



Social Impact Report

Oct 2024 - Sept 2025

What is Bread n Butter?

Bread n Butter is a North London social enterprise. Est. 2018

We're food educators; teaching cookery life-skills whilst addressing health and social inequalities

We aim to:

- Remove barriers to healthy eating
- Increase confidence
- Reduce social isolation and improve community connections
- Reduce food waste

We achieve this predominantly by running classes for specific audiences in the communities that need it most

We provide our services mainly in Barnet and Enfield but also in the nearby boroughs of Haringey, Brent and Barking and Dagenham

breadnbutter.org.uk

instagram.com/breadnbuttercic



We believe in...

- Helping everyone, particularly the vulnerable and those experiencing:
 - Ill health
 - Poverty
 - Mental & physical disability
 - Lack of positive role models
 - Social isolation
- Giving people the chance to increase their confidence and reach their true potential
- Allowing people to have a voice and help shape our courses
- Giving people the opportunity for work experience

The impact our work had in 2023/24



3,017

Attendees to all our classes



365

Recipe Meal Kits distributed

1,460

Meals provided



292

Participants at our demo's



2

People employed to work with us from attending our classes



4,320

Food bank users received food



5.41

Tonnes of surplus food that avoided food waste

The people we've helped through our classes



504

Family members



611

Community residents



543

Youths



115

Adults with special needs



1,244

Youths with special needs



Cooking classes

Audiences reached - communities



Edmonton Green - Enfield

Year 4
9 classes in '24 – 98 participants
Total 201 classes– 1,862 participants



West Hendon - Barnet

Year 2 – Older residents
12 classes in '24/25
55 participants
Total – 24 classes / 207 attendees



Burnt Oak - Barnet

Project based
6 classes in '24/25
60 participants



Grahame Park - Barnet

Year 3
6 classes in 2024 – 60 participants
43 classes total – 370 participants

Audience reached - Families

Enfield – Oasis Academy

- 3 classes – families

Enfield – Exodus Youth Worx

- 3 classes - families

Enfield – Food Waste classes in 3 schools

- 5 classes–16 families

Enfield – West Lea school

3 campuses

- 3 classes–15 families

Barnet - Refugees

- 3 classes – 13 families

Barnet – Saracens School

- 2 classes – 3 families

Barnet – Holiday classes

- 9 individual classes – 22 families

Brent - Chalkhill Primary

- 12 classes– 10 families

Camden – Belifted Ryll School

- 2 classes – 30 families



“Great sessions, the children absolutely enjoyed learning new recipes and cooking together as a group.”

Family attendee, Enfield, 2024

Audience reached - Youth

Barnet Young Carers

- 6 classes – 38 participants

Holiday Classes - Barnet

- 11 classes – 73 participants

Pilot Period Workshops - Barnet

- 2 classes - 60 participants

Attendee Support Unit- Enfield

- 3 classes – 30 participants

Elected Home Educated classes - Barnet

- 5 courses of 6 classes – 57 participants

Youth Realities- Barnet

- 5 classes - 30 participants



“Families connected so well, they made a whatsapp group and continued to socialise when the classes finished.”

Elected Home Educated group, Barnet, 2025

Audience reached - SEN



SEN family –Enfield

- 4 sessions – c.30 participants



SEN youths - Barnet

- 8 participants



SEN youths – Enfield West Lea School

- 112 pupils – 1 year
- Enjoyed a mix of sensory cooking classes & Enterprise cooking workshops



SEN youths – Enfield Horizon campus Btec Level 1 – 1 year course

- 15 pupils gained their Btec level 1 qualification

Audience reached – Adults special needs



North London Forensic Unit - Enfield

- 6 classes – 45 participants



Back to Basics One-to-One Enfield

- 2 courses – 13 participants



Back to Basics Community Link- Enfield

- 1 course – 7 participants



AQA certificates achieved

- 45 certificates achieved over 3 courses of 20 participants

Audience reached -UCAN Enfield

Diabetes workshops

3 classes – 23 participants

Healthy eating courses

13 classes – 66 participants

Impact achieved

- Tender won April 2025
- Programme launched in June with immediate mobilization of classes
- All KPI's exceeded in the first two quarters of the programme



“The cooking classes have helped me find my confidence. I’m meeting new people and finally feel like the ‘old me’ again” **UCAN participant**

“Since coming to these cooking and nutrition classes, I now feel much lighter as I’m making more healthier food at home.” **UCAN participant**

Bread n Butter

nourishing skills

We teach the basic life skills
of cooking and sustainable
healthy independent living

Cookery Classes
Community Cooking Together Workshops
Parent & Toddler Workshops
Accredited Courses for Youths
Classes



Food Demonstrations

Why demo?

