CONSULTATION QUESTIONS

1. How important do you think it is that we aim to be a Good Food Nation?

   Comments  **VERY IMPORTANT**

2. How would we know when we had got there? What would success look like?

   Comments  **HEALTHY MORE ACTIVE THINNER POPULATION**

3. Do you agree with the proposed vision? How would you improve it?

   Comments

4. How would *your* life be better? What does being a Good Food Nation mean in *your* locality?

   Comments

5. Are there any other essential steps we need to take before setting out on this journey?

   Comments  **MAKING SURE PEOPLE KNOW HOW TO COOK**

6. How do you think a Food Commission could best help?

   Comments

7. In what areas should indicators be set to check we are on track towards our goals?

   Comments

8. What are your views on the different approaches that could be taken to help us become a Good Food Nation?

   Comments

9. Do you agree with the proposed initial focus on:
   - Food in the public sector
- A children's food policy
- Local food
- Good food choices and
- Continued economic growth?

**Comments**

10. Which other areas would you prioritise?

**Comments**

11. What other steps toward achieving a Good Food Nation would you recommend?

**Comments**

12. What else should be considered?

**Comments**

13. What steps do you plan to take to help Scotland on the journey toward becoming a Good Food Nation – in the next month and in the next 12 months?

**Comments**

14. How did you hear about this Discussion Document?

**Comments**

**Responding to this Consultation Paper**

We are inviting written responses to this consultation paper by 17th October 2014. Please send your response with the completed Respondent Information Form (see "Handling your Response" below) to:

**goodfoodnation@scotland.gsi.gov.uk**

Or by post to:
Good Food Nation
Food and Drink Division
B1 Spur
Saughton House
Edinburgh
EH11 3XD

If you have any queries please contact Eugenia Christie at 0131 244 9574.
Good morning,

I would like to respond to your document about becoming a good food nation.

I wholeheartedly support the vision that Scotland is a great food nation and agree that many people have a poor diet, are lacking essential cooking skills and the knowledge that fresh food can be relatively cheap as well as better for you than processed foods. I applaud that much of your work is looking to improve the diet and therefore the health of families with children.

A concern I have is that people (often elderly) in need of a package of care in order to continue to stay in their own homes may receive help with meal preparation. Due to necessary time restrictions - carers have many clients to visit each meal time, the norm is for a carer to re-heat a ready made microwave meal. Some people are lucky and have families who cook meals and store them in the client's freezers and the carer heats up these for the person. Others are not quite so lucky and have to rely on supermarket ready meals. Surely in this day and age when we are all being urged to eat freshly prepared food, we are short changing our elderly population with a system that makes them reliant on potentially inferior quality food.

I would be interested in following the progress of your work and would be grateful to know how I may be able to get involved.

Kind regards

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