

## Glasgow City Food Plan Development Day

9<sup>th</sup> December 2019, Tontine Building

### Summary Notes from the Food Poverty/Insecurity Group

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#### Exercise 1

Is there is particular data or evidence missing from the briefings sent around/information presented.

Are there any additional policies or strategies that influence the food system that we need to include in our discussions.

Do we know where/how to fill these gaps

- Evidence and Data missing around referrals and use of foodbanks.
- Profile of those using foodbanks, Wheatley Group reported that there seems to be higher usage amongst single adult households, particularly those with mental health issues.
- Is there a link between Isolation Loneliness and Food Bank usage.

#### Additional Policies or Strategies

- We should look at enhanced training for those who refer people to a foodbank to ensure that a more holistic approach is taken to resolving the underlying issue.
- Increase support for those at the front end of dealing with immediate food crisis such as Health care professionals, Social Workers, WRO's etc.
- Large piece of work required to understand and improve the complex pathways and referral networks between foodbanks and financial inclusion services, DWP etc.
- Engage with the Food Insecurity agenda through the Food Plan.

#### Learning from Deep End GP projects and Link Work Service

- Look at potential opportunities within the Link Worker Service and Deep End GP Practises to ensure that professional feel able to raise the issue of food insecurity with vulnerable people. In particular, best practise examples of WRO based within GP Surgery who can provided immediate support.
- Requirement to improve the connectedness with GP, Link Worker, Foodbanks and FI agencies.

### **Improve Glasgow's Food Crisis System**

- A real need to acknowledge the issue and provide more options for people who find themselves in food crisis: such as community fridges, food co-ops, lunch clubs, community cafes, peer training, neighbourhood cooking classes. (Get Shopping, Get Cooking/Community Pantries etc. but must be careful to reduce stigma by maybe making these available to all).
- Give communities the power of choice in order to reduce stigma. Empower local people and communities to design the solutions that work locally to improve health and provide access to healthy, affordable food choices.
- Pantries to become good quality Community Shops that can be accessed by anyone who is a members. Careful branding of shops to ensure quality produce: Glasgow Brand for a network of pantries in the city.
- Ambition for pantries to become thriving Social Enterprises with sense of ownership developing within the community. Opportunities for training, volunteering, work placements etc.
- Housing Associations/Credit Unions etc. could develop 'Pay it Forward Systems' or holding reserve funds for clients who have difficulty budgeting (funds ring fenced and budgeted for food).
- High levels of inappropriate referrals to food banks, when early intervention from Financial Inclusion Agencies could have helped to avoid crisis points

### **Improved Attitudes to How we shop, cook and eat**

- Attitudes, behaviours and knowledge around food shopping, preparation and consumption, the basics of how communities and individuals use food need to be improved.
- Low levels of people buying locally, reduced numbers cooking at home, lack of variety of foods cooked at home.
- More education required to promote food as a way of bringing communities together and more events aimed at promoting the social/fun side of cooking are required.
- Place more value on families cooking at home together, to learn and pass on traditional cooking skills.

## Exercise 2:

- Suggestion that something should be included in the vision that relates to improving social aspects of making, buying and cooking food. Promote the idea of enjoying the experience of cooking and the links between this and improved health and well-being.

### Short Term Outcomes: Discussion

- Income maximisation and promotion of the Living Wage; campaign to raise awareness of the rate of LW in Glasgow.
- Look at any data that could identify and areas of high levels of deprivation in the city such as Child Poverty data. Is there any opportunity to increase support or concentrate efforts on these areas of high level deprivation?
- Glasgow has high levels of people who do not access any support services. Raise awareness of the types of support available in the city. Identify non-services users and review reasons behind this.
- Is there a need to identify an objective level of food poverty, (similar to the marker set to identify those in fuel poverty)? If critical level of food poverty set then this could provide a gateway to access support.
- Food Insecurity scale; how do we currently use this (money alone will not provide a solution for many families)
- Develop a baseline for what people typically spend their household budget on (Is this information already available?)
- Long term vision for the pantries to ensure increased holistic support for members which would include cooking, shopping, training, recipe cards, cooking utensil library, weight management etc.

2.B

### Potential Short Term Outcomes for the Fair Food Theme:

- Review and Improvement required of the referral network for Emergency Food Aid. This work should include DWP, Financial Inclusion Sector and Scottish Welfare Fund. Menu for change can advise on improvement work undertaken in other areas of the

country. Scottish Welfare Fund is not the only solution however and there is a need to improve the food crisis system.

- Improve the knowledge around the availability of food, provide update information on the foodbanks, community cafes, food aid provision across the city. (Urban Roots Directory of Services)
- Consider adapting the Money Advice Tool developed by Menu for Change. The tool alone is not the solution and would require significant co-production and development to make this suitable for Glasgow.
- Training and support for front line support staff and also training to raise awareness and reduce stigma. This could be a “bolt-on” in the first instance to anti-stigma training that is already given to Housing, Healthcare and other professionals. However this training could also be extended to education staff, Social workers, employers, GPs, Youth Workers, MCR Coaches, Council Staff, and Managers etc.
- Consider a holistic approach to developing the proposed network of pantries and the Rose Voucher Scheme.

#### Barriers Identified

- Development work required with foodbanks
- Engagement with major supermarkets
- Limited influence over employers and payment of living Wage
- In work poverty issues (zero hour's contracts etc.)
- Welfare reform and scale of problems
- Lack of funding

#### **Exercise 3 :**

For each short term outcome identified in exercise 2,

- think about who needs to be involved,
  - who might be appropriate to take the lead/responsibility and
  - consider what the resource implications might be
1. It is important to review how the Food Industry operates in our poorest areas. What sort of powers does the Local Authority/Planning have to stop the clustering of health damaging service providers? In the development of the new planning act is there any opportunity to make food a main consideration.
  2. Development of the Money Advice Tool to make it fit for purpose in Glasgow. Important to develop in partnership with relevant agencies and involve those with lived experience. Not just the tool that needs development but for a more strategic approach to our response to Food Crisis across the city.

3. Review referral protocol across the City, ensuring that agencies work together to develop appropriate response to address immediate issues and put in place steps to also address underlying issues of food poverty.
4. Rose Voucher Scheme: Holistic Support also available to the families in addition to the vouchers for the scheme
5. Develop a directory of provision (Urban Roots Website).
6. Develop a package of training for the new referral system and to raise awareness and reduce stigma related to food poverty. Ensure professional are not afraid to raise the issue of food insecurity and when the issue is raised they are fully aware of how to provide appropriate support.
7. Development of the pantries network to provide a range of holistic support services for members
8. Food Desserts: review of planning for affected arrears. Potential solution lies within communities, what do local communities need and want.
9. Communities to be involved in the development of any solutions.

**Other Issues that may apply across other themes:**

10. Education is vital: Food, Budgeting, and Healthy Eating, Shopping etc.: where is this reflected in the national curriculum?
11. Food Poverty/Healthy Eating/Weight Management: how is this connected with Glasgow Life Weight Management/Glasgow Club Offer
12. Get Cooking, Get Cooking Classes: these could be more targeted to specifically address food poverty in areas of high deprivation.
13. Supply Chain: Local produce used locally? Could Cordia help with this (for example food that is going to waste in locally shops/cafes/Council premises etc. is identified and taken on a daily basis to community hubs etc. Food available from local gardeners/allotments (Fruit Trees at Gartnavel?)