

GLASGOW CITY FOOD PLAN

PUBLIC CONSULTATION

October to December 2020



Contents

Executive summary	2
1.0 Joint foreword	3
2.0 Introduction	5
3.0 Background	6
4.0 Vision	10
5.0 Proposed long term outcomes	11
6.0 Glasgow's food system	13
7.0 Glasgow City Food Plan Themes	14
 Theme 1: Food Poverty – Fair Food for All 	14
 Theme 2: Community Food 	18
 Theme 3: Food Procurement and Catering 	23
 Theme 4: Food Economy 	27
 Theme 5: Environment and Food Waste 	30
 Theme 6: Children and Young People 	35
8.0 Consultation process	40
9.0 Consultation questions	40
Appendix 1: Glossary	42
Appendix 2 : Relevant strategies and policies that could help Glasgow make progress with the Food Plan	45
Appendix 3: Contributors to the Food Plan	49
References	50

Executive summary

The Glasgow City Food Plan (GCFP) sets out a long-term vision and approach to achieving:

“a food system in Glasgow that is fair, resilient and environmentally sustainable and enables everyone in Glasgow to eat healthy, affordable, culturally appropriate Good Food irrespective of where they live, their income or personal circumstances.”

The food system describes all the processes needed to feed a population, including growing or producing food, distribution and getting rid of waste. It is influenced by the economy and society and political factors and affects our health and environment.

The GCFP is a route map for the whole city, it has been developed collaboratively and will be overseen by Glasgow Community Planning Partnership. Section 4 of the Plan describes the development process and a full list of contributors is provided in Appendix 3.

Glasgow is known for its vibrancy and is the economic powerhouse of Scotland, however as a city we continue to face challenges in relation to poverty, inequality and health. The COVID-19 pandemic has further highlighted the importance of resilient food systems and has made people more aware of the links between food, health, poverty and consumption, supply chains and purchasing patterns.

We have described the response to and impact of COVID-19 and lockdown throughout the plan. The GCFP is a living document and responsiveness will be built into its management and delivery.

The GCFP is organised around six themes, each of which describes an aspect of the food system. This is covered in Section 7 of the Plan. For each theme an overview of the issues is provided. A number of short term actions have been agreed for each theme, which will be prioritised in years 1 and 2. Longer term actions will be developed through the life of the plan. This will be supported by an implementation plan, currently being developed, and we will identify key targets and indicators to measure progress, drawing from our membership of the Milan Urban Food Policy Pact (MUFPP). In addition, the GCFP will support the achievement of a number of important national targets highlighted in Section 4.

The GCFP will be overseen by Glasgow Community Planning Partnership. Governance and resourcing is described in Sections 3.6 and 3.7.

As this is a draft plan, Sections 8 and 9 set out the consultation process and questions. The consultation will inform the final version of the Plan and will run from October to December 2020. Our aim is to report back on the consultation and seek final approval of the GCFP in Spring 2021.

1.0 Joint foreword

The coronavirus pandemic has proved how important – and how fragile – our food system is.

Before the crisis, public, private and community-based organisations had been working together on a Glasgow City Food Plan in recognition of the need for a more coordinated approach to developing a food system for Glasgow that is fairer, healthier, more sustainable and resilient. This Plan should have gone out for public consultation in spring 2020. However, the spring months were far from business-as-usual and demonstrated weaknesses and a lack of resilience in our current food system, which particularly impacted on those in the most vulnerable situations. The Food Plan that is going out for public consultation now reflects some of the city's ongoing experiences and learning from those months. It also reflects the wider recognition of the pressing need to build a food system in Glasgow that is not only good for our citizens, our health and our environment, but that also helps our city recover and renew. Our food system needs to be fit for the future so that it will remain strong in the face of unexpected challenges.

Over the coming months we are likely to see new and deepened financial problems for many citizens and the need to ensure everyone has enough nourishing food has never been more important. This Plan recognises the urgency of this need, alongside the pre-existing and continuing challenges in our food system in relation to equity, health and sustainability.

Local food producers and retailers can not only help make healthy food more accessible, but can also support local people through employment and help build a more local, resilient food supply chain. Growing our local food economy can be supported by our personal food choices but also by how we spend our public money on food. It also matters *how* our food is produced. Food that is good for us should also be good for the planet. If we are aiming to meet our climate emergency commitments, we all need to change how we all think about the food we eat. In November 2021, the UN Climate Change Conference (COP26) is scheduled to be held in Glasgow, providing an opportunity to showcase our innovation in carbon reduction as well as providing momentum towards reaching our ambitious net zero targets.

In many Glasgow communities, inspirational work that embraces the connections across the food system has been ongoing for many years. We need to build on this work across the city and across our public, private and third sectors. The collective response to the pandemic, showed the innovation and collaboration that is possible. We envisage a City Food Plan that enables a more proactive, long-term, partnership approach that recognises the value in working in a more connected way, particularly in the face of uncertainty.

The Glasgow City Food Plan is supported by Glasgow City Council, Greater Glasgow and Clyde NHS Board, Glasgow City Health and Social Care Partnership, Glasgow Community Food Network, Glasgow Centre for Population Health and Glasgow Food Policy Partnership. Over 80 people with knowledge and experience across the food system in Glasgow have contributed to the creation of this draft Food Plan and we hope people from across Glasgow will work with us in this consultation phase and afterwards to develop and implement the final agreed Plan.

Not only do we consider this Glasgow City Food Plan to be vital to our achievement of our shared equity, health and sustainability goals, but we see it as central to the social and economic recovery of our city. We want everyone in Glasgow to have access to healthy, affordable, Good Food irrespective of where they live, their income or their personal circumstances. We want a food system in Glasgow that contributes to future environmental sustainability. We want a food system that is good for Glasgow and good for the people of Glasgow.

We encourage you to participate in the consultation and contribute to developing the final version of the City Food Plan.

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Abi Mordin



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2.0 Introduction

Good Food is good for society, for health, for the environment and for the economy. With Good Food we mean food that is accessible, affordable, tasty and healthy, good for the planet and good for those who work in the food industry. Good Food is important to us all.

This Food Plan describes the route map for a more connected approach to achieving Good Food in Glasgow. The Plan was developed collaboratively and is not owned by any one body in the city – it is a Food Plan for the whole city. It will be overseen by the Community Planning Partnership in recognition of the important role that food plays in achieving improved equity, health, environmental sustainability and a thriving local economy.

Nutritious food is fundamental to our physical and mental health. It is a human right. It allows our children to grow and develop. Good Food is something to be enjoyed. Sharing food allows us to experience different cultures, build stronger community networks, tackle loneliness and isolation and provide intergenerational learning opportunities.

However, 20-30% of households in Glasgow would struggle to afford the Government's recommended healthy diet, and increasing numbers of households are relying on food aid to meet their needs. Two thirds of Glasgow's adults are overweight or obese and the prevalence of type 2 diabetes continues to grow, along with other diet-related poor health outcomes.

Food is an important part of our city's economy, providing employment and attracting visitors. However, our existing complex food system impacts on the environment through carbon emissions which contribute to climate change, and through its impact on air and water pollution and biodiversity. Environmental and other changes now and in the future are likely to affect our food supply. We need to build a more resilient local food system now.

The COVID-19 pandemic highlighted the importance of resilient food systems and made people more aware of the links between food, health, poverty, consumption, supply chains and purchasing patterns. As recent months have demonstrated, challenges to our food system affect everyone but food can also be used as a vehicle to bring communities together in inspiring ways. This Plan will therefore also make an important contribution to the city's recovery from COVID-19.

Evidence about the impact of COVID-19 continues to emerge and this Plan is responsive to learning and to changing circumstances in the months and years ahead. We have reflected on what we know now but will build responsiveness into the management and delivery of the Food Plan. For the purposes of this consultation, we have highlighted in the following paragraph the key strands (to August 2020) of the UK and Scottish Government response to mitigate and manage the impact of the pandemic and protect the population.

2.1 COVID-19 pandemic and lockdown

The World Health Organization declared COVID-19 a pandemic on 11th March 2020. The UK lockdown started on 23rd March 2020, ensuring all “non-essential work” closed and limiting movement to stop transmission of the virus.

At the point of lockdown the UK government introduced ‘shielding’ to protect people who were clinically vulnerable due to a range of health conditions. People who were identified as shielding were required to stay indoors and avoid contact with others until the end of July 2020. Around 22,000 people were in the shielding category in Glasgow. A range of supports for shielded people was put in place by Government, Council and other partners.

Both the UK government and Scottish Government put arrangements in place to support businesses and employees affected by the lockdown. The UK government’s Coronavirus Job Retention scheme allowed employers to furlough employees and claim for up to 80% of wages (the scheme will remain in place until October 2020). Other support packages have also been put in place for small businesses and self-employed people.

Despite these extensive social protection measures, the impact of the pandemic and the restrictions put in place to control the spread of the virus have had wide-ranging impacts across society which are likely to continue for some time to come. Glasgow is currently planning its recovery, both socially and economically, and this Food Plan has an important role to play in achieving this goal.

3.0 Background

3.1 Development of the Glasgow City Food Plan

In 2014 GCPH hosted a ‘Towards a Sustainable Food City’ event at which clear evidence of the need and potential for Glasgow to improve its food system was presented¹. A series of workshops and seminars followed, which established a consensus among stakeholders that Glasgow should pursue the ambition of becoming a sustainable food city and that a multi-agency food partnership – the [Glasgow Food Policy Partnership \(GFPP\)](#) – should be formed to lead this agenda. The GFPP was established later in 2014 with representatives from public, private and third sectors, each with an interest in aspects of the food system in Glasgow.

In 2019, following Glasgow City Council (GCC)’s food inequality inquiry report² and a successful [Food Summit](#) organised by GFPP with GCC and the Glasgow Centre for Population Health³, there was agreement to produce a Food Plan for Glasgow City. This agreement was made between Glasgow City Council, Glasgow City HSCP, Greater Glasgow and Clyde NHS Board, Glasgow Centre for Population Health and the Glasgow Community Food Network to work together with the GFPP.

Partner organisations were invited to a development day on 9th December 2019, and were then asked to split into smaller sub-groups to work together on each of the six themes. Over 80 people with knowledge and experience across the food system in Glasgow worked together over several months drawing on the latest data, evidence and examples of good practice to create this draft Plan.

Now we would like your input to make it as relevant, pertinent, useful, practical, and achievable as possible. Further details can be found in the consultation section.

3.2 Structure of the Glasgow City Food Plan

The Glasgow City Food Plan begins by outlining what it seeks to achieve. A brief summary of current issues relating to Glasgow's food system follows before more detail is given on issues and proposed actions relating to different parts of the food system, structured under six themes (each represented by a symbol). Shorter term actions are outlined which build on and further develop work already started, or establish or further develop partnerships to take work forward in later stages. Some baseline information and data may need to be improved. The actions requiring a longer term focus are recognised as being more challenging, requiring new approaches or new partnerships. The ongoing impact of the COVID-19 pandemic as we move to recovery will also influence future actions.

