation staff, services users and our volunteers.

We have redesigned our evaluation framework to make it easier for our students to complete. Our evaluation centres on our Theory of Change and evaluates our impact across what we see as the key issues we are hoping to address:

- Lack of food knowledge and cooking skills result in poor nutritional choices, limited diet and poor health outcomes
- People have too few ways to connect meaningfully, resulting in social exclusion and linking with poor mental health outcomes
- Too high a proportion of people live in, or are at risk of, food insecurity

Included in our new evaluation framework is the opportunity to speak to our beneficiaries 3,6,12 months after leaving our programmes. This will help us better understand our long-term impact. We are excited to produce our very first impact report in the spring of 2024.

We will continue to fulfil the charitable objects of the charity in the most effective, efficient, and sustainable manner possible whilst developing our knowledge, skill, team and impact.

Funds received as agent or funds held as custodian trustee

There are no assets, classes of assets or categories of assets held on behalf of other entities.

Independent examiners

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Joanne Trowbridge of Bristol Community Accountants CIC was appointed as the charity's independent examiner during the year. Joanne Trowbridge is a member the Association of Accounting Technicians.

The report was approved by the trustees on and signed on its behalf by:

.....
Luke Sapsed - Trustee

SQUARE FOOD FOUNDATION

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2022

I report on the accounts of the company for the year ended 31st August 2022 which are set out on pages 20 - 30.

Respective responsibilities of trustees and examiner

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Accounting Technicians, which is one of the listed bodies

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joanne Trowbridge MAAT

.....
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle Bristol BS4 1DQ

.....

SQUARE FOOD FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 AUGUST 2022

	Note	General Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Incoming and Endowments from:					
<i>Incoming resources from generated funds</i>					
Donations and legacies	3	72,032	108,215	180,247	97,822
Charitable activities	4	141,843	6,422	148,265	64,368
Investments	5	38	-	38	58
Total		213,913	114,637	328,550	162,248
Expenditure On:					
Charitable activities	7	159,123	76,654	235,777	169,946
Other	8	978	-	978	815
Total		160,101	76,654	236,755	170,761
Net income/(expenditure)		53,812	37,983	91,795	(8,513)
Transfers between funds	17	75,527	(75,527)	-	-
Net income/(expenditure) before other gains and losses		129,339	(37,544)	91,795	(8,513)
Net movement in funds		129,339	(37,544)	91,795	(8,513)
Total funds brought forward		41,320	61,860	103,180	111,693
Total Funds Carried Forward	17	170,659	24,316	194,975	103,180

All of the activities of the charity are classed as continuing

The notes on pages 22 to 30 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

SQUARE FOOD FOUNDATION

BALANCE SHEET

YEAR ENDED 31 AUGUST 2022

		2022	2021
	Note	£	£
Fixed assets			
Tangible assets	13	27,256	1,185
Current assets			
Debtors	14	40,549	14,835
Stock		2,000	700
Cash at bank and in hand		135,265	95,708
<i>Total current assets</i>		<u>177,814</u>	<u>111,243</u>
Liabilities			
Creditors: Amounts falling due within one year	15	(10,095)	(9,248)
<i>Net current assets or liabilities</i>		<u>167,719</u>	<u>101,995</u>
Total net assets or liabilities		<u><u>194,975</u></u>	<u><u>103,180</u></u>
The Funds of the Charity	17		
Restricted funds		24,316	61,860
Unrestricted funds		170,659	41,320
		<u><u>194,975</u></u>	<u><u>103,180</u></u>

These financial statements were approved by the trustees on and are signed on their behalf by:

.....
Luke Sapsed - Trustee

The notes on pages 22 to 30 form part of these financial statements

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2022

1 Basis of Preparation

- a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective from 1 January 2019) - (Charities SORP(FRS 102)) and with the Charities Act 2011 as amended by the Charities Act 2022.

- b) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

- b) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

- c) Most expenditure is directly attributable to specific activities, and has been included in those cost categories. Support cost have been allocated 100% towards the charitable activities of the charity.

- d) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.

- e) Tangible fixed assets and depreciation - Tangible fixed assets are carried at cost less accumulated depreciation and impairment losses. Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment	33.3	% straight line
Litchen Equipment	25	% straight line
Leasehold improvements	10	% straight line

- f) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

- g) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

- h) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2022

Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Donations	69,272	1,500	70,772	11,603
Grants	2,760	106,715	109,475	86,219
	<u>72,032</u>	<u>108,215</u>	<u>180,247</u>	<u>97,822</u>

Donations and Legacies -Prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations	4,790	6,813	11,603
Grants	900	85,319	86,219
	<u>5,690</u>	<u>92,132</u>	<u>97,822</u>

4 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Courses	5,659	1,155	6,814	5,263
Sale of product	38	-	38	67
Catering services	136,146	5,267	141,413	59,038
	<u>141,843</u>	<u>6,422</u>	<u>148,265</u>	<u>64,368</u>

Charitable activities prior year - all unrestricted

5 Investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Bank interest receivable	38	-	38	58
	<u>38</u>	<u>-</u>	<u>38</u>	<u>58</u>

Investments prior year - all unrestricted

6 Government Grants

The charity receives government grants, defined as funding from Bristol City Council and NHS Bristol NSSG CCG grant to fund charitable activities. The total value of such grants in the period ending 31 August 2022 was £54,107 (2021: £7,350). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 August 2022.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2022

Expenditure on:

7 Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Bank charges	294	-	294	100
Professional services	283	350	633	90,025
Software & computer costs	200	-	200	183
Kitchen & sundry equipment & Hire	2,974	1,127	4,101	5,066
Ingredients	12,615	27,811	40,426	15,964
Salaries	95,907	46,063	141,970	50,519
Outsourced labour	12,656	479	13,135	1,209
Insurance	1,736	-	1,736	389
Payroll fees	949	-	949	408
Recruitment	395	-	395	125
Rent	16,946	-	16,946	4,151
Office & general administration	1,367	241	1,608	296
Memberships and subscriptions	2,518	574	3,092	665
Travel	1,785	9	1,794	846
Employee training	300	-	300	-
Miscellaneous	1,152	-	1,152	-
Depreciation	7,046	-	7,046	-
	159,123	76,654	235,777	169,946

Charitable Activities - prior year

	<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds 2021</i>
	<i>£</i>	<i>£</i>	<i>£</i>
<i>Bank charges</i>	<i>100</i>	<i>-</i>	<i>100</i>
<i>Professional services</i>	<i>17,414</i>	<i>72,611</i>	<i>90,025</i>
<i>Software & computer costs</i>	<i>183</i>	<i>-</i>	<i>183</i>
<i>Kitchen & sundry equipment & Hire</i>	<i>4,967</i>	<i>99</i>	<i>5,066</i>
<i>Ingredients</i>	<i>8,452</i>	<i>7,512</i>	<i>15,964</i>
<i>Salaries</i>	<i>32,819</i>	<i>17,700</i>	<i>50,519</i>
<i>Outsourced labour</i>	<i>919</i>	<i>290</i>	<i>1,209</i>
<i>Insurance</i>	<i>389</i>	<i>-</i>	<i>389</i>
<i>Payroll fees</i>	<i>408</i>	<i>-</i>	<i>408</i>
<i>Recruitment</i>	<i>125</i>	<i>-</i>	<i>125</i>
<i>Rent</i>	<i>4,151</i>	<i>-</i>	<i>4,151</i>
<i>Office & general administration</i>	<i>296</i>	<i>-</i>	<i>296</i>
<i>Memberships and subscriptions</i>	<i>525</i>	<i>140</i>	<i>665</i>
<i>Travel</i>	<i>846</i>	<i>-</i>	<i>846</i>
	71,594	98,352	169,946

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2022

8 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Independent examination	526	-	526	479
Accounts preparation	452	-	452	336
	<u>978</u>	<u>-</u>	<u>978</u>	<u>815</u>

Other prior year - all unrestricted

9 Net incoming resources for the year

This is stated after charging:

	2022 £	2021 £
Depreciation	7,046	-
Independent Examiner's fee	526	479
	<u>7,572</u>	<u>479</u>

10 Related Party Transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2021: nil) neither were they reimbursed expenses during the year (2021: nil). No charity trustee received payment for professional or other services supplied to the charity (2021: nil).

During the year no payments were were paid to The Cookery School CIC for professional services provided in the year (2021: £89,925). The Cookery School CIC donated £828 to Square Food Foundation in the year (2021: £264). During the year, directors of The Cookery School CIC included Rhiannon Holder and Catherine Steele, who were also trustees of Square Food Foundation CIO in the year.

There were no other related party transactions during the year.

11 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

12 The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2022

13 Tangible fixed assets	Leasehold Improvement	Kitchen Equipment	Office Equipment	Total
Cost	£	£	£	£
At the beginning of the year	-	485	700	1,185
Additions	10,572	22,545	-	33,117
At the end of the year	<u>10,572</u>	<u>23,030</u>	<u>700</u>	<u>34,302</u>
Depreciation				
Charge for the year	1,057	5,758	231	7,046
At the end of the year	<u>1,057</u>	<u>5,758</u>	<u>231</u>	<u>7,046</u>
Net book value				
At the beginning of the year	-	485	700	1,185
At the end of the year	<u>9,515</u>	<u>17,272</u>	<u>469</u>	<u>27,256</u>

14 Debtors	2022	2021
	£	£
Other debtors	40,549	14,669
PAYE	-	166
	<u>40,549</u>	<u>14,835</u>

15 Creditors: amounts falling due within one year	2022	2021
	£	£
Trade creditors	4,299	3,184
Pension	516	276
Accruals	978	815
Deferred income (see note 13)	4,302	4,973
	<u>10,095</u>	<u>9,248</u>

16 Deferred Income	2022	2021
	£	£
Balance as at 1 Sept 2021	4,973	-
Resources deferred during the year	4,302	-
Amount released to income earned from charitable activities	(4,973)	4,973
Balance as at 31 August 2022 (see note 12)	<u>4,302</u>	<u>4,973</u>

Deferred income is made up from gift vouchers and courses purchased which have yet to be redeemed.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2022

17 Analysis of Charitable Funds

	01-Sep 2021 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Aug 2022 £
Unrestricted funds					
General fund	34,686	213,913	(147,606)	9,072	110,065
Designated funds:					
Operational costs inc redundancy	-	-	-	33,338	33,338
Courses	5,449	-	(5,449)	-	-
Asset depreciation	1,185	-	(7,046)	33,117	27,256
Total unrestricted funds	41,320	213,913	(160,101)	75,527	170,659
Restricted funds					
How to be a Chef	17,013	18,399	(12,317)	(13,208)	9,887
Back in the Kitchen	-	11,962	(3,510)	(6,062)	2,390
Cooking Connections	-	6,290	(2,088)	(4,202)	-
Oasis Academy Connaught (OAC) Project	20,458	756	(23,647)	2,433	-
Peony Project	4,146	10,000	(3,520)	(8,383)	2,243
KITS - Food Club	6,020	28,608	(24,189)	(10,439)	-
#Squaremeals	4,167	-	-	(4,167)	-
Taste For Independence	5,056	95	(1,676)	(3,475)	-
YHH Holiday Classes	-	8,063	(3,724)	(4,339)	-
New Cookery School Kit	-	30,464	(779)	(22,545)	7,140
Sovereign Holiday Classes	5,000	-	(124)	(596)	4,280
Wansdyke School	-	-	(1,080)	(544)	(1,624)
Total restricted funds	61,860	114,637	(76,654)	(75,527)	24,316
Total funds	103,180	328,550	(236,755)	-	194,975

Note: The large transfer from New Cookery School Fund to the unrestricted fund represent capital expenses made from that fund now being depreciated over their useful economic life via the designated Asset Depreciation Fund.

