CONSULTATION QUESTIONS

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

We feel it is very important that we aim to be a good food nation, however the key driver must be the consumer / local residents not so much the food producers and food industry.

The Policy needs to make clear that as a Nation, Scotland is committed to the “Right to Food”. That we will sign up to the International Covenant on Economic, Social and Cultural Rights. These were clarified by a committee of experts in 1999. Where income and access are critical factors, where the state meets its obligations and ensures there are no violations of these rights – including the right to food.

Equally important is the need to have food policy agreed with other departments of Govt including DWP, economists, Health Scotland, and local government / education services and sports and leisure. Linking food across several policy areas is crucial, at national, local authority level and vitally at community level. We at NGCFI are seeking to bring communities together on the medium of food, and to help them play a part of being the solution to improving diets etc.

With as many as one in every two children living in poverty in the areas we work, eg Springburn, it is crucial a policy address food poverty, income inequalities, health inequalities and access to fresh affordable ingredients.

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

When all communities have access to the best produce, sourced locally were possible and it’s not just people that can afford to eat well that get to enjoy the wonderful Scottish produce. Where everyone had fair and equal access to good food.

Where communities are more hands on in growing food, where community supported agriculture is the norm, and a local food economy less vulnerable to mass media marketing of multinationals.

Where there is food waste

The levels of malnutrition will have decreased

Children will be eating a higher level of fruits and vegetables

Levels of obesity and our health related conditions will have decreased

Scottish society will be healthier and happier as a result
3. Do you agree with the proposed vision? How would you improve it?

We feel that we cannot begin to become a good food nation until the issue around food poverty is addressed. Front line food workers should have better support and funding security to enable them to work with the poorer communities effectively.

The vision needs to refer to access and equality in relation to good food. The vision needs to have a balance between tackling inequality and food poverty, and increasing food tourism and the food and drink economy. There should be a focus on affordable, healthy, sustainable and delicious food being available to all.

Communities should have a better say in food provision in their area.

Policy makers need to have a better understanding of the impact of welfare reform on peoples capacity to make healthy choices. As we know, when peoples budgets are stretched the first thing to decrease is the amount spent on food. Eating fresh fish for some of the poorer communities is seen as a luxury item which they cannot afford.

To ensure that all school meals and foods provided for hospitals, care homes etc. are of the highest quality and source locally and organic where possible.

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

Zero food poverty and food banks are history – where everyone can go to a shop or market and buy affordable food of their choice

The supermarkets will have a less on a monopoly on the food market and the ‘high street’ will be a place where you can get your weekly food shop at an affordable price.

Increase in local people in community food initiatives including allotments and community growing schemes, attending cookery courses, ante natal cookery, promotion of breast is best…

equal access to an affordable, healthy diet (including improved skills and knowledge and confidence to make informed food choices) for all groups within our communities, specifically those on a lower income - including older people

Healthier food choices for children and young people - especially around schools with obvious

People would be healthier and have better well-being. In my locality it would mean a number of affordable healthy options for food products. The supermarkets will have a less on a monopoly on the food market and the ‘high
street’ will be a place where you can get your weekly food shop at an affordable price.

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

To ensure that all communities have access to affordable fresh produce.

Those front line food and health workers / projects are supported to work with people to improve their diet and lifestyle and participate in making communities a better place to live through the medium of food. Helping families to cook on a tight budget.

To reduce the price of ingredients so people with smaller budgets can afford to buy it.

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

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

Food needs to be seen as a cross cutting issue as suggested in 1. Above there should be high level indicators across departments, economy, health and wellbeing; the environment and education and training, and introduced into SOAs.

There needs to be an indicator on the vitality of communities to build resilience on food poverty and their aspirations for a good food nation locally applied. This needs to be resourced.

Increase in fruit and vegetables, particularly in children

Decrease in health related illness such as diabetes, high blood pressure, obesity and malnutrition

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

Last para on P20 needs fleshed out and underpinned by resources to support community infrastructure to compliment local govt and NHS initiatives… see 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?

   Local food must empower local communities to be part of the solution.

10. Which other areas would you prioritise?
   
   Community Food  
   Food Poverty and the Right to Food (see 1 above. ) 
   Sustainability  
   Food waste.

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

   Start where people are at… not producers or industry. Low income communities need additional support to turn around generational issues of low aspiration and ill health, in part diet related.

12. What else should be considered?

   Just to place our thanks on record to the SG on raising food up the agenda.

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?

   We are developing a community Food Hub Model of working – www.ngcfi.org.uk

14. How did you hear about this Discussion Document?

   Networking etc