

1-5pm
Tuesday 25th November
Ferguson Room, A1 the Square
University of Glasgow

Bean based
buffet lunch

Presentations
and stalls

Full of Beans:

Beans in Glasgow one year on



Good food for all

GLASGOW FOOD POLICY PARTNERSHIP



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Full of Beans

Campaign aiming to get people in Glasgow to eat more beans

#GlasgowFullofBeans



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Rationale Behind the Campaign

Health

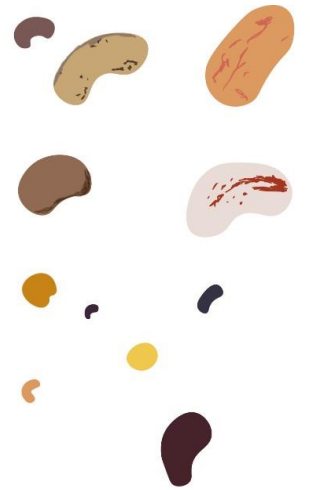
The Scottish diet is high in meat and processed food, low in fibre and vegetables.

Environment

The global food system is responsible for 30% of carbon em

Cost

UK experiencing cost-of-living crisis, cost of food rising.



Beans...

Health Environment

- Rich in dietary fibre, protein and micronutrients.
- Low in fat and calories.
- Good for heart and gut-health.

Environment

- Fix nitrogen, which enriches the soil and can help other plants flourish.
- Don't require a lot of water and sequester carbon in the soil.
- Can help reduce food waste.

Cost

- Budget-friendly and versatile.

Campaign Partners



Campaign Aims

- 🌱 sharing information on the environmental and health benefits of growing and eating beans;
- 🌱 demonstrating how to grow and cook beans;
- 🌱 encouraging caterers to include more bean-based dishes on the menu;
- 🌱 creating opportunities for different sectors and the general public to participate.
- 🌱 involving various growers across the city and encouraging people to grow and save seeds of interesting bean varieties

Furthering Aims of the Glasgow City Food Plan

- Improved access to healthy, affordable food and fewer people without the food they need.
- Increased understanding of the food system, especially its role in our health and environmental health.
- More opportunities for communities to enjoy cooking and growing together.
- Successful local food businesses which promote principles of sustainability.
- Increased availability and use of seasonal, locally grown and produced food in Glasgow.
- Improved health and wellbeing.
- More food produced in ways that are good for the environment
- Reduced greenhouse gas emissions arising from our food system.





The Scottish Government endorses Glasgow's 'Full of Beans' campaign.

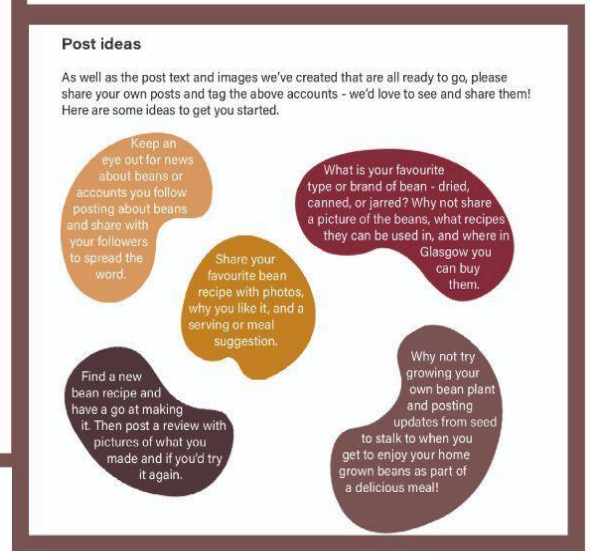
Incorporating more beans is a tasty and cost-effective way to a more nutritious diet and supports a sustainable food system. This campaign aims to encourage people to grow and eat more beans, get more beans on the menu and in our local shops. The campaign aligns with Scotland's Good Food Nation ambition for everyone in Scotland to eat well with reliable access to safe, nutritious, affordable, sustainable, and age and culturally appropriate food.

We hope many people and organisations across Glasgow will get involved with this innovative campaign.



What we did...

- Campaign Web-page
- Campaign Toolkits
- Online launch of the Campaign
- Podcast
- Flyers
- Social media campaign



Community and School Events

- Community Campaign Launch
- Educational Sessions in schools
- Art and craft sessions
- Cookery demonstrations
- Community meals
- Recipe cards



Bean Growing

- Recruited growers
- Made Willow Structures
- Sowed and harvested beans
- Encouraged seed saving
- Created a growing guide

**Glasgow
Seed
Library**



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Cookery lessons and recipe development



Glasgow
Kelvin
College

CITY OF GLASGOW
COLLEGE



#BEANSONTHEMENU Challenge

GATHERING
GROUND



SUNNY ACRE



CITY OF GLASGOW
COLLEGE

sprigg



Learning and Stories

- Story book
- Paper linking campaign to latest research
- Campaign video
- Evaluation

A YEAR FULL OF BEANS

Reflections on Glasgow's Full of Beans campaign and beyond.



Stories, recipes, and learning from the Glasgow Campaign

January – September 2024



University of Glasgow



Find out more: goodfoodforall.co.uk/projects/fullofbeans

Facebook - Glasgow Food Policy Partnership

X - @GlasgowFPP

Instagram - @goodfoodforglasgow

Linkedin - Glasgow Food Policy Partnership

Contact us: riikka.gonzalez@glasgow.ac.uk



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Full of Beans

Creating and evaluating a Glasgow-wide
campaign: encouraging bean consumption &
building bean knowledge

Dr Em Merrin May Armstrong

Riikka Gonzalez, Dr Helen Traill, Dr Ada Garcia,



Introduction



The Scottish diet is high in meat and processed food, and low in fibre and vegetables compared to the global average



Beans provide a healthy, affordable, and climate-friendly source of protein and fibre



The global food system is responsible for 30% of carbon emissions, the majority being from animal agriculture



But, there are numerous barriers to bean consumption, and little understanding of how these influence eating habits