Other transfer between restricted and unrestricted funds are overhead costs contributions.

Purpose of restricted funds

How to be a Chef	A 12-week vocational training programme for young people aged 16-25 that offers skills for employability and opportunities for progression to further catering-related learning or employment. This intensive programme includes hands-on cooking and work placements in different areas of the food industry. Thank you to our funders Quartet, Kerry Ingredients and the Nisbets Trust for supporting this programme
Back in the Kitchen	This weekly, drop-in cookery club for older people at risk of social isolation gives a routine, encourages students to leave the house, teaches life skills and skills sharing, builds confidence, and provides vital social opportunities. Students then help to prepare a monthly Lunch Club for the wider elderly community, where everyone sits and eats together to facilitate the creation of peer support networks. Thank you to our funders The Sobell Foundation, Local Giving Grants, and Weston Power Distribution for supporting this programme
Cooking Connections	A weekly programme for adults with learning disabilities, where they cook delicious food and learn about healthy eating principles. This course helps students to improve personal and social skills, and to explore progression pathways such as volunteering and work. Thank you to our funder Semble Network for supporting this programme.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2022

Purpose of restricted funds cont.

Cooking Connections	A weekly programme for adults with learning disabilities, where they cook delicious food and learn about healthy eating principles. This course helps students to improve personal and social skills, and to explore progression pathways such as volunteering and work. Thank you to our funder Semble Network for supporting this programme.
Oasis Academy Connaught (OAC) Project	<p>A weekly cookery programme delivered at local schools that provides families (parents or carers and their children) with the opportunity to cook and learn together.</p> <p>The ambition of our work with schools is to make it a sustainable model, one that teachers and/or parents can adopt and run with. Therefore included as a core element of our work within schools is a training programme to help teachers develop the skills, techniques, recipes and confidence they need to teach cookery in the classroom. Thank you to the public who supported this work through donations to our SquareMeals Campaign.</p>
Peony Project	A weekly cookery programme for women trapped in sex work and addiction, which helps them to build trust, self-esteem and confidence through cooking. We teach women cooking skills and recipes and, most importantly provide a nourishing and delicious meal.
KITS - Food Club	Born during lockdown, the recipe kits provide families on a low income a way to cook together at home with none of the barriers around cost or fear of waste that might usually get in their way. As well as providing a free meal to families in need so that they can put the money they would have spent on food towards their energy bills, Square Food has responded to the fuel crisis by ensuring every kit is a low energy recipe and energy saving advice printed on the keepsake recipe card so that each family is supported beyond the fuel crisis
#Squaremeals	Square Meals Project has merges with Oasis Academy Connaught Project to provide Food Education in Primary Schools in areas of Bristol experiencing extreme food insecurity.
Taste For Independence	Three x 12-week cookery courses for young people aged 16-18 who are in alternative education. Course content is practical and useful and focuses on basic life skills including how to use a knife safely, shopping and cooking on a budget as well as team working, communication and attendance. Thank you to the Hargreaves Foundation for funding this project
YHH Holiday Classes	<p>Holiday Classes for children ages 7-12 who receive free school meals.</p> <p>The workshops provide opportunities to grow, learn, play, be active and develop personal and social skills. Attending our workshops will help children and young people to gain and build on skills needed to prosper and flourish and enhance their health and wellbeing. The workshops will be free to attend and open to all, encouraging equality and building inclusion. YHH classes are delivered during, Easter, Summer and Winter school holidays. These classes are funding through the Governments Holiday Activity Fund (HAF) programme, delivered by Bristol City Council as Your Holiday Hub (YHH)</p>

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2022

Purpose of restricted funds cont.

New Cookery School Kit	Capital funding to help Square Food Foundation move into it's new Cookery School as part of The Park Redevelopment. Thank you to Quartet for funding this work
Sovereign Holiday Classes	Holiday classes during half term for children who are on Free School Meals/Low income families. Each session the children cook a big lunch which they eat at SFF. They also cook enough to take home food for the rest of the family. Thank you Sovereign in the Community for funding these classes
Wansdyke School	A week long immersive exploration into the world of bread making for year 5 at Wansdyke School. Following on from this we delivered 2 x 6 week programme for parents and their children to cook together, learning new skill and building confidence as a family. Income for this project was paid to Square Food after the year end.

Purpose of designated funds

Operational costs inc redundancy The operational designated fund represents the esitimated value for redundancy and future committed expenses

Courses

Belgrave We worked with two groups of young people supporting them to gain their BTec qualification Levels 1 & 2 in Home Cooking Skills. Students are young people that attend Belgrave School. Belgrave is a schools for students with special educational or behavioural needs. By offering a fun, safe and engaging course, away from mainstream education, students flourished and gained qualifications that they would have considered out of their reach.

BADSS/Sunday Cooking Club We run monthly cookery session for young people with Down Syndrome to provide them with the skills, knowledge and confidence they need to cook and eat healthy meals when it comes to living independently.

Ad Hoc Community Throughout Sept 21 - Aug 22 we worked with students from a local SEN school including KnowleDGE, The Park Education and Princes Trust to deliver one off sessions/courses. Each class focuses on supporting the students to gain skills and build confidence in cooking from scratch to support independant living.

Asset depreciation The asset depreciation fund represents the value of unrestricted fixed assets held on the balance sheet at year end

18 Analysis of net assets between funds

	General Fund £	Restricted Funds £	Total £
Tangible Fixed Assets	27,256	-	27,256
Cash at Bank and in Hand	110,949	24,316	135,265
Other Net Current Assets/(Liabilities)	32,454	-	32,454
Total	<u>170,659</u>	<u>24,316</u>	<u>194,975</u>

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
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19 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2021 £	Prior Year Restricted Funds 2021 £	Prior Year Total Funds 2021 £
Income and Endowments From:			
Donations and legacies	5,690	92,132	97,822
Charitable activities	52,037	12,331	64,368
Investments	58	-	58
Total	<u>57,785</u>	<u>104,463</u>	<u>162,248</u>
Expenditure On:			
Raising funds	-	-	-
Charitable activities	71,594	98,352	169,946
Other	815	-	815
Total	<u>72,409</u>	<u>98,352</u>	<u>170,761</u>
Net income/(expenditure)	(14,624)	6,111	(8,513)
Transfers between funds	32,580	(32,580)	-
Net movement in funds	<u>17,956</u>	<u>(26,469)</u>	<u>(8,513)</u>
Total funds Brought forward	23364	88,329	111,693
Total funds carried forward	<u>44,753</u>	<u>61,860</u>	<u>103,180</u>

SQUARE FOOD FOUNDATION

England & Wales - Charity number 1173323

Accounts

SQUARE FOOD FOUNDATION
FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2021

Charity Number 1173323

SQUARE FOOD FOUNDATION

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2021

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SQUARE FOOD FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY AND ITS ADVISORS

YEAR ENDED 31 AUGUST 2021

Charity Name	Square Food Foundation
Charity number	1173323
Registered office and operational address	The Park, Daventry Road, Knowle, Bristol, BS4 1DQ
Trustees	Trustees who served during the year and up to the date of this report were as follows: Rhiannon McVey MBE Stephen Wray Catherine Steele Sonia Oliver Luke Sapsed Megan Mehnert Howard Swift Jacqueline Aldridge Daniel Farmer Sian Pamela Flynn
	Resigned 7 February 2021
	Resigned 3 December 2021
	Appointed 25 March 2021
	Appointed 27 January 2022
	Appointed 27 January 2022
Bankers	Triodos Bank Deanery Road Bristol BS1 5AS
Independent Examiners	Joanne Trowbridge MAAT Bristol Community Accountants CIC The Park, Daventry Road, Bristol, BS4 1DQ
Pro bono Solicitors	Vesselina Debreva (Associate) Shannon Pepper (Trainee Solicitor) Gibson Dunn 2-4 Temple Avenue, London, ECAY 0HB

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2021

Square Food Foundation

The Trustees present the Report and Accounts for the year ended 31 August 2021.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective January 2019).

Legal Structure, Governance and Management

The organisation is a Charitable Incorporated Organisation (the CIO) governed according to the rules of its CIO Foundation Constitution, registered on 7th June 2017.

Method of Recruiting and Appointing New Charity Trustees

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Organisational structure

The charity trustees manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO.

The purposes of the charity as set out in its governing document

The advancement of education and training in subjects relating to healthy eating, diet and nutrition in Bristol and the surrounding areas by the provision of training activities to develop people's skills, knowledge and capabilities in cookery and nutrition.

Aims and intended impact

Square Food Foundation (SFF) aims to reduce food poverty and inequality and improve health for Bristol and beyond by teaching people to cook good food from scratch.

Public Benefit

The Trustees have considered the Charity Commission's guidance on public benefit when reviewing its aims and objectives, and when planning its future activities. In line with guidance from the Charity Commission, the Trustees are satisfied that SFF continues to achieve its charitable aims by teaching

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

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people to cook good food in order to improve their health and reduce poverty and inequality. Its public benefit is described in the paragraphs below.

Covid-19

Throughout the last year, COVID-19 continued to make its presence felt as lockdowns came and went, requirements for testing increased and face coverings became the norm. Despite these challenges, Square Food Foundation managed to maintain and deliver a full timetable of cookery classes and courses (both virtual and in person!) to our students.

Alongside our standard cookery classes, we scaled up support for individuals and families affected by the pandemic. Our virtual cookery club expanded, and we now deliver nearly 200 DIY recipe kits to families each week. The club was initially designed as a fun activity for families to do together during lockdown, these kits are now a weekly staple that people collect from distribution hubs across the city.

As Christmas approached, charities across the city stepped up to work together to ensure children wouldn't go hungry during the holidays. With donations from FareShare SW, we packed and distributed almost 200 boxes of basic provisions to local families. This mammoth effort saw dozens of Square Food volunteers building boxes, sorting food, and dropping boxes on doorsteps across South Bristol. Biggest thanks go to the brilliant Hugo's greengrocers for the loan of their van and to Trustee Luke Sapsed for taking charge of deliveries.

