

**MANCHESTER CITY COUNCIL
REPORT FOR INFORMATION**

COMMITTEE: Social Strategy Overview and Scrutiny Committee

DATE: 21 June 2006

SUBJECT: Food Futures: a food strategy for Manchester

REPORT OF: Colin Cox, Assistant Director, Joint Health Unit

Purpose of report

To inform Members about the draft Manchester Food Futures strategy and proposals for future developments.

Recommendations

The Committee is asked to:

- note the work underway to develop the food strategy;
- comment on the proposed priorities for action;
- comment on the proposed research study on the effects of nutrition on the behaviour of young offenders.

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Background documents

Food Futures: A food strategy for Manchester (Draft)

Food Futures: a food strategy for Manchester

1. Introduction

- 1.1 Food is a topical subject for both positive and negative reasons, and is increasingly a subject of high public, and indeed political, interest. On the positive side, food is seen as a legitimate and important leisure pursuit: celebrity chefs fill the TV schedules, sales of recipe books are soaring, and eating out plays an important part both in many people's lives and in the economy. On the negative side is publicity about the dramatic rise in obesity, scares over food safety, and concerns about the social and environmental impact of the food we eat.
- 1.2 A balanced, safe and nutritious diet is vital for both physical and mental wellbeing, and protects against the onset of many diseases. Conversely, an unbalanced and nutrient-poor diet is associated with many serious illnesses. Manchester has some of the highest rates of heart disease and cancer in the country, both of which are heavily influenced by the food consumed here. Because of this, the Health Inequalities Partnership has identified improving food and diet as one of the seven top public health priorities for the city, and food is one of the key priorities for the Healthy Communities and Older Peoples block of the Local Area Agreement.
- 1.3 Food is also a key marker of social inclusion, playing a central part in much of our social interaction: many of our celebrations rotate around a meal, and eating punctuates our daily life. Food is important to our ability to participate in society, and an inability to buy, cook or share the same sort of food as our peers is socially isolating.
- 1.4 In addition, food is a huge industry, employing many people throughout the food chain – the whole food system, “from farm to fork”. It has an impact on agricultural communities, on the environment, on world trade, on industry, and on caterers and the retail environment. At each stage of the food chain, there are impacts on the economy, on people working within the system, and on public health.
- 1.5 In recognition of these facts, over the last 18 months work has been underway to develop a food strategy for Manchester. This strategy initially brought together three main strands of work: food and health, led by the Primary Care Trusts and the Joint Health Unit; planned developments within Manchester Fayre, including the school meals service; and work to enhance the role of Manchester Markets. Since then the reference group used to inform the development of the strategy has grown to over 250 people from a wide range of public, private and community sector organisations.
- 1.6 In May 2006 the first Food Futures Conference took place attracting over 200 delegates from the public and private sectors and communities. The purpose of the conference was to generate excitement for the food strategy and identify priority areas for action in the coming years.

2. Purpose of the strategy

2.1 Overall, the strategy is an attempt to improve the physical, mental and social wellbeing of Manchester's residents through action to make local food better, healthier, more accessible and more enjoyable for all. It is needed in order to ensure that the various agencies involved in food related work are all pulling in the same direction. Without it there is a risk of agencies working in isolation, duplicating effort, or giving mixed messages; with it there is an opportunity for creating synergy between policy initiatives, and ensuring that there is more effective and efficient use of time and other resources.

2.2 The vision behind the strategy is a city with a culture of good food in which:

- Access to affordable fresh food is at the heart of local communities
- Local food production and distribution are commonplace, supporting the local environment, health and improving social capital
- The public sector, private sector and communities work in partnership to improve diet and nutrition in the city and to reduce the environmental impact of the food consumed here
- People choose a healthy and well balanced diet
- People can enjoy a wide variety of food at its best, whether at home or eating out
- Food preparation is safe and hygienic wherever and whenever people eat.

2.3 The strategy has five overarching aims:

- To improve the health of the people of Manchester;
- To protect the local and global environment;
- To strengthen the local economy;
- To build stronger and more sustainable communities;
- To promote culinary diversity and the enjoyment of good food across the city.

2.4 The strategy also proposes five key objectives that outline what can practically be done locally to help meet these aims, as follows:

- *Food security and access:* To improve access to a wide range of high quality fresh food across the whole city, geographically and by social group.
- *Food production:* To establish local food growing as a valuable contributor to health, the environment and the local economy.
- *Children and young people:* To establish a pattern of healthy eating from conception, breastfeeding, weaning and early years right through to young adulthood and to have a positive impact on social development, health and education.
- *Education, awareness and campaigns:* To give the people in Manchester the information they need about food, diet and nutrition.

- *Exerting a broader influence:* To use the purchasing power of local agencies to promote local, organic and fair trade food.

2.5 If achieved, each of these objectives would have a positive impact on more than one of the overarching aims.

2.6 The strategy proposes a number of priorities for action, which were also echoed by delegates at the conference. These include:

- Gaining a better understanding of food geography in the city
- Ensuring that access to food is a core consideration in regeneration schemes
- Developing further roles for markets in food access in local areas
- Supporting community food projects and urban agriculture schemes
- Ensuring improvements in community allotments
- Working with parents to ensure they are providing a balanced diet to children and helping to develop their food skills for life
- Promoting the vibrant cultural diversity of food in the city
- Developing and implementing plans to raise awareness about healthy and sustainable eating
- Increasing the cooking skills of children and adults
- Increasing local, organic and Fair Trade sourcing of food within the local authority and via the wholesale market.

3. Strategic linkages

3.1 The aims and objectives described above demonstrate that the food strategy is relevant to all the LSP thematic partnerships, and as such can help to deliver many of the city's priorities.

3.2 This breadth of scope obviously means that the strategy has many possible links to work carried out by the City Council, and indeed that much existing or planned work has a bearing on the strategy. Some examples are outlined below to illustrate how the strategy integrates with different strands of work, and how the strategy could influence the direction of this work.

3.2.1 The Health Inequalities Partnership has identified improving food and diet as one of the priority areas of work to help meet its PSA target; this is reflected in the strategy's aims, and four of the five key objectives have significant contributions to make to improving health. Improving health through food and diet requires work in schools, improving access to fresh food, and education and campaigns: this clearly needs co-ordinated action by several agencies, and the strategy will help to achieve this.

3.2.2 The redevelopment of New Smithfield Market, with its new Fresh Produce Centre, will have a major impact on the local retail market. The strategic direction established in Food Futures suggests a focus for this work on bringing more local and regional produce into the marketplace, contributing to the strategy's environmental and economic aims through *exerting a broader influence*. The strategic direction is important here. It would be

equally possible – indeed it could be easier – for the wholesale market to pay little attention to local sourcing. Going down this route would be likely to result in less local economic benefit and greater negative environmental impacts.

