East Midlands Regional Food Strategy and Action Plan

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East Midlands Regional Food Strategy and Action Plan

PART I – A food Strategy for the East Midlands

1. Good Food East Midlands: Principles and Purposes

Good Food East Midlands (GFEM) was set up under the auspices of Public Health England, East Midlands and the Sustainable Food Cities programme (SFC) to be an independent cross-sector body concerned to achieve a healthier, more sustainable and resilient food system for the region. It is one of an increasing number of food boards at the regional level such as, for example, in London and Manchester.

The overall vision of GFEM was agreed on 26 September 2016 at its inaugural meeting, as follows.

The GFEM board will develop a whole-system1 consensual food strategy and action plan for the East Midlands Region in pursuit of healthier, more sustainable and resilient food systems, cultures, communities and local economies. Acting as a network hub for information and organisations, it will address obesity, diet-related ill-health, food poverty, inequality and waste, climate change and biodiversity loss, declining prosperity and social dislocation, food quality and food waste.

In broad priority order, GFEMs objectives within this vision are as follows.

Health
- Tackle health and hunger amongst the poor and vulnerable, particularly children and the elderly and reduce health inequalities
- Use all aspects of good food (see below) to promote mental health, substance abuse rehabilitation, physical activity, and other benefits to physical and mental health and wellbeing;
- Champion the specific role of food education and action in schools, particularly in relation to nutrition, breakfast clubs and meals in the school holidays.
- Develop food education for all citizens in the region.
- Work to support a healthy weight agenda across the region.

Environment
- Reduce food waste.
- Encourage, wherever appropriate, the adoption of short food miles.
- Be mindful of actions to reduce food insecurity.

Economy
- Support the importance of local food (and a vibrant food economy) within the wider food system.
- Encourage the use of food to stimulate local economic development and develop skills,
- Develop sustainable food procurement.

Culture
- Celebrate the food culture and distinctiveness of the East Midlands

Sustainable Food Cities (SFC)
- Seek SFC status in 2017/18.

1 The Whole Food System is explained in Appendix 3.
• Support local authorities in the region in working towards SFC accreditation.
• Act as a membership organisation to all of those involved in all aspects of the food chain who want to be members.

Procedural
• Demonstrate strategic leadership in delivering a healthier, more sustainable and resilient food culture in the East Midlands take a whole system approach to food across the East Midlands ensuring links are made across the key issues, partners, and delivery of actions.
• Develop a consistency of vision and approach with stakeholders.
• Provide a hub for connections across all sector stakeholders.
• Work with partners to ensure appropriate links are made across the East Midlands.
• Identify resources, expertise and funding for the delivery of the action plan.
• Provide oversight and challenge of delivery of actions.
• Provide an information hub for all stakeholders.
• Support research to enable the development of relevant policy (e.g. food procurement).

2. What is good food?

Good food can have a number of facets. It can be food that:

• helps to combat food inequalities and food vulnerability. Sustain et al (2017) estimates that in 2014, 8.4 million people in the UK lived in households that reported a vulnerability in access to food at some time in the year (this is the size of the population of London). This is much larger (maybe 17 times) than those using Trussell Trust food banks. There is much stigma associated with food vulnerability, which is why it is difficult to address, yet the health consequences are long-term, severe and very expensive. So good food can remove food vulnerability, address food inequalities, create a healthier nation and save on health and other costs.

• assists in the reduction of food poverty. Food poverty can develop from food vulnerability and can be seen as the inability to obtain healthy and affordable food. (Sustain, 2017b). This can result from a lack of income, a lack of access to healthy food, a lack of knowledge of what healthy food is or a lack of skills to create healthy meals. Food poverty can lead to diet-related diseases such as cancer, diabetes, obesity and coronary heart disease.

• develops physical and mental health. As well as good diets being good for our health, an active participation in different aspects of the food system (like growing food, helping to distribute food, working together to cook and consume food), can be good for our physical health (through exercise) and our mental health (both through exposure to the natural environment and working with other people) (Public Health England, 2016a).

• stimulates community cohesion. Working together in all aspects of the food chain leads to collaboration with neighbours, better community relations and improved social cohesion (Urban Food Justice, 2017). This can be of particular benefit to ‘excluded’ groups such young offenders, single parents, those on drug rehabilitation, refugees and asylum seekers. A range of projects such as ‘healing gardens’ and food growing enterprises have focused on ameliorating this kind of exclusion.
• **tackles global food insecurity.** ‘Local’ food (locally produced and consumed) can do much to tackle threats to the global availability of food. These insecurities arise because of the way that we currently grow and distribute food globally. Current systems have very high fossil fuel dependence and fuel shortages (it takes 10 calories of energy to produce one calorie of food, Lott (2011)); crop failures; intensive animal production; soil erosion; land use change; climate change; resource depletion (including water); population growth; price volatilities; extreme weather and civil unrest, for example.

• **ameliorates food system waste.** This is a huge issue globally: there is enough food waste going into landfill to feed a billion people. There is more food wasted in the northern hemisphere than is consumed in the sub-Saharan world. A third of all food produced is lost or wasted each year (50% of the world’s fruit and vegetable production). This is equivalent to 1% of all global output (UN Food and Agriculture Organisation, 2016). It wastes resources and contributes significantly to global warming.

• **provides a healthy diet.** A crucial part of healthy eating is a balanced diet. This means consuming from all the different good groups in the right quantities. Nutritionists say there are five main food groups - whole grains, fruit and vegetables, protein, dairy, and fat & sugar. NHS Choices (2017) suggests that the ‘eat well’ diet means: eating 5 a day; basing meals on starchy foods like potatoes, bread, rice or pasta; having some dairy or dairy alternatives; eat some beans, pulses, fish, eggs, meat and other protein; choose unsaturated oils ad spreads and eat in small amounts; drink plenty of fluids. There is plenty of debate about what constitutes a healthy diet and advice changes over time as our understanding of the influence of food over our health increases.

3. **East Midlands food systems – organisations, policies and practices**

In developing a food strategy for the East Midlands, it is important to have some idea of existing food-based structures in the region. To this end an internet search has been undertaken of organisations, policies and practices relating to food within the East Midlands areas. This approach, and its potentials and limitations, are described fully in Appendix II to this Strategy, and the databases for these three groups can be viewed on the Knowledge Hub: details of how to access it are contained in Appendix II at point 6.

**Organisations**

Whilst the database of organisations contains over 230 entries, these must be seen as examples of such food organisations, rather than any indication of their number. Some illustrations of these groups is contained in Appendix II and an example of how ‘umbrella’ organisations have developed from groups of these organisations (GFEM is designed to be an umbrella organisation) is illustrated in Appendix 3. It will be important in the development of this Strategy to make these organisations aware of GFEM’s mission and functions as well as the support that it can give.

There are also a number of national organisations (such as Sustainable Food Cities, Fare Share, People’s Food Policy, the Soil Association) and Government arms-length bodies (such as Public Health England) that need to remain aware of the work of GFEM and will be included in publicity and communications from GFEM.
Finally, there are a number of other ‘regional’ food bodies such as Good Food Greater Manchester and the London Boroughs Food Group with whom collaboration has a lot to offer GFEM.

Policies and Practices

At the point of writing at least six food strategies or plans currently exist in the region:

- Leicestershire County Food Strategy (being developed)
- Lincoln City Food Strategy – [http://eprints.lincoln.ac.uk/23505/]
- Nottingham Food Strategy (City Council)
- Transition Movement Strategies

In addition, there is a range of policies that have a strong influence on food – often in connection with healthy diets. In the Nottinghamshire Council jurisdiction, for example, there is:

- encouragement of the use of the Government Buying Standards for food [Government Buying Standards for Food and Catering services (GBSF)];
- encouragement of the NHS CQUIN approach [https://www.england.nhs.uk/nhs-standard-contract/cquin/cquin-17-19/] across the whole of the Public Sector including leisure service providers;
- Improvement in the food environment in local areas (access, availability, affordability and awareness) as part of the 2017 Director of Public Health report;
- A Food Initiative group strategy (FIG), which was developed approximately ten years ago as a Nottingham City and County strategic approach to issues across the food chain. This maybe still used for reference.
- A tackling excess weight (TEW) steering group in Nottinghamshire County Council, which includes countywide strategic approach to diet and nutrition, physical activity and obesity;
- Liaison between County Public Health and the Planning Authorities to align Health with Planning processes;
- A County Children’s team, developing work to tackle food poverty;
- A County JSNA obesity, physical activity and diet and nutrition group;
- A project by County Public Health mapping of density of fast food outlets across the County (currently being updated).

Added to this, individual organisations (hospitals, schools) have policies and plans making use of national guidelines such as Catering Mark and/or FFL awards, which can report, for example, on how many schools have ‘whole school food policies’ that tackle sustainable food.

In developing a regional strategy it will be important to have policy strands that both acknowledge and have consonance with, existing policies and strategies within the region.
4. The Structure of the Strategy

From the food context set out in the first part of this document, part II sets out some of the salient problems relating to food that have been a spur to the production of this strategy, and some of the principles within which the strategy seeks to operate. The major part of the Strategy, part III, focuses on providing examples of best practice in food innovation to achieve the wide and diverse range of benefits outlined in section 6. Part IV then sets out priorities for action to be pursued within the Strategy.
PART II – Food issues: problems, principles and practices.

5. Food Problems

There has been a significant growth in interest in ‘local’ food over the past 20 years and this has been pervasive in most western economies. Observers claim that the two strongest drivers of this local food movement have been threats to global security on the one hand, and the health impacts of food and diet on the other (Renting et al, 2012). Importantly, these drivers are at either end of what is known as a food chain: both food production and food consumption are giving cause for concern and, as we shall argue in this strategy, one of the approaches to addressing these concerns is to look at the whole of the food chain together: a systematic or systems approach.

Threats to global food security

International reports² have highlighted a number of different threats to global food security. Fossil fuel dependence and fuel shortages (it takes 10 calories of energy to produce one calorie of food, Lott (2011)) have threatened the effectiveness of agricultural production and there has been much concern about factors directly relating to climate change such as crop failures, soil erosion and extreme weather. The human impacts of high input, high output agriculture also have been much discussed: intensive animal production; land use change; resource depletion (including water) and price volatilities. More generally, too, population growth and civil unrest have been seen to threaten food security at a global scale.

Food system waste is a particularly pressing issue within this global food security agenda, because it requires solutions that are almost entirely local. Globally, the issue is huge: there is enough food waste going into landfill to feed a billion people. There is more food wasted in the northern hemisphere than is consumed in the sub-Saharan world. A third of all food produced is lost or wasted each year (50% of the world’s fruit and vegetable production). This is equivalent to 1% of all global output (UN Food and Agriculture Organisation, 2016a). It wastes resources and contributes significantly to global warming.

At the same time these international reports note the importance of sustaining food production resources – soil quality, biodiversity and water quality – and to do this at the same time reducing greenhouse gas emissions. This is all part of the food security agenda. As the Who Feeds Bristol? Report (Carey, 2011) notes, if the UK is to meet its legally binding greenhouse gas reduction targets emissions from the whole of the food chain will have to be reduced by 70% by 2050.

