



Sutton Clinical Commissioning Group

Food Poverty Needs Assessment London Borough of Sutton

Adult Social Services, Housing and Health Directorate
Better Care Fund Projects
January 2015

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1. Executive Summary

Introduction

Food poverty can be defined as the inability to afford or access healthy food ¹. The definition combines **affordability of food** (income and price), **availability of food** (local foods shops selling fresh food), **ability to prepare food** (skills, physical, mental and emotional capacity) and **accessibility** (transport). Specifying 'healthy' food does not just include hunger, but also includes issues around under nutrition and unhealthy food. It is possible not to feel hungry, or even be obese, but still be malnourished.

Food poverty was highlighted in a 2013 report from the Greater London Assembly – 'A Zero Hunger City – Tackling Food Poverty in London' ². The London Borough of Sutton and Sutton Clinical Commissioning Group (CCG) commissioned this report to consider local food poverty issues.

Causes

There are many causes of food poverty, which can be broadly categorised into two main groups – financial and social. Financial causes of food poverty may include unemployment, low income, food price inflation and debt. Examples of social causes of food poverty may be problems accessing healthy food, disability, lack of basic skills and wastage.

Estimating the need

Food poverty is difficult to measure on its own, so proxy measures are used to give an estimate of the problem. Proxy measures include use of food banks, estimates of numbers in fuel poverty, provisions of crisis grants and schools intervention. Using these estimates there may be a range of 1516 people (the number who received crisis grants April-September 2014) to 46,600 living in food poverty in Sutton at any one time.

Services

Different services in Sutton address different aspects of food poverty, and may be provided by the statutory, voluntary or commercial sectors, addressing both short and long-term needs (indicated by shaded area). These services are:

Services	Statutory	Voluntary	Commercial
Food bank			
Crisis grants from the council or Job Centre Plus			
School meals, including free school meals			
School breakfast clubs and after school clubs			
Classes for parents in literacy, numeracy and			

¹London Assembly – Food Poverty in London.

http://www.london.gov.uk/sites/default/files/Food%20poverty_Call%20for%20views%20and%20information_0.pdf

² A Zero hunger city, Tackling Food poverty in London. London Assembly, March 2013.

<https://www.london.gov.uk/mayor-assembly/london-assembly/publications/a-zero-hunger-city-tackling-food-poverty-in-london>

cooking			
Social services provision of a carer to help with access (shopping or cooking)			
People inviting the isolated to their home for a meal			
Food delivery			
Lunch clubs for older people			
Food growing on council allotments, at the Community allotment and Community Farm			
Financial and debt advice services			

Stakeholder views

Over 2013-14, discussions were held with frontline health professionals, the voluntary sector and service providers. These discussions showed that there might be an unmet need in terms of food poverty. Some of the causes may include:

- Lack of awareness in both residents and health professionals
Not meeting the criteria for support services
- Extenuating circumstances make it difficult to fully address potential food poverty needs
- Potential social stigma
- There was thought to be a lack of good value, good quality food shops in the borough

Category	Recommendation	Evidence	Suggested Ownership
1 Awareness and Advice	Develop a leaflet for frontline professionals to raise awareness of food poverty.	Stakeholder views	Public Health
2 Education	Consider short cooking courses for pupils/parents in deprived areas.	Stakeholder views	Public Health
3 Access to Food	Explore the possibility of opening a social supermarket in a deprived area of Sutton and review demand for an additional food bank.	Best Practice	Opportunity Sutton
4 Increase consumption of fruit vegetables and healthy food	Encourage markets selling healthy food in deprived areas of the borough; Consider how to encourage convenience stores to improve the quality and quantity of fresh fruit and vegetables sold.	Best Practice	Public Health/ Opportunity Sutton
	Explore the potential for more allotments and the feasibility of opening a new allotment site at Sheen Way Playing fields in Wallington.	Best Practice	Allotments team and Children, Young People and Learning Directorate (CYPLD)
	Develop the Local Food Network to make surplus produce available to those in food poverty.	Best Practice	Ecological
5 Children	Consider using Sutton Shares to promote a 'Landshare' type programme	Community Wellbeing	One Planet Team
	Encourage and monitor the uptake of free school meals	Performance	Revenues and Benefits / CYPLD
6 Care homes	Review the Healthy Start initiatives scheme in Sutton	Stakeholder views	Public Health
	Remind care home providers of their responsibilities around nutrition and hydration at the quarterly providers' forum. Consider whether a requirement should be added to the standard contract to use a standardised malnutrition assessment tool	Stakeholder views	Commissioners

2. Key Policy Documents

A Zero Hunger City – Tackling food poverty in London - Greater London Authority, March 2013³

In September 2012, the London Assembly's Health and Environment Committee asked the Food Team to produce a report to cover the scale and causes of food poverty in London; what the Mayor and partners could do to support those suffering from food poverty; and address the risk factors. This document has a London focus and describes what can be done at a local level.

Child Hunger in London – Understanding food poverty in the capital – Ipsos MORI, August 2013⁴

This was a survey of 500 parents and 500 children to investigate child hunger in London. It covered the extent and impact of food poverty and looked at how families cope with food poverty and how this issue might be addressed.

Nutrition + food poverty – A toolkit for those involved in developing or implementing a local nutrition and food poverty strategy, 2004⁵

This comprehensive toolkit aims to help professionals develop strategies to improve the nutrition of those living in food poverty. It looks at the impacts and causes of food poverty, as well as ways of tackling it.

Faculty of Public Health Briefing on Food Poverty and Health, 2005⁶

This report gives a brief overview of food poverty, its effect on health, modern malnutrition, and the benefits and barriers of healthy eating. It also makes recommendations on ways to address food poverty.

³ A Zero hunger city, Tackling Food poverty in London. London Assembly, March 2013. <https://www.london.gov.uk/mayor-assembly/london-assembly/publications/a-zero-hunger-city-tackling-food-poverty-in-london>

⁴ <http://www.london.gov.uk/priorities/business-economy/working-in-partnership/london-food-board/child-hunger-in-london>

⁵ By Dr V Press, Edited by M Mwatsama. Produced by the National Heart Forum; the Faculty of Public Health; the Public Health Group, Government Office for the North West; the Public Health Unit, Government Office for the West Midlands; and the West Midlands Public Health Observatory

Published by the National Heart Forum. ISBN 1 874279 12 8

<http://www.fph.org.uk/uploads/prelims.pdf>

⁶ http://www.fph.org.uk/uploads/bs_food_poverty.pdf

3. Introduction

Definition

There is no statutory definition of food poverty, so the definition chosen for this report is that adopted by the London Assembly⁷. “*Food poverty is the inability to afford or access healthy food.*” (Health and Environment Committee 2013) This definition combines the key elements of affordability (income and price) with availability, ability (skills, physical and mental capacity) and accessibility (location and transport). By specifying ‘healthy’ food, it is not just about hunger, but also about nutrition.

Importance

An adequate diet with the right amount of nutritious food is fundamental to good health. A poor diet is associated with some cancers, diabetes, coronary heart disease, increased falls and fractures in older people, low birth-weight and increased childhood morbidity and mortality.⁸ Malnutrition, in terms of under-nutrition, causes a range of problems including impaired immune responses, increased fatigue, a vulnerability to hypothermia, delayed recovery from illness and depression.⁹ Therefore, those malnourished are more likely to have greater sickness time off work due to reduced immunity and be less productive due to fatigue. Socially the need for food aid can affect both children and families. For example, food poverty will have an impact on the ability to invite friends to their home (external), but also on the ability to share a family meal together (internal). More information can be found in the ‘Understanding Food Poverty in The Capital’ report.¹⁰

There are wider implications too. In a survey of teachers by the Greater London Assembly in 2012 as part of the ‘Zero Hunger’ investigation, 97% of teachers surveyed said going to school hungry impacted negatively on pupils’ concentration, 83% said it adversely affected behaviour and 75% noted it led to lower attainment.¹¹

⁷ A Zero hunger city, Tackling Food poverty in London. London Assembly, April 2013.
<https://www.london.gov.uk/mayor-assembly/london-assembly/publications/a-zero-hunger-city-tackling-food-poverty-in-london>

⁸ Faculty of Public Health Briefing on Food Poverty and Health
http://www.fph.org.uk/uploads/bs_food_poverty.pdf

⁹ Elia & Smith ‘Improving nutritional care and treatment Perspectives and Recommendations from Population Groups, Patients and Carers. 2009

¹⁰ Child Hunger in London – Understanding food poverty in the capital. August 2009.
http://www.london.gov.uk/sites/default/files/GLA_Child%20Hunger%20in%20London_FINAL_1.pdf

¹¹ <http://www.london.gov.uk/sites/default/files/summary%20teacher%20survey.pdf>

4. Potential causes of food poverty

There are numerous causes of food poverty, which can be broadly categorised into two main groups – financial and social.

