CONSULTATION QUESTIONS

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

Comments

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

Comments

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

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
Dear SG
I would like to respond to the consultation as follows:

Food in the public sector
Agree – the public sector should be an exemplar in the food it provides and the retail outlets on public sector premises. Therefore, I would like to see a policy which aligns the retail outlets in hospitals, museums and leisure centres towards healthy eating objectives. While HFSS foods should not be forbidden, these should not be incentivized or offered in large portion sizes (e.g. meal deals with extra chips and large fizzy drinks, or supersized chocolate bars in WH Smith)

However, hospital food should not be just healthy eating. Many patients require high energy meals and HFSS foods and drinks are useful tools for the dietitians who treat elderly, chronically ill, and children with small appetites. Thus, food for staff/public and food for patients needs to be treated differently.

A children’s food policy
Agree but ensure that any changes are achievable and acceptable to children’s palates. The School Food Trust rules in England were too strict for sugar, salt, fat, vitamins and minerals and were unachievable. Also, they were not evidence-based, for example drinks with artificial sweeteners were banned despite containing approved ingredients and having no negative impact on dental health or obesity. Offer children food they like and make it healthier rather than starting with the ideal diet and then forcing children to eat it. There is no reason why baguette or salad bars couldn’t be offered in secondary schools. Not all children need, or like, a hot meal at lunchtime. Also, why not consider keeping all school children aged up to 14 years in school at lunch times so they cannot go out and buy chips/junk foods. Another idea is to have an exclusion zone around schools to prevent burger vans exploiting the children and teenagers.

Local food
Agree. Greater awareness of local food and where to buy it would be useful. Could farmers be helped to sell the vegetables that supermarkets won’t buy so they don’t get wasted? Use social media and internet marketplaces to shift local produce, especially vegetables. Cut food wastage. See what Fife is doing – we have lots of initiatives to promote local food.

Good food choices
The new FSS should play a pivotal role in gathering the evidence to inform interventions to improve food choice. We know what we should be eating but not how to get people to comply. More research on incentives and disincentives is required. Scotland could lead the way here. Also, start with the quick wins where we have communities with the worst health/poorest diets. No point in improving the diets of the worried well or middle classes. Work with the hardest to reach first. Work with whole families, especially women/children as this would represent the greatest gain. Consider social media, text messaging, financial incentives (as used in Tayside to encourage pregnant women to give up smoking). Pilot new ideas before rolling out. Be brave!

No comments on the other areas

Best wishes
Dr Carrie Ruxton
Freelance Dietitian and member of the Scottish Food Advisory Committee