Cooking with older people

Like so many of our other courses, last year saw our **Back in the Kitchen** programme switch from face to face, to online and back again. Whatever the medium, attendance stayed steady with around 8-12 older adults taking part each week. This drop-in class is designed to support older people (aged 55+) who may be at risk of isolation. Happily, we're now back in the kitchen full time. Students arrive every Monday morning, ready to get cooking. Together, they prepare lunch, trying out new recipes and practising techniques, then sit down to eat what they've cooked with Square Food's staff and volunteers. Once a month, students prepare food for our Lunch Club guests.



Cooking with young people

Over the last year, we provided practical skills for independent living to six different groups of young people. After a year of weekly classes, 12 young people from Belgrave School completed their BTec Level 2 Home Cooking Skills, gaining a practical qualification for the future. Alongside, a group of vulnerable young people from St Mary Redcliffe & Temple School attended in person workshops until lockdown forced us to take classes virtual. Thanks to support from the Hargreaves Foundation, we delivered a further five 'Toolkit for Independent Living' courses to different groups of young people studying at Cabot Learning Federation and at the Park Community Centre.



SQUARE FOOD FOUNDATION

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"I would definitely make fajitas again at home. I wouldn't buy a kit...no, I'd be able to make them from scratch."

Over the Summer, we welcomed young people from the Prince's Trust and the National Citizenship Service who attended cookery workshops as part of a wider life skills programme.

Our 12-week vocational programme, How to be a Chef supports young people not in employment, education or training (NEET) and aims to provide them with a pathway into employment, with a specific focus on work in the food and hospitality sector.

Despite having seven students registered who were due to start in April 2020, COVID-19 rules meant we were forced to postpone not once but twice. To engage students and keep them connected, we launched a series of virtual classes – not to replace the programme but to introduce students to the course, the Square Food team and each other, and to sustain momentum until they could attend in person. Thanks to a grant from the Savoy Educational Trust, we were able to deliver eight online sessions. Students received recipes and a list of ingredients to weigh and measure before they logged on. During the class, the teacher demonstrated recipes for students to follow and cook in real time. There was plenty of opportunity for discussion and questions and students formed firm friendships even before they met in real life. April 2021 saw all seven students arrive at the Square Food kitchen to start (and eventually finish!) the course. 100% students completed the programme AND achieved both their BTEC level 2 qualification in Home Cooking Skills and their Level 2 Food & Hygiene Course. Students spend two days per week at the SFF kitchen. As well as plenty of hands-on cooking, the course included cookery demonstrations from various well-known guest chefs.



"The course was great, I learned so much being here and will use the skill I have learned in life everyday'. 'The opportunities from the course are amazing, same as the people'

"The course has helped me get better at being able to talk to people and working in a group; cooking new things and experimenting with new ingredients"

We continued working with Bristol Area Downs Syndrome Support (BADSS), running monthly cookery sessions that provide young people with Downs Syndrome learners the skills, knowledge and confidence they need to cook and eat healthy meals when it comes to living independently.

Cooking with schools

During term-time

Last year, we completed nearly three years of work with local school Oasis Academy Connaught. Since 2019, we've been working with children, parents and staff to embed cooking into the school day and instil a culture of good food and healthy eating throughout the wider school community.

SQUARE FOOD FOUNDATION

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Thanks to individual donations, grants and corporate support, we've delivered practical cookery courses for parents, whole class workshops for children (30 children at a time) and an after-school club. We've worked with staff to build their confidence around cooking in the classroom and we've supported the school's senior management team to fund and build a brand new, fully equipped cookery hub where staff can put into practice their newfound skills and knowledge to run their own cookery programmes.



We rounded off this project with the Story of Bread week – a five day, whole-school event which saw teaching staff incorporating the history and culture of breadmaking around the world into lessons as well as a breadmaking workshop for every child and a picnic lunch (with home-made sandwiches of course!) to finish the week.

Watch the video [here](#)

After delays caused by COVID-19, we launched our staff training programme with East Bristol's Children's Centre. This 'train the trainer' approach helps us amplify our impact beyond the Square Food kitchen, by building a city-wide network of food educators. After six weeks, staff and parent volunteers knew how to set up for a cookery class, techniques for teaching knife skills and simple recipes with minimal kit.

'I'm more confident in cooking with kids in a way that is safe and allows them to practise cooking skills. Fantastic opportunity to give my daughter the opportunity to explore her interest in cooking'

During the school holidays

When schools close for the holidays, thousands of children that rely on free school meals are left without a lifeline. Over the last year, holiday hunger has hit the headlines more often than ever.

In response, Square Food has worked alongside schools, charities and community groups to deliver cookery workshops that not only stop children from going hungry but offer them something fun and productive to do during the school holidays.

Thanks to the government's new Holiday Activities and Food (HAF) programme, we've delivered cookery workshops over the Summer for children eligible for free school meals from three local schools. We've supported Feeding Bristol and the Children's Kitchen to write and publish Healthy Holidays recipe booklets – with ideas for breakfast, lunch and snacks, and we've worked with Bristol Sport Foundation to deliver cooking and activity workshops for groups of children from Oasis Academy Connaught.



SQUARE FOOD FOUNDATION

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Cooking with vulnerable groups

Your support enables us to work with some of the most vulnerable people in Bristol, including those women supported by the Peony project, part of One25 charity. This year saw us deliver workshops both online and in person. During lockdown, we hand-delivered 44 recipe kits direct to women's homes to ensure they had the ingredients they needed to take part in the live, online cookery classes. As soon as restrictions eased, we were back in the kitchen at St Pauls Community Centre, cooking alongside a small group of around women each week. Over the year, 15 women have taken part in Square Food sessions at Peony. Sessions have been attended 70 times in total - 45 times in person and 25 times online.

Geri's story

Geri has been engaging in the online sessions since November when Lockdown 2 began. At the start she expressed concern about joining as she lacked confidence and experience in the kitchen. We later learned that deciding to join the online session meant she would be cooking in her own kitchen for the first time.

She has consistently joined the sessions throughout the 11 weeks that they've been running and has expressed getting a huge amount of enjoyment and pride from this. At points she has been too anxious to join, or lacking in confidence. On one occasion Square Food still provided a recipe kit, and the next day we received pictures from her, showing that she'd persevered on her own, in her own time, and made the meal anyway.

One of the barriers she's faced throughout is not having equipment or tools in her kitchen. With guidance from Jenny she has been able to purchase items for the kitchen that she uses both in session and when she cooks during the rest of the week, and often shares news of recipes she's trialling by herself.

Geri has centred her goal setting around cooking at home and trying new meals, as she feels a healthy relationship with food is key to her personal development. Jenny has been able to support this by sending extra recipes that might be a good starting point for an aspiring chef, which have been a great motivation for Geri. We have seen her confidence and self-belief transform over the last few months.

"Today [cooking with Square Food at home] was really challenging but really great. Cooking in my own home is always something I've wanted to do, but I've been too scared to before now. I've reached my goal and now I'm grinning ear to ear. I'm proud of myself"

Cooking for health

Improving good health is one of the three main aims of Square Food Foundation's Theory of Change, and is central to every class. However, last year saw Square Food dig deeper into the impact of diet and nutrition on illness when we launched a new programme of online workshops for people affected by cancer.

Delivered in partnership with cancer support charity, Penny Brohn UK, this series of virtual cookery demonstrations were aimed at people with cancer and for those caring for them. Led by Barny and Victoria Kubiak, nutritional therapist at Penny Brohn, these monthly sessions explored the world of food, cooking and health and offered opportunities for participants to ask questions, share stories and find support.

SQUARE FOOD FOUNDATION

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YEAR ENDED 31 AUGUST 2021

Fundraising

As a registered charity, we work hard to raise funds to deliver our work and maximise our impact. To do this, we apply for grants from Trusts and Foundations, inspire individuals to donate and partner with corporate supporters.

In 2020 – 21, we received support from Trusts and Foundations including the Savoy Educational Trust, the Hargreaves Foundation, Awards for All, HAF, Francis Winham Foundation, the Sobell Trust, ActionFunder and LocalGiving among others.

Our Corporate partners include Kerry Foods, the Jolly Hog and Agile Chilli as well as many of Bristol's restaurants, food producers and retailers who supported our students, volunteered their time and donated ingredients.

By making a monthly donation, our regular givers continued to provide us with a source of stable, reliable income that allows us to plan ahead.

Thanks goes to each and every person who has helped us make an impact over the last 12 months.

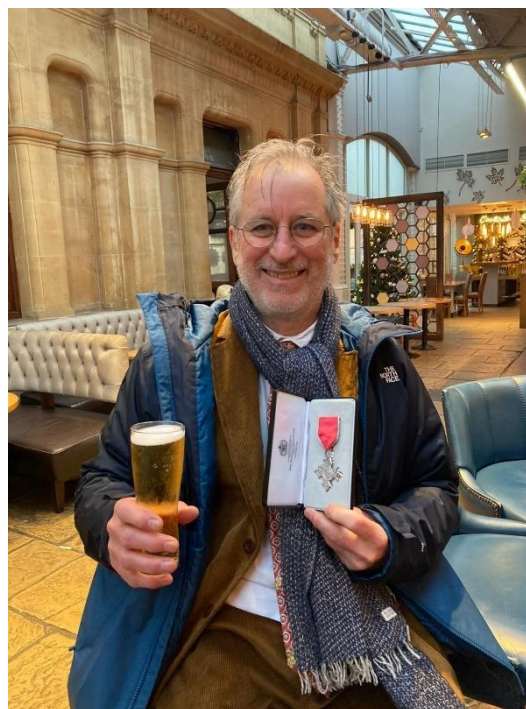
Awareness

Square Food Foundation's work continues to attract attention within Bristol and beyond. Read on for just a few headline events from the last 12 months.

Our Founder, Barny Haughton was recognised for his work with an MBE for Services to the Community.

Square Food Foundation was a Finalist in the Charity Category 2021 Bristol Life Awards!

As part of a series at the British Library, Barny gave a talk entitled 'Beyond the Food Bank', alongside speakers from Migrateful, Community Unity Leeds and the Brixton People's Kitchen. Later in the year, he was invited to speak at Bristol Poverty Institute's Child Health and Development Conference and took part in a steering group to inform the next steps for the National Food Strategy.



We continued to work with our friends and partners at Bristol 24/7 to promote our work and the case for food education.

Our Team

SFF relies on its ever-growing army of volunteers to perform myriad different roles, including weighing and measuring ingredients, supporting students, washing up, fundraising, communications,

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governance and graphic design. Some volunteers turn up at the same time each week, others are available just once or twice a year. Each of them brings skill, enthusiasm and a shared passion for good food and the importance of learning to cook.