Campaign aims



Share information on the health and environmental benefits of eating beans



Demonstrate how to grow and cook beans



Encourage chefs to include more beans on their menus



Create opportunities for people to get involved



Involve growers across the city to grow and save seeds

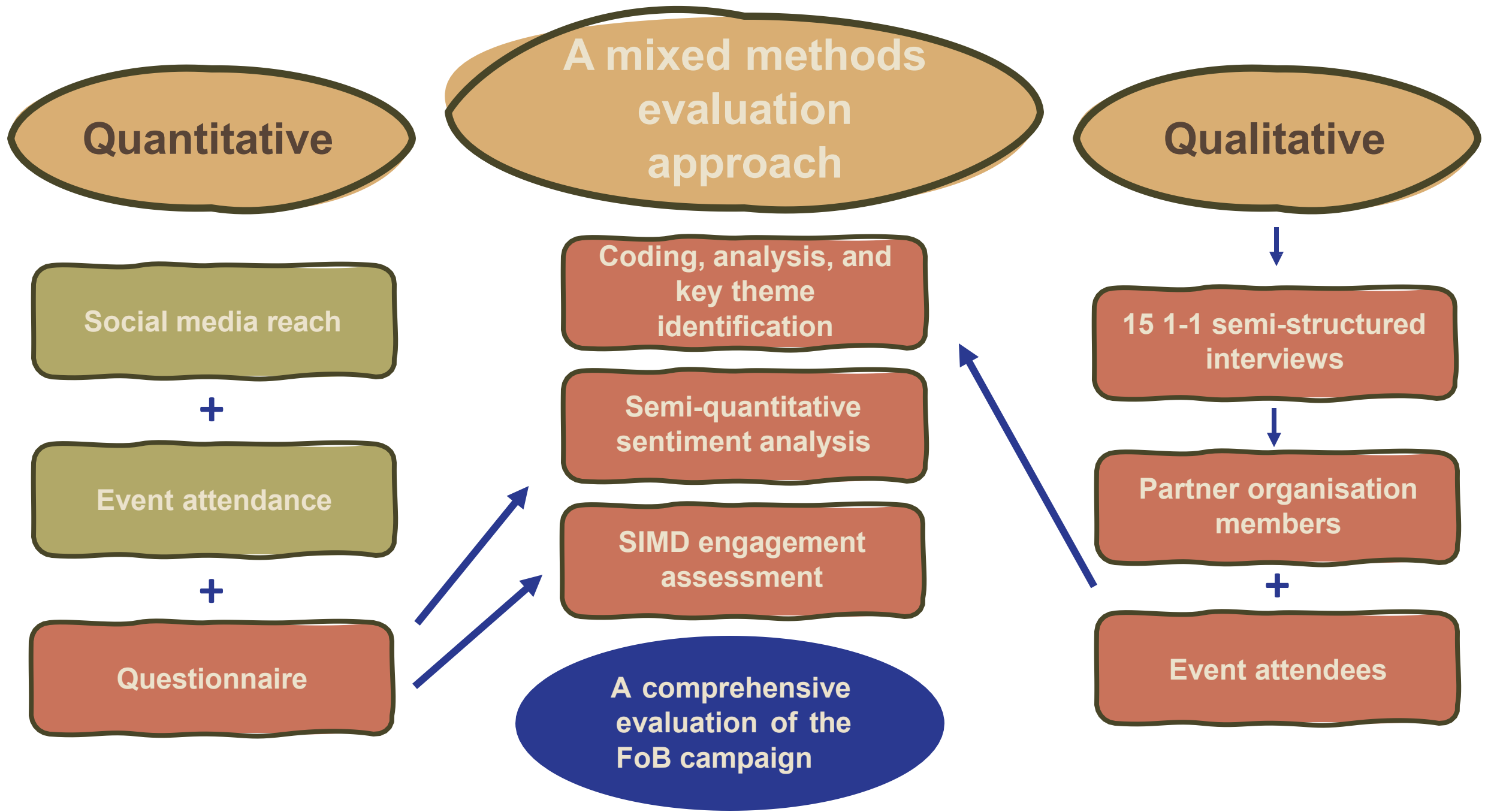


Evaluation: Understand bean barriers, bean sentiment, and campaign experiences

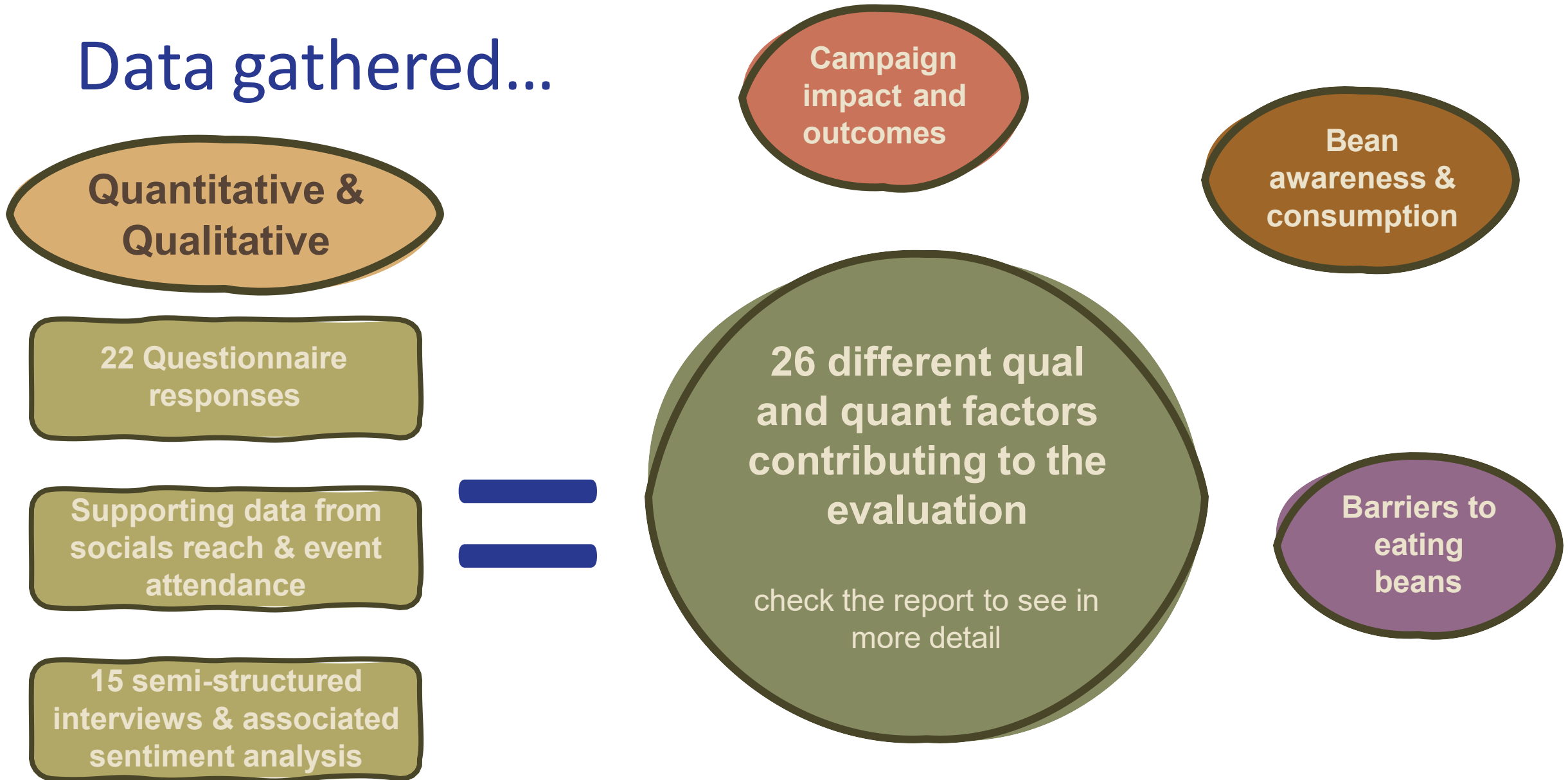


-  10 Campaign Partners
 -  8 #BeansOnTheMenu Participants
 -  FoB Public & Stakeholder events
- & 20+ stalls!**





Data gathered...



Campaign Impact & Outcomes

Platform	Instagram	Facebook	LinkedIn	X	Total reach
Reach	6709	7467	11705	13001	44154

Events	
Events	Number of Attendees
4 Talk and Training Sessions	149
11 Workshops	127
3 Education Focused Sessions	138
4 Stalls	48
Total	462



8 restaurants & caf  s put #BeansOnTheMenu



School menus set to change in Glasgow with more beans

4th July
 EAST END FOOD GLASGOW CITY COUNCIL GLASGOW CITY CENTRE NORTH GLASGOW SOUTHSIDE WEST END LOCAL GOVERNMENT
 GLASGOW SCOTLAND



Beans (Image: Beans)

By Sarah Hilley
 Local Democracy Reporter
 School menus are set to change in Glasgow to serve more bean dishes to children.

