



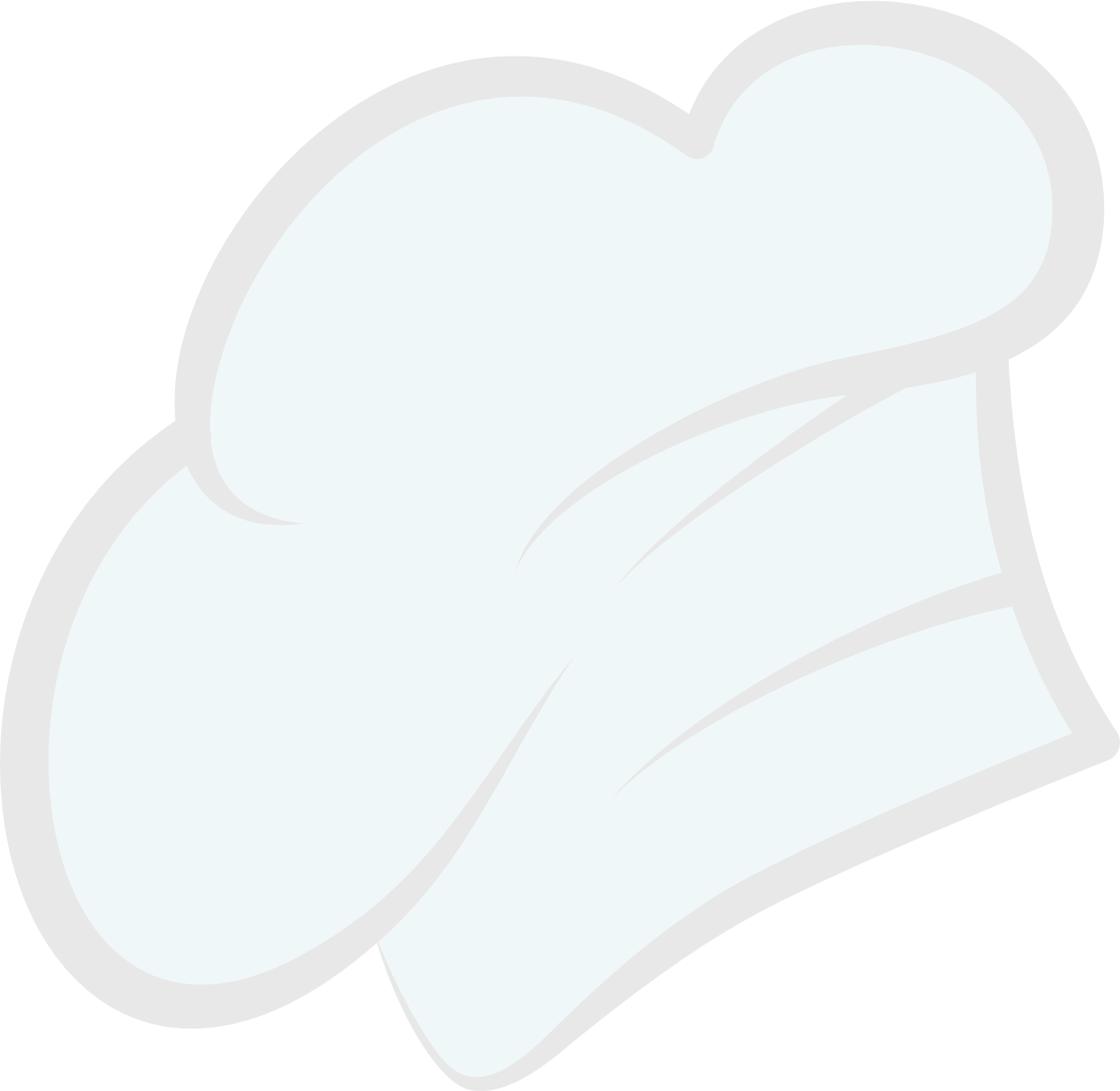
**Prepmate**  
meal kits



# 2025/26

## ANNUAL REPORT





## Introduction

Prepmate, our Meal Kit Project, has become a cornerstone of The Scottish Pantry Network's mission to tackle food insecurity and promote healthy eating across Scotland. Developed to provide affordable, nutritious, and easy-to-prepare meals, Prepmate has helped thousands of families cook at home with confidence and dignity.

Prepmate was created not only as a practical solution for households but also as a way to support our network members, giving them additional avenues to serve their communities and strengthen their impact. This innovation reflects our commitment to collaboration and sustainability, ensuring that healthy food is accessible to everyone.

We know that 250,000 children are living in poverty in Scotland, and this reality drives our determination to make sure every child has access to nutritious meals. Through Prepmate, we are reducing barriers to good nutrition, empowering families with simple recipes, and creating opportunities for better health and wellbeing.