Finally, as part of this draft Glasgow City Food Plan, there are details of the consultation process and questions: it is important that feedback from everyone involved in the food system in Glasgow from citizens, community groups, caterers, producers and public bodies to help shape the final version of the Glasgow City Food Plan.

There are three appendices: a glossary, details of relevant strategies and policies and list of those involved in developing this draft Plan.

An implementation plan is being developed to support the priorities proposed in this Food Plan consultation. It will give full detail of the actions and activities planned, will identify the lead for each action and the other partners who will support the work. The implementation plan will be published along with the Glasgow City Food Plan in Spring 2021.

There are six themes in the Food Plan, each with a symbol to identify it.

1.  **Food Poverty – Fair Food for All**
2.  **Community Food**
3.  **Food Procurement and Catering**
4.  **Food Economy**
5.  **Food Waste and Environment**
6.  **Children and Young People**

3.3 Who is the Glasgow City Food Plan for?

The Glasgow City Food Plan is for everyone living and working in Glasgow; it proposes a vision of creating a better food future for Glasgow and proposes how we can get there by working better together.

We hope the Glasgow City Food Plan will be helpful to those living, working or growing, producing or selling food in Glasgow, be that in the public sector, in business, or in the community. Together we can create a better, fairer, healthier, more resilient and more sustainable food system.

3.4 The food system, complexity and cross cutting issues

Glasgow City’s food system is complex, interconnected and reaches well beyond Glasgow’s boundaries. It involves all the processes needed to feed a population, including growing or producing food, distribution, and getting rid of waste. It influences – and is influenced – by society, the economy, health, the environment, and political factors (see Figure 1).

This food system is amazing and brings many benefits but also many challenges. Although this draft food plan has been split into six themes, none can be considered in isolation and all are interlinked with other themes. Most actions will be more effectively delivered with a recognition that they relate to actions in other themes. It is therefore important that the Glasgow City Food Plan is considered as a whole document.

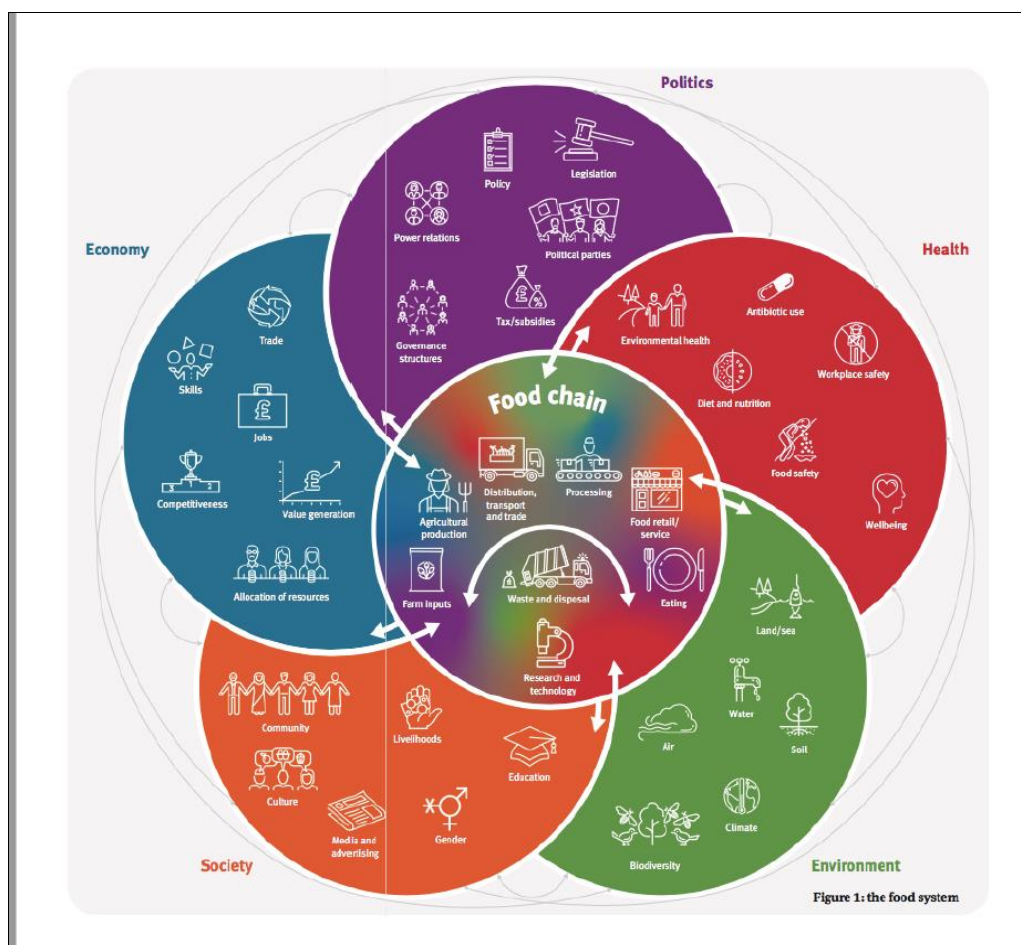


Figure 1: The food system

Source: Centre for Food Policy, City of London University [_](#)

3.5 Links to other strategies, plans and targets

The Glasgow City Food Plan supports the delivery of a number of other strategies and plans at city, Scotland, UK and Europe levels. These are listed in Appendix 2 and include the National Performance Framework and its alignment to the Sustainable Development Goals.

In addition, the Glasgow City Food Plan will contribute to the achievement of the following national targets:

- Reducing child poverty (Child Poverty Act 2017).
- Zero hunger by 2030 (Sustainable Development Goals).
- Halving food waste by 2030 (Scottish Government Circular Economy Strategy).
- Net zero emissions Scotland by 2045.
- Halving childhood obesity by 2030 (Scotland's Diet and Healthy Weight Delivery Plan).

Glasgow City Council's Strategic Plan 2017 to 2022 also commits to publishing a sustainable food Plan.

At a city level, Glasgow City Council has committed to working with partners to achieve carbon neutrality by 2030. Actions across all the themes will contribute to the achievement of this target.

Collaboration on delivering this Plan will therefore complement and contribute to delivery on key equity, health and sustainability commitments and to the achievement of a range of local and national targets.



Figure 2. Community meal in Glasgow

3.6 Governance

The proposal is for the delivery of the Glasgow City Food Plan to be accountable to the Public Health Oversight Board which sits under the Glasgow City Community Planning Partnership. The Public Health Oversight board includes representatives from Glasgow City Council, NHS Greater Glasgow and Clyde, Glasgow Centre for Population Health, Glasgow Council for the Voluntary Sector, and is jointly chaired by the Director of Public Health for NHS Greater Glasgow and Clyde and the Director of Community Empowerment Services, Glasgow City Council. There will also be clear lines of communication established with the Social Recovery Task Force in Glasgow and the re-established Sustainable Glasgow Partnership.

The Glasgow Food Policy Partnership's membership would be revised to include GCFP delivery partners in order to be the responsible body for overseeing the delivery of work relating to the Glasgow City Food Plan and regularly reporting on progress to the Public Health Oversight Board. It will develop robust oversight and monitoring arrangements with partners, included a set of indicators, in order to ensure that genuine multi-sectoral work takes place and that Glasgow's communities are part of this.

3.7 Resourcing

This draft food Plan is ambitious; lots of things need to change. Yet, new resources are very limited. While new funds are anticipated to support the delivery of this Plan in the longer term, reflecting its contribution to so many national and local commitments, in the shorter term this is unlikely. However a great deal of resource is already invested in our food system and in addressing many of the problems arising from our food system. Many of the actions proposed in this draft Plan do not require new money but rely on doing things differently; using some of the resources that we currently spend on food (for example, public procurement of food) or working more collaboratively within communities on food issues. There are many examples of successful collaborations in Glasgow on food issues that have been formed as part of the COVID-19 response and as part of community and thriving place networks. This Plan can be used to enhance local working to impact upon city-wide change.

4.0 Vision

The vision is for a food system in Glasgow that is fair, resilient and environmentally sustainable and enables everyone in Glasgow to eat healthy, affordable, culturally appropriate, Good Food irrespective of where they live, their income or their personal circumstances.

We want Glasgow to be a city where tasty, healthy, affordable food is accessible to everyone. Where local food enterprises are supported and celebrated. Where we produce, provide, purchase and consume food that is good for the planet, good for animal welfare, and for good for those involved in growing, making and selling it. In doing this, we will work towards an inclusive, sustainable, resilient and fair economy for our whole community.

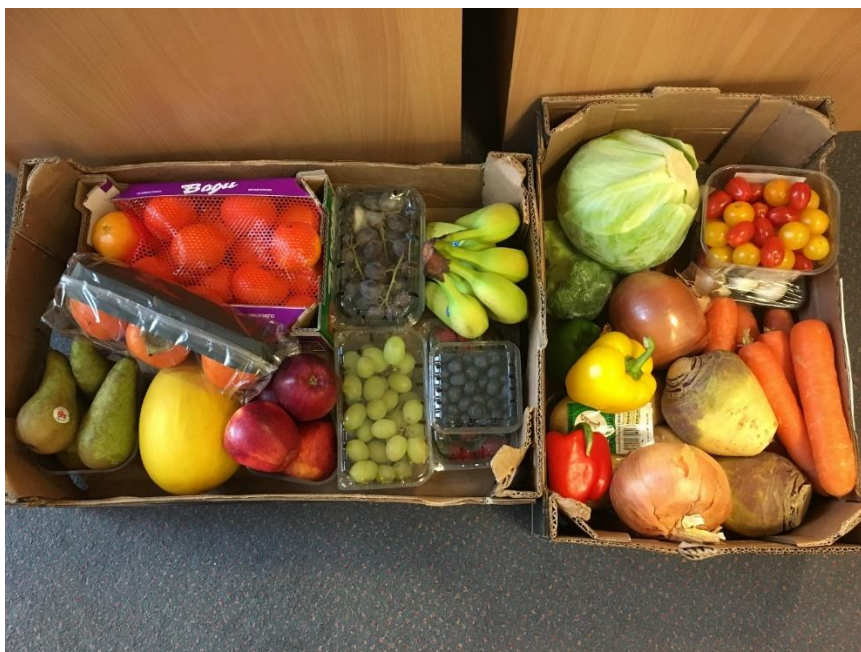


Figure 3. Fruit and veg boxes in Glasgow

5.0 Proposed long-term outcomes

The proposed long-term outcomes of the food Plan are as follows:

- Improved access to healthy affordable food and reduced food insecurity.
- Increased understanding of the food system especially with regards to nutrition and sustainability.
- More opportunities for communities to enjoy cooking and growing together
- A thriving local food economy which promotes fair work and principles of sustainability.
- Increased availability and use of seasonal, locally grown and produced food in or close to Glasgow.
- Improved health and wellbeing as a result of improvements in our food system and food environment.
- More food produced in ways that are good for the environment.
- Reduced food waste, increased redistribution of surplus food, and reduced environmental impact from food waste.
- Reduced greenhouse gas emissions (direct and indirect) arising from our food system.

