CONSULTATION QUESTIONS

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

I think that it is very important that we pull our resources together in our aim to becoming a 'Very Good Food Nation'. We're already good, we need to build on that by involving the whole country in understanding how important this is to our and our children's future.

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

We'll know when we're there when it becomes second nature in our lives to respect food, that to me will be what success looks like.

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

I agree with the vision, small steps initially are important. I would improve it by ensuring all schoolchildren have the opportunity to learn about food, not just cooking but the theory behind it. The work that has been done is good but, just like my report card at school, could be better.

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

I champion/preach the need for better food education at all times, if this was more evident, it would make my life/job easier! Locally, where I live, food plays a major part in the economy. As a kid, I grew up being paid for gathering the crops, a lesson that not only taught me about money but helped me understand about seasonality and provenance. There are not the same opportunities for kids now due to progression in labour and machinery, no reason why, through the excellent initiatives that are in place, we can't continue to develop the relationships I had ingrained in me. People need to realise that local, seasonal food is cheaper and more nutritious and can benefit them, and their families, in more ways than one.

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

I feel education can play a major part in what you are trying to achieve and to this point, we need to recruit more teachers to impart the knowledge in schools. There is lip service paid to food education and this stems from our general attitude towards food.

6. How do you think a Food Commission could best help?
The Food Commission is an excellent development and should be used to bring together all the great organisations/initiatives that are running across the country, promoting best practice. There are many who are telling the same story, unity will bring a stronger voice.

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

I don't think there should be the pressure of indicators, achievement will be, as stated in question 2, when second nature is achieved.

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

Diversity is important as it will throw up different ideas. Hopefully from the feedback you receive you will then be able to focus on approaches that will capture the imagination of the country. I think the message should be nationwide but contextualised locally, dependant on needs. One size does not fit all so whether it be a hands on approach tasting session, using social media to get to the younger generation or a 'Festival of Food' to tie in with the annual 'Food Fortnight', you must consider all options.

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?

I would remove all processed foods from Public Sector offerings. In my place of work the 'Healthy Living Award' sat directly above the selection of pies, sausage rolls and bridies! We need to lead by example, not walk into a hospital to be met by the smell of fried foods.

You need to keep developing the excellent work that is evident in a Curriculum for Excellence's Health and Wellbeing for all. Exemplify best practice so all are aware of how easy it is to engage and capture the imagination of young children, they can influence the influencer's. A Children's Food Policy would help to strengthen this.

Coming from a community where local food plays such an important role, I'm an advocate of this. Also, getting people to grow their own is important; doesn't need to be in a garden, a window box in the middle of a city producing salad leaves in the summer is simple to do.

Good Food Choices will follow on from becoming more educated as to what to buy and when. This behaviour will develop over time and should be perhaps be the 'focus'. A knowledge of nutrition is power, when people understand a food is
nutritious and good for them, they will consume it.

We need food and drink every day in life. Opportunities in this sector will never go away and we need to sit up and take notice of this. We also need to be aware globally of the need for food and as such, educate our nation on the importance of the industry to the future development of our country as a producer/supplier.

10. Which other areas would you prioritise?

As previously stated, small steps first. I think you have covered/prioritised the most important areas and should focus on them initially.

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

It's not all about education! Individuals need to take the knowledge and apply it personally, only they will be able to affect change.

12. What else should be considered?

How other countries approach food/their relationship with it should be considered. We can learn from their experiences.

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?

I plan to continue sharing the message of how important food is to our lives and to listen and learn from others as the debate develops.

14. How did you hear about this Discussion Document?

Email from Scot Gov.

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
Hi, here's my thoughts on your 13 questions...

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2. We'll know when we're there when it becomes second nature in our lives to respect food, that to me will be what success looks like.

3. I agree with the vision, small steps initially are important. I would improve it by ensuring all schoolchildren have the opportunity to learn about food, not just cooking but the theory behind it. The work that has been done is good but, just like my report card at school, could be better.

4. I champion/preach the need for better food education at all times, if this was more evident, it would make my life/job easier! Locally, where I live, food plays a major part in the economy. As a kid, I grew up being paid for gathering the crops, a lesson that not only taught me about money but helped me understand about seasonality and provenance. There's not the same opportunities for kids now due to progression in labour and machinery, no reason why, through the excellent initiatives that are in place, we can't continue to develop the relationships I had ingrained in me. People need to realise that local, seasonal food is cheaper and more nutritious and can benefit them, and their families, in more ways than one.

5. I feel education can play a major part in what you are trying to achieve and to this point, we need to recruit more teachers to impart the knowledge in schools. There is lip service paid to food education and this stems from our general attitude towards food.

6. The Food Commission is an excellent development and should be used to bring together all the great organisations/initiatives that are running across the country, promoting best practice. There are many who are telling the same story, unity will bring a stronger voice.

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12. How other countries approach food/their relationship with it should be considered. We can learn from their experiences.

13. I plan to continue sharing the message of how important food is to our lives and to listen and learn from others as the debate develops.

Hope that this helps, look forward to future opportunities in which to share my thoughts.