

# Food Network Keith

## 2012 - 2015

CCF Number 2393

*Learn - Harvest - Share - Grow - Cook - Compost*

### Background

Food Network Keith worked with the north east Scotland community of Keith and the surrounding rural area of Strathisla (approx. population 4,500) and REAP; a sustainable development charity founded in 1997 and based in Keith.

Pre-project research by REAP and others showed that the local community were keen to grow and eat more local food, but needed to overcome some barriers:

- lack of growing skills in Keith
- lack of knowledge about composting
- lack of information about sources of local food

REAP was keen to get involved in a local grow and eat project, in line with our environmental, social and economic objectives. Food production, transport, processing and food waste generates significant amounts of carbon dioxide and methane.

Helping more people eat, grow and cook local food, and reduce food waste going to landfill can make a real difference in reducing climate-changing carbon and methane emissions.

Project partners got together, and thanks to CCF funding, 'Food Network Keith' got going. The project ran from September 2012 to March 2015.

## Project Aims

### Food Network Keith aimed to:



Reduce our community carbon emissions (CO2e) by **reducing food waste** going to landfill by 20086.82kgs CO2e

Increase the amount of locally produced **fruit & vegetables grown and consumed locally**, reducing carbon by replacing food high in food miles, packaging & machinery carbon inputs, saving 8215kgs CO2e



Have more volunteers engage with local food issues and help out in their community & local organisations – 8 volunteers for REAP and 10 new volunteers for other groups

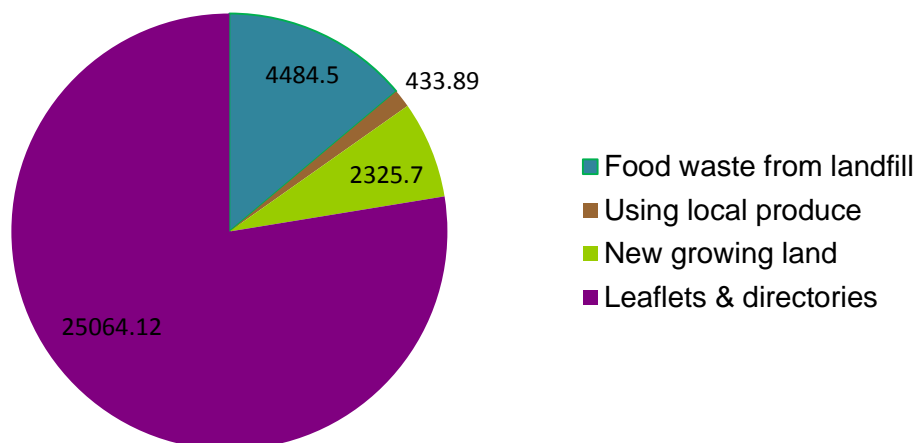
Create new opportunities to increase the supply and consumption of local food, **increasing the numbers of people growing and eating their own food** by 30 and weight of produce supplied by community groups to others



**Improve community green spaces** at 7 sites in Keith and Strathisla to improve community safety and increase awareness of, and engagement with, low carbon living

## Headline Achievements

### Sources of CO2e savings (kgs)



Diverting food from landfill and compost bins set up:	4,484.5kgs CO2e
Leaflets and Directories leading to behaviour change:	25,064.12kgs CO2e
New growing land – allotments, community gardens etc.:	2,325.7kgs CO2e
Local Vegetables and fruit replacing shop bought:	433.89kgs CO2e
<b>Total</b>	<b>32,308.21kgs CO2e</b>

Over the two and a half years of the project, an estimated **32,308.21 kg of CO<sub>2</sub>e was saved**, just over the target of 28, 283.82kg.

To achieve this, a total of **8 paid staff and 24 volunteers** worked on project outcomes.

**435 people attended over 100 advice and practical skills workshops, courses, talks and drop-in sessions.** This included **70 sessions** on:

**Basic food gardening**

**Seed saving**

**Potting on**

**Taking cuttings and propagating**

**Harvest and care of plants**

**Frost and pest protection**

**Composting and wormeries**

**What to grow now**

**Tree planting, pruning and aftercare**



There were also **9 cooking classes** using local food and seasonal recipes, **12 local radio broadcasts on KCR.FM** and **7 talks to local community groups.**

We also put on **11 events** including an **Apple Day, Community Planting Days**, hosting The Fife Diet Seed Truck, a **growing in schools event with RHET** (Royal Highland Educational Trust) to encourage for local teachers. The grand finale was a **Gardeners' Question Time** with a panel of local experts answering question from the community, hosted by a member of the Food Network Keith Steering Group.