We will identify a set of indicators and measures to help us track progress against these outcomes. Glasgow City Council has also signed up to the Milan Urban Food Policy Pact which has a set of 44 indicators for signatory cities to report on covering: social and economic equity; food governance; sustainable diets and nutrition; food

waste; food production; and food supply and distribution. We will draw on these indicators in developing our reporting framework and we will report annually on our progress.

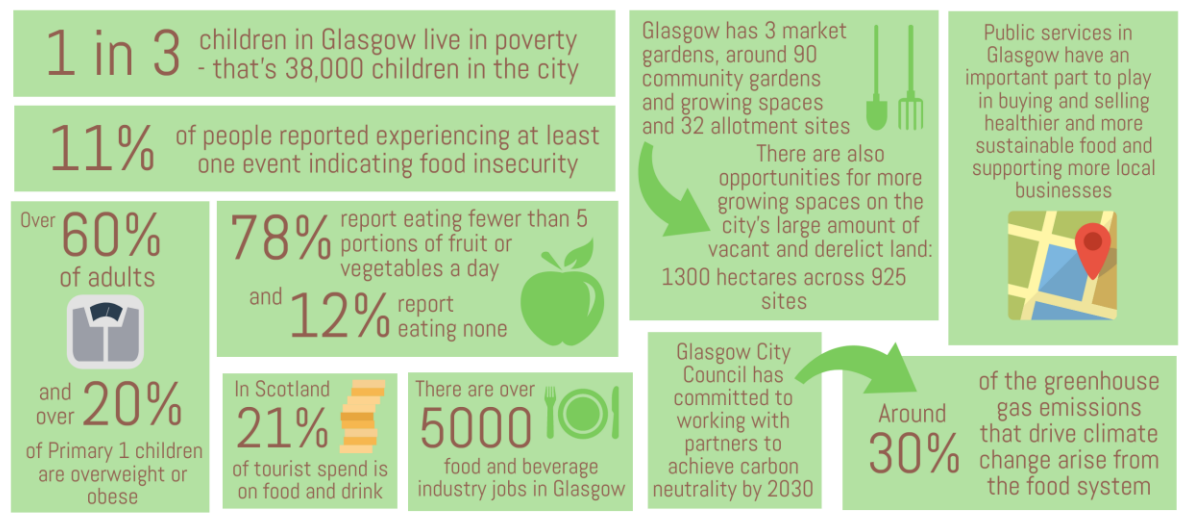
The Glasgow Food Policy Partnership leads Glasgow's work to become a Sustainable Food Place and Glasgow City Council is committed to working with the Glasgow Food Policy Partnership to achieve a Sustainable Food Place award within a year of the Food Plan being launched.

6.0 Glasgow's Food System

The infographic below summarises Glasgow's food system.

GLASGOW'S FOOD SYSTEM

Glasgow's food system is complex, interconnected and reaches well beyond Glasgow's boundaries. It involves all the processes needed to feed a population, including growing or producing food, distribution, and getting rid of waste. It is influenced by the economy, society and political factors and it affects our health and our environment.



The Glasgow City Food Plan can help guide us towards making a food system we are proud of, where everyone is able to eat healthy, tasty, affordable food that supports local business and minimises negative impacts on the environment

Search 'Glasgow City Food Plan' at www.goodfoodforall.co.uk

7.0 Glasgow City Food Plan Themes

The six themes are discussed in detail in the following sections.

7.1 Theme 1: Food Poverty – Fair Food for All



Figure 4. Community food

Actions in this theme primarily focus on achieving the following long-term outcomes:

- Improved access to healthy affordable food and reduced food insecurity.
- Improved health and wellbeing as a result of improvements in our food system and food environment.

7.1.1 Existing situation and continuing challenges

Food inequality and poverty has been a longstanding public health challenge in Glasgow. Since 2011/12 there have been rising levels of material deprivation in Glasgow illustrated by increasing numbers of families using food banks. More recently there is evidence that Universal Credit rollout has led to a significant increase in emergency food aid provision and increasing numbers of people visiting foodbanks.

Households living in poverty spend a higher proportion of their income on food than those living in better off households. On a kilocalories basis healthy foods are three times more expensive than foods high in salt, sugar and/or fat⁴. This has the potential to result in an unhealthy high-calorie, low-nutrient diet, leading to poorer health outcomes⁵. Preloaded with a monthly sum of money, the Scottish Government's Best Start Food Cards are available to help families with a low income to purchase healthy foods from local retailers, including fruit, vegetables, milk, pulses, and eggs⁶, however families or retailers may not be aware of the scheme⁷.

In addition to issues around affordability, access to Good Food can be difficult for people living in some areas of Glasgow, where there are limited local outlets selling nutritious food. This can be compounded by lack of transport to food outlets.

Even before COVID-19 there was evidence of a growing reliance on emergency food aid provision and increasing visits to foodbanks in Glasgow with around 40 foodbanks and 50 community food organisations providing free food. In 2018/19 in Scotland, Trussell Trust food banks gave out 210,605 food parcels⁸, and 84 independent food banks gave out 258,606 food parcels between April 2017 and September 2018⁹. The Trussell Trust have noted an increase in food bank usage where there has been a roll out of Universal Credit¹⁰. For every food bank user in Glasgow, it is estimated that there were nearly four others who experienced frequent difficulty paying for food, but who had not used a food bank¹¹.

Raising household income is one of the measures which can help reduce poverty and improve access to healthy food, for example financial advice services located in a range of settings to help clients maximise their income¹².

The COVID-19 pandemic has heightened food insecurity in the city as well as the reliance on food banks. The Independent Food Aid Network recorded a 50% increase in demand for emergency food support between February and March 2020, a 175% increase compared with 2019¹³, and community food organisations across the city reported increased demand.

Following UK lockdown, the Scottish Government made additional funding available to support communities. A Food Fund was established which supported direct Scottish Government activity as well as provision by Councils and third sector groups. This included:

- opt-in food box deliveries (fresh and dried) for people who were shielding – around 5,600 people in Glasgow have taken up this offer
- food box delivery on an emergency basis and to people deemed to be vulnerable due to health, disability, poverty and who have no further means of getting food
- free school meal entitlement contingency plans (in Glasgow Farmfoods cards were provided until the end of the school year and a further cash payment is being made over the summer holidays)
- food support provided by a wide range of community and third sector groups; some of them existing food organisations, others refocusing their activity on food; Registered Social Landlords also continued to provide food support.

The Food Fund supported activity to the end of September; however, as we move towards recovery a more sustainable approach is necessary that meets the needs of those whose lives continue to be affected. The economic effect of COVID-19 means that more households are struggling financially trying to access the welfare and benefits system and therefore may experience food insecurity. These effects are likely to last for some time to come and support and advice will be paramount to reduce the negative impact on households. Recognising the right to food will be an important part of Glasgow's ongoing support for those living in vulnerable situations as the city recovers¹².

7.1.2 Proposed short-term actions

In the next one to two years, Glasgow's partners will work together to:

- understand current levels of food insecurity in the city and map the resources available to meet these needs;
- build on the Food for Good collaboration which brought together agencies across different sectors to develop a more coordinated response for those in food poverty, focusing on preventing crises and acute provision to meet immediate need;
- incorporate learning from other cities and countries into delivery of the Glasgow City Food Plan, for example from the Food and Agriculture Organization of the United Nations' 'Right to Food in Cities' pilots, which aim to ensure that everyone has access to nutritious, sustainably produced and culturally appropriate food;
- work with community-based staff to ensure that anyone accessing emergency food provision will be provided with income maximisation/welfare rights support;
- further develop vital partnerships such as the Foodbank Forum and other key food-related groups across the city, building in spaces for service providers to discuss key issues and solutions;
- continue to encourage more employers and businesses in Glasgow to become Living Wage employers, and consider targeted support for sectors such as catering and hospitality;
- engage more businesses to support local organisations tackling food insecurity and create networking opportunities for businesses and local organisations to share key issues and solutions;
- improve awareness of, and enhance easy access to, healthy, fresh food in local communities. A number of projects and initiatives are already being tested to help with this: there are four community pantries planned across the city and a pilot for the Rose Voucher scheme in Dalmarnock, Calton and Bridgeton areas of the city. Learning from these models will inform next steps

and consideration of extending across the city. Funding is in place for years 2 and 3.

7.1.3 Medium and long term actions

In the longer term (beyond two years), and building on the actions above, the following actions are proposed to continue progressing towards the long-term outcomes:

- Develop a more coordinated response to supporting those in food poverty, by developing an 'advice first' principle to help transition away from food aid referrals.
- Challenge the uneven distribution and availability of food in Glasgow. As highlighted earlier, this is an issue of fundamental importance for the Food Plan; however, it is complex and needs wider engagement and involvement of partners including business, licensing and planning. Lessons from the initiatives developed in the earlier stages of the Plan and evidence of what can be done to encourage better access to affordable healthy food in our communities and around our schools will inform the approach.



7.2 Theme 2: Community food



Actions in this theme primarily focus on achieving the following long term outcomes:

- Improved access to healthy affordable food and reduced food insecurity.
- Improved health and wellbeing as a result of improvements in our food system and food environment.
- Increased understanding of the food system especially with regards to nutrition and sustainability.
- Increased availability and use of seasonal, locally grown and produced food in Glasgow.
- More opportunities for communities to enjoy cooking and growing together.

7.2.1 Existing situation and continuing challenges

The community food sector in Glasgow is well developed, established and vibrant. Organisations in local communities are working on projects that encourage and support local growing, health and nutrition, food education, equal access to affordable Good Food, and they also redistribute surplus food. Hundreds of people benefit from involvement in community food projects every week across the city. This includes people involved in the 90, or so community gardens and growing spaces across the city and 32 allotment sites.

Community food organisations are connected via the Glasgow Community Food Network (GCFN) [Glasgow Community Food Network – personal communication], which provides support and acts as a collective voice for members.



Figure 5. Community food diagram (Mordin, A. Glasgow Community Food Network)

Community food is about so much more than food. For example, community meals are open and inclusive, bringing people together in a safe space where everyone feels respected, equal and heard. They provide opportunities for the community to build connections, reduce loneliness, and enable people to flourish.