Our team of paid staff continues to exceed all expectations in terms of their commitment, capacity and ideas. This year, we welcomed Dan Ford into a new role as Kitchen Manager and cookery teacher.

Our Trustees remain a constant, guiding presence. They provide useful, insightful perspective, bring skills that complement the team and offer practical support whenever required.

Trading Arm – the Cookery school & Kitchen, CIC

SFF operates in tandem with the Cookery School & Kitchen, CIC.

Prior to 1 April 2021, Square Food Foundation was the sole member of and operated alongside its trading arm, the Cookery School & Kitchen, CIC, who would deliver all activity on behalf of Square Food Foundation in addition to its own other non-charitable activities and services including teambuilding workshops, event catering and masterclasses. Both the Charitable Objective of Square Food Foundation and the CIC Objective of The Cookery School & Kitchen, CIC, were very closely aligned and so historically the two entities worked closely together to provide healthy eating and nutrition services to the Bristol area.

In 2021, with an overall objective of streamlining services, to enable Square Food Foundation the opportunity to deliver and undertake its own activities and for the role of Square Food Foundation as the charitable entity to be more prominent and understood by both its users and any potential investors or donors, it was decided that the Cookery School & Kitchen, CIC would transfer its operations to the Square Food Foundation. An Operations Transfer Deed was executed on 31 March 2021, which went live from 1 April 2021, and as a result the assets and rights of the operations carried out by the Cookery School & Kitchen, CIC. The transfer also provided for a TUPE transfer of eight employees to Square Food Foundation and the termination of the framework agreement which previously governed the relationship between the two entities.

The Cookery School & Kitchen still exists to support the charity by donating all profit from its services and activities to Square Food Foundation.

Financial review

Unrestricted Funds

Square Food Foundation has £41,320 in unrestricted funds. After taking into account Fixed Assets of £1,185, Debtors of £2,111 and Designated Funds for 2021/2022 of £5,499 the available free unrestricted balance is £32,575. This can be used to fund any of Square Food Foundation's projects should there be a shortfall in funding. Square Food Foundation is also able to use these unrestricted funds to run new projects which align to its charitable objects.

The trustee would like to hold a minimum of £10,000, the equivalent of running 1 standard project for 1, year, in unrestricted/free funds. Should Square Food Foundation's unrestricted funds need to support a full year of its projects the value would need to be £130,000. However, based on our successful track record with funding the trustees believe that the maximum that we'd should need to

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YEAR ENDED 31 AUGUST 2021

keep in unrestricted/free funds is the equivalent cost of running 4 projects for 1 year which is £40,000

Unrestricted funds are from donations from our trading arm (The Cookery School and Kitchen, CIC) up to 31st March 2021. From 1st April 2021 unrestricted funds are from profits from catering, masterclasses and team building events delivered by Square Food Foundation. And unrestricted donation from trusts, corporate partners, and the public.

Reserves Policy

The Trustees have agreed that the Charity must hold a designated reserve in the event of Square Food Foundation ceasing to trade and therefore being liable to pay statutory redundancy to eligible employees as well as any contractual liabilities the Charity holds, i.e. it's lease.

At 31st August 2021 the total redundancy bill for 9 employees is equal to £17,687.78. We will review this figure each year and adjust accordingly.

At 31st August 2021 Square Food Foundation is contractually obliged to provide 3 months notice should it want to terminate it's lease contract. 3 months rent is equal to £1,999.98 (3 x 666.66)

We would also be liable to pay our insurance which end is May 2022 – balance to pay would be £389.29

The trustee also deem is responsible to hold the equivalent of 1 month cost in order to pay any creditors. Average monthly costs (not including lease or salary costs) for 2022/2021 is £4,783.87

Therefore, as of 31st August 2021 the total reserved needed is £23,060.

Currently The Cookery Schools and Kitchen, CIC holds £30,022 as a designated reserves which is due to be transferred to Square Food Foundation as part of the Operations Transfer Deed. The transfer will be reflected in Square Food Foundations 2022/2023 annual accounts.

Future proofing our designated reserves

In early 2022 Square Food Foundation, together with its landlord The Park Centre, will be moving into a brand-new premise. With this moved comes a new lease contract and increase in rent from £8,000pa to £17,000 + VAT pa, increasing by £1,000pa for 5 years. The new lease contract is 5 years with a break clause at 3 years if we provide 12-months' notice. This means that Square Food Foundation, should it cease trading, would be liable for up to £64,800, declining year on year. It is extremely unlikely that Square Food Foundation would cease trading, but it's something that the Trustees are aware of and therefore have deemed that keeping the designated reserves at £30,022 is adequate.

SFF continues to prioritise making its programmes as accessible and affordable as possible. The charity maintains a good balance between commissioned income and fundraised income. We end the year in a positive position, with a satisfactory level of reserves.

Challenges and opportunities in 21-22

This year has seen us put in place internal systems and governance to improve our operations and consolidate our position as Bristol's leading cookery school.

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YEAR ENDED 31 AUGUST 2021

We've developed our Theory of Change to shape and inform all services and activities.

We've evaluated our programmes to ensure we're making best use of our resources and to generate a strong evidence base to attract further funding from more diverse sources.

We've expanded our team to streamline operations and reach more people.

The Future for Square Food Foundation

We will continue to fulfil the charitable objects of the charity in the most effective, efficient, and sustainable manner possible whilst developing our knowledge, skill, team and impact.

In 2020-21, we will continue to work with many of the same partners and groups, consolidating our current programmes and extending our impact.

We will move house to a big, bright kitchen in the newly built Park Community Centre

We will celebrate our tenth anniversary of teaching people to cook from our home in Knowle West. This milestone presents an important opportunity to raise awareness, cultivate donors and inspire support.

We will use our resources to work directly with our community. At the same time, we'll train other service providers to work with their own communities.

We will develop and implement a robust impact assessment framework that will help us learn and refine our activities and services.

We will to grow and diversify our income by encouraging more regular giving, growing our individual supporter base, working with new corporate supporters, and increasing the number of applications we make to Trusts & Foundations.

Funds received as agent or funds held as custodian trustee

There are no assets, classes of assets or categories of assets held on behalf of other entities.

Independent examiners

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Joanne Trowbridge of Bristol Community Accountants CIC was appointed as the charity's independent examiner during the year. Joanne Trowbridge is a member the Association of Accounting Technicians.

The report was approved by the trustees on and signed on its behalf by:

.....
Luke Sapsed - Trustee

SQUARE FOOD FOUNDATION

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2021

I report on the accounts of the company for the year ended 31st August 2021 which are set out on pages 12 – 21.

Respective responsibilities of trustees and examiner

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joanne Trowbridge MAAT

.....
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle Bristol BS4 1DQ

.....2022

SQUARE FOOD FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 AUGUST 2021

	Note	General Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Incoming and Endowments from:					
<i>Incoming resources from generated funds</i>					
Donations and legacies	3	5,690	92,132	97,822	211,775
Charitable activities	4	52,037	12,331	64,368	20,113
Investments	5	58	-	58	30
Total		57,785	104,463	162,248	231,918
Expenditure On:					
Charitable activities	7	71,594	98,352	169,946	125,736
Other	8	815	-	815	480
Total		72,409	98,352	170,761	126,216
Net income/(expenditure)		(14,624)	6,111	(8,513)	105,702
Transfers between funds	16	32,580	(32,580)	-	-
Net income/(expenditure) before other gains and losses		17,956	(26,469)	(8,513)	105,702
Net movement in funds		17,956	(26,469)	(8,513)	105,702
Total funds brought forward		23,364	88,329	111,693	5,991
Total Funds Carried Forward	16	41,320	61,860	103,180	111,693

All of the activities of the charity are classed as continuing

The notes on pages 14 to 21 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

** See note 16 for full comparative for 2020

SQUARE FOOD FOUNDATION

BALANCE SHEET

YEAR ENDED 31 AUGUST 2021

		2021	2020
	Note	£	£
Fixed assets			
Tangible assets	12	1,185	-
Current assets			
Debtors	13	14,835	-
Stock		700	-
Cash at bank and in hand		95,708	112,400
<i>Total current assets</i>		<u>111,243</u>	<u>112,400</u>
Liabilities			
Creditors: Amounts falling due within one year	14	(9,248)	(707)
<i>Net current assets or liabilities</i>		<u>101,995</u>	<u>111,693</u>
Total net assets or liabilities		<u><u>103,180</u></u>	<u><u>111,693</u></u>
The Funds of the Charity	16		
Restricted funds		61,860	88,329
Unrestricted funds		41,320	23,364
		<u>103,180</u>	<u>111,693</u>

These financial statements were approved by the trustees on and are signed on their behalf by:

.....
Luke Sapsed - Trustee

The notes on pages 14 to 21 form part of these financial statements

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2021

1 Basis of Preparation

- a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.

- b) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.
- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

- b) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

- c) Most expenditure is directly attributable to specific activities, and has been included in those cost categories. Support cost have been allocated 100% towards the charitable activities of the charity.

- d) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.

- e) Tangible fixed assets and depreciation - Tangible fixed assets are carried at cost less accumulated depreciation and impairment losses. Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Equipment	33.3	%	straight
			line

- f) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

- g) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

- h) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2021

Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Donations	4,790	6,813	11,603	69,494
Grants	900	85,319	86,219	142,281
	<u>5,690</u>	<u>92,132</u>	<u>97,822</u>	<u>211,775</u>

Donations and Legacies -Prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Donations	12,358	57,136	69,494
Grants	-	142,281	142,281
	<u>12,358</u>	<u>199,417</u>	<u>211,775</u>

4 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Courses	5,263	-	5,263	20,113
Sale of product	67	-	67	-
Catering services	46,707	12,331	59,038	-
	<u>52,037</u>	<u>12,331</u>	<u>64,368</u>	<u>20,113</u>

Charitable activities prior year - all unrestricted

5 Investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Bank interest receivable	58	-	58	30
	<u>58</u>	<u>-</u>	<u>58</u>	<u>30</u>

Investments prior year - all unrestricted

6 Government Grants

The charity receives government grants, defined as funding from Bristol City Council grant to fund charitable activities. The total value of such grants in the period ending 31 August 2021 was £7,350 (2020: £nil). There are no unfulfilled conditions or contingencies attaching to these grants in the year ended 31 August 2021.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2021

Expenditure on:

7 Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Bank charges	100	-	100	26
Professional services	17,414	72,611	90,025	125,537
Software & computer costs	183	-	183	173
Kitchen & sundry equipment & Hire	4,967	99	5,066	-
Ingredients	8,452	7,512	15,964	-
Salaries	32,819	17,700	50,519	-
Outsourced labour	919	290	1,209	-
Insurance	389	-	389	-
Payroll fees	408	-	408	-
Recruitment	125	-	125	-
Rent	4,151	-	4,151	-
Office & general administration	296	-	296	-
Memberships and subscriptions	525	140	665	-
Travel	846	-	846	-
	71,594	98,352	169,946	125,736

Charitable Activities - prior year

	<i>Unrestricted Funds</i>	<i>Restricted Funds</i>	<i>Total Funds 2020</i>
	<i>£</i>	<i>£</i>	<i>£</i>
<i>Bank charges</i>	<i>26</i>	<i>-</i>	<i>26</i>
<i>Professional services</i>	<i>11,891</i>	<i>113,646</i>	<i>125,537</i>
<i>Software</i>	<i>173</i>	<i>-</i>	<i>173</i>
	12,090	113,646	125,736

During the previous financial year the activities of the charity were delivered by The Cookery School CIC. The charity paid for this service until April 2021 when the charity began to deliver and undertake its own operations as detailed in the trustees annual report.

