

# UKHarvest are keeping your local community nourished this lockdown.

Monday 15 February, 2021

Online Facebook Live session, Thursday 4th March, 6pm.

Sussex based food rescue and education charity, UKHarvest, are on a mission to 'Nourish our Nation' by eliminating hunger and food waste across Southern England. They provide free food to charities and organisations helping those most in need, as well as providing engaging education to help cook delicious and nutritious meals.

In their live session, UKHarvest will explore the different ways they support those who are most food insecure to live well, age well and to help combat social isolation. You'll gain an insight into their food rescue and education programmes as they share with you some terrifying facts on food waste in the UK.

Did you know 70% of the UK's food waste comes from the home?! Don't worry though, as their in-house nutritionist and food waste expert will be leading the session. You'll learn which are Britain's most wasted foods, before discovering useful tips to make the most of your groceries and reduce your food waste.

Thursday 4th March, 6pm. Free, online event. Visit [UKHarvest.org.uk](https://ukharvest.org.uk) for more information and to register your interest.

**Yvonne Thomson, CEO UKHarvest said:**

*"These are extraordinary times and we must act now to protect our planet and nourish our nation."*

RSVP here: [www.ukharvest.org.uk/event/ukharvest-live](https://www.ukharvest.org.uk/event/ukharvest-live)

## How does UKHarvest help your community:

UKHarvest work across Southern England, helping to save and redistribute up to 35 tonnes of food a week. Since the most recent lockdown started UKHarvest are delivering to an additional 50 organisations and charities each week, now delivering to over 200 recipient organisations, charities and individuals on a regular basis.

**Brighton** 17 recipient organisations including homeless shelters, food partnerships and community projects.

**Burgess Hill & Haywards Heath** 5 recipient organisations including elderly societies, youth centres and community projects.

**Chichester, Selsey & Petworth** 18 recipient organisations including, schools, homeless support and foodbanks, and food education programmes.

**Crawley & Horsham** 20 recipient organisation including youth centres, elderly society and community groups, and food education programmes.

## Media:



## Related Sectors:

Charities & non-profits ::  
Education & Human Resources ::  
Environment & Nature :: Food &  
Drink :: Health ::

## Related Keywords:

Food :: Waste :: Charity ::  
Environment :: Health :: Rescue  
:: Education :: Nutrition :: Free ::  
South :: Sussex :: Hampshire ::  
Chichester :: School :: Meals ::  
Portsmouth ::

## Scan Me:



**Croydon** 30 recipient organisations including, community groups, soup kitchens, and homeless projects.

**Eastbourne & Newhaven** 14 recipient organisations including family support, youth charity and community groups.

**Littlehampton, Worthing & Bognor Regis** 28 recipient organisations including schools, youth groups, and foodbanks, and food education programmes.

**Portsmouth, Cosham, Fareham, Havant, Hayling Island & Emsworth** 30 recipient organisations, including schools, foodbank and refugee centres.

**Southampton & Winchester** 10 organisations including community groups and homeless shelters.



## **Who are UKHarvest:**

UKHarvest are a not-for-profit organisation on a mission to eliminate hunger & food waste through education, food rescue, engagement, and innovation.

UKHarvest provide much needed assistance to charities and vulnerable people, by collecting surplus food from all types of food providers, delivering it, direct and free of charge. Helping to nurture those most food insecure, to live well, age well and to help combat social isolation, through education on reducing food waste and eating healthily.

## **Follow us on social media and help us Nourish Our Nation.**

Facebook, Instagram, Twitter: @UKHarvest

website: <http://www.ukharvest.org.uk/>

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### View Online

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<https://www.ukharvest.pressat.co.uk>