It is recognised that community growing sessions and allotment groups help to create a sense of family and connection. Participants report increased confidence and self-determination, and better health and wellbeing. Community food projects often help to improve the local environment. Growing food and eating locally sourced produce helps to reduce carbon emissions, and growing spaces bring increased biodiversity. Community food projects also pass on knowledge and understanding of food literacy including health and nutrition information, and ways to reduce food waste.

Finally, many community food projects are tackling food inequality and insecurity in their local areas. Community food projects often find themselves on the frontline of provision for people experiencing hardship, and support people through informal food banks or other food service provision. Volunteers are crucial to the process of distributing food, signposting people to advice and support services, and welcoming people to community meals.

The community food theme subgroup has highlighted a number of the challenges faced by the community food sector and these are outlined below.

Projects, organisations and the people working within them come and go with cycles of funding, creating insecurity and volatility in the sector. Research suggests they can be driven by different funders' aims rather than by their own core missions¹⁴.

Partnerships and collaborations built between organisations and individuals can be hard to establish and maintain.

Practitioners from within the sector in Glasgow emphasise that since projects want to be free at the point of use, income generation through their core activities is not often an option. Further, the competition for funding can lead organisations to be quite protectionist rather than encouraging greater cooperation. There is a need for peer-support between organisations in collaborations and increased participation in existing networks. More secure and sustainable funding¹⁵ support for long-term and core missions that recognises the sector's intrinsic value and net benefits to Glasgow would enable longer term aims to be met.

Food literacy can be defined as "the positive relationship built through social, cultural and environmental experiences with food enabling people to make decisions that support health and ecology." The community food sector plays a significant role in increasing food literacy and disseminating food education. However, delivery lacks consistency and continuity. Practitioners often 'reinvent the wheel', creating resources to support the delivery of workshops and courses. As such, a huge range of resources exists that could be shared, in addition to there being gaps in information and provision. It would be useful to map existing resources, quality assure them and develop resources to fill gaps in provision.

Community food workers need to have a wide range of diverse skillsets. For example, facilitating a community gardening session requires organisational and communication skills, alongside teaching and horticultural knowledge and experience. A worker also needs to have community development skills and the ability to work with a wide range of groups from young people to adults with support needs¹⁶. Workers need to be able to identify, recruit, induct and support volunteers as they are key to the community food sector. Finally, they need to be able to manage the financial sustainability of their project or garden and are required to carry out health checks and evaluate impact and feed back to funding organisations as part of governance systems.

There is a shortage of people who have the multi-disciplinary skills required and who are able to fulfill these roles. There are very few examples of formal training for community food jobs; routes in vary from volunteering to community development degree placements. Furthermore, skill and knowledge gaps exist among practitioners. The precarious nature of the sector may also be off-putting to some potential practitioners – short term or freelance contracts and varying rates of pay between organisations do not necessarily inspire individuals to choose to work in this sector.

For it to be successful, the Community Food sector needs to have opportunities for existing staff to upskill, and opportunities to find work in the sector through mainstream and informal routes. The staff and volunteers working in this sector need to be valued appropriately for the work that they do. The sector needs to be supported to evaluate the impact it is having with regards to health and wellbeing, reducing social isolation and reducing waste.

Glasgow Community Food Network (GCFN) was established in 2016. It is a member-led organisation, and all members are organisations delivering frontline community food work. GCFN represents the sector at policy and strategy level and provides opportunities for peer learning and networking. With more resources, GCFN could take on an ‘umbrella’ role – taking responsibility for insurance, training and upskilling, standardising pay, job roles and so on.

There is currently not an equitable distribution of community food projects across the city. It should be a priority that everyone should be able to access local community food activities, regardless of their socioeconomic circumstances, and community assets that have a positive effect on health and wellbeing, local environment and community participation¹⁷. Better use of participatory decision-making approaches should help Glasgow develop equal access to space to grow, cook and share food together.

Glasgow’s Food Growing Strategy 2020 to 2025 is a really positive development, aiming to support current community growing provision in the city, develop additional sites for use and support new approaches to growing. However, even with these growing initiatives Glasgow would not be able to feed itself – our good road, rail and air connections means we are able to procure food from across Scotland, the rest of the UK and the world. However, in aiming to be more sustainable, more resilient to disruption to supply chains, and to support the local economy, there is growing recognition of the benefits and importance of sourcing ‘locally’ as much as possible.

In Glasgow, community food groups have played an important role in supporting communities during the lockdown period. However, other, non-food, community organisations repurposed their work to provide a food response at scale. The Food for Good Coalition (FFG) was created as a COVID-19 response to help coordinate emergency food responses. FFG is, at time of writing, working with anchor organisations in five areas of the city (East, West, South, North and Central). Community response officers have been placed in those organisations.

Ensuring the sustainability of the community food sector as we move into recovery will be critical in maintaining support for Glasgow's communities in, what are likely to be, challenging times for many.

7.2.2 Proposed short term actions

In the next one to two years Glasgow's partners will work together to:

- Establish a food information hub that will provide access to a range of resources (e.g. community food projects, community meals information hubs and growing spaces) as well as information and advice for existing community groups and potential new groups.
- Develop approaches to improve learning about the food system into the education curriculum in schools, colleges and community education. In agreement with GCC education and with Glasgow's colleges and training providers, support the delivery of food education that includes food growing, cooking on a budget, nutrition, reading food labels, understanding of the food system and its relationship with the environment, food choices and ethics, as well as experience-based learning.
- Review current community food training in Glasgow across all forms of education including informal/community. Identify gaps and develop recommendations for improvement, so that individuals can acquire the diverse skillset required to deliver in the community food sector.
- Increase community involvement in planning and design of local community food ventures, be they food hubs, growing spaces or other activities. This involvement will ensure approaches developed are need-based and have local ownership and support, as well as helping raise awareness of the community food opportunities.
- Pilot an approach to provide a single sign-up point for cooking courses (and in time other food courses) across the city. The pilot will be implemented in one area then considered for wider use.

7.2.3 Medium and long term actions

In the longer term (beyond two years), and building on the actions above, the following actions are proposed to continue progressing towards the GCFP's long-term outcomes:

- Build the resilience of the Community Food sector and ensure that it is supported and resourced to deliver in communities across the city. To do this, we need the further involvement and support of partners and other funders.

- Address the range of issues have been identified to improve the sustainability of the Community Food sector. This includes sustainable funding for community food projects, access to community assets and the prioritisation of community food hubs so that they can be accessed by everyone in the city.
- Improve pay and employment rights for the Community Food sector
- Implement progressive gardening, cooking and socialising programmes around food and nutrition within homeless residential provision and community justice services (e.g. Tomorrow's Women Glasgow and Community Payback Services). These need to be embedded within trauma-informed practice approaches and be service-user led.
- As a key priority, significantly increase Glasgow's food growing capacity; scaling up allotments and community growing as well as the development of larger scale urban farming in the city.



7.3 Theme 3: Food procurement and catering



Figure 6. Food in school

Actions in this theme primarily focus on achieving the following long-term outcomes:

- Improved health and wellbeing as a result of improvements in our food system and food environment.
- Increased availability and use of seasonal, locally grown and produced food in Glasgow and Scotland.
- A thriving local food economy which promotes fair work and principles of sustainability.
- More food produced in ways that are good for the environment.
- Reduced food waste, increased redistribution of surplus food, and reduced environmental impact from food waste.

7.3.1 Existing situation and continuing challenges

This section of the Plan focuses on food procurement and catering in our public services and [arms length external organisations](#) (ALEOs). Procurement is a term used to describe a way of buying goods and services from external suppliers.

Glasgow City Council (GCC) and NHS Greater Glasgow and Clyde (NHS GGC) are the two largest employers in the city and Glasgow's three universities and three colleges have a combined student population of around 120,000. Public services and ALEOs in Glasgow therefore have an important part to play in buying and selling healthier and more sustainable food to people and supporting more local businesses using their services and facilities. This approach aligns well with [the community wealth-building approach](#) (CWB), which simultaneously takes account of the need for progress in health and economic outcomes. Such approaches have been shown to support local people, local economies and local democracy through operating along

five principles: promoting local ownership of the economy; making financial power work for local places; making work fairer; buying better and locally; and, using available land and property in a socially productive way.

Glasgow City Council provides over 13 million school meals annually to pupils in 138 primary schools, 30 secondary schools and 27 Additional Support Need schools across the city¹⁸. There are also over 400 early learning and childcare facilities in the city, a mix of public and private provision¹⁹. In addition, Glasgow City Council has responsibility for day care and home care for older people and residential care for young people. The Council employs around 2,000 staff in catering roles.

Free school meals are available for pupils in Glasgow schools from Primary 1 to Primary 4 and Glasgow City Council is currently considering the implications of the further roll out of free school meals to Primary 5, 6 and 7. The Scottish Government has put in place school food regulations to improve diet, reduce obesity and improve eating habits²⁰.

The Glasgow Wholesale Market is managed by City Property Glasgow. The wholesale market comprises 45 fruit and vegetable single stances and seven stances within Scotland's only inland fish market. This is an important part of the food economy in Glasgow, over 2 million tonnes of produce from around the world goes through the market each year, equating to an annual turnover of £250 million²¹..

NHS GGC produces around 10,000 patient meals per day across a number of hospital sites. NHSGGC currently operates two (in-house) cook freeze production units. There are 74 staff employed in these two units and around a further 560 staff are employed in catering functions across hospital sites (personal communication, NHSGGC Procurement).

Catering and food procurement for the public sector in Glasgow is a substantial part of the city's economy and employs large numbers of people. It is also an area that increasingly offers opportunities for the public sector to contribute to and help support the health and wellbeing of Glaswegians who use the services, as well as contribute to wider agendas such as carbon reduction, food waste and sustainability.

Food procurement is an area heavily governed by legislation and regulation at both European and Scottish level. In carrying out their food procurement activities, the public sector in Glasgow is supported by sector-specific national procurement bodies. The public sector in Glasgow and Scotland has faced sustained challenges in providing services as funding has reduced. In response to this the public sector has looked to protect frontline services and has, over recent years, looked for efficiencies in 'back office' functions such as procurement. Cutting costs of food procurement can carry additional risk – cheap food can have other external costs not measured by a bottom line, such as environmental costs, for example intensive farming. More sustainably produced food, such as organic produce, is often costlier to produce²².

However, more recently the public sector increased its focus on wider issues in food procurement. There has been work undertaken to encourage more small businesses and local suppliers to bid for public sector contracts, in an attempt to try to reduce food waste and an increased focus on policies such as community benefits (where

suppliers give something back for example job or training opportunities for local people). In all of these areas some progress can be demonstrated in recent years. Initial food shortages at the start of lockdown highlighted the weaknesses in food supply chains and highlighted the potential benefits to be gained from shorter supply chains and increasing local supply.