Financial Causes

Income

A less healthy diet is strongly associated with lower income. Diets become progressively more unbalanced with decreasing socio-economic status.¹² As well as food itself, those in financial poverty can lack cooking utensils, cooking appliances and the ability to bulk-buy or store food when items are on offer¹³. The ability to do this however is dependent on an individual's employment status. Research shows that the rate of unemployment in December 2013 to February 2014 was at 6.9% (Office of National Statistics ONS). This is equivalent to 2.24 million people and their families.¹⁴

Food price inflation

The rate of increase in food prices has exceeded general price inflation. Food prices in July 2013 had increased by 43.5% since 2005, compared to 25.8% for goods in general.¹⁵

Benefits Changes

Sanctions were introduced at the end of 2012 for those who failed to meet requirements for Job Seekers' Allowance (JSA) or Employment Support Allowance (ESA). Since then around 5% of JSA claimants nationally, have been sanctioned each month and had their payments suspended.¹⁶ Moreover, when someone finds a job, out of work benefits cease on the day before work commences. This means that people starting work may have less money to spend until their first payday.

Debt

There is a circular issue with debt and poverty.¹⁷ In some cases, debt causes or exacerbates poverty as interest payments and charges reduce the amount of income for necessities, such as food and fuel. In other cases, debt arises from poverty, as people are tempted to

¹² Dowler E 1998 Food poverty and food policy. IDS Bull 29, 58–65

¹³ Faculty of Public Health Briefing on Food Poverty and Health
http://www.fph.org.uk/uploads/bs_food_poverty.pdf

¹⁴ <http://www.ons.gov.uk/ons/rel/lms/labour-market-statistics/april-2014/statistical-bulletin.html#tab-Key-Points>

¹⁵ Office of National Statistics, *Statistical Bulletin: Consumer Price inflation July 2013*. Baseline is a whole year average for 2005.

¹⁶ Benefit sanctions – ending the 'something for nothing' culture. DWP press release 6/12/13. <https://www.gov.uk/government/news/benefit-sanctions-ending-the-something-for-nothing-culture>

¹⁷ A Zero hunger city, Tackling Food poverty in London. London Assembly, March 2013. <https://www.london.gov.uk/mayor-assembly/london-assembly/publications/a-zero-hunger-city-tackling-food-poverty-in-london>

borrow to supplement low incomes. Some pay day lenders can exacerbate this issue by charging interest at 5000% APR.¹⁸

Social causes

Skills

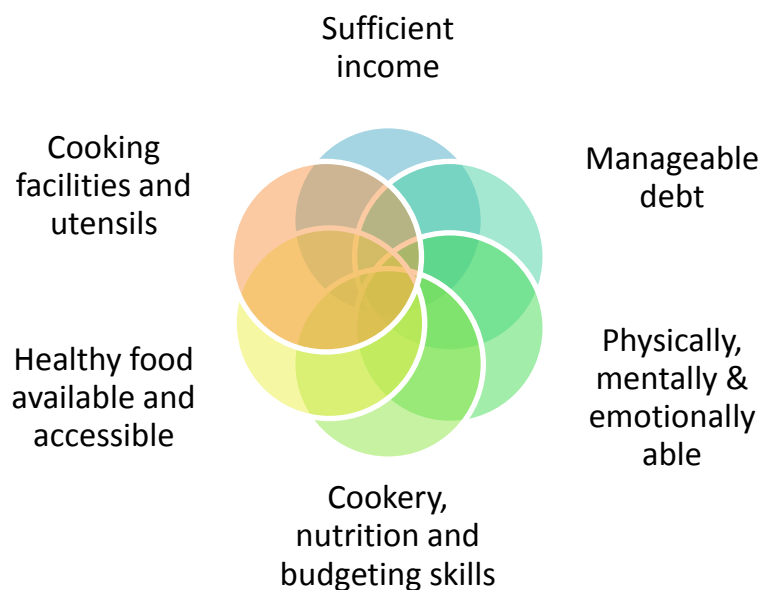
Lack of skills and confidence needed to cook are not common across income groups, leaving more people to rely on the convenience of pre-prepared foods.¹⁹ A survey commissioned by the Co-operative in 2013 revealed one in six people have never cooked “from scratch”.²⁰

Food ‘deserts’

Food deserts are areas where affordable healthy food is scarce or difficult to access. This can be because local shops are more expensive or do not stock fresh fruit and vegetables. Furthermore, cheaper supermarkets may be some distance away and difficult or expensive to access.²¹

Summary – Requirements for an absence of food poverty

Looking at food poverty as a whole, the key issues around food poverty can be illustrated in the diagram below.



¹⁸ <http://paydayloans.money.co.uk/>

¹⁹ *ibid*

²⁰ <http://www.dailymail.co.uk/news/article-2451525/One-cooked-meal-scratch-use-packets-jars-ingredients-times-week.html>

²¹ A Zero hunger city, Tackling Food poverty in London. London Assembly, March 2013. <https://www.london.gov.uk/mayor-assembly/london-assembly/publications/a-zero-hunger-city-tackling-food-poverty-in-london>



There is a relationship between being able to cook and being able to eat, making it essential to discuss instances of fuel poverty.

5. Sutton Picture – measuring food poverty

Food poverty is difficult to measure on its own, so proxy measures are used to give an estimate of the problem. The definition of food poverty includes affordability²², so general poverty can act as a guide to levels of food poverty. Relative poverty looks at the minimum income required to provide a socially acceptable standard of living and therefore increases as living standards increase generally. Absolute poverty attempts to look at the minimum income required to provide a basic standard of living, whereby the value only changes with inflation. As this report addresses people's absolute ability to feed themselves and their families, the **absolute** measure is used.

National prevalence of food poverty

Absolute poverty in the UK sets the low-income line at 60% of median income in 2010/11,²³ and then adjusts it each year with inflation. Research by the Department for Work and Pensions (DWP) shows that percentage of individuals in absolute low income after housing costs increased slightly in 2012/13 to 23%, the highest it has been since 2001/02. However, this change was not statistically significant.²⁴ In 2012/13, the DWP research showed that nationally 31% of children, 23% of working age adults and 15% of pensioners were living in absolute poverty after housing costs (AHC).²⁵

Levels of absolute poverty in Sutton

Using the prevalence figures from the DWP and applying them to Sutton's 2013 ONS population estimates, data suggests that there may be:

- 15,200 children in poverty
- 27,000 working age adults in poverty
- 4,400 older people in poverty

This suggests that there may be 46,600 people (out of 196,000) living in absolute poverty in Sutton.

²² A Zero hunger city, Tackling Food poverty in London. London Assembly, March 2013.
<https://www.london.gov.uk/mayor-assembly/london-assembly/publications/a-zero-hunger-city-tackling-food-poverty-in-london>

²³ Households Below Average Income An analysis of the income distribution 1994/95 – 2011/12
June 2013 (United Kingdom)
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/206778/full_hbai13 .

²⁴ Ibid

²⁵ Ibid

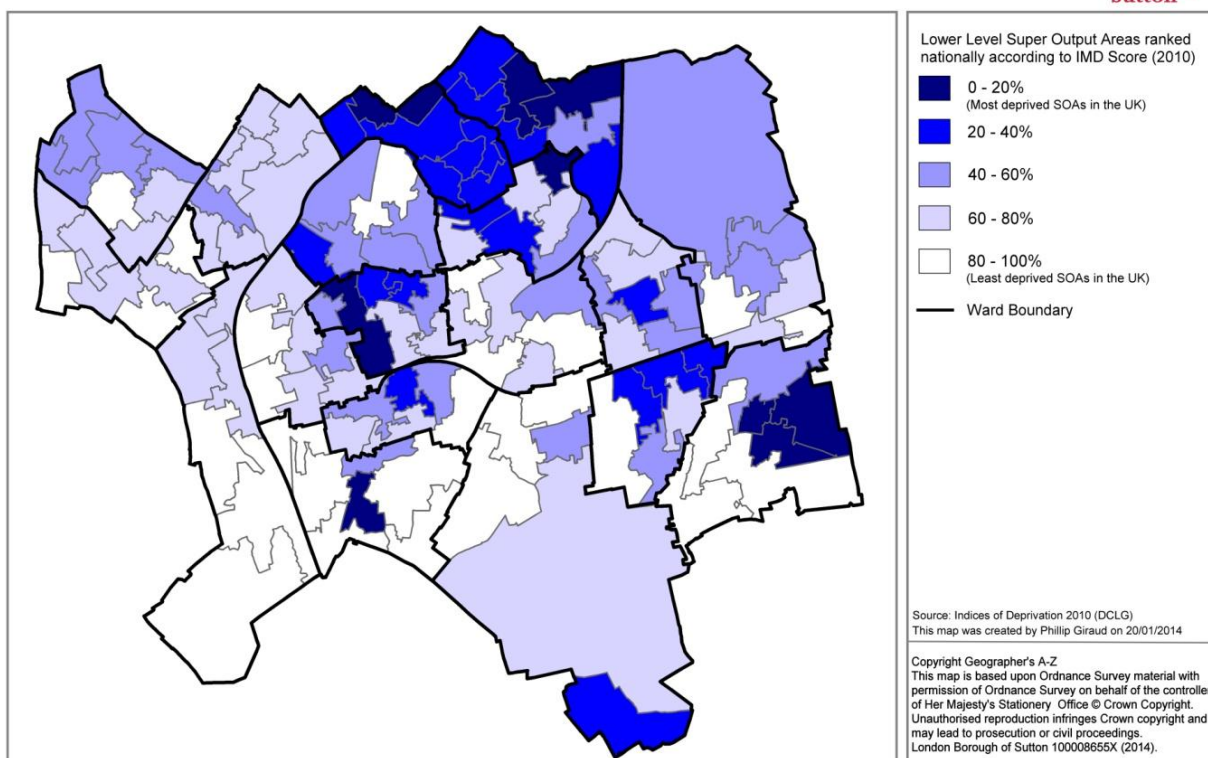
Income deprivation in Sutton

Estimated unemployment in Sutton averaged 6% (as suggested by the 2011 census). This represents 7,300 unemployed people aged 16- 64 in Sutton, of which around 2,800 were claimants of Job Seeker's Allowance (JSA).²⁶