8 Other

	Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020
	£	£	£	£
Independent examination	479	-	479	280
Accounts preparation	336	-	336	200
	815	-	815	480

Other prior year - all unrestricted

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2021

8 Net incoming resources for the year

This is stated after charging:

	2021	2020
	£	£
Independent Examiner's fee	479	280
	<u>479</u>	<u>280</u>

9 Related Party Transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2020: nil) neither were they reimbursed expenses during the year (2020: nil). No charity trustee received payment for professional or other services supplied to the charity (2020: nil).

Payments totalling £89,925 (2020: £125,537) were paid to The Cookery School CIC for professional services provided in the year. The Cookery School CIC donated £264 to Square Food Foundation in the year (2020: £10,000).

Directors of The Cookery School CIC include Rhiannon Holder and Catherine Steele, who were also trustees of Square Food Foundation CIO in the year.

There were no other related party transactions during the year.

10 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

12 Tangible fixed assets

	Equipment	Total
	£	£
Cost		
At the beginning of the year	-	-
Additions	1,185	1,185
At the end of the year	<u>1,185</u>	<u>1,185</u>
Depreciation		
At the beginning of the year	-	-
At the end of the year	<u>-</u>	<u>-</u>
Net book value		
At the end of the year	<u>1,185</u>	<u>1,185</u>

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2021

13 Debtors	2021	2020
	£	£
Other debtors	14,669	-
PAYE	166	-
	<u>14,835</u>	<u>-</u>

14 Creditors: amounts falling due within one year	2021	2020
	£	£
Trade creditors	3,184	-
Pension	276	-
Accruals	815	707
Deferred income (see note 13)	4,973	-
	<u>9,248</u>	<u>707</u>

15 Deferred Income	2021	2020
	£	£
Balance as at 1 Sept 2020	-	25,907
Amount released to income earned from charitable activities	-	(25,907)
Amount deferred in year	4,973	-
	<u>4,973</u>	<u>-</u>

Deferred income is made up from gift vouchers and courses purchased which have yet to be redeemed.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2021

16 Analysis of Charitable Funds

	01-Sep 2020	Incoming resources	Outgoing resources	Transfers	At 31-Aug 2021
	£	£	£	£	£
Unrestricted funds					
General Fund	15,224	43,273	(55,206)	32,580	35,871
Designated funds	8,140	14,512	(17,203)	-	5,449
Total unrestricted funds	<u>23,364</u>	<u>57,785</u>	<u>(72,409)</u>	<u>32,580</u>	<u>41,320</u>
Restricted funds					
How to be a Chef	2,246	30,042	(7,850)	(7,425)	17,013
Back in the Kitchen	1,210	7,715	(7,054)	(1,871)	-
St Mungo's Streets To Kitchen Project	2,148	-	-	(2,148)	-
Oasis Academy Connaught (OAC) Project	45,825	5,900	(23,694)	(7,573)	20,458
Peony Project	12,564	-	(8,418)	-	4,146
KITS - Food Club	-	22,440	(10,742)	(5,678)	6,020
#Squaremeals	24,336	11,313	(30,827)	(655)	4,167
TFI	-	8,695	(2,113)	(1,526)	5,056
Square Meals Holiday Fund	-	3,000	(3,000)	-	-
YHH Holiday classes	-	10,358	(4,654)	(5,704)	-
Sovereign kits	-	5,000	-	-	5,000
Total restricted funds	<u>88,329</u>	<u>104,463</u>	<u>(98,352)</u>	<u>(32,580)</u>	<u>61,860</u>
Total funds	<u>111,693</u>	<u>162,248</u>	<u>(170,761)</u>	<u>-</u>	<u>103,180</u>

Purpose of restricted funds

How to be a Chef	Savoy Educational Trust. Training programme for 16-25 year olds
Back in the Kitchen	Francis Winham Weekly drop in sessions for 12 older people (55+) to teach life skills, reduce the risk of social isolation and increase interaction and confidence.
St Mungo's Streets To Kitchen Project	Working with St Mungo's recovery College teaching their clients, who have been affected by homelessness, to cook affordable and nutritious meals from scratch.
Oasis School Project/ No child goes Hungry/ The Ovo Charitable Foundation	Oasis Working with local primary school Oasis Academy Connaught (OAC). The project aims to improve the food environment at the school itself and within families in the community by providing basic cooking skills for life and increasing the number of times families cooked from scratch at home.
One 25/Peony Project	Hands-on cooking workshops to a small group of women at the Peony Project. Peony is an offshoot service hosted and delivered by One25 for women who are in recovery from street sex work and addiction. We support them to learn new skills, gain confidence and in some cases, work towards a qualification in food and cooking (ASDAN Foodwise)
KITS - Food Club	Our virtual cookery club support people to cook healthy, affordable and child friendly meals at home. Each week we nearly 200 DIY recipe kits to families in South Bristol either direct to local school or to FOOD Clubs. The virtual cooking club was initially designed as a fun activity for families to do together during lockdown, however these kits are now a weekly staple that people from low income families rely on to support thier weekly food shopping and to bring some cookery enjoyment into thier lives.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2021

Purpose of restricted funds cont.

#Squaremeals #SquareMeals is our emergency response effort to covid lockdowns. During the lockdown of Jan- April 2021 we provided a home cooked healthy and nourishing meal to families who rely on a free school meal. We also provided cookery kits for family living with food insecurity to enable them to cook and learn at home

TFI TFI stands for Toolkit for Independence and works with young people aged 16 - 18 who are living with a mental health problem, physical disability, or growing up in poverty. We work with small groups to provide practical cookery lessons focusing on affordable and easy recipes that they can create at home or in a care setting

Square Meals Holiday Fund Providing holiday classes during October 2020 for children on free school meals. During Christmas of 2020 we provided provisions boxes to local families living with food insecurity.

YHH Holiday classes Local government funded holiday classes for Children on Free school meals during the summer holidays of 2021 (July/August)

Sovereign kits Funding to run our virtual cookery club (recipe kits) to residents who live in Sovereign House in South Bristol

Purpose of designated funds The transfer to designated funds relates to activities and courses that were unable to be completed due to the Coronavirus pandemic. The funds have been held to continue those activities throughout the coming year.

Belgrave and CLF We worked with two groups of young people supporting them to gain their BTec qualification Levels 1 & 2 in Home Cooking Skills. Students are young people that attend Belgrave School and Cabot Learning Federation (previously Include). These are schools for students with special educational or behavioural needs. By offering a fun, safe and engaging course, away from mainstream education, students flourished and gained qualifications that they would have considered out of their reach.

BADSS/Sunday Cooking Club We run monthly cookery session for young people with Down Syndrome to provide them with the skills, knowledge and confidence they need to cook and eat healthy meals when it comes to living independently.

Ad Hoc Community We worked with students from a local SEN school called KnowleDGE. In May 2021 the commission us to run 3 cookery session with their students as part of enrichment week. We were able to deliver 2 session in FY 2020/2021. The final will be delivered in Sept 2021.

17 Analysis of net assets between funds

	General Fund £	Restricted Funds £	Total £
Tangible Fixed Assets	1,185	-	1,185
Cash at Bank and in Hand	33,848	61,860	95,708
Other Net Current Assets/(Liabilities)	6,287	-	6,287
Total	<u>41,320</u>	<u>61,860</u>	<u>103,180</u>

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2021

18 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2020 £	Prior Year Restricted Funds 2020 £	Prior Year Total Funds 2020 £
Income and Endowments From:			
Donations and legacies	12,358	199,417	211,775
Charitable activities	20,113	-	20,113
Investments	30	-	30
Total	<u>32,501</u>	<u>199,417</u>	<u>231,918</u>
Expenditure On:			
Raising funds	-	-	-
Charitable activities	12,090	113,646	125,736
Other	480	-	480
Total	<u>12,570</u>	<u>113,646</u>	<u>126,216</u>
Net income/(expenditure)	19,931	85,771	105,702
Transfers between funds	-	-	-
Net movement in funds	<u>19,931</u>	<u>85,771</u>	<u>105,702</u>
Total funds carried forward	<u>23,364</u>	<u>88,329</u>	<u>111,693</u>

SQUARE FOOD FOUNDATION

England & Wales - Charity number 1173323

Accounts

**SQUARE FOOD FOUNDATION
FINANCIAL STATEMENTS**

YEAR ENDED 31 AUGUST 2020

Charity Number 1173323

SQUARE FOOD FOUNDATION

FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2020

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SQUARE FOOD FOUNDATION

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY AND ITS ADVISORS

YEAR ENDED 31 AUGUST 2020

Charity Name	Square Food Foundation
Charity number	1173323
Registered office and operational address	The Park, Davenry Road, Knowle, Bristol, BS4 1DQ
Trustees	Trustees who served during the year and up to the date of this report were as follows: Rhiannon Holder Stephen Wray Catherine Steele Sonia Oliver Luke Sapsed Megan Mehnert Howard Swift Jacqueline Aldridge
	Resigned 7 th Feb 2021 Appointed 27 November 2018 Appointed 27 November 2018 Appointed 27 November 2018 Appointed 25 March 2021
Bankers	Triodos Bank Deanery Road Bristol BS1 5AS
Independent Examiners	Joanne Trowbridge MAAT Bristol Community Accountants CIC The Park, Davenry Road, Bristol, BS4 1DQ

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2020

Square Food Foundation

The Trustees present the Report and Accounts for the year ended 31 August 2020.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective January 2019).

Legal Structure, Governance and Management

The organisation is a Charitable Incorporated Organisation (the CIO) governed according to the rules of its CIO Foundation Constitution, registered on 7th June 2017.

Method of Recruiting and Appointing New Charity Trustees

There must be at least three charity trustees. If the number falls below this minimum, the remaining trustee or trustees may act only to call a meeting of the charity trustees or appoint a new charity trustee. The maximum number of charity trustees is 12. The charity trustees may not appoint any charity trustee if as a result the number of charity trustees would exceed the maximum.