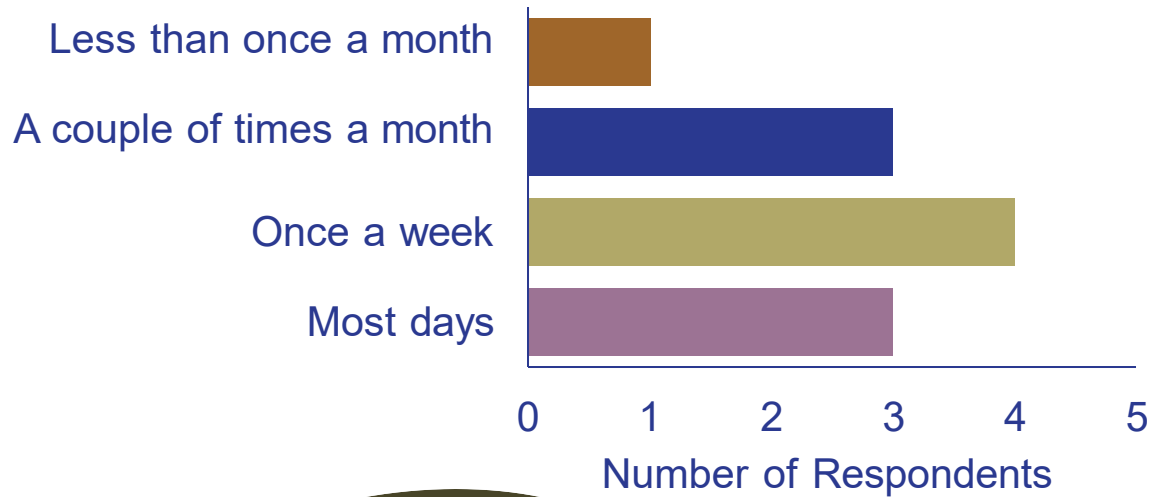
Daily bean meals for 37,000 students



“By the end of the month, [beans] were a really popular ingredient in the bowl. So we sold around 1200 portions over 25 days”

Building Bean Awareness & Consumption in Glasgow

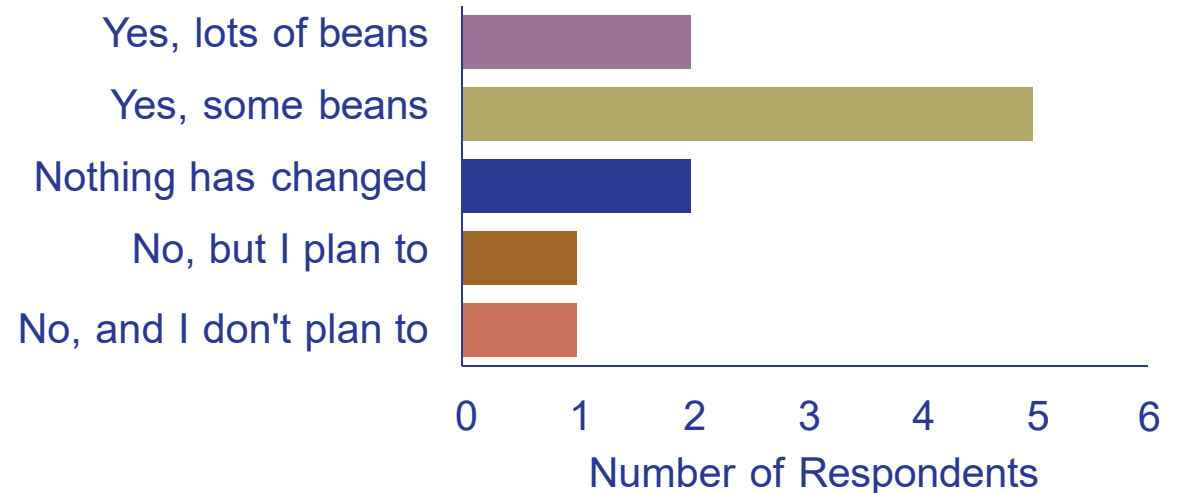
How often did you consume beans before attending a Full of Beans event?



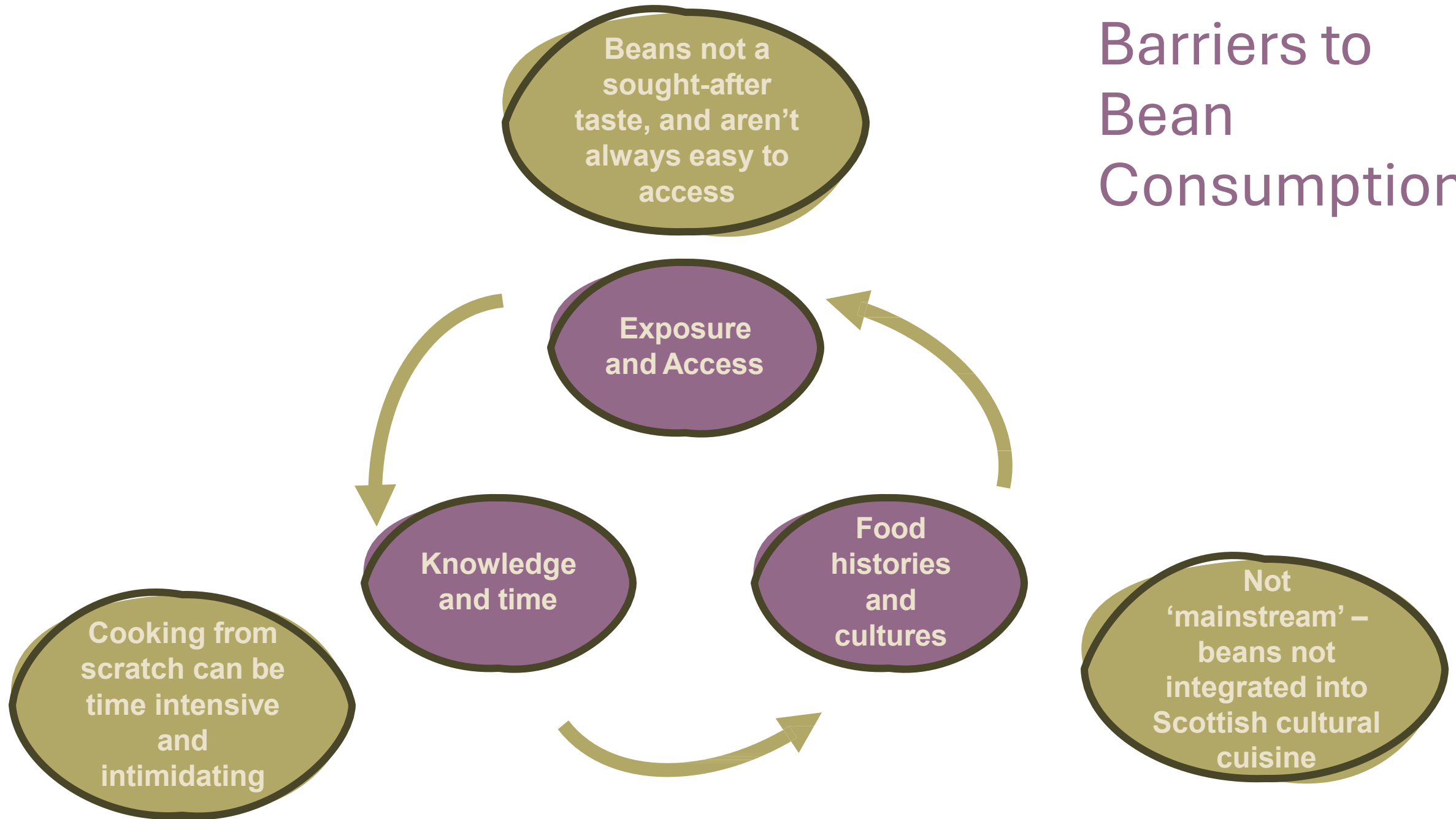
72% of people learned about the climate benefits of eating beans 'more' and 'much more' than before. 55% learned about how climate friendly beans are. 81% say the event helped teach people about the climate benefits of eating beans.

33% learned 'lots' of new things about beans. The first thing I made after the event was for a community kitchen, and it was a leek and butter bean soup. It had been demonstrated at the event how so tasty, and we served at a community kitchen at the Citizen Theatre. And everyone loved it.

Have you added more beans to your diet after attending a Full of Beans event?



