CONSULTATION QUESTIONS

1. How important do you think it is that we aim to be a Good Food Nation? 
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   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.
Scottish Government Consultation on Becoming a Good Food Nation

Response from Outside the Box and organisations from the Wisdom In Practice project

Wisdom In Practice is a Scottish Government funded project that aims to build on the skills, knowledge and confidence of older people to develop services and activities that are led by older people for older people. It is co-ordinated at Outside the Box.

Outside the Box is a voluntary organisation working with community-led groups across Scotland.

Outside the Box has collected views from the older peoples organisations with which we are in contact and collated them into this overall response. Organisations and groups may also be submitting individual responses to the consultation.

Points we would like to make on the consultation paper Becoming a Good Food Nation

There are a lot of good suggestions in the document but we are disappointed that it does not mention how important good food is for older people.

We know that many older people find it difficult to get access to good food. Some of this is a result of people finding it more difficult to cook as a result of sight impairments or being unable to hold or lift pots, for example.

Older people have skills around food and want to have opportunities to share them. Examples include teaching children and younger neighbours to cook and being part of community shared meals. We also have examples of older people teaching pupils to grow their own produce which is then used to teach cooking skills in the classroom through events - this intergenerational activity meets needs on both sides.

There is very little easily accessible advice on what is good food and a healthy diet for older people. The advice for the general population does not take account of the way our bodies and our preferences change as we get older.

The ways in which food is sold and packaged are not helpful for many older people. Larger packs and selling which is focussed on bulk buying and cooking is less relevant; packaging which is hard to open is a nuisance; small print for instructions on how to cook items means that many pre-packed items – including many marketed to older people and people living alone – are not suited to some people. The people who have highest support needs are often being missed out in multiple ways, with the result that their diet becomes very limited.

The focus on public sector role in promoting good food needs to take account of the extent to which public services are now delivered through other
organisations.

The care arrangements that are often available through local authorities, with short home visits by care workers – often 15 minute slots which can be less when works are travelling between the people they support, mean that there is a heavy reliance on heating processed food. Many people find this has an impact on the quality of food and on whether people actually eat it.

Supporting a good food nation will require re-thinking how older people are able to eat food they like with company and encouragement.

Many older people welcome opportunities to eat with other people, and also to be part of planning, preparing and serving food. We have good examples of lunch clubs for older people where the food is important and nourishing but the opportunity for social interaction is of equal importance. For some it is the only time in the week when they do not eat alone. This should include both time with other older people and time as part of a wider community with neighbours and friends – whatever each person wants and enjoys.

Other points

Any strategy needs to take account of poverty, including aspects such as access to transport, and recognise the role of food banks. Many food banks do not offer fresh food because it is hard to store safely and effectively.

There needs to be more recognition of the ethnic diversity in Scotland and what this means for food – what people eat, learning from people from other cultures and places.

A lot of the issues we are raising for older people also apply to people with disabilities and health problems.

Any strategy on food needs to link up more clearly with the other policy and practice developments that are supported by other parts of the Scottish Government.

Contact

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