Within the borough, income levels vary widely. The index of Income Deprivation measures the proportion of the population living in 'income deprived families', including those out of work or on low earnings.

The borough is split into Lower Layer Super Output Areas (LSOAs), which are small areas with an average population of 1500. The map shows the distribution of income deprivation across the borough. In 2013, the median gross weekly pay in Sutton was measured as seventh highest and mean pay was 10th highest of the outer London boroughs (based on 19 boroughs).²⁷

Income Deprivation 2010



The darkest shading shows the most income-deprived areas are within: Beddington South, Belmont, St Helier, Sutton Central, The Wrythe and Wandle Valley.

²⁶ ONS: Nomis official labour market statistics 2014
<http://www.nomisweb.co.uk/reports/lmp/la/1967128604/report.aspx>

²⁷ ONS: Annual Survey of Hours and Earnings, 2013 Provisional Results, Dec 2013



Community Food Growing Schemes

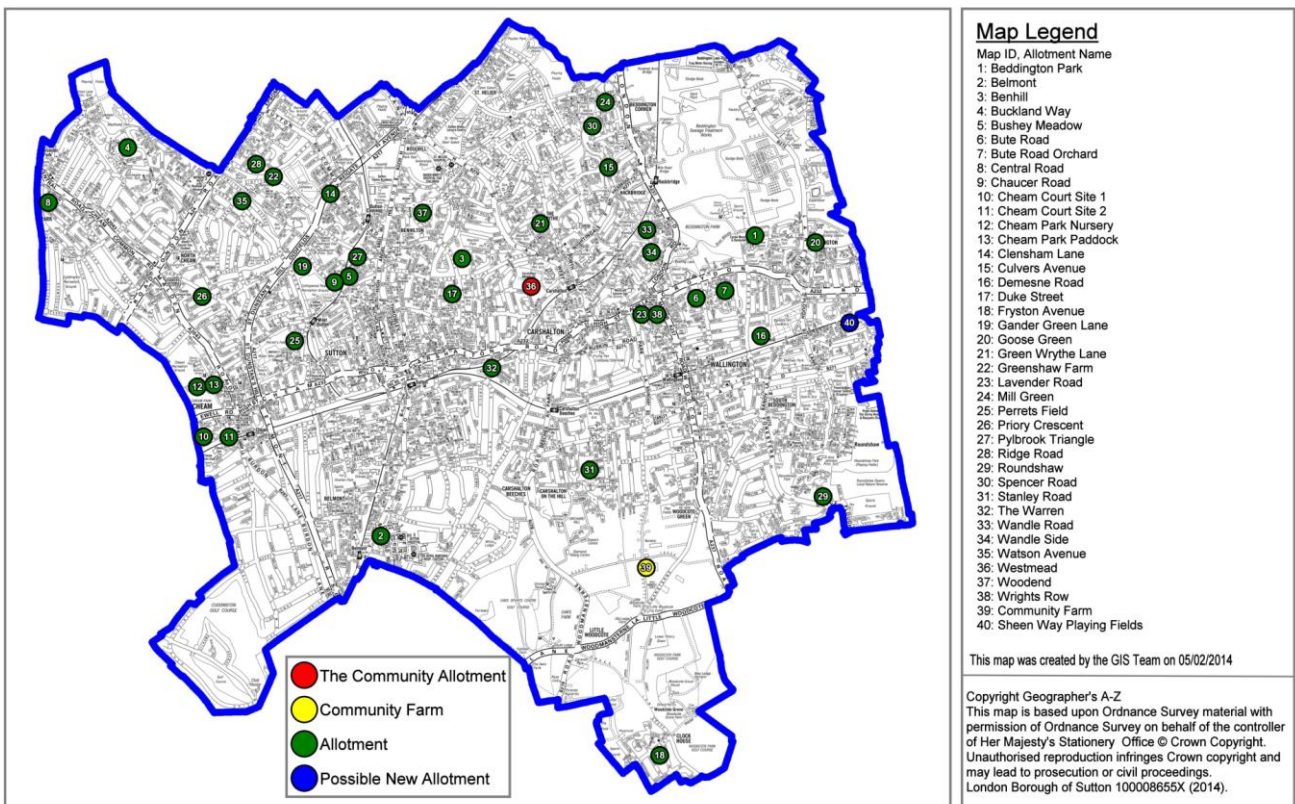
Sutton Council's Local and Sustainable Food aim is to create a borough where communities are involved in growing local produce – from leafy window boxes to a fully fledged community farm; where residents can walk to buy fresh, affordable produce, and have the skills to grow and prepare healthy sustainable meals.²⁸

The location of community food growing is shown below.

The blue line represents the potential new growing spaces, such as allotments. The green circles represent the current allotment sites across the borough.



Community Growing Spaces



Allotments

The council provides around 2,500 plots on 37 allotment sites in Sutton. They are predominantly scattered across the northern half of the borough, where the population is densest and gardens tend to be smaller. Allotments can provide fresh vegetables at a fraction of the price in the shops and free from additives. There is currently a waiting list for allotments at some sites. There is one possible site for the development of new allotments at Sheen Way and is CYPLD land.

²⁸ <https://www.sutton.gov.uk/index.aspx?articleid=9333>

Usage of Food banks and Crisis grants and loans

Another measure for food poverty is the usage of food banks. The Trussell Trust provides the largest Food bank network in the UK. The trust gave emergency food to 346,992 people nationwide in 2012/13, an increase of 170% compared to 128,697 in 2011/12. In January 2011, they had 80 food banks. By January 2013, that number had risen to 300.²⁹

In Sutton in 2012, the food bank fed 1063 people. In 2013 this number rose to 1906, a 79% increase. Around 50% of Sutton, food bank visitors are unique and 50% are repeat visitors. **Repeat visits** suggest some underlying longer-term issues, rather than a short-term, one-off crisis.

Visits to food bank in one year	Frequency percentage
Single	65%
Two	20%
Three or more	15%

The need for crisis funding from the council may be an indication of poverty. From 1st April 2013 to 30th September 2014, Sutton Council made the following grants and loans:

Type	Number	Value £
Food	728	40,032
Cookers and microwaves	301	31,234
Fridges and freezers	249	34,314
Cooking utensils	82	509
Total food related		106,089
Other		132,547
Total allowed in 18 months	868	238,636
12 month equivalent	1225	159,090

The table shows that food related items accounted for **just over half** the value of crisis loans and grants from April to September 2014. As some applications were for multiple items it is not possible to deduce how many claimants there were.

The number of all applications, for crisis loans and grants from April to September 2014, is broken down in the following table, which shows that the highest percentage was in single persons (58%).

²⁹ <http://www.trusselltrust.org/resources/documents/Press/TrussellTrustFoodbanksMay2013Small.pdf>

Family type	Number	%
Couple	72	5
Family	489	32
Pensioner	72	5
Single	883	58
Total	1516	100

Children and families

Free school meals

Free school meals are available to children from families on certain means-tested benefits. The October 2013 Sutton school census showed 3935 children registered for free school meals out of a total school population of 34,292. Free school meals are only available in term time suggesting the increased risk of food poverty in the holidays.³⁰

Older people

A number of factors contribute to poor nutrition among older people living in the community, including low income, poor health and social isolation.³¹ The correlation between the elderly in general poverty and the elderly in food poverty gives a good indication for prevalence. The estimated number of older people in absolute poverty in the borough is around 4,400 people. There are likely to be others who have difficulty with access, even if they can afford healthy food.

Benefits claimants and welfare reform

Claimants of means-tested benefits may be susceptible to food poverty due to their low income, although benefits do provide a partial safety-net. Regarding the risk of potential food poverty, of concern are those eligible for benefits who do not claim their full entitlement.

