CONSULTATION QUESTIONS

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

The food sector is important for the economy and environment and diet is a modifiable risk factor for ill health, so improving what is grown, manufactured, and most importantly, consumed, in Scotland makes sense for government and individuals.

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

The food (not drink) sector would have expanded; more caterers would have basic level training in nutrition; retailers would behave more responsibly in pricing and promoting high fat, sugar and salt food and drink; dental disease in children would be decreasing and obesity and type 2 diabetes prevalence would be decreasing. Food waste would be decreasing. More food companies and catering businesses would have started up, especially in economically deprived areas. There would also be a higher proportion of tea, coffee, sugar and bananas which are Fair Trade.

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

There is little focus in the report on food retailers who are able to influence purchases for profit not health or waste avoidance. Scotland should lead the way in rebalancing practices e.g. ‘bunching’ (meal deals), restricting portion size of single serve sugary drinks, legislating against marketing to children (in all its forms). Supporting Healthy Choices is a good start but much more is needed.

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

Being able to buy local produce in small stores not just farmers’ markets; having a better choice of healthy food at work.

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

NHS catering needs to be funded better so that quality food is served to all patients: not only for their recovery but for the message that this send as about the importance of diet for health. Sugary drinks should not be sold in vending machines in hospitals, and all confectionery and sweet bakery goods sold in any retail outlet on hospital premises should be under a certain calorie limit. Drinks and restaurant and fast food chain foods containing more than e.g. 500 kcal/portion should be labelled as high in
6. How do you think a Food Commission could best help?

To have any benefit it would need the funding to obtain relevant data and powers to enforce any recommendations. It should have wide representation from consumers of all ages as social backgrounds.

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

- Economy, environment (food waste), health (obesity, dental decay)

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

See 3. 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?

Food in the Public Sector: yes, very strongly
Children's food policy: not so sure - children's health has an emotional pull but all adults need to improve their diet and pre-school children and adolescents are often neglected in a focus on children's food.
Local food: this is appealing but probably not so important except when it helps to connect producers with consumers and customers
Good food choices: these have increased in recent year (except in hospitals!), it is just that bad food choices are still there and need to be removed.
Continued economic growth: of course!

10. Which other areas would you prioritise?

- Catering in colleges and workplaces; retail food portion size, labelling of high calorie foods and drinks

11. What other steps toward achieving a Good Food Nation would you recommend?
12. What else should be considered?

A publicly available nutrient composition database (e.g. USDA) and access to nutrient composition calculation packages by all manufacturers and caterers

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?

Will continue to engage in consultation exercise and will engage more with the cooperative movement (in my view the most food ethical retailer) and Fairtrade foundation

14. How did you hear about this Discussion Document?

Can’t remember!

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
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, http://register.scotland.gov.uk. This system allows stakeholder individuals and organisations to register and receive a weekly email containing details of all new consultations (including web links). It complements, but in no way replaces Scottish Government distribution lists, and is designed to allow stakeholders to keep up to date with all Scottish Government consultation activity, and therefore be alerted at the earliest opportunity to those of most interest. We would encourage you to register.
Comments on 'Becoming a Good Food Nation'

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Continued economic growth: of course!
10. Catering in colleges and workplaces; retail food portion size, labelling of high calorie foods and drinks
11. Quality diet advice and good food infographics on Food Standards Scotland website
12. A publicly available nutrient composition database (e.g. USDA) and access to nutrient composition calculation packages by all manufacturers and caterers
13. Will continue to engage in consultation exercise and will engage more with the cooperative movement (in my view the most food ethical retailer) and Fairtrade foundation.