

INTRODUCTION

Eat Not Waste Not is a grassroots initiative hosted by SocietyLinks and delivered at the Swedenborg Orchard, near Stockholm House. The project aims to reduce food and green waste while empowering local residents through sustainable growing, composting, and community greening.

PROJECT AIMS:

- Tackle food waste locally: Address the significant issue of food waste within the St Georges Estate community by collecting and repurposing it for composting and gardening.
- Promote sustainable practices: Use green waste for mulching, food composting, and wormeries to reduce landfill contributions and RACHAPH TEXT emissions.
- Empower community involvement: Engage residents in every stage—from collecting food waste to growing produce and harvesting it for community use.
- Enhance food accessibility: Enable residents to grow culturally appropriate fruits and vegetables, reducing reliance on costly or inaccessible shop-bought produce.
- Create a circular food system: Close the loop by transforming waste into resources that feed back into the community through shared gardens and orchards.
- Build capacity and sustainability: Train local volunteers and staff to maintain and expand the project, ensuring long-term impact and community ownership.
- Foster intergenerational engagement: Include families, young people, and older residents in green events and orchard trips to build shared knowledge and connection.



Vision

Community based composting systems in urban areas where increasing numbers of local composters divert their food waste from landfill via a closed loop system that enables then to access and nourish growing spaces as well as harvest culturally specific fresh fruits and vegetables.



WORKSHOPS, ACTIVITIES & COMMUNITY ENGAGEMENT

Over the course of the Eat Not Waste Not project, we've delivered a rich programme of handson workshops and inclusive activities designed to engage residents of all ages and backgrounds.

- ***** Composting & Sustainability Workshops
- We hosted regular demonstrations on food composting, including leaf mulching, wormeries, and hot bin techniques.
- Residents were actively involved in collecting, sorting, and processing food waste, learning how to transform everyday scraps into nutrient-rich compost for the orchard and garden beds.
- Planting Sessions & Plant Swaps
- Weekly planting sessions encouraged residents to sow, propagate, and nurture a variety of fruits, vegetables, and herbs.
- Our plant swap events created a vibrant culture of sharing—residents exchanged seedlings, cuttings, and growing tips, fostering intergenerational learning and neighbourly connection.
- Arts & Crafts from Nature
- We ran creative workshops using natural materials sourced from the orchard—fallen leaves, twigs, dried flowers, and fruit peels were transformed into eco-art, decorations, and storytelling props.
- These sessions were particularly popular with families and children, blending environmental education with creative expression.
- **OCCUPY** Community Food Events
- Seasonal gatherings brought residents together to share meals made from locally grown produce.
- These events celebrated cultural diversity, offering tastings of traditional dishes and encouraging residents to try new flavours and recipes.
- Food was used as a bridge—connecting people, sparking conversation, and reinforcing the value of sustainable, community-grown ingredients.



"Nature trails and bug hunts to create curiosity and interest among our younger residents."

Name of Project

IMPACT

Social & Environmental Outcomes:

- Discovery of small, underrepresented community groups
- Increased biodiversity in the orchard
- Reduced local waste and fly-tipping
- Improved resident knowledge of composting and food-growing
- Emotional connection to green spaces and sustainable living
- Strengthened networks across cultural groups

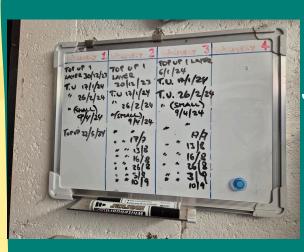
Learning & Insights

Key Learnings:

- Small spaces can foster big change when well-activated
- Outdoor settings are ideal for low-barrier engagement
- Waste reduction becomes relatable through practical sessions
- Creating visible roles for volunteers builds long-term sustainability Challenges:
- Weather dependency
- Limited tools/resources due to budget
- Need for additional signage and translations to increase accessibility







TOTAL WEIGHT OF KITCHEN
PEELINGS MATURED SINCE
JUNE 2024 = 402.62KG - AS AT
24/7/25

DRY MATURE COMPOST
WEIGHT FROM HOT BINS
= 96.50KG AS AT 15/6/25

CASE STUDIES





Watch Jim's interview with Trees for Cities by scanning the QR code below.



For Lindsay composting has had physical and mental benefit, he is recuperating from lung cancer and the exercise has been excellent. Being in the fresh green air, outdoors and handling natural materials has contributed to mental well being and relaxation.

"I don't grow plants or vegetables, I grow relationships."

Jim Ford, lead volunteer gardener at St George's Estate,
and Tower Hamlets Volunteer of the Year 2025.

(https://www.treesforcities.org/growing-communities)

STAGES OF FOOD COMPOST

WE DEMONSTRATED THE STAGES OF FOOD COMPOSTING

IN TOTAL 27 INDIVIDUALS (LOCAL RESIDENTS FROM OTHER NEIGHBOURHOODS SENT OVER BY LB TOWER HAMLETS - SEE RECYCLE@TOWERHAMLETS.GOV.UK)

WERE GIVEN A DEMONSTRATION BY JIM.

BLACK GOLD HTTPS://WWW.BBC.CO.UK/NEW
S/UK-ENGLAND-58261972. - SEE
BBC ARTICLE ON HOME
COMPOSTING, 28TH AUGUST
2021





"Three residents, friends and neighbours took active part in the food composting process. Many corporate volunteers (estimated figure of 40 over 12 months) love to visit the hot boxes, the

worms in wormeries and see our finished matured compost

- the "black gold". Genia



The pictures below demonstrate the stages that our food compost goes through











BEST MOMENTS

Introducing children to specialist worms in our wormery and food compost.



Planting bulbs with local school children and families



Creating new spaces for community growing among our estates



Supporting volunteers to integrate with the local community and make a difference



Trees for Cities and BBC covering the work we do in the Orchard.



Creating growing spaces for our little gardeners