Additional proactive examples such as Dynamic Procurement Systems could also be utilised. This would make it possible for large public sector contracts to be broken up into smaller lots. Good examples exist that can be replicated, as evidenced in the Soil Association report 'Shortening Supply Chains; Roads to Regional Resilience'²³.

There are still a number of challenges. Local independent cafés and cooperatives report a desire for local produce but there are low or medium levels of availability and procurement.²⁴

In addition, some public sector caterers have described difficulties attracting people to work in catering, some Small and Medium Enterprises (SMEs) may struggle to meet requirements for public contracts, the constraints of national standards and legislation may impact on the capacity of SMEs to be able to participate in public sector contracts. Lastly, while the climate emergency has pushed the need to reduce food miles up the agenda, the pace at which this can be addressed will be limited by the availability of local produce and reliability of local supply. Further commitments could be made to source produce from Scotland's diverse agricultural larder, which will certainly contribute to a Scotland-wide post-COVID-19 recovery.

Glasgow has a proven track record as a conference and visitor destination, for shopping and cultural and sporting events. As an example, the Scottish Event Campus (SEC) attracts around 2.1 million visitors a year for both business and cultural activities. A further 1.1 million attend events at the Hydro arena²⁵. In November 2021 Glasgow will host COP26, which will centre round the SEC.

However the hospitality and events sector has been significantly impacted by COVID-19. Some staff were furloughed and some made redundant. Some activity has restarted but it will be some time before the sector recovers.

7.3.2 Proposed short-term actions

In the next one to two years Glasgow's partners will work together to:

- Incorporate more Scottish seasonal and local food into event and service catering, and school food across Glasgow City Council venues.
- Achieve Healthy Living Award status for all Council venues and staff outlets and consider options for a healthy vending policy.
- Achieve Bronze level Food for Life Served Here Accreditation for Glasgow City Council school meals. We will also build and improve links between the Children's Holiday Food Programme and local growing projects.
- Involve children and young people in designing school menus, hand in hand with food education around Scottish grown seasonal produce.
- Scope out a "best fit" community benefits methodology for food contracts to ensure better links between food procurement and food initiatives in the community.

- Work with the food industry and training providers to scope proposals to encourage greater uptake of catering careers in Glasgow. We will map existing training opportunities and consider what is required to fill the gaps.

7.3.3 Medium- and long-term actions

In the longer term (beyond two years), and building on the actions above, the following actions are proposed to continue progressing towards the GCFP's long-term outcomes:

- Involve a wider range of public, private and third sector partners in developing the procurement and catering theme as well as the business sector as the Plan develops.
- Increase the proportion of locally sourced or grown food in public contracts; however, this is heavily dependent on local availability. The current limited capacity for local production has been highlighted earlier and addressing this will be a priority for the Plan.
- Support small and medium sized food business to participate in public procurement, looking at examples from other successful local authorities. Engage with the sector to ensure that the support offered fits their requirements.



Figure 7. Glasgow Indoor Market



7.4 Theme 4: Food economy



Actions in this theme primarily focus on achieving the following long-term outcomes:

- Increased availability and use of seasonal, locally grown and produced food in Glasgow.
- A thriving local food economy which promotes fair work and principles of sustainability.
- Improved health and wellbeing as a result of improvements in our food system and food environment.
- More food produced in ways that are good for the environment.
- Reduced food waste, increased redistribution of surplus food, and reduced environmental impact from food waste.



Figure 8. Typical farmers market

7.4.1 Existing situation and continuing challenges

Food and drink production is a large part of Scotland's economy. Scotland's farming, fishing, food and drink sector is a £15 billion industry, employing 120,000 people in communities across the whole of Scotland.

The food (and drink) sector in Glasgow contributes around £330 million every year to Glasgow's economy.²⁶ There are a wealth of food-related businesses in Glasgow, including a vibrant (but small) local food sector. On a small scale, urban market gardens supply both cafés, restaurants and domestic customers. There are also many larger food and hospitality businesses, a number of whom are keen to do more to support a fairer, healthier and more sustainable food system.

The food and drink sector accounts for one-in-five manufacturing jobs²⁷ and 4.6% of employment in Scotland, and the food and drink service sector accounts for 8% of jobs in Glasgow²⁸. There are many varied and enjoyable employment opportunities in this ever evolving sector with good progression prospects. However, there are also many jobs in this sector that are not well paid, and median earnings across the Scottish Food and Drink sector are 7% lower than the Scottish average²⁹. Furthermore, 69% of catering workers are paid below the Living Wage³⁰. Many food and drink workers are also employed on zero-hour contracts (ibid).

Across the UK it is estimated around 50% of food consumed is imported³¹ and over 98% of groceries are purchased from supermarkets rather than local retailers³². Glasgow is no different. Local independent cafés and cooperatives report a desire for local produce but are not always able to meet that desire³³. Local food, while increasing, equates to only 1-2% of household food spend overall³⁴. The dependence on imported food can limit the flexibility of the food system and make it more vulnerable to unexpected events or challenges to these complex supply chains. Furthermore, air freighted food has a high carbon footprint.

When money is spent in local food outlets it is subsequently re-spent locally several times; spending £10 in a local food outlet is actually worth up to £25 to the local economy. Locally produced food bought from a local retailer can be worth almost ten times as much to the local economy as the same food from a long distant producer, purchased in a supermarket³⁵.

Challenges to the food sector in Glasgow include the capacity to grow more food locally, and this restricts how much locally sourced food is available. Producers report difficulty accessing land for urban growing and challenges in running a profitable urban market garden. There is potential to significantly increase food grown commercially in the city through use of vacant and derelict land, underused greenspaces for urban and peri-urban agriculture. There are currently limited routes and training opportunities for careers in food growing and jobs can be insecure and low paid.

Organic food is increasingly recognised as better for the environment. Many other producers are high welfare or use agroecological methods but are not organically certified. However, at present locally produced organic or agroecological food is more costly to produce³⁶ and without investment in the agroecological sector or addressing household income, is not currently accessible or affordable for many Glaswegians.

Following lockdown, many food businesses adapted and switched from shop or market to home delivery or takeaway models. As a consequence of initial food shortages in large supermarkets and requirements of social distancing, as well renewed interest in supporting local businesses, there has been increased interest and uptake in locally produced food and services such as fruit and vegetable boxes.

However, the food, restaurant and hospitality sector has undoubtedly been significantly adversely affected by COVID-19 and lockdown. The Scottish Tourism Alliance has warned that the tourism industry is at risk of collapse and many workers are facing job losses.

7.4.2 Proposed short term actions

In the next one to two years Glasgow's partners will work together to:

- Engage and align actions in this GCFP with the Scotland Food & Drink Partnership's sector recovery plan, when available.
- Bring partners together (potentially as part of the Sustainable Glasgow Partnership) to explore opportunities to increase the production and provision of local, sustainably produced food.
- Review catering and cooking courses offered at further education level to ensure they include education about sustainability and preventing and reducing food waste.
- Work with educational institutions and employers to create new apprenticeships in Food Tourism and Food Growing; aligning with the Food Tourism Recovery Plan and the potential food tourism apprenticeship programme.
- Explore ways to further engage with food businesses and restaurants to encourage reduction in food waste and adoption of circular economy principles as part of Glasgow's Circular Economy Route map.
- Continue work to encourage businesses/other employers to become Living Wage employers.
- Work with partners and develop communications to increase the use of food redistribution apps by individuals, community groups and businesses.
- Review and improve the support that is available to help people set up food growing businesses and link them to sector specific help.
- Engage with Scottish Government and national agencies to help secure support and funding for increasing local sustainably produced food and explore potential for urban and peri-urban agriculture and vertical farming.

7.4.3 Medium- and long-term actions

In the longer term (beyond two years), and building on the actions above, the following actions are proposed to continue progressing towards the GCFP's long-term outcomes:

- Increase the production and availability of locally grown, climate-friendly food, in particular the establishment of an urban farming project. This will require more vacant land and assets in the city to be available for food economy use such as market gardens and small enterprises.
- Work with national partners to increasing local food growing and food production across Scotland so that more locally grown food is available.
- Development of training options, apprenticeships and pathways in our schools and colleges for routes into urban farming.
- Support and encourage food businesses to adopt sustainability principles. This may include the development of an integrated food charter for the city e.g. "Glasgow Sustainable Food" accreditation.
- Strengthen links between commercial organisations and local community growers, producers and retailers to help support a more local food economy, informed by [community wealth building principles](#).



7.5 Theme 5: Food waste and environment



Figure 9. Food waste

Actions in this theme primarily focus on achieving the following long-term outcomes:

- Increased understanding of the food system especially with regards to nutrition and sustainability.
- More food produced in ways that are good for the environment.
- Reduced food waste, increased redistribution of surplus food, and reduced environmental impact from food waste.
- Reduced greenhouse gas emissions (direct and indirect) arising from our food system.

7.5.1 Existing situation and continuing challenges

The aims of this theme are to reduce the impact of the food system on the environment by increasing local supply and demand for more sustainably produced food and reducing food waste. The issues outlined in this theme sit alongside, and often influence, the issues outlined in the other themes within this food Plan. Many of the actions proposed in other themes in this food Plan will contribute to reducing the impact of the food system on the environment as well as helping to reduce food inequality and improve health.

Around 30% of the greenhouse gas emissions that drive climate change arise from the food system. Each part of the food system has an environmental impact from growing and agriculture to processing and production, from food choices to procurement, from transport to packaging, and food waste generated throughout the

supply chain. The environmental impact is importantly, but not only, in terms of greenhouse gas emissions but also soil degradation, water and air pollution and loss of biodiversity³⁷. These impacts can have direct human health impacts, for example from water and air pollution. Over time the impact of degraded soils and loss of insects will make food production, in Scotland and abroad, more difficult which will threaten the supply and cost of food in the future.

Sustainable urban agriculture, using both traditional and new technologies, is an important part of building a sustainable food system which benefits the local economy. Glasgow currently has three market gardens but, as we move towards a more sustainable future, Glasgow should aspire to more sustainable food production in the city by nurturing and supporting the development of urban and peri-urban agriculture. This will require identification of suitable land and land management arrangements, and support for skills and business development.

It will also be important to increase demand for more sustainably produced food – an important part of the impact of food on the environment is shaped by the diet we eat. A more sustainable diet has more seasonal, plant-based components (vegetables, legumes, and so on) and fewer animal products, which should be fairly and sustainably produced, and sourced within Scotland as far as possible^{38,39}. However, imported food will continue to be an important component of our diet, particularly in the short term while local food production and supply is developed, and choices about imported food should include consideration of the sustainability and fair trade principles employed in producing that food. Food production also uses a great deal of water and produces a lot of greenhouse gases.