- 3.2.3 The school meals service provided by Manchester Fayre can have a considerable impact on the diet of children and young people. Again the strategic direction is important. It would be possible to pursue a predominantly “high volume, low cost” approach to maximise profit, but the direction being taken is towards a service that not only delivers high quality, freshly made nutritious school food but also works interactively with schools and the Education Service. The ‘Transforming School Food’ Project, funded by a Government grant, aims to ensure that there is a positive impact on the health and education of pupils and that it makes a tangible contribution to the key outcomes articulated in ‘Every Child Matters’. Furthermore, sustainably sourced food and the eating environment are elements in this process and this has implications for programmes such as Building Schools for the Future.
- 3.2.4 The food strategy could also influence the direction of crime and disorder and anti social behaviour work in the city. The Joint Health Unit has been approached by researchers from the University of Oxford who wish to carry out a community study on the effects of improved nutrition on the behaviour of young people in Intensive Supervision and Surveillance Programmes (ISSPs) in Greater Manchester. This follows a compelling study carried out in prisons where prisoners given a nutritional supplement of vitamins and essential fatty acids showed a marked reduction in violent and aggressive behaviour.

4. Next steps

- 4.1 Clearly there are many possible strands to a comprehensive food strategy, and not all of them can be followed at once. In order to ensure that the approach proposed in the draft strategy is shared, and in order to help progress the priorities identified, it is proposed to establish a multi-agency partnership board to give leadership and co-ordination to food-related work in the city. This group would include politicians, senior officers from a range of organisations, and representatives from the community and voluntary sector, in a similar pattern to that adopted by many other local partnerships. Councillor Sue Murphy has already agreed to sit on the Board and be the lead Member for food. This Board would meet on a relatively infrequent basis – three or four times a year – with a high level strategic remit. The key functions of the Board would be to:

- agree the content of the Food Futures strategy
- establish any sub groups necessary to take forward the work
- agree action plans proposed by sub groups
- agree the spend of any new monies made available to support food work, e.g. through the Local Area Agreement
- influence mainstream budgets and strategies in favour of Food Futures strategy implementation

- monitor the activity of sub groups and hold them to account
 - report to the Manchester Partnership (LSP) as appropriate.
- 4.2 As noted above, this strategy has implications for all of the LSP Thematic Partnerships. However, because it will be the overarching strategy for taking forward work relating to food and health, the Health Inequalities Partnership has agreed to “host” the work within the LSP.
- 4.3 In order to turn the strategy into action, a number of multi-agency working groups will be established. These will have a more focused set of priorities, based around the key objectives, and will seek to build activity into the mainstream as well as initiating work and identifying ways of implementing it.
- 4.4 Funding for strategy implementation will have to be found from a number of sources. The Health Inequalities Partnership has allocated £373,000 of NRF and ‘Choosing Health’ funds through the Local Area Agreement to Food Futures in 2006/7, and some work may be achievable through policy change within existing mainstream budgets. However, additional sources of funding will also have to be identified if the impact of the strategy is to be maximised.

5. Conclusion and recommendations

- 5.1 Food is a major contributor to the economy, the quality of the environment, and to people’s health. There is much to be done to improve the food eaten in Manchester, but it needs a strategic and co-ordinated approach, and a higher profile than it has had to date. The draft Food Futures strategy and proposed partnership structure offers the opportunity to take this forward and to continue the process of building a good food culture in the city.
- 5.2 Members are asked to:
- note the work underway to develop the food strategy;
 - comment on the proposed priorities for action;
 - comment on the proposed research study on the effects of nutrition on the behaviour of young offenders.

Food Futures:



A Food Strategy for Manchester

Draft: March 2006

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Introduction

Food is essential to life and is a major influence on health and general well-being. A balanced, nutritious and safe diet is vital for both physical and mental well-being, and protects against the onset of many diseases throughout life. Conversely, an unbalanced and nutrient-poor diet is associated with many serious illnesses, and is likely to be responsible for an increasing proportion of ill health. Food is also a key marker of social inclusion, playing a central part in much of our social interaction: many of our celebrations rotate around a meal, and eating punctuates our daily life. Food is important to our ability to participate in society, and an inability to buy, cook or share the same sort of food as our peers is socially isolating.

Food is also a huge industry, employing many people throughout the food chain – the whole food system, “from farm

to fork”. It has an impact on agricultural communities, on the environment, on world trade, on industry, and on caterers and the retail environment. At each stage of the food chain, there are impacts on the economy, on people working within the system, and on public health.

The need for healthy and nutritious food is one of the few things that unites all people in all cultures, yet there are huge inequalities in access to it within society. These inequalities can be seen starkly in Manchester, and they help to explain the city’s poor health statistics. This strategy is an attempt to improve the physical, mental and social well-being of Manchester’s residents through concerted action, by a wide range of agencies, to make local food better, healthier, more accessible, and more enjoyable for all.

The need for healthy and nutritious food is one of the few things that unites all people in all cultures, yet there are huge inequalities in access to it within society

Food in Manchester

Case studies

Herbie – Mobile fruit and vegetable van

Unicorn – Wholefood co-operative supermarket)

Markets – Farmers market, organic market, new market for Miles Platting

Allotments – PCT scheme

Manchester Food and Drink Festival

Rusholme –

Fairfield Composting

Fair trade City

Any others?

Why the food strategy is important

The introduction to this strategy gave a flavour of why food is an important issue both nationally and locally. The following sections expand briefly on some of the key impacts of food on our physical, mental and social well-being.

Food and health

The link between diet and health is undisputed. It has been estimated that dietary factors account for up to a third of deaths from coronary heart disease and a quarter of cancer deaths¹. This equates to approximately 900 deaths in Manchester every year that could be attributable to diet-related cancer and coronary heart disease. Dietary changes could prevent up to a third of all cancers from occurring in the first place. Within the city, only 16% of adults are eating the recommended minimum of 5 portions of fruit and vegetables a day². Obesity is an increasing problem: national

Approximately 900 deaths in Manchester every year could be attributable to diet-related cancer and coronary heart disease

estimates put the number of deaths attributable to obesity at more than 30,000 in 1998³. Poor diet is also a risk factor for diabetes.

Poor diet does not only put people at increased risk of death from serious illness: it can seriously undermine general physical and mental health and well-being. Poor nutrition amongst pregnant women can lead to low birth weight babies

being born; this in turn is a risk factor for poor health later in life. In Manchester low birth weight babies account for 9.4% of all births – this rises to 13% in some parts of Manchester. Depression and other mental health problems are more common amongst those with a diet low in nutritional value. There are also currently around 37,000 residents in Manchester claiming incapacity benefit .

Diet related health problems include:

Cancer
 Coronary heart disease
 Strokes
 Angina
 High blood pressure
 Diabetes
 Gallstones
 Tooth decay
 Osteoporosis
 Depression

¹ *Food and Health Action Plan: Problem Analysis for Comment.* Department of Health: 31 July 2003

² Manchester Partnership Quality of Life Survey 2004/5

³ *Tackling Obesity in England.* National Audit Office, 2003

Even within an otherwise healthy diet, food safety is an important issue. While levels of food poisoning appear to have levelled off in recent years, they are still unacceptably high. Insert stats on food safety from Jenny Davenport.

