CONSULTATION QUESTIONS

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

From both a health and a climate perspective, this aim is essential.

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

We will not actually ‘get there’ just get a small distance on the way.

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

Clear, absolute commitments on community gardening space, children’s education and legislation on junk food.

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

Less litter, happier people, shorter NHS waiting lists, easier to get GP appt. etc. etc.

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

Just go!!

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

Identifying the most damaging ‘food’ items e.g. fizzy ‘juice’, blue sweets, plasticky white bread and publicising the serious bad guys. Research into what children actually eat. A family-size bar of chocolate and 2 litres of Irn Bru is not lunch!

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

Child obesity and vitamin deficiencies. Uptake of community garden space.
8. What are your views on the different approaches that could be taken to help us become a Good Food Nation?

Drastic action is required; legislation against junk food and excessive sugar. Certain additives need to be removed from products altogether (blue colouring).

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?

Not convinced economic growth is necessary or desirable. Capitalist ‘rules’ mean anyone can sell damaging foodstuffs regardless of long-term impacts. Prioritise children through education and their parents come too (guidelines for packed lunches?). Education to help parents cook (and grow) proper food. Public sector food should be an example of good nutrition and local sourcing. Ninewells Hospital has macaroni cheese and chips on the menu every day…

10. Which other areas would you prioritise?

Fizzy drinks and other drinks packaged in disposable plastic containers. Transporting liquids is tremendously wasteful of fuel, giving it a big carbon load when it is entirely unnecessary in the diet at all, compared to drinking tap water. Promote production and distribution of real juice concentrates instead, to be made up to volume with tap water at the point of consumption. Comparison of tap water with bottled water and publicity of plastic contamination/disposal of plastic containers. Nobody in Scotland should be buying bottled water. Reinstatement of public drinking fountains so there is no need to buy drinks when away from home. Locally-made alternative to Sodastream??

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

Community growing space needs to be made available and staffed to offer training and support for people to grow food. This cannot happen efficiently in schools because they are closed for the (very short) summer growing window. Children need gardens to learn in over the summer to get used to eating veg fresh from the plants, not processed food with a massive carbon footprint. Also provides outdoor learning opportunities, keeping children engaged in ‘wholesome’ pursuits through the holidays, exercising out of doors and primed to return to school having subconsciously learned about important things.
12. What else should be considered?

Irn Bru has been marketed into a position where it is considered unpatriotic not to drink it. This kind of marketing pushes people into making terrible food and drink ‘choices’. Tesco has been fronting ‘local favourites’ in its stores over the last few months; the food in this selection is appalling from a health perspective but the marketing appeals to people’s ‘comfort’ factor – this is what we should be eating because this is normal. The Scottish normal is not good and needs to be changed in a way that hardwires it into shopping and eating habits. Counter-marketing would need to be very clever to counteract the automatic choice of fizzy drinks (including energy drinks) over REAL juice/water/milk for children.

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?

Creation of community gardens and education of children

14. How did you hear about this Discussion Document?

Publicised by our local Social Enterprise Network

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.