GOOD FOOD STORY



Name: Helen McAnespie
Project: Kate's Kitchen
Location: Annan

Describe your project

We offer many services to the community, these include a foodbank, an Affordable Food Project, where people can choose 15 items of food/toiletries for £5, giving people choice and a model that is proving to be a very popular addition to the project.

We also have Support Workers who are available to advise and support people with varying needs as well as many volunteering opportunities within the project. Our services are replicated in Lockerbie and Langholm with our pop-up service that visits each of these towns on a fortnightly basis.

We run many social groups and these include our walking group, our gardening group who grow lots of fabulous fresh fruit and vegetables that we use in our own kitchen, our arts & crafts group, our knit and natter group - these all run on a weekly basis.

In the Summer of 2025 we opened The Old Bank Community Café in Annan - the aim of this was to offer locally sourced, home-made quality food at affordable prices to local people. We employed two local cooks who have been hugely successful in offering high quality home cooked food at what we believe to be great value.

People in most need can still access a free bowl of hot soup in the café on a Tuesday and Thursday, we also offer a subsidized meal on these days where people can have a nutritious hot meal for only £2.50.



How did you get started?

Kate's Kitchen has been serving the community of Annan since 2008 when it opened as a small soup kitchen supported by a group of people who wanted to provide somewhere warm, friendly and welcoming to people who were feeling lonely or struggling in some capacity.

The project received charitable status in 2013 and has developed over the years as the needs of local people have changed.

What does sustainability mean to you?

We use lots of surplus food and nothing is ever wasted. If there are things left over then people visiting the hub can make a donation or just help themselves from the trolley outside. Our community growing project includes lots of raised beds, indoor potting containers, a polytunnel run by our Project Co-ordinator and lots of volunteers. We grow a large amount of the fresh food we use for as much of the year as possible!

Encouraging people to grow food with us and learn to cook on a budget are all things that we do to create sustainable communities.



What are your future plans?

We have done a lot with opening the charity shop 3 years ago and now the cafe so we are building on that for now!

You can find out more on out website:

www.kateskitchen.org

And follow us on Facebook:

Kate's Kitchen



What do you think needs to change around food in D&G?

There is a massive need for more Meals on Wheels services around the region! People can be very vulnerable at times and getting a free nutritious hot meal that is delivered can make such a massive difference to health and isolation.

Education around nutrition and how to cook fresh on a budget is also something that really needs to be improved on and not just short projects that quickly end, this needs to be embedded.