The Council has been pro-active in working with those subject to a reduction in benefits. Many have received advice and some have received financial help in the form of discretionary housing payments, hardship fund payments or crisis loans and grants.

Child weight

Easily available, cheap, processed foods can be high in fat, sugar or salt and so excess weight can be an indicator of food poverty.³² In Sutton in 2011/12, 20% (417) of 4-5 year olds and 33% (598) of 10-11 year olds were overweight or obese.³³

Consumption of healthy food

Griffith, O'Connell and Smith found that many young families cut back on fresh fruit and vegetables and switched to less healthy processed food as the recession squeezed

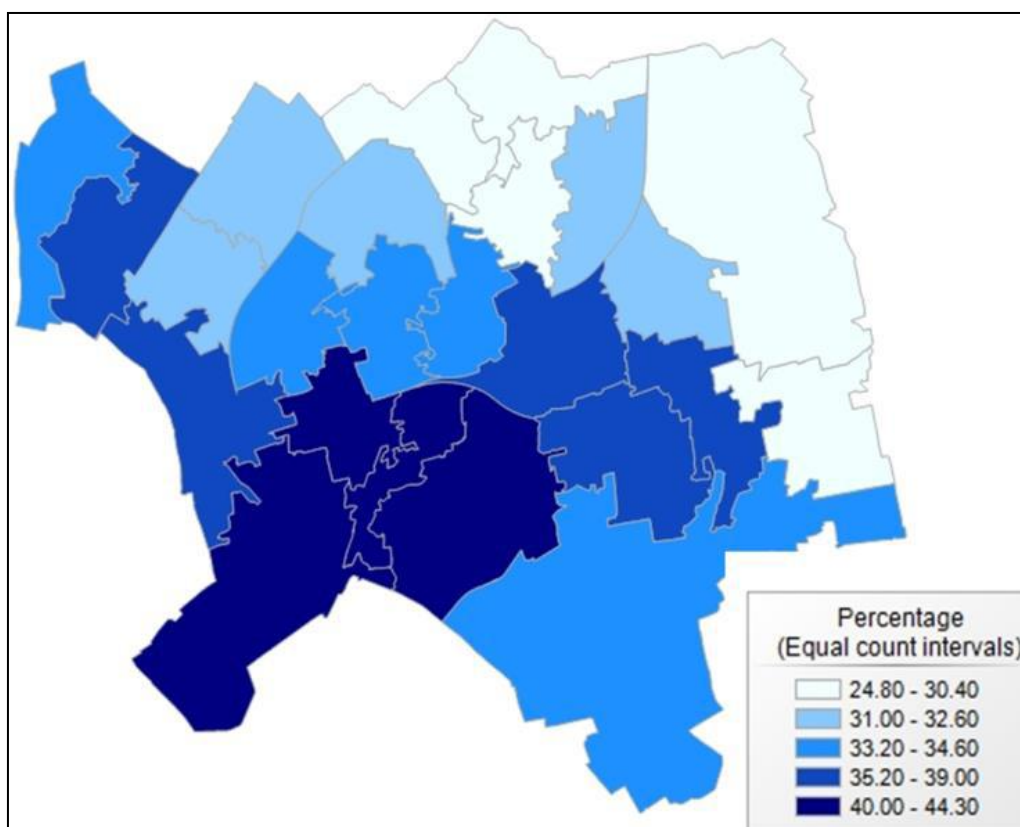
³⁰ London Assembly Health and Environment Committee– A Zero hunger city, Tackling Food poverty in London. March 2013

³¹ ibid

³² Faculty of Public Health Briefing on Food Poverty and Health
http://www.fph.org.uk/uploads/bs_food_poverty.pdf

³³ Public Health Outcomes, Public Health England Nov 2013

household budgets³⁴. The map shows model based consumption of fruit and vegetables in Sutton by ward, 2006-2008³⁵. This data is estimated, self reported and a few years old but is the best available. We see that highest consumption of fruit and vegetables occurs in the most affluent areas of the borough and/or those in the centre of Sutton with access to supermarkets and a fresh fruit and vegetable market stall. This suggests that there is need to supply the more deprived areas with better access to fruit and vegetables.



***London Borough of Sutton population consuming five portions of fruits and vegetables a day.³⁶**

Food shops

There are green grocers in Carshalton, Cheam, Sutton and Worcester Park. The only market stalls selling fruit and vegetables are in Sutton High Street. The large supermarkets also provide fresh fruit and vegetables. The graph shows the uneven spread of supermarkets and convenience stores in the borough. A correlation cannot be made however between the

³⁴ Rachel Griffith, Martin O'Connell and Kate Smith, *Food Expenditure and Nutritional Quality over the Great Recession*, Briefing Note 143, Institute for Fiscal Studies, November 2013

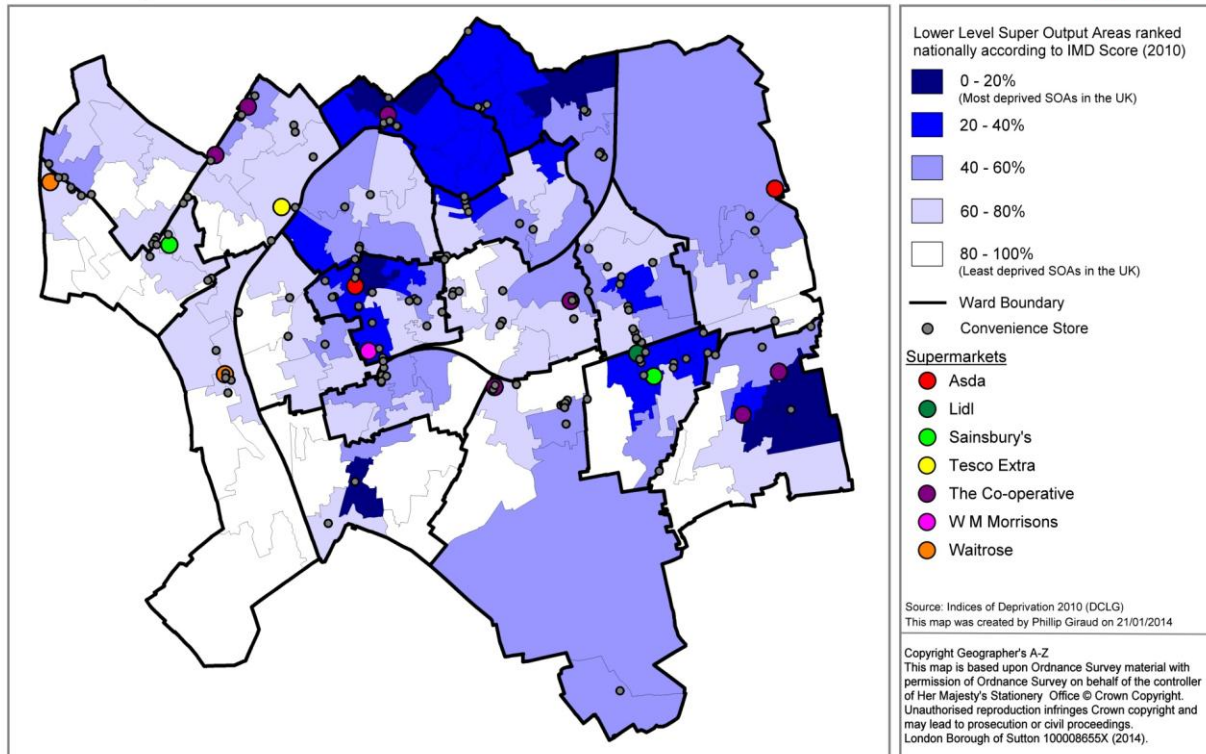
³⁵ <http://hna.londonhpa.nhs.uk/JSNA.aspx>

³⁶ Better Environment, Better Health Greater London Authority, 2013



location of the stores and the ward it resides in. However we can see what is of nearest convenience to residents across the borough.

Index of Multiple Deprivation (IMD) 2010 with Supermarkets & Convenience Stores



Summary

The following table summarises the estimates from previous sections of people who could be facing food poverty.

	Estimated number	Percentage
Estimated number in absolute poverty 2011/12	46,600	25% of the population (2011)
Fuel poverty 2011 estimated	6,600	8.6%
Crisis grants and loans 2013	868	May include repeat visits
Food bank use 2013	1906	0.9% of population

The estimate for those living with some degree of food poverty in the borough may be 46,600. It is important to remember that the groups above are not exclusive, so there may be some overlap with the number of people accessing all services.

6. Services

Short term/emergency

Food banks

There is one food bank in Sutton, operating from three bases, run by 'Sutton Community Works', a group of 12 churches working together in the community. Local people, churches, schools and businesses donate food. The food is collected, sorted and boxed by volunteers



ready for individuals in crisis to produce a voucher, that once received can be exchanged for a box. The box usually provided food for three to four days. Generally, households are allowed three or four food boxes per year, although discretion is used.

