



**TRANSFORM
YOUR
TROLLEY
REPORT
2022
YEAR 3**

Introduction

This report is an overview of the delivery of the Transform your Trolley, in which **safefood**, the Healthy Living Centre Alliance (HLCA) and lead organisation the Old Library Trust HLC have partnered together for the third year of the initiative.

The strength of this initiative is in partnership with the Healthy Living Centre Alliance, this programme can be shared across their network and partnerships of 29 community-led health improvement organisations, using this strategy allows for the roll out of the initiative to reach families and individuals who will benefit from this programme across both rural and urban areas across the North of Ireland/Northern Ireland.

The Old Library Trust, with their proven experience, were the agreed lead partner who oversaw, coordinated and managed the delivery between the approved healthy living centres.

Implementing the Transform your Trolley programmes, we have continued to take on the learning from the previous years delivery, to generate more delivery partners to increase the accessibility of programmes for local people.

On initial recruitment, we received 17 expressions of interest from healthy living centres across the north. On completion, we had 14 healthy living centres deliver full programmes, with a total of 15 programmes delivered.

The programme was launched on 26th September 2022, the launch allowed partners who have expressed an interest in the initiative along with previous delivery partners came together to understand what the programme entails and share learning on previous years.



Programme Recap



DELIVERY PARTNERS



- CWSAN - Cookstown and Western Shores Area Network
- Bogside and Brandywell Health Forum
- Derg Valley Healthy Living Centre
- New Lodge Duncairn Community Health Partnership x2
- Clanrye Group
- Loughgiel Healthy Living Centre
- Maureen Sheehan Centre/HEART Project
- Omagh Healthy Living Network
- Top of the Rock HLC
- Ligoniel Healthy Living Centre
- Oak Healthy Living Centre
- Peninsula Health Living Centre
- Old Library Trust, HLC
- Verve Healthy Living Network

OUR PURPOSE

The Transform Your Trolley (TYT) initiative set out to show local people that even the smallest of changes can lead to big differences when it comes to analysing the content of your daily/weekly shop.

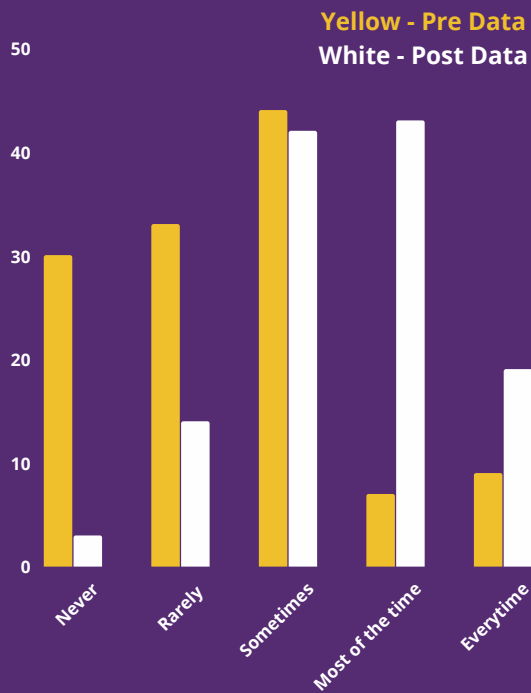
Whilst families took part in the initiative it was also key that they gained a greater awareness of safe food as a source of independent and credible information on food safety and healthy eating.

NORTHERN	2
BELFAST	5
WESTERN	5
SOUTHERN	2
SOUTH-EASTERN	1

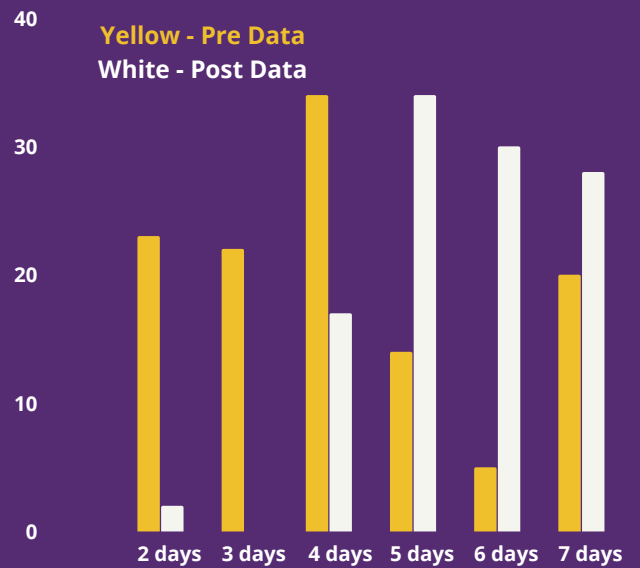
DATA FINDINGS

We gathered pre and post qualitative data for each of the programmes, the surveys were to examine the changes to behaviour, nutritional knowledge and awareness and access to relevant resources. The survey was administered to all participants.