However, the impacts of food on health go beyond the direct influence of diet. Many of the environmental impacts discussed below have health consequences, and the economics of food production and provision impact (sometimes positively, sometimes negatively) on employment and income, and hence on health. Of course, the wider food chain also has an impact on diet. European policy shapes the food that is produced: one consequence of this has been a huge increase in production of meat and high fat dairy produce, at the expense of fruit and vegetables. This is reflected in the current structure of employment in the food production and Manufacturing industry sees the majority of people (61.1%) in Manchester employed in processing food.

8 Tips for eating well

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish
4. Cut down on saturated fat and sugar
5. Eat less salt - no more than 6g a day
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. Don't skip breakfast

The local and regional economy

Food is big business: agriculture, processing and food retail account for 12.5% of UK employment and 8% of the UK economy⁴. While there are very few Manchester residents currently employed in agriculture, (500? Based on the 2001 Census,) Greater Manchester includes some large food manufacturers, and many Manchester residents are likely to be employed by such companies.

Food retail

Food retail is probably the most important part of the food chain to the Manchester economy. It provides employment for local people, and where the retailer is a local company, money spent on food is returned to the local economy. This is particularly relevant to the catering trade, which is a hugely important part of Manchester's economy.

The quality and location of shops plays a significant role in people's diets and access to healthy food – particularly for those without access to a car. Food mapping has already begun in parts of North Manchester. This has revealed food deserts where access to fresh food has dried up. The local

⁴ *The Strategy for Sustainable Farming and Food*. Department for Environment, Food and Rural Affairs, 2002: London

economy also suffers where residents are forced to go outside their local area for better quality and choice. Lack of quality shops and cafes is also one of a number of factors considered when choosing to move to or stay in an area and so food retail can play a wider role in supporting regeneration.

As the largest city in the North West, Manchester has a key role in helping to develop the regional economy. Food can play a hugely important part here, as there is a considerable agricultural sector in the North West. Keeping food supply chains short would help stimulate regional agriculture, boosting employment and incomes in the rural areas that surround Manchester, with knock-on benefits for the city itself.

In addition to this impact of food on the economy, there is a clear impact of the economy on the food that is consumed. Low income is possibly the largest economic factor in access to a good diet, and the current levels of benefit provide limited resources for food. Often food spending is the only aspect of a limited income that people have control over and consequently can be the first thing that gets reduced where there are competing financial pressures. This coupled with poor local access to fresh food and limited cooking skills can lead to 'food poverty' and real deficiencies in diet.

The social impact of food

Food plays a central part in much of our social interaction: many of our celebrations rotate around a meal, and eating punctuates our daily life. Food is important to our ability to participate in society, and the ability to access good food, the

development of cooking skills and opportunities to eat with others are important components of reducing social isolation.

Even the simple act of buying food, and the way in which we do this, is important. Local shops can provide opportunities for social interaction with neighbours and reduce dependence on the car; this has the knock-on benefit of improving rates of physical activity. Conversely, a pattern of purchasing that sees people driving to supermarkets once a week to do virtually all of their food shopping reduces the likelihood of meeting neighbours and building social networks.

There may even be a role for food in reducing crime and disorder. Recent research offers evidence that people whose diet is low in essential nutrients are more likely to behave in ways that would be categorised as antisocial, and in particular that levels of aggression are increased.⁵ While the research in this area is still at an early stage, the evidence so far is compelling for a small but statistically significant effect. Some positive results in behaviour and well being have already been seen in local Children's Units along side improvements to diet. Other research indicates that the presence of a garden is a powerful factor in cutting crime and vandalism on problem housing estates⁶. Food production could also be used as part of the rehabilitation of offenders. Reducing crime and disorder also has implications for food: the impact of retail crime on

⁵ Gesch, CB; Hammond, SM; Hampson, SE; Eves, A; & Crowder, MJ (2002): Influence of Supplementary Vitamins, Minerals and Essential Fatty Acids on the Antisocial Behaviour of Young Adult Prisoners. Randomised, Placebo-controlled Trial. *British Journal of Psychiatry* vol 181, pg 22-28

⁶ **Nicholson-Lord, D. (1995):** *Calling in the Country: Ecology, Parks and Urban Life*. Working paper 4, Comedia/Demos

small local retailers can be devastating and is another contributory factor in the proliferation of food deserts. As well as being victims of crime businesses suffer from reducing trade if residents do not feel safe using them.

Diet and behaviour

Food and the environment

The impact of food production and distribution on the environment is huge. While it may be less visible an issue within a city such as Manchester, where there is a low proportion of agricultural land, the city's ecological footprint is inevitably extensive. Feeding a city takes a large amount of land, and the way in which that land is managed is a key influence on the local and global environment. Intensive industrial farming methods can contribute to soil degradation, pollution run-off, and reduced biodiversity. The globalisation of agriculture, which sees produce transported to Manchester from all parts of the world, contributes to pollution and global warming. And the economics of agriculture are pushing us towards an increasing focus on meat production, which takes considerably more land and energy input than does the growing of crops⁷.

From an environmental perspective, therefore, there is an imperative to move towards food production that is low in the use of herbicides and pesticides, balanced more in favour of

crops than meat production, manages the land in a sustainable way, and that supplies a local market.

***Children who have a healthy diet
tend to have better levels of
educational attainment than
those who eat poor diets***

Food as a cultural force

Food, and the social skills learned through communal eating, is central to cultural identity and to many of the celebrations and special events that are important to people. As a multi-cultural city, Manchester has access to a huge range of different restaurants, foods from all parts of the world, and substantial expertise in many cooking styles. This diversity offers considerable opportunities for broadening food horizons in the city, as well as to use food as a way of encouraging increased cross-cultural understanding and community cohesion and so contribute to one of the priorities for the city.

In recent years the city has started to attract a wide array of restaurants, cafes, and gastro-pubs, and is well on the way to becoming a gastronomic capital, something that is celebrated annually in the increasingly successful Manchester Food and Drink Festival. Food is also a driver for tourism, drawing people to visit places with a strong regional food identity. A local culture in which people enjoy and expect good food can be a vehicle for vibrant social interaction. *(add statistics on numbers of restaurants, new restaurants, visitors to the city)*

⁷ See, for example, Tudge, C. (2003): *So Shall We Reap*. Allen Lane

Attitudes to food

Emotional relationship with food, dieting, eating disorders

Childhood diet

It is important that children are given the best possible start in life. The dietary needs of pregnant women and young children are therefore fundamental, with breast-feeding playing an important role in infancy. *Breast feeding rates within the city are...?.* Weaning and early years are also an important opportunity to introduce healthy dietary choices.

Patterns of eating are largely set in childhood, so it is here that most long-term impact on food and diet can be made. The importance of food for children and young people is clear. It is important for their health and social development, and it is important for their education. There is now considerable evidence that children who have a healthy diet tend to have better levels of educational attainment than those who eat poor diets⁸. Manchester children are also likely to be affected by the national trend towards childhood obesity, which can lead to early onset Type 2 diabetes and long-term problems with coronary heart disease.

