

Response to the National Performance Framework consultation

By the by the Glasgow City Food Plan Food Education working group

June 2023

We participate in a Food Education working group as part of the Glasgow City Food Plan.

Formally launched in 2021 with a 10-year scope, the Plan was developed by Glasgow Food Policy Partnership together with Glasgow City Council, the NHS, Glasgow Community Food Network and a wide range of other partners.

It aims to help accelerate progress towards a better food system in Glasgow by making sustainably-produced, healthy food available to everyone in an equitable way.

When it was launched, the CFP had 76 actions covering 6 broad themes:

- food poverty & fair food for all;
- community food (linking with Glasgow's Food Growing Strategy);
- food procurement and catering;
- food economy;
- environment & food waste;
- children & young people.
- This year we established a seventh group to look specifically at the actions relating to food education, with a view to bringing greater coordination to the range of food education opportunities in Glasgow that support the development of a more sustainable food system.

There is clear resonance between Glasgow's Food Plan and Scotland's National Performance Framework. Both present long-term visions for a flourishing economy, society and environment; both at national and local level. Both focus on key strategic areas for moving towards this goal and both are rooted in wellbeing and community. It is nonetheless striking that, despite the considerable overlap between the themes of the Food Plan and the Outcomes of the NPF, there is little to no explicit mention of the pivotal role that food has to play in the latter.

With the passing of the Good Food Nation Act last year, the imminent formation of a Food Commission, and requirements for both the Scottish Government and Local Authorities to produce a National Food Plan and Local Food Plans by 2024 and 2025 respectively, food is high on the political agenda in Scotland. It is also a source of worry: a decade of austerity, the Covid-19 pandemic and the current cost of living crisis (food inflation was at 19% in April this year) have contributed to escalating levels of food bank use, food insecurity and child (food) poverty. Diet and access to healthy food play a major role in Scotland's mental and physical health; how we farm, fish and produce food accounts not only for a huge proportion of our economy but impacts on our environment - and informs efforts to reduce our carbon footprint and restore biodiversity.

As these few points indicate, food can be seen as being at the nexus of our most pressing national and local concerns. It is instrumental in achieving social and environmental justice and in extending sustainability as a cultural value from nature to business, education and communities. Rather than inserting food into any of the indicators or goals of the NPF, we

think a holistic approach to food is of paramount importance and propose a holistic inclusion of food across the Framework.

Some of our suggestions for this are outlined below:

1. Human Rights:

- a. Public services treat people with dignity and respect e.g. access to food/food banks
- a. Quality of public services: is decent food - i.e. high quality, nutritious, sustainably produced and appetising - available in schools/care homes/hospitals?
- a. Influence over local decisions: the availability and affordability of food provision in our many and varied communities across Scotland.

2. Culture

- a. Attendance at cultural events or places of culture: food as a means of cultural expression, celebration and cohesion between cultures and communities
- a. Participation in a cultural activity: a pride and passion for engaging with and celebrating traditional and new Scots cuisine
- a. Growth in cultural economy: food as an extension of cultural events; linking with all of the other Outcomes
- a. People working in arts and culture: Scotland's vibrant food industries and the jobs and local economies they support, being seen as an integral part of cultural life across Scotland

3. Environment:

- a. Waste generated: food-related plastics/litter and post-consumer/industry food waste impact adversely on the environment
- a. Sustainability of fish stocks: awareness of food choices and food industry impact
- a. Biodiversity: farming practices and environmental impact, including greenhouse gas emissions (e.g., methane) and soil health
- a. Marine environment: plastic litter, over-fishing, the links between food production and the need to support fragile local economies
- a. Visits to the outdoors: engaging Scots with where their food comes from and a greater appreciation of the impact that food has on our landscape, environment and the communities living there.