Food and health

Health is a second driver of an interest in local food. Obesity, diabetes, high blood pressure and heart disease all stem from poor diets that are high in animal (saturated) fats and sugars and made up of processed and ‘fast’ foods, sweetened and alcoholic drinks and over-large portion sizes (Public Health England, 2016). The National Food Survey (Department of the Environment, Food and Rural Affairs, 2016) shows that as a nation we are eating increasing amounts of takeaway foods, pizzas, pasta, chips and ready meals. The World Health

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Organisation’s (2016) global report on diabetes shows that the incidence of diabetes has quadrupled since 1980, almost entirely as a result of diet and lifestyle. All of these issues are present in the East Midlands, and a more local concern for ‘healthy food’ – which we showcase in this strategy - can attempt to address them positively.

Health issues also extend to our understanding of ‘food poverty’. Between 700,000 and 800,000 families benefitted from just one national food bank – the Trussell Trust (which has 400 food banks) - in 2013/2014, and there are many others (BBC Radio 4, 2016). This number is increasing annually (HM Parliament, 2014) but this is more likely to be because they represent a relatively recent solution to pre-existing food poverty than an indication of a growth in its extent. Recent research by Lambie-Mumford and Dowler (2015) has found that the main use of such food banks is because of delays to, and the stopping of, welfare payments. There is a significant number of food banks in the East Midlands, concentrated in our major urban areas. All of these issues are important in the development of health Sustainability Transformation Plans.

Local economies

Food production also has become disconnected from its locality: in England, we still import more than 40% of our food (with significant environmental costs) (reference needed) and much of our domestic production is distant from main consumption centres. Locally produced food can impact positively on the local economy: the more that food is purchased locally, the more the money circulates within the local economy, creating income, wealth and jobs (Shuman and Hoffer, 2007). Keeping income within the locality is known as a ‘multiplier effect’.

Local food production can be higher in output terms, too, per unit of land area, than conventional agriculture, adding positive multiplier effects (reference needed). Using a local currency to trade in local food also has phenomenal multiplier effects as the money can be spent only locally and therefore, in principle, circulates indefinitely (reference needed).

Northumberland County Council, for example, currently buys most of its goods from outside the local area – they are the cheapest, but the expenditure is lost to the local economy. The NEF (2005) has estimated that if only 10% more of their budget was spent locally, there would be £34 million more circulating in the local economy annually. For local food, it is estimated that if every household in Ontario spent $10 more on local food it would push $2.4 billion into the local economy annually and create 10,000 new jobs (Ogryzlo, L. 2012). Shuman (undated) suggests that if Detroit were to shift 20% of its food expenditure to local sources it would create 4,700 jobs and the city would receive nearly $20 million more a year in business taxes.

Closer to home, further NEF (The Guardian, 2014)) research has shown that for every £1 spent from the Nottinghamshire school meals budget on seasonal, local ingredients a further £1.19 of economic activity is generated: (http://www.theguardian.com/sustainable-business/food-blog/uk-government-food-procurement-plan-buy-local).
6. Principles

The value of local policies and plans for food

In the light of the problems noted above, it is obvious that ‘food’ is more than just a market commodity to be produced and consumed. Many would argue, rather, that it is the most fundamental ‘need’ of life. In examining such needs people commonly refer to an hierarchy of needs, a term originally coined by Maslow (1943). He claimed that food and drink (alongside other things such as air and sleep) are the most fundamental of needs for sustaining life.

Of ‘second order’ importance relative to food, Maslow suggests, is the need for shelter (in policy terms this might be within the housing portfolio) and the need for law, order and security (in policy terms, the legal and policing system). Within his five point hierarchy, education and training are only ‘fourth order’ (achievement and mastery) or even ‘fifth order’ needs (realising personal potential).

At the local level (village, town, city, region) in general, therefore, it is perhaps surprising that there are comprehensive public polices for fourth and fifth order needs (education and training) and for second and third order needs (housing, law and policing) but none specifically for the first level need of food. This is illustrated diagrammatically in figure 1 below.

![Figure 1](image_url)

Figure 1 – The hierarchy of needs (left) relative to public policy concerns (right)

Where public policy for food does reside, at the national and European level (with county interpretations (Collison Associates, 2014)) it is overwhelmingly aimed at food production (and food hygiene control) rather than designed to meet food needs. Thus, food policy, where is does exist, is at the ‘wrong end’ of the food chain for serving fist order food needs and it is not sufficiently local to tailor policy to the needs of local communities. So, a Regional food strategy – with a range of more local strategies sitting beneath it - could provide a very useful set of policies for tackling the ‘big issues’ that concern people about local food – food security, health and the local economy.
This supports the need to develop food strategies which are tailored to local food needs, and stresses why it is important to see food not just as something just to be produced or consumed, but more fully as a complete system. Seen in this way, a broad range of benefits from food systems can be discerned. This systems approach and the benefits that ensue briefly are outlined in the following two sections.

**What is a local food system?**

There has now been a considerable amount written about local food systems or local ‘short’ food chains and what they comprise. In sum they all recognise that food impacts on our lives not just when we eat it, but in every stage in its life, from seeds, to growing, to processing and distribution, retailing, preparing and cooking as well as, of course, eating. This whole food system is represented diagrammatically overleaf.

Whilst this looks quite complex, the stages of the food system are all there – seeds – production/growing – manufacture/processing – distribution – retail – preparing and cooking – eating and these are represented in each column in a different colour. Energy and waste also have an impact on each stage in the food system and are critical to food security issues. These therefore also have a place in the diagram. Food quality also is a critical component of the whole food system, represented by the bottom row in the diagram.

Each part of the food system also has a range of different ‘actors’ in it. In ‘growing’ for example, there are commercial, community and personal growers. Because of this range of actors, each stage in the food system is represented in the diagram by the different actors that are involved in it. Importantly here, the private public and voluntary sectors all have an important role to play in the food chain and the way in which they interact and work together can be instrumental to successful delivery.

So a food strategy that addresses all aspects of this whole food chain is important because:

- the problems that trigger an interest in local food – food security and health - cannot be dealt with by the market alone;
- the identification of food as the most basic of needs suggests some form of strategy for the well-being of local populations;
- there is a range of benefits that come from being involved at different stages in the food system (see the next section);
- there is a large number of voluntary, community, public (and even private) bodies working within the local food system that might benefit from some overarching ‘steer’ in their activities. Strategies might therefore best be developed by all of these kinds of body working in partnership,

Food strategies also can help unlock support from national and European governments as policy for food at these levels changes. The United Nations Environment Programme (IAASTD, 2009) has called for new models of food development based on agro-ecological principles, considering current intensive agriculture neither sustainable nor resilient. The UK Government’s Foresight Programme (Government Office for Science, 2011) also calls for a move away from a high intensity agriculture towards polices that address all parts of the food system in an integrated way.

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Figure 2 – The food chain as a system

can we reference this – Nigel if it’s your work then ref that
Polices are beginning to flow from these recommendations in terms of both legislation and incentives. Discussion of national legislation to ‘tax’ sugar in foods (already in place in NHS Hospitals) (The Guardian, 2016), and pending European legislation to ban food waste from landfill sites, provide two examples. A range of grant-aid opportunities is also available to encourage these changes, but they are currently diffuse and uncoordinated.

The Food Waste (Reduction) Bill 2016 proposes a scheme to incentivise food waste reduction by individuals, businesses and public authorities. But it also proposes a requirement on large supermarkets, food manufacturers and food processors to reduce food waste (levels of which they should make publically known) by no less than 30% by 2025 and to enter into formal agreements with food redistribution organisations (Parliament UK, 2016). A food strategy that allows conformity to new legislation of this type, and to orchestrating incentives, will be essential is implementation is to be effective.

**The multiple benefits from local food systems**

There are now hundreds of localities in the western world with their own food policy councils and food strategies of one sort or another (to name but a few, , Bristol, Brighton and Hove, Leicester, Manchester, Bradford, Durham, Sheffield, Birmingham, Edinburgh, Plymouth, Middlesbrough and smaller places such as Todmorden New York, Detroit, San Francisco, Seattle, Vancouver, Rotterdam, Rennes, Malmo, Vienna) (Sustainable Food Cities, 2016). An examination of a range of these strategies, shows that some local public involvement in the whole of the food system has yielded a wide range of benefits for the resident population. Rather than present the whole of this review, we have summarised the main benefits in figure 3 below.

![Figure 3 – Multiple benefits from involvement in all parts of the food chain](image)

A few examples serve to show the potential of these benefits. In Bovey Tracey in Devon, for example, community gardening has developed as a means of learning about food production and healthy eating (Scott-Cato and Hillier, 2010). In Ghent in Belgium food growing, selling and cooking are used to integrate ethnic minorities and in Riga, Latvia, food is used to reinvigorate cultural traditions. In Stroud, a community farm has been set up to improve food quality and in Bristol, salad growing and selling is used as a central plank in drug rehabilitation.

In Brighton and Hove, food projects have been used to improve food in hospitals and enhance physical and mental health. In Botton Village in North Yorkshire, food is the cornerstone of a residential community of those with learning
disabilities and other special needs. In Cashes Green, food is a central part of a social housing development. Across Holland, ‘care farming’ uses food to rehabilitate people with a wide range of problems and across England, FareShare is a project that reduces food waste. In Todmorden, Incredible Edible has made the whole community fanatical about food.
PART III – Food Best Practice

This section of the strategy illustrates best practice in the development of food projects and programmes in the region. It also illustrates the diversity of benefits that derive from different aspects of the whole food chain, and the diversity of places and communities that have become actively involved with food. At the regional level these have a valuable purpose in dissemination. Importantly, too, these examples illustrate how projects of very different scales all have a valuable role to play in the multiple benefits that derive from food. Many of the case studies highlighted have multiple benefits and so go beyond the category into which they have been grouped.

7. Food: educating the young

7.1 Food: education to tackle obesity (for life!) and as a conduit for learning: Washingborough Academy Primary School Lincolnshire

http://www.washingboroughacademy.org/school-food

The role of food

“If you are going to tackle obesity, you’ve got to catch them young. Anything past the age of thirteen, and you’ve lost them” says Jason O’Rourke, Head Teacher of the Washingborough Academy Primary School in Lincolnshire.

So how is he “catching” them? The day starts with the children getting outdoor exercise (having been encouraged to walk or cycle to school) with a kilometre walk and tending the vegetables, fruits and salads growing in 2 acres of the school grounds. There is help in all aspects of growing for the children from the school gardener (a graduate in agriculture and forestry). Many children arrive at the school having never eaten fruit: by the end of 2017, they will be taking part in a growing programme that will make the school self-sufficient in year-round food. Growing competitions (especially marrows!) are hotly contested. Yet the school has hardly any connections with conventional agriculture.