Barriers to Bean Consumption



Successes

S



More people have used the communications toolkit than the get involved toolkit, but many plan to use both



Most attendees consider themselves adventurous or not picky eaters



The main barriers to eating beans are taste, digestion, cultural exposure, preparation time, and knowledge



Most respondents already ate beans and know their benefits, but fewer knew about their climate impact



Many added beans to their diet after an event, but some found dried beans inconvenient



Most attended an event to learn more or because it aligned with their interests



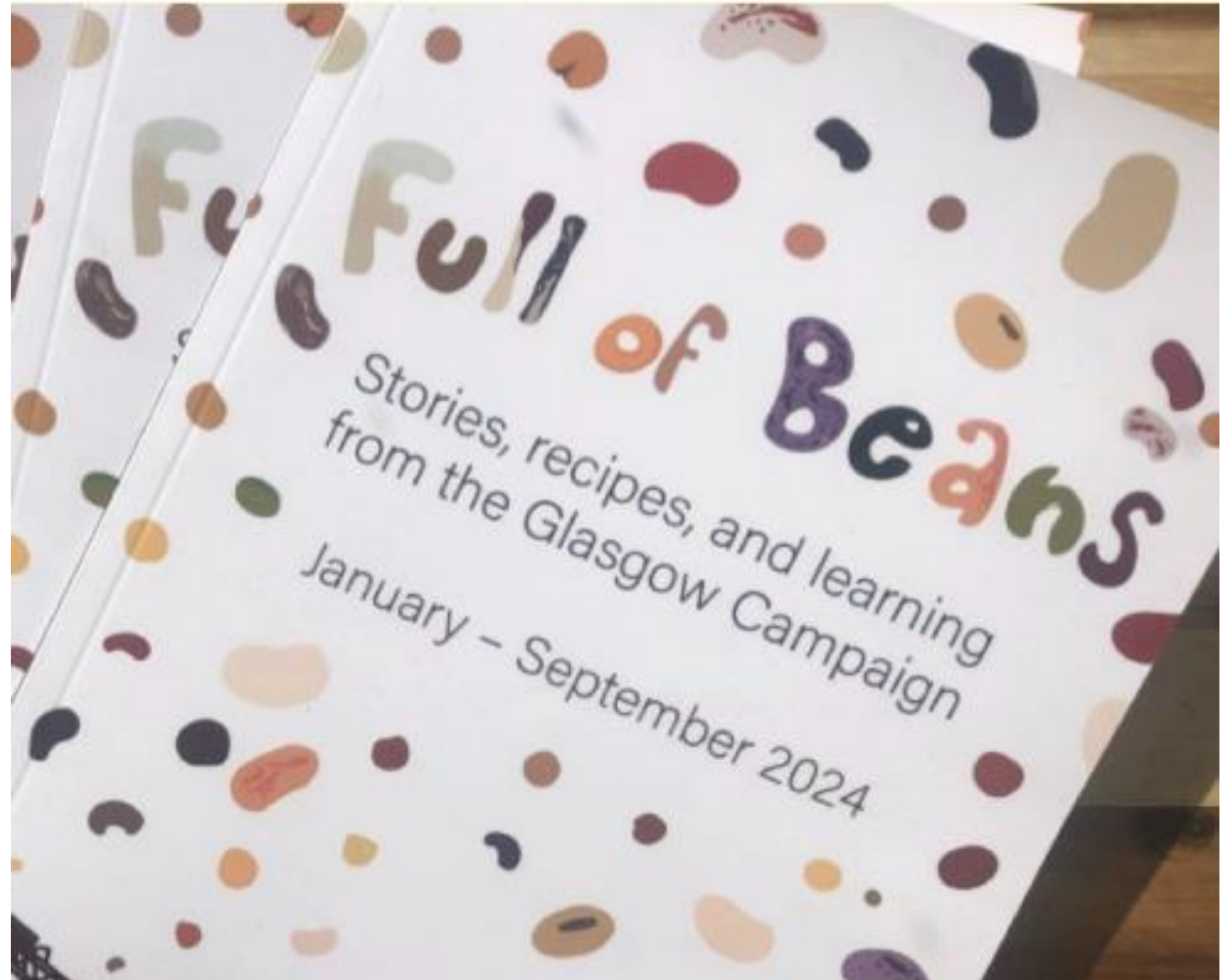
Attendees described Full of Beans events as interesting, enjoyable, engaging, and informative



Continued success requires more funding, project management, and long-term impact monitoring.

Recommendations

- Cultural exchange opportunities
- Improving recipes collections
- Co-created community sessions
- Prioritising hands-on experiences
- Supporting bean growers
- Diversified communication





Questions

Thinking beyond the can



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Jennifer MacGillivray
Food and Climate Action Project
Glasgow Community Food Network
Jenny.macgillivray@glasgowfood.net

Beans lead to many conversations...

- Agroecology
- Climate change and land use
- Seed saving
- Soil improvement
- Crop rotation
- Cultural diets
- Cooking on a budget
- Eating less meat
- Diet and health
- School meals





What we learned in year 1

- Beans are a staple in so many different cultures!
- Talk to people from different cultures, ask them for recipes and ideas. Celebrate the diversity of cultures, as well as the diversity of beans.
- Practical activities such as cooking are a great way to engage people