**60 fruit trees** were planted in community spaces and schools in and around Keith to create a community orchard (see the apple map). Different groups and schools were involved in the planting.

Pruning and tree care workshops followed the tree planting training.

Using apples from local gardens and the community Orchard, we promoted local food eating by apple pressing with the whole community on our Apple Day and at other sessions.





**An edible hedge, public herb planters and spirals, and fruiting bushes** were planted up.

Cuttings were given out and a **free seed library and plant exchange** was set up at the office, with advice available where needed. Windowsill planters were built and growing areas were set up in all the schools and nurseries we were involved with, as well as at the local hospital, youth project and resource centre.

**27** adults and **3** children went to **5 raised bed 'parties'** that lead to **63 kg of food being grown** in homes, in schools, at the local hospital and at care homes.



***“Getting the raised bed has acted as a total catalyst. We have our polytunnel up now and have been out digging in the garden. We are all very excited about it.”***

***Sheila Fettes, raised bed party host***

Overall **500.15m<sup>2</sup> of new food growing spaces** have been created, **saving an estimated 2,325.7kgs CO<sub>2</sub>e**. Using **local food in cookery courses**, local lunches etc. to replace supermarket, high food miles food, saved **433.89kgsCO<sub>2</sub>e**

Composting advice was given during almost all of our growing sessions. **1842 composting leaflets** were handed out at sessions and in the local newspaper, with **220 downloaded** from the website.

**42 compost bins** were placed on the allotment and other sites, and they were even offered as competition prizes. As a result, we calculate that the Food Network Keith Project has **saved 29,548.62kgs CO<sub>2</sub>e** through diverting food waste from landfill.

A **baseline survey, a feasibility study into community markets in Keith, 'how to' guides** on composting, seed saving, plus an easy reference local food guide were produced. A **common sense guide on E.Coli and schools growing**, was developed for the project by a local Environmental Health Officer, with online versions attracting up to **385 downloads** each from the REAP website.

Promotion on Facebook and Twitter, local radio broadcasts and producing composting videos for YouTube, including a Doric version (search for **'YouTube Doric Composting'**) helped reach new audiences for growing and composting and promoted the deeper messages of the project in new ways.

Keith Community Radio estimate that our broadcasts on everything from composting to seed saving go out to **4,000 listeners**. Broadcasts were also used to encourage people to visit the office, attend events and to think about volunteering for the project.

## Project Outcomes

**Carbon Outcome 1: Reduce our community carbon emissions by reducing food waste going to landfill by 20,086.82kgs CO<sub>2</sub>e**

**Total reduction 29,548.62kgs CO<sub>2</sub>e**

**Outcome exceeded**

This total comes from **weight of compost diverted from landfill and assumed behaviour changes** after attending composting workshops and receiving or downloading composting information leaflets or the local food guide.

### Composting

We carried out a baseline survey with local families through the schools, members of the project steering group and project partners which showed that 51% of respondents were composting some of their food waste at the start of our project.

Our project records and final follow up survey showed that **42 households began composting** as a result of our project, **saving an average of 89.7kgs per household per year** (CCF carbon food map figures), and that even some of those who were already composting **increased the amount they composted** as a result of the project:

10 people were composting before REAP's project and didn't increase composting

8 people were composting before but do more now  
(average increase 0.87kgs food waste per week)

5 people weren't composting at all before and do now  
(average increase 0.9kgs food waste per week)

(Source: final 10% survey of participants – Appendix 4)

This increase was often a result of growing more of their own food, which of course brings the waste from trimming home grown fruit and vegetables into the home composting system, rather than waste generated in the food growing/processing industry.