It doesn’t stop there. The school’s own chef (they have abandoned contract catering) concentrates on healthy diets from the school gardens and from other local, seasonal and organic sources. There are salads every day. The main kitchens are now a commercial operation too, supplying food to other schools in the area and opening on a commercial basis for the whole of the community. The chef also gives cooking lessons to the whole community. And in addition, the children have their own separate kitchen where they learn how to prepare and cook healthy food: “the children are keen to eat broccoli if they have grown it, prepared it and cooked it themselves”, says Jason.

Jason is the national winner of the School Food Plan Award 2016, and Washingborough is the first school in the country to be awarde the Soil Association’s Gold Catering Mark.

The range of benefits

Such is the success of the schools ‘food’ ethos, that the parents and grandparents come and eat there and there are themed food evenings based around different food cultures, to teach children about diversity and geography. Recipe swapping from different cultures is growing amongst the parents. In fact, the school can teach the whole curriculum through food (maths and science (in food preparation – and the renewable energy facilities installed at the school), art, literature and so on).
The obesity figures for the children, too, are impressive relative to other schools in the area: you can see the children’s eating habits changing and these, in turn are changing those of their parents.
But this approach is yet not widely adopted because of the low profile of food in
the National Curriculum and it’s not a priority for Ofsted either – the
Government’s 2016 Childhood Obesity Strategy focuses on lowering the sugar
levels in fizzy drinks, rather than radically changing food cultures in schools.

7.2 Derbyshire HENRY (Health, Exercise and Nutrition for the Really Young)

http://www.henry.org.uk/?henry-locations=derbyshire

The role of food

HENRY is an evidence based intervention and is part of Derbyshire’s life course
approach to tackling obesity. HENRY focuses on 0-5 years, enabling parents and
carers to provide a healthy start for babies and young children, adopting a holistic
approach which focuses on:
- Parenting.
- Family lifestyle habits.
- Nutrition.
- Activity.
- Emotional well-being.

There are two components to the intervention in Derbyshire:

- Health & Early Years Practitioner Training:
  Workforce training equips health and early year’s practitioners with the skills,
  knowledge and confidence to tackle sensitive lifestyle issues and make the
  most of every contact with families, including targeted 1-1 support for families
  of children at risk of obesity or already overweight, and parent-led peer
  support schemes to promote a healthy family lifestyle in local communities.

- Group Programme for Parents:
  Based across community settings including Children’s Centres, the
  programme has a particular focus on disadvantaged communities where
  obesity is more prevalent and opportunities for healthy eating and activity can
  be less accessible. Working with the most vulnerable families HENRY can
  reach those who are more likely to suffer from health inequalities.

The range of benefits

In Derbyshire the HENRY programme has been shown to be highly effective in
improving family lifestyle healthiness. The combination of practitioner training
and the parenting programme provides an environment which supports families
to gain the knowledge and skills to become supportive parents - promoting
emotional wellbeing and establishing health promoting habits for life. Evidence
shows that eating and exercise habits are ingrained from an early age, therefore
good habits formed early on in life will be carried forwards into adulthood.

Successful HENRY programmes have been run in a number of areas. Recently a
programme was held at Aldercar Infant School.

Parent’s feedback demonstrated a high level of satisfaction with the scheme and
evaluations were scored as “good” or “great“ on a weekly basis.
Parents connected with each other swapping ideas and suggestions throughout the scheme. Friendships were strengthened and formed and qualitative gains experienced. Some parents felt increased confidence in the guided choices they were offering their children; others changed how, when and what they eat, sitting sociably together. The facilitators shared the HENRY ethos and materials but also learnt lots from the participants too. Some comments from parents: “I will now think about how much food I’m putting on the plate for me and my child. I am eating much better now, have gained weight and making dinners from scratch. The group support was great.”

7.3 Support to Teaching Assistants with specific responsibility for food growing in a school setting in Leicestershire

£1,000 school grant funding was awarded to Rolleston Primary school to support their school food growing project so that pupils can learn how to grow their own food, harvest and cook food they have grown. This work connects to working with the wider community. The funding was used to purchase materials for, and create, a fruit cage and raised beds.

The teaching assistant (TA) engaged with training and bespoke support by the Food Growing Support Programme including the following.

- Attending a FGSP training course aimed at teachers to facilitate growing vegetables to fit into to account for schools not being operational during school holidays.
- Attending a food growing skill session and open session at Saffron Acres Project.
- Saffron Acres Project also visited the school plot at Rolleston where specific queries were addressed as part of a bespoke support.

The TA in her evaluation has stated this work is taking time to embed across the school setting. Through the gardening club and open Saturdays the school is able to showcase their facilities and their commitment to the benefits of food growing as well as raise interest in growing food amongst our pupils and local people.

“This project is still in its early stages and we are slowly merging the allotment into the fabric of school life and out into the community”

They have also linked into breakfast clubs at the Children’s Centre and developed holiday sessions for families and community.

The school is now engaged on the Food for Life (FFL) programme and working towards its FFL Bronze award. They have accessed off site training with FFL Garden Organics and engaged in the food growing network for schools. They are also engage in the eco-school programme.

The range of support offered has upskilled the TA and supported the school in its food growing programme and reach into the community. The support
programme is valuable not only for developing skills of an individual who primarily delivers sessions in school with pupils and with parents but the learning also benefits two other community projects as this TA has linked into other food growing projects (Saffron Acres and Cultivating Communities at Fullhurst).

7.4 Supporting Leicester schools to create healthy food cultures

As part of a long term approach to address causes of poor diet Leicester City Public Health awarded a contract to the Soil Association Food for Life (FfL) in April 2015 to work directly with schools to build a whole-school approach to food and to promote good nutritional health in all pupils.

The aim of the food for life programme is to develop a healthy food culture in schools by increasing the confidence and skills of teachers to enable the schools to create an environment that understands that good food is essential for all and key to healthier schools, people, community, economy and environment.

Leicester is ranked 21st most deprived out of 326 local authorities. 22% of pupils start primary school either overweight or obese and 36% of pupils are leaving primary school overweight or obese. This programme is part of a series of interventions to increase children’s knowledge and understanding in making healthier food choices.

FfL offers bespoke support, nutrition and policy advice and guidance, curriculum resources for core subjects and expert training on growing, cooking on the curriculum, farm visits. Schools are supported to develop healthy food policies that are reflected in management plans, teachers are skilled up to address health and food throughout core curriculum subjects as well as equipping schools to teach cooking effectively within resource constraints.

Currently 70 Leicester schools have engaged and enrolled in the programme. After two years of the programme momentum is building and as of June 2017, 14 schools have reached the bronze level food for life award. Regular contact with the programme manager enables schools to keep engaged alongside being offered training, networking events and bespoke support. Specific nutritional support has been offered to schools to improve food policy and also packed lunch audits are giving schools valuable information to work with children and families and the school community.

The guidance, training and support that Food for Life has offered LCC Catering Service have supported the services commitment to drive up quality to improve quality and provision of school meals. The work will continue and in 2017 as part of the Food Plan and Sustainability Action plan LCC Catering department aim to reach Silver Food for Life award by the end of 2017.

Action has been taken to especially target schools with high levels of free school meal uptake and high levels of obesity. Small grants for food growing and cooking on the curriculum were offered with a requirement to join the food for life programme and commit to developing a whole school approach.

The Food for Life programme has been evaluated nationally showing an increased uptake of school meals, increased consumption of fruit and vegetables of pupils and a good social return on investment. An evaluation of Leicester’s programme is currently being undertaken.
In June 2017 Leicester had a celebration event where 14 schools were awarded Bronze Food for Life award. This event was organised in partnership with Eco-Schools to enable children to showcase their work and offer recognition of the achievements of this work.

An exciting recent development has been investment from the private sector which will enable 5 inner city schools to grow food at a farm in Leicestershire. This will provide a unique opportunity for a group of children to spend time outside, learning about working on a farm.

### 7.5 Early years healthy eating in Leicestershire

A healthy settings programme for early years was commissioned by Leicester City Council’s Public health department from April 2015.

The Eat Better, Start Better programme is delivered by Leicestershire Nutrition and Dietetic Service and aims to support early years’ providers to ensure a holistic approach to healthy eating. Over 100 settings (children’s centres and nurseries) have enrolled onto the programme. Training is provided to early years’ staff to equip them with additional knowledge and skills regarding healthy eating and nutrition in the early years. This ensures, for example, that meals, snacks and drinks are based on the voluntary food and drink guidelines for early years’ settings.

In addition, the “Big Cook Little Cook” programme supports parents and young children over a six-week programme, exploring healthy food together through cooking and learning activities. With the support of parents, children learn safe and age-appropriate techniques to chop, grate, measure, mix and cook, with emphasis on building their confidence as “kitchen helpers” with independent skills of their own. Parents also gain an insight into the nutrition messages that underpin the programme – which address portion sizes for all the family, sugar, fat, salt, food labelling and achieving balanced family eating – and these messages are also reflected in the recipes selected and in age-appropriate activities for children too. Course leaders guide parents on the social aspects of family eating, choosing healthy and non-food rewards as an alternative to confectionery and snack-foods, and creating a supportive atmosphere for children to explore new foods safely. Over the past 2 years 256 families have taken part in the cook and eat programmes.

In order to make the programme sustainable, training has also been provided to over 40 early years’ staff, in how to deliver practical healthy cooking sessions for families. 7 of those have trained as practitioners able to run training courses which teach others how to run cook and eat programmes.
The success of this programme has been recognised nationally after being selected by a panel of judges as a finalist for the national Nursery World awards for 2016. The manager of the project, a public health dietician, was awarded ‘Trainer of the year’ and Allexton day nursery also won an award for ‘inclusive practice’ which included running a ‘Big Cook, Little Cook’ programme.

8. Food: community cohesion and well-being

8.1 The Hockerton Housing Project near Southwell in Nottinghamshire

http://www.hockertonhousingproject.org.uk

The role of food

Hockerton is a community built around food, social sustainability and quality of life. The residents are about two thirds self sufficient in vegetables, fruit and eggs and keep bees in the orchard for honey and for vital pollination. A small flock of sheep helps manage the land (and also are eaten).

The rest of their food needs are met with largely local in-season food (to minimise food miles) and collective purchasing from other co-operatives in the area.

The project seeks to make food sustainable:

- in economic terms: growing food saves money and travel costs, and sharing tools saves money too;
- in environmental terms: organic methods and local production save on pollution from transport and from fertilisers, pesticides and herbicides;
- in social terms: they work together as a community in the production of food, sharing knowledge and skills in a sociable way.

The range of benefits

Most of our good practice examples are systemic - whatever their principal purpose, in embracing the food system, a range of other benefits accrues

Environmental: the housing is zero carbon and the five homes share two wind turbines and 7 solar panels. The community also has installed a larger wind turbine that serves 54 other households in the parish. Rainwater is collected for drinking, washing, toilet flushing and irrigation. Sewage is treated through reed beds and septic tanks.
Community: co-housing means that individual households share facilities to make efficient use of resources. Each adult resident commits to 300 hours of work a year toward community activities (playing to their skills) including developing social enterprises, which include helping other develop this kind of project.