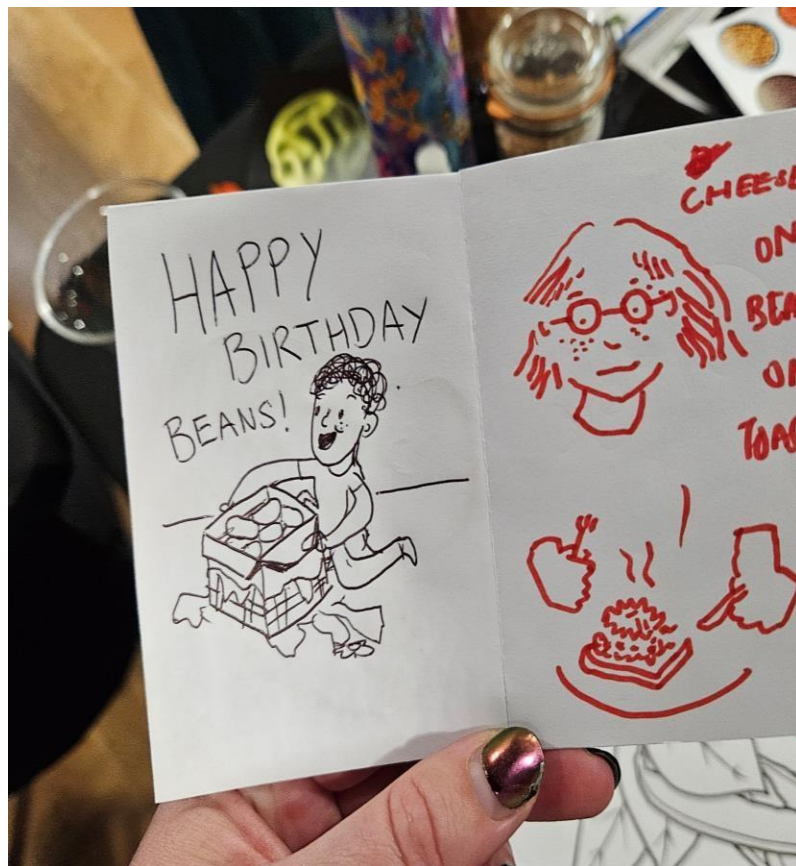


Engaging communities with beans and celebrating cultural diversity

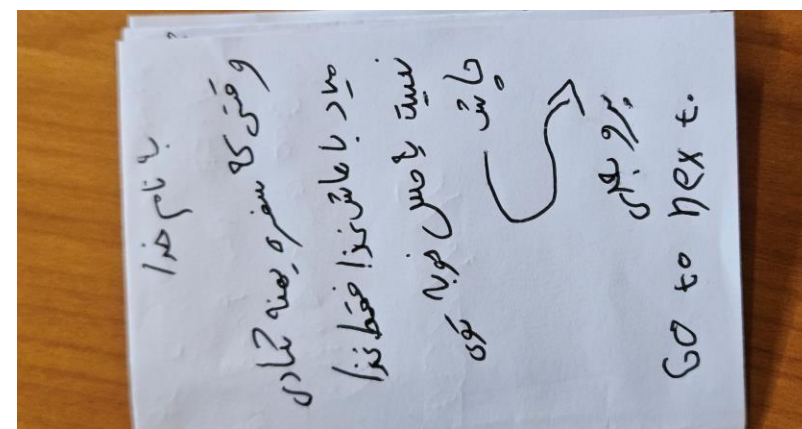
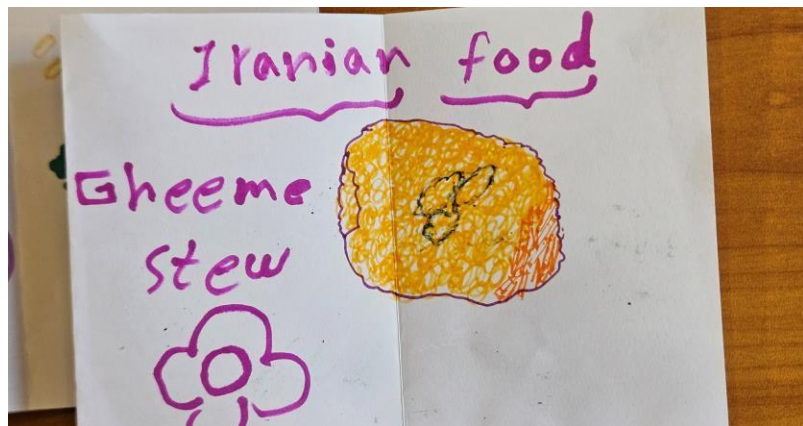
- Cooking demonstrations
- Creative zine making – bean stories
 - What is a favourite dish using beans (or peas or lentils) from your home
 - country?
 - What is the significance of this dish to you (or in your culture)?
 - Can you access the same ingredients in Glasgow?
 - Have you ever grown beans?
 - How do you think we can eat more beans in Scotland? What advice would you give to people who want to eat more beans but are not sure how to prepare them?"



Yemeni and Tanzanian cooking demonstration and zine workshop at Woodlands community garden



Mexican cooking workshop and zine making at Gathering Ground



Chinese cooking workshop and zine making at Garnethill Multicultural Centre

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A decorative border at the top of the page features various colorful icons related to food and gardening, including a pear, strawberry, carrot, banana, rolling pin, mushrooms, watering can, potted plant, fork, and chicken.

Full of Beans

A small illustration of a brown kidney bean is positioned to the left of the title.

Glasgow City Council
School Meals



Beans in Glasgow's school meals

Primary / Early Years

Lentil Soup / Scotch Broth / Carrot & Coriander Soup
Butterbean and Butternut Squash Macaroni Cheese
Falafel – chickpeas
Cowboy Beans and Sausages
Vegetable Bolognese - Lentils
Vegetable Chilli – lentils
Halal Lamb Spaghetti Bolognese – Lentils

Secondary:

Mexican Bean Wrap – chickpeas, kidney beans
Singapore noodles – chickpeas
Vegetable chilli
Scotch broth – split peas, lentils
Falafel – chickpeas
Chinese style curry – peas
Roasted vegetable & houmous wrap



Cowboy Beans and Sausages

Ingredients (serves 6)

- 6 large pork sausages

Macaroni Cheese with Butterbean Sauce

Ingredients (serves 6)

- 400g tin butterbeans, drained and rinsed (240g drained beans)
- 500ml milk
- 250g macaroni pasta (dry uncooked weight)
- 65g margarine
- 30g plain flour
- 250g mature cheddar, grated
- 5g Dijon mustard
- Salt and pepper
- 30g brown breadcrumbs

Method

- Preheat oven to 200C/180C fan/gas mark 6.
- Drain and rinse the butter beans. Add to a large bowl and blitz with the hand blender until smooth.
- Cook the pasta according to packet instructions.
- On a medium heat, make a roux with the butter and flour then add the milk gradually until the sauce is warmed and thickened.
- Add 190g of the cheese and the mustard and mix to combine. Stir in the blitzed beans and mix again.
- Add the cooked pasta to the sauce and stir until coated.
- Pour the mixture into deep oven dishes. Sprinkle with the breadcrumbs and remaining cheese and cook in the oven until the top is golden and bubbling and the macaroni is hot.

Full of Beans learnings



- Successes – hidden beans, primary dishes
- Challenges –uptake, mixed demographic – varied tastes and out of school competition
- Children's exposure to beans at home is varied
- Journey with beans – working with suppliers to increase beans in products - venison

Scottish School Food Awards - Recognition

- Special award for outstanding participation in full of beans campaign
- *“This award belongs to the staff and is further recognition of the high standard of their work.” – Stephen Sawers, Head of Catering and FM, GCC*



Food for Life Served Here Standards Refresh

- Std 1.3 – Demonstrate that you are prioritising serving vegetarian or vegan meals and/or more vegetables and pulses across your menu
- Aligned goals of Full of Beans Campaign
- Full of Beans participation supported Glasgow City Council to meet this standard



Scottish Health Survey 2024 – Key Findings

- Children's diets worsened; only 11% of ages 2-15 meet 5-a-day guideline
- Average intake ~2.7 portions
- Age differences: Younger 5-10 – slightly more veg,
- Older 11-15: sharp decline; more crisps, sugary drinks, sweets
- Socioeconomic gap: Most deprived areas consume fewer veg
- Older children (11-15) high sugar, low fibre
- School meals are crucial : Bean based meals can fill nutritional gaps; increase consumption of whole foods and fibre

Journey with beans!



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BEANS ON SCREEN



A hands-on, food-rich research project about the power of beans and the benefits of growing, cooking and eating in community with others.

take
one
action!

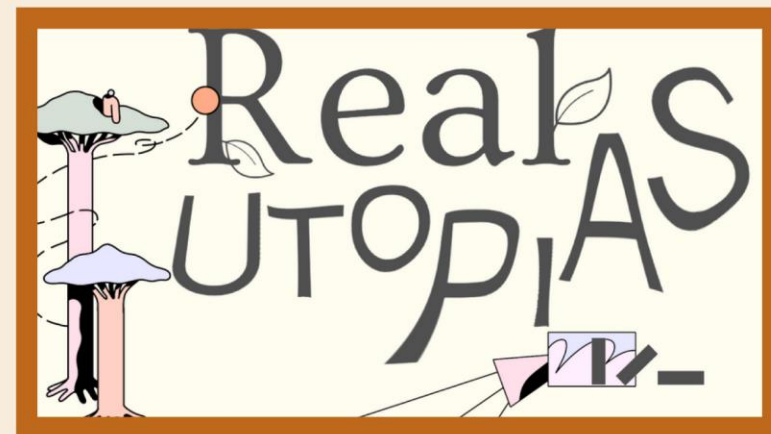
RSE
The Royal Society
of Edinburgh
KNOWLEDGE MADE USEFUL

platform
the arts centre in Glasgow's east end


F.A.R.E.
Working with Communities



why?



- Food utopias
- Royal Society of Edinburgh x Williamson Trust
 - Healthy Planet, Healthy People Catalyst Fund
- Intersections of climate health, physical health, and emotional health
 - Can cooking, growing, and eating in community with others improve the above?
 - Inspired by Nourish's research on Public Diners & food justice





why beans?

