



Food Matters Inside & Out supports the mental and physical health of offenders, through improving dietary choices. It helps them prepare for a better lifestyle, so supporting rehabilitation.

We work with offenders serving custodial sentences and those serving community sentences or who have been recently released from prison.

www.foodmattersinsideout.org

 @FMinsideout

A whole-prison approach

Within prisons, our vision is to change the food system so that all prisoners can better access healthier food to support their physical and mental wellbeing. Improving mental health is one of the nine key factors known to reduce reoffending (Social Exclusion Unit, 2002). This 'whole-prison' approach is recommended by the World Health Organisation as the best approach to improve diet and health in prisons.

Food Matters Inside & Out aims to improve the food choices of those serving custodial sentences, through four activities:

- 1 PARTICIPATORY HEALTHY EATING COURSES AND COOKING WORKSHOPS**
- 2 PEER MENTOR 'FOOD CHAMPIONS'**
- 3 STAFF TRAINING SESSIONS**
- 4 CONSULTANCY TO CATERING AND FOOD PROCUREMENT SERVICES**

WE RUN HEALTHY EATING COURSES AND COOKING WORKSHOPS FOR TARGETED GROUPS

Knowing the value of peer support, we invite trusted course participants to attend further training to become 'Food Champion' peer mentors. Additionally, we provide consultancy and training for prison, catering and food procurement personnel and develop health promotion campaigns within a prison.

We recognise that for many prisons, funding is tight, so a prison may choose to embrace all activities, or initially select the separate elements of the project which best fit their business aims, regime and budget.



In the community

All too often, those entering the criminal justice system have never had the opportunity to learn life skills such as budgeting, shopping, cooking and even sitting down to eat socially with family or friends.

We run courses aimed at equipping offenders serving community sentences or recently released from prison with essential life skills through workshops, cooking sessions and supermarket visits. We target courses to specific groups such as young offenders, parents or people recovering from substance misuse. We also train offender managers and volunteers, to help them offer support around making healthier food choices.



“Having a healthier diet helps me to improve my self-esteem, because I’m being more caring of my body. It helps me deal with depression and other negative emotions.”

**Food Matters Inside & Out
course graduate**

“Eating healthily for me, helps me to keep my body strong and my mind and soul. It helps me keep my life and body free from drugs, and living this way keeps me healthy.”

**Food Matters Inside & Out
course graduate**

Working at national level

As well as working directly with prisons and probation services, we work with government departments and suppliers to help embed the provision of healthier food choices within policy.

Find out more

Whether you work in a prison, are a provider of probation-related services, or would like to support our project, please contact:

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