8.2 B-inspired: food sharing in the community in Leicester.

B-inspired, a neighbourhood based charity in Braunstone, Leicester is taking the concept of food share into a new exciting territory in order to benefit the people of Braunstone.

They received funding from the County’s Public Health to develop their food growing programme that they had worked hard to develop but had not been able to take forward in 2015 due to a late knock back in a Lottery funding round.

B-Inspired supports and underpins the Braunstone Food Share Committee/scheme and after consulting with people in Braunstone a series of workshops was organised around food growing and preserving. This is part of the B-inspired approach to encourage people to start small and develop the passion for home grown vegetables.

In 2015 at the same time of receiving the food growing grant they were gifted some farm land 3 miles from Braunstone and this is when they started to implement their vision.

In the spring of that year, a team of volunteers worked about 400 hours to get the land ready. The hard work paid off with fantastic results; with over 80kg of potatoes being harvested and shared with people of Braunstone! Furthermore, their growing efforts contributed to a hearty stew taster session (made by local volunteers), menu sharing and a ‘try at home’ winter-warmer vegetable stew pack given out to over 180 Foodshare members.

The project is grateful to all of the volunteers, including the people of Braunstone, LCC, local businesses, OT students and also the community policing team.

B-inspired’s vision is to utilise the land further and grow a range of crops with and for the Braunstone community. The project has been supported by Leicester’s Food Plan but funding is being sought to develop the site further. This inspiring work is aimed at ensuring healthy food is accessible and affordable for people in Braunstone and is critical in its approach if we are to support people’s health and ability to make healthy choices around food.

In September 2016 the food growing volunteers were recognised for their hard work and dedication and were awarded a local award for their contribution to this project.
8.3 Food Hub in South Derbyshire

Funding was provided from various sources in 2015 to help develop community social eating events in South Derbyshire, bringing together families and people of all ages, encouraging them to participate in the preparation and eating of healthy, nutritious, tasty food.

The project targets communities and families who are most socially isolated or economically disadvantaged, though it opens its doors to the whole community, bringing people together to learn about healthy eating and cooking nutritious food, getting involved in its preparation and serving, and enjoy socialising over a meal. Food is sourced via the community fridge project and Fare Share, making use of donated food that would otherwise go to waste to enable costs to be kept as low as possible.

The Launch of the first ‘Buh Doof’ social eating event in South Derbyshire was held in November 2015 at Oaklands Village. The project uses a ‘pay what you can’ model making it accessible to everyone. The food Hub continues to go from strength to strength with regular events being held at Oaklands Village, Gresley Community Hall and Wodville Children’s Centre, and there are plans to run events at Chrysanthemum Court as well as other venues across the district of South Derbyshire in the future as the project continues to grow. Over 1,300 meals have been served to date. Volunteers are provided with level 2 food hygiene training to support the Food Hub co-ordinator to provide meals at the ‘Buh Doof’ events. Over recent months the Food Hub has also started to work in close partnership with organisations such as CAB, P3, LiveLife Better Service, the Library Service as well as many more services who come along to some of the ‘Buh Doof events’ to be on hand to offer information and advice about their services which helps with ‘Making every contact Count’.

Case studies

Laura is a young mum from Woodvill. She happily admitted to eating “rubbish”; her main sources of food for her and her kids was ‘Maccie D’s’, Kentucky and Iceland, combined with lots of chocolate.
She first came to Food Hub meals at Woodville Childrens Centre where she was amazed to find her kids loved our vegetable dishes (on that day we had 5 different veg in a Thai-style coconut sauce, with noodles). She has since been to as many of our daytime meal sessions as she can manage, always getting involved with the cooking. But behind the scenes, having seen her kids beginning to eat better, and having a new look at how to cook good food she began an A level in nutrition. Having completed that, she applied for, and won, a place at Nottingham University studying a degree in Nutrition. This is a major turn-around for her and her children’s lives, and the boost to her self-esteem from getting into University (a first in her family) has transformed her. She says “This has been a fantastic place to try new foods and learn to cook them. ...This group really inspires me”

Holly lives with Aspergers. She was already using the services at CVS and Bank House (centre for people with broad mental health problems), but decided she would like to volunteer at the Food Hub. She joined Food Hub in the Autumn of 2016, and quickly discovered a love of cooking by volunteering with us in the kitchen. She shows great curiosity about the cooking process and has been a valued member of the team. She has really come out of her shell and is now quite chatty and has got to know all the other volunteers. She tells us that she has tried some of the Food Hub dishes at home, and she has learned to make great salad dressings – she’s now the Food Hubs ‘Dressing Champ’!

Her parents are delighted that she has found something that she is so enthusiastic about, and the Food Hub have been delighted by her quiet charm.

8.4 Food Growing Support Programme – Leicester’s Food Plan – Public Health

In November 2014 the business case to develop food growing in Leicester was taken forward as part of the Food Plan’s commitment to work towards making Leicester a healthy and sustainable food city and to address increased levels of diet related ill health in the city.

A two part programme was developed from end of November 2014. This was:
- A food growing grant programme with £1k available to all 22 wards across the city (22k per year for two years)
- A support programme offering training and advice to projects to develop skills and knowledge in food growing. (20k per year)

The programme has been well communicated across the city and has been able to support communities to engage meaningfully in food growing.

The grant application process has been overseen by Public Health and has allowed opportunity for the support programme to target support appropriate to need. TCV and Saffron Acre Project as local providers have been flexible and responsive to wide range of need in the community within the resources provided

Over 40 grants have been awarded to projects across the city (maps below) and over 550 people engaging in the food growing support programme with 90% of these stating an increase in confidence.

As a result of this programme a network of community food growers has emerged with productive links into and across communities, schools and early years’ settings.
Further funding has been secured to develop the food growing work which will be targeted at supporting and enabling projects to be self-sufficient and continue beyond the life of the programme.

9. Food: stimulating the elderly

9.1 - Nutrition and Hydration Group in Derbyshire

A multidisciplinary group including Age UK, local NHS organisations and Derbyshire County Council have been evaluating the quality of food available to the elderly in care homes, hospitals and their own homes. An action plan is being developed to provide training to care home and domiciliary staff.

10. Food: tackling food poverty

10.1 Feeding Derbyshire

Feeding Derbyshire is a countywide project aimed at finding sustainable solutions to food poverty and surplus food as well as helping to feed people struggling with low incomes, debt and benefit delays. The project, which is one of 12 Feeding Britain pilots, comprises the following:

FareShare East Midlands

FareShare is a national charitable organisation with a hub in Derbyshire (supported by Derbyshire County Council), taking surplus good food from the food industry and redistributing to local groups, where it provides food for those who need it.

Super Kitchens

Super Kitchens are social eating spaces that are designed to offer low cost, home cooked meals to communities. They are places where a local community can come and eat together, taking the opportunity to talk to each other and get to know their neighbours in a friendly environment. They are for all members of the community – young or old, families or individuals and everyone is made to feel welcome.

Super Kitchens originated in Nottingham and use surplus, good quality food and local volunteers to cook and provide nutritious low-cost meals for their communities. Venues can include children’s centres, churches, community halls and schools.

There are currently seven Super Kitchens already operating in Derbyshire in Clay Cross, Ironville, Grassmoor, New Mills, Cotmanhay and Chesterfield serving
around 400 meals each month. There are more planned to open in the coming months.

**School Breakfast Clubs**

In 2013 a report by PHE⁴ concluded that there was convincing evidence that consuming breakfast has a positive contribution towards improvements in academic performance, eating habits and long term health⁵.

In 2014 Derbyshire County Council committed to support 70 schools over a period of 4 years to provide healthy, nutritious breakfasts to pupils in areas high multiple deprivation.

An evaluation report in 2014/15 in which 24 schools participated with a total of 1217 children and up to 1013 children attending each day has shown the initiative to be highly effective:

- The majority of schools (92%) felt the breakfast club had a positive impact on attendance.
- A further 92% of schools felt the breakfast club had a positive impact on behaviour in class.
- 100% of schools stated the breakfast club had improved the children’s readiness to learn.
- Whilst many schools stated that the breakfast club was not the only intervention in place, 75% still reported that the breakfast club had contributed towards children achieving better than the expected levels of attainment.
- All the schools involved in the programme were able to give examples of other benefits the breakfast club has brought with the most common being developing social skills and expanding friendship groups.

A subsequent report in 2015/16 has shown similar results.

> “Our breakfast club has had quite an impact for some of our pupils. One family (4 children) now attend school and have breakfast every day…….Previously this family were very ‘hit & miss’ as to whether they attended school and almost certainly did not have any food before school. The main impact has been improving the late marks of some of the targeted children. The overall attendance of the school has improved.”

**School Holiday Food Programme**

Children who regularly miss out on meals and arrive at school hungry and thirsty are at a significant disadvantage, lacking concentration and the ability to learn.

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During protracted school holiday periods such as the summer holidays the impact can be even greater with evidence of children returning undernourished and underweight.

In 2016 Derbyshire County Council committed to support the provision of a School Holiday Food Programme across Derbyshire. In summer 2016 nineteen projects were established across eight local authority areas, focussing on areas of high multiple deprivation and utilising FareShare to deliver nutritious food in a range of settings.

Each project offered a range of food and activities including play and sport, arts and crafts, storytelling, Summer Reading Challenge, den building, gardening, board games, cook and eat, canal trip, pond dipping and picnics.

An evaluation report in 2016 has shown the initiative to be highly effective:
- 6,266 children and young people were fed during the six week holidays (this ranged from breakfasts, packed lunches and snacks).
- FareShare provided the equivalent of 4,461 meals (breakfasts and lunches) and 2,850 snacks.
- 127 volunteers gave their time to support the projects. A number of the volunteers also achieved Level 2 Food Safety & Hygiene for Catering.
- Venues where food was provided included 3 schools, 5 children’s centres, 4 church communities, 5 community centres, 1 sports centre, and 1 green space.
- Over 60 partners and organisations worked collaboratively to prepare food and deliver a range of activities.

The programme continues to go from strength to strength delivering food and activities during the school holidays.
10.2 Holiday food schemes for children in disadvantaged areas in Leicester City

Building on the work of the Child Poverty Commission, a commitment was made to address holiday hunger, in areas of the city most in need. A pilot was developed to provide free lunches to children, in place of free school meals. Breakfast clubs were held in youth centres, libraries, children, young people and family centres and local community centres, based on suggestions from front-line staff. Fareshare, who use surplus food to support community based food initiatives, provided food supplies for 50 breakfasts and lunches, per day, across the venues. They also provided additional food to clubs that were over-subscribed.

14,484 meals were provided to 2,053 individuals, through 8,775 visits however there will be duplication from children attending both the Summer and October sessions and families receiving the Christmas food bag.