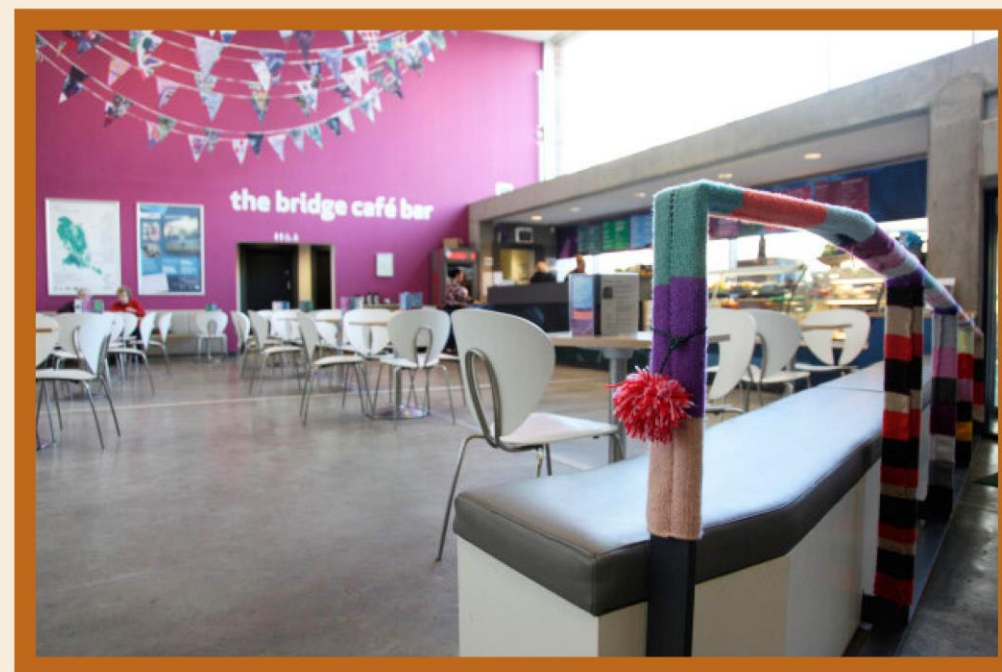
- SO good for the body
- SO good for the soil
- Lots of varieties
- Fun
- Beautiful
- Easy to grow
- Cheap to grow and/or buy
- Versatile





why Easterhouse?

- Partnership with Platform, based in Easterhouse
- Existing sense of community spirit / initiatives
- Underserved by public transport
- Area of multiple deprivation
- So-called "food desert"
- Neighbours





participant call out

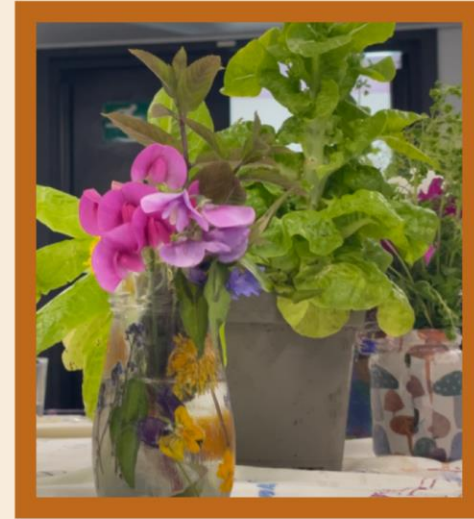
- three events on Saturdays 2–5pm
 - EATING
 - GROWING
 - COOKING
- £55 participation fee per event
- final public sharing during TOA Real Utopias Film Festival
- “apply” through survey





Session 1: EATING

- Bean dishes provided by Soul Food Sisters
- Three films
 - Together We Grow (2022) dir. Jordan Osmond
 - Violeta & Sofia (2021) dir. Noah Berhиту
 - Frijoles (2020) dir. Giulio Origlia
- Désirée Coral





Session 2: GROWING

- Beans grown in advance by Susan at FARE Community Allotments
- Allotment tour
- Beans-based snacks
- Presentation from Em Merrin Armstrong about Full of Beans
- Recipe-creating



Session 3: COOKING

- Growing 21 Community Café and Pantry in Ruchazie
- Food from shops, pantry and allotment
- Walter Sandovan – community chef
- Cooking self-devised recipes
- Eating together
- Film name
- Final event plans





Public event

- Together We Grow & Team Bean
- Bean stew provided by Qasba
- Presentation by Susan of FARE Community Allotments
- Conversation with Kit, Javid & Joyce
- Conversation about Platform & Public Diners
- Beans to go!





some findings

- Lack of previous knowledge about versatility of beans
- Joy of growing & cooking
- New friends
- Convenience stores vs gardens
- Extent of food desert
- Beans replacing meat
- The importance of community efforts





watch Team Bean!



Watch video on YouTube

Error 153

Video player configuration error



bit.ly/TOATeamBean

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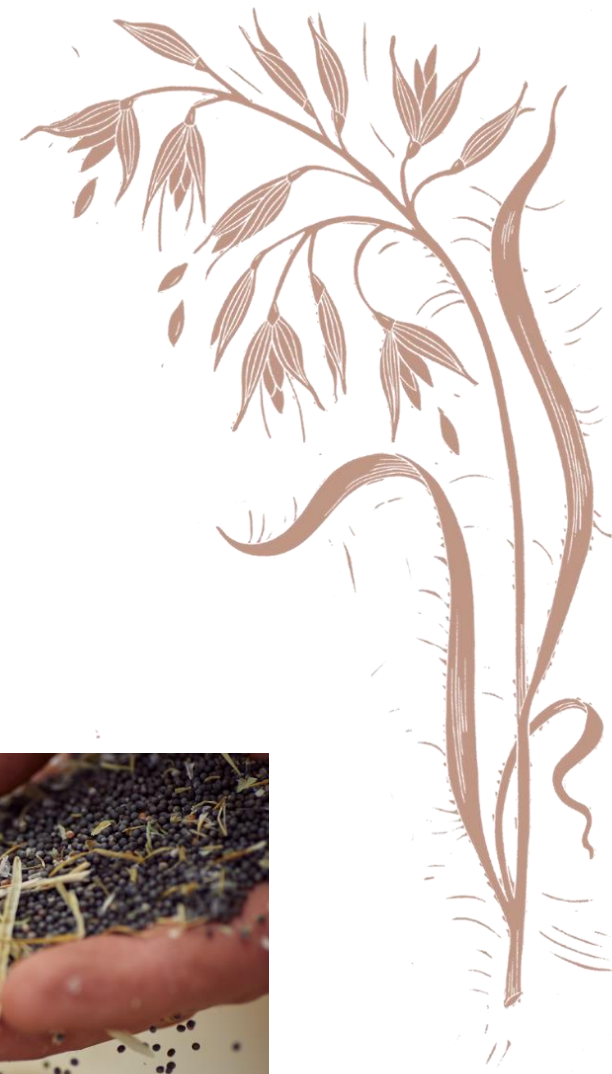


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A food revolution starts with seed

The Gaia Foundation's
Seed Sovereignty UK & Ireland Programme



Why save our bean seed



Open-pollinated vs hybrid



Local vs imported



Ethically produced

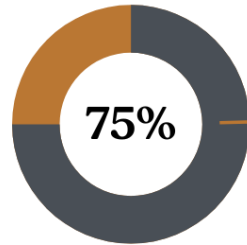


Seed
SOVEREIGNTY
THE GAIA FOUNDATION

Why we're here...