- To promote seasonal fruit & veg
- To celebrate a specific theme e.g. BHM
- To celebrate a specific occasion e.g. Ukrainian Constitution day or harvest of vegetables
- To promote specific ingredient e.g. beans
- To support a wider event e.g. wellbeing event
- To educate how to reduce food waste



Audience reached

- Cool Beans demo: **17 participants**
- Grahame Park Fun Palaces: **30 participants**
- Grahame Park demo: **10 participants**
- St Peter's food waste demo: **10 participants**
- NLWA Family Community Day: **7 participants**
- UCAN Pulses demo: **12 participants**
- West Hendon – Black History Month: **40 families**
- UCAN Falls Awareness: **50 people**
- UCAN weight management talk: **4 participants**



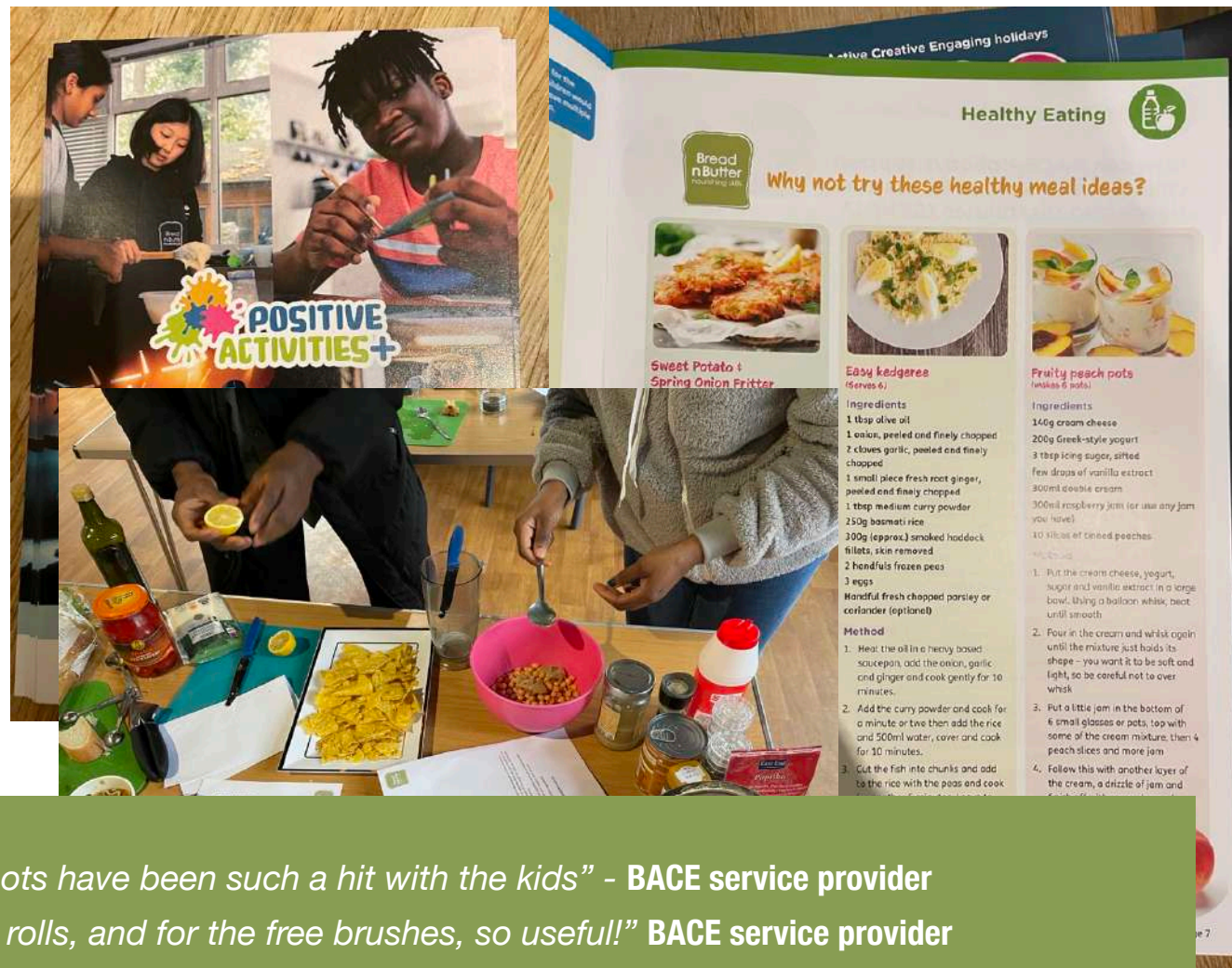
BACE Training

Objective

- To inspire BACE camp service providers with
 - food provision options
 - Interactive food preparation ideas
 - Useful supplementary equipment

Impact

- 39 providers made adjustments to their programme's after attending one of our 2 training sessions



"Your healthy, no bake cheesecake pots have been such a hit with the kids" - BACE service provider

"Thanks for introducing us to summer rolls, and for the free brushes, so useful!" BACE service provider

"Popcorn machine – such a simple but inspired idea" Laura Davitt – Barnet Council

Staff changes



Huma

Cooking class leader

Huma has more than demonstrated she is capable of this promotion



Mark

Cooking class assistant

Mark was one of the first participants in our Edmonton community cooking class in 2019



Olena

Cooking class assistant

Olena was a participant in our Ukrainian refugee classes & assists with us when she isn't at college



Tina

Non-executive director

. We're delighted to have Tina's community insight and experience as a valued contribution

The difference we made...