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Organisational structure

The charity trustees manage the affairs of the CIO and may for that purpose exercise all the powers of the CIO.

The purposes of the charity as set out in its governing document

The advancement of education and training in subjects relating to healthy eating, diet and nutrition in Bristol and the surrounding areas by the provision of training activities to develop people's skills, knowledge and capabilities in cookery and nutrition.

Aims and intended impact

Square Food Foundation (SFF) aims to reduce food poverty and inequality and improve health for Bristol and beyond by teaching people to cook good food from scratch.

Public Benefit

The Trustees have considered the Charity Commission's guidance on public benefit when reviewing its aims and objectives, and when planning its future activities. In line with guidance from the Charity Commission, the Trustees are satisfied that SFF continues to achieve its charitable aims by teaching

SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2020

people to cook good food in order to improve their health and reduce poverty and inequality. Its public benefit is described in the paragraphs below.

Delivery Partner

Square Food Foundation operates alongside its Trading Arm, the Cookery School & Kitchen, CIC which delivers all activity on its behalf. See **Grant-making policy** (p12).

Covid-19: Our Response



When the UK's national lockdown was announced in March 2021, every one of SFF's services and activities was either cancelled or postponed. Instead of closing our doors and waiting until the storm had passed, we turned our attention to the looming hunger crisis among families, that until then, had relied on free school meals to feed their children.

As the school gates closed, so did breakfast clubs and school lunch provision across the country, leaving thousands of families at risk of going hungry. Square Food immediately launched an emergency appeal to raise funds to support local children and families with home-cooked daily meals. The response was overwhelming. Our friends, funders and supporters gave more than £100,000 - enough to provide 275 local families with a daily, delicious meal until schools re-opened, and to continue this service after children returned to the classroom.

We received dozens of offers of support from professional chefs who had been furloughed and wanted to donate their time and expertise. Between 20th March and 26th August 2020, we cooked and distributed more than 26,000 meals, thanks to you.

And we didn't stop there. Thanks to the support we received, we launched our virtual cooking club – a scheme to encourage children and families to keep cooking during lockdown. We started by delivering recipe kits to a handful of families each week. Each kit contained the pre-weighed ingredients for a particular recipe, along with printed instructions and a link to a cook-along video, presented by one of SFF's cookery teachers. The club was immediately popular – and by the end of August 2020, we were delivering 50 kits per week.

"My daughter and I were delighted with the opportunity to cook something so delicious together.. Congratulations to all of you that working so hard to help people in so many ways. People like you is all we need." Parent, OAC



SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2020

Our programmes

Between 1st September 2019 and end March 2020, when the first national lockdown was announced, we were able to deliver our usual services and activities. These are detailed below.

How To Be A Chef

In September 2019, we kicked off How To Be A Chef with seven students. This 12-week course is for young people aged 16-25 who are not in employment, education or training (NEET) and aims to give them a pathway into employment, with a specific focus on work in the food and hospitality sector.

The course was our most well-attended yet, with 100% students completing the 12-week programme and 100% students achieving both their BTEC level 2 qualification in Home Cooking Skills and their Level 2 Food & Hygiene Course. Students spend two days per week at the SFF kitchen. A further day each week is dedicated to field trips or to work experience at a different food businesses, including cafes, restaurants, bakeries and catering companies.



This year, students visited Jekka's Herb Farm, the Community Farm at Chew Magna and wholesaler, Total Produce. They also assisted with both cooking and front of house at several large catering events, and planned and hosted their own end-of-course celebration for friends and family. In partnership with local media company Bristol 24/7,

"I've become More open to learning. I have a better understanding of what learning can be like as an adult." David

" Having finished the course, I think I have more perseverance generally,...I used to give up on things in the past." Katie

The next cohort of young chefs was due to start their course in April 2020, but lockdown has delayed their start date by a full twelve months. We look forward to welcoming them to the SFF kitchen as soon as we safely can.

SQUARE FOOD FOUNDATION

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The School Food Project

Partner: Oasis Academy Connaught

Last year, SFF further developed its work with local primary school Oasis Academy Connaught (OAC). The project aims to improve the food environment at the school itself and within families in the community by providing basic cooking skills for life and increasing the number of times families cooked from scratch at home.

Specifically, the aims from the school included rectifying a limited knowledge of nutrition and cooking in many local families, widening horizons around ingredients and understanding of food provenance, and providing an enjoyable and less academic portfolio of activities to inspire children.

To achieve this, we have made our reach as wide as possible by approaching the issue in a number of different ways (and over a period of years), so that there were activities to appeal to everyone and all children would engage in more than one type of activity.

We continued to deliver weekly cookery sessions for parent/child pairs and holiday workshops, as well as introducing multiple new elements into the project. New activities included an after-school club, food-focused assemblies, cooking sessions for whole classes (up to 30 children per class), workshops for parents and inset training days for staff to support them to introduce cooking into the classroom. Activities took place both at SFF and at OAC's own Food Hub.



"Honestly. A lifeline for most. And a joy to families. We were helped and learnt new things to cook, and teach our family. Unrivalled company." Teacher, Oasis Academy Connaught.

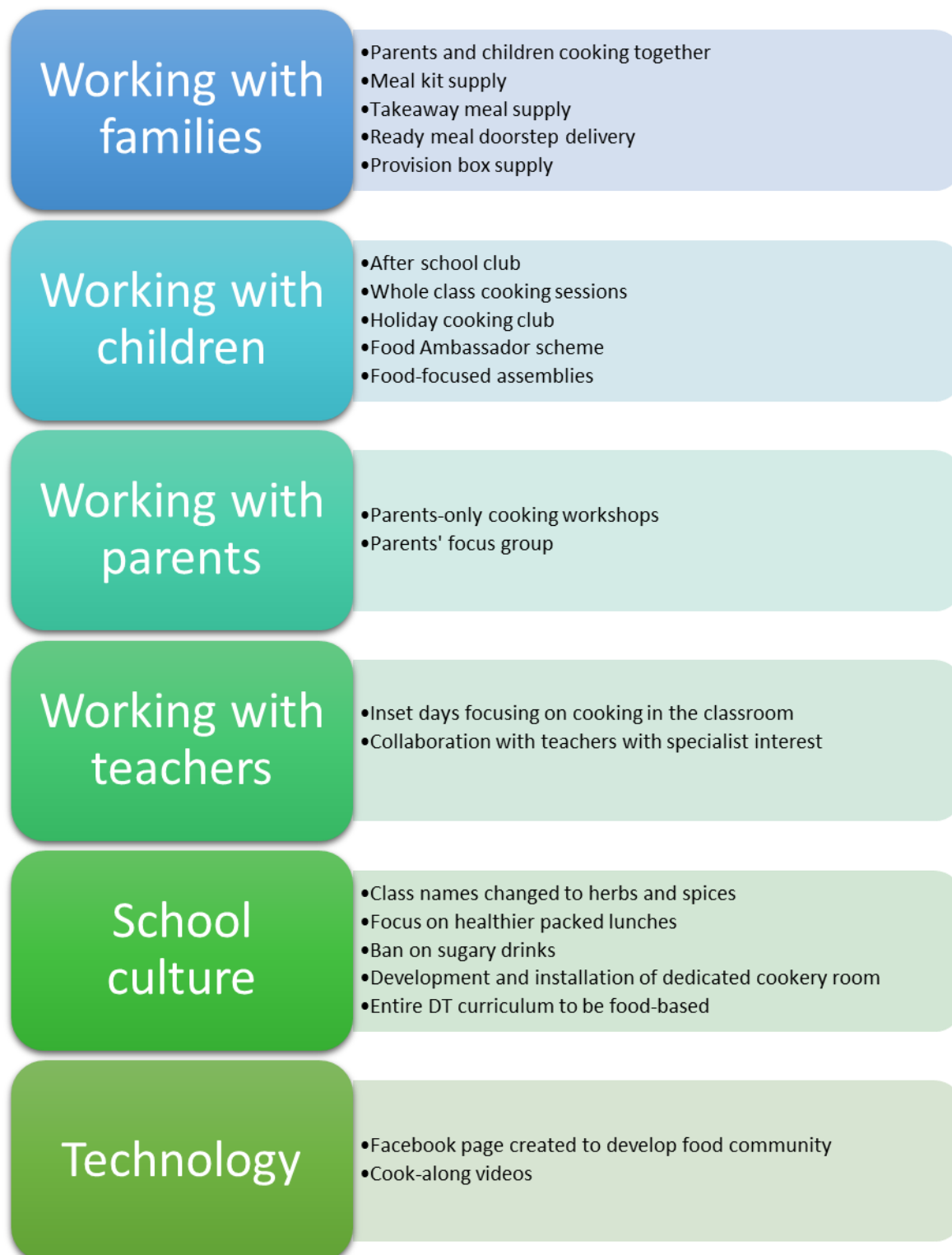


SQUARE FOOD FOUNDATION

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Figure 1 The different activities that make up the School Food Project. Some of the activities included were unplanned and introduced during lockdown to support families. However, these have contributed to the project's overall impact and have continued beyond lockdown.



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Impacts of the project

Observational evidence of the impact of this project

- Children and families are more willing to try new foods, which signals a more varied diet.
- Parents show increased confidence and interest in the mechanics of cooking and of dealing with fresh ingredients to create a tasty dish.
- The school reports a much greater willingness to choose fresh fruit and vegetables from the Food Club supply due to expanded knowledge of how to deal with them.
- Staff also observe a decrease in sugary drinks and unhealthy snacks in school, and a marked increase in children's knowledge and awareness of healthy foods.
- From social media, many families' engagement and enthusiasm is clear from the photos and comments of the food they have cooked – and this is true of families across the demographic.

Survey evidence of the impact of this project

- 100% of parents surveyed (Feb 2021) agreed that this was a good project for the school to be involved in.
- 100% of parents surveyed agreed that food and cooking should be on the school curriculum for all children
- The most common changes in behaviour reported by parents were an increased involvement of children in cooking at home, and the consumption of a more varied diet resulting from cooking from scratch.
- The most commonly mentioned theme across all questions in the survey was 'family', including support for families struggling to manage practically as well as food/cooking as a tool for bringing families together. This highlights the importance of any strategy for food on the curriculum to encompass whole families in the community as well as the children in school themselves. Multigenerational working can produce profound effects which build momentum.
- Of children surveyed, all demonstrated an understanding of the meaning of 'healthy food' and 'junk food'
- The most common theme arising from children respondents was a recognition of the importance of being able to cook for independence and health in the future.

School staff views

- Staff interviewed were unanimous that this has been an extremely successful and valuable project.
- All had noted a growing view among families that cooking can be enjoyable and fun, and that as a result diet and nutrition is improving.
- All were of the view that an expert partner organisation such as Square Food Foundation is indispensable in such a project due to the expertise, experience and time it can offer.