A total of **42 new compost bins** were set up through the project:  
42x 89.7kgs CO<sub>2</sub>e per participant = **3767.4kgs CO<sub>2</sub>e**

***“My child really enjoyed the work REAP did with the school. St Thomas' still have the allotment and it's made me think about composting more at home.”***

***St Thomas' School parent***

### We learned

Our successes in getting people to compost were achieved with composting workshops and 'add-on' sessions to people we'd already worked with; those who found composting a natural progression from their growing activity, for example allotment holders and new growers.

Making composting and wormeries fun at workshops and as part of other sessions broke down barriers and misconceptions in a gentle, non-judgemental way.

## Diverting food waste from landfill

A total of **177.5kgs of food waste was diverted from landfill** during the project;  
 $177.5\text{kgs} \times 4.04\text{kgs CO}_2 = \mathbf{717.1\text{kgs CO}_2\text{e}}$

At the start of the project, we used Changeworks' **Kitchen Canny** system, which users compare their normal food waste, with waste after planning and following tips in the pack. We marketed it as a money saving tool and showed a basket of typical wasted food as a conversation starter. However, we found this did not work well in Keith.

We struggled to get people to take up the Canny and only a few people managed to use it and get back to us with feedback. On reflection, we think this might have been a **'next step' tool** for people who had already started thinking about saving food waste.

## Composting Leaflets and Food Directories

**600 copies of the local food directory** have been handed out, approximately 100 to new project participants, and 33 have been downloaded from our website.

**1637 leaflets on composting** have been distributed to the public in Keith through the local papers and at other events (we have been careful not to double count these, so are just including the 33 downloads in our total – 1670 leaflets and directories).  $1670 \times 330\text{kgs} \times 4.04\text{kgs CO}_2 \times 5\% \times 20\% = \mathbf{22264.4\text{kgs CO}_2\text{e}}$

84 leaflets were handed out at courses on composting and saving food waste emissions. Excluding the 42 people setting up new compost bins, that leaves **42 households** that we estimate have **increased the amount of food waste composted by 5%**.

Our final research figures from the follow-up survey suggest **this might be higher – 0.87kgs food waste per week extra per household.**

$42 \times 330\text{kgs} \times 4.04 \times 5\% = \mathbf{2799.72\text{kgs}}$



### We learned

To be careful in our carbon counting

**Carbon Outcome 2: Increase the amount of locally produced fruit and vegetables grown and consumed locally, reducing carbon by replacing food high in food miles, packaging and machinery carbon inputs to save 8215kgs CO<sub>2</sub>e**

**Total reduction 2759.59kgs CO<sub>2</sub>e**

**Outcome partially met**

## Growing more local Food

Unlike many other CCF projects, REAP did not aim to buy land, but instead to work with local groups, including the small local allotment group where REAP has a community plot, to develop community growing spaces in Keith.

In this, Food Network Keith was extremely successful, exceeding its target by **developing 500.15m<sup>2</sup> of new growing space** for local food saving **2325.7kgs CO<sub>2</sub>e**.

The local hospital, schools, local community centre, resource centre, 2 sheltered housing complexes and the local charity run railway station put in herb spirals, fruit trees, raised beds and formal herb gardens.

Our end of project evaluation confirmed that on average, the figure we'd been using of **3kgs of food grown per metre square** was accurate (36.5kg grown in 12x1m<sup>2</sup> raised beds = just over 3kgs/bed).

**The allotments** were home to the largest area of growing space, with **5 new plots** in production and a new area planned for the future.

It is also home to half the trees in the community orchard.

The revitalised allotment site has been the venue for most of REAP's growing courses. It is **an excellent resource for showing new growers different ways of growing food, and a selection of compost bins** to help with examples for troubleshooting. It even reassures growers that not everyone's plot looks perfect all the time (or even any of the time!)



## Growing in schools

The allotments and the REAP plot hosted **almost every schoolchild** in the Keith and Strathisla area, giving children sometimes their **first experience of sowing seed, digging soil, finding worms, making bug boxes and enjoying the outdoors**. School teachers and parent helpers take this positive experience back to their schools with them and make time to get our help to set up their own growing spaces.

Enthusiastic REAP staff helped teachers **overcome their initial fears** and worries about where to start with gardening in schools. They supported parents, helpers, janitors and teachers to work with children of all ages, from helping the nursery kids filling their raised bed with soil in their toy wheelbarrows, to getting the 'glamour gardeners' at Keith Grammar to empty their wormery.