⁸ Alaimo, K; Olson, CM; & Frongillo, EA (2001): Food insufficiency and American school-aged children's cognitive, academic and psychosocial development. *Paediatrics* 108 (1), pg 144-154.

The Government's Building Schools for the Future programme is a great opportunity to ensure that children are able to access nutritious school meals and learn cooking skills for life.

Vulnerable groups

There is a need to address the dietary needs of marginalized groups such as disabled people, people with mental health problems, refugees, and people coping with long-term unemployment. Some recent research carried out with refugee men in Salford has shown that lack of access to fresh, familiar foods, limited opportunities to share meals and lack of cooking facilities and skills compounds feelings of isolation, and also weight loss.

In addition, there is much that can be done to improve the diet of older people. Adequate nutrition can prevent or reduce the development of diseases such as osteoporosis and heart disease, and helps to ensure a healthy and independent old age. Specific issues that need to be addressed for this group include support for those with mobility problems, ensuring access to good quality information about nutrition, maximising uptake of benefits to improve income and ensuring good quality standards for nutrition in hospitals and residential care. Older people are also more susceptible to food poisoning and may have problems with buying small quantities of fresh food regularly. Older people may, however, have much to offer other generations by sharing cooking and budgeting skills.

Transport links

With all that has already been said, the link between food and transport is also clear. a pattern of retailing that concentrates food shopping in centres away from residential areas leads to

increased car use. More local shopping would reverse this. This issue is particularly important for poorer sections of the population: those who don't own cars have to factor the cost of public transport into their shopping.

How Can the Food Strategy help to deliver the priorities for the City?

EMPLOYMENT AND LOCAL ECONOMY

Reducing unemployment and incapacity through social enterprise, healthy eating,

HEALTH

Tackling the major killers through diet – CHD, cancers

CRIME AND DISORDER

Reduce anti social behaviour through improving the diets of our young people

CHILDREN AND YOUNG PEOPLE

Improving concentration and attainment levels through better food
Reducing time off from school through illness

SUSTAINABLE NEIGHBOURHOODS

Improving the environment through growing, reducing food miles,
increasing recycling, reducing packaging
Improving the quality of local shops to make neighbourhoods more attractive

CULTURE AND COMMUNITY COHESION

Promoting the City as a food destination for tourists
use food as a way of encouraging increased cross-cultural understanding and community cohesion

COMMUNITY ENGAGEMENT

Increases participation in community food projects and growing

TRANSPORT

Reducing car journeys by promoting neighbourhood food shopping

Vision for the future

The local vision for the future of food in Manchester is grounded in the concept of food security and inspired by the national vision for sustainable farming and food, while also stressing the importance of food for the local economy, and of enjoying food.

Food security

According to the World Food Summit (1996), food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. The World Health Organisation notes that the concept encompasses the following principles:

- The ways and means by which food is produced and distributed respect the natural processes of the earth and are thus sustainable.
- Both the production and consumption of food are grounded in and governed by social values that are just and equitable as well as moral and ethical.
- The ability to acquire food is assured.
- The food itself is nutritionally adequate and personally and culturally acceptable.

- The food is obtained in a manner that upholds human dignity.⁹

Many factors impact on food security: poverty, local availability of food, the nutritional value of the food consumed, the structure of the retail market and skill in food preparation, amongst other factors, all play a part.

Sustainable farming and food

The national *Strategy for Sustainable Farming and Food* (Department for Environment, Food and Rural Affairs, 2002) set as its overarching vision:

“A world in which climate change and environmental degradation are recognised and addressed by all nations and where low carbon emissions and efficient use of environmental resources are at the heart of our whole way of life; where, here in the UK, rural communities are diverse, economically and environmentally viable, and socially inclusive with high quality public services and real opportunities for all. A country where the food, fishing and farming industries working closely together and with Government are not dependent on output-related subsidies to produce safe, nutritious food which contributes positively to consumer choice and the health of the whole nation. A place where the land is managed in such a way as to recognise its many functions, from production through to recreation; where we seek to promote biodiversity on land and in our seas, and where the

⁹ *Food and health in Europe: a new basis for action*. WHO Regional Publications, European Series, No. 96, 2004.

promotion of animal welfare and protection against animal disease is at the core of the way in which we farm and live. The pursuit of sustainable development, environmental, economic and social, is vital to achieving this vision.”

It is important for the local vision to reflect these aspirations, and for the strategy to contribute to meeting them.

Values

This strategy is based on a set of core beliefs about food and its importance in society. These values are set out below.

1. Everyone in Manchester has a right to good food. No-one should have this right denied because of where they live, their income, or their background.

The choices that consumers make about food are influenced by a wide range of factors, including income, knowledge, skills, culture, social norms, peer pressure, availability and advertising, as well as simple personal preference. It is unjust that socioeconomic conditions make choosing good food more difficult for many people.

2. Good food is enjoyable, safe; nutritious; and environmentally sustainable

Good food is therefore characterised by local production where possible; variety, choice and food security; production methods that benefit the local economy and society; high standards of animal welfare; and production methods that have high environmental standards, with

reduced energy consumption and low use of agrochemicals.

3. Food should be produced and traded ethically and fairly

Food production and trading should only use fair pricing and ethical employment for and by producers, in the UK or overseas.

4. The shorter the food chain between farm and fork the better – for food producers, consumers and the environment.

The structure of the food market is crucial to the local and regional economy and to the environment, and can have a direct impact on health through its effect on food safety.

5. Food is important to our ability to participate in society.

The ability to access and enjoy good food, the development of cooking skills and opportunities to eat with others are important components of increasing social inclusion and developing social skills.

6. People have a right to information and opportunities to develop the skills, understanding and knowledge they to choose good food.

As well as needing to know what constitutes a healthy and nutritious diet, people should be able to know where their food has come from, how it is produced and what is in it. They also need the skills to shop and prepare food appropriately.

The Manchester Vision

Everyone in Manchester has a right to good food. No-one should have this right denied because of where they live, their income, or their background

Taking all these factors into account, we have identified the following vision for the future of food in Manchester.

Our vision is a city with a culture of good food. Access to affordable fresh food will be at the heart of local communities. Local food production and distribution will be commonplace, supporting the local environment, health and improving neighbourliness and participation in the community. The public sector, private sector, and communities will work in partnership to improve diet and nutrition in the city, and to reduce the environmental impact of the food consumed here. Manchester will be a place where people choose a healthy and well balanced diet; where people can enjoy a wide variety of food at its best, whether at home or eating out; and where food preparation is safe and hygienic wherever and whenever people eat.

Strategic aims

The food strategy has five overarching aims:

- To improve the health of the people of Manchester

- To protect the local and global environment
- To strengthen the local economy
- To build stronger and more sustainable communities
- To promote culinary diversity and the enjoyment of good food across the city.

These aims parallel many of the themes of the Manchester Community Strategy, and consequently relate to several of the thematic partnerships that make up the Manchester Partnership. A broad partnership between the public sector, private sector, community groups and individuals is required to develop a culture of good food in the city.

