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?

10. Which other areas would you prioritise?

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

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?

14. How did you hear about this Discussion Document?

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.
CONSULTATION QUESTIONS

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

GCPH considers it a matter of urgency that healthy, sustainable food production, consumption and waste become a more visible priority across Scotland. We agree that there is a mismatch between Scotland’s growing reputation as a country that produces and exports high quality food and drink and our poor dietary habits. UK and European health promotion policies on diet have relied heavily on consumer education in an attempt to support healthy choices but this has resulted in an over-emphasis on individual responsibility. In the meantime, global food markets have been promoting over-consumption, in developed (and increasingly developing) countries, of food and drinks that are calorific and high in fat, sugar and salt. There is evidence that the food industry’s commercial interests have had a powerful negative influence on eating habits during recent years as well as generating confusion regarding what comprises a healthy diet. We consider that the Scottish Government should provide stronger, more visible leadership, acting at a system level using regulation where necessary and working across traditional boundaries if Scotland is to realise its ambition of becoming a Good Food Nation.

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

As a nation we would be consuming more fruit, vegetables and meals cooked from scratch, we would be consuming less meat, less processed food and food and drinks high in fat, sugar and salt. We would be eating together more often as families and communities. We would have experienced a reduction in inequalities in access to and consumption of healthy, affordable food and drinks between affluent and deprived population groups and communities. Food poverty and food banks would be a spectre of the past. Public sector food provision in educational, health and care settings would be uniformly high in quality, locally sourced (where possible) and based on seasonality. We would have banned the marketing and promotion of unhealthy food and drinks to children. Urban high streets would have fewer fast food and many more healthy food outlets and local grocers selling fresh fruit and vegetables. We would have reduced food waste and food packaging significantly and increased recycling.

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

We agree with the overall content of the vision but recommend that there is greater emphasis on fairness and sustainability in the food chain and on reduction in inequalities in relation to access, affordability and acceptability of healthy food and drinks.

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

GCPH was established in 2004 to generate insights and evidence, to create new solutions and provide leadership for action to improve health and tackle inequality. The realisation of a fairer, healthier and more sustainable food system in Glasgow and the West of Scotland would help to drive positive changes across a range of diverse but important dimensions of population health including food poverty, waste, obesity and diet-related ill health, climate change, economic prosperity, and social cohesion.

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

It would be useful to review the evidence regarding the impact of food policies in European countries (and in other parts of UK, e.g. Bristol), lessons learned and identify examples of good or innovative practice from elsewhere as part of this journey.

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

A Food Commission could provide leadership and follow through on the propositions and recommendations outlined in the Leadership Forum Report published in 2009 which provided the foundations for Recipe for Success, Scotland’s earlier National Food and Drink Policy. The authors of this report said: “There is a clear need for continuing and deeper policy integration at national level through a leadership group of experts to support the Scottish Government.” However, this should be complemented by local action involving statutory agencies and community organisations to develop sustainable food approaches within particular areas, for example through the establishment of Food Policy Councils or equivalents.

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

Indicators we consider would be helpful in tracking progress include:
- The proportion of public procurement contracts that used local sourcing of public sector food and drinks
- Population levels of meat consumption
- Food waste and food packaging recycling
- Numbers and location of food banks
- Numbers and location of community growing projects, community orchards, urban farms, allotments
- Continuation of use of national surveys to monitor dietary intake across the Scottish population, broken down by deprivation quintile
- School meal uptake
- Numbers and location of fast food outlets in urban locations and near schools
- Numbers and location of food co-operatives
8. What are your views on the different approaches that could be taken to help us become a Good Food Nation?

Although we agree that celebrating the positive aspects of food and drink is important, more consideration should be given to using regulatory and fiscal levers to control the sale of unhealthy food and drinks. An increasing number of local authorities in the UK and further afield are testing the use of licensing and planning powers in an attempt to restrict the number and concentration of commercial outlets selling unhealthy food in local neighbourhoods and near schools. There is potential for these measures to be employed by national and local government in Scotland, building on current developments such as licensing of alcohol outlets and through more explicit public health input into local development plans. In addition, consideration should be given to strengthening the role of local authority environmental health departments to equip them with greater powers in relation to food safety and hygiene and to include nutritional assessment/regulation within their remit. Evidence is growing that health-related food taxes can improve health, particularly if accompanied by subsidies on healthy foods. Sales tax on sugared drinks, sweets and snacks has been introduced in the US, Australia and in several European countries.

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?

We agree with these initial priorities although we consider that the fifth priority should be continued, **sustainable** economic growth.

10. Which other areas would you prioritise?

We would also prioritise efforts to improve the accessibility, affordability and acceptability of healthy food and drinks in deprived areas and that accurate monitoring of the impact of food production and consumption should be made more of a priority.

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

The establishment of Food Policy Councils should be encouraged and supported by the Scottish Government.

12. What else should be considered?

As outlined in paragraph 8 we recommend that fiscal and regulatory levers be seriously considered to support the realisation of the aspiration for
Scotland to become a Good Food Nation.

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?

GCPH has led a programme of research and evaluation on school food policy and external food environments near schools for a number of years and has directly influenced policy and practice in this arena. We have also provided continued support for the development of sustainable food policy in Glasgow City which has stimulated the establishment of a Food Policy Partnership in Glasgow. GCPH will continue to be involved in and support this important work through generating evidence and insights regarding what works and through membership of the newly formed Glasgow Food Policy Partnership.

14. How did you hear about this Discussion Document?

Through various networks and through a direct request to respond from the Food and Drink Division of the Scottish Government.

Responding to this Consultation Paper

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