It was great to see young people getting so enthusiastic working outside, especially some with challenging behaviour, who flourished while tree planting or digging.



***“All pupils were engaged and helping with the tasks. It was great to see a couple of pupils in a different light – working hard, being co-operative, showing leadership... All learned something and many were keen to return to the allotments and help over the holidays.”***

*Keith Primary School Teacher*

## Growing in the community



REAP worked with the Keith Community Council and local Councillors to take over some flower beds that the Council had to give up due to cutbacks. The local pipe band roused spirits on a lovely sunny community planting day, when **20 volunteers** turned out to help REAP and the Community Council plant the beds with all edible vegetables, fruits and herbs. Free locally available salads particularly saved people money and increased health:

***“The Bandstand garden has been a godsend – free herbs to pick and supplementing my diet with fresh produce, especially salad leaves. We did seed saving as well – all for free! It’s great for the whole community”***

*June, project volunteer*

### We learned

It's good to include community outcomes as well as carbon targets. Some of the food that travels most to reach us is lightweight, expensive to buy, often has the greatest food miles and is most often thrown away uneaten (e.g. bags of salads, pre-packed herbs).

Growing these locally so that they are freely available really helps reduce carbon but also has health and economic benefits.



## Vegetable Deliveries

However, the only unmet outcome in the project meant that we only partially succeeded in saving carbon from vegetable deliveries (**saving 433.89kgs CO2e instead of the estimated 6,820kgsCO2e**). This is also reflected in the low number of miles travelled by electric bike and thus carbon 'netted off' through this outcome (**197.37kgs CO2e netted off instead of the target of 1,682.208kgs CO2e**).

## Electric Bike

Our electric bike did cause a stir in Keith however, and we made sure we used the bike at all events and with groups in Keith to explain why we were using it. The **volunteer bike expert** who helped us with the bike also gave advice to other CCF projects which helped spread the benefits of our experience with maintenance, models of bike etc.

The vegetable deliveries outcome relied on being able to bring together and support a network of local growers to produce food for businesses and community organisations. As the project progressed it became clear there were **not enough local growers**, or that they were **not ready to take the next step** and supply someone else. Another factor was that the main local grower at the Drummur Walled Garden closed shortly after our project started.



## Local Food Growers

Having identified this shortfall a few months into the project REAP used the feasibility study into local markets in the area from this project to secure **funding to pilot community markets** in Moray (see economic outcome later in the report), and work is ongoing to form a growers' groups. Meanwhile, **local vegetables** have been used at project events from Confidence to Cook classes, local events and the REAP Christmas lunch, sourced from a local food charity and elsewhere.

### We learned

The project was successful at getting groups and individuals growing produce for themselves; it was perhaps unrealistic to expect these new growers to get to the stage of donating or even selling their produce to others within the project timeframe.

## Cookery Courses

For some, a barrier to eating more local and home grown food is not knowing how to cook it. This gap is being addressed using NHS Grampian '**Confidence to Cook**' classes through REAP's links with the Moray Food Network. **Three REAP staff and one board member** trained to run these classes and also attained their food hygiene certificates. We are especially proud of the Confident Cooks at Keith Resource Centre.

We also ran **local food baking classes** at The Loft Youth Project using beetroot, chives and other herbs, carrots and local cheese with local food champion, Maggie Brown from The Steading Bakehouse. These courses are continuing as an ongoing legacy of the project.

## Case study:

### Keith Resource Centre



At the local Resource Centre, REAP helped staff and service users with their community garden. A **former car park was converted** with tubs and verges for fruit and vegetables, and seating area was added. REAP staff trained in NHS 'Confidence to Cook' training helped service users **harvest and prepare healthy recipes** using the vegetables they'd grown. The food waste from cooking was then composted, a lovely example of **'closing the loop'** of growing/eating, while helping project participants grow skills and confidence.

**Social Outcome: More volunteers engage with local food issues and help out in their community and local organisations. 8 new volunteers for REAP and 10 new volunteers for other groups.**

**13 volunteers for REAP and 10 for community groups.**

**Outcome exceeded**

The project had a **wide range of volunteers** from the local community; from committed steering group members and the REAP board, to those happy to help with one aspect of the project or even a single event. Several Keith Allotment Group members have been staunch project supporters and volunteered at a number of events. Most people **attended project events or courses before increasing their involvement** and becoming volunteers.

