CONSULTATION QUESTIONS

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

| essential |

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

| Healthier people throughout all of the 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?

| Improved diet for all ages and income levels of the community |

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

| Review the different roles of: National Health Service; local government: education departments: family, adult and children services; central government departments: Food Standards Agency, Scottish Enterprise |

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

| Small co-ordinating body possibly with representatives from other relevant bodies. More of a committee.. |

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

| Measure of weight in the adult population |

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

| At present looking at the proposed set up, the chance to influence more strongly the formulations of foods within food factories and substantially help overweight adults with diets that are low in protein and therefore |
compensating their appetite by eating cheaper calorific foods and help children below nursery age are areas that are struggling to make progress and these areas are not being addressed by the proposals. Looking at calories alone is not the way forward, full nutrition of affected groups needs attention.

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?

   See above

10. Which other areas would you prioritise?

   See above

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

   See above

12. What else should be considered?

   See above

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?

   Awaiting new Food Standards Scotland formation

14. How did you hear about this Discussion Document?

   Consultation meeting invite.

**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:
Hello

I was unable to attend the event on 22 September 2014 and would like to put forward my views.

I understand that there are many complex influences on the economies of those on low income. Obesity is more prevalent for those on low income and spending choices are made for a variety of reasons. However, protein foods are satiating and necessary to satisfy the appetite. These are more expensive. If protein is not taken in the diet the appetite replaces this with excessive carbohydrates leading to obesity. A simple system to ensure protein in the diets of adults and children on low incomes -- especially those below nursery age (for brain development) -- ought to be essential.

Trips to shops can be expensive in themselves and takeaway foods are sometimes more available than groceries. Canned foods can offer many of the nutritional requirements without too much cooking or culinary skills and canned foods are available at food banks. They also can be stored without refrigeration -- power often being a cost consideration in low income households. Some scheme/s to encourage the use of these cheaper protein sources would help to improve nutrition and help satiate appetite.

Regards