CONSULTATION QUESTIONS

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

2. How would we know when we had got there? What would success look like?
   When everyone has enough to eat of the right sort of food without importing so much and folk have good health and weight.

3. Do you agree with the proposed vision? How would you improve it?
   Yes, but what constitutes good food? It is sure as hell not pasta, sugar, refined carbohydrate of cheap vegetable oil. These are probably the worst things you could possibly eat. Animal fat should not be demonised, a little animal fat is essential to good nutrition and flavour and cow’s milk should be pasteurised but not homogenised. There should be plenty of fish in the diet.

4. How would your life be better? What does being a Good Food Nation mean in your locality?
   Being able to buy locally produced lamb and New Zealand for instance.

5. Are there any other essential steps we need to take before setting out on this journey?
   Be sure about what good food advice actually is. There is much bad food advice about out there including some given by doctors, nutritionists and yes, the Government.

6. How do you think a Food Commission could best help?
   To ensure shops are stocked with tasty Scottish produce, not bland imported cheap muck. Stop promoting carbohydrates (refined), sugar, pasta, pizzas, cheap vegetable oil, margarine, etc. As if these are healthy foods.

7. In what areas should indicators be set to check we are on track towards our goals?
   I don’t know how could be done without increasing bureaucracy
8. What are your views on the different approaches that could be taken to help us become a Good Food Nation?

As above

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?

Yes

10. Which other areas would you prioritise?

?

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

Food education has to be directed towards evidence based good food. For far too long the nation has been a pawn to ‘Big Pharma’, ‘Big Food’ and other so called nutritionists.

12. What else should be considered?

Stop building on farm land. I’ve said this before and I will probably keep saying it till the day I die. Once farm land is lost it can never be recovered. We need farm land to grow food. Unfortunately when a local council is composed of builders/architects/architects wives, etc. who are in cahoots with the local builders, then land will continue to be relentlessly swallowed up bit by bit. It is not good enough to retort that we must have more houses, and without getting all political; babies should not be subsidised, they are not and endangered species.

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?

All I can do is offer my advice when asked for.

14. How did you hear about this Discussion Document?

You sent it to me.