4. Health

- a. Healthy life expectancy is influenced by dietary health
- a. Mental wellbeing: [including social isolation](https://consult.gov.scot/equality-unit/connected-scotland/user_uploads/sct10172468081-3.pdf) (https://consult.gov.scot/equality-unit/connected-scotland/user_uploads/sct10172468081-3.pdf)
- a. A healthy weight (neither under- nor over-weight) requires an adequate quantity of nourishing food
- a. Health-risk behaviours: physical activity is supported and complimented by a healthy diet
- a. Quality of care experience: food provision in care homes/hospitals/personal homes should be nourishing and appetising
- a. Work related ill-health: can be related to dietary ill-health, impacts on individual income and wellbeing (creating a vicious circle) as well as the local economy
- a. Premature mortality: life-long dietary ill-health also a factor

All of the above relate broadly to food. Access to healthy and affordable food predicts a healthy weight, healthy life expectancy, and mental wellbeing. Reliance on cheaper foods

that are typically ultra-processed, high in fat/salt/sugar and low in essential micronutrients is a health-risk behaviour which many cannot avoid.

5. Fair Work & Business

- a. The number of businesses
- a. High growth businesses
- a. Innovative businesses
- a. Economic participation
- a. Employees on the living wage
- a. Pay gap
- a. Contractually secure work
- a. Employee voice
- a. Gender balance in organisations

All of the above relate to food. The food and drink industry [employs around 27% of the Scottish workforce](https://www.fdfscotland.org.uk/dfd/business-insights-and-economics/facts-and-stats/) (<https://www.fdfscotland.org.uk/dfd/business-insights-and-economics/facts-and-stats/>): across [all aspects of the supply chain](https://tastycareers.org.uk/map) (<https://tastycareers.org.uk/map>).

6. Education

- a. Educational attainment
- a. Confidence of children and young people
- a. Resilience of children and young people
- a. Work place learning
- a. Engagement in extra-curricular activities: e.g. food-growing/cooking/eating activity
- a. Young people's participation
- a. Skill profile of the population
- a. Skill shortage vacancies
- a. Skills under-utilisation

Food impacts on all of this before, during and beyond school years. More information can be found here: [Better eating, better learning: a new context for school food](https://www.gov.scot/publications/better-eating-better-learning-new-context-school-food/) (<https://www.gov.scot/publications/better-eating-better-learning-new-context-school-food/>)

7. Children

- a. Child social and physical development
- a. Child wellbeing and happiness
- a. Children's voices
- a. Healthy start
- a. Quality of children's services
- a. Children have positive relationships
- a. Children's material deprivation

Again, food impacts on all of these. An example of joined-up action and impact on this was the 'Food, Families, Futures' work done by [Children in Scotland](https://childreninScotland.org.uk/food-families-futures/) (<https://childreninScotland.org.uk/food-families-futures/>)

8. Communities

- a. Perceptions of local area: is easy access to quality food part of this? Or not?

- a. Loneliness: food has a key part to play in combating this; particularly through intergenerational activity such as evidenced here: [Food for Life Scotland – Bringing Generations Together | The Age Scotland Blog \(wordpress.com\)](https://agescotland.wordpress.com/2016/08/08/food-for-life-scotland-bringing-generations-together/) (<https://agescotland.wordpress.com/2016/08/08/food-for-life-scotland-bringing-generations-together/>)
- a. Perceptions of local crime rate
- a. Community land ownership
- a. Crime victimisation
- a. Access to green and blue space: including interaction with this space through e.g. food-growing activity.
- a. Places to interact: the power of food - growing, cooking and eating - as a medium through which to achieve this: e.g. some of the work being undertaken by Greener Kirkcaldy: [Food & Growing - Greener Kirkcaldy](https://www.greenerkirkcaldy.org.uk/what-we-do/food-growing/) (<https://www.greenerkirkcaldy.org.uk/what-we-do/food-growing/>)
- a. Social capital: food is a truly inclusive medium through which to build and celebrate this:e.g. [Edinburgh Syrian refugees host Supper Club event in heart of the capital](https://www.edinburghlive.co.uk/best-in-edinburgh/restaurants-bars/edinburgh-syrian-refugees-host-supper-24448919) (<https://www.edinburghlive.co.uk/best-in-edinburgh/restaurants-bars/edinburgh-syrian-refugees-host-supper-24448919>)

9. Poverty

- a. Relative poverty after housing costs
- a. Wealth inequalities
- a. Cost of living
- a. Unmanageable debt
- a. Persistent poverty
- a. Satisfaction with housing
- a. Food insecurity

