1. I believe that it is vitally important that we become a Good Food Nation and that we lose the deep fried image. This will not be achieved immediately but if we all do our bit, change is bound to happen.

2. I think that arriving at that status would be demonstrated by an improvement in the general health of our nation – a reduction in heart disease, diabetes, cancers and other killer illnesses. I cannot say what it would look like and how we’d know we had got there as I believe it would be an on-going process. We’d never be able to rest on our laurels as any impetus would be lost. We must never think we’ve arrived. We must keep on aiming high.

3. I do agree with the proposed vision and I believe that small or large successes, eg in a reduction of statistics on poor health should be celebrated. ‘Look what we’ve achieved in a fairly short space of time, just by....................’

4. It is difficult to say how my own life would be better. I am old and set in my ways. I was brought up to believe that cream and butter were good for me. Well, everything in moderation, but I find it difficult to change completely. A dislike of many vegetables, including greens, has to be hidden in my efforts to persuade others. ‘I like veg so much I ate mine at the cooker and that’s why there’s none on my plate’ will only work for a short time and only with the very young. Even they get suspicious after a while. However for others in my locality, the benefit of food that hasn’t had to travel thousands of miles to my local shops is bound to show in the health and pockets of our people. Have you ever tasted Morayshire carrots, Black Isle tatties, neeps straight from the field? Beautiful. There is the added benefit of an improvement in the local economy, a reduction in waste and local composting.

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5. We should already be on our journey. However, if a grand launch is to take place, the availability of the good food must be examined and the skills and ability to use it must be taught.

This is something we do here on a very small scale, depending on funding to a large extent, but a small group of parents or grandparents learning the secrets of healthy cooking, budgeting - including taking the time to look for food near its use-by date and the time to make the most of it, using left overs, etc is so important and can carry the message into families. (I may not like many vegetables, but I grew up in relative poverty after the war, with a mother who had to be careful and who worked hard to ensure that we had the best food she could provide for us. I’d like to see people using some of her examples today and in the kitchen here, I do my bit to show volunteers what can be used - or used up. Small scale efforts, feeling very two-faced, but efforts just the same.) This will be a long slog, but we must try to show people how their pockets will benefit as well as their health.

6. I don’t know much about how a Food Commission could help, but I do believe that the right approach from the right people could make a tremendous difference. Not in a big brother sort of way, but persistent work to erode the bound in, ground in ideas in heads like mine will need tenacity and stealth!

7. Again, indicators are fairly new in my thinking, but I think child health improvement, levels of sales of freshly grown/caught food to be monitored. Perhaps figures from different parts of the country, monitoring change?

8. Not a lot to say but I agree with what is proposed and has been said so far. An old teacher of mine said he worked on the principle that if he threw enough mud at a wall often enough, some was bound to stick. There are so many different ways of educating people. There are different ‘hooks’ to which different folk respond. Try any approach that seems necessary and keep on keeping on. Look at the changes in the health of the Finnish people. We don’t need to give up ‘mealie jimmies’ altogether. There’s the health giving effects of oatmeal, after all, even served with mince and tatties but we can grow superb berries in Scotland and the production seasons seem to be extended. Encourage eating locally grown fruit. I’m not saying to do away with imports of delicious sweet pineapple, but we have good berries and other fruits in season that are as good as anything produced abroad.

More to follow when I get time- whether there’s any value to it or not! Jennifer MacLeod

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CONSULTATION QUESTIONS

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

   1. I believe that it is vitally important that we become a Good Food Nation and that we lose the deep fried image. This will not be achieved immediately but if we all do our bit, change is bound to happen.

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

   2. I think that arriving at that status would be demonstrated by an improvement in the general health of our nation – a reduction in heart disease, diabetes, cancers and other potentially killer illnesses. I cannot say what it would look like and how we’d know we had got there as I believe it would be an on-going process. We’d never be able to rest on our laurels as any impetus would be lost. We must never think we’ve arrived. We must keep on aiming high and finding different ways to achieve our goals.

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

   3. I do agree with the proposed vision and I believe that small or large successes, eg a reduction of statistics on poor health should be celebrated. ‘Look what we’ve achieved in a fairly short space of time, just by.................’ We need inspirational approaches.

