



THE FAMILY FORAGING KITCHEN

We are a social enterprise promoting wild food knowledge and foraging skills, offering classes across the Rame Peninsula. Our Community Food Support Hub at Maker welcomes all facing food insecurity, offering advice and information, as well as, with our Free Food Forever initiative, free foraging courses for eligible local residents.

01752 829383 | kitchen@familyforagingkitchen.co.uk
familyforagingkitchen.co.uk



CHAT

Established in 1991 to support Community Health Around Torpoint, CHAT hosts a number of projects, including a pandemic response project aimed at providing food to those most in need across the Rame Peninsula.

01752 812020
chat-torpoint.co.uk



RAME COMMUNITY KITCHEN

If you are finding it difficult to provide food for yourself or family, sign up for access to a range of quality food.

Fresh produce also available (depending on weekly supply). Deliveries available if required. To access the RCK either go to the container at the Football club on Wednesday's or Thursday's 1-4pm or call into the Rame Centre for more information.

01752 823909 | rame.centre@thepeninsulatrust.org.uk
thepeninsulatrust.org.uk

WHAT IS FORAGING?

Foraging is the act of searching for and collecting your own ingredients from the wild.

The ingredients harvested can come from a number of locations, such as the hedgerow, forest, and shore, offering a diverse, delicious, and nutritional source of free food for every kitchen.

One must, however, ensure that they only forage ingredients with absolutely confidence in the identification. Please visit our Community Food Support Hub if you'd like to learn how we can help to develop your foraging knowledge.



WHAT IS A FOOD BANK?

Food banks are a community resource of food that is offered to those in need for free.

Upon referral, these services provide dignified support to those facing immediate food insecurity.



WHAT IS GLEANING?

Following a harvest, there is inevitably food that is left over. Gleaning is the act of being welcomed by food producers to collect this food for personal use, preventing it from ultimately becoming waste.



FOR MORE INFORMATION CONTACT:

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COMMUNITY FOOD SUPPORT MAP



OUR GUIDE TO HELP YOU SOURCE SUSTAINABLE AND AFFORDABLE FOOD ACROSS THE RAME PENINSULA.



THE TRUSSELL TRUST FOODBANK

Food Parcels which are provided by Liskeard and Looe Foodbank can be issued via the Local Support Service at the Rame Centre. These include a range of unrefrigerated foods. Toiletries also available. Delivery can be arranged. Vouchers may also be issued by Citizens Advice, Job Centre, GPs, Health visitors, Social services.

01579 343742 | liskeard.foodbank@gmail.com
liskeardlooe.foodbank.org.uk



CAFE ABUNDANCE

Cafe Abundance is a non-profit community organisation which intercepts and rescues food which would otherwise be wasted. They then make it available to everyone and anyone, sometimes as meals, sometimes as ingredients but always on a Pay As You Feel basis. They are passionate about the damage to the environment and impact on climate change of wasting edible food.

cafeabundancecec@gmail.com
cafeabundance.co.uk



THE GLEANING NETWORK

The Gleaning Network works with local farmers, who let them know about unwanted and surplus veg that would otherwise be ploughed back into their fields. Volunteers then harvest these vegetables and distribute them to food banks and community kitchens, which are crying out for fresh produce.



gleaningcornwall

DISCOVER CORNWALL'S FREE FOOD

YOUR COMMUNITY FOOD SUPPORT MAP

At the Family Foraging Kitchen, we recognise that food insecurity remains an issue in our local area.

This is why we've created a guide to sourcing sustainable, affordable, and even free food across the Rame Peninsula.

Whether you're looking to improve your diet with environmentally-sourced ingredients or would like to save money on your food bill with low-cost and free food options, this map can help.

On it, you will find a list of amazing local services, such as those dedicated to redirecting food waste or offering free food to those in need.

Different businesses can offer help depending on your needs. See reverse for more information on what each service offers.

And, because we're a foraging focussed CIC, we've also added a few locations where you can begin finding your own wild foods.



FORAGING KEY:



MAKER HEIGHTS

Edible hedgerow greens, flowers, berries & seeds



PENLEE

Woodland plants like wild garlic



FREATHY

Coastal plants & seaweed such as laver/nori



KINGSAND

A wide selection of seaweed



WACKER QUAY

Great for estuary plants such as marsh samphire & sea purslane

SERVICES KEY:

1 Chat

2 Cafe Abundance

3 The Gleaning Network

4 Rame Community Kitchen

5 The Trussel Trust Foodbank

6 The Family Foraging Kitchen

