

West Cheshire Food Partnership: Lived Experience Self-Reflection Tool

A reflection tool for community organisations to involve people with lived experience of food insecurity in shaping, designing and delivering services.

How to Use

For each statement, tick the box that best fits your current practice:

☒ Yes, we do this well

☐ We do this sometimes / could improve

☐ Not yet / needs work

Add a short note if you like...

Self-Reflection

Statement	✓ Yes	⚠ Sometimes/needs work	✗ Not yet	Examples/Comments
We reach a range of people with lived experience (different ages, backgrounds, communities).				
People with lived experience influence decisions about food, projects or how our services run.				
Our sessions, events, and engagement opportunities are accessible (location, timing, language).				
We provide choice and culturally appropriate food that respects participants' dignity.				
We create safe and welcoming spaces for people to share their experiences.				

We regularly check with service users/beneficiaries about what works and what could improve.				
We adapt our food projects and services based on feedback and learning.				