Implementation

The following section of the strategy sets out an analysis of how the vision and strategic aims might best be achieved, concluding with an identification of some key objectives and short, medium and long term priorities.

In order to maintain a high level of priority for this work, ensure that it is carried out, and to enable the strategy to be kept up to date, a Food Futures partnership board will be established. This group, comprising senior representatives from a wide range of local organisations, will report to the Manchester Partnership and be responsible for identifying resources to support implementation of the strategy. It will establish sub-groups as appropriate to take forward specific areas of work, and will monitor progress towards achieving the vision.

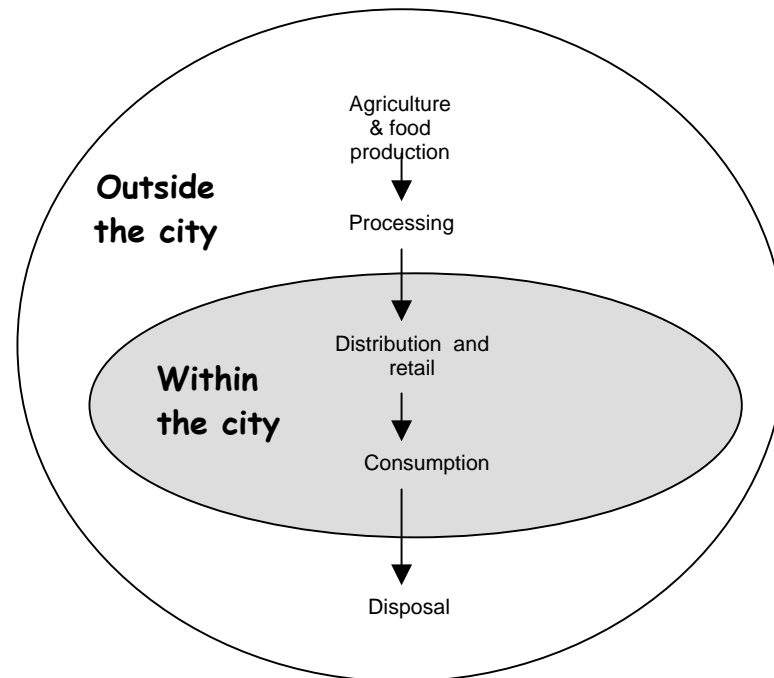
Strategic analysis

This section of the strategy analyses how the various components of the vision described above interact, and the extent to which there is local capacity to influence the various factors that impact on the food system. These analyses, together with consultations with the local Food Reference Group, (see appendix 3) then help to establish a series of objectives and priorities over the short, medium and long term.

Models of urban food systems

Achieving the vision will require a shift towards a new model of the urban food system. At present (and simplifying somewhat) the model is a chain in which food is produced outside the city, brought in, sold, consumed and the waste and packaging disposed of, generally outside the city again, as shown in Figure 1 (right). In short Cities – and Manchester is no exception to this - are disconnected from food production.

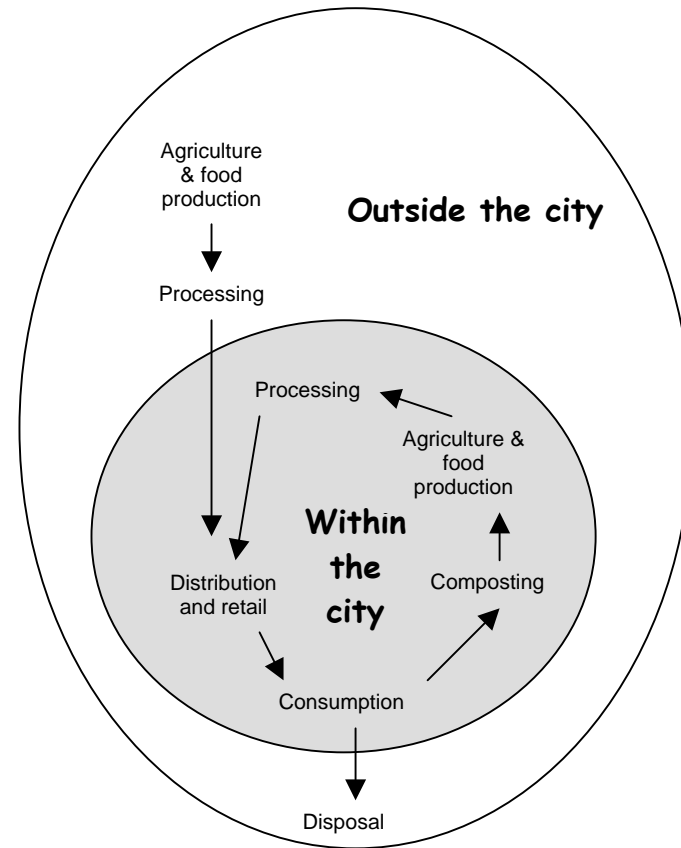
**Figure 1:
Urban food system – “Old” model**



A new model of urban food would have to recognise that much of this existing model will remain, as cities will always be net importers of food. However, there is considerable scope for bringing some of the production within the city boundary and for creating a closed loop system, as illustrated in Figure 2. Such a system would attempt to reconnect the city to the food it consumes and reduce the environmental impact of food consumption.

Some of the key features of these two models are outlined in more detail in the table overleaf.

Figure 2:
Urban food system – “New” model



	Old Model	New Model
Production	Largely irrelevant to Manchester. Food grown outside the city, mainly using industrial farming methods. Results: environmental degradation, food safety scares, economic decline in rural areas, standardisation of food and reduction in variety. ¹⁰	Some food grown within the city, using community supported agriculture and intensive horticulture. Benefits: a new strand to the local economy, jobs, environmental improvement, community engagement, social inclusion, opportunities for physical activity.
Processing	Some food processing industries have bases in or around the city, bringing jobs. Less beneficial results: nutritionally deficient foods, high in fat, salt and sugar; excess packaging; pollution and energy consumption; waste generated as less aesthetically pleasing foods are dumped.	Much of the local food grown would not be processed at all. Benefits: fresh food higher in micronutrients; reduced waste and energy consumption.
Transport, Storage and Distribution	Food transported long distances to and from distribution centres, fruit and vegetables stored for long periods of time before being sold	More use of local produce, farmers markets to reduce the time between farm and fork
Retail	Pattern of food distribution largely dominated by supermarkets, with some independent stores. Food often travels huge distances, leading to pollution; out-of-town stores encourage low-frequency shopping by car, creating food deserts in some areas – places where access to food has dried up. Some jobs are created, but at the expense of local shopkeepers: in addition, they tend to be low status, unskilled and insecure. Profits tend to leave the local economy.	Increased emphasis on a mixed retail economy; bringing the food to the shopper, rather than the shopper to the food: local markets, delivery schemes, support for local shops. Benefits: boosts local economy, more employment, keeps money circulating within the local economy; less need to drive to shop, reducing pollution and promoting physical activity; removes food deserts, making food more accessible throughout the city.
Purchasing	Dominated by processed foods, a increasing trend towards overbuying leading to waste.	More local produce purchased. Increased purchase of fresh fruit and vegetables from neighbourhood shops.
Preparation and cooking	A move away from preparation and cooking of fresh food at home. More reliance on convenience food	Increased emphasis on cooked food using more fresh fruit and vegetables. People more skilled at preparing food themselves.