Overall, around a third of all food produced is never eaten. It takes a lot of resources to produce food, so when it is wasted the energy that was used for growing, processing, packaging, transporting and cooking or cooling the food is also wasted. Zero Waste Scotland estimate that every tonne of food waste prevented equates to a saving of 3.7 tonnes of carbon dioxide equivalent.

Zero Waste Scotland estimates Glasgow City produces 113,706 tonnes of food waste annually of which 70,748 is household food waste. When food is wasted, money is wasted too. Zero Waste Scotland estimates the average household loses around £440 per year through wasted food, and that the Scottish hospitality sector could be throwing away a sixth of the food it purchases (Zero Waste Scotland; personal communication). The Scottish Government's Circular Economy Strategy recognises the challenge of food waste and includes an ambitious target of reducing food waste by 33% by 2025⁴⁰. The Food Waste Reduction Action Plan, published in April 2019, outlines the actions that will be taken to reach this target.

Redistributing surplus food to those who can use it (for example, through schemes run by Fareshare) not only reduces carbon emissions, but also supports food sharing in communities across Glasgow. Fareshare estimate that every tonne of redistributed food provides over 2,300 meals. In 2018 Fareshare Glasgow & West of Scotland redistributed 790 tonnes of surplus food, equivalent to 1.8 million meals, to around 90 places/community organisations. During COVID-19 this redistribution substantially increased.

Glasgow City Council has invested in technologically advanced waste management systems that help reduce the impact of waste on the environment. In August 2019 Glasgow Recycling and Renewable Energy Centre, located in Polmadie, opened. Annually it is expected to handle 200,000 tonnes of council general waste and is expected to be able to redirect 90% away from landfill.

However, there is a need to reduce the amount of food that is wasted in the first place, primarily through prevention and redistribution (described in ‘the food waste hierarchy’ (see Figure 12). To achieve this there is need to improve knowledge, support and services to and for households, communities and businesses. Glasgow City Council’s Circular Economy Route map will outline in more detail how the Council will support partnerships such as [Circular Glasgow](#) to build a more sustainable local economy and the food system will be a key part of that.

Environmental impacts resulting from food packaging waste, and plastics in particular, are a growing concern, polluting water and soil, damaging marine life and are increasingly found in the food chain. While food/drink packaging helps ensure food safety and quality, there is a need to reduce the amount of unnecessary and difficult-to-recycle packaging and increase the amount of packaging that can and is recycled through reforms to the producer responsibility regulations⁴¹. There are a number of impending policy changes on this issue and new regulations are anticipated in 2021. Partners in Glasgow will work with Scottish Government to support rapid implementation of new regulations⁴² and Glasgow’s Plastics Strategy as part of this food Plan⁴³.

A food Plan at city level gives an opportunity to maximise and make use of the interconnectedness of the food system, to shorten supply chains, improve business resilience, reduce unnecessary journeys / journey length, reduce food waste along the entire supply chain and thereby reduce emissions as well as support a more local economy. Glasgow’s Circular Economy Route map and Sustainable Glasgow Partnership offer important opportunities to take a collaborative approach to reducing our food-related environmental impact, whilst also benefiting our city.

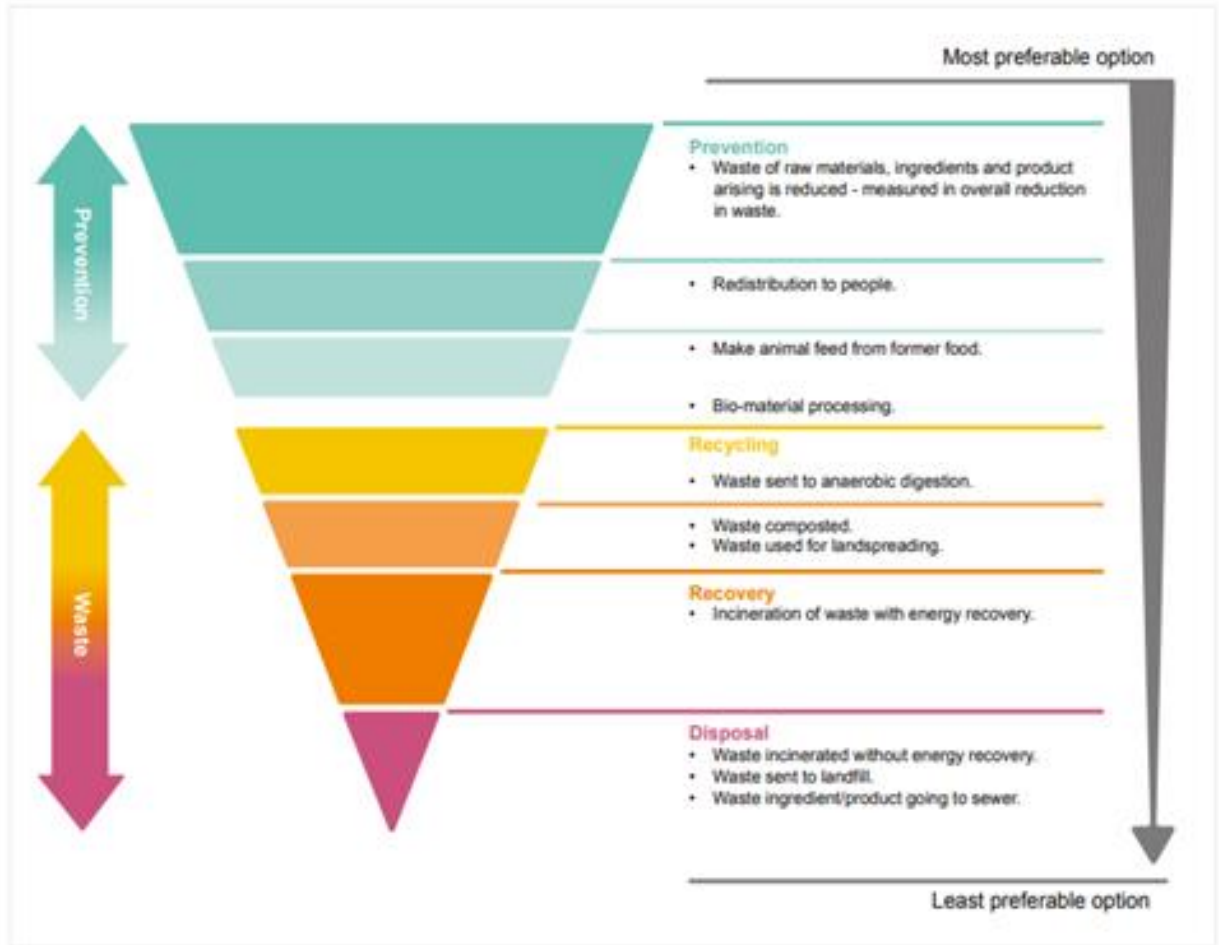


Figure 12: Food waste hierarchy. Source: Food Waste Action Plan (Scottish Government; 2019).

Increased interest in locally produced and sustainable food was observed during the first few months of the COVID-19 crisis (as highlighted in the Food economy chapter). It was also reported that more people tried to reduce their food waste by planning, storing and preparing food in ways that minimised waste⁴⁴.

The food Plan is well placed to encourage these behaviours in the future.

7.5.2 Proposed short term actions

In the next one to two years Glasgow's partners will work together to:

- Increase the amount of sustainably-produced food in public procurement contracts (e.g. ties into earlier commitment in the procurement theme to work towards Food for Life Served Here in school meals).
- Work with local community groups/school and college education leads to embed learning about sustainable food production/procurement/preparation into curricula of local educational establishments and the communities around them.

- Map and review food redistribution services and opportunities in Glasgow and draw on learning from elsewhere to develop plans to increase and improve food redistribution.
- Reduce single use food and drink packaging, increase the number of outlets offering free water refills and publicise water refill stations through the implementation of the Glasgow City Councils Plastics Strategy.
- Work with support from Zero Waste Scotland to encourage public sector food providers to measure food waste and make plans to prevent/reduce food waste.
- Use a range of approaches to increase knowledge and skills about how to reduce the environmental impact of food through prevention of food waste, food redistribution and meal planning. Work with Zero Waste Scotland, local colleges, Chamber of Commerce (including the Circular Glasgow initiative) and NHS partners to engage citizens, businesses and public sector employees.

7.5.3 Medium- and long-term actions

In the longer term (beyond two years), and building on the actions above, the following actions are proposed to continue progressing towards the GCFP's long-term outcomes:

- Work with partners and local communities to explore opportunities, including suitable growing spaces, for increasing local, sustainably produced food, including agroecological urban farming in and around the city.
- Substantially reduce food waste across all sectors in Glasgow over the life of the Plan. We will monitor and measure the impact of the short-term actions and this will inform our approach for medium term actions to further tackle food waste. Food waste reduction requires intensive bottom-up work in communities and is a key role for community food hubs.
- Participate in a research project 'The Scottish Diet', led by Glasgow University Nutrition Department, to develop a common understanding of a sustainable, healthy diet that is appropriate and acceptable for a Scottish population and support a shift in eating patterns towards this through increasing supply and demand. We will also use the learning from this research to inform future action.



7.6 Theme 6: Children and young people



Figure 13. Children enjoying a school meal

Actions in this theme primarily focus on achieving the following long-term outcomes:

- Improved health and wellbeing as a result of improvements in our food system and food environment.
- Increased understanding of the food system especially with regards to nutrition and sustainability.

7.6.1 Existing situation and continuing challenges

A good diet in school-aged children will help ensure they grow to their full potential and provide the stepping stones to a healthy life. Not only are adequate energy and nutrition essential for growing children, eating habits and food preferences formed in childhood often last a lifetime. Furthermore, growing food, cooking and eating together is a source of enjoyment with family and friends and a good opportunity for bonding.

Nearly 100,000 children (aged 0-15) live in Glasgow and children make up around 16% of Glasgow's population. One third of Glasgow's children live in poverty, higher than the Scottish average. The distribution of child poverty and vulnerability across the city varies dramatically.

Early years

In their early years, children need to eat well with nutrient-dense foods and minimally processed foods to establish good early eating patterns to ensure that

they grow and develop appropriately. This in turn contributes to a healthy body weight in childhood.

Breastfeeding provides the best nutrition for babies and supports both short- and long-term health for both the child and mother. The Scottish Government adopted the WHO recommendation that babies should have only breast milk for around the first six months of their lives and complementary foods should be introduced to infants around six months of age⁴⁵. Much work has been done to increase breastfeeding rates in Glasgow including Glasgow Health and Social Care Partnerships gaining Baby Friendly accreditation and being awarded the UNICEF Gold Award. However, rates are still considered low and inequalities exist with breastfeeding more likely in older mothers and those from less deprived areas⁴⁶.

