

# IMPACT REPORT - SUMMARY

## MEETING OUR AIMS

Epsom Pantry is a welcoming community hub built around food, offering affordable and healthy food, access to information and support, and opportunities to volunteer and learn new skills. Opening in May 2022, the Pantry had 125 active members by the end of 2022. Our first survey of Pantry members, six months in, shows that very good progress has already been made on nearly all the core outcomes, aimed at increasing members' financial resilience, improving their health and wellbeing, and strengthening local support networks.

“It has made such a huge difference to us, saving at least £200 a month to use for my daughter.”

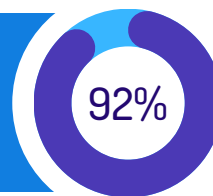
“Being able to get the basic essentials means I will eat breakfast and lunch, which otherwise I would miss.”

“It means I can feed my family healthier food and not feel like they're missing out.”



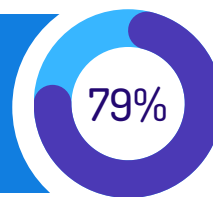
## IMPACT SNAPSHOT

Asked about the impact of the Pantry, 92% of members said they were now less anxious about feeding themselves and their family.



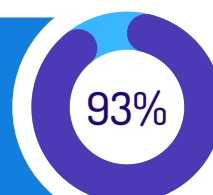
**45%** eating less ready meals or processed foods

79% agreed that it has given them more choice over the food they eat, helping to reduce levels of food insecurity.



**75%** bought new things they've not tried before

Nearly all members say they feel like a valued member of the Pantry (93%) – and linked to this, 78% reported feeling more confident and more connected to the local community.



**6/10** eating more fish, meat & eggs

**7/10** eating more fresh fruit & vegetables

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## CHARACTERISTICS OF MEMBERS

**56%**  
EMPLOYMENT

56% of Pantry members and/or their partners are working full or part time.

90% of members live in the borough of Epsom & Ewell, 6% in Reigate & Banstead, 2% in Mole Valley and 2% in other boroughs.

**90%**

**AGE**

Compared with the local population of Epsom & Ewell, Pantry Members include a disproportionate number of children and young adults, and a relatively low proportion of older people aged 65 and over.

## MEMBER'S FINANCIAL SITUATION

**68%**

of Pantry Members are finding their financial situation difficult (41%) or very difficult (27%).

**75%**

of Pantry members said they worried about running out of food and a similar proportion were eating less healthy food because they couldn't afford to eat a balanced diet.

**57%**

of Pantry members said they sometimes or often skipped meals and 17% said they had gone for a whole day without eating at some point in the last three months.

**6/10**

Pantry members are experiencing moderate or severe food poverty – having to eat less or go without food altogether, because they can't afford it – compared with less than 2 in 10 of the general population.



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## IMPACT ON USE OF EPSOM & EWELL FOODBANK

