CONSULTATION QUESTIONS

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

Comments: It is the most vital thing. In great food lies the greatest chance for health both physical and mental for the greatest number of people possible. We can empower our nation only by feeding our citizens properly. We want to empower our people, not so they are useful and more fit to go out waging wars but so they know they are born into a great country and know the government are on their side helping them to achieve health and happiness. And lead useful working lives.

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

Comments: I think success would quickly be obvious but only if we were really serious in wanting to effect change. If we are just playing and making noises about wanting change and continuing to pander to big businesses then we will continue lemming-like over the cliffs of capitalism. Success would be, far less illnesses. People presenting themselves far less at surgeries and hospitals with far more interesting things to do! Far less for the police to do. Less criminal behaviour. People ageing happily with no long term degenerative illnesses unfortunately so lucrative for the drugs industries that act like blood suckers on the collective national body. If you are in a large collection of Scottish people such as a car boot sale or asda's you will see poor health on a massive scale. Bad skins, showing the ravages of a bad diet, shapeless saggy bodies, misery on many many faces. Young and old. What a once proud nation, now running up to seed.

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

Comments: Yes. I would have it recognised once and for all, that organic food is in every way superior nutritionally to chemically sprayed food. Taking in chemical toxins is bound to be accumulative I am afraid and you wouldn't throw all these impurities into your car engine which is the equivalent of your alimentary system.

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

Comments: A bad diet adopted by one and all has a gross effect on all. More unhappiness, conflict and burdens inflicted by younger people on older people! Eating a better diet ensures that people being happier lean less on props like cigarettes, alcohol and drugs which means a happy effect for all in all areas. Incidentally there seems stupidity and carelessness contained in every can of coke etc. Corner shops that specialise in all the trash to make citizens into trash could be asked to contribute greatly to cleaning up after their careless customers that stew the streets and make people depressed.
After all what is their contribution to ill health in this country.? Massive I am afraid.

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

Comments Set before the population the truth about their diet and the consequences and not have them confused because when confusion reigns there is always a reason to continue with their bad diet. All the experts disagree. Unfortunately too many experts are in the pay of big business.

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

Comments I think a food commission would best be served by having people such as advisers such as Joanna Blythman and Dr Cedric De Voil from the wonderful Hospitalfield Hope Gardens of Arbroath who tell the truth and are incorruptible. They have the interests of Scotland at pure heart.

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

Comments If you changed the diets of prison population to organic wholefood then I feel sure you would see less aggression. In schools there would be better concentration and better behaviour and less bullying. In hospitals far quicker recovery time. Why not Make organic wholefood cheaper and affordable because that is always the reason for people not affording it. Price the junk right out of reach. Who is to say the junk is junk? Well we all know really. If it is loaded with white sugar, transfats, masses of e numbers, colourants and chemicals, aspartame etc then that is going to produce cancer, diabetes and all the rest. Expensive to treat a population enlarged and swollen on these. But how do we go about these problems? We get scientist to come up with pills that could never work anyway. The solution is not nor ever be a pill. It is a change of approach and some logic in our thinking. Let us show the world that Scotland is not a morally and spiritually and physically flabby nation.

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: yes

10. Which other areas would you prioritise?

Comments

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

Comments: make it illegal to throw out food from supermarkets and especially frown on dousing food with chemicals to render it inedible. What terrible message of despair to send to the starving of the world. The west throw out food and poison it to stop the human rats of their country eating it.

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: I have written a book for adults and children. I should very much like it to be read by the Good Food nation Team and wonder if it could be utilised. I am not interested in financial reward particularly and I would be happy if my book were used to help.

14. How did you hear about this Discussion Document?

Comments: Just happened on it by accident.