Back to Basics – adults special needs

“My sister will be so impressed I can make this spaghetti bolognaise myself now” Paul

45

AQA

Certificates achieved

100%

felt proud they had achieved their AQA certificates

The classes are great and all, and I liked hanging out, with these guys, loved the food but sorry cooking just ain't for me – thanks though” Michelle

Michelle

94%

more aware of healthy eating

100%

enjoyed visiting their local community space

66%

feel inspired & capable to cook for themselves from scratch

83%

are more aware of how to make cost effective meals

60%

could complete some dishes independent of their carer *

“I’m going to make this for breakfast and have one or two meals less in the pub now” Karl

Karl

*of those that have a carer

The difference we made...

West Lea special needs school

These sessions have been invaluable to our students – they look forward to coming every week

15 students achieved year 1 BTEC level 1 catering

The inset was a massive success.

Thank you so much for your support.

The staff were really complimentary with the sessions that you gave them along with all the ideas.

Thank you.

"Thank you so much for the week you spent at Haselbury.

The feedback from the cooking lessons has been amazing"

80%

Of students learnt a new cooking skill

20%

of students considered a career in catering & hospitality

The difference we made... in communities

75%

Feel less
isolated

82%

Likely to repeat 1
or more recipes
again at home

78%

Feel more
connected to their
local community

100%

Tried new
food/dish

100%

Learnt
something new

99%

Increase in
wellbeing

The difference we made: Recipe Meal Kits



"Thank you so much for the Recipe Meal Kits – the parents were delighted to receive some free food and be able to prepare a meal together with their children, who incidentally, felt excited and confident after your class"

John Gribbon - Barnet Young Carers

The difference we made: Food waste

80%

Learnt multiple ways to use one vegetable

88%

Said they are now a more confident, innovative cook

90%

Said they are less likely to waste food

87%

Learnt new ways to use overripe fruit & veg

97%

Learnt how to use up odds and ends of ingredients

93%

Learnt how to utilise all the vegetables – stalks and all!

96%

Learnt how to use unfamiliar ingredients, particularly seasonal veg

Funders & Partners



St Peter's Church
Food bank



Attendee Testimonials

'I've learnt to cook different cultural meals and at a budget'

'I definitely make more soups now. The Bread n Butter recipes are always so delicious and make use of left over food'

"It's been lovely cooking and eating with new people. Thanks for the recipes and fresh ingredients"

'I try to make healthier and more vegetarian food'

'Thank you so much for the food bags, which will greatly be received by our Year 5 families. They look fabulous!'

'It's been so nice cooking together with friends'

'It helped me to cook food different from what I normally eat.'

'Thank you very much for the food parcels. We really appreciate this.'

'I am so glad to turn up and hopefully these sessions will carry on. Thanks to all the cooks and assistants for their help and being so friendly'

"Since having you as a teacher my son has cooked more at home. His confidence has really improved."

'Thank you very much for organising these classes. Everyone is looking forward to the next gathering'

'We've learnt so many new ideas from today's training we'll definitely be trying some of these recipes in our classes'

"I made these sausage rolls at home for my family they were really impressed"

'I like to attend the classes for one thing it gets me out of the house and doing something I've never done before like cooking. I've enjoyed these sessions tremendously'

Client Testimonials

“Thank you both for all your support and working with our learners this year. They have grown so much and learnt a huge range of skills.”

Angela Poplar
West Lea School
Head of Curriculum
Development

“Partnering with BreadnButter has brought many benefits to MTVH’s residents. Together, we’ve organised social eating events, and cooking classes where residents can learn new skills, connect with others, and feel a sense of belonging. “

Lesley Watson Regional Manager
Community Impact
Metropolitan Housing

“For the past four years, Bread and Butter have been an incredible partner for us at BeLifted, delivering engaging and practical nutrition sessions that truly make a difference.”

Jenny McCall
Founder
BeLifted Now CIC

“Bread n Butter CIC has been an invaluable partner to Barnet Youth over the years. Their staff are highly skilled, knowledgeable food educators who bring warmth, fun, and approachability to every session.”

Laura Davitt
BACE & Positive Activities Team
Manager
Barnet Council

New for 2025/26

- SEN Btec level 2 cooking course
- Sky City Supper Club – empowering the community
- Winter Warmer Brunch Club – West Hendon
- Healthy Steps Forward – Health Workshops - Barnet
- AQA courses - Equal opportunities Team – Integrated Disability Service
- Barnet Adult Carers cooking classes and nutrition workshops
- Food waste family workshops – Co op community Fund - Barnet
- Community Recipe Book – Darwin House - Pimlico
- Heritage Recipe Book – Enfield
- Age UK Enfield – sensory & memory classes
- Catering – Enfield council staff away days & meetings
- Work experience – West Lea sixth form pupils

