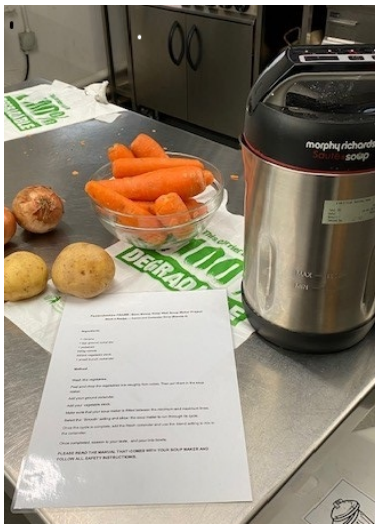
SIR BENFRO
PARTNERIAETH BWYD LLEOL
PEMBROKESHIRE
LOCAL FOOD PARTNERSHIP



PLFP Development Grants 2023/4 Case Study

THEME: SKILLS & INNOVATION

GRANT AWARD: £2500

PEMBROKESHIRE FRAME "EAT WELL IN WINTER" PROJECT

Benefits provided

"Eat Well in Winter" was a response to a need identified to address issues of food and fuel poverty. Run by volunteers the project provided participants with a soup maker, weighing scales and a weekly ingredients parcel. The project ensured that families were able to cook themselves a warm and nutritious meal each week.

Impacts and outcomes

Through this project we supported 40 families (117 individuals) over the winter period. We provided each household with a soup maker and weighing scales along with a food parcel and recipe, ensuring that families were able to cook themselves a warm and nutritious meal each week. All respondents reported that the project helped them reduce their food and energy bills and helped them to incorporate more healthy meals into their weekly routine.

Due to the success of this project and the management of its budget we were able to extend it by two weeks, meaning we provided this support for 14 weeks instead of 12.

Highlights

We have had a number of positive responses to the project through the questionnaires we used to gauge the success of the project. Some of these include -

"Having access to a soup maker is very motivating. Wouldn't usually bother with making a meal from scratch these days, so it is very much appreciated."

"Motivates me to cook from scratch."

"Love making the soups with the kids"

Future plans

In the future we would look at the feasibility of extending the collection period for participants picking up their food parcels in order to make it easier for them, and hopefully lower drop-out rate.

Having established new connections with our local sheltered housing schemes, we would in future consider approaching these schemes first due to the high volume of demand from them.

PLANED

PAVS

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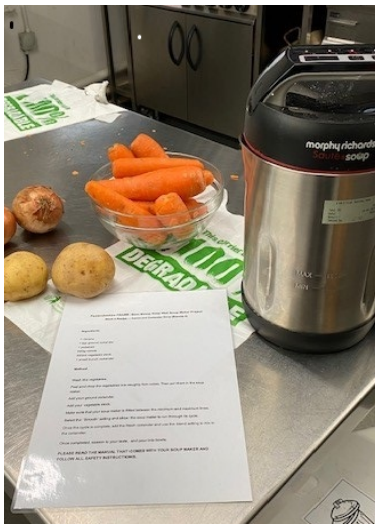

Grantiau datblygu PLFP 2023/24
Astudiaeth Achos

THEME: SGILIAU AC ARLOESEDD

GRANT AWARD: £2500

FRAME SIR BENFRO

PROSIECT “BWYTA'N DDA YN Y GAEAF”

Y buddion a ddarparwyd

Roedd "Bwyta'n Iach yn y Gaeaf" yn ymateb i angen a nodwyd i fynd i'r afael â materion yn ymwneud â bwyd a thlodi tanwydd. Dan ofal gwirfoddolwyr, dosbarthwyd peiriant gwneud cawl, clorian a pharsel cynhwysion yn wythnosol i rai a oedd yn rhan o’r prosiect. Trwy’r prosiect sicrhawyd bod teuluoedd yn gallu coginio pryd cynnes a maethlon iddynt eu hunain bob wythnos.

Effeithiau a chanlyniadau

Drwy'r prosiect hwn cefnogwyd 40 o deuluoedd (117 o unigolion) dros gyfnod y gaeaf. Dosbarthwyd peiriant gwneud cawl, clorian ynghyd â pharsel bwyd a rysáit, gan sicrhau bod teuluoedd yn gallu coginio pryd cynnes a maethlon iddynt eu hunain bob wythnos. Dywedodd yr holl ymatebwyr fod y prosiect wedi bod o gymorth i leihau eu biliau ynni a bwyd a'u helpu i gynnwys mwy o brydau iach fel rhan o’u prydau wythnosol.

Oherwydd llwyddiant y prosiect hwn a rheolaeth ofalus o’r gyllideb, bu’n bosibl ei gynnal am bythefnos ychwanegol, sy'n golygu ein bod wedi darparu'r cymorth hwn am 14 wythnos yn lle'r 12 wythnos a drefnwyd.

Uchafbwyntiau

Rydym wedi cael nifer o ymatebion cadarnhaol i'r prosiect drwy'r holiaduron a ddefnyddiwyd gennym i fesur llwyddiant y prosiect. Dyma rai ohonynt:

"Mae’r ffaith bod gen i beiriant gwneud cawl yn fy symbylu. Fel arfer fuaswn i ddim yn trafferthu gwneud pryd o fwyd cartref, felly mae'n cael ei werthfawrogi'n fawr".

'Mae’n fy symbylu i goginio bwyd cartref'

"Rwyf wrth fy modd yn gwneud y cawl gyda'r plant".

Cynlluniau yn y dyfodol

Yn y dyfodol, rydym yn bwriadu edrych ar y posibilrwydd o ymestyn y cyfnod y gall cyfranogwyr gasglu eu parseli bwyd er mwyn ei gwneud yn haws iddynt, a gobeithio, gostwng y gyfradd sy’n rhoi'r gorau i’r cynllun. Ar ôl sefydlu cysylltiadau newydd gyda'n cynlluniau tai gwarchod lleol, rydym yn bwriadu ystyried y cynlluniau hyn yn gyntaf oherwydd y galw mawr ganddynt.

PLANED

PAVS