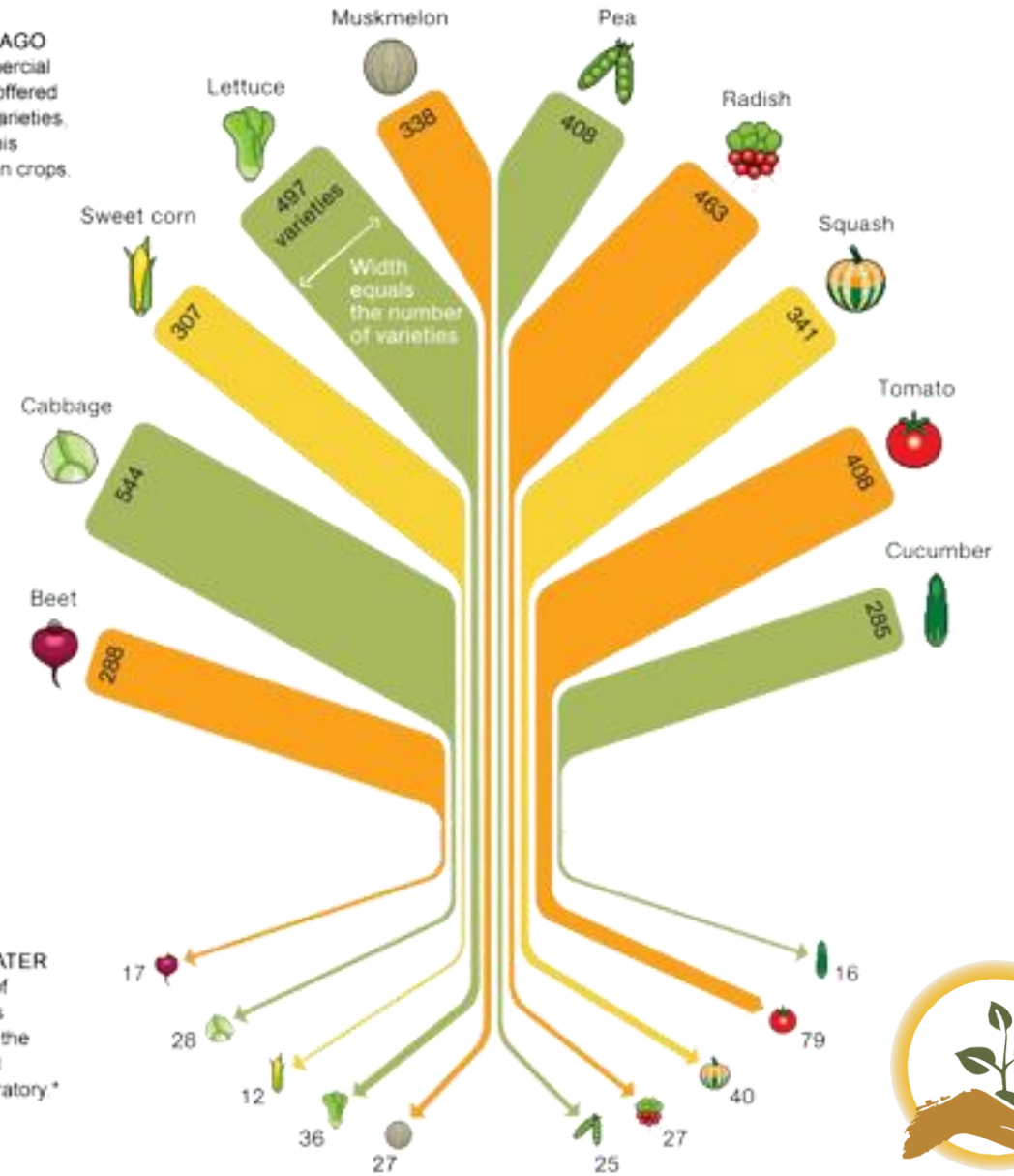
"Plant genetic diversity is one of the central preconditions for food security."

United Nations Food and Agriculture Organization



75% of the world's genetic crop diversity has been lost since 1900

A CENTURY AGO
In 1903 commercial seed houses offered hundreds of varieties, as shown in this sampling of ten crops.



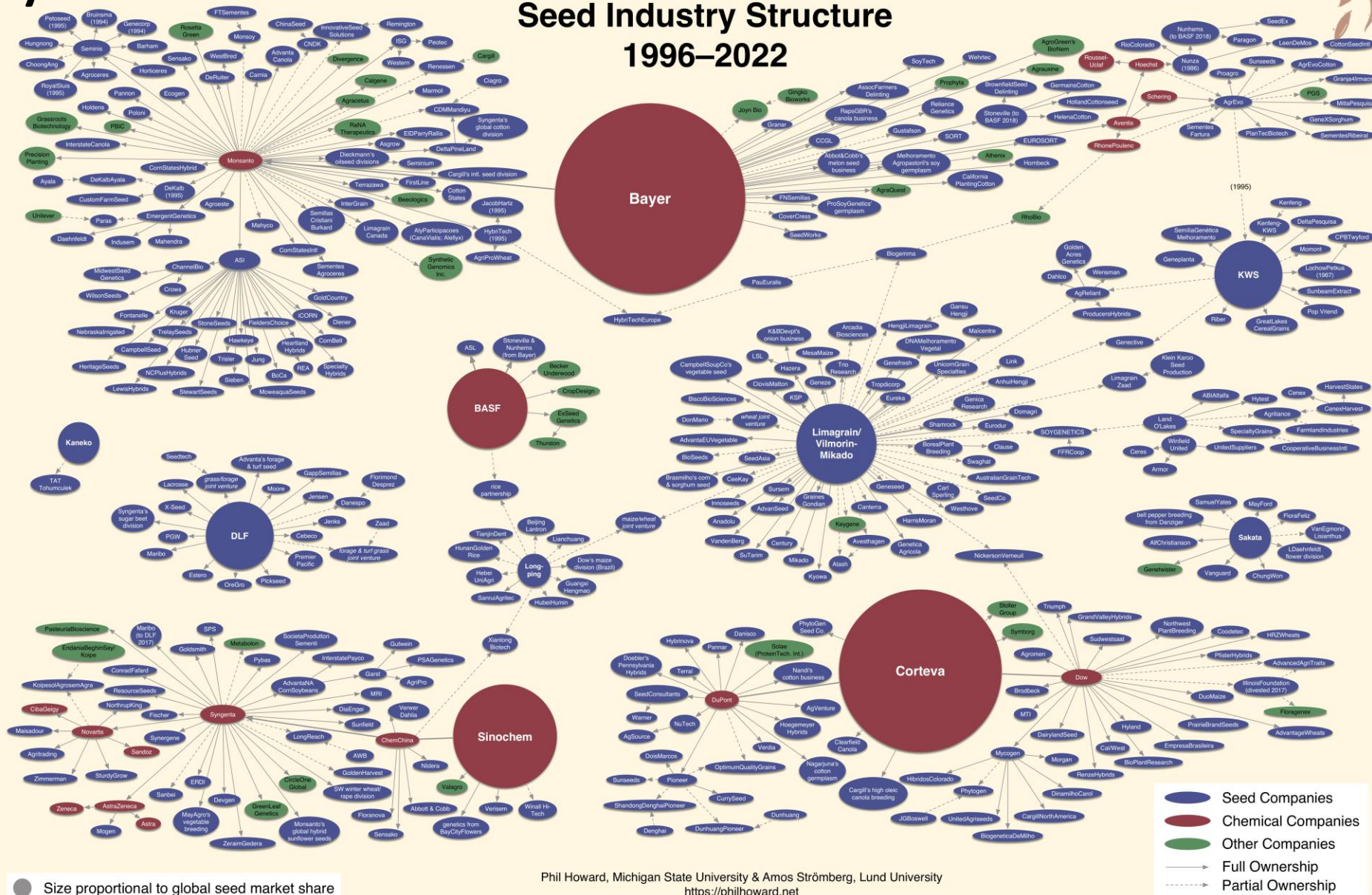
80 YEARS LATER
By 1983 few of those varieties were found in the National Seed Storage Laboratory.*



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Why we're here...

Seed Industry Structure 1996–2022



Phil Howard, Michigan State University & Amos Strömberg, Lund University
<https://philhoward.net>