Importantly, Prepmate is designed to support healthy food choices, helping families move towards balanced diets that can reduce diet-related ill health such as obesity, diabetes, and heart disease. By providing fresh ingredients and easy-to-follow recipes, we are promoting positive habits that improve long-term health outcomes.

This report shares the story of Prepmate—its growth, achievements, and the partnerships that made it possible. It also includes feedback from families and communities who have experienced the benefits first-hand. Together, we are building a fairer food system where dignity and choice are at the heart of every solution.



## About Prepmate

Prepmate was launched to address two critical challenges facing communities across Scotland: food insecurity and poor nutrition. Rising living costs and limited access to healthy, affordable food have left many families struggling to prepare balanced meals at home. Prepmate offers a practical, dignified solution—affordable meal kits that include fresh, locally sourced ingredients and easy-to-follow recipes designed to make healthy eating simple and achievable.

Prepmate is more than a product; it is a movement towards empowerment and choice. By giving families the tools to cook nutritious meals themselves, we help restore confidence in the kitchen and promote positive habits that last a lifetime. Each kit is carefully curated to ensure quality, taste, and nutritional balance, while supporting local suppliers and reducing environmental impact.



## Our Key Principles

- **Affordability**

We believe healthy food should never be a luxury. Prepmate kits are priced to be accessible for all households, with partner organisations receiving discounts that make them even more affordable. This ensures families can enjoy nutritious meals without financial strain.

- **Nutrition**

Every recipe is developed with health in mind. Our meal kits provide balanced portions of protein, carbohydrates, and vegetables, helping families move towards diets that reduce the risk of diet-related illnesses such as obesity, diabetes, and heart disease.

- **Dignity**

Food insecurity often strips away choice. Prepmate restores that dignity by offering families control over what they eat and how they prepare it. Our kits are designed to be simple yet versatile, allowing households to cook with confidence and pride.

- **Sustainability**

We are committed to reducing waste and supporting local supply chains. By sourcing ingredients locally and using portion-controlled packaging, we minimise food waste and lower our carbon footprint. Our packaging is recyclable or compostable, and we continue to explore innovative ways to make Prepmate even more environmentally friendly.



## Key Achievements

Prepmate has grown significantly over the past year, delivering impact at scale and strengthening our operational capacity. Highlights include:

### Meal Kit Distribution

- Delivered over 8,000 meal kits, equating to more than 30,000 individual meal portions.
- Provided 100 meal kits to each of our 27 member pantries, totalling 2,700 kits distributed across the network.
- Secured a major contract with NHS Greater Glasgow and Clyde to supply 400 meal kits per week under the Thrive Under 5 programme.



### Operational Expansion

- Streamlined production processes to comfortably produce 800 kits per week.
- Installed a new chiller and reconfigured our Tollcross space to accommodate growing demand.
- Purchased machinery to semi-automate key processes, improving efficiency and consistency.
- Secured a new refrigerated van to manage increased delivery volumes.

## Community and Workforce Development

- Increased volunteer numbers to 25 active volunteers, supporting production and distribution.
- Developed strong supplier relationships and partnerships with community food organisations across the UK.
- Built collaborations with Glasgow Kelvin College to enhance skills development and training opportunities.



## Innovation and Sustainability

- Continued to develop and evolve packaging for improved sustainability and user experience.
- Advanced plans for the Prepmate app to streamline ordering and contract management.
- Strengthened partnerships with local producers to reduce food miles and environmental impact.



## Funding and Partnerships

- Secured Innovate UK funding to support scaling and innovation.
- Established new partnerships with:
  - Postcode Lottery
  - Bellahouston Bequest Fund
  - Glasgow Kelvin College
  - Other community food organisations across the UK
- These partnerships have enabled us to broaden our reach, strengthen our financial sustainability, and invest in innovation.

## Impact in Numbers

- Families Supported: Over 8,000 families
- Children Benefiting: Estimated 4,000
- Meal Kits Delivered: 8,000 which equates to 30,000 meal portions
- Health Outcomes:
  - Increased access to balanced, nutritious meals for low-income families.
  - Contribution to reducing diet-related ill health such as obesity and diabetes.
  - Positive feedback from families reporting improved confidence in cooking healthy meals.