#### We learned

It is important to give time to support volunteers and make sure they get what they want out of volunteering. Formal volunteers had a brief 'interview' session to talk about expectations on both sides.

In common with many organisations, we had volunteers who did not want to go through a formal process, but nevertheless gave a lot of time, knowledge and energy to the project.

The fact that REAP maintains an office on the Keith high street, and carries out other projects helped with volunteer recruitment. We recruited volunteers from people coming via our fuel poverty project and community markets

People often stayed to offer help, pick up free seeds, and in two cases ended up signing up as regular volunteers. **Our office base keeps us connected to the Keith community.**

Staff from different REAP projects also swap and help develop each other's ideas. We've found that holding **local food lunches brought staff, partners and volunteers together.** Our final event, the Gardeners' Question Time at Keith Grammar School was also **a celebration of growing and volunteering activity.**

## Case study:

### Julie and Eva - Volunteering

"I first heard about the REAP Local Food Project when a leaflet came through my letterbox early 2013. I had been really keen for a while to find out more about local veg deliveries and the electric bike deliveries sounded great.

I came into the office with my young daughter Eva (I don't drive so it was great that I could come in after playgroup) and asked about the allotments. To my delight there was one available.



Growing my own food is something I've always wanted to do but I lacked the confidence to get started, having no knowledge whatsoever on the subject. The staff at REAP have supported me from day 1, helping me to dig over my plot on my first visit to the allotments and plant a herb garden, as well as various vegetables.

I attended the REAP workshops through-out the summer to learn more tips, then signed up as a REAP volunteer and helped out at the Apple Day and other events.

"Over the months I have grown broccolli, leeks, salad leaves, cabbages, beetroot, spinach, courgettes, beans and kale, harvesting and cooking at home through-out the seasons and into winter. I know that we are reducing our food miles, too. Having the allotment and growing my own has inspired me to consider gardening as a career, and the reference I get from REAP after signing up as a volunteer will hopefully help me to achieve this."

**Economic Outcome: New opportunities to increase the supply and consumption of local food are created, increasing the numbers of people growing and eating their own food by 30, and increasing the weight of produce supplied by community groups to others.**

**65 new people growing & eating their own food**

**Outcome exceeded**

## Locally produced Food

Food Network Keith wanted to have an enhancing effect on accessing local food in the area. But as we'd found out before our project even started, there was little information about what food was available in our area. A local café had mentioned that they struggled to find out about where to source local meat for example. Our baseline survey showed that **24% of respondents didn't know if they ate local food or not.**

To tackle this, our food researcher produced a report into the pros and cons of holding a community market in Keith. This report led to **a successful funding bid** for another stand-alone project, and Keith Community Market now runs in a local hall with 7-8 regular local food stalls plus 9-10 craft/information stalls and an average of 138 people attending.



### We learned

To tackle behaviour change in different ways. Undaunted by the lack of knowledge about local food, we used good research into examples worldwide and from surrounding areas to give good information to those wanting to take food markets forward locally.

With the assistance of project assistants and others, our food researcher also produced a **local food guide**, which has been distributed to 300 local people and downloaded by 33 people from the REAP website and is proving popular as a showcase for local food producers.

## More Local Growers

There is such **a 'buzz' around local growing** and eating what you grow, that we found it and easier than expected to get people who had never sown seeds before wanting to grow, successfully growing and enjoying their produce. **62 people new to growing vegetables began growing their own.** Our end of project research shows that people who responded

to the question estimated that they **ate 1.87kgs more of local food per week** as a result of Food Network Keith, and those growing more produce as a result of Food Network Keith **grew and ate an estimated average of 12kgs more of their own produce per year**. This success was achieved through a combination of:

**'raised bed parties'**

**growing in community spaces**

**working with community groups**

**planting fruit trees**

**getting the message to parents through their schoolchildren**

**offering plenty of opportunities for new growers to attend follow up events and sessions**

We have seen people develop from very hesitant seed sowers to confident allotment holders, with some individuals attending 6-7 REAP courses. While recording **the importance of this continued support** here, we have been careful not to double count people in our figures.