In line with national trends, the Sutton food bank has seen an increase in demand. It should be noted that around 50% of Sutton food bank visitors are unique and are not seen by the food bank again. The other 50% are regular users of the service, suggesting some underlying longer-term problems, which are not addressed by simple food aid.

Reason for referrals to Sutton Food bank*

Reason (2013)	Percentage (2013)
Benefit Delay	31
Benefit Change	18
Low Income	12
Debt	14
Domestic Violence	<5%
Homelessness	<5%
Refused Crisis Loan/STBA	<5%

**Number of participants: figure not available*

Source of referrals to Sutton Food bank

Source	Percentage (2013)
Salvation Army	10
Citizen's advice	25
Job Centre Plus	-
Probation	4
Family Mosaic	6
Sutton Reach	4
Adults & Safeguarding Team	2
Community Drug & Alcohol Team	2
CDSSL	5
Manor Park Children's Centre	4
Other	35

Age of main claimant to Sutton Food bank

Age	Percentage (2013)
16-24	7%
25-64	66%
Over 65	2%
Not disclosed	25%



Ethnicity of main claimant to Sutton Food bank

Ethnicity	Percentage (2013)
White	55
Mixed	2
Black	5
Asian	6
Not recorded	31

Food banks across the UK

	Nationwide Number of Food banks ³⁷	Sutton Number of Food bank centres
2011	80	2*
Jan 2013	300	2
Jan 2014	Almost 400	3

* Salvation Army Church, Benhill Road, Sutton and April Lodge, off Brighton Road, Sutton

Contents of food boxes

Each food-box contains a minimum of three days nutritionally balanced, non-perishable food. In addition, there are menu plans and recipes to help the clients make the best use of the food. A new development is that some customers of Sutton Community Farm donate fresh vegetables to the food bank. Individuals in need of the service obtain a voucher from a frontline care professional or agency. There are currently over seventy such partners who provide vouchers, including children's centres, social services, the probation service and many voluntary agencies. Food bank centres are located in two sites in the north and south of **Sutton town centre**. A third centre has recently opened in St Helier.

Location	Opening hours
Salvation Army Hall, 45 Benhill Avenue, Sutton SM1 4DD	Monday 12-2pm Friday 12-2pm
Apple Lodge, Sutton Court (off the Brighton Road), Sutton	Wednesday 6.30-8pm
Bishop Andrewes' Church, Wigmore Rd, Carshalton, SM5 1RG	Thursday 12-2pm

Recommendation 1 - raising awareness to front line staff (page 6)

³⁷ <http://www.trusselltrust.org/food-bank-projects>



Food bank case study

Lynda is passionate about food and worked as a trainee chef. Then her marriage broke down and she lost her home. Forced to relocate, she found herself jobless, depressed and living on benefits. With low self worth and lacking confidence, she drifted, got in with the wrong crowd and turned to drugs and alcohol. Sometimes she did not have enough money for food and Lynda was referred to the Sutton Food bank. They provided much more than food – ‘contact with loving people’ who listened and supported.

Alongside the Food bank, Family Mosaic’s care and support service run a café. Food bank clients are given one free meal and thereafter are able to buy a cheap meal. The Food bank encouraged Lynda to volunteer in the café.

Gradually her self-esteem and confidence returned. She introduced fresh produce into the café meals and assumed more responsibility. She started leading the volunteers’ team. After a while, she was offered and accepted a paid position running the café. This work gave Lynda up to date experience for her CV and helped her to obtain a new job.

Now she is head chef in a restaurant in Battersea. Her life-style has changed; she keeps different company and has started afresh - ‘the Food bank completely changed my life’.

Other services provided by the Food bank seek to help the client in a more significant way than just provide food in crisis. Examples include:

- Monitoring those who regularly use the Food bank and talking with them. This may help to identify wider problems surrounding the use of the Food bank. Individuals will be connected with the relevant agencies supporting the individuals in a wider context
- Running a befriending scheme to provide low level support to clients e.g. helping them achieve short term goals
- Christmas hampers given to clients of Families Matter scheme run by the Children, Young People and Learning Directorate (CYPLD)
- Opening of a ‘Job Club’ aiming to help people find work. This project is currently being piloted and is under review

Crisis Loans and Grants from the Council

On 1st April 2013, the Welfare Reform Act 2012 transferred funding, for Community Care Grants and Crisis Loans, from the DWP to Local Authorities called ‘Crisis Loans and Grants’.³⁸

Job Centre Plus

Short-term benefit advances, to bridge the gap between a claim being made and payment commencing, are available for new claims. Housing Benefits can run-on for up to four weeks after starting work to bridge the gap until their first payday.

³⁸ <https://www.sutton.gov.uk/index.aspx?articleid=17313>

Long-term service [Schools]

School meals

Healthy school meals can help to improve children's readiness to learn and improve their behaviour at school. They can also help to establish healthy eating habits for life.³⁹

All mainstream schools are required to follow food-based standards, with the exception of academies established between 2010 and the present day⁴⁰. However, some academies and independent schools also follow them voluntarily. The standards specify food and nutritional requirements⁴¹ and thus address food poverty amongst children, by ensuring they have healthy diets.⁴² Sutton Catering Services provides lunches to 34 infants', junior and primary schools, three special schools, two children's centres, one nursery and all 14 of the secondary schools. The remaining seven infants/junior/primary schools have independent caterers or provide food 'in-house'. Whilst still following the School's Food and Nutrition Standards, the catering service was able to provide affordably priced meals.

Free School Meals

There is always a gap between entitlement and uptake for means-tested benefits. This indicates that some children from poor families may miss-out on free school meals. Therefore, there has been a debate about providing universal free school meals suggesting that universal free school meals may be a better approach to ensuring every child is well fed. In September 2014, policy changes went some way to achieving this by providing all children in reception, years one and two, to receive free school meals, regardless of household income.

A comparison of data, held by the council's Revenues and Benefits team with the October school census, indicates that 62% of eligible children have registered for free school meals. However, the data is not entirely compatible and so there is need for caution when drawing conclusions from these figures. Nevertheless, it is reasonable to assume that a significant proportion of eligible children have not registered for free school meals. The proportion of children not registering for free school meals from ethnic minorities is roughly the same as the proportion of ethnic minorities in the population as a whole.

The table below compares the free meals eaten with the number of children registered for free meals. The average is that **73% of those registered take up their entitlement**. There is a considerable difference between the uptake rates in different schools.

³⁹ London Assembly Health and Environment Committee– A Zero hunger city, Tackling Food poverty in London. March 2013

⁴⁰ The School Food Plan - <http://www.schoolfoodplan.com/school-food-standards/>

⁴¹ <http://www.childrensfoodtrust.org.uk/schools/the-standards>

⁴² <https://www.gov.uk/school-meals-healthy-eating-standards>



	Average school roll	Registered for free meals	% registered	Take up	% take up by those registered	Range Lowest	Range Highest
Infants & Primary	13039	1987	15.2%	1442	72.6%	51%	94%
SEN Schools	268	125	46.6%	106	84.8%	64%	100%
All schools	13307	2112	15.8%	1548	73%	51%	100%

After School Clubs

The recent survey of Sutton schools, showed:

- Seven out of the ten primary schools that responded provide an after-school club, including food
- Charges vary between £9 and £15
- One school provides funding for pupils on free school lunches
- Attendance is variable but tends to be greatest where the charge is lowest

Other measures to promote healthy eating amongst pupils

All the schools responding to the recent survey of Sutton schools, undertaken as part of the research for this report, provided one or more activities to promote healthy eating.

Measure	Number of primary schools (out of 10)
Food growing	10/10
Extended teaching about healthy eating, beyond the national curriculum	9/10
Check contents of lunch boxes	10/10
Teachers eat with children	5/10
Whole school food policy (a document which aims to ensure a consistent common vision of all aspects of food within a school)	5/10
Other steps taken	7/10

Education of parents

Half the schools responding to the survey provided education for parents that could alleviate food poverty. The responses are summarised in the following table.

Measure	Number of primary schools (out of 10)
Cookery Classes for parents or families	3/10
Nutrition	3/10
Parent literacy	5/10
Parent numeracy	5/10

SEN Schools

There are three SEN Schools in the borough, of which two answered the survey. The responses differed considerably and so it is not possible to draw any conclusions.

Carshalton Boys Sports College case study

The Head of Carshalton Boys Sports College, Simon Barber, is passionate about healthy living as a foundation for life and learning. He sees education on food and nutrition, as well as exercise, as important as education on academic subjects. It is incorporated into the curriculum, clubs and classes for parents. The school directly employs two chefs to provide tasty, healthy food for breakfast, morning snacks, lunch and supper.