## Customer Feedback & Testimonials

Prepmate has received overwhelmingly positive feedback from families and community partners, highlighting its impact on affordability, convenience, and nutrition:

*"The meal kits were absolutely amazing and our customers and volunteers are so grateful. The instructions and choice were very clear, and everything went down really well in our pantry – the lot of them gone in one day!"*

**Jennifer Jones, Pantry Coordinator**

*"Prepmate has made cooking so much easier for us. The recipes are simple, and the kids love the meals!"*

**Pantry member, Glasgow**

*"It's affordable and healthy. We feel more confident about what we're eating."*

**Thrive under 5 customer, Glasgow**

*"Based on proper portion size, the risotto made more than four servings, which families liked. They said it was good to have a kit to start them off with the recipe."*

**Carbrain Community Hub**

### Constructive feedback has also helped us improve:

- Some customers suggested adding more herbs and spices for flavour variety.
- A few noted that vegetables wilted quickly, prompting us to review storage and delivery processes.
- Packaging durability was raised as an issue, and we are now evolving our packaging to be stronger and more sustainable.

## Why This Matters

Food insecurity remains one of Scotland's most urgent social challenges. An estimated 250,000 children are living in poverty, and many families face daily struggles to access affordable, nutritious food. This lack of access not only affects physical health but also impacts mental wellbeing, educational attainment, and overall quality of life.

Poor nutrition is a key driver of health inequalities, increasing the risk of obesity, diabetes, and heart disease, and placing additional pressure on the NHS and social care systems. Families experiencing food insecurity often rely on emergency food provision, which can limit choice and dignity. Prepmate offers a sustainable alternative – empowering households to cook healthy meals at home with confidence.

## How Prepmate Makes a Difference

- Providing Affordable, Nutritious Meals

Prepmate meal kits are designed to be cost-effective without compromising on quality. Each kit includes fresh, locally sourced ingredients and easy-to-follow recipes that meet nutritional standards.



- Supporting Community Resilience

By working through The Scottish Pantry Network and partner organisations, Prepmate strengthens local food systems and creates opportunities for collaboration. This approach ensures that support reaches those who need it most while building capacity within communities.

- Promoting Health Equity

Prepmate helps reduce barriers to healthy eating, giving families the tools to make positive choices. By improving access to balanced meals, we contribute to better long-term health outcomes and help tackle Scotland's persistent health inequalities.

Ultimately, Prepmate is about more than food—it's about dignity, choice, and fairness. Every kit delivered is a step towards a Scotland where no child goes hungry and every family has the opportunity to thrive.

## Reducing Waste

Prepmate is committed to sustainability and reducing environmental impact at every stage of our operations. Tackling food insecurity must go hand in hand with protecting the planet, and we have embedded waste reduction into the design of every meal kit.

## Food Waste

Each Prepmate kit is portion-controlled, ensuring families receive exactly what they need to prepare a balanced meal. This approach significantly reduces excess ingredients and household waste. Our analysis shows that each meal kit reduces food waste by 38% compared to buying ingredients separately, helping families save money and cut unnecessary waste.

## Packaging

We are actively transitioning to recyclable and biodegradable packaging wherever possible. Our goal is to make every element of the kit environmentally friendly without compromising food safety or convenience. We continue to explore innovative solutions to minimise single-use plastics and improve sustainability.



## Supply Chain Efficiency

By sourcing ingredients locally, we reduce transport emissions and avoid surplus stock. This not only supports Scottish producers but also ensures fresher ingredients for families while lowering our carbon footprint.



## Education

We go beyond providing meal kits by running cookery classes that help people gain the skills they need to cook confidently at home. Through these classes, we share storage tips, reuse ideas, and practical advice on reducing household food waste. These sessions empower families to make the most of every ingredient and adopt sustainable habits that last.

Our commitment to sustainability is ongoing. We know there is more to do, and we are determined to keep improving—finding the best solutions to make Prepmate as environmentally responsible as possible.



## Looking Ahead

Our vision for the next year is ambitious and focused on scaling Prepmate's impact across Scotland and beyond. Building on the success of this year, we aim to:

### Scale Prepmate Nationwide

We plan to expand Prepmate into more communities, ensuring that families across Scotland have access to affordable, nutritious meal kits. To achieve this, we are exploring franchising opportunities, which will allow us to replicate our model and reach every corner of the country while maintaining quality and consistency.

### Develop Storage Facilities

As demand grows, additional storage capacity is essential. We are actively working on securing new facilities that will enable us to increase production, manage inventory efficiently, and support future expansion.



## Launch Digital Innovation

We are preparing to introduce a digital recipe and ordering platform, making it easier for families and partners to access Prepmate kits, browse recipes, and manage deliveries. This innovation will streamline operations and improve user experience.



## Continue Recipe Development

We will develop new recipes, including meat-based and meat-alternative options, to cater to diverse dietary needs and preferences. This expansion will require a rethinking of our operations, including sourcing, storage, and production processes, to ensure we maintain quality and efficiency.