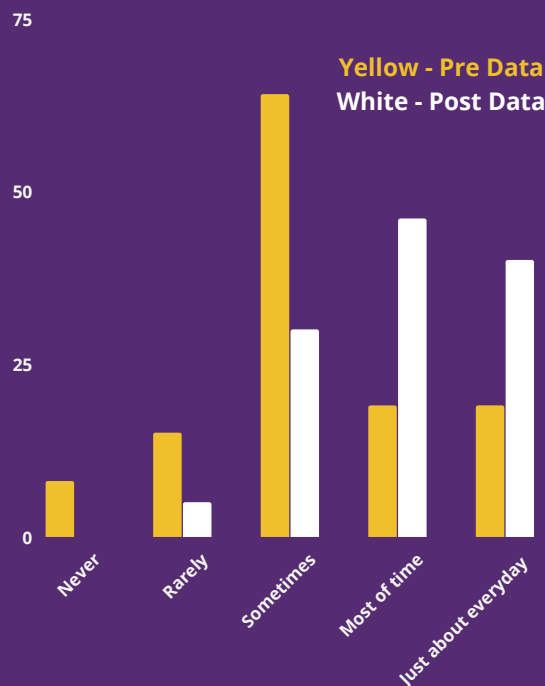
WHEN OUT SHOPPING, DO YOU CHECK AND COMPARE FOOD NUTRITION LABELS?



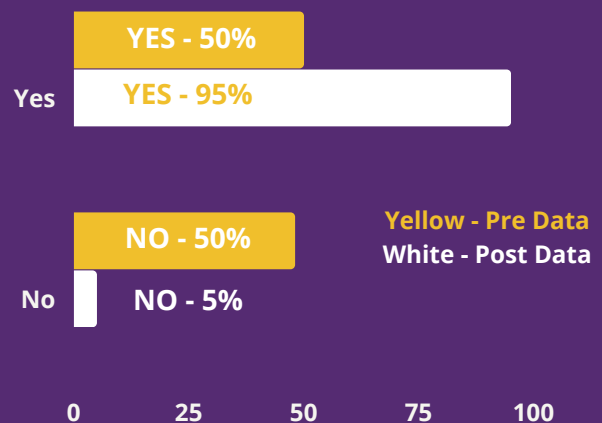
HOW MANY DAYS IN A TYPICAL WEEK WOULD YOU PREPARE A HOMEMADE MEAL?



HOW OFTEN DID YOU GET YOUR 5 DAILY SERVINGS OF FRUITS AND VEGETABLES?



WOULD YOU RECOGNIZE SAFEFOOD AS A RELIABLE SOURCE OF INFORMATION FOR HEALTHY EATING AND FOOD SAFETY?



173

**PARTICIPANTS INVOLVED IN
TRANSFORM YOUR TROLLEY**

+250

THOSE IMPACTED INDIRECTLY THROUGH PROGRAMME

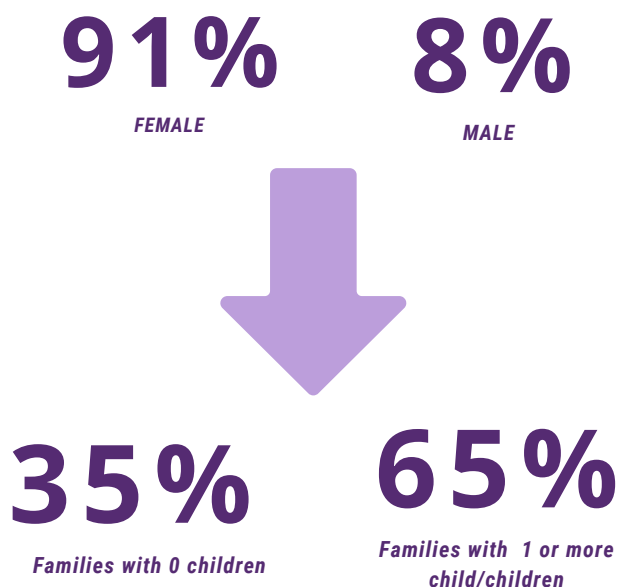
Data findings of Transform your Trolley

It can be suggested from these changes that parents, families and individuals were able to change their outlook on how they shop, choose their food to prepare their meals and thus making healthier, well balanced and nutritional dense meals and choices.

KEY SURVEY FINDINGS

On completion of the programme, we asked a range of questions; to evaluate how the programme was received by participants.

These results indicate that the programme not only provided support but was successful in its aim to improve families/parents' ability to shop and to enhance the profile of **safe food** with a wide range of resources and nutritional content



35-44

Age of majority of participants

95%

Rated the programme very helpful.