The school provides:

Food

- *Healthy food served four times a day, including mid morning snacks.*
- *200 breakfasts served each day, priced at £1.*
- *90% uptake of school lunches, priced £1.90 for two courses.*
- *Almost 100% uptake of free school meals.*
- *Supper provided to those staying to do homework at school.*
- *After school farmers' market.*

Extra-curricular activities

- *The boys keep chickens.*
- *Mud club – grows vegetables, which are cooked for lunch.*
- *Lads and Dads programme where boys teach their fathers to cook.*

Supporting Policies

- *Whole school food policy, including healthy food and healthy eating messages via the curriculum, staff leadership and example, assemblies and pastoral support programmes.*
- *On-site policy for years 7-10, which minimises the opportunity to buy unhealthy take-away food until the pupils are able to make conscious, informed choices for themselves.*

The school is non-selective in a selective borough and is located in one of the largest housing estates in Europe. Successes include

- *Examination pass rate improved in eight years from 4% to 100% gaining five GCSE passes at A*-C or equivalent.*
- *Recognition from food critics, the media, Jamie Oliver and HRH Prince Charles.*

A list of more services provided can be found in appendix 2.

7. Qualitative Section – what did people think?

Causes of food poverty

In addition to the causes described in the main report, local professionals consider the following points can cause food poverty.

Lack of Time

With the increased demands of work, there is less time to shop for healthy food and cook from scratch, leading to an increased reliance on 'junk' food and ready-prepared meals.

Lack of cooking skills

This can arise when parents have not been taught to cook, therefore making them unable to teach their children to cook. Part of this issue might be because cooking classes do not teach how to cook budget meals.

Recommendation 2 - providing cookery classes (page 6)

Social problems

Those who are going through personal difficulties of some sort may neglect to feed themselves or their families properly.

Sudden change in circumstances

A change in circumstances can create food poverty when their income suddenly ceases or reduces. Examples include unexpected redundancy, illness or accident preventing work, domestic violence or relationship breakdown causing the household to split.

Prevalence of food poverty

Children

A recent survey of primary schools in Sutton, to which there were 10 responses, revealed the following:

Eight people thought children occasionally came to school hungry because they had not had or had an inadequate breakfast. One thought that this happened regularly.

Two respondents thought children were occasionally hungry during the day because they had not brought lunch or the means to buy it.

Three people were aware of staff occasionally providing food for pupils.

Older people

Front-line professionals and voluntary agencies report that older people face difficulties in accessing healthy food because some are in poverty, mobility restricts their ability to shop or go to the food bank, lack of access to the internet for online shopping, and widowed men have not been used to cooking for themselves.

Mental health workers

Mental health workers consulted say that the particular problems faced by those with mental health needs in relation to food poverty include, self-neglect with a failure to eat properly, mental health clients may lack skills around shopping and cooking, substance misuse clients may buy substances over food, and some clients take medication that causes overeating.

Carers

Sutton Carers Centre estimates that there are around 18,000 carers in total in the borough. The Centre does not explicitly explore food poverty with their clients. However, they believe



the issues faced by their clients are around the quality of food they are able to afford and/or access due to low income or lack of opportunity to go shopping.

Vulnerable Families

Families Matter is the Sutton programme, which helps troubled families. They report seeing food poverty amongst their clients due to: literacy and numeracy problems, lack of budgeting or cooking skills and other problems in their lives assuming higher priority.

Services Strengths, weaknesses and gaps

Current users of the food bank were not willing to be interviewed, but previous users who now eat or work at the cafe said that:

Strengths	Weaknesses
Provision of food to those in crisis	Limited fresh fruit or vegetables
Friendly welcome and time to talk	Limited opening hours
Cafe service helps to tackle social isolation and provide skills, for both volunteers and the clients	There is currently no provision in the deprived eastern part of Sutton. However, Sutton Community Works is considering a Food bank on the Roundshaw estate
Signposting to other agencies	

School meals

Possible reasons suggested for the low uptake of school meals are:

- Anecdotal evidence suggests the quality varies. Although the menus are planned and food is procured centrally, it is cooked in different places by different people.
- The price of school meals may be too expensive for families on a lower income.
- Some children are 'fussy eaters' and may not like the food if they are unfamiliar with it.
- Cultural preferences – Sutton Catering's menu is predominantly 'typical English' food but more universally accepted food is being introduced.
- Stigma around free school meals. However, Sutton schools have proposed to make efforts to ensure children on free school meals are not identifiable by their peers.

Residential Homes

Anecdotal evidence suggests the quality of meals may be variable and do not always cater for different nutritional requirements of residents. Sometimes there is insufficient help given to those who are unable to eat or drink by themselves.

Recommendation:

- Commissioners to remind care home providers of their responsibilities around nutrition and hydration at the quarterly providers' forum.**



- b. Commissioners to consider whether a requirement should be added to the contract around using a standardised malnutrition assessment tool, such as ‘MUST’⁴³ (page 6)

Meals on Wheels

Information gathered from volunteers and a survey of clients shows:

Strengths	Weaknesses
Popular with clients. The majority of clients like the social contact and consider the service is good value for money.	The size of the portions does not vary so is not person specific.
Meals are nutritionally balanced and over half the clients say they do not understand their own nutritional requirements.	Whilst meals for other cultures are provided, they are not detailed on the website
Links to safeguarding and those delivering meals can alert other agencies.	

Recommendation 1 - raising awareness and giving advice (page 6)

Advice services

It appears that many professionals know of some contributing aspects but sometimes do not appreciate the full breadth and depth of all these aspects.

Gaps

It appears that not all those in need access the available services. Some of the reasons are:

- Lack of awareness of available services amongst those in food poverty
- Some people with lower level needs do not meet the criteria for the interventions
- Insufficient capacity in some of the services e.g. not all schools have free breakfast clubs
- People with mental health or learning disabilities may not be capable of engaging
- Uneven distribution around the borough of good value, good quality food shops
- Reluctance to admit there is a problem, due to embarrassment, pride etc

- a. Recommendation 1 - raising awareness and giving advice (page 6).

- b. Recommendation 4 - Sutton Shares promoting a land share type programme (page 6).

⁴³ ‘MUST’ is a five-step screening tool to identify adults, who are malnourished, at risk of malnutrition (under nutrition), or obese. It also includes management guidelines that can be used to develop a care plan.

8. APPENDICES

1.1 Appendix 1 – Glossary

Absolute Poverty	See poverty
APR	Annual Percentage Rate
BME	Black and Minority Ethnic
CAP	Christians Against Poverty
CCG	Clinical Commissioning Group
CDSSL	Community Drug Service For South London.
CYPLD	Children, Young People and Learning Directorate
DWP	Department for Work and Pensions
ESA	Employment Support Allowance
GLA	Greater London Assembly
gov.uk	A United Kingdom public sector information website, created by the Government Digital Service to provide a single point of access to HM Government services
JSA	Job Seekers' Allowance
JSNA	Joint Strategic Needs Assessment
LSOAs	Lower Layer Super Output Areas
LD	Learning difficulties
LPC	Local Pharmaceutical Committee
MH	Mental Health
MSOA	Middle Super Output Area (Geographical area of comparison defined by ONS, with a population between 5000 and 15000)
Poverty Line	Those with less than 60 per cent of median income are classified as poor. This 'poverty line' is the agreed international measure used throughout the European Union <i>Joseph Rowntree Foundation</i> .
Poverty Absolute	- A term used in different ways to denote a poverty level that does not change over time, in terms of the living standard that it refers to. It stays the same even if society is becoming more prosperous. An absolute poverty line thus represents a certain basic level of goods and services, and only rises with inflation to show how much it would cost to buy that package. Absolute poverty in the UK sets the low-income line at 60% of median income in 2010/11, and then adjusts it each year with inflation - <i>Joseph Rowntree Foundation</i> .
Poverty Relative	- The most commonly used definition of poverty is relative income poverty . Each household's income, adjusted for family size, is compared to median income. (The median is the "middle" income: half of people have more than the median and half have less.) <i>Joseph Rowntree Foundation</i> .
SCVS	Sutton Centre for the Voluntary Sector

1.2 Appendix 2 – Other longer terms services

Older people and those with physical, mental health or learning disabilities

Those with ‘moderate high’, ‘substantial’ or ‘critical’ needs are eligible to receive means-tested assistance from the council. This assistance will include accessing food if there are no friends or relatives who can help. Social Services can provide carers who shop and/or prepare food.

Integrated services for young children

There are several services, provided by the council, which address the problems faced by vulnerable families. These services include early Intervention and Prevention Service, Sutton Family Centre, children’s centres, Families Matter and social work teams.

Residential Homes

There are over 80 residential homes in the borough that should provide a healthy diet for their residents. Current arrangements for ensuring healthy eating and drinking include:

- Catering and dietary issues are included in the council’s standard contract for care homes.
- Social workers look at individual care plans, which should include nutrition and hydration, when visiting clients in the care homes.
- The Care Quality Commission (CQC) inspects care homes and one of their essential standards is ‘Meeting nutritional needs’.
- The Adult Social Services, Housing and Health Commissioning Unit, Contracts and Quality Assurance team, visit the homes and use the “Sutton Quality Checklist”, which they have developed to assist in service reviews. It includes the provision of food and assistance with eating.
- The Clinical Health Team also supports young adults with Learning disabilities.
- Care home kitchens are inspected by the council’s Environmental Health Department.
- Hot weather alerts are issued to care homes to remind them about ensuring residents have sufficient hydration.