However, as mentioned in the carbon outcome, we were not so successful at getting groups to 'cross supply' local produce. This is partly because there are so few local growers of vegetables and fruit.

Where we have supported groups to grow as at Keith Resource Centre, they want to eat the produce themselves!

Growing your own is of course even more carbon friendly than electric bike delivery, but means that surpluses for deliveries have not been generated – **it's a supply and demand dilemma**.

We hope the regular food markets may stimulate local farmers and growers to develop surpluses to supply the stalls. The REAP allotment plot has provided a good source of produce for groups – we have made sure that this has not been double counted in our recording.



### **We learned**

Be visible, be everywhere – Facebook, local groups, schools, in our case on the high street – and give people multiple chances to engage in many different ways to build confidence, not just one off sessions.

Each event builds on the effect and contacts of previous ones to build a 'perfect storm' of community engagement. A lasting change of behaviour can mean touching base, giving ongoing advice, signposting opportunities - time spent consolidating relationships is invaluable although it doesn't directly contribute to target numbers.



Just some of the coverage in local press

**Environmental Outcome: Improved community green spaces at 7 sites in Keith and Strathisla (which will improve community safety) and increased awareness of, and engagement with low carbon living.**

**Total of 12 improved spaces**

**Outcome exceeded**

Food Network Keith worked with various groups in the community to improve 12 public spaces throughout the area, including **4 schools, 2 sheltered housing complexes, the local hospital, community centre and 2 local authority housing areas and 2 public garden sites.**

**“Extremely worthwhile project – engaged people who were sceptical at first. It took a while but now people think the raised beds at the hospital are great!”**

**Chair, Friends of Keith Turner Hospital**

These improvements were all done with **prior community consultation** and were delivered with workshops on gardening, composting, seed saving and taking cuttings amongst others. We've also run **'where does your food come from'** events, **soil science and global carbon food footprint** events at participating schools.

All the sites involved volunteers, groups and members of the public interacting and focusing on growing in ways they hadn't ever done before.

This has really enhanced the environment in Keith and we know of at least 2 areas where anti-social behaviour has reduced because of our work, including liaison with the community warden.

## Case study:

### Keith Allotment Group

Keith Allotment Group (KAG) had secured funding to improve their site, but had lost key committee members. REAP worked with the group by providing a **venue for meetings** and **secure document storage**, advice on committees, getting quotes for work, **allotment rules, plot holder agreements and health and safety**. Now the group has a fenced, **secure site with paths & a shed, robust rules and a strong committee**.

As REAP is an allotment plot-holder, we have influenced thinking on avoiding pesticides and encouraging biodiversity. REAP arranged for each plot to have a compost bin. Not only will their use cut carbon, they will also provide nutrients and are a great resource for practical composting classes.



Keith Allotment Group have welcomed visitors to the site, including primary and nursery school classes, and have forged good links with local schools, one of which has a plot.

REAP have found the site invaluable for conducting our workshops, sessions and events. Other community groups including the Scouts have carried out work on the allotments and the local fire service have filled water butts.



**“The allotments in Keith would never have got off the ground without REAP – they’ve helped with finding funding, contractors, administration, plot holders, premises for our meetings... we really hope REAP continues in Keith”**

Keith Allotment Group Secretary

## Conclusion

“REAP were delighted to be successful in our bid to the Climate Challenge Fund. Any application has to contain estimations, and Food Network Keith was no different, although being well grounded in the Keith and Strathisla community and based on good evidence, so there was the initial anxiety about meeting targets. However, once the intensive recruitment process brought such dedicated, inspirational and hard-working staff into the project to work with our steering group and volunteers, it became apparent that this project was not only going to succeed, but be fun and have a lasting legacy of change for everyone involved, too.

Some of the highlights:

- Great staff & volunteers– and seeing them develop and gain new skills
- New community connections with groups in Keith
- Seeing people of all ages sowing seeds for the first time
- Making composting fun

I hope this report gives a good flavour of some of the great work we've all shared in Keith over the past two and a half years which has been a success for REAP, for our partners on the steering group, for residents and groups in the Keith and Strathisla community and for the local and global environment. We need more projects like this to succeed to face the climate change challenges ahead and re-connect to local resources of land, skills and community.”