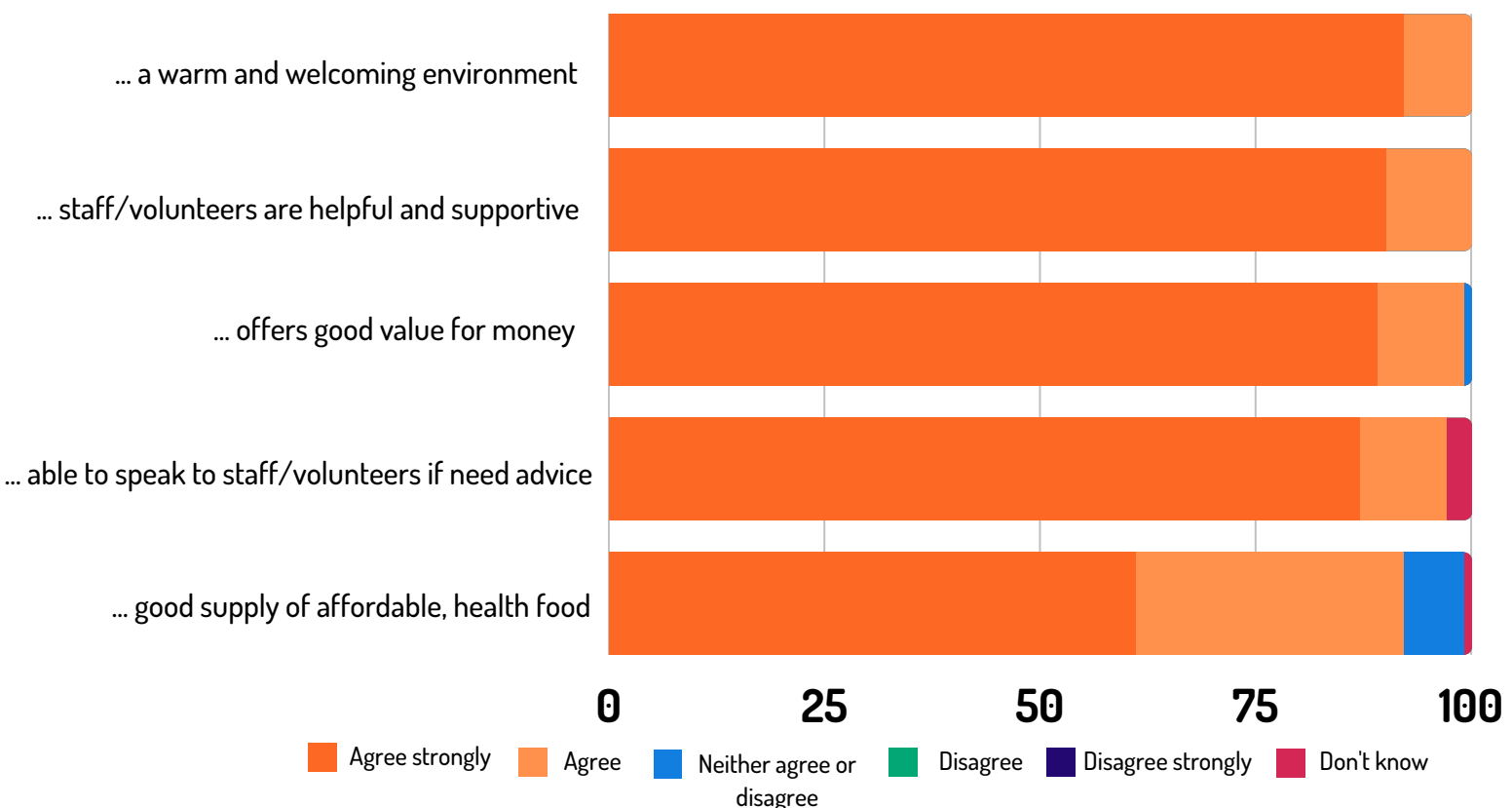


One of the aims of the Pantry is to provide a low-cost and more dignified alternative to Epsom & Ewell Foodbank, thereby reducing dependence on food banks.

Just under half of Pantry members (45%) said they had visited the food bank in the past year. Of these, 15 respondents said they were using the food bank less than before and 8 said they hadn't used it at all since becoming a member.

## MEMBER'S EXPERIENCE

Do you agree or disagree with the following statements about the Pantry?



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*To be able to get a good range of products at very good cost. That helps me hugely to make ends meet, even working full-time! The staff are so friendly and welcoming. I enjoy my weekly trip to the Pantry :)*

*Really helps if I have a bad week. I don't know what I would do without it. Foodbank is amazing, but it is nice to be able to get fresh fruit and veg and also the meat to go with it.*

*Huge impact on my mental health, as it is one less (big) thing that I have to worry about.*



*I have been able to have items that I otherwise would not have been able to buy. We have tried new items that wouldn't have considered before.*

*It's halved the cost of my weekly shop. I was spending £100 for the bare minimum and we can now get by on £50. It's also nice that there is a community. My son comes in and does the shopping with me. We did the cooking class together and he has done a lot more cooking since.*

*It's my favourite place to be outside of my own home :)*