Age UK services

Age UK provides services that can help relieve food poverty, including financial advice and a Homeshare scheme, where volunteers invite an older person into their home and cook a meal for them.

Community Mental Health Team

In addition to providing support around budgeting, shopping and cooking, the Mental Health Team are able to refer to the Council’s Crisis Grants and Loans scheme or provide vouchers for the food bank. If these methods are exhausted, due to the restrictions on the number of grants or vouchers allowed per year, the mental health discretionary budget is available.

Meals on Wheels

Adult Social Services provide hot meals to vulnerable people whom they have assessed as needing this service in their own home. The provision may be on a short or long-term basis, depending on need. There are currently around 315 clients, of whom around 90% are housebound and unable to cook at all. There is an additional service, which delivers frozen



meals fortnightly, and the clients defrost and re-heat the meals themselves. The uptake for this service is low. The meals are supplied by Apetito but thawed and re-heated in the Council's kitchen. On weekdays, teams of volunteers deliver the food, using vans provided by the Council. Council staff and other paid drivers undertake the deliveries at the weekend. Apetito's dietician provides advice to ensure the meals are nutritionally balanced. Alternative menus can be supplied for people with special dietary requirements. Salads were trialled one summer but proved unpopular and were discontinued due to expense.

Healthy Start

Healthy Start is a UK-wide government scheme to improve the health of low-income pregnant women and families on benefits and tax credits. Women must be at least 10 weeks pregnant and/or families with children under four years old, provided the woman or family is getting certain means-tested benefits. Women must be at least 10 weeks pregnant and/or families with children under four years old, provided the woman or family is getting certain means-tested benefits. Women also qualify during the whole of their pregnancy if they are under 18 when they apply, even if they don't receive the relevant benefits.

LiveWell⁴⁴

LiveWell is a free health improvement service available to anyone over the age of 18 who lives or works in the Borough of Sutton. It helps to support people work towards living a healthier lifestyle in a number of ways, including eating well and improving their diet. There are online resources and trained Health Advisors.

Recommendation 4 - 'increase consumption of fruit, vegetables and healthy food' (page 6)

EcoLocal

EcoLocal is a locally based charity and social enterprise, established in 1987, providing a range of community based projects within and around the borough. Several of their projects relate to food.

- Carshalton Community Allotment is based on the border of the Northern Wards, providing twice-weekly community food growing sessions for anybody to join. Participants learn food-growing skills and take home free food. Cooking skills and healthy eating education sessions are run at the allotment. The allotment also acts as a base for the Beanstalk Project (family food growing learning).
- Community gardens - support for community groups to set up food growing gardens.

Sutton Community Farm

Sutton Community Farm is London's largest community-led farm. They grow and sell organic vegetables, as well as providing a shared space for the local community.

- Organic vegetable sales

⁴⁴ <https://www.live-well.org.uk/sutton/health/id-like-a-healthier-diet.aspx>



The public can order fresh vegetables online and then collect them a few days later. There are pick-up points all over the borough to improve accessibility.

- **Community activities**

Community activities provide the opportunity to develop food-growing skills, and learn about healthy living. The farm provides a shared meal once a week and teaches people how to grow and cook food. Clients include the public, school groups, volunteers and businesses.

- **Surplus**

Surplus vegetables are given to volunteers and donated to community projects – including hostels.

Food Markets

EcoLocal run Wallington Farmers' Market, a pilot North Cheam Farmers' Market, and 2 Local Produce and Craft Markets (Sutton and Worcester Park). Eggs and vegetables at the Wallington market, for example, are cheaper than in the supermarkets.

The only commercial fruit and vegetable stall in the borough is in Sutton High Street. There have been at least two previous attempts to establish 'community' stalls in other areas but they were not been maintained long term due to: funding not renewed, perception that the produce was too expensive and lack of volunteers.

Food growing courses

EcoLocal

EcoLocal provides a variety of courses, including:

- School food growing: one off introductory lessons and 12 week after school clubs.
- Wide range of food growing courses, including 6 week courses and 1 day workshops.
- Beanstalk Project (in partnership with SCOLA): sessions for families with young children to learn how to grow food together and outreach sessions in areas of deprivation.
- Schoolteachers in deprived wards are offered free spaces on the adult courses.
- Hands-On Action Learning courses for groups wanting to start their own community food-growing course.

Food redistribution

EcoLocal

Many allotment holders and gardeners have an excess of produce at times. EcoLocal run the online 'Local Food Network' to share produce as well as gardening tips, seeds and seedlings.

Recommendation 4 - 'increase consumption of fruit, vegetables and healthy food' (page 6)

Community Farm and Food bank

Customers of the Community Farm can donate one of the farm's 'VegBags' to the food bank. They are hoping to have enough to provide the Food bank with 1-2 bags per week.

Education

EcoLocal



- EcoLocal have delivered various courses. Examples include Healthy eating courses for teenagers, children and adults with learning disabilities (some accredited).
- Local Food Ambassadors scheme: local people trained to deliver workshop about local food (incorporates healthy eating).
- Cooking courses: affordable, quick, easy and healthy cooking courses.

Pilot cooking courses provided by the food bank have been under-subscribed but the reasons are not understood.

Sutton College of Learning for Adults (SCOLA)

SCOLA provides courses at a variety of centres across the borough. The food-poverty related courses include:

- Family learning, where parents, grandparents and children can learn to cook together
- Cookery courses for adults including 'fast and tasty' and using left-over's
- Meal preparation for those with learning or other disabilities
- English for speakers of other languages
- 'Making the most of your money'

Lunch clubs

There are numerous lunch clubs and low-cost cafes in the borough provided by churches and other voluntary agencies. They fulfil an important social function, primarily for older people, as well as satisfying hunger. However, the majority only operate on one or two days a week.

Sutton Shares

Sutton Shares is a time-bank. For every hour earned helping someone else, a time credit is received that can be used to get help, advice or lessons from another member. Everyone's time is valued equally, regardless of what is exchanged. Services offered include teaching people how to turn left-overs or surplus produce into soups, pickles and chutneys and how to bake bread.

Health care professionals

Local pharmacists are front-line health professionals who can play an important sign-posting role. Local pharmacists, especially the independents and smaller branches of chains, can get to know their patients well. However, awareness of food poverty was low amongst those interviewed for this report. Similarly, GPs, community nurses and health visitors have an important role to play in spotting signs of food poverty. They can direct clients to agencies who can support them to address their problems and can refer onward to the Food bank.

Recommendation 6 - community wellbeing team and food initiatives (page 6)

1.3 Appendix 3 – Comparative best practice

i. Food redistribution and avoiding waste

1. Company Store

The Company Store provides services to help retailers and producers to dispose of surplus stock.⁴⁵ They are now opening social supermarkets, which will enable shoppers to buy cut-price food and luxuries that would otherwise be thrown away.

A shop in Goldthorpe, near Barnsley, opened in December 2013. It expects its prices to be around 70 per cent cheaper than those found in normal shops. Items on sale range from fresh fruit, meat and vegetables to tinned goods, cheeses and toiletries.

As well as cut-price food, the Goldthorpe shop also offers budget and debt advice, cookery lessons, employability- skills training and volunteering opportunities.

Entry is restricted to those with membership cards, which are only given to families who are claiming certain benefits.⁴⁶ This is necessary to prevent abuse.

Twenty more such supermarkets are due to open in England in 2014, including six in London.

Recommendation 3 - Explore the possibility of opening a social supermarket in a deprived area of Sutton (page 6)

2. Abundance Wimbledon

A team of forty volunteers pick fruit that would otherwise go to waste. The volunteers and garden owners receive a share of the pickings. They make the remainder into a range of jams, chutneys, cakes and sweets, and/or pass it to organisations that help those who are struggling to find enough money to eat healthily. Beneficiaries include the homeless, older people, troubled families and clients of the food bank.

The benefits are social as well as helping those in food poverty. The Wimbledon group has helped to establish a similar group in Southfields and is willing to help other areas do the same.⁴⁷

ii. Planning and licensing

1. Fast food and takeaways

Local authorities have only recently started restricting fast food outlets in deprived areas or within a short walk of schools. There is thus a lack of statistics to prove the effectiveness of

⁴⁵ <http://www.companyshop.ltd.uk/>

⁴⁶ <http://community-shop.co.uk/contact-community-shop.aspx>

⁴⁷ <http://www.abundancewimbledon.com/>



such a measure. However, there is a theoretical link and a US study has found evidence of elevated levels of obesity in communities with high concentrations of fast food outlets.⁴⁸

The London Borough of Sutton is introducing a local business rate relief scheme to encourage new businesses. The scheme specifically excludes takeaways.