These relate very directly to food: the impact of the rising costs of ingredients; forced choice between heating and eating; reduced time to spend on cooking healthier food from scratch; impact of high energy bills on kitchen utilities; access to shops/transport costs; lack of space for eating together. See CPAG's [The effects of poverty](https://cpag.org.uk/child-poverty/effects-poverty) (<https://cpag.org.uk/child-poverty/effects-poverty>), GCFN's [Tackling food poverty with a city plan](https://glasgowfood.net/projects/covid-19-response-project) (<https://glasgowfood.net/projects/covid-19-response-project>), and [Chapter 4 Diet and Food Insecurity - The Scottish Health Survey 2021 - volume 1: main report - gov.scot](https://www.gov.scot/publications/scottish-health-survey-2021-volume-1-main-report/pages/9/) (<https://www.gov.scot/publications/scottish-health-survey-2021-volume-1-main-report/pages/9/>)

10. International

- a. A positive experience for people coming to Scotland: Scotland's magnificent larder - world-renowned produce; which in turn supports many local economies. More here: [Scottish Food & Drink | VisitScotland](https://www.visitscotland.com/things-to-do/food-drink) (<https://www.visitscotland.com/things-to-do/food-drink>)
- a. Scotland's reputation: again, aligned to our reputation for quality food and drink exports/provision here in the country.
- a. Scotland's population
- a. Trust in public organisations
- a. International networks: 33% of our manufacturing output is food and drink-related.
- a. Contribution of development support to other nations: including international expertise on food-growing research, such as that being undertaken at [International | The James Hutton Institute](https://www.hutton.ac.uk/research/international) (<https://www.hutton.ac.uk/research/international>)

11. Economy

- a. Productivity: 33% of our manufacturing output is food and drink-related. [Facts and stats | The Food & Drink Federation \(https://www.fdfscotland.org.uk/fdf/business-insights-and-economics/facts-and-stats/\)](https://www.fdfscotland.org.uk/fdf/business-insights-and-economics/facts-and-stats/); equivalent to £10.3 billion.
- a. International exporting: food and drink accounts for £8.1 billion of annual exports.
- a. Economic growth: heavily reliant on our food and drink sectors.
- a. Carbon footprint: food has a key part to play in Scotland's journey to becoming a Net Zero Nation. [Eating Greener | Net Zero Nation \(https://www.netzeronation.scot/take-action/eating-greener\)](https://www.netzeronation.scot/take-action/eating-greener)
- a. Natural Capital: impacted heavily by food production.
- a. Greenhouse gas emissions: food production, distribution and consumption accounts for 31% of GGE worldwide. Food waste alone accounts for 8% of this.
- a. Access to superfast broadband
- a. Spend on research and development: £50 million per annum is dedicated by Scottish Government to food-related research: [Strategic Research Programme 2022 to 2027 - Environment, natural resources and agriculture - strategic research 2022-2027: overview - gov.scot \(www.gov.scot\) \(https://www.gov.scot/publications/environment-agriculture-and-food-strategic-research-2022-27-overview/pages/strategic-research-programme-2022-to-2027/\)](https://www.gov.scot/publications/environment-agriculture-and-food-strategic-research-2022-27-overview/pages/strategic-research-programme-2022-to-2027/)
- a. Income inequalities: food is a key aspect of household spend: but the impact of income inequality has repercussions for the types and frequency of food consumed. ([Chapter 4 Diet and Food Insecurity - The Scottish Health Survey 2021 - volume 1: main report - gov.scot \(https://www.gov.scot/publications/scottish-health-survey-2021-volume-1-main-report/pages/9/\)](https://www.gov.scot/publications/scottish-health-survey-2021-volume-1-main-report/pages/9/)).
- a. Entrepreneurial activity: 95% of Scotland's food businesses are SMEs. [Facts and stats | The Food & Drink Federation \(https://www.fdfscotland.org.uk/fdf/business-insights-and-economics/facts-and-stats/\)](https://www.fdfscotland.org.uk/fdf/business-insights-and-economics/facts-and-stats/)

These points are intended to indicate the resounding way in which food - all the way across its vast supply chain from agriculture, manufacturing, distribution and procurement to its consumption in public, household and catering environments - intersects with all the Outcomes around which our National Performance Framework is built.

We would like this holistic perspective to seriously inform the current consultation on updating the Framework, since both share in the desire to promote the wellbeing of our communities at local and national levels. We would be happy to further discuss and contribute to this process.