¹⁰ See, for example, Tudge, C (2003): *So Shall We Reap*. Allen Lane

	Old Model	New Model
Consumption	At home, dominated by processed foods requiring little or no preparation; diet low in fresh fruit and vegetables. Increasing consumption of food out of home, both in high quality restaurants and from fast food takeaways (usually highly processed, high fat, high salt, high sugar products). Social polarisation of consumption.	More freshly prepared food consumed Eating out still common, with even greater choice available across the whole cost spectrum and in all areas of the city. Benefits the local economy and health.
Disposal	Increasingly, glass, paper and metal packaging is recycled; the rest goes to landfill, which is wasteful and environmentally damaging.	Less packaging waste to be recycled. Less food thrown away., more recycling of organice waste both from the home and in large institutions such as schools, hospitals etc. Development of local composting schemes that would feed back into the local agriculture, improving the soil and boosting productivity.

Identification of broad areas for action

The five strategic aims interact with the eight stages of the food process described above to suggest several possible broad areas for action, as illustrated in the table below.

Strategic Aims	Production	Processing	Distribution	Retail	Purchasing	Cooking	Consumption	Disposal
Improve the health of Manchester residents	Grow food locally; change animal welfare standards to minimise the risk of future food health scares; get community members active in the process, promoting physical activity	Process as little as possible; ensure adequate hygiene at all times; encourage food preparation businesses to develop healthy options; reduce added salt and sugar in processed foods	Reduce pollution and congestion through shorter journeys to distribute food.	Ensure food retail is safe and hygienic, work with large retailers re advertising , labelling and provision of healthy sustainable food	Reduce car use, Education about healthy eating on a budget	Increase cooking skills, and food hygiene skills	Eat more fresh fruit and vegetables; cut down on fat, salt and sugar; eat a varied diet. Education about what constitutes a healthy diet and support to achieve one where necessary (e.g. cooking skills). Observe food safety rules	Ensure that waste disposal is hygienic
Protect the local and global environment	Grow food locally and organically; reduce use of and dependence on	Reduce packaging and energy consumption in food processing, reduce	Reduce food miles, ensure method of transport of food minimises	Support retailers to use local produce, promote retail patterns	Only buy what you need, Buy local, organic and fair trade where	Encourage efficient use of energy when cooking	ensure that any meat consumed is high quality, produced to high animal welfare	Recycle glass, paper, metal and plastic packaging ; compost

Strategic Aims	Production	Processing	Distribution	Retail	Purchasing	Cooking	Consumption	Disposal
	agrochemicals ; establish market structure that rewards good practice rather than cheap practice	pollution	environmental impact	which reduce car journeys	possible;		standards; eat a balanced diet.	organic waste. Reduce over buying and
Strengthen the local economy	Grow food locally; employ local people in the process; establish local agriculture businesses	Encourage small local businesses engaged in food preparation, increase skills of local residents	Local distribution schemes	Support social enterprise, Encourage the growth of markets	Purchase foods from local retailers and producers	Develop cooking and food hygiene skills to increase employability	Encourage growth of a diverse range of restaurant / café etc outlets in all areas of the city. Develop the food tourism sector.	Develop local composting schemes
Build stronger and more stable communities	Grow food locally; get community members active in the process; establish local agriculture social enterprises	Encourage small local businesses engaged in food preparation	Local distribution schemes	Reduce retail crime Use planning to influence retail patterns and support local food retail	Purchase food from local retailers and producers, use shopping as a way of increasing social networks	Develop cooking and food hygiene skills to increase employability	Develop opportunities for more communal eating, Improvements in diet linked to reduction in anti social behaviour	Develop local composting schemes and link them to local growing initiatives

Strategic Aims	Production	Processing	Distribution	Retail	Purchasing	Cooking	Consumption	Disposal
Promote culinary diversity and enjoyment of good food	Grow a wide variety of crops; rear livestock to high quality standards	Encourage food preparation businesses to diversify their range; reduce unnecessary additives in food		Promote weight-loss through healthy eating and exercise not 'fad dieting'	Offer a range of good quality, affordable food to purchase, offer advice on use of ingredients	Encourage cooking clubs, increase use of a wide variety of ingredients through cooking skills training	Encourage growth of a diverse range of restaurant / café etc outlets in all areas of the city; share cultural food experience; raise awareness of the enjoyment of varied foods	Safe disposal of food waste. Increased composting

Levers of control and influence

The table below sets out some of the factors that have an impact on each stage of the food system, and the extent of local control or influence over these.

Factors influencing each stage of the system		Extent to which, and ways in which, these factors can be locally:	
		Controlled	Influenced
Food production	Regulations and policy re farming – e.g. CAP	None.	Very little influence locally other than through lobbying. Possibly via NW networks?
	Levels of skill in agriculture and horticulture	None.	Manchester Wholesale Market Project seeking to develop new skills and opportunities for rural producers. Could run adult education classes, either independently or as part of a broader food project, possibly subsidised to encourage take-up.
	Available land	Council and NHS own some land in the city, and could conceivably purchase more. Perhaps some could be made available for growing food.	There are substantial regeneration schemes over which the Council has influence – identifying land for growing food within these could be part of the overall approach to regeneration in the city.
	Market structure – e.g. demands from buyers, competition law.	None.	Purchasing power, e.g. direct buying from local suppliers. Potentially significant regionally if all public procurement worked together, though there may be legal barriers.
Processing	Industry perceptions of consumer demand	None.	Corporate consumers can make explicit demands about reducing processing and packaging and reducing salt, fat and sugar content. Challenging industry to acknowledge how it shapes demand, not simply responds to it.
	Legislation – e.g. about hygiene and food preservation	None.	Environmental health oversees enforcement of some aspects of legislation in food processing. Local authority also influences implementation of other legislation such as traceability requirements.

