



'Give and Take'

Guidance

to Setting up your Stall



At a glance

The cost of living crisis has placed extra strain on households across Wales. Many communities want to support residents in practical, low-cost ways. Give and Take is a simple model that redistributes surplus fruit and vegetables, free of charge, while also creating a space for people to connect socially. This toolkit explains how to set up your own Give and Take project.

GIVE 'N TAKE
FRUIT & VEGETABLES FOR FREE

Grown more vegetables than you need?
Has your neighbour an apple tree left unpicked?
Every year, too much fruit and vegetables growing in our gardens, fields and hedgerows goes to waste, while there are people in need.

Saturday 17th August
Then every Saturday until further notice 10.00-12.30
Outside Welshpool Town Hall

Can you...
...Donate produce?
...Help with harvesting?
...Help with the stall?

Take what you need- No Cost
Contact: carol.robinson3010@gmail.com 01938 555605
richardchurch@btconnect.com 01938 558861
Organised by Welshpool Town Councillors and friends
Surplus donated to Welshpool Meals on Wheels

GIVE AND TAKE WITH YOUR NEIGHBOURS

Sourcing produce:

- Residents:** Surplus from gardens, allotments, fruit trees
- Allotment groups:** Regular surplus available
- Probation service:** Allotments via community payback teams
- Supermarkets:** Donations of fruit and veg or surplus
- Farmers/growers:** Surplus seasonal crops

Case Study: Welshpool Give and Take

The original Give and Take was founded by Cllr Carol Robinson in Welshpool in summer 2022 as a response to the rising cost of food. Running from July to October, residents bring surplus fruit and vegetables from gardens, allotments, or orchards to a free stall set up outside the Corn Exchange and Town Hall every Saturday from 10.30am to 12.30pm.

-  Supporters include Tesco Welshpool, Morrisons, and probation workers who donate produce from their allotments.
-  30–40 residents are supported weekly; and it is a valued social hub for older people.
-  With no council funding it is sustained by goodwill, teamwork, and local partnerships and volunteers

"With Give and Take, it's not only about people having vegetables and fruit — it's also for people to come and talk to us if they've got a problem. Each year it's getting bigger and bigger. It's something I'm very proud of." Councillor Carol Robinson

Watch the Welshpool Casestudy :



Welshpool Town Council
Case Study

Planning Your Project

- Define your aim:** Free, accessible fruit and vegetables for residents in need.
- Choose a timeframe:** Harvest season, July to September or October is most effective.
- Pick a location:** Central, visible, and accessible (e.g. town square, community hall, market area).
- Promotion:** Advertise on local Facebook groups, community websites, and noticeboards, ideally two weeks before launch.

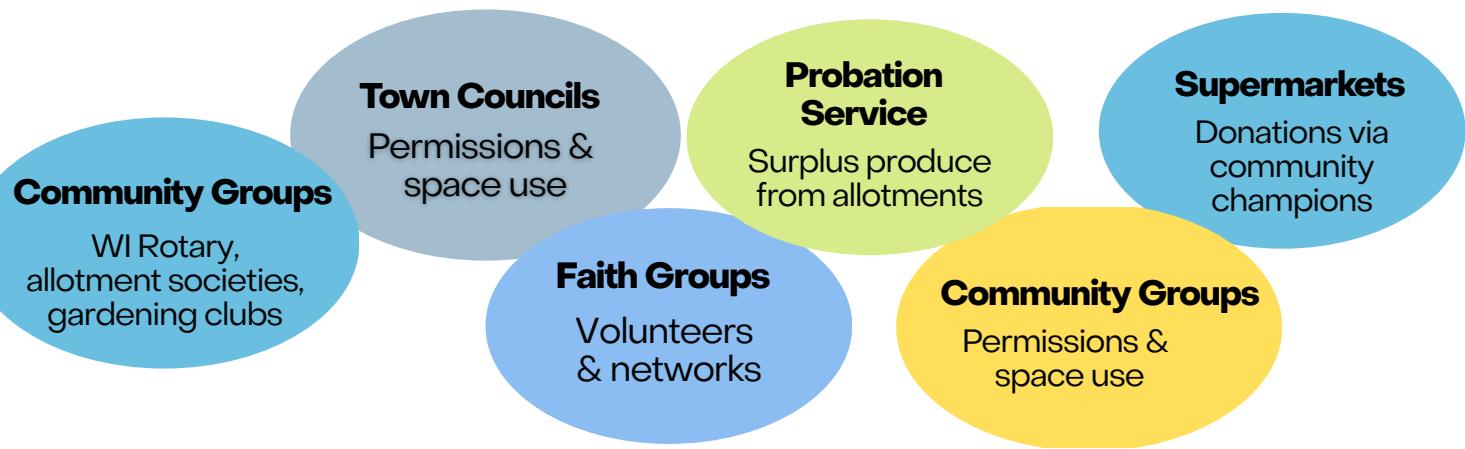
Running the Stall:



- **Equipment:** Tables, crates, cloths, posters, hand sanitiser, reusable bags.
- **Format:** Residents bring produce → volunteers set up stall → visitors collect free fruit and veg.
- **Timing:** Weekly, 2-hour slot (consistency is key).
- **Social Element:** Encourage conversation and community connections.



Partners and Support:



Sustaining the Project

- Start small and build the project gradually
- Keep attendance records to track households supported
- Thank and acknowledge volunteers and donors
- Share impact stories to grow community support
- Link with food redistribution charities (e.g. FareShare) to extend beyond harvest season



Key Tips for Success

- Keep it simple – stall + produce + volunteers.
- Be visible – choose a central location.
- Build routine – same time and place each week.
- Celebrate generosity – highlight local contributions.
- Focus on connection – the social side is just as valuable as the food.

Funding & Powers

All community councils in Wales need specific legal powers that enable them to provide various services and support for their local communities. These powers, granted by legislation, allow councils to undertake a wide range of activities and initiatives to improve the well-being and quality of life for residents. Powers and justifications can differ, and councils should consider their specific circumstances.

For advice and guidance, councils may wish to contact their One Voice Wales Development Officer.
admin@onevoicewales.wales

Want to Find Out More?

For more information on the One Voice Wales Cost-of-Living Crisis project contact the team at:



CoLC@onevoicewales.wales



<https://bit.ly/3KYHftK>



[Cost of Living Website](#)