Meal kits

While lockdowns prevented the roll out of the project's planned activities at school and at the community kitchen, of real significance is the popularity and success of the meal kits. This was necessarily unanticipated at the outset of the project, but came across resoundingly from parent consultations. Key factors were that they provided a cost- and risk-free opportunity to try something new, that the convenience of having all ingredients provided and a video to follow made the activity easy to carry out, and that they created an opportunity for a collaborative activity in the home which

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YEAR ENDED 31 AUGUST 2020

parents would otherwise have found challenging to create themselves. They encouraged children and adults to try new ingredients and dishes as there was no choice in the recipe provided. The Head Teacher noted that the planning around the kits led to a high degree of success in producing a tasty, completed dish, and that for these families this was a valuable experience in itself. Food poverty / food insecurity refers to limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways. Meal kits are a way of addressing this in a fun and non-judgmental manner.

Cooking for Change

Partner: One25's Peony Project

The Peony Project is an holistic service, hosted and delivered by One25 charity for women who are in recovery from street sex work and addiction. In 2019, our weekly, outreach workshops were accessed by approximately 10 women. We support these women to learn new skills, gain confidence and a sense of self and in some cases, work towards a qualification in food and cooking(ASDAN Foodwise). Whilst lockdown meant we had to pause delivery, we managed to restart face to face sessions in July 2020 before moving to online teaching in January 2021.

"Today [cooking with SquareFood at home] was really challenging but really great. Cooking in my own home is always something I've wanted to do, but I've been too scared to before now. I've reached my goal and now I'm grinning ear to ear. I'm proud of myself"



Streets To Kitchen

Partner: St Mungo's

The Streets to Kitchen project supports adults at risk of homelessness. With support from Bristol's Better Food Company, we've worked with St Mungo's and their clients since 2018.

These semi-structured weekly sessions not only provide students with practical life skills and qualifications and a healthy, home-cooked meal, but are also an escape from the daily stresses of insecure housing, low income and vulnerable lifestyles.

In 2019, we delivered 21 workshops, attended by 6 learners. 4 of these learners were very close to completing their ASDAN Foodwise Qualification however sadly due to the lockdown they were unable to complete the course, and as yet we have not been able to restart the sessions. Workshops take place offsite, at the St Mungo's New Street Recovery College.

"I cooked a fish pie this week. I never would have done that before this course – it has given me confidence." J, St Mungo's client.



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Focus on Food

Partner: The Milestones Trust

We continued working with the Milestones Trust – a network of care homes in Bristol and South Gloucestershire caring for elderly people and people with disabilities. In 2019, we delivered three, 2-day cookery and nutrition training courses to groups of support workers.

Over the years, we've worked with all staff, including care home managers and cooks. Along the way, we've supported them to develop and implement a Good Food Charter – a series of principles that inform the way care home staff and residents procure, prepare and cook food to ensure optimum health among a population that has been shown to be vulnerable to poor diet.

With support from SFF and other training providers, some of the MT homes have achieved bronze and gold quality marks by the Soil Association Food For Life programme.



Healthy Holidays

Partner: Feeding Bristol; The Children's Kitchen

During the Summer holidays, we partnered with Feeding Bristol and the Children's Kitchen to film a series of short recipe videos as part of the Healthy Holidays campaign. The city-wide campaign included a booklet of recipes, each with any accompanying video tutorial and aimed to support families who are eligible for free school meals, to cook and eat together during the school holidays. Recipes were costed to fit within the government's school meal voucher scheme (e.g. £15 per week).



A Toolkit for Independent Living

We worked with two groups of young people (from two different schools) over one academic year, supporting them to gain their **B**Tec qualification Levels 1 & 2 in Jamie Oliver's Home Cooking Skills. Students are young people that attend Belgrave School and Cabot Learning Federation (previously Include). These are schools for students with special educational or behavioural needs. By offering a

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TRUSTEES' ANNUAL REPORT

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fun, safe and engaging course, away from mainstream education, students flourished and gained qualifications that they would have considered out of their reach.



Back in the Kitchen

We continued our **Back in the Kitchen** programme – a weekly drop in and cook class for older adults at risk of isolation. Every Monday morning, a group of between 8-12 adults arrive, put the kettle on and get cooking. They'll cook lunch for themselves, the SFF volunteers and staff. Once a month, they cook for a wider Lunch Club which other elderly community members attend.



"Having the class on a Monday is a really positive start to the week and being in the kitchen and working with others is such a pleasant experience, you feel part of a team. I've picked up lots of tips too and I get a lot more pleasure out of the cooking process. I am more confident with cooking and more adventurous. It's taught me to have the confidence to work with what you have in the fridge rather than going out and buying more ingredients."

Sunday Cooking Club

Supported by Bristol Area Down Syndrome Support (BADSS), we run monthly cookery sessions provide learners with the skills, knowledge and confidence they need to cook and eat healthy meals when it comes to living independently.

"I also wanted to say a huge thank you for everything you have done / are doing for Teal. She loves cooking at Square Food, has developed her skills, grown in confidence and has fun too - and that's thanks to you and the wonderful SF team." Teal's mum.



SQUARE FOOD FOUNDATION

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YEAR ENDED 31 AUGUST 2020

Other work with children and families

As well as our longer-term programmes, we delivered one-off cookery workshops for families from **Bristol's Adoption Support Centre** (children and their adopted parents) as well as families who attend the Disability session and Learn to Ride sessions at **Bristol Family Cycling Centre**.

In addition, we delivered a series of healthy food workshops to young people aged 16-17 who attended SFF as part of the **National Citizen Service (NCS)** Autumn and Summer Programmes.

Saving surplus food

We partnered with Fareshare SW to help them redistribute and use surplus food that would otherwise go to waste.

Fundraising

As a small organisation, every donation makes a difference. SFF raises funds using a variety of different methods – these include grants made by Trusts and Foundations, donations from individuals and funding from corporate supporters. We'd like to thank all those who supported our work pre-COVID as well as the individuals and organisations that funded and supported our #SquareMeals service during lockdown.

In 2019 – 20, we received support from Better Food Company, Box-E restaurant, Burges Salmon, OVO Foundation, Axa Community Grant Scheme, Antonio Carluccio Foundation, Awards for All, City Funds, Denman Charitable Trust, Francis Winham Foundation, the Maplescombe Trust, Neighbourly, the Nuttall Foundation, Quartet Community Foundation, Savoy Educational Trust, Sobell Foundation, Tesco Bags of Help Fund, Wesleyan Foundation, as well as the many individuals who have supported us by making a one-off or regular donation, fundraising for our work, volunteering their time and expertise and helping raise awareness.

Awareness

Square Food Foundation's work continues to attract attention within Bristol and beyond.

Against stiff competition, SFF was awarded Best Cookery School for the second year running at the 2019 Crumbs Awards.

Square Food Foundation Founder, Barny Haughton is a well-known figure and food education expert in Bristol and is often invited to speak at local and national events. This year, he continued to play an integral role in Bristol's battle against food poverty, as part of the City Funds No Child Goes Hungry working group. He was part of the line-up of food writers and cooks at the British Library's Food Season series of talks and workshops, was interviewed for [the Sustainable Food Trust podcast](#) and [the Knowle West podcast](#) and took part in an online workshop to discuss Food Centred Community Action in response to Covid-19. The workshop was hosted by Semble, and included panellists from [Bristol Food Union](#), [Brixton People's Kitchen](#) and [Be Enriched](#)



SQUARE FOOD FOUNDATION

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2020

Our Team

SFF relies on its ever-growing army of volunteers to perform myriad different roles, including weighing and measuring ingredients, supporting students, washing up, fundraising, communications and graphic design. This year, more than ever, we've benefitted from people's time and expertise, including a brigade of professional chefs who found themselves furloughed and offered their time and skill to help cook and distribute the #SquareMeals service. We said thank you with a fun, post-Christmas party where volunteers and staff spent an evening making dumplings and sharing a meal.

Trading Arm – the Cookery school & Kitchen, CIC

SFF operates alongside the Cookery School & Kitchen, CIC which supports SFF by delivering all work on its behalf and by donating all profit generated through its own activities which include event catering, teambuilding workshops and masterclasses (See grant-making policy below for more information). In 2019, The Cookery School & Kitchen CIC catered for various large, high-profile events in Bristol including events for NHS, Resonance, Quartet Community Foundation and The Galapagos Conservation Trust.

Financial review

SFF continues to prioritise making its programmes as accessible and affordable as possible. The charity maintains a good balance between commissioned income and fundraised income. We end the year in a positive position, with a satisfactory level of reserves.

Reserves Policy

The Charity's Reserves Policy states we should have 3 months running costs. As things currently stand, the charities annual running costs (inc. accountancy and small bank charged) amounts to approx. £700pa. The Trustees agree that the charities current unrestricted reserves of approx. £15,000 is sufficient to cover costs as per the Reserves Policy.

The income of SFF is applied solely towards the fulfilment of the charitable objects.

Grant-Making Policy

The Charity runs in tandem with the Cookery School & Kitchen, CIC (Community Interest Company). The Charitable Objects and the CIC Objects overlap and the Charity and CIC acknowledge the CIC has access to resources (including staff and premises) which enable it to undertake Projects in furtherance of the Charity's Charitable Objects, including the provision of classes and training sessions. The Charity makes Grants to the CIC which shall in turn use such Grants to provide activities which solely encourage and promote the Charitable Objects. Each Party believes that by establishing a collaborative relationship the ability of both to fulfil the Charitable Objects and the CIC Objects is increased. The relationship between the Parties shall not restrict either Party's other activities.

Challenges and opportunities in 20-21

The #SquareMeals service attracted significant donations and helped raise awareness of Square Food Foundation, both in Bristol and across the UK. Over the next 12 months, we want to use build on this awareness to retain new supporters and consolidate our messaging.

Whilst COVID-19 and the national lockdowns caused huge disruption to our programmes and partnerships, this time has also provided us with insight into the issues faced by our community around access to good food and what role SFF can play.

SQUARE FOOD FOUNDATION

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YEAR ENDED 31 AUGUST 2020

To increase income to ensure that SFF has a sustainable future. Having worked hard to raise awareness of our work, we must now focus on consolidating our programmes to provide evidence of real and lasting impact. This evidence base will help us attract further funding from more diverse sources.

We must also improve our communications to ensure that the general public understands and supports the full scope of SFF's work.

We understand what is needed to raise funds and awareness and as we enter the new financial year, we will take steps to develop and implement new fundraising methods to diversify and grow our income.

The Future for Square Food Foundation

We will continue to fulfil the charitable objects of the charity in the most effective, efficient and sustainable manner possible whilst developing our knowledge, skill, team and impact.

