



Food Research
Collaboration



Evidence-based action

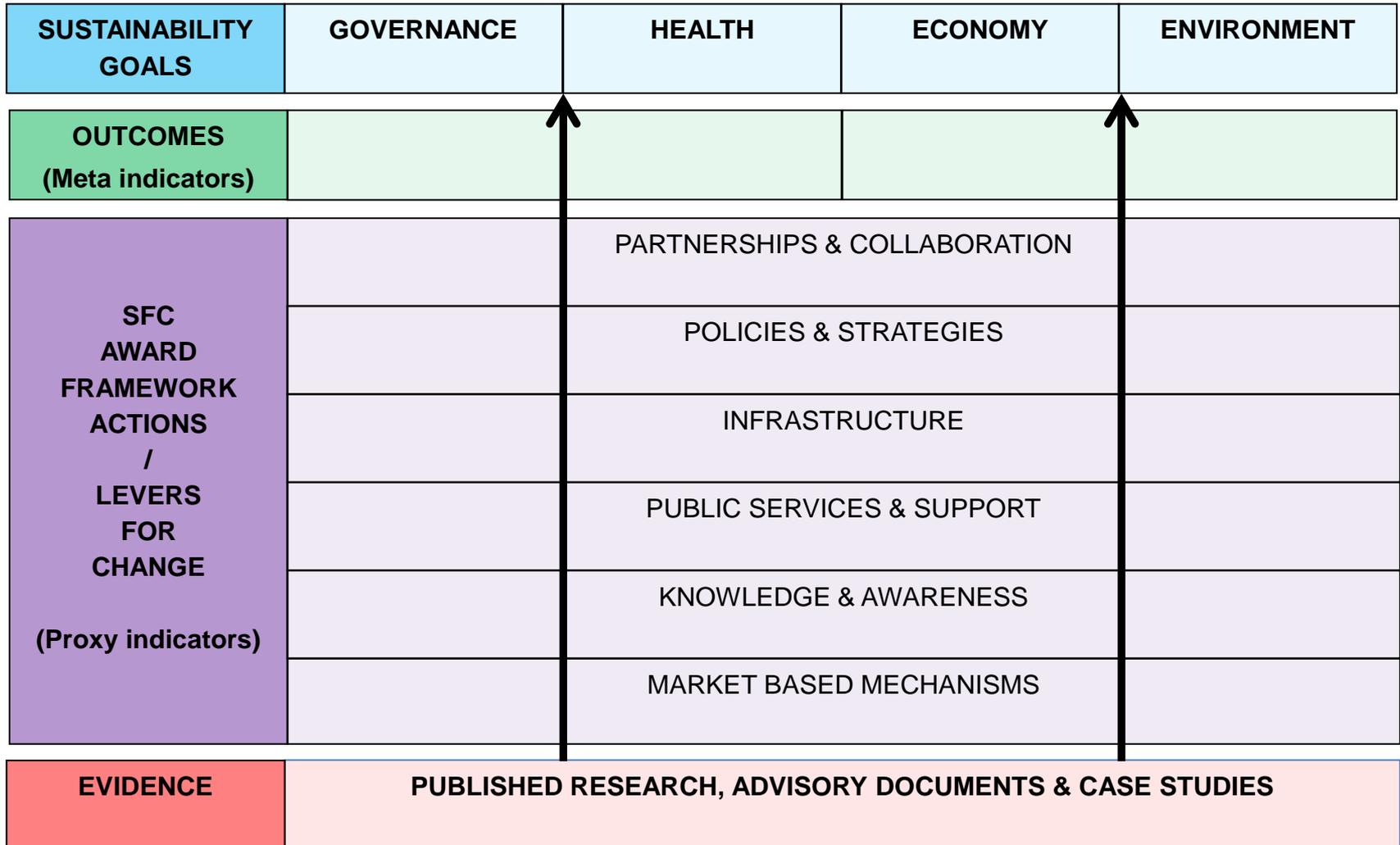
Building a research programme that serves your needs

As well as outlining the SFC national evaluation framework, this workshop will ask participants to help identify food issues on which they would like to see practical evidence-based guides on how to best drive local progress, which will be developed by the Food Research Collaboration