All parents are encouraged to give breastfeeding a try. Most parents/carers know that breastfeeding is good for parent and baby, but sometimes choose formula/bottle feeding to be the best option for them and their family. For those that do formula feed, formula labelled 'first milks' are all that is needed for baby's first year with no real difference between brands due to strict regulations.

Introducing solids is an important time not only to meet nutritional needs but to diversify the diet, increasing the tastes and textures to improve acceptance of a wide range of foods. This is also an important time to create a positive environment to promote Good Food and social habits.

In the Greater Glasgow and Clyde area, approximately half (52%) of parents waited until the recommended six months or later before introducing solid foods to their children. Both deprivation and mothers' age are also associated with when solid food is introduced into babies' diets⁴⁷. Parents and carers in Glasgow have the opportunity to attend starting solid sessions with their babies that include demonstrations on preparing healthy first foods. In 2018/19 1,308 babies attended⁴⁷.

Best Start Foods replaced Healthy Start in August 2019 – a scheme which supports pregnant women and their children up to 3 years, if they are in receipt of certain benefits, to buy fruit, vegetables and milk using a pre-paid card. Up to the end of March 2020, Glasgow had 15,910 Best Start Grant and Food applications authorised from 24,670 applications (69%). There were 9,045 applications for Best Start Food alone⁴⁸.

The [Scottish Health Survey \(2019\)](#) estimates that 30% of children aged 2-6 years are at risk of overweight and obesity. In 2019, the 27-30 month assessment found that 15.7% children were recorded as overweight and obese.

All early years establishments, including council, partnership and private nurseries and childminders have to comply with the Care Inspectorate's nutritional guidance which is consistent with the nutritional guidance and food standards for early years childcare providers in Scotland laid out in Setting the Table⁴⁹.

School aged children

In 2018/19, 74.5% of Primary 1 children in Glasgow were in the healthy weight range, 24.4% were at risk of overweight or obesity. Over the last decade or so, the proportion of P1 children at risk of overweight and obesity has increased in the most deprived areas but decreased in the least deprived areas creating a growing inequality⁵⁰.

The likelihood of being overweight or obese increases with age for the majority of children. Most who are overweight at age six are likely to remain overweight or move to the obese category later in childhood. This increases the risk of a wide range of health problems including type 2 diabetes.

The Your Body Matters resource pack is available in every Glasgow primary school to support teachers in food, health and physical activity curricular planning and the development of children's knowledge about food and health.

The school environment can help mould children's diet, knowledge and attitudes in relation to food, the environment and health and skills in relation to growing and cooking. The positive connection of the family unit with the school setting is an ideal opportunity to engage with the family as a whole to raise awareness of healthy eating, support for accessing food and environmental issues.

Glasgow has weight management programmes available for 5-18 year olds: Weigh to Go Families (5-11 year olds); and Weigh to Go (12-18 year olds). In 2018/19, the Weigh to Go programme had a high engagement rate from 167 referrals and 75% of those completing over 12 weeks lost weight.

Free school meals, which adhere to the national guidelines for healthy food provision in schools, are available for pupils in Glasgow from P1 to P4 and are being considered for P5 to P7. In 2018, 61% of primary school pupils were registered for free school meals.

The high uptake of free school meals does not follow through to secondary school, where many young people report buying their lunch from a shop or van outside of the school (47% of S1 to S6 in 2014/15). Around many of our secondary schools there are numerous opportunities to buy unhealthy food cheaply⁵¹ and only 35% of Glasgow's young people reported having had five or more portions of fruit and vegetables per day.

Around one third of children in Glasgow live in poverty⁵² and this can have an impact upon their diet, as the information outlined in the Food Poverty – Fair Food for All theme describes. Best Start Food and the Best Start Grant can help, but these are not always taken up⁵³. During term time children can access school meals, but their absence during the school holidays can put pressure on budgets of low-income families. As a way of countering that Glasgow Council has funded the Glasgow's Holiday Food Programme since 2018, which funds holiday activity programmes in communities across the city to offer healthy meals and snacks. During the 2019 school summer holidays 19,196 children/young people benefited from it⁵⁴. This highlights the important role that community food provision plays in supporting families, particularly in low-income communities, to eat well and enjoy food together.

Children and young people have been significantly affected by COVID-19 and lockdown, following the closure of Scotland's schools on 20th March 2020. Since then schools and teachers have worked hard to support home learning. Schools have also provided additional practical supports to families, for example partnering with third sector organisations to provide food parcels and family activity packs.

In place of free school meals, families were provided with Farmfoods cards and this support was been further extended over the summer through cash payments.

The Children's Holiday Food programme operated flexibly to allow projects to continue to offer food support beyond Easter. The programme also ran over summer (2020) and will operate during October and February mid-term breaks.

7.6.2 Proposed short term actions

In the next one to two years Glasgow's partners will work together to:

- Review how partners across the public sector are working together to support and achieve the delivery of aims within Scotland's Healthy Weight & Diet Plan, to tackle dietary ill health, obesity and type 2 diabetes through wide-ranging actions that include retail policy, licensing, community weight management, and child and infant nutrition and identify areas for further action.
- Encourage more businesses to be "breastfeeding friendly".
- Promote the uptake of Best Start Food in Glasgow and learn more about barriers to uptake. Aim for maximum uptake with families who are eligible.
- Work with local educational leads for early learning and childcare establishments/schools/colleges to ensure a 'Good Food culture' permeates their school ethos and learning; tying in with key educational strategies such as the National Improvement Framework, Getting it Right for Every Child, Learning for Sustainability, Curriculum for Excellence and Better Eating, Better Learning.
- Ensure all schools have a functioning Good Food Group/School Nutrition Action Groups and develop that in consultation with young people.
- (Further) promote the uptake of healthy school meals in secondary schools, and develop street food pilots in secondary school to explore an update to healthy takeaway food in environmentally friendly packaging.
- Work with partners, including planning and licensing colleagues, to limit the clustering of fast food outlets around schools.
- Investigate the introduction of pre-ordering primary school meals to reduce waste and encourage young people to make healthier choices.
- Maximise the uptake of children's healthy weight services and healthy eating pilots for under-5s through promotion across community, primary care, education, children's services and third sector.
- Work with GCC to upskill catering staff and to share their skills and knowledge with teaching staff, pupils and their families.

7.6.3 Medium- and long-term actions

In the longer term (beyond two years), and building on the actions above, the following actions are proposed to continue progressing towards the long-term outcomes:

- Ensure there are quality assured curricular support resources available in all educational establishments, and teacher training and support is provided as required. This should include all aspects of the food system including diet, nutrition, food choices, growing food and reducing food waste.
- Explore approaches to allow more flexibility in the use of funding allocated for free school meals to ensure that the young people entitled to this access it and secure maximum benefit.

- Encourage and share good practice examples of partnership working between schools and community food groups across the city.
- Review and evaluate our approach to supporting families with young children who are at risk of being overweight.



Figure 14. School Horticulture session

8.0 Consultation process

Individuals, businesses and organisations of Glasgow are invited to submit views on this draft using their knowledge and expertise about what works and what more is needed to move towards a fairer, healthier and more sustainable food system. The consultation closes **on 22nd December 2020**.

You can participate in the consultation by:

- filling in the online form hosted in Glasgow City Councils [consultation hub](#)
- feeding back to us at one of our consultation events. You can find more information on events coming up on Glasgow Food Policy Partnership website.

It is important that the final version of this Food Plan belongs to Glaswegians.

There will also be a series of consultation and engagement events throughout the consultation period. Details and registration will be available on the GFPP website www.goodfoodforall.org.

9.0 Consultation questions

Please answer as many or as few questions as you wish. All consultation responses will be read by Glasgow City Food Plan Project Team. Responses from businesses and organisations will be published online, however you can request that your business or organisation remains anonymous.

1. How can we improve the 'Food Poverty – Fair Food for All' section and action points?
2. How can we improve the 'Community Food' section and action points?
3. How can we improve the 'Food Procurement and Catering' section and action points?
4. How can we improve the 'Food Economy' section and action points?
5. How can we improve the 'Environment & Food Waste' section and action points?
6. How can we improve the 'Children & young people' section and action points?
7. We hope to draw up a 'top 10' list of how the people of Glasgow can support the Food Plan. What could you do to support the Food Plan?
8. Is there anything else you would like to feed back?
9. Are you responding as an individual, organisation or business? If an organisation or business please could you provide more information, and your contact details if you are happy for us to get in touch with you.

We will publish all responses from businesses and organisations online. Do you wish your business or organisation to be named, or would you prefer for your response to remain anonymous?

If you are representing a business or an organisation that has not already contributed to the Glasgow City Food Plan: Would your organisation like to be involved future work on the food Plan? Or are there any actions already noted that you feel you could support?

If you are responding as an individual: we use the following information for equalities monitoring and analysis purposes only. Providing this information is optional (as with answering all the other questions):

- First half of your postcode e.g. G71

- Which of the following describes how you think of yourself? Options: male, female, in another way
- Age group
- Ethnicity
- Disability

Appendix 1. Glossary.












Word/Term	Definition
Agroecology	Farming that centres on food production that makes the best use of nature's goods and services while not damaging these resources.
Biodiversity	The existence of a wide variety of plant and animal species in their natural environments at a particular time.
Circular economy	An economic model in which resources are kept in use at the highest level possible for as long as possible in order to maximise value and reduce waste, moving away from the traditional economic model of 'make, use and dispose of'.
Carbon neutral	Measures which remove the same amount of carbon dioxide from the environment as they release into the environment.
Climate change	A large scale, long-term shift in the planet's weather patterns or average temperatures. Characterised by higher temperatures, rising sea levels, changing rainfall and more frequent, extreme severe weather incidents.
Community garden	A community garden is any piece of land (publicly or privately held) that is cultivated by a group of people rather than a single family or individual. Unlike public parks and other green spaces maintained by local governments, community gardens are generally managed and controlled by a group of unpaid individuals or volunteers – usually the gardeners themselves.
Community meal	An opportunity for people within specific areas to meet, cook and eat together. Meals and food are generally donated and cooked/prepared by unpaid volunteers. Meals are either provided at a low cost or free of charge.
Foodbank	A non-profit charitable organisation or group of volunteers who collect and then redistribute food to those who have difficulty purchasing/accessing sufficient quantities to avoid hunger.
Food desert	A locality with limited access to nutritious, fresh affordable food.

