

# GOOD FOOD STORY

**Name:** Anne Donnelly  
**Project:** Canonbie Lunch Club  
**Location:** Canonbie Community Centre



## Describe your project:

Our lunch club is run by around 7 regular volunteers every Tuesday at the Community Centre between 12pm and 2pm. A really lovely mix of people come each week, often people living on their own who enjoy the chance to socialise as well as getting a nutritious freshly cooked meal that is prepared at the centre by Anne and other volunteers.

The club is essential to the village as people find it hard to get transport to other towns such as Langholm and so we provide a place for people to meet and chat plus we can pick up on things that folk might be struggling with. We have wrap around services that drop in and organise community trips out, which we are hoping to do more of going forward.

We are having a summer break but restart again in October.



## How did you get started?

The lunch club has been running for over 30 years now! It started off as a full meal and stayed like this for a long time. During Covid everything came to a halt, like with so many projects.

Since then we have had to rethink how we do things and around a year ago we revived the club offering a freshly cooked soup and a pudding, we also include tea and coffee with biscuits for the donation of £5. Since re opening our numbers have steadily grown to 25 people a week and sometimes a few more.

Lunch club used to be over 60s but is now open to everyone and anyone to come along!



## What are your plans for the future?

There is a new committee now to take the Community Centre forward in lots of ways. We are planning great open day on 12<sup>th</sup> August this year to find out what things would most benefit the community.

We are setting up a Coffee and Cake morning that will be free and run weekly, this will also include some free food sharing provision. Perhaps a pantry model, but we will wait to see what the community think before making too many plans.



## What are the challenges?

One of our challenges on a day to day basis is that the cooker at the community centre is not working properly and it is hard to bake pudding on site. We have put in for a grant to get a new one and are hoping this is soon resolved.

As a community food inequality is a real issue and getting access to fresh, affordable food locally is challenge for people. Transport is limited and quite a few people have mobility issues. Shopping on line is not great for people living alone as they have to order too much food. Going forward we are scoping the idea of community transport to bring more food equality to the people in the village.

## What does sustainability mean to you?

Currently our food is bought through funding and the weekly donations, we are moving towards using food waste from local shop and other sources. We are also hoping to start a shared freezer for surplus food.

Helping to reduce packaging, food miles and food waste in the community is a priority for us and we exploring collaborative ordering of food to spilt so people get what they need but in one lot of packaging. Also getting community transport to take people to Langholm shopping would improve sustainability by reducing single vehicle journeys.



## What good food changes need to happen in D&G?

Access to fresh local food needs to be vastly improved in the region, a wider mindset change is needed for this to happen.

Much more sharing of surplus food through boxes or pantry models in communities would be a great way to reduce impact on the environment and food inequality.