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SFC Conceptual Framework





SFC Conceptual Framework

Dimension	Health	Economy	Environment
<p>Goal</p>	<p>Improving physical and mental health and wellbeing by reducing food poverty; improving access to affordable healthy food; promoting healthy weight and healthy diets; and increasing participation in food related physical and social activity.</p>	<p>Creating new and sustainable jobs and businesses as part of a vibrant, culturally diverse and prosperous local food economy that provides fair and equitable economic benefits to all actors involved in both local and global supply chains.</p>	<p>Reducing the negative ecological and ethical impacts of the food system from production, processing and distribution to consumption and waste, including GHG emissions, soil and water degradation, biodiversity loss, waste and poor animal welfare.</p>
<p>Outcomes (meta indicators)</p>	<p>Decrease in the proportion of people requiring emergency food aid</p> <p>Decrease in the number of people overweight or obese</p> <p>Decrease in the number of people malnourished</p> <p>Decrease in the consumption of salt, sugar, fat and meat</p> <p>Increase in the average daily consumption of fruit and vegetables</p> <p>Increase in the number of healthy options in takeaways and vending</p> <p>Increase in the availability of free drinking water</p> <p>Increase in the number of people cooking from scratch</p> <p>Increase in the proportion of mothers breastfeeding</p>	<p>Increase in the number of jobs in the local food economy</p> <p>Increase in the amount of money circulating in the local food economy</p> <p>Increase in gross value added within the local food economy</p> <p>Increase in the number of viable independent local food businesses</p> <p>Increase in the proportion of retail food sourced from local producers</p> <p>Increase in the proportion of catered food sourced from local producers</p> <p>Increase in the proportion of food workers earning the Living Wage</p> <p>Decrease in the number of food workers on zero hour contracts</p> <p>Increase in the number of young people training for a career in food</p>	<p>Decrease in GHG emissions associated with the food system</p> <p>Decrease in the consumption of meat and meat-based products</p> <p>Decrease in the consumption of highly processed products</p> <p>Increase in consumption of seasonal and local fruit and vegetables</p> <p>Increase in the consumption of low input, organic, sustainable products</p> <p>Increase in the consumption of high animal welfare products</p> <p>Increase in urban and peri-urban food production</p> <p>Decrease in food waste (at all points in the supply chain)</p> <p>Decrease in food related waste (packaging, energy, water)</p>



Evidence based practical guidance to drive change at local level

- Used to:
 - Design & implement projects – what works best
 - Inform messages/information
 - Influence decision makers (e.g. donors, policy makers)
- Process
 - 6 priority topics identified by SFC membership
 - Review existing evidence
 - Discuss at workshop
 - Publish
- Cross sectoral/disciplinary approach



Group work

Purpose: To identify priority food topics/issues requiring guidance

Thinking about your current and future projects/campaigns: (20 mins)

1. **What** topics? – be as specific as possible
2. **Why** is it a priority issue?
3. **Who** will use the guidance?
4. **How** will the guidance be used?

Write up on flip chart

Presentation – max 3 mins each & vote (20 mins)

- e.g.
- Reducing sugar consumption
 - Reducing/using food waste
 - Increasing veg consumption
 - Improving cooking skills



Example: Eating less sugar

How most effectively achieve SFC meta-indicator “*Decrease consumption of salt, **sugar** and fat*”

1. What –do you need evidence based guidance for – what specific questions?

- a) What is the link between sugar and obesity?
- b) What are the health implications for artificial sweeteners & energy drinks?
- c) What is best practice on sugary drinks levies & restricting sugary drinks/snacks in vending machines?

2. Why – a priority for you right now?

- a) The Council is developing an obesity strategy and we want it to include and provide funds for reducing sugar consumption
- b) We are often asked for advice on artificial sweeteners and energy drinks by the public
- c) To make a decision on using sugar levy and vending machines

3. Who & How - will be used?

- a) FP Coordinator will present the evidence on sugar and obesity to different Council departments and lobby to have sugar reduction activities included in obesity strategy.
- b) Evidence on artificial sweeteners and energy drinks to be used by SSC coordinator to develop campaign/advice material.
- c) Guidance on levies and vending machine used by project team to design program

	Health	Economy	Environment
Outcomes (meta indicators)	Decrease in the number of people requiring emergency food aid	Increase in the number of jobs in the local food economy	Decrease in food related greenhouse gas emissions (GHG)
	Decrease in the number of people overweight or obese	Increase in the amount of money circulating in the local food economy	Decrease in the consumption of meat and meat-based products
	Decrease in the number of people malnourished	Increase in gross value added within the local food economy	Decrease in the consumption of highly processed products
	Decrease in the consumption of salt, sugar, fat and meat	Increase in the number of viable independent local food businesses	Increase in the consumption of seasonal fruit and vegetables
	Increase in the consumption of fruit and vegetables (5 a day)	Increase in the proportion of retail food sourced from local producers	Increase in the consumption of low input, organic, sustainable products
	Increase in the number of healthy options in takeaways and vending	Increase in the proportion of catered food sourced from local producers	Increase in the consumption of high animal welfare products
	Increase in the availability of free drinking water	Increase in the proportion of food workers earning the living wage	Increase in urban and peri-urban food production
	Increase in the number of people cooking from scratch	Decrease in the number of food workers on zero hour contracts	Decrease in food waste (at all points in the supply chain)
	Increase in the proportion of mothers breastfeeding	Increase in the number of young people training for a career in food	Decrease in food related waste (packaging, energy, water)
	Increase in oral health evidenced by levels of dental cares	Increased consumption of Fairtrade and other 'fair price' products	Decrease in the use of pesticides, herbicides and fungicides.
	Increase in the number of people involved in community food activities	Retention of and investment in local food system infrastructure	Increase in home and community composting



Group work

Purpose: To identify priority food topics/issues requiring guidance

Thinking about your current and future projects/campaigns: (20 mins)

1. **What** topics? – be as specific as possible (3-4)
2. **Why** is it a priority issue?
3. **Who** will use the guidance?
4. **How** will the guidance be used?

Write up on flip chart

Presentation – max 3 mins each & vote (20 mins)

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