29 Services including oral health, the police, dietetics, B-Connected, libraries, Clockwise and Moneywise, helped to deliver the clubs, with 4 – 5 staff and volunteers working at each session. Although the clubs were resource intensive, in terms of volunteer and staff time, feedback from partners highlighted the value of a multi-agency approach and the impact of shared capacity and resources.

The evaluation of the pilot identified the integral role of volunteers to the project, particularly in relation to their local knowledge and experience. Volunteers also said they found it a positive experience and really felt like they were helping their community. Approximately fifty volunteers now hold basic food and hygiene qualifications and will be able to use these for further volunteering or potential employment opportunities.

While feeding over 2,000 individuals, the pilot appears to have had a wider positive impact on a range of issues, beyond the provision of food, including social inclusion, nutrition, health and well-being, learning, financial awareness and support. All agencies agreed that the clubs had reached families known to be in need and had also identified families not previously engaging.

10.3 Food Banks

There are over 20 food banks in the East Midlands region, the most common are run by the Trussell Trust:

https://www.trusselltrust.org/what-we-do/

11. Food: public procurement for food quality and the local economy

There is some local food procurement in schools in Leicester City and in some Nottinghamshire Hospitals.

12. Food: tackling mental health

12.1 Gardening to improve mental health in Lincoln

http://greensynergy.org.uk

Green Synergy was founded in 2012 to use community gardening and horticultural therapy to help improve people's lives. It is a community group working in disadvantaged communities and with vulnerable people, including those living with mental health conditions, learning difficulties, physical
disabilities, long-term health problems and unemployment. It uses community gardening and city farming to build skills for life and work, improve mental and physical health and educate people about the environment, food and farming. It helps people to socialise, learn and thrive.

Green Synergy offers the people of Lincoln and the surrounding areas access to a network of local gardening and city farming projects therefore creating even happier, healthier, stronger and more sustainable individuals and communities.

Some of the tasks achieved since 2012 include the following.

- Creating community gardens on housing estates
- Setting up container growing initiatives for people living in flats
- Delivering ‘meet your neighbour’ street gardening projects
- Improving the appearance of built up areas through community hanging basket schemes
- Running social and therapeutic gardening groups for friendship and mental wellbeing
- Hosting gardening workshops to empower people to grow their own vegetables, fruit and flowers
- Delivering ‘gardening for the brain sessions’ for people living with dementia
- Designing sensory gardens for people with mental health conditions and learning disabilities

13. Food: tackling physical health

13.1 Early Years healthy eating initiative in Leicester City

As part of Public Health’s programme to increase access and knowledge in food and nutrition Leicestershire Nutrition & Dietetic Service (LNDS) work with early years settings
An event at Saffron Acres with LNDS showcased food growing support available alongside activities and resources linking growing for children and healthy eating. Follow up skills sessions were held in a range of early years’ settings.

When asked the early years practitioners who have taken part in training estimate they will share what they have learned with over 50 staff members and 750 children.

13.2 Healthier Options Takeaways (HOT) - Nottinghamshire County Council


Role of food

The HOT merit scheme is run by Nottinghamshire County Council and District Council partners (Environmental Health and Trading standard teams) and is part of a Council approach to tackling rates of adult and childhood Obesity. The Nottinghamshire approach to tackling excess weight links to national initiatives such as the national Childhood Obesity: a Plan for Action with specific relevance to “Supporting innovation to help businesses to make their products healthier”.

In adults, being overweight or obese is associated with an increased risk of many serious long term conditions including type 2 diabetes, fatty liver disease, cancer, heart disease and musculoskeletal conditions. Unhealthy diets, physical inactivity and sedentary lifestyles have led to an increase in excess weight in recent years.

The HOT scheme was developed in recognition of the changes to eating habits and that more food is consumed in ‘out of home environments’ than before.

6 The national ‘Childhood Obesity: a Plan for Action’ outlines the government’s plan to significantly reduce England’s rate of childhood obesity within the next 10 years to ensure that every child has the best start in life by encouraging:

• industry to cut the amount of sugar in food and drinks
• primary school children to eat more healthily and stay active

Working alongside Takeaway food outlets to make changes to this food landscape is vital to supporting people to make changes to their own eating behaviours.

A pilot was conducted in Rushcliffe District and the scheme was formally launched in January 2015. The aim of the scheme is to increase the amount and variety of healthier options in takeaways across Nottinghamshire to help consumers to maintain a more balanced diet. Takeaways signing up to the Scheme are asked to adopt 3 pledges to make positive changes to their practises—how they prepare, serve and display their food to help customers make healthier choices. Pledges can range from using ‘shake hang bang’ techniques when frying food to displaying water at the front of the chiller instead of fizzy drinks. Eligibility and criteria for the Scheme can be found on the website above.

**The range of benefits**

Benefits of the Scheme include:

- Increasing customer choice
- Increasing customer satisfaction and sales
- Enhancing the reputation of the business
- Receiving a certificate and promotional material to display in premises
- Publicity through Nottinghamshire County Council HOT website

Like similar schemes across the UK, challenges are encouraging both public and businesses of the benefits of this scheme. Customers will have a wider range of choices and businesses will expand their customer base by providing healthier choices. Nottinghamshire County Council Public Health team have developed a mapping tool which can support the District teams to target resource in areas of most need. This work has been recognised by Public Health England and incorporate into a National toolkit to support work with the ‘out of home food environment’.

All Districts have businesses signed up to the HOT scheme and across the County there are 114 HOT businesses (March 2017). The scheme is currently being evaluated.

**13.3 Everyone Health Changepoint Service – Nottinghamshire County Council.**

[http://www.everyonehealth.co.uk/nottinghamshire-county-council/](http://www.everyonehealth.co.uk/nottinghamshire-county-council/)

**Role of food**

ChangePoint Nottinghamshire is an evidence based lifestyle weight management programme designed to help you manage weight and live a healthier life.

Delivered by Everyone Health, funded by Nottinghamshire County Council, and supported by other partners, ChangePoint is helping to improve the health and wellbeing of local communities. The service recognises the importance of linking diet and nutrition and physical activity interventions for the holistic health benefits. By educating people on healthier alternatives to high energy foods and drinks along with portion control, ChangePoint supports people to reduce consumption of excess calories.

Our current environment is deemed ‘obesogenic’, making it harder for people to stay healthy. Calorific foods and drink are more accessible and available and ChangePoint helps to educate people to make informed dietary decisions to improve overall health and for healthy weight management.
Changepoint offers a range of support services within which food and a healthy relationship to it plays a vital role. Services include:

- Adult Weight Management
- Weight Management for Children
- Weight Management Before and After Pregnancy
- Wellbeing At Work

Changepoint also works within communities to bring healthy lifestyle messages to life. Looking at diet and nutrition and improving physical activity, Changepoint Health Coaches work with District Partners, local schools, and community groups to deliver a range of targeted interventions with a life course approach.

**The range of benefits**

With an innovative and creative approach to partnership working, Changepoint has developed its Jump Academy programme for 5-15. This includes Fire Fit, a 12 week programme in partnership with Nott’s Fire and Rescue services. Children and their parents (and other siblings) do a range of physical play and healthy eating sessions, recognising the importance of a whole family approach to looking at healthy lifestyle.


14. **Food: tackling drug dependency**

There are programmes of drug rehabilitation in Nottinghamshire, Leicestershire and Lincolnshire that use growing food projects as a vehicle for reducing drug dependency
15. Food: improving the environment

15.1 The Conservation Volunteers (TCV), the Leicester City Food Growing Support Programme, and Diverse Diggers

The Diverse Diggers group received a grant from the ‘Get Growing’ fund to plant fruit and vegetables in public spaces for the whole community to access in Thurnby Lodge. However, after the grant was awarded it became evident that although there was support from community members, including the local food bank, there were also some significant hurdles to overcome to convince local councillors and housing officers that the project was right for the area.

TCV worked with the group to focus their ideas for the planting and met with local officials to discuss the issues that had arisen. After a number of meetings it became apparent that there would not be the support for the proposed planting. TCV were able to work with the group however in identifying an alternative plan and decided that a community orchard on Willowbrook Park could fit into their aims for community accessible planting and also be more acceptable to the whole community. The Diverse Diggers and TCV set up a meeting with Leicester City Council parks Department who manage the park and they were very supportive in identifying a suitable site for the orchard. Once the site was identified TCV delivered an orchard planting skills session for the group who recruited 22 community members to get involved.

The group have looked after the orchard over the summer with watering and regular checks to see how the trees were settling in. In September the group reported that all the apples apart from one had been harvested by members of the community on an ad-hoc basis which was the aim of the project from the outset.
Future plans for the site include widening participation by developing contacts with local schools and the early years centre, and winter pruning and maintenance work.
Diverse Diggers Orchard planting day

Diverse Diggers
16. Food: sustaining our heritage

16.1 Stamford Community Orchard Group (SCOG)

http://scog.org.uk

Role of food

SCOG is a voluntary community-led orchard group in Stamford Lincolnshire. It is concerned to conserve and consume old apple varieties of East Anglia. This includes preserving old orchards and establishing new ones as well as preserving, rediscovering and re-establishing old apple varieties. All of the orchards are community orchards that are turned into open space amenities for local people, accessible at all times by all of the community. They also contribute to nature conservation and biodiversity, by preserving the wildlife lost in the destruction of old orchards and trees.

The range of benefits

The development of fruit as a food thus provides heritage benefits (old apple varieties), as well as community and wildlife benefits. There are also educational and exercise benefits, the former being developed through workshops, advice and school involvement. A number of schools now have their own orchards with old Lincolnshire varieties.

17. Food: tackling waste through sustainable energy

17:1 – Food waste for Anaerobic Digestion in Lincoln City.

In Lincoln City, proposals have been developed for the introduction of three Anaerobic Digesters (AD) in the City and surrounds, that will take non-consumable waste food (together with other organic materials), and use it to produce biogas. One, in the City Centre indoor market, has the potential to make use of the waste food from more than 30 surrounding restaurants, cafes and bars, thus resolving a food waste problem in the city centre. It offers the possibility of heating the indoor market.

A second, in a local primary school will be able to make use of waste food from the school, but also from the homes of the pupils and surrounding houses. A third will be placed at a community growing project adjacent to the hospital and
prison. Again, the potential to resolve a waste food problem from each of these large institutions, is considerable.

18. Food: tackling food waste through food redistribution

18.1 Community Cafes

There are community cafes in all parts of the region that use supermarket ‘surplus’ food to provide inexpensive nourishing meals. These include, for example, Leicester City’s Real Food Junk Café, which uses surplus food, as well as food from food growing projects. It has a strong volunteer base and supports volunteers to develop skills and knowledge in food preparation and catering.

http://realjunkfoodleicester.org/

Lincoln City’s Mint Lane Café:

https://www.facebook.com/mintlanecafe/

These cafes collectively run a series of payment schemes, such as pay forward, pay as much as you feel and even ‘free food’ days to make the food as accessible as possible.

