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?

Comments

10. Which other areas would you prioritise?

Comments

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

Comments

12. What else should be considered?

Comments

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?

Comments

14. How did you hear about this Discussion Document?

Comments

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.
Good Food Nation Submission

Graham’s The Family Dairy welcomes the next stage in the National Food and Drink Policy, which has the aim of making Scotland a Good Food Nation.

For our business, there is nothing more important then helping Scotland become a Good Food Nation where children grow up with the right nutrition and go on to live long and healthy lives as adults.

At the moment we are a country with a fabulous natural larder but at the same time we have an uneasy relationship with food that can lead to poor health outcomes.

We need to end that paradox and the vision of a Good Food Nation will be delivered when life expectancies change and heart disease and obesity rates fall as the nation eats better and exercises more.

As a well established family farming business totally committed to Scotland, we believe we have an important role to play helping deliver change.

We are proud that all our products are local and natural. The nutritional value of milk to growing children is well documented but we have always committed our business to delivering products that are good for adults as well.
We believe there are three key ways Scotland can move towards being a Good Food Nation.

A National Children’s Food Policy could ensure young people get the best eating and drinking building blocks for life. At the moment children’s diets in Scotland are a particular concern and we would like to see more emphasis being placed on nutritional education and the benefits of natural and healthy rather than processed foods. If young people learn to make good food choices as children, then there is a clear route to follow to maintain healthy living as adults.

Children learn poor dietary habits from their parents so we need to address the myths surrounding diet and the disconnect many people in urban Scotland have from our fabulous natural larder.

Our butter, cream and cheese are all natural products and we are pleased to see the latest thinking recognises the very important role they play in health and nutrition.

A rethink on the role of saturated fat and recognition of the benefits it can bring has coincided with new studies from Sweden and Canada showing consuming full fat dairy products can significantly reduce the chance of developing Type-2 diabetes.

We would encourage the Scottish Government to be more pro-active in ensuring individuals and families have the correct and most up to date information through public health education on matters like this to enable them to make the best nutritional choices for their families.

In his acclaimed book “Food Rules”, Professor Michael Pollan argues the best food for us are those with the shortest lists of added ingredients.
Simple clear advice like that could be a substantial help to allow the public to understand what a Good Food Nation means in practical terms.

The size of the public sector in Scotland means procurement has a crucial role to play in establishing good practise when it comes to diet and spreading accurate messages surrounding good food.

Public spend should deliver good public health so we would like to see a procurement focus on enabling opportunities for Scottish companies producing healthy and nutritious products. Not only is this good for the economy in terms of keeping spending in Scotland but it also cuts wasteful food miles and ensures that consumers develop a pride in the healthy produce of this land.

For us as a business, a Children’s Food Policy built around natural rather than processed food, clearer nutritional and healthy eating messaging and better support from public sector procurement could be three key steps on the journey to making Scotland a Good Food Nation.

Over and above all this, we work in a competitive global environment. We believe every facet of the Scottish Government needs to understand they should be nurturing, encouraging and supporting companies involved in good food production to ensure they are able to overcome obstacles and impediments along the way.

Every day, with the help of our farm partners, we produce 700,000 pints of fresh, pure, nutritious milk. We are proud of the role we play at the moment in our nation’s health but would welcome the opportunity to do more to help Scotland become a truly Good Food Nation.