Ann Davidson Project Manager REAP

Report compiled by Ann Davidson (Project Manager), Catherine Sinclair (Project Co-ordinator), Lynne Laing and Dorothy Allan (Project workers) with contributions from Elizabeth Runcie Board Member and Trustee



## **Appendix 1 - Finance and Administration**

### **Budgets and Re-profiling**

The original project budget was for £244,399 for two and a half years work.

REAP spent all of this budget apart from a small underspend of £.....

During the delivery of the project, we developed underspends in some budget lines including fruit tree purchase, travel expenses and events costs. Our CCF officers worked with us to re-profile our budgets to allow us to:

- take on temporary assistants when needed. New members of staff bring a fresh eye to project outcomes, enthusiasm and different skills. They allowed us to respond to increasing demand for workshops and advice sessions
- provide training for staff, increasing skills - both growing and admin related - and providing a legacy of the project that helped with organisational sustainability, and formal qualifications to back up knowledge
- provide ongoing costs for insurance to cover activities for staff including electric bike use and organisational and governance good practice.

### **Administration**

The project was delayed at the start, partly due to recruitment time taking longer than anticipated, but carrying out a robust recruitment process is vital to getting the right staff who have the best chance of working well together with complementary skills has been so good in this project and worth taking the time to achieve. Our officer worked with us through staff changes and ongoing learning.

Good communication from CCF has meant that we didn't experience any particular problems with the budget. We valued being able to discuss changes to our budget before submitting a formal request.

We found the final report training day useful, sharing good practice and acting as a good catalyst to focus on planning the report.

It was also useful to keep up-to-date records of outcomes, carbon and activities by completing bi-monthly reports to CCF.

## Appendix 2

<b>Output Grid</b>	
How many <b>advice/information centres</b> – regular drop-in centre, advice surgery etc. - is your project running?	1
How many <b>training sessions where skills and/or information were passed on</b> – e.g. composting training, cooking workshops, etc. – has your project has held.	61
How many <b>events</b> did your project hold, e.g. information fairs, open days, etc.? Do not include events held by other organisations which you have attended.	11
How many staff, volunteers or community members have achieved <b>qualifications</b> through the project – e.g. City & Guilds Energy Awareness, Trail Cycle Leader, etc.	6
How many people were <b>directly employed</b> by your project. Tell us the full-time equivalent (FTE) number of employees (e.g. 3 days per week = 0.6 FTE).	2.5
Is the project is supporting the development of any <b>long-term jobs</b> which are not dependent on CCF Funding? How many?	2
How many <b>people are actively involved</b> in your project – attending groups & workshops, using the project facilities etc.?	200
How many <b>people volunteer</b> their time and energy to keeping the project going – don't forget the members of your management committee or board.	28
How many <b>schools</b> are involved in your project?	5
How many <b>square metres (m<sup>2</sup>) of community growing space</b> (allotments, poly-tunnels, raised beds, community gardens) has your project brought into use?	500.15
How many <b>tonnes of waste</b> have been diverted from landfill because of the activities of your project?	25.7

## Appendix 3 – Project documents and reports

Please follow the links below to some of the project documents and guides. They are all available on the 'Downloads' page of the REAP website and hard copies are available at the REAP office.

[Keith & Strathisla Baseline Food Survey](#)

[Keith & Strathisla Local Food guide](#)

[Community Markets Feasibility Report](#)

[Composting leaflet](#)

[Seed Saving](#)

[E. Coli and Schools Gardening](#)

[Apple Map](#)

## Appendix 4 - Final Evaluation Survey Results

### REAP LOCAL FOOD PROJECT

Dear Participant (**23 responses**)

We are collecting information so that we can evaluate our work. As a participant in REAP's CCF funded project, we'd be really grateful if you can fill in the form below:

**1) Which REAP events and sessions did you take part in?**

- |  |    |
|--|----|
| • Raised bed party   | 11 |
| • Cooking workshop   | 1  |
| • Tree planting/pruning/care                                     | 11 |
| • Kitchen Canny  | 2  |
| • Compost workshop   | 10 |
| • Volunteering for REAP  | 5  |
| • REAP event - e.g. Apple Day, Seed Truck visit, farmers' market | 16 |
| • Planting session at allotments / community gardens             | 8  |
| • Get Growing / Back to Basics/new grower workshops              | 13 |
| • Schools  | 4  |

**2) Are you growing more food as a result of attending REAP sessions or events?**

This includes fruit trees, fruiting bushes, veg & herbs.