18.2 Swadlingcote – England’s First ‘waste less save more’ town.

https://wastelesssavemore.sainsburys.co.uk

Swadlingcote in Derbyshire became England’s first ‘waste less, save more’ town – chosen by Sainsbury’s in 2015 as the first place to explore ways of reducing food waste at the community level. Over the past year, Swadlincote households have been trialling innovative tools, such as free food-sharing app Olio and smart fridges which send ‘selfies’ to your smartphone to help avoid doubling up on produce.

A team of Food Saver Champions, recruited by South Derbyshire District Council, has also been visiting homes and local businesses with advice and tips for cutting down on food waste.

Successful initiatives, including the Fab Food programme which has seen local schools get involved in reducing food waste, will be considered for roll-out nationwide in the months and years ahead.
19. Food: positive impact on the local economy/ job creation

19.1 Redeveloping the indoor market in Leicester City.

http://www.leicestermarket.co.uk/

The food hall project has been a great success for Leicester Market. For a number of years, we have had high quality fresh food traders selling meat, fish, cheese, dairy products and more within our outdated food hall which was no longer fit for purpose. The opening of the new food hall is a much more pleasant and attractive building which has served to dramatically increase footfall (estimated 50% increase). From a food plan perspective, many of the traders source their meat from local farmers and some of the cheeses from Sherwin’s Cheese and Country Fayre are locally produced (Sparkenhoe Red Leicester, Stilton). Other items stocked include locally baked bread from Brucciani’s Bakery and Pork Pies and more from Walkers in Leicester as well as other small items from local producers such as samosas and local honey. Leicester Market was named Britain’s Best Food Market in the Nabma Great British Market Awards.

There continues to be an increase in footfall and sales as compared to the old food hall and there has been great feedback all around from the public and markets industry. The Food Hall has been so successful partly because there is such a great range of fresh food at good prices accessible in the city centre. Recent improvements include new hot food traders starting up here selling homemade Indian and South American food.

19.2 The Jam Factory, part of The Saffron Acres Project

The Saffron Acres Project was started in 2006 and has since transformed a 12 acre plot of disused land into a thriving inner city food growing community project with the aim to “grow people out of poverty”. The project provides opportunities for local people to grow food, gain an understanding of healthy lifestyles and learn how to live more sustainably. The project works with a range of volunteers from all backgrounds, including young people with disabilities, unemployed people, and ex-offenders, who have the opportunity to be involved in the community and gain work experience, confidence and skills. The site has a large orchard with a wide range of fruit trees, which volunteers help to maintain and harvest alongside fruit and vegetables.
The project works with Leicester College, who train young adults with learning difficulties and disabilities in cooking skills. The students take the produce grown by the volunteers and prepare it ready for the jam making process. Together they cook the jams and chutneys, jar and label them giving the students life and work skills. The students also get the opportunity to help sell the products at farmers markets and community events, and currently supply three cafes in Leicester and Leicestershire. All of the profits from the sales come directly back to the charity as a sustainable income stream.

In 2013-2014 the project made jams and chutneys for Central England Co-operative and supplied 72 stores in the region with strawberry jam! This partnership received national awards from Third Sector Magazine and the Chartered Institute of Public Relations, alongside national press coverage. Although justifiably proud of these achievements the project made the decision to go back to their roots and cook what they could grow and sell locally.

Currently a kitchen is being installed on the project site, the raw produce will then travel only 100 metres from where it is grown to the processing facilities.

They are bee keepers too! Five colonies of bees are busy making honey which will add to the product range by developing bees wax lip balms and other skin care products later this year.
PART IV Conclusions and Action

20. Lessons from Food Best Practice

- It is important to develop an understanding of what constitutes good, healthy and sustainable food
- It is important to see food as a complex system, or an interdependent ecology. A regional food strategy should start with the notion of food as a system.
- If we are to move forward nationally then there is a need to acknowledge policy reform (in education, health, agriculture, rural) to transition from national agricultural policy to a national food policy.
- There is a need for local (authority) policy which recognises local need as well as national policy which sets the strategic direction.
- It will be important to measure the impacts of policies on the ground and to collect evidence of policies working and making a difference. This will need action to benchmark where we are now so that we can measure progress.
- Thought should be given to the leverage and persuasion required to bring about the implementation of polices, particularly in the community sector.

21. Priorities for Action

The priorities for action set out below, are drawn from the foregoing strategy, discussions with a range of stakeholders both regionally and nationally, and the deliberations of the GFEM Board itself. These proposals are subject to review by the board as implementation actions develop, and as both national and local policy changes.

ROLES

At the regional level GFEM is not considered an implementation group. Rather, consistent with its purposes set out in section 1 of this strategy it is seen as a group offering strategic leadership in the following areas.

- *sharing information* (that is research-informed), consistent with the vision set out in this document, about the whole food system,
- *offering advice* (and in the longer term, resources) to key stakeholders,
- *co-ordinating action* as a regional hub and
- *influencing change*, particularly in respect of policy, behaviour and Sustainable Cities.

PROCESSES

These roles have a set of processes the GFEM should develop, associated with them

*Sharing information*

- Collect, co-ordinate and share information on organisations, policies and plans, grant-aid and other funding, good practice and technical, economic and social innovation relating to all aspects of food.
- Disseminate good practice through the collection of case studies from within the region
- Offer an ‘abstracting’ service on sustainable food
- Develop a web/Facebook site as a ‘one stop shop’ for information
- Hold an annual conference for information sharing.
Offering Advice
- on the requirements for Sustainable Food Cities
- on sources of grant aid funding
- on the means of securing voluntary effort.

Co-ordinating action
- enable others to deliver food projects locally

Influencing change
- engage with all levels of government to ensure consonance with other policies and plans
- support the development of existing, and the application for new, Sustainable Food Cities in the region
- Develop active programmes for behaviour change in all parts of the food chain, from production to consumption.

SPHERES OF INFLUENCE

The core distinctiveness of GFEM as a Regional Sustainable Food City is that it has an ability to undertake these principal functions at three distinct levels.

- It can communicate ‘downwards’ to individual projects in the region and individual collectives such as locality-based food systems (including SFCs within the region and localities seeking to become SFCs). Uniquely at this level also, GFEM seeks to address issues of rural food chains – rural parts of the region have some of the worst district-level obesity rates in the country.
- It can communicate ‘across’ to other regional food boards as a means of co-ordinating action and sharing innovation.
- It can communicate ‘upwards’ to central and European governments. This might entail working with government departments such as the Department for the Environment, Food and Rural Affairs but also with national third sector groups such as the Soil Association, Sustain, The CLBA, the National Farmers’ Union and others.

In all of these cases, the flow of information will be two way. GFEM will influence and be influenced by each of these levels in equal measure.

ACTION AREAS

It is through these roles, processes and spheres of influence that GFEMs priorities for action will be delivered. These are consistent with GFEM’s objectives

Health
- Tackle health and hunger amongst the poor and vulnerable, particularly children and the elderly and reduce health inequalities
- Use all aspects of good food (see below) to promote mental health, substance abuse rehabilitation physical exercise;
- Champion the specific role of food education and action in schools, particularly in relation to diet, breakfast clubs and meals in the school holidays.
- Develop food education for all citizens in the region.
- Work to tackle obesity in the region.

Environment
- Reduce food waste.
• Encourage, wherever appropriate, the adoption of short food miles.
• Be mindful of actions to reduce food insecurity.

**Economy**
• Support the importance of local food (and a vibrant food economy) within the wider food system.
• Encourage the use of food to stimulate local economic development and develop skills,
• Develop sustainable food procurement.

**Culture**
• Celebrate the food culture and distinctiveness of the East Midlands

**Sustainable Food Cities (SFC)**
• Seek SFC status in 2017/18.
• Support local authorities in the region in working towards SFC accreditation.
• Act as a membership organisation to all of those involved in all aspects of the food chain who want to be members.
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National Health Service Choices (2016d) Food allergy.  

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## A I. Good Food East Midlands: Board membership

As at 25th September 2017 board membership is as follows:

<table>
<thead>
<tr>
<th>Name</th>
<th>Organisation</th>
<th>Interest</th>
<th>Contact</th>
<th>27th Sept Update</th>
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<tbody>
<tr>
<td>Jane Jobarteh</td>
<td>Public Health England</td>
<td>Sustainability lead; regeneration, sustainable communities</td>
<td><a href="mailto:Jane.jobarteh@phe.gov.uk">Jane.jobarteh@phe.gov.uk</a></td>
<td></td>
</tr>
<tr>
<td><strong>Vice-Chair</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Claire Smith</td>
<td>Public Health England</td>
<td></td>
<td><a href="mailto:Claire.Smith@phe.gov.uk">Claire.Smith@phe.gov.uk</a></td>
<td></td>
</tr>
<tr>
<td><strong>Project Support</strong></td>
<td></td>
<td></td>
<td></td>
<td>Leaving project 21-Nov-2017</td>
</tr>
<tr>
<td>Lynn Richards</td>
<td>Nottinghamshire Health Care</td>
<td>Sustainability and food; planning and project management</td>
<td><a href="mailto:Lynn.Richards@nottshc.nhs.uk">Lynn.Richards@nottshc.nhs.uk</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trust</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jane Hicken</td>
<td>Derbyshire County Council</td>
<td></td>
<td><a href="mailto:Jane.Hicken@derbyshire.gov.uk">Jane.Hicken@derbyshire.gov.uk</a></td>
<td></td>
</tr>
<tr>
<td>Caroline Mackie</td>
<td>Derbyshire County Council</td>
<td></td>
<td><a href="mailto:Caroline.Mackie@derbyshire.gov.uk">Caroline.Mackie@derbyshire.gov.uk</a></td>
<td></td>
</tr>
<tr>
<td>Jo Atkinson</td>
<td>Leicester City Council</td>
<td>Health improvement, diet and obesity, well being, health inequalities.</td>
<td><a href="mailto:Jo.Atkinson@leicester.gov.uk">Jo.Atkinson@leicester.gov.uk</a></td>
<td></td>
</tr>
<tr>
<td>Sarah Chaudhary</td>
<td>Lincolnshire County Council</td>
<td>Public health</td>
<td><a href="mailto:sarah.chaudhary@lincolnshire.gov.uk">sarah.chaudhary@lincolnshire.gov.uk</a></td>
<td></td>
</tr>
<tr>
<td>Kathy Holmes</td>
<td>Nottinghamshire County Council</td>
<td></td>
<td><a href="mailto:kathy.holmes@nottscc.gov.uk">kathy.holmes@nottscc.gov.uk</a></td>
<td></td>
</tr>
<tr>
<td>Jason O’Rourke</td>
<td>Washingborough Academy</td>
<td>Children’s Food Systems</td>
<td><a href="mailto:jorourke@washingboroughacademy.org">jorourke@washingboroughacademy.org</a></td>
<td></td>
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<tr>
<td>Stephen Marks</td>
<td>Northamptonshire County County</td>
<td>Service Development Relationship Manager (Place) Public Health Team</td>
<td><a href="mailto:smarks@northamptonshire.gov.uk">smarks@northamptonshire.gov.uk</a></td>
<td>Joined from September Project Board</td>
</tr>
<tr>
<td>Nigel Curry</td>
<td>Lincoln University</td>
<td>Local food systems; agricultural policy</td>
<td><a href="mailto:nrcurry@hotmail.com">nrcurry@hotmail.com</a></td>
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<tr>
<td><strong>Chair</strong></td>
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<tr>
<td>Rosemary Horry</td>
<td>University of Derby</td>
<td>Environmental Management</td>
<td><a href="mailto:r.e.horry@derby.ac.uk">r.e.horry@derby.ac.uk</a></td>
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<tr>
<td>Leon Ballin</td>
<td>Soil Association</td>
<td>Sustainable Food Cities</td>
<td><a href="mailto:L.Ballin@soilassociation.org">L.Ballin@soilassociation.org</a></td>
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<tr>
<td>Rebecca Popple</td>
<td>Let’s Cook Project</td>
<td></td>
<td><a href="mailto:Rebecca.popple@letscookproject.org">Rebecca.popple@letscookproject.org</a></td>
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<tr>
<td>Katie Prichard</td>
<td>Crabtree School</td>
<td>Children’s food production; community development</td>
<td><a href="mailto:headteacher@crabtreefarm.nottinghamshire.m.sch.uk">headteacher@crabtreefarm.nottinghamshire.m.sch.uk</a></td>
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<td></td>
<td>Bio-dome project; head teacher</td>
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<tr>
<td>Chris Tilley</td>
<td>Community Champion - Bulwell</td>
<td></td>
<td><a href="mailto:bulwell@communityattesco.co.uk">bulwell@communityattesco.co.uk</a></td>
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</table>