Food economy	Anyone involved in growing, production, distribution and consumption of food
Food insecurity	As in the Dignity ¹² report, in this document 'food insecurity' is used as a broad term to describe circumstances when people are worried about not having adequate amounts, or the means to access, nutritious food for themselves and their families. This includes 'food poverty' which describes occasions when lack of food results in people going hungry because of a lack of resources.
Food literacy	The positive relationship built through social, cultural and environmental experiences with food enabling people to make decisions that support health and ecology.
Food poverty (also see definition of food insecurity above)	In this report the term 'food poverty' is used to describe the specific circumstances when lack of food results in people going hungry because of a lack of resources. We include food poverty in the broader definition of food insecurity.
Food system	It involves all the processes needed to feed a population, from growing or producing food, to its distribution, to getting rid of waste.
Food waste	Food that is no longer deemed fit for human consumption.
Good Food	Food that is good for society, for health, for the environment and for the economy; it should be affordable, accessible, tasty and nutritious, good for the planet and good for those who work in the food industry
Inequality	The difference between people or groups in society, with some people having greater social status, wealth and access to opportunities etc.
'Local food'	For the most part in this document, the food that is produced in Scotland. However, wherever possible Local Food should be food that aims to shorten supply chains as much as possible – e.g. Glasgow or peri-urban grown.

Net annual household income	The term net annual household income refers to earnings (i.e. after taxation and other relevant deductions) from employment, benefits and other sources that is brought into the household by the highest income householder and/or their spouse or partner. This also includes any contribution to household finances made by any other household members.
People	Citizens; business community including social enterprises; those who purchase food and those visiting the city.
Peri-urban agriculture	Food production on the edge of city boundaries.
Procurement	The process often used by organisations/business in the sourcing and purchasing of goods and services. Each individual business will generally have set guidance or policies that govern their choice of suppliers and the methods that will be used to communicate with them and so on.
Resilient	The ability to prepare for and adapt to changing conditions and withstand and recover rapidly from disruptions. Resilience includes the ability to withstand and recover from deliberate attacks, accidents, or naturally occurring threats or incidents.
Surplus food	Food in the supply chain that has not been sold or eaten but is still fit for human consumption.
Sustainable	The quality of not being harmful to the environment or depleting natural resources, and thereby supporting long-term ecological balance.

Appendix 2. Relevant strategies and policies.

There are lots of policies, strategies and initiatives that are seeking to improve different elements of the food system, addressing health or food inequality, food waste or hospitality. Listed below are those that could help Glasgow make progress with the Food Plan. Theme symbols indicate which themes they are most relevant to.

    Food system
<p>Good Food Nation: Programme of Measures⁵⁵ outlines and explains the commitment to the concept and reality of Scotland as a Good Food Nation.</p>
   Public health
<p>Turning the Tide Through Prevention⁵⁶. NHS Greater Glasgow and Clyde's strategy on Public Health 2018 – 2028 sets out NHSGGCs aspiration to deliver a coordinated approach to public health over the next ten years. This focuses on the prevention of ill health and the improvement of wellbeing.</p>
  Poverty reduction
<p>The Scottish Government committed Scotland to the UN Sustainable Development Goals in July 2015. These are global goals and targets which many countries are aiming to achieve by 2030. A number of these are relevant to the Food Plan including commitment to eliminate hunger and food insecurity and responsible consumption and production.</p> <p>Glasgow City Council's Financial Inclusion Strategy⁵⁷ 2010-2025 sets out the Council's approach to supporting financial inclusion service providers across the city. Over £4 million a year is allocated to a range of focused and targeted approaches across the city.</p> <p>Glasgow's Local Child Poverty Action Plan Report has been compiled jointly by Glasgow City Council and NHS Greater Glasgow and Clyde in response to the new duty placed on key public sector agencies through the Child Poverty (Scotland) Act 2017. The plan describes existing, planned and new work to reduce child poverty in the city.</p>
  Food insecurity
<p>Dignity: Ending Hunger Together⁵⁸ (2016) is the report of the Independent Working Group on food poverty in Scotland. The Working Group was established to consider the issues surrounding food poverty in Scotland and make recommendations to the Scottish Government on further actions that could be taken to eradicate food poverty. Its report Glasgow City Council's Food Inequality Inquiry 2018 to 2019⁵⁹ set out to understand food inequality in Glasgow and look at</p>

the further steps and longer term solutions that the city could implement to prevent food inequality.

[The Children's Future Food Inquiry](#)⁶⁰ published its report in 2019. This focuses on the food situation of children living in poverty across the UK.



Food growing

Under the Community Empowerment Act 2015, all Scottish Local Authorities are required to produce a Food Growing Strategy for their area. The [Glasgow Food Growing Strategy](#) is scheduled to be delivered during 2020.



Procurement

[Glasgow City Council's Procurement and Improvement Strategy](#) 2018 to 2022 outlines that it will continue to look for opportunities to include local and sustainable food wherever possible in schools, facilities, venues and to meet social care requirements; focus on nutritional quality, health and wellbeing, minimising environmental impact such as packaging and sourcing as well as the application of appropriate animal welfare standards in accordance with all relevant legislation.

[Glasgow City Council Community Benefit Policy](#) requires community benefit clauses to be included in all goods and services contracts worth over £50,000. These have been applied to Scotland Excel food contracts on a local authority basis; examples include work experience and apprenticeships, sponsorship of local community projects and charities, food donations to local food banks and supply chain briefing/ business mentoring for Small and Medium Enterprises (SMEs).

Public procurement is governed by EU procurement legislation; countries of origin cannot be stipulated in food tenders.

Scottish procurement legislation and regulation allows for consideration of technical issues such as supply chain traceability, reducing food waste, recycling of packaging, reducing food miles.



Economy

[Glasgow's Economic Strategy](#)⁶¹ 2016-2023. The aim of this strategy is to make Glasgow the most productive major city economy in the UK.

[Circular Glasgow: A vision and action plan for the city of Glasgow](#) advocates a fundamental change in our current economic system, reducing the environmental burden on the planet. For cities, the circular economy is a way to improve the quality of life for citizens by creating jobs and spurring innovation, while reducing the resources needs⁶².

[Roots to Market: A Sustainable Local Food Economy in Glasgow](#) works to demonstrate that there is a need to support the emergence and development of a sustainable local food economy^{63,64}.

To 2023 [Growing the Local Food Economy in Scotland](#) is a report based on a survey of local food businesses in Scotland undertaken in 2014⁶⁵.

[Glasgow's Tourism and Visitor Plan to 2023](#) outlines plans to increase the number of tourists to Glasgow from 2 million to 3 million per year. There is a great opportunity to build a high quality food offer that is attractive to tourists that supports a sustainable, local food system⁶⁶.



Healthier diets

[A healthier future: Scotland's diet and healthy weight delivery plan](#)⁶⁷ sets out how we will work with partners in the public and private sector to help people make healthier choices about food. Outcome 1 is “Children have the best start in life – they eat well and have a healthy weight”. The commitment to halving childhood obesity in Scotland by 2030 is a deliberately bold ambition.



Food waste

In 2016, the Scottish Government's [Making Things Last strategy](#) included several relevant targets: to reduce per capita food waste in Scotland by 33% (from 2013 levels) by 2025; a ban on municipal biodegradable waste going to landfill by 1 January 2021; and no more than 5% of all waste by 2025⁶⁸.

[The Courtauld Commitment](#) can be signed up to and is a voluntary agreement with UK industry, retail and hospitality to achieve a 20% reduction in food waste by 2025⁶⁹.

[Glasgow's Economic Strategy](#)⁷⁰ 2016-2023 says: “We will develop a strong circular economy, becoming one of the world's most sustainable cities. Working with the Glasgow Chamber of Commerce and Zero Waste Scotland, we will develop the principles of reducing, re-using, recycling and recovering materials in the production, distribution and consumption processes, ultimately improving product quality, creating jobs and shaping a more environmentally-friendly and future-proofed city. In doing this we will also work to support the Council's Climate Emergency Working Group the aim of which is to build a greener economy.”⁷¹

Glasgow City Council's [Plastic Reduction Strategy](#) was agreed on 23rd January 2020. Within the strategy “the guiding vision is for the city to remove all unnecessary plastics by 2030 – with an intermediate step to phase out all single use plastics by 2022.”⁷²



Schools

The [Food for Life Programme](#)⁷³ is funded by the Scottish Government and supports the provision of more [sustainable](#), locally sourced, healthier food being served in schools.

A [Food Policy for Glasgow Schools](#)⁷⁴ outlines the plan for school meals in all educational establishments within Glasgow City Council.

[Review of Nutrition Requirements for Food and Drink in Schools \(Scotland\) Regulations 2008](#)⁷⁵ undertook a review of the existing School Food and Drink Regulations (Scotland) 2008, which sought to provide evidence-based recommendations to progress school food further towards the Scottish Dietary Goals (SDGs). The primary focus of the TWG was the health and wellbeing of children and young people.

[Schools \(Health Promotion and Nutrition\) Scotland Act](#): Health promotion guidance for local authorities and schools: “Guidance to support local authorities, schools and managers of grant-aided schools in working with partner agencies to ensure that all schools promote good health.”⁷⁶

The [National Improvement Framework and Improvement Plan](#) for Scottish education is designed to help deliver the twin aims of excellence and equity in education. This document serves as the single, definitive plan for securing educational improvement. It takes into account the information on the [national improvement framework interactive evidence report](#).

[Getting it Right for Every Child](#) is a Scottish Government Policy that sets out a way for families to work in partnership with people who can support them, such as teachers, doctors and nurses.

[Better Eating, Better Learning](#) sets the agenda for the coming decade to help drive further improvements to school food and children and young people’s learning about food and its contribution to their overall health and wellbeing.

[Learning for Sustainability](#) are Scotland’s Regional Centre of Expertise on Education for Sustainable Development, acknowledged by the United Nations University.

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Castlemilk Law Centre	Glasgow Social Enterprise Network (GSEN)
Chamber of Commerce	Glasgow University Environmental Sustainability Team (GUEST)
City of Glasgow College	Green City Wholefoods
City Property	Human Nutrition, University of Glasgow
Community Food and Health Scotland	Locavore
Fareshare	Menu for Change
Food Bank Forum, Glasgow City Council	NHS Greater Glasgow and Clyde
Food for Life, Soil Association	Nourish Scotland
Glasgow Allotments Forum	Our Lady of the Rosary Primary School
Glasgow Centre for Population Health	
Glasgow City Council	Parkhead Housing Association

Partnership for Procurement

Poverty Leadership Panel

RSPB

Senscot

Scottish Enterprise

Scotland Excel

Scottish Grocer's Federation

South East Foodbank

St Paul's Youth Forum

Unison

Unity Enterprise

Urban Roots

Wheatley Group

Zero Waste Scotland

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www.gov.scot/binaries/content/documents/govscot/publications/independent-report/2018/06/food-drink-schools-nutrition-requirements-review/documents/00536124-pdf/00536124-pdf/govscot%3Adocument/00536124.pdf.

⁷⁶ Scottish Government, Schools (Health Promotion and Nutrition) Scotland Act: Health promotion guidance for local authorities and schools, 1-23. <https://www.gov.scot/publications/schools-health-promotion-nutrition-scotland-act-health-promotion-guidance-local/pages/4/>.