2. Planning for healthy communities

The National Planning Policy Framework (NPPF) states that local planning authorities (LPAs) have a responsibility to promote healthy communities. Local plans should “take account of and support local strategies to improve health, social and cultural wellbeing for all”.⁴⁹ This idea reaches far wider than just restricting fast food outlets.

3. Best practice around the UK

Examples of best practice around planning and licensing found elsewhere in the UK include:

- Several local authorities have drawn up supplementary planning documents (SPDs) to restrict the development of new fast food premises near schools.⁵⁰
- Leicester has street trading policies to restrict trading from fast food vans near schools.⁵¹
- Guildford Borough Council recommends food vendors to offer at least one of a set of healthy meal choices as set out in their street trading policy document.⁵²
- Brighton and Hove was the first local Authority to adopt a Planning Advisory Note (PAN) to encourage developers to include space for food growing. In 2013, 38% of all residential developments included proposals for food growing, compared with less than 1% before.⁵³

⁴⁸ ‘Effect of fast food restaurants on obesity and weight gain, taken from, Currie, J., Vigna, SD et al (2010), The effect of fast food restaurants on obesity and weight gain. *American Economic Journal: Economic Policy*, 32-63.

⁴⁹ National Planning Policy Framework . Department for Communities and Local Government 2012
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/6077/2116950.pdf

⁵⁰ Within London, the following councils have been identified to have either proposed or adopted restrictive policies based around A5 usage: Barking and Dagenham; Greenwich; Hackney, Haringey; Havering; Islington, Kensington and Chelsea; Kingston-upon-Thames; Newham and Waltham Forest.

⁵¹ <http://www.healthyplaces.org.uk/case-studies/?entryid38=12060&q=2315117%7eStreet+vendors%7e>

⁵² <http://www.healthyplaces.org.uk/case-studies/?entryid38=12062&q=2315117%7eStreet+vendors%7e>

⁵³ Delivering Sustainable Food through Planning in Brighton & Hove. Sustain, July 2011
http://www.sustainweb.org/resources/files/presentations/LAOF_Francescalliffe.pdf



- Tower Hamlets is helping to develop three street markets with more fruit and vegetable stalls, as part of town centre regeneration. Environmental and public health specialists also talk to hot food traders about the health and green credentials of the food served.⁵⁴

iii. Helping Convenience Stores to improve the quality of their produce

Tower Hamlets ran a 'Buywell' project with Sustain (a charity promoting better food and farming) to help convenience stores sell more fruit and vegetables by improving the quality, range and freshness.

Many of the stores involved in the project had never sold fresh fruit and vegetables before. The Buywell Retail Project team worked with each store to offer advice on maximising profits, minimising waste, buying local produce, displaying, and promoting the new fresh produce to customers.

As a result, sales increased by an average of 60% and the proportion of customers who reported eating fruit and vegetables daily increased from 31% to 54%.⁵⁵

Recommendation 4 - encouraging selling of high quality fresh fruit and vegetables in convenience stores (page 6)

iv. Free school meals

Currently, children are entitled to free school meals if their parents receive certain benefits. However, not all children take up that entitlement. All children in Reception and years one and two will be eligible for free school meals with effect from September 2014. The School Food plan recommends the phased extension of free school meals to all primary school children, following pilots in London and elsewhere. These pilots showed that children are more healthily and academic performance improved.⁵⁶

Convinced by the pilot results, Islington and Newham have continued to provide free lunches to all children of primary school age⁵⁷.

Recommendation 4 - 'monitoring the uptake of free school meals when the new school meals come into effect from September 2014 (page 6)

⁵⁴ Good Food for London: 2013. Sustain. <http://www.sustainweb.org/publications/?id=283>

⁵⁵ http://www.sustainweb.org/buywell/buywell_shops/

⁵⁶ Good Food for London: 2013. Sustain. <http://www.sustainweb.org/publications/?id=283>

⁵⁷ Good Food for London: 2013. Sustain. <http://www.sustainweb.org/publications/?id=283>

Stakeholder

	SCVS forum	Age UK	Food bank	Crisis Loans	Meals on wheels	Health Visitors	LPC	Community Nurses	Families Matter	Property Mgt	Social Work teams	Council Officers
Education for those who do not know how to cook	*								*		*	*
Lack of facilities/utensils	*								*	*		
No overview of all provision so signposting appears 'random'	*		*	*								
Provide a reference guide chart of where to go/ signpost for help	*		*				*	*			*	
Difficult to shop cheaply / in bulk if you don't have a car	*								*			
People with mild LD or MH issues lack support	*										*	
Sanctions on JSA are increasing	*		*									
Working poor don't get benefits but still struggle	*		*									
Literacy & numeracy issues may lead to inability to budget, read food labels, recipes etc	*								*			
Partnership between council and voluntary not operationally sound	*											
Provision of food has a social dimension	*	*	*		*						*	
Day centres closed and funds diverted to Direct Payments - 'not so good for elderly'		*										

Job centre is an intimidating place	*	*						
Short term benefit advances can take a couple of days			*					
Local shops are expensive	*			*				*
We should be able to give out food vouchers					*	*		
Use time bank (Sutton Shares) to set up 'landshare' arrangement								*
Supermarkets might sponsor a food club – cook together then eat together								*
Schools might be able to provide lunch clubs for elderly with social as well as nutritional benefits								*

1.4 Appendix 3 – Stakeholder views (raw data)

1.5 Appendix 4 - Comparative borough initiatives

This table provides examples of the food poverty initiatives in London and elsewhere in the UK. As it is not an exhaustive list, no inference should be drawn from the absence of a borough from any section of the table.

	Sutton	Other London Boroughs	Other areas
Redistribution of surplus from food industry		Camden People's Supermarket http://thepeoplessupermarket.org/ Lewisham FareShare http://www.fareshare.org.uk/	Barnsley Social Supermarket (Community store)
Redistribution of surplus community grown produce	Local Food Network (EcoLocal)	Wimbledon Abundance Wimbledon http://www.abundancewimbledon.com/	
Stimulating street markets		Greenwich, Southwark, Tower Hamlets http://www.greenwichmarketlondon.com	
Universal Free School Meals	September 2014: Reception - years 1 and 2	Islington & Newham All infant and primary school years All boroughs from September 2014; Reception - years 1 and 2	All infant and primary school years: Durham
Food Strategy		Haringey and Islington Food Strategy Steering Group http://www.haringey.gov.uk/foodstrategy	Brighton & Hove, Middlesbrough Food Sustainability Action Plan

Food Partnership	EcoLocal want to establish a partnership in Sutton	<p>Lambeth CREATE: Start your own food business http://www.lambethfood.org.uk/projects/create-start-your-own-food-business/</p>	<p>Brighton & Hove, Bristol (Food Policy Council)</p> <p>Scotland (Community Food And Health)</p>
Encouraging community food growing	<p>Community Allotment</p> <p>Community Farm</p> <p>Allotments</p>	<p>Lambeth Allotments http://lambeth.gov.uk/leisure-parks-and-libraries/sports-leisure-and-parks/allotments-guide</p> <p>Many boroughs also provide allotments</p>	<p>Brighton & Hove Encouraging developers to provide food growing space</p> <p>Todmorden Incredible Edible - Free food growing on streets, parks and rooftops</p>
Planning and licensing	Allotments and markets protected	<p>Barking and Dagenham, Greenwich, Hackney, Haringey, Havering, Islington, Kensington and Chelsea, Kingston-upon-Thames, Newham and Waltham Forest</p> <p>Councils which proposed or adopted restrictive policies based around hot food take-aways:</p>	<p>Brighton and Hove Adoption of Planning Advisory Note (PAN) to encourage developers to include space for food growing</p>
Cookery Classes	Providers of family cookery classes: SCOLA, EcoLocal and schools	<p>Southwark Cooking with Families training http://www.theminicookingclub.org.uk/</p>	
Food poverty incorporated in	To be included in the JSNA from		<p>Nottingham Plymouth Warrington</p>

JSNA	2014		
Other Initiatives	<p>Food Poverty Needs Assessment</p>	<p>Southwark Malnutrition Task Force http://www.malnutritiontaskforce.org.uk/prevention-programme/lambeth-and-southwark/</p> <p>Greenwich Community Food initiative http://www.localfoodgrants.org/foodecommunity</p> <p>Tower Hamlets Working with takeaways and restaurants to create healthier menus and helping convenience stores to improve quality and quantity of fresh produce.</p>	<p>Barnsley Cooking classes for budget meals</p> <p>Bristol Implementation of food policy project officer</p>
Living Wage	<p>The council has resolved to adopt the London Living Wage from April 2014</p>	<p>Brent, Camden, Ealing, Enfield, Greenwich, Hounslow, Islington, Lambeth, Lewisham, Southwark London Living Wage accredited council</p>	<p>Brighton & Hove City Council Barclays Clifford Chance Crawley Council Friends Provident The Law Society Royal College of Midwives</p> <p>Living Wage accredited employers</p>