

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, 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	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, Daventry Road, Bristol, BS4 1DQ

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

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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.

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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.



Barny 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.

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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.

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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.

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- **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

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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."

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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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- **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 only 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 child's palate, 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.

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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 Burges 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

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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.

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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

TRUSTEES' ANNUAL REPORT

YEAR ENDED 31 AUGUST 2022

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

		General Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	Note	£	£	£	£
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>		177,814	111,243
Liabilities			
Creditors: Amounts falling due within one year	15	(10,095)	(9,248)
<i>Net current assets or liabilities</i>		167,719	101,995
Total net assets or liabilities		194,975	103,180
The Funds of the Charity	17		
Restricted funds		24,316	61,860
Unrestricted funds		170,659	41,320
		194,975	103,180

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

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
<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	10,572	23,030	700	34,302
Depreciation				
Charge for the year	1,057	5,758	231	7,046
At the end of the year	1,057	5,758	231	7,046
Net book value				
At the beginning of the year	-	485	700	1,185
At the end of the year	9,515	17,272	469	27,256
14 Debtors	2022	2021		
	£	£		
Other debtors	40,549	14,669		
PAYE	-	166		
	40,549	14,835		
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		
	10,095	9,248		
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)	4,302	4,973		

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.</p> <p>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	170,659	24,316	194,975

SQUARE FOOD FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 AUGUST 2022

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	57,785	104,463	162,248
Expenditure On:			
Raising funds	-	-	-
Charitable activities	71,594	98,352	169,946
Other	815	-	815
Total	72,409	98,352	170,761
Net income/(expenditure)	(14,624)	6,111	(8,513)
Transfers between funds	32,580	(32,580)	-
Net movement in funds	17,956	(26,469)	(8,513)
Total funds Brought forward	23364	88,329	111,693
Total funds carried forward	44,753	61,860	103,180