

IMPACT REPORT 2025

EMPTY KITCHENS
FULL HEARTS



1,209

People supported with meals & wellbeing calls



3,120

Wellbeing calls made to service users



256

People volunteered their time & expertise



12

Long-term community partnerships



135,957

Healthy meals made & provided across Edinburgh



786

People linked to referrals, signposting or direct provision



50

Community lunches hosted in Granton

35,090kg

Surplus food turned into healthy meals

THE PEOPLE WE SUPPORT



People come to us when they have reached a crisis point - many have not eaten in days. Poverty-driven hunger occurs when people are facing a complex set of barriers and systemic disadvantages.

Of the 1,209 people we supported across Edinburgh in 2025, we know:

- 67% had experience of homelessness or unfit housing
- 62% had a mental health condition
- 52% had a physical disability or health condition
- 49% were socially isolated
- 40% were victims of crime or abuse
- 17% were children under the age of 16
- 5% were refugees and asylum seekers

A consistent, healthy diet and compassionate care are essential to everyone's quality of life, and to taking the first steps out of poverty. Our service prevents hunger, restores dignity and reminds people they are not facing life's challenges alone.

In our 2025 Service User Survey, 26% of 300 people responded. They told us:



SURVEY RESULTS

95% of people were satisfied with our service

97% said their health & wellbeing had improved

"As I near the age of 80, EKFH has kept my health and wellbeing on an even keel. It is so easy to 'fall through the cracks' as ageing can result in reduced communication without support networks. Thank you for helping me feel I am still part of society."

"The service has helped me greatly. I have gone from having nothing to eat or having to make one meal last a week. The impact of being able to eat consistently is incredible."

AISHA'S STORY



We received a request for support from Aisha.* A mother of three children, she was expecting her fourth child in a matter of days.

The family had been living in temporary accommodation. Aisha had just learned they'd be moving into a new property, but on the same day that her c-section was planned.

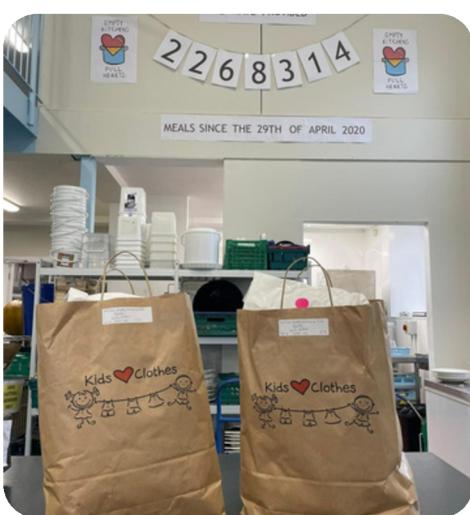
Aisha was incredibly stressed and trying to delay her c-section. She had no family support and English is not her first language.



We began sending meal packs to where the children were staying while Aisha was in hospital. We also arranged and delivered emergency newborn baby packs from a local charity.

Once Aisha and her family were home, we redirected meal deliveries to their new address. Working with other local charities, our team had sourced warm clothes for the whole family, more nappies, a new buggy, and toys, games and books for the older children.

Aisha said they were feeling happy and settled in the new flat. Aisha said: "I don't even have the words to thank you... I never imagined going through this."



Our team source clothing and other essentials from brilliant charities like 'Kids Love Clothes'

"Thank you for delivering on Christmas day. I was thinking it's just another day that I want to get through, but that's lifted my spirits up."

*Aisha's name has been changed.



Volunteers before a busy community lunch!

20
25



Our 5 year anniversary



Our 2025 Kiltwalk team



Serving soup in new compostable containers



Our Summer BBQ - for local people, service users, volunteers and supporters!



Delivering Christmas presents alongside meal packs to families, thanks to Cash for Kids





OUR SUPPORTERS

We wanted to share our sincere thanks to the wonderful people and organisations who supported us in 2025. Together, we have served the people of Edinburgh with healthy meals and compassionate support.

Thank you to our incredible volunteers, who dedicate so much of their time and energy to Empty Kitchens Full Hearts. In the last year, 256 people have volunteered with us, across every stage of our service. We are so grateful for all that you do!

Thank you to our partners who contribute to such a strong community support network in Edinburgh. This includes the Hibernian Community Foundation, Bridgend Farmhouse, Pilton Community Health Project, Muirhouse Millennium Centre, Edinburgh City Mission, Bethany Christian Trust, The Yard and U-Evolve.

Thank you to our individual giving donors, who made one-off or regular donations to Empty Kitchens Full Hearts in the last year. Special thanks also to our fundraisers, who have take part in individual challenges or hosted incredible events, such as charity auctions, hockey games and running challenges.

Thank you to the grants, foundations, suppliers and corporate supporters for their generous donations in 2025. These include:

- Baillie Gifford
- UK Shared Prosperity Fund
- The Weir Charitable Trust
- The Robertson Trust
- Garfield Weston Foundation
- The AEB Charitable Trust
- The Albert Hunt Trust
- The Volant Charitable Trust
- Hillcrest Foundation
- Sir Tom Farmer Foundation
- Church of Jesus Christ of Latter-day Saints
- Capricorn Energy
- Kettle Produce
- Murray Foundation
- Azets
- Vegware Community Fund
- City of Edinburgh Council
- Hawkins\Brown
- Lothian Pension Fund
- Red Rock Renewables
- Amova Asset Management
- Pentland Brands
- Rhodar Industrial Services
- Ferrier Pumps