Factors influencing each stage of the system		Extent to which, and ways in which, these factors can be locally:	
		Controlled	Influenced
	Profit motive	None for most companies; however, social enterprises could be established aimed at providing high quality produce without a profit motive.	Purchasing power, e.g. explicitly buying high quality, little-processed foods.
Distribution	Market structure	HATS runs the wholesale market at New Smithfield and oversees retail markets and farmers markets, giving control over some aspects of distribution. For other large retailers there is no local control over the market structure.	Planning policy can have some influence on retail distribution. Use of section 106 agreements can encourage large developers to contribute to local food provision. Crime reduction initiatives which support small retailers can influence their ability to stay in business. Wholesale Market Project can influence uptake of local/regional food within retail.
	Pattern of restaurant / café provision	Only through establishing new facilities.	? any scope for licensing/planning playing a role? Support for community cafes which increase access and diversity
Consumption	Advertising	None over the majority of advertising; could develop local advertising campaigns.	? any influence over what gets advertised on hoardings? Using our own sites, fleets, publications
	Availability via retail	Only through establishing new facilities to make good food available where it currently isn't.	Regeneration schemes can work to ensure that there is access to good food built into their plans and that there is an emphasis on establishing a mixed retail economy
	Availability via direct outlets	HATS runs the school meals service and other outlets.	Need to have influence over large scale catering facilities through education and training – universities, prisons, large employers canteens
	Affordability	Only via direct outlets.	Income maximisation work; possible subsidies on some foods? Education about healthy eating on a budget, cooking skills, improved levels of employment
	Consumer choice	None.	Advertising and other promotional activity, education, healthy schools initiative
	Food preparation skills	Advisory training for commercial caterers, e.g. food hygiene.	Potential for education in schools; running community-based classes

Factors influencing each stage of the system		Extent to which, and ways in which, these factors can be locally:	
		Controlled	Influenced
Disposal	Legislation	None	Lobbying if required
	Access to recycling and composting	Council runs contracts for recycling; Fairfield Composting in the city; zero-waste strategy for wholesale market	
	Consumer behaviour	Only if legislative powers re waste separation were available	Improving access to recycling and composting facilities: happening with kerbside collection of some recyclables, more work needed on organic waste, education and promotion about importance of recycling and the need to move it further up the food chain – reducing overbuying, storing food to keep fresh etc
	Commercial pressures		Purchasing power and lobbying, e.g. demanding reduced packaging, compostable packaging, etc

Objectives and priorities

NB: All the following section is provisional: the objectives need to be agreed by implementation groups and the proposed Food Futures board; the priorities need to be discussed and agreed by the implementation groups.

The following objectives are an outline of what can practically be done locally to implement the vision. They are based on the strategic analysis above and on consultation with the local Food Reference Group.

Each objective includes a number of priorities. These are divided into short term (1-3 years), medium term (3-5 years) and long term (5-10 years) priorities, based on how long it is likely to take to achieve the desired outcome. This is not to suggest that action on the long term priorities can wait for five years, however: if they are to be met, work on them has to begin early.

Objective	Priorities	Performance measures
<p>Food security and access</p> <p>To improve access to a wide range of high quality fresh food across the whole city, geographically and by social group</p>	<p>Short term:</p> <ul style="list-style-type: none"> • Gain a better understanding of food geography in the city • Develop partnerships between the private retail sector and the public sector • Develop community transport links to retailers • Support / pump prime pilot community fresh food retail schemes <p>Medium term:</p> <ul style="list-style-type: none"> • Establish community food enterprises / business support to food retailers in all known food deserts including crime reduction initiatives • Ensure that access to food is at the heart of regeneration schemes being developed – in terms of food retail and growing • Develop further roles for markets in food access in local areas <p>Long Term:</p> <ul style="list-style-type: none"> • Establish a pattern of commercial food retailing which brings it back to the heart of local communities 	<p>Number of identified food deserts</p> <p>Number of community food enterprises</p> <p>Reduction in business crime rates?</p>
<p>Food production</p> <p>To establish local food growing as a valuable contributor to health, the environment and the local economy</p>	<p>Short term:</p> <ul style="list-style-type: none"> • Map sites for potential urban agriculture • Develop links to planning to support access to land for agriculture • Support / pump prime pilot community urban agriculture schemes <p>Medium term:</p> <ul style="list-style-type: none"> • Ensure improvements in community allotments <p>Long Term:</p> <ul style="list-style-type: none"> • Ensure that community food enterprises are financially sustainable in the long term 	<p>Proportion of unlet allotments</p> <p>Number of community food growing schemes</p> <p>Number of people involved in community growing schemes</p>

Objective	Priorities	Performance measures
<p>Children and young people</p> <p>To establish a pattern of healthy eating from conception, breastfeeding, weaning and early years right through to early adulthood. To have a positive impact on social development, health and education.</p>	<p>Short term:</p> <ul style="list-style-type: none"> • Decrease the proportion of schools in the city that have vending machines selling unhealthy snacks on the premises • Increase the proportion of schools that run healthy tuck shops and provide good access to water • • • Increase breakfast provision in primary and high schools offering foods based on complex carbohydrates (break time breakfasts) • Reintroduce basic cooking skills to the school curriculum • Ensure that the 5 A Day programme is maintained across Manchester schools through the Healthy Schools Award scheme • Establish school food growing scheme • Something on anti natal nutrition, breast feeding, weaning <p>Medium term:</p> <ul style="list-style-type: none"> • Ensure that children leaving school do so with a sound knowledge about healthy diets, and the skills to be able to cook fresh food should they choose to do so • Ensure new schools under BSF have facilities to prepare and serve fresh meals from scratch and to teach children cooking and nutrition <p>Long Term:</p> <ul style="list-style-type: none"> • Ensure that every school has a food improvement strategy 	<p>Number of schools engaged in school food project</p> <p>Proportion of schools with vending machines</p> <p>Number of children eating a healthy breakfast (measured through school lifestyle survey)</p> <p>Number of schools teaching cooking skills</p>

Objective	Priorities	Performance measures
<p>Education, awareness and campaigns</p> <p>To ensure that people in Manchester are adequately informed about food, diet and nutrition.</p>	<p>Short term:</p> <ul style="list-style-type: none"> • Promote the vibrant cultural diversity of food in the city • Develop and implement plans to raise awareness about healthy and sustainable eating • Develop and implement plans to raise awareness and skills about shopping and cooking on a budget • Develop skills and better access via the healthy living networks and other agencies <p>Medium term:</p> <p>Long Term:</p> <ul style="list-style-type: none"> • Develop an understanding and culture of good, healthy food within the city 	
<p>Exerting a broader influence</p> <p>To use the purchasing power of local agencies to promote local, organic and fair trade food.</p>	<p>Short term:</p> <ul style="list-style-type: none"> • Increase local, organic and Fair Trade sourcing of food within the local authority • Increase local, organic and Fair Trade sourcing of food in the local food supply chain via the wholesale market <p>Medium term:</p> <ul style="list-style-type: none"> • Establish programme of local, organic and Fair Trade sourcing in hospital settings • All public sector organisations signed up to a strategy for local food sourcing <p>Long Term:</p>	<p>Achievement of Fair Trade City status (already met!!)</p>

Appendix 1: The roles of different agencies

If this strategy is to be successful, it will require the involvement and of a large number of organisations. The contributions that can be made by each are outlined briefly below.

Central Policy

Particularly within the local authority and Primary Care Trusts, central policy teams have a role to play in lobbying Government to make or encourage the policy changes at a national and international level that would help shape agriculture and trade in a health promoting direction.

Community and voluntary organisations

Community food initiatives can make a substantial contribution to health, social and environmental goals. Community food enterprises and gardening for health, for example, address social exclusion, urban regeneration and green space protection; they help improve diet; and they retain money in the local economy. They also help build a culture which is supportive of healthy eating patterns. Voluntary organisations also play an essential role in supporting specific groups: for example, mobility projects can provide transport for people who are housebound.