<b>Yes</b>	<b>16</b>	<b>No</b>	<b>5</b>
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**3) What weight of produce have you grown as a result of either workshops or having an allotment? (4 apples weigh about 1.5kg, 1 pan of tatties about 1kg)**

1-2kg	3-4kg	5-6kg	7-8kg	9-10kg	More (please state)
1	2	1		5	<b>15kgs; 35kgs; over 11kgs; 30kgs; 10-15kgs</b>

- 4) **Do you eat more locally grown/produced food as a result of REAP's project?**  
 This includes food you've bought in local shops, at the Keith market, or grown by someone else in the area. Please estimate the weight per week.  
**Yes 12 Weight? 500g per week x 2; 2.5kgs per week x 1; 3kgs per week; 1-2kgs per week**  
**No 2**

- 5) **Are you composting more garden/ food waste as a result of attending REAP workshops?**  
**Yes 14 No 8** (of these 6 were already composting)

**We'd like to estimate the weight of food and garden waste you compost now.**  
 Please just include the extra weight due to REAP's project if you already did some composting.

- 6) **Kitchen waste: How often do you empty your kitchen caddy into the compost now?** (1 full Kitchen canny = 1kg)  
 Twice per week **2** Once a week(1kg) **7** Once a fortnight (500g) **6**

- 7) **Garden waste: how many extra compost bins have you used over the last year?**  
 An extra quarter **1** An extra half **4** One **4** Two **1**  
 (Or: how much extra weight of garden waste have you composted this year?)

- 8) **For those who attended raised bed parties: Did you have any raised beds in your garden before REAP delivered their workshop?**  
**Yes 2 No 8**

**How much produce did you grow in your 1m2 raised bed over the year?**  
**1-2kg 5 (7.5kg) 3-4kg 4 (14kg) 5kg or more 3 (15kg)**  
**Total 36.5kg/12 = 3kgs/bed average**

**How many other raised beds have you or anyone who attended your party set up as a result?**  
**One 3 Two 3 Three 3**  
 Total extra beds = 9 x 3kgs = 27kgs Total estimated produce from raised beds  
 27+36.5 = 63.5kgs per annum

## Comments

1 - REAP do a great job and let us know about new events in Keith. I'm interested in their other projects too – fuel poverty

3 – My child really enjoyed the work REAP did with the school. St Thomas' still have the allotment and it's made me think about composting more at home

5 – My granddaughter was keen – she won the prize pumpkin at the Apple Day!

6 - You can tell REAP's made a difference – Keith didn't have allotments before.

7- REAP has been wonderful for my life! The Bandstand garden has been a godsend – free herbs to pick and supplementing my diet with fresh produce, especially salad leaves. We did seed saving as well – all for free! It's great for the whole community

8 - The allotments in Keith would never have got off the ground without REAP – they've helped with finding funding, contractors, administration, plot holders, premises for our meetings... we really hope REAP continues in Keith. The

Bandstand gardens were a real mess after the Council pulled out – this project made a real difference

9 - REAP have done a fantastic job in raising awareness of food production through local schools, community orchards and gardens. Great Job!

11 – Growing food is a really enjoyable thing to do – I've been inspired by REAP to do more gardening. I took cuttings – and they worked! I've got lots of plans – composting more, carrots, fresh herbs...

14 – REAP offer a fantastic range of courses and are a valuable source of information

15 – plans to create a larger raised bed

16 – the REAP local food project has been wonderful – the staff are all knowledgeable, and brilliant with schoolchildren. I have felt less 'lonely' championing allotments and working with like minded people has been a boost. I hope some sort of legacy remains in Keith long after this initial project....

17 – I was already composting and growing and buying local food, but it's been great to set up composting at the school. The REAP project has been v useful

18 – Extremely worthwhile project – engaged people who were sceptical at first. It took a while but now people think the raised beds at the hospital are great!

21 – A big thank you to REAP - a service with such knowledgeable people always happy to help and share advice. Hope we manage to keep REAP in Keith

22 – I live in Keith and can't drive so things have to be local for me – it's great