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Good Food Nation – but 1 in 11 worry about running out of food

New figures released today by the Scottish Health Survey show stark differences in people's ability to put food on the table. This casts a shadow over Scotland's ongoing ambition to be a Good Food Nation.

Data from 2017-19 shows Glasgow among the worst-affected areas, with around 13% of people saying they worry about running out of food. These rates are three times higher than some other parts of Scotland.

The overall average of 9% households being worried about running out of food is still far too high – and the pandemic has increased inequalities further.

In the least affluent areas of Scotland, one in every six households worries about running out of food, compared to one in thirty in the most affluent areas.

With the cost of living crisis already impacting families, strong action by UK and Scottish Governments is needed to prevent food insecurity becoming deeper and more widespread, causing long-term damage to health and wellbeing, especially for children.

Riikka Gonzalez from the Glasgow Food Policy Partnership said:

“Food insecurity is a major public health concern, in Glasgow and across Scotland. We know from working with organisations and communities in the city that running out of food is a big worry for too many people. The Glasgow City Food Plan launched last year aims to address this by helping people to maximise their income, so that they can better afford to buy the food they need.”

Pete Ritchie director of Nourish Scotland said:

“These figures show we're a long way from living in a Good Food Nation. With the Good Food Nation bill going through Holyrood just now, there's an opportunity to put the right to food at the heart of the Government's response, and build a Scotland where everyone can afford the food that keeps them healthy and well.”

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Notes:

- Scottish Health Survey <https://scotland.shinyapps.io/sg-scottish-health-survey/>

- Good Food Nation briefing <https://www.nourishscotland.org/wp-content/uploads/2021/10/GFN-Bill-Briefing.docx>
- Suggested image: <https://www.shutterstock.com/image-photo/fridge-interior-almost-empty-due-economic-1698007780>