Education and schools

Schools have a key role in promoting healthy food and drink choices for children and young people, and in tackling unhealthy snacking. They can educate children, young people and their families about healthy food and drink choices, provide healthy snacks, resist sweet and fizzy drink vending machines, provide healthy and nutritious school meals, introduce children to a wide range of foods, and teach children about how advertising manipulates them. Equally importantly, they can teach children basic cookery skills that will prepare them for later life. Adult education also has a role in developing cookery skills.

The role of water in schools is also important. Dehydration can lead to a number of problems, particularly for children, including:

- Headaches, poor concentration, lethargy and reduced mental performance;
- Reduced physical and sporting performance;
- Health problems including urine infections, constipation, wetting / soiling problems and halitosis.

Children have been found to drink significantly less during a school day than on a weekend day¹¹ making them especially prone to the detrimental effects of dehydration when at school.

Environmental Health

The most widely known role of environmental health is in inspecting all food businesses, from food factories to the corner shop, to ensure compliance with food safety and hygiene requirements in order to ensure foods are safe to eat and are not going to cause food borne illness. Food businesses are required to register with the local authority and there are currently just over 4000 in the city of which 2,500 are inspected annually according to a national risk rating scheme. Environmental Health provides advice to consumers and business alike about a wide range of food issues and respond to over 600 complaints a year.

Safe handling of food is not just important for food businesses but also within the home and to assist members of the public. Environmental Health has produced a domestic hygiene handbook and advice on safe food in lunchboxes. They work with schools to link in with the national curriculum.

Environmental Health also operates a border inspection post at Manchester Airport that specifically looks at imported animal products entering from non European Union countries. Foods not of animal origin arrive through the airport and these too are inspected using a risk based system to ensure that they are not contaminated. Food is truly a global product. The

¹¹ **Rugg-Gunn, A.J. et al (1987):** The water intake of 405 Northumbrian adolescents aged 12-14 years. *British Dental Journal* 162: 9, 335-340.

city's diverse community also adds to the rich variety of produce to be found on sale both in shops and restaurants in Manchester.

Work in Environmental Health on air quality issues also links across to the sustainable food agenda.

Food standards agency

Food retailers

Food retailers are clearly one of the most important parts of the picture locally. They decide where to establish shops, what to stock, and how much it costs. Current retail policy has great benefits for providing a huge range of products, and can generate cheaper products in some cases. However, it also creates food deserts. Changes to retail policy could have a substantial impact on the future of food in the city.

Hospitality and Trading Services

HATS has many contributions to make to the strategy. As the school meal provider to 174 nursery, primary, special and secondary schools in Manchester, it has access to a captive audience to reinforce healthy eating messages. In addition to providing a meal that meets nutritional standards and legislation, HATS is proactive in promoting healthy eating and works in partnership with head teachers, governors and parents to address current health concerns. HATS manages its own purchasing arrangements so is able to work closely with suppliers and clients on food and product development, for example to reduce the salt content of prepared foods.

HATS runs the wholesale market at New Smithfield as well as other local and farmers markets, so has a substantial contribution to make in structuring the local food market in favour of food security and access.

The health and well being of older people is also a key issue for HATS. HATS supports the work of the Children, Families and Social Care department through the provision of two key services – meals on wheels and luncheon club meal provision. Over 1500 meals a day are delivered to meals on wheels and luncheon club users, which can play a vital role in promoting the social and physical well being of older people. Clients requiring a special diet can also be catered for, including diabetics and those who need gluten free, low fat or modified texture meals.

Hospital Trusts

Hospitals provide thousands of meals each year, which could be improved so that they provide a more healthy balance. They also have purchasing power which could be used to buy local produce where possible.

Leisure services and facilities

Good diet and high levels of physical activity are both important for health. Leisure services contribute towards the latter; they could also contribute towards the former through consideration of the snacks and drinks that are sold. Any work with children could also consider using healthy food rather than sweets as prizes.

Manufacturers

Food manufacturers play a key role in shaping consumer choice through product development and marketing. While this is more of an issue at a national than a local level, this sector has a substantial role in developing healthier products, in honest labelling and packaging, and through advertising to shape consumer demand.

Media

The role of the media in creating a local food culture is crucial. The media acts as an advertising medium, whether this is explicit (as in the case of paid advertisements) or unintentional (through storylines, backgrounds, etc). It is also a means of educating about what constitutes healthy eating.

Primary Care Trusts

PCTs have opportunities to influence diet through the Dietetics Services, which works in particular with those at the highest risk of ill health because of their diet, and through community development activity. The PCT Directors of Public Health have a key role in developing local health improvement strategies which stress the importance of food and health as an underpinning factor in preventing problems such as obesity, diabetes and heart disease. The Public Health Development Service runs the Healthy Schools Award Scheme and the 5-a-day initiative in the city.

Restaurant trade

Eating out is becoming ever more common, and adds considerably to the range of food people eat and the pleasure they get from it; however, it tends to be higher in fat than food eaten at home. The restaurant trade could be a major player in creating a culture of healthy eating through promoting healthy menus, including using healthier ingredients and having a greater emphasis on vegetarian options.

Retailers

Food retailers are important in determining what products are available in what areas, and at what price.

Local Employers

Local employers have an important role to play in encouraging healthy eating and in providing healthy choices in canteen facilities (where relevant). Good food is fundamental to good health and good health is the basis of a productive workforce.

Urban Planning / Regeneration

Last in this list, but certainly not in importance, is urban planning and regeneration. Both have key roles to play by developing planning policy which favours local retailers over the development of large supermarket sites, and which encourages the development of urban agriculture at a local level.

Appendix 2: Glossary *to complete*

Common Agricultural Policy (CAP)

European legislation set up against a backdrop of food shortages and rationing following the second world war. The purpose was to increase farm productivity, stabilise markets, ensure a decent standard of living for farmers and guarantee supplies at a fair price for consumers. The main principles the CAP are: common import restrictions, common financing, common pricing and common treatment of surpluses.

Sustainability

Food Security

The reliable availability of a sufficient quantity and quality of nutritious food for a population.

Primary Care Trust (PCT)

Hospitality and Trading Services (HATS)

Food desert

an area where people experience geographical and financial problems in accessing healthy food.

Farm to fork

Food miles

The distance food travels from where it is grown or raised to where it is ultimately purchased by consumers

Food poverty

Lack of money, inadequate shopping facilities, conflicting information about food and health, and poor transport mean that many people are denied healthy food choices. This has become known as food poverty.

Genetically modified crops

Micronutrients

Vitamins and minerals

Agrochemicals

chemicals used in agriculture to destroy insects, fungi, bacteria, pests, weeds (such as pesticides, herbicides, fungicides), and to regulate plant growth (such as fertilisers)

Building schools for the future.

BSF is the biggest single government investment in improving school buildings for over 50 years. The aim is to rebuild or renew every secondary school in England over a 10-15 year period.

Appendix 3: Food Reference Group *to complete*

Appendix 4: Statistical Appendix *to complete*

Appendix 5: Linkages *to complete*