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

   It is difficult to say how my own life would be better. I am old and set in my ways. I was brought up to believe that cream and butter were good for me – in quantities. Well, everything in moderation, but I find it difficult to change completely. A dislike of many vegetables, including greens, has to be hidden in my efforts to persuade others. ‘I like veg so much I ate mine at the cooker and that’s why there’s none on my plate’ will only work for a short time and only with the very young. Even they get suspicious after a while. However for others in my locality, the benefit of food that hasn’t had to travel thousands of miles to my local shops is bound to show in the health and pockets of our people. Have you ever tasted Morayshire carrots, Black Isle tatties, ‘frosted’ neeps straight from the field? Beautiful. The problem is that we need to find a way to inspire people. We are not cranks because we believe in using local produce. Being careful in our food choices should not only be for those with
a higher income. We must persuade or inspire those in poverty to buy good food at a good price and cook it beneficially.

There is the added benefit of an improvement in the local economy, a reduction in waste and in fuel costs and an increase in local composting.

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

We should already be on our journey. However, if a grand launch is to take place, the availability of the good food must be examined and the skills and ability to use it must be taught.

This is something we do here on a very small scale, depending on funding to a large extent, but a small group of parents or grandparents learning the secrets of healthy cooking, budgeting - including taking the time to look for food near its use-by date and the time to make the most of it, using leftovers, etc is so important and can carry the message into families. (I may not like many vegetables, but I grew up in relative poverty after the war, with a mother who had to be careful and who worked hard to ensure that we had the best food she could provide for us. I’d like to see people using some of her examples today and in the kitchen here, I do my bit to show volunteers what can be used - or used up. Small scale efforts, feeling very two-faced, but efforts just the same.) We have also obtained funding from time to time to run courses. This will be a long slog, but we must try to show people how their pockets will benefit as well as their health.

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

I don’t know much about how a Food Commission could help, but I do believe that the right approach from the right people could make a tremendous difference. Not in a big brother sort of way, but persistent work to erode the bound in, ground in bad habits in heads like mine will need tenacity and stealth! What about helping to provide jobs in the food production industry? Publicity? Work in schools? Real cooking and budgeting classes instead of baking something that will fit into the home economics period.

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

Again, indicators are fairly new in my thinking, but I think child health improvement, levels of sales of fresh/caught food to be monitored. Perhaps figures from different parts of the country, monitoring changes in shopping habits, food waste collections?
8. What are your views on the different approaches that could be taken to help us become a Good Food Nation?

Not a lot to say but I agree with what is proposed and has been said so far. An old teacher of mine said he worked on the principle that if he threw enough mud at a wall often enough, some was bound to stick. There are so many different ways of educating people. There are different 'hooks' to which different folk respond. Try any approach that seems necessary and keep on keeping on. Look at the changes in the health of the Finnish people. We don’t need to give up ‘mealie jimmies’ altogether. There’s the health giving effects of oatmeal, after all, even served with mince and tatties but we can grow superb berries in Scotland and the production seasons seem to be extended. Encourage eating locally grown fruit. British apples and pears as well as imports. We have been brainwashed into thinking uniform shapes of fruit are best. What about teaching us that odd shapes are good, not just funny. I’m not saying to do away with imports of delicious sweet pineapple, but we have good berries and other fruits in season that are as good as anything produced abroad and that have definite health benefits.

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?

Yes, to all the above. I think the children’s food policy could be the hardest one to achieve, though. The policy can be written, but how to implement it when so many of our children are living in poverty and parents with depressive illnesses find it difficult to focus on how to prepare a healthy tasty meal for their children. Fat, sugar and salt are very tempting to the palate and are often quick and easy to prepare or are ready made. Tasty food is vital in trying to bring about change. We have to be in it for the very long haul.

10. Which other areas would you prioritise?

Not sure what’s left!

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

Are allotments still as popular? Classes/courses on growing your own in small spaces? Not always cost effective, but rewarding. Small steps by individuals could be encouraged. Again, inspire people.

12. What else should be considered?
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?

I make good soups, I’m told. I’ll continue to make them here and encourage others to do the same. If necessary point them at prepared raw vegetables in supermarkets till they see the benefit of experimenting. I’ll also continue to provide a weekly lunch club for older and vulnerable disadvantaged local folk and provide a fortnightly Senior Sunday Lunch for folk who find a Sunday difficult because of loneliness and the cost of preparing a good 3 course home cooked meal. Some of this will depend on finding on going funding, but I’m determined to fight poor food and isolation!

14. How did you hear about this Discussion Document?

I received an email yesterday.

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.