CONSULTATION QUESTIONS

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

I’d find it hard to gauge its importance compared to other major issues but it just makes common sense. I would imagine we want to be a leader in food through innovation and good initiatives.

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

Hard to answer. It could possibly be a generational thing. Success to me would be less Fast Food chains in our high streets, retails parks etc.

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

I do in part; but I am disappointed that in the entire publication there is no a single mention of Vegetarianism or Veganism. I am Vegetarian myself and have been for over 20 years. These lifestyles; while ridiculed by many have clearly been proved to be a healthy alternative to the norm so see no reason why they should be ignored in such an important publication.

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

As I get older I find myself caring a lot more about supporting local producers rather than the supermarket. Local can mean more expensive so finding ways of lowering local producers prices would make life better.

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

I think it’s essential that you understand the people of this country. Not wanting to be critical but I get the feeling that a major aim of the GFN publication was appeasing the major producers of meat, fish & dairy products. I don’t think we can be a healthy nation by focussing on these producers so we need to also include other alternatives. Juicing for example is becoming a more and more popular practice and I have many friends who partake in this regularly. Although it cannot to be undertaken as a full time lifestyle/diet, it is becoming a healthy alternative to taking a break from ones normal diet and juicing for a bit. Maybe focussing a little on the other alternative and healthy lifestyles is required.

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

Investigate and comment publicly on the benefits of other lifestyles.
7. In what areas should indicators be set to check we are on track towards our goals?

- Mini consultations might gauge the public’s reaction and knowledge of the GFN.

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

- I feel that we are lacking a few approaches which I have covered in previous answers.

9. Do you agree with the proposed initial focus on:

- **Food in the public sector** see answer to no 12
- **A children’s food policy** Although parental responsibility is so important it must start with the education of children. I was taught Home Economics when I was in school. Both theory and practice. I find it hard to believe that some schools do not have food education on their curriculum. Food and where it comes from has to be installed in people when they are young. From speaking to my own nephews and nieces the level of knowledge even into their teens is very poor. This I feel is because Home Economics was not taught in their secondary school.

- **Local food** Yes. Local food and its producers are to be encouraged. There is too much competition from large supermarkets and their buying power is hindering the small guy.

- **Good food choices**: I think the choice of food to myself is more than enough. I might say otherwise had I lived in Rural Scotland. However as the big supermarkets ignore rural areas of Scotland there may be an actual benefit in choice as the smaller producer/retailer can exploit these markets/areas.

- **Continued economic growth?** Of course! This can only make us a better nation in all aspects.

10. Which other areas would you prioritise?

- Without a doubt. Food Education in Schools (Theory as well as practice)

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

- Education on where food comes from is very important. I strongly believe that your average Joe doesn’t care about where their food comes from let alone understand where it comes from. I’m sure if they were to see where some processed food comes from they might see things differently.
- Education on cooking a meal is Important. Too much is relied upon ready-made food and the home cooked meal seems to have been relegated to Sundays only. The skills of cooking in today’s world is not being passed on down the family like it used to and many people probably see cooking as making pretentiously named dishes on the awful reality...
shows that clog up our tv screens. I think it is fundamental that this Good Food nation looks at how we can get Scotland cooking. Not just a Sunday Roast but throughout the week.

12. What else should be considered?

Fast Food! For every outlet they open it surely must hamper the efforts and goals of the Good Food Nation scheme. For example in Edinburgh Fast Food retailers like Macdonalds, KFC, Burger King etc will soon be delivering to our front door via an new online takeaway website called “One Delivery”. Surely this will only add to the Obesity problem and subsequently our Health Service etc. I have been a long term supporter of reducing the impact these retailers have on our children’s life’s and our environment and I see them as a direct threat to these types of Initiatives and to a degree the cause of our nations obesity problem. I appreciate that reducing the amount of stores has a negative impact on job creation but surely that is no reason to allow them to open up outlet’s without being held to account.

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?

- Visit more markets
- Rely less on supermarkets

14. How did you hear about this Discussion Document?

I work near the team responsible. And I often check what consultations there are.

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:
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Food and Drink Division
B1 Spur
Saughton House
Edinburgh
EH11 3XD

If you have any queries please contact Eugenia Christie at 0131 244 9574.

This consultation, and all other Scottish Government consultation exercises, can be viewed online on the consultation web pages of the Scottish Government website at http://www.scotland.gov.uk/consultations .

The Scottish Government has an email alert system for consultations,