**Sector**

- Public (health)
- Public (local authority)
- Public (University)
- VCS (Food)
- VCS (Community)
- Private
Appendix II. The research: the nature of food systems in the East Midlands, methods and results

Desktop research was undertaken to identify food strategies, policy and organisations in the East Midlands.

In order to provide consistency in the desktop research information gathering the following approach was taken:

1. Using Google key words were entered and these key words were noted in the spreadsheet.
2. The date of the search was recorded in the spreadsheet.
3. The results of the key word searches were then reviewed, focusing on the top 10 results.
4. The spreadsheet was populated with information and a food system category was manually assigned – see below for an example:

5. Where results of key word searches highlighted websites which listed multiple organisations these were explored in more detail – see below for example relating to “bigbarn”:

Local Food Shops and Producers near Derby, (Derbyshire): - Big Barn
https://www.bigbarn.co.uk/places/derbyshire/derby/ -
Croots Farm Shop & Kitchen. Our Award Winning Farm Shop offers a range of home-grown and local food – fresh fruit and vegetables, locally produced beef, ... You visited this page on 07/02/17.

Derby Food Assembly - The Food Assembly
https://foodassembly.com/en/assemblies/0002/ -
Our collection night is every Tuesday, 5:30-7:30pm at The Greyhound pub, on Friar Gote, and the weekly online sale closes late night the previous Sunday. ... Come and meet the producers and enjoy a new way to eat well while supporting local producers and farmers around Derby.

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<th>Food System</th>
<th>Count of Organisation</th>
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<tr>
<td>bigbarnlincoln</td>
<td>1</td>
</tr>
<tr>
<td>bigbarnnorthampton</td>
<td>5</td>
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<tr>
<td>bigbarnnottingham</td>
<td>16</td>
</tr>
<tr>
<td>bigbarnrunder</td>
<td>6</td>
</tr>
<tr>
<td><strong>Grand Total</strong></td>
<td><strong>35</strong></td>
</tr>
</tbody>
</table>
6. A copy of the desktop research carried out by GFEM can be obtained by registering to use Knowledge Hub and requesting membership of the GFEM closed group:

https://www.khub.net/
Key points identified as a result of desktop research:

- Identification of food strategies, policies and organisations using the internet is based on:
  - Food systems having an internet presence
  - Food systems on the internet being indexed by appropriate key words
- Food strategies, policies and organisation on the internet are up-to-date – some of the websites, links and documents appeared to be out-of-date and not working properly
- Due to the nature of the internet, research is valid on the day it is carried out and for a limited period of time afterwards.
- It is recommended that the data collected is reviewed on an annual basis (as a minimum) to check/confirm its validity.

Some Example food Organisations

Who are the Big Red Food Shed?

We are a sustainable agriculture and horticultural therapeutic social enterprise in Chesterfield and North East Derbyshire, providing services to the unemployed, people formerly on Probation or in prison and family members, people with learning disabilities, people with mental and physical ill health. We provide a safe space for developing confidence and improving health and well-being through gardening and growing food for the Community we serve.

Our SkillUp™ courses started 2016 are aimed at providing skill and experience courses, at different levels, to enable our people to be more employable, socially connected and improve their health and happiness.

We are proud to announce that we are the Royal Horticultural Society's Accredited Training Centre.

What is our Unique Offer, What makes us different?

People come from all over Derbyshire and some from South Yorkshire because we offer an atmosphere which is non-threatening and respectful. We do not refer to our Volunteers by their needs and you will never hear us use the phrase ‘ex-con’. We make soup and cakes every weekend for our Volunteers because we respect their input whether they are Compulsory Volunteers or Non-Compulsory Volunteers. For us it is normal behaviour, not a photo opportunity!
What is BigBarn about?

BigBarn is the UK’s no.1 local food website. We help people to find good, safe, accountable food from local sources.

Visit BigBarn anytime to see your local food map and read latest news and blogs. Or even easier, register your email and post code for the BigBarn emailed newsletter to get all the latest news and blogs, and special offers from your local producers.

About BigBarn

To demonstrate our long term commitment to the LOCAL food industry BigBarn has become a Community Interest Company. To really understand the food industry and what we are about, please read on.

What BigBarn is set up to do

BigBarn is committed to reversing the anti-social trend of the UK food industry. A trend towards the growing mass production of food and control of the market by big business and retailers, giving farmers an average of only 9p in every £1 spent on food in the supermarket. And where milk is cheaper than water in some shops!

BigBarn's mission is to reverse this trend by reconnecting consumers with their local producers, direct, or through local retailers, and encourage local trade. Giving farmers a better deal and consumers fresher, cheaper, accountable food.

Today's food industry is anti-social, resulting in:

- Small farms going out of business
- Small rural shops and post offices closing
- Decreasing access to fresh food
- Food being produced for shelf life and not flavour
- Excess animal movement
- Too many additives in food, hidden behind a label
- 'Staple food' costs actually rising as middle men & retailer margins increase
- Increasing consumption of ready meals
- Increased reliance on oil as specialist farms move away from mixed farming
BigBarn reverses this trend by promoting local food producers and independent retailers, as icons on post code specific maps accessed through the internet. It allows small, struggling, rural, producers to sell direct and get a better price. And consumers access to cheaper, fresh, seasonal, accountable, food. It also reduces food miles, increases food knowledge and education as well as increasing agricultural diversity and boosting local rural economies to make those communities more sustainable.

**How will BigBarn benefit the community?**

1. Provide a definitive database of producers who want to sell direct.
2. Promoting these producers by displaying them on post code specific maps.
3. Actively seeking other like-minded websites to have the BigBarn map, free, to open within their website to promote local producers.
4. Develop and promote an on-line market place to allow producer members of BigBarn e-commerce to sell local food on-line.
5. Continually looking for ways to help producers team up with local shops to offer consumer a complete range of food & drink cheaper, like for like, than the supermarket.
6. Accessing any grants to help achieve the BigBarn community's objectives.
7. Providing producer members with a database of case studies to help them improve their businesses and better meet the needs of local consumers.
8. Continually improve the BigBarn website and related technology to make it user friendly and world class.

**BigBarn's statement to producers and independent retailers selling local produce**

1. To continue to promote the BigBarn map and website to consumers and like minded organisations.
2. To offer a listing on the BigBarn website to all producers and independent retailers who:
   - Sell direct
   - Much of what they sell is produced by them or comes from the local area.
3. To offer premium listings and discounts on products and service for those that want to pay for them.
4. Provide case studies on best practice and how to build local food supply chains.

**BigBarn's statement to Consumers**

1. Offer access to the BigBarn website, free, a user friendly way of finding local producers of food.
2. Offer access to recipes, blogs, forums and foody articles.
3. Offer the BigBarn emailed post code specific newsletter free.

If you would like to help BigBarn you can volunteer to spread the word in your area by calling 01480 890 970 or donate through our online shop.
Appendix III - Example Food Network: Nottingham Growing Network

NOTTINGHAM GROWING NETWORK
(April 2017)

NGN is a new free networking initiative that builds links between community growing groups in the Nottingham area which share an interest in gardening with respect and care for the environment.

Evolving from the Garden to Plate Network, NGN aims to help showcase good practice and provide training to guide groups in growing in a way that improves the environment, as well as helping to link projects and groups to provide mutual support.

NGN has linked up with the Federation of City Farms and Community Gardens (FCFCG) as a local network to support local organisations – including both members and non-members of FCFCG. Membership of FCFCG is now free to all groups: www.farmgarden.org.uk

The organisations involved in NGN are a combination of charities, social enterprises, with and without paid workers. Some are focused on the local community, others on area of interest. Many of the organisations have eco-buildings which are available to hire.

Partnership working, volunteer opportunities and events open to the general public feature strongly. Nottingham Growing Network meetings are also attended by a representative of the Nottingham City Council’s parks section and some freelance workers active in the sector.

If you are interested in joining Nottingham Growing Network, or would like to find out more, contact
Lynn Taylor
Tel: 0796 016 4448
email: lynn@farmgarden.org.uk
or via Facebook

Alternatively use the information below to contact organisations direct.
Arkwright Meadows Community Gardens
Kirby Gardens, Off Wilford Grove, The Meadows NG2 2HZ. Ten minutes walk from Nottingham railway station or NCT bus no 11 or 48.
Tel: 0115 986 7777
email: gardens@amcgardens.co.uk
web: www.amcgardens.co.uk

Low cost, organically grown produce (that customers can pick fresh with staff) for sale. Eco-building including training room and kitchen. Full wheelchair access throughout including toilets. Poly-tunnel, traditional Tandoor oven, children’s play and picnic space, bees and hens. Volunteering, training, events, yoga. Charity with voluntary management committee made up of local residents. See website for opening times. Main area of benefit: Meadows residents. Aims: HEART Health and Horticulture, Education, Activities, Recreation and Training.

Bulwell Forest Garden
Austin Street, Bulwell, Nottingham, NG6 9JU
Email: admin@bulwellforestgarden.co.uk
Web: www.bulwellforestgarden.co.uk

Bulwell Forest Garden is a community food growing project, managed by a team of local volunteers, producing organically grown fruit and vegetables to local residents for a small donation. We also provide educational workshops, environmental play sessions, and community health and wellbeing events for people of all ages, increasing people’s access to healthy food and exercise. Main focus is on local residents, but the gardens are open to anyone. Facilities include community beds, individual plots, outdoor kitchen and community orchard.