## Strengthen Partnerships

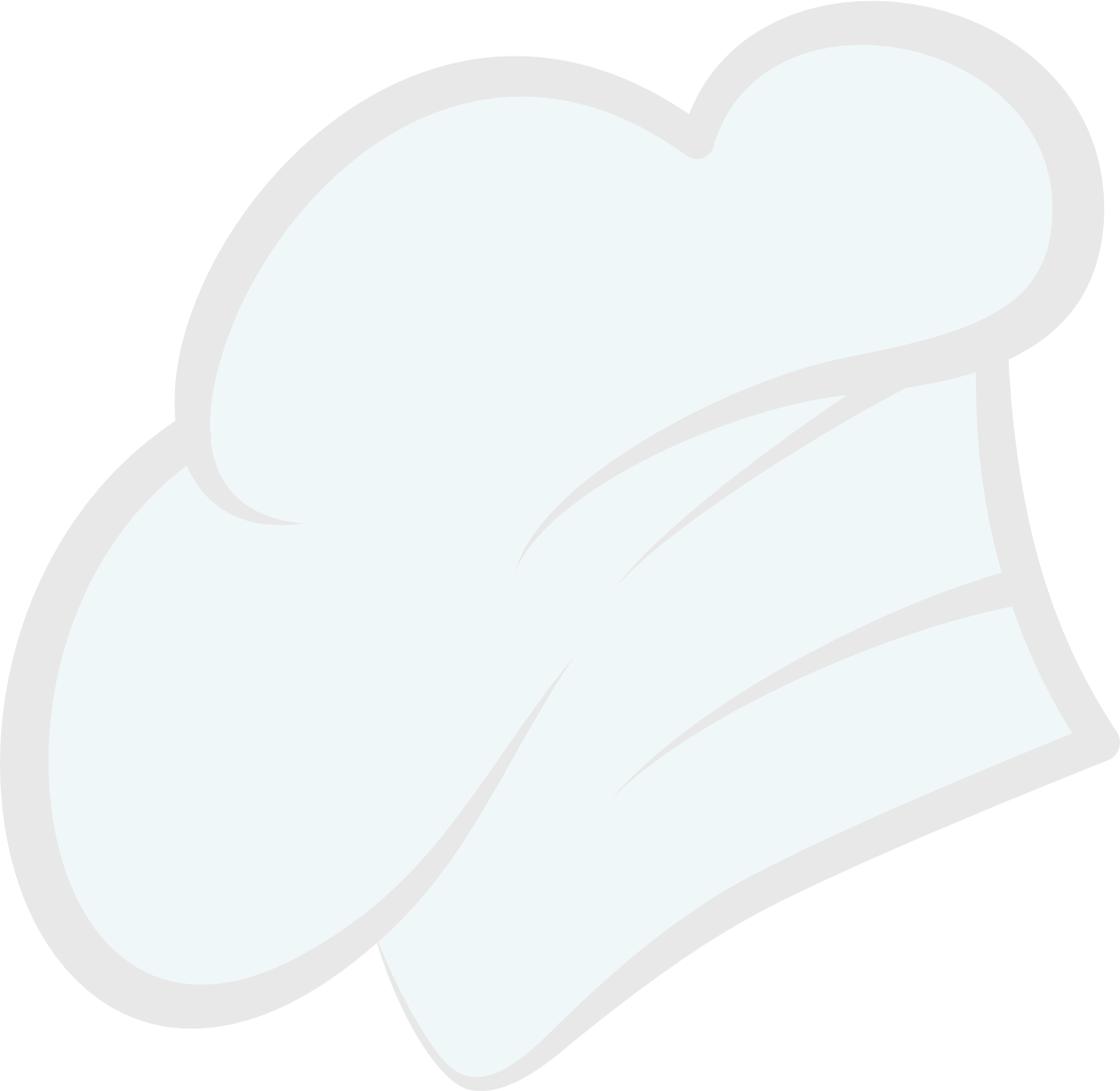
Collaboration remains at the heart of our strategy. We will continue to build relationships with health and social care teams, community organisations, and educational institutions to embed Prepmate into wider wellbeing initiatives.



## Drive Sustainability and Affordability

We are committed to innovating for sustainability, reducing packaging waste, and sourcing locally wherever possible. At the same time, we will work to keep Prepmate affordable for families, ensuring that healthy eating remains accessible to all.







## **TSPN Enterprise**

213 Braidfauld Street, Tollcross, Glasgow G32 8PS

**0141 442 0349**

[pr@scottishpantrynetwork.org.uk](mailto:pr@scottishpantrynetwork.org.uk)

[enquiries@scottishpantrynetwork.org.uk](mailto:enquiries@scottishpantrynetwork.org.uk)