In 2020-21, we will continue to work with many of the same partners and groups, consolidating our current programmes and extending our impact.

We will use our practical programmes to develop templates and guides for other community cookery providers.

We will use our resources to work directly with our community. At the same time, we'll train other service providers to work with their own communities.

We will work as a team of staff and trustees, to map out our Theory of Change. This will sit alongside a robust impact assessment framework that will help us learn and refine our activities and services.

We will to grow and diversify our income by encouraging more regular giving, growing our individual supporter base, working with new corporate supporters and increasing the number of applications we make to Trusts & Foundations.

Funds received as agent or funds held as custodian trustee

There are no assets, classes of assets or categories of assets held on behalf of other entities.

Independent examiners

The trustees confirm that to the best of their knowledge there is no information relevant to the independent examination of which the examiners are unaware. The trustees also confirm that they have taken all necessary steps to ensure that they themselves are aware of all relevant examination information and that this information has been communicated to the examiners.

Joanne Trowbridge of Bristol Community Accountants CIC was appointed as the charity's independent examiner during the year. Joanne Trowbridge is a member the Association of Accounting Technicians.

The report was approved by the trustees on and signed on its behalf by:

.....
Catherine Steele - Trustee

SQUARE FOOD FOUNDATION

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 AUGUST 2020

I report on the accounts of the company for the year ended 31st August 2020 which are set out on pages 15 to 22.

Respective responsibilities of trustees and examiner

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joanne Trowbridge MAAT

.....
Bristol Community Accountants CIC
The Park
Daventry Road
Knowle Bristol BS4 1DQ

.....2021

SQUARE FOOD FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 AUGUST 2020

	Note	General Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Incoming and Endowments from:					
<i>Incoming resources from generated funds</i>					
Donations and legacies	3	12,358	199,417	211,775	28,534
Charitable activities	4	20,113	-	20,113	13,630
Investments	5	30	-	30	15
Total		32,501	199,417	231,918	42,179
Expenditure On:					
Raising funds	6	-	-	-	220
Charitable activities	7	12,570	113,646	126,216	74,508
Total		12,570	113,646	126,216	74,728
Net income/(expenditure)		19,931	85,771	105,702	(32,549)
Transfers between funds	14	-	-	-	-
Net income/(expenditure) before other gains and losses		19,931	85,771	105,702	(32,549)
Net movement in funds		19,931	85,771	105,702	(32,549)
Total funds brought forward		3,433	2,558	5,991	38,540
Total Funds Carried Forward	14	23,364	88,329	111,693	5,991

All of the activities of the charity are classed as continuing

The notes on pages 17 to 22 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

** See note 16 for full comparative for 2019

SQUARE FOOD FOUNDATION

BALANCE SHEET

YEAR ENDED 31 AUGUST 2020

	Note	2020 £	2019 £
Current assets			
Cash at bank and in hand		112,400	32,168
<i>Total current assets</i>		<u>112,400</u>	<u>32,168</u>
Liabilities			
Creditors: Amounts falling due within one year	12	(707)	(26,177)
<i>Net current assets or liabilities</i>		<u>111,693</u>	<u>5,991</u>
Total net assets or liabilities		<u><u>111,693</u></u>	<u><u>5,991</u></u>
The Funds of the Charity			
Restricted funds	14	88,329	2,558
Unrestricted funds		23,364	3,433
		<u>111,693</u>	<u>5,991</u>

These financial statements were approved by the trustees on and are signed on their behalf by:

.....
Catherine Steele - Trustee

The notes on pages 17 to 22 form part of these financial statements

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2020

1 Basis of Preparation

- a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.

- b) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

- b) Expenditure is recognised in the period in which it is incurred. Expenditure includes attributable VAT which cannot be recovered.

- c) Most expenditure is directly attributable to specific activities, and has been included in those cost categories. Support cost have been allocated 100% towards the charitable activities of the charity.

- d) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.

- e) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

- f) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

- g) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

SQUARE FOOD FOUNDATION
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 AUGUST 2020

Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Donations	12,358	57,136	69,494	4,329
Grants	-	142,281	142,281	24,205
	<u>12,358</u>	<u>199,417</u>	<u>211,775</u>	<u>28,534</u>

Donations and Legacies -Prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Donations	4,268	61	4,329
Grants	-	24,205	24,205
	<u>4,268</u>	<u>24,266</u>	<u>28,534</u>

4 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Courses	20,113	-	20,113	13,630
	<u>20,113</u>	<u>-</u>	<u>20,113</u>	<u>13,630</u>

Charitable activities prior year - all unrestricted

5 Investments

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Bank interest receivable	30	-	30	15
	<u>30</u>	<u>-</u>	<u>30</u>	<u>15</u>

Investments prior year - all unrestricted

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Expenditure on:

6 Raising Funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Fundraising	-	-	-	220
	<u>-</u>	<u>-</u>	<u>-</u>	<u>220</u>

Raising Funds prior year - all unrestricted

7 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Bank Charges	26	-	26	8
Professional services	11,891	113,646	125,537	74,100
Software	173	-	173	173
Independent Examination	480	-	480	227
	<u>12,570</u>	<u>113,646</u>	<u>126,216</u>	<u>74,508</u>

Charitable Activities - prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Bank Charges	8	-	8
Professional services	18,049	56,051	74,100
Software	173	-	173
Independent Examination	227	-	227
	<u>18,457</u>	<u>56,051</u>	<u>74,508</u>

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8 Net incoming resources for the year

This is stated after charging:

	2020 £	2019 £
Independent Examiner's fee	480	227
	<u>480</u>	<u>227</u>

9 Related Party Transactions

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2019: nil) neither were they reimbursed expenses during the year (2019: nil). No charity trustee received payment for professional or other services supplied to the charity (2019: nil).

Payments totalling £125,537 (2019: £78,615) were paid to The Cookery School CIC for professional services provided in the year. The Cookery School CIC donated £10,000 to Square Food Foundation in the year (2019:£3,450).

Directors of The Cookery School CIC include Lisa Jones and Catherine Steele, who were also trustees of Square Food Foundation CIO in the year.

There were no other related party transactions during the year.

10 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

11 The trustees confirm, in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on assets of the CIO.

12 Creditors: amounts falling due within one year

	2020 £	2019 £
Trade creditors	-	43
Accruals	707	227
Deferred income (see note 13)	-	25,907
	<u>707</u>	<u>26,177</u>

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13 Deferred Income

	2020	2019
	£	£
Balance as at 1 Sept 2019	25,907	-
Amount released to income earned from charitable activities	(25,907)	-
Amount deferred in year	-	25,907
Balance as at 31 August 2020 (see note 12)	<u>-</u>	<u>25,907</u>

14 Analysis of Charitable Funds

	01-Apr 2019	Incoming resources	Outgoing resources	Transfers	At 31-Mar 2020
	£	£	£	£	£
Unrestricted funds					
General Fund	3,433	32,501	(12,570)	(8,140)	15,224
Designated funds	-	-	-	8,140	8,140
Total unrestricted funds	<u>3,433</u>	<u>32,501</u>	<u>(12,570)</u>	<u>-</u>	<u>23,364</u>
Restricted funds					
One 25 Project	954	-	(954)	-	-
How to be a Chef	627	10,926	(9,307)	-	2,246
Back in the Kitchen	246	7,000	(6,036)	-	1,210
St Mungo's Streets To Kitchen Project	41	5,724	(3,617)	-	2,148
Oasis School Project	690	10,718	(11,104)	-	304
Peony Project	-	20,000	(7,436)	-	12,564
No Child Goes Hungry	-	9,999	-	-	9,999
The OVO Charitable Foundation	-	40,000	(4,478)	-	35,522
#Squaremeals	-	95,050	(70,714)	-	24,336
Total restricted funds	<u>2,558</u>	<u>199,417</u>	<u>(113,646)</u>	<u>-</u>	<u>88,329</u>
Total funds	<u>5,991</u>	<u>231,918</u>	<u>(126,216)</u>	<u>-</u>	<u>111,693</u>

Purpose of restricted funds

One 25/Peony Project	Hands-on cooking workshops to a small group of women at the Peony Project. Peony is an offshoot service hosted and delivered by One25 for women who are in recovery from street sex work and addiction. We support them to learn new skills, gain confidence and in some cases, work towards a qualification in food and cooking (ASDAN Foodwise)
How to be a Chef	Savoy Educational Trust. Training programme for 16-25 year olds
Back in the Kitchen	Francis Winham Weekly drop in sessions for 12 older people (55+) to teach life skills, reduce the risk of
St Mungo's Streets To Kitchen Project	Working with St Mungo's recovery College teaching their clients, who have been affected by homelessness, to cook affordable and nutritious meals from scratch.
Oasis School Project/ No child goes Hungry/ The Ovo Charitable Foundation	Working with local primary school Oasis Academy Connaught (OAC). The project aims to improve the food environment at the school itself and within families in the community by providing basic cooking skills for life and increasing the number of times families cooked from scratch at home.

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Purpose of designated funds	The transfer to designated funds relates to activities and courses that were unable to be completed due to the Coronavirus pandemic. The funds have been held to continue those activities throughout the coming year.
Belgrave and CLF	We worked with two groups of young people supporting them to gain their BTec qualification Levels 1 & 2 in Home Cooking Skills. Students are young people that attend Belgrave School and Cabot Learning Federation (previously Include). These are schools for students with special educational or behavioural needs. By offering a fun, safe and engaging course, away from mainstream education, students flourished and gained qualifications that they would have considered out of their reach.
BADSS/Sunday Cooking Club	We run monthly cookery session for young people with Down Syndrome to provide them with the skills, knowledge and confidence they need to cook and eat healthy meals when it comes to living independently.

15 Analysis of net assets between funds

	General Fund £	Restricted Funds £	Total £
Cash at Bank and in Hand	24,071	88,329	112,400
Other Net Current Assets/(Liabilities)	(707)	-	(707)
Total	<u>23,364</u>	<u>88,329</u>	<u>111,693</u>

16 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2019 £	Prior Year Restricted Funds 2019 £	Prior Year Total Funds 2019 £
Income and Endowments From:			
Donations and legacies	4,268	24,266	28,534
Charitable activities	13,630	-	13,630
Investments	15	-	15
Total	<u>17,913</u>	<u>24,266</u>	<u>42,179</u>
Expenditure On:			
Raising funds	220	-	220
Charitable activities	18,457	56,051	74,508
Total	<u>18,677</u>	<u>56,051</u>	<u>74,728</u>
Net income/(expenditure)	(764)	(31,785)	(32,549)
Net movement in funds	<u>(764)</u>	<u>(31,785)</u>	<u>(32,549)</u>
Total funds brought forward	4,197	34,343	38,540
Total funds carried forward	<u>3,433</u>	<u>2,558</u>	<u>5,991</u>