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Crowd-breeding Project

*Breeding diverse populations of promiscuously pollinating
locally adapted seed*

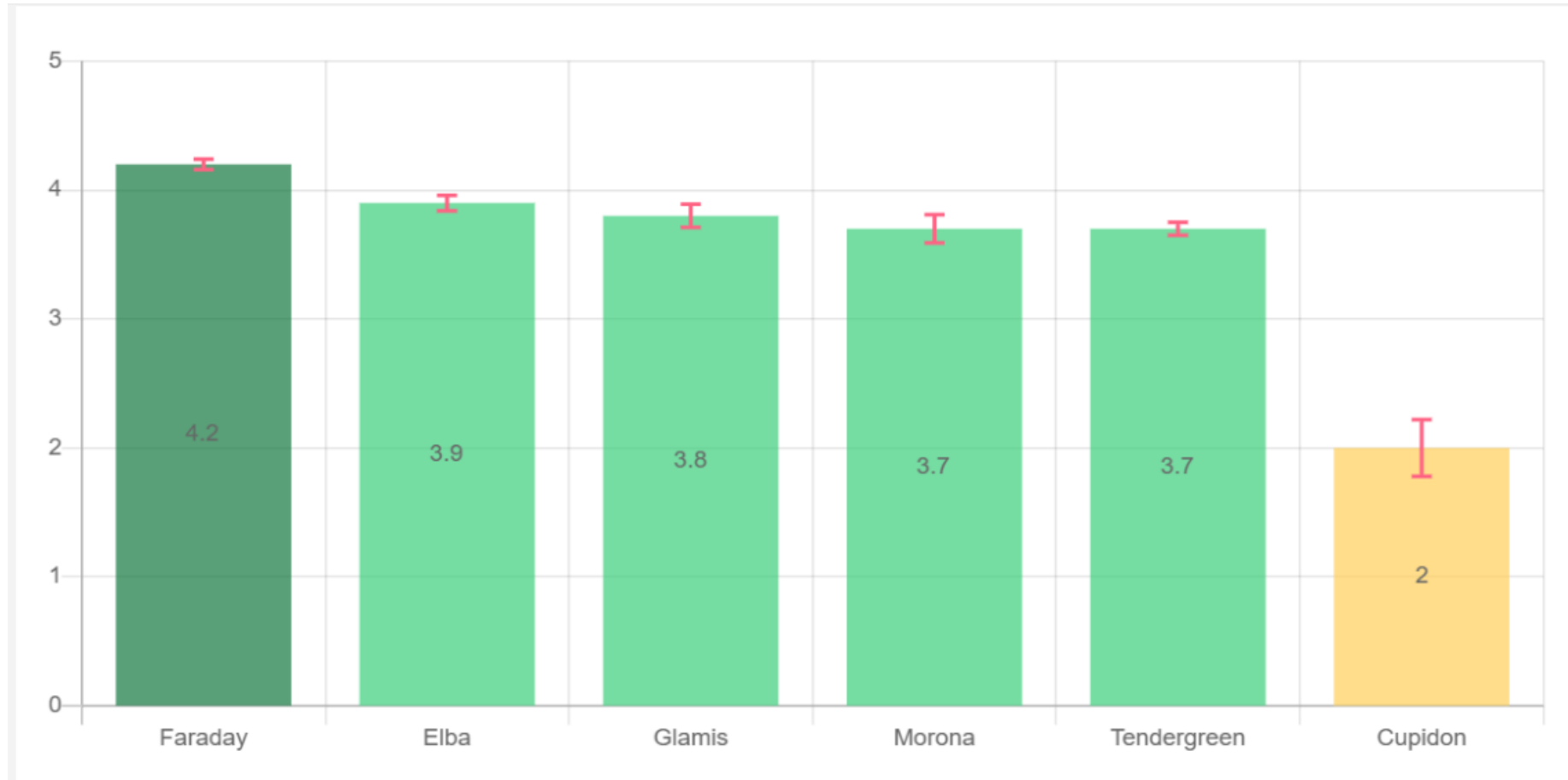


Leakey Bean Project



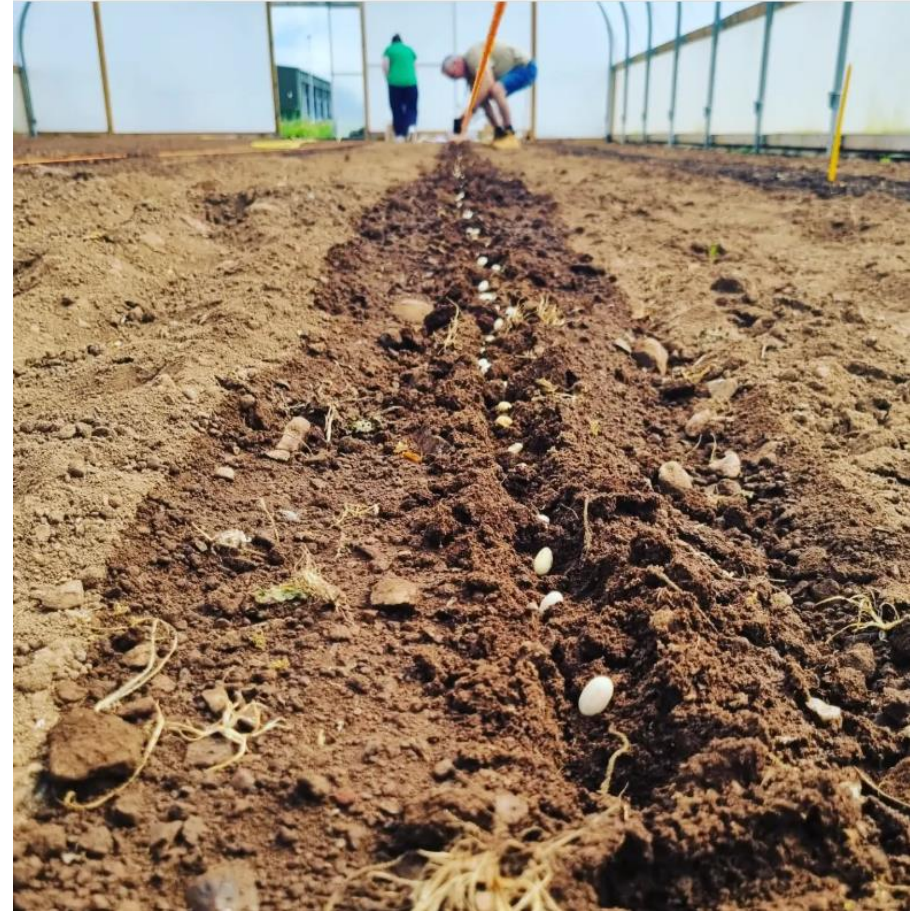
<https://vimeo.com/754722416?fl=pl&fe=sh>

Dwarf French Bean Trial



Bulking heritage Scottish Dwarf French Beans

- Small packets of 'Glamis', 'Glen Lyon' and 'Glencarse' beans were discovered in cool storage
- 'Glamis' was the life's work of the late Greta Priestley had a dream of creating a bean canning industry in Scotland in the mid-1950s.
- 'Glen Lyon' and 'Glencarse' were two more lines she bred, with 'Glamis' as one of the parents.



Welsh Seed Hub



French Beans

Machynlleth Mini Climbing French Bean

Machynlleth Mini French bean is a unique variety from an allotment holder called Syd...

6 in stock

£2.50



French Beans

Maggie's Borlotti Bean Climbing French Bean

This Welsh adapted variety is sweet and tender when young and a delight to snack on in...

7 in stock

£2.90



French Beans

District Nurse Climbing French Bean

This Welsh variety of the Italian borlotti bean is well suited to our cool, wet...

20 in stock

£2.90



French Beans

Machynlleth Mini Climbing French Bean

Machynlleth Mini French bean is a unique variety from an allotment holder called Syd...

6 in stock

£2.50



Questions?

scotlandseedsov@gaiianet.org



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Full of Beans research plans

Dr Helen Traill, University of
Glasgow

Why Beans



Evaluating the impact after one year

- Data from last year suggested people had make changes; but we want to explore what came from the Full of Beans campaign – what momentum might have been built, what inspirations or seeds were planted
- The question itself is critical to understand the connection of climate conscious messaging and practical implications
- We have a small research project with GFPP based on observing events and short interviews, a small survey, and we will also do some more case study focused work to draw out some of the more significant impacts

More beans in more places

- We know some things have changed –
 - more beans in schools, leading to a special award at the Scottish School Food Awards for their work increasing beans on the menu and building awareness
 - Universities across Glasgow continue to offer bean options (GFPP webinar recently covered this)
 - Full of Beans gets used as good food messaging to encourage others in e.g. Beans is How publications
 - We supported Glasgow Community Food Network to make small community cookbooks with participants in their workshops addressing diverse cultural uses of beans





Tell us more about
beans...

- We have a stall in the exhibition space, come tell us – what did you do differently? Or why did you not make changes? What's next for beans in Glasgow?
- I will also be there if you want to ask any questions about the research process or how we will use the data that's being gathered.
- There will be a report next year reflecting on our findings

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