



wasteknot.org.uk

A scary amount of perfectly decent
fruit and vegetables get wasted
every year.

over
£1 billion
worth
of goodness
going to
waste*

whilst over
8 million
people in the UK
struggle to
afford to eat**

**FAO UN, Voices of the Hungry, 2016

**Around 7% of what's grown in the UK
never makes it to a plate**

*WRAP: Food waste in primary production in the UK, July 2019



our rescue mission

Making the world a better place one bite at a time

- ensuring the **farmer** is paid and receives a commercial value for produce
- helping the **hospitality sector** to enhance its sustainability credentials
- helping FareShare to supply more than 10,000 **charities and community groups** across the UK
- getting **young people** engaged with nature



the Waste Knot way

Our method works alongside the conventional way of doing things, but gives growers a new market for their surplus while giving chefs the challenge and reward of making great food from seasonal ingredients.



**This way everybody wins,
from farmers to caterers
as well as our precious and
fragile environment**



How It Works – the Nuts and Bulbs

We work with single lines and mixed boxes, same as everyone else, and most of what we rescue is made up of the familiar staples.

But we also love finding a use for the parts of the plant that are usually discarded, and discovering new and unusual crops (*cauliflower leaves and collards anyone?*).

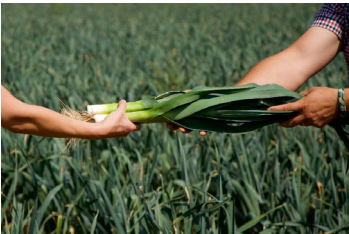
edible from root to leaf



don't discard the leaves



Purpose: Supporting UK Growers Farmer Profiles



Dan Byrd, 3rd generation farmer, BNG Nurseries, Evesham



Purpose: Supporting Communities Charity/CIC/Social Enterprise Profiles

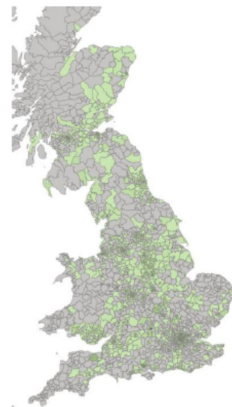
We are now FareShare's largest fruit and veg supplier but we wouldn't be able to do that without your support...

Charity



People supported by your food


Where your food has gone:



Dispatch (KQ) by member area

Your food has been received by charities including:

- 1307 charities serving people on low or no income
- 493 clubs serving school children
- 312 services serving people experiencing homelessness
- 194 community groups serving older people
- 53 organisations serving people with mental health conditions

...and 1500 other charities 



Purpose: Caring for our People

Waste Knot People brings you seasonal, full-flavoured day courses to help you reconnect and develop:

- creative, thriving cultures where potential is discovered, nourished and fulfilled individually and as an integral, valued part within the team.
- a range of techniques to enhance resilience, grounding and a sound understanding of ourselves and each other.
- an exploration of key themes and positive groundswell around:

Driving Change

The Wellbeing of People

Shared Ownership & Responsibility of Our Planet



Why we need change today

There have been growing concerns around the environments and cultures within which hospitality professionals have been operating, with stress and pressures leading to burnout, depression and anxiety.

'More than four out of every five hospitality workers reported increased stress levels.'

What's more, 100% of respondents stated that they didn't receive enough mental health support from their employers and just 23% said they felt they were able to raise concerns about it in hospitality workplaces.*

*Royal Society for Public Health (RSPH), Service with(out) a smile, May 2019

...this is beet-able

Our Nature-Based Approach

Waste Knot People has been developed as a tangible antidote, with its roots based in bringing us back to ourselves through our connections with nature.

Deliverable Results and Expectations

Looking after your people will ultimately lead to them looking after the business with a vested perspective. A culture of care, nourishment and preventative medicine will always obtain better results than those of a corrective nature.

Demonstrable results include:

- An increase in productivity
- Attracting and retaining the best talent
- Innovation and problem solving
- Increase in staff wellbeing
- A reduction in sick leave
- A reduction in onboarding costs
- A reduction in lawsuits
- Enhancing company reputation
- Generating greater business opportunities and collaborations
- Enhancing sales lead and tender success





SIGNATURE SEASONAL COURSES FOR YOUR DAY

AMUSE BOUCHE

- Collected from Manningtree Station
- Outdoor grills with breakfast and juices
- Introduction by Pete Thompson, third generation farmer and owner of Nature Based Farming, transforming their business from conventional vegetable farming to restorative land management, woodland and biodiversity site creation.
- Brook Farm walkaround

APPETISER

- Activity 1      

MAIN COURSE

- Enjoy a freshly prepared seasonal feast for lunch

PALATE CLEANSER

- Activity 2      

DESSERT

- Activity 3      

CARRIAGES

- Thank you and goodbye
- Return to Manningtree Station

- 'til next time! 

Location: Brook Farm
Stone's Green Rd, Great Oakley
Harwich, CO12 5BN

We serve up memorable, meaningful and impact-led courses with four themed days throughout the year, all structured around the seasons.

Activities will fall into the following categories and will be made-up of a selection of sessions and activities depending on the weather, cohort and time of year:



FIREFLY
Industry Insights,
Inspirational Speakers
and Conversation &
Collaboration



BUSHCRAFT
Survive & Thrive,
Reading Nature's
Signs and
Creative Workshops



WILD WELLNESS
Paddle Boarding,
Open Water
Swimming,
Walking Tour



SEASONAL FEAST
Nomadic Dining,
Cooking Over Fire,
Foraging



**THE NATURE
IMMERSION**
Biomimicry Workshop,
Wild Glamping,
Natural Navigation



RECALIBRATION
Forest Bathing,
Yoga, Mindfulness,
Owning Our Creativity



Purpose: Caring for our Planet

Nature Based Farming



The Land Use Debate...
We need to produce food and we need to restore biodiversity and store carbon. Too often this is posed as a binary question. We believe we can do both, by farming smarter and blending ancient wisdom with science and tech.

We are returning land to nature, linking existing woodlands and reserves to new habitats, restoring biodiversity and storing carbon. As these habitats mature we are investing in new land, well suited to implementing extensive, traditional food production alongside habitat restoration and woodland creation.



Belazu Olive Project



Brook Farm BNG (Biodiversity Net Gain)



Michael's Wood EWCO (England Woodland Creation Offer)

Global Risks Report 2023

Top 10 Risks

"Please estimate the likely impact (severity) of the following risks over a 10-year period"



10 years



Risk categories

Economic Environmental Geopolitical Societal Technological

Source: World Economic Forum, Global Risks Perception Survey 2022-2023





Help us rescue surplus veg

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