100%

Felt that this programme changed the way they will plan and shop for food in the future?

99%

Felt that this programme changed the way they and their family will eat in the future?

Data used was gathered by the completion of pre and post questionnaires provided during programme.

DATA

FINDINGS

The following findings were extracted from the data gathered:

- Year 3 delivery saw an increase in the number of healthy living centres (14) and partner organisations hosting a Transform your Trolley programme from Year 2 (12). With largest delivery across Belfast and Western Trust areas.
- As result we had more participants access programmes and a wider reach of impact to those indirectly connected to programme.
- There were significant changes in the pre to post programme recognition in **safefood**, demonstrating the impact of sharing the **safefood** messaging and resources can be to participants engaging with Transform your Trolley programmes.
- From the data, it clearly shows that the programme continues to work as a platform for people to change their behaviours and thinking around shopping, meal planning and meet nutritional recommendations.
- The data continues be rated highly amongst participants, as helpful and effective in changing their behaviour on eating well and meal planning for their families.

Many programmes were delivered throughout the Transform your Trolley initiative, the impact, one programme captured, highlights:

- **180 meals were made throughout the four weeks.**
- **80 meals for adults were made throughout the four weeks.**
- **100 meals for children were made throughout the four weeks.**
- **40 family meals were made throughout the four weeks.**

125

PRE & POST
SURVEYS

164

CHILDREN WITHIN
FAMILIES TAKEN PART

87

ADDITIONAL ADULTS AS
PART OF FAMILY OR
PARTNER

"My son is loving this as much as me and he never cooks, thank you"

BUDGET REVIEW

A summary budget spend of Transform your Trolley

Description	Proposed Amount	Spend
Direct funding	£40,000.00	£31,326.33
Programme Costs & Resources	£2,500.00	£1,782.00
Training	£4,000.00	£0
Marketing & Promotion	£2,000.00	£2,069
Co-ordination & oversight	£10,000.00	£10,000.00
Management Fee	£5,000.00	£5,000.00
Evaluation	£500.00	£500.00
HLC Alliance Fee	£2,500.00	£2,500.00
Total	£66,500.00	£13,322.67

£66,500 was awarded to the Old Library Trust for the roll out of the Transform Your Trolley initiative.

Total underspend will equate to £13,922.67, this underspend can be attributed to the following:

Reason 1: Our aim was to recruit up to 20 HLC to deliver the programme with a £2,000 contribution to programme costings. Of the 20 targeted, 17 expressed interest and a total of 15 programmes were delivered across all areas.

Reason 2: We aimed to use the training budget to organise and roll out further training in Food Values, Cook It or Good Food Toolkit, however due to restructuring of the PHA and HSC training for nutrition, we were unable to utilise this as a strategy, until update training becomes available.

Whilst we have reduced the amount of underspend each year, we feel that in going forward, a review of the initiative's goals and how the allocation of funding can be used to maximise the impact.

ACKNOWLEDGEMENTS

RECOMMENDATIONS & LEARNING FOR THE FUTURE

Recommendation 1: Flexible Delivery Timeframe

Giving each delivery partner/organisation a flexible timeframe (earlier notification of programme and application) has benefited the roll out of Transform your Trolley, as we can see that more programmes were delivered this year. Continuing this process may allow for continued delivery and increased uptake over time

Recommendation 2: Data Collection & Report

A review of current data measurements tools to explore impact, may create a more comprehensive outlook on programmes impact and provide more of an insight into the need of communities for food and nutritional. A fully structured template for reporting will help make the return from end of delivery to findings smoother, as we can ensure that data collection and markers reflect funders assessment of programme.

Recommendation 3: Access to required training

Due to the restructuring of the nutritional training courses being delivered across Trust areas in NI, we need to be aware of reduced capacity of healthy living centre staff and facilitators to deliver quality assured nutritional advice and support. Frequent and constant contact with lead nutritional staff at PHA and HSC to share when training is available and how to offer assistance where possible.

Recommendation 4: Increase support - vouchers and appliances

With many families and individuals now facing a financial crisis, with future programmes, we have seen that providing access to shopping vouchers for food is a helpful asset to families, however we still receive feedback that it would benefit families to have access appliances such a slow cookers and air fryers, as there are seen as more affordable and cost efficient way to cook.

Closing comments

The Transform your Trolley initiative continues to be meaningful to all participants involved, with the aims and objectives having been met with local families being impacted in a positive way when it comes to food and nutrition.

This unique partnership between the HLC Alliance, Old Library Trust and **safe food** can continue to develop and strengthen, to assist those living in areas of deprivation.

"I would recommend this course to anyone; more people should come - it would be useful for people of all ages."