Dig In Community Allotment
Albany Allotments, Pasture Road, Stapleford, Nottingham, NG9 8HZ.
Tel: 07943 700302
email: enquiries@diginstapleford.org.uk
web: www.diginstapleford.org.uk
blog: www.digincommunityallotment.blogspot.co.uk

Volunteer led project. It offers lots of planting space, knowledge, experience, and the opportunity to get growing together in a friendly and helpful environment. It is open to all and it is completely free; all the tools, seeds, and everything you need to get gardening are provided, whatever your age or level of ability. Volunteer sessions Wednesdays and Saturdays 10am-12 noon.
Come Grow With Me @ Highbury Community Allotment & Garden

Highbury Hospital, Highbury Vale, Bulwell, Nottingham, NG6 9DR
Tel: 0115 9691300 ext 12062

The Come Grow With Me @ Highbury Community Allotment & Garden is located on the Highbury Hospital site which is part of Nottinghamshire Healthcare NHS Trust. The project is provided by the Highbury Live Team and is supported by volunteers. Highbury Hospital has a wide range of in-patient, daycare, respite and community services for adults aged 18 years and above who have a range of mental health conditions, intellectual and developmental disabilities, and substance misuse issues. Our project provides a much needed green space where people can come to relax, socialise, develop skills, learn about growing their own food & feel valued members of the community. We run a timetable of groups for people both currently staying at the Highbury site and those receiving support from the community teams. We also facilitate sessions where the allotment is open to all to drop in over the lunch time period, Monday to Friday 12.00-1.00pm.

Ecoworks
St. Ann’s Allotments, Nottingham NG3 3LH
email: info@ecoworks.org.uk
web: www.ecoworks.org.uk/

Ecoworks provide environmental, educational and health promoting activities for excluded groups in Nottingham. Ecoworks Community Garden provides therapeutic opportunities in food growing and outdoor crafts, predominately but not exclusively to mental health service users. It hosts Nottingham’s first Straw Bale building and permaculture gardens. The Supershed Project (eco-design, green build, maintenance and more), starts on 20 September and is every Tuesday 10-3pm. Dig and Dinner – for St Anns’ residents, Thursdays 10-4pm.

Grassroots - NNRF Garden
The Sycamore Centre, 33 Hungerhill Rd, Nottingham NG3 4NB
0115 960 1230
email: gemma.pillay@nottsrefugeeforum.org.uk

Formed in 2016, Grassroots NNRF Garden is a community garden run by clients, volunteers and staff of the Nottingham and Nottinghamshire Refugee Forum. The project aims to create an inspiring growing space to promote the physical and mental wellbeing of its users - providing beds to grow fruit and vegetables, opportunities to work together, and areas to promote and protect wildlife.
Green’s Windmill Garden
Windmill Lane, Sneinton, Nottingham, NG2 4QB
Tel: 0115 915 6878
email: greensmill@nottinghamcity.gov.uk
web: http://www.greensmill.org.uk

The new community garden extends the education facility of the adjacent working windmill. Growing traditional organic allotment produce, plants and range of grains to demonstrate the process of bread production. The space has a Victorian greenhouse and brick built summerhouse. Regular volunteering sessions on a weekly basis on a Friday morning, attracting anyone local who is looking to get some gentle outdoor exercise coupled with learning a few new skills and meet new people. Other visitor groups are welcomed.

Nature in Mind
The Burrows, 40 Forest Road, Nottingham, NG7 4EQ
Tel: 0115 970 9591
Email: natureinmind@frameworkha.org
Web: www.frameworkha.org/framework_near_me/1441_nature_in_mind

Nature in Mind is a specialist service from Framework. It draws on the unique capacity of nature to restore and improve mental and physical health. We offer a range of opportunities to take part in activities related to nature, as part of a small supportive group. You can apply to Nature in Mind if you live in Nottingham, are over 18 and have a mental health problem such as depression or anxiety, and would find it difficult to access nature without support. It is not necessary to have a formal diagnosis. Doctors and health professionals can also refer patients to a series of taster sessions on the benefits of nature to help them find out more about how this can improve mental well-being. To take part in Nature in Mind, ask your support worker, health professional or doctor to complete our referral form, or you can complete it yourself if you wish.

Nottingham Organic Gardeners & Demonstration Allotment
Whitemoor Allotments, Wilkinson Street, Nottingham, NG8 5FL
(Short walk from Wilkinson Street tram stop.)
email: nottinghamorganicgardeners@gmail.com
web: nottinghamorganicgardeners.com

Gardening days alternate Mondays and Saturdays. The garden on Whitemoor allotments is a focus for NOGs activities and a venue for summer meetings and socials. Demonstrating a range of ways of growing organic food and plants, taking part in growing trials and trying different methods of organic gardening. Members and local volunteers without a garden or allotment are taking part in food growing and we welcome anyone with any experience of gardening. Open to visitors by arrangement. Eco-building, accessible toilet.
Nottingham Trent University Foodshare:  
Growing to Give allotment

NTU Clifton Campus, Clifton Lane, Clifton, Nottingham NG11 8NS
Email: environment.team@ntu.ac.uk
Twitter: https://twitter.com/NTUEnvironment

Nottingham Trent University’s ‘Foodshare: Growing to Give’ allotment project provides our staff and students with a great volunteering opportunity. It allows them not only to learn new skills but to meet new people, save money and stay healthy. Half of the produce grown is donated to local homelessness charities to help give back to the local community. The other half volunteers take away with them! Our site is also used for hands-on learning in the curriculum of many different undergraduate and postgraduate courses taught at Nottingham Trent University.

NWT City Local Group

Regular activities across Nottingham City (and surrounds) nature reserves and green spaces
Contact: lucy.k1@hotmail.co.uk
Website: www.wildlifeinthecity.org
www.nottinghamshirewildlife.org

Nottinghamshire Wildlife Trust City Local Group is a team of volunteers, supporting focussed on Nottingham City and the surrounds and opportunities to get involved with nature and support conservation. We run a number of activities, including walks, practical volunteering sessions and a social pub club. We are always looking for people to get involved, in strategic discussion, hands on conservation, interesting wildlife spotting, or come along and meet other likeminded people at our walks or socials.

Sherwin Road Community Garden

Sherwin Road, Lenton NG7 2FB Email: sherwinroadgarden@gmail.com
Twitter: https://twitter.com/sherwinrdgarden

Sherwin Road Community Garden was created in 2010 on a site previously used by the Lenton Scouts, to provide opportunities for local residents to grow fruit and vegetables. The garden and former scout hut are also used by Jigsaw Youth Club, which provides activities for young people on the autistic spectrum. Membership is free, and is open to anyone living, working or volunteering within 2 miles of
the garden. We meet on Wednesday evenings from 6.30. Please contact us in advance if you’d like to visit.

**STAA & St Ann’s Community Orchard**
St Ann’s Allotments Visitor Centre, 121 Ransom Road, Nottingham, NG3 3LH.
Enterance on Ransom Road. Bus no. 42.
Tel: 0115 958 9255
e-mail: info@staa-allotments.org.uk
web: www.staa-allotments.org.uk

Community Orchard activity days open to visitors 11am-4pm on the third Sunday of each month. Compost loo, fire pit, pizza oven, three ponds, 100+ fruit trees. The site is available for hire by groups and individuals, when not in use by project. Heritage tours are available of St Ann’s Allotments (March to October) – from the Visitors Centre (see website for more details and opening hours). Plant sales and light refreshments. Many volunteering opportunities through STAA – Urban Nature/conservation, heritage display gardens, site maintenance, general horticulture, heritage and tour guides, etc.
St Ann’s Allotments Visitor Centre is available to hire. It is fully accessible with kitchen facility and two flushing toilets (one fully accessible). Large straw bale building on Community Orchard also available for hire. Main focus is on plot holders on St Ann’s allotments, families and children from local schools at the community orchard. Otherwise, City wide and beyond.

**Stonebridge City Farm**
Stonebridge Road, ST Anns, Nottingham, NG3 2FR
Tel: 0115 950 5113
e-mail: info@stonebridgecityfarm.com
web: www.stonebridgecityfarm.com

Free to visit and open every day. Attractions include animals, both big and small; gardens and polytunnels growing fruit, vegetables and herbs, amenities include education centre, café, toilets and a shop in which eggs, honey, plants and vegetables from the farm are for sale. Volunteering opportunities: working with animals, growing produce and more. Supported placement programme. Disabled access. City-wide and beyond provision.

**Summerwood Community Garden**
Summerwood Lane Allotments, Clifton, Nottingham, NG11 9DR
Tel: 07816036084
e-mail: contact@summerwood.org.uk
web: www.summerwood.org.uk

Aims to encourage and enable residents, groups and organisations from the local community to become
involved in the cultivation of organic fruit and vegetables. Focus on health, exercise and the environment. Outdoor cooking facilities, apiary, wildlife pond and orchard. All weather structure under construction for winter 2016. Open days and events open to all.

**Transition Sherwood Gardens**
Web: transitionsherwood.weebly.com/index.html
Facebook: www.facebook.com/TransitionSherwood/

**Community Food Garden**
Sherwood Community Centre, Woodthorpe House, Mansfield Rd, Sherwood, Nottingham, NG5 3FN.
Tel: 07984480281

The ‘food garden’ developed on a small piece of land behind the community centre emphasizes growing food, with a mix of shared areas and individual mini-plots, and aims to keep the overall feel and look of a garden rather than allotments. Work on the garden started in 2009. Gardeners are local people and groups, and we link up with Sherwood Community Association events.

**Edingley Square Community Garden**
Between11-12 Edingley Square Sherwood Nottingham NG5 3DU
Tel: 07905373854
email: holmesnicola@rocketmail.com

Transition Sherwood, with support from Neighbourhood Services and Nottingham City Homes, has helped local residents turn a patch of waste ground into a productive and attractive garden. Over the last two years an overgrown piece of land now has communal areas with fruit trees and soft fruit as well as individual small plots for gardeners to grow produce. The garden is full of wildflowers and bees in the summer with flocks of sparrows in the hedges and frogs in the pond. The garden was awarded a Level 4 Award from Nottingham in Bloom in 2015 which was quite an achievement for the first year of growing. There are now 11 small plots which are all in use, extra help is always welcome on the working party days, tending the communal spaces on the 2nd Sunday of the month 11am-1pm.

**Windmill Community Gardens**
Ascot Road, Aspley Lane, Bobbersmill, Nottingham, NG8 5HD
Tel: 07816899978
email: wcgnottingham@virginmedia.com
web: windmillcommunitygardens.blogspot.com

Aims to get the community growing and eating in a sustainable and healthy way, with volunteer, group and school sessions throughout the year. Volunteer days every Monday and Thursday and some Saturdays. Otherwise open by arrangement. Open days and events open to all. Focus on adapting growing to climate change, health, re-use and recycling. Outdoor cooking facilities, meeting space in summer.