





Aims

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- Discuss food poverty and how it presents in your work
- Understand the international definition and conditions of food poverty and its relevance
- Share best practice responses
- Signpost most effectively in Oxford
- Get informed about national and local policy work



Overview

- Introductions
- Food poverty – definition and scale of the problem
- Recognising food poverty

11.00 Tea & coffee

- Why is it difficult?
- Language
- Top tips & services
- National & local campaigns
- What next
- Feedback forms

1.00 Lunch at Eatwells Café
Thanks to Oxford City Council



Introductions

- Their name
- Their role and organisation (if applicable)
- How their role relates to food and/or food poverty

30 seconds each

Be ready to report back!

Sustainable Food Cities



THE OXFORD GOOD FOOD CHARTER

This Charter sets out a vision for a vibrant food culture in Oxford – for healthy people and environment, lively communities, and a prospering local economy

Oxford's Good Food Vision:

- Reducing **greenhouse gas emissions** at all points in the food cycle, from field to fork
- Supporting practices that preserve and enhance **ecosystems** and promote higher **animal welfare**
- Committing to cut packaging and **food waste**, and increase **recycling and composting**



- Ensuring all people have access to **affordable, healthy and tasty food**, regardless of income
- Helping people gain and pass on the **knowledge and skills** to grow, cook, eat and enjoy food
- Demanding that all food workers receive a **fair wage**, and work under **safe, fair conditions**



- Encouraging a diversity of local, independent shops and enterprises that provide **jobs and livelihoods**
- Providing **space for food growing projects** that promote good health and community spirit
- Bringing people together** to celebrate Oxfordshire's regional food heritage and our diverse food cultures



Find out more at www.goodfoodoxford.org
Be part of Good Food Oxford, sign the charter here:

(signed)

Here are **FIVE SIMPLE THINGS** you can do today to make the food you eat better for you, better for the planet, better for your pocket and better for other people:



1. Eat more plants

Enjoy lots of delicious, seasonal fruit and vegetables – five or more a day. Affordable, tasty and good for you!



2. Waste less food

Incredibly, 1/3 of all food produced is never eaten. Cutting waste saves money and reduces our environmental footprint.



3. Quality not quantity

Meat and dairy are responsible for a high proportion of emissions. Reduce the amount you eat, and buy from trusted, high animal welfare suppliers.



4. Cook!

Enjoy cooking and eating food together, using fresh, seasonal ingredients. Start simple – ask around for recipes and share your favourites.



5. Know your food

Ask where your food comes from and how it was produced, get to know producers at local markets, and choose trusted labels like MSC for fish.

GOOD FOOD OXFORD FOR BUSINESS AND ORGANISATIONS:

Sign up to the Charter, put it on display and promote the actions to your staff, customers or members. Encourage volunteering with local food projects as part of your community engagement. If you sell or serve food, get in touch with us to talk about how you can make it healthier and more sustainable.

...Happy bellies = happy people!



Find out more:

www.goodfoodoxford.org



Good Food Oxford is a network of public, private and community organisations working together to make Oxford a Sustainable Food City. We are proud to be part of the UK's national Sustainable Food Cities network.

Visit our website to find out more or email us on mail@goodfoodoxford.org



Green Party

Our Strategic Priorities



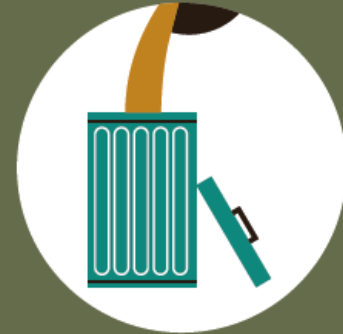
Good Food Businesses

building Oxford's
sustainable food
economy



Good Food For All

ensuring everyone is able
to eat well every day



Changing Our Ways

driving behaviours for healthy
and sustainable food use,
starting with food waste

What does Food Poverty mean to you?



the oxford
food bank
FEEDING THE COMMUNITY · PROTECTING THE ENVIRONMENT





Approximate numbers

- UK: estimated 4m in food poverty 2013; 1 in 10 2016. Rising use of Food Banks 1m+
- No official measurement or monitoring
- Oxford: 44% children below poverty line in Rose Hill
- Av daily fruit and veg intake regen wards: 2.55
- Child and adult obesity higher in regen wards
- Public Health England: poor diet is a higher health risk factor than smoking in UK



Giving Voice to Food Poverty

A Qualitative Study in Barton and Rose Hill

Dr Frances Hansford
for Good Food Oxford





Methods and Sampling

- 12 KIIs
- 57 semi-structured interviews
- Community settings (Children's Centres, Community Cafés, Food Bank, Advice Centres, lunch clubs, GP surgeries)

Method	Sample size
Key Informants/ Professionals	12
Neighbourhood Interviews	45
Group Discussion	1 (12 People)

Basic Demographics	
Age	2/3 under 50
Women: Men	5:1
Ethnicity	British White (71%) Asian (13%)
Children 18 or Under	54%

The UN Food & Agriculture Organisation FIES

Questions in the Food Insecurity Experience Scale Survey Module for Individuals (FIES SM-I) as fielded in the 2014 GWP

Now I would like to ask you some questions about food.
During the last 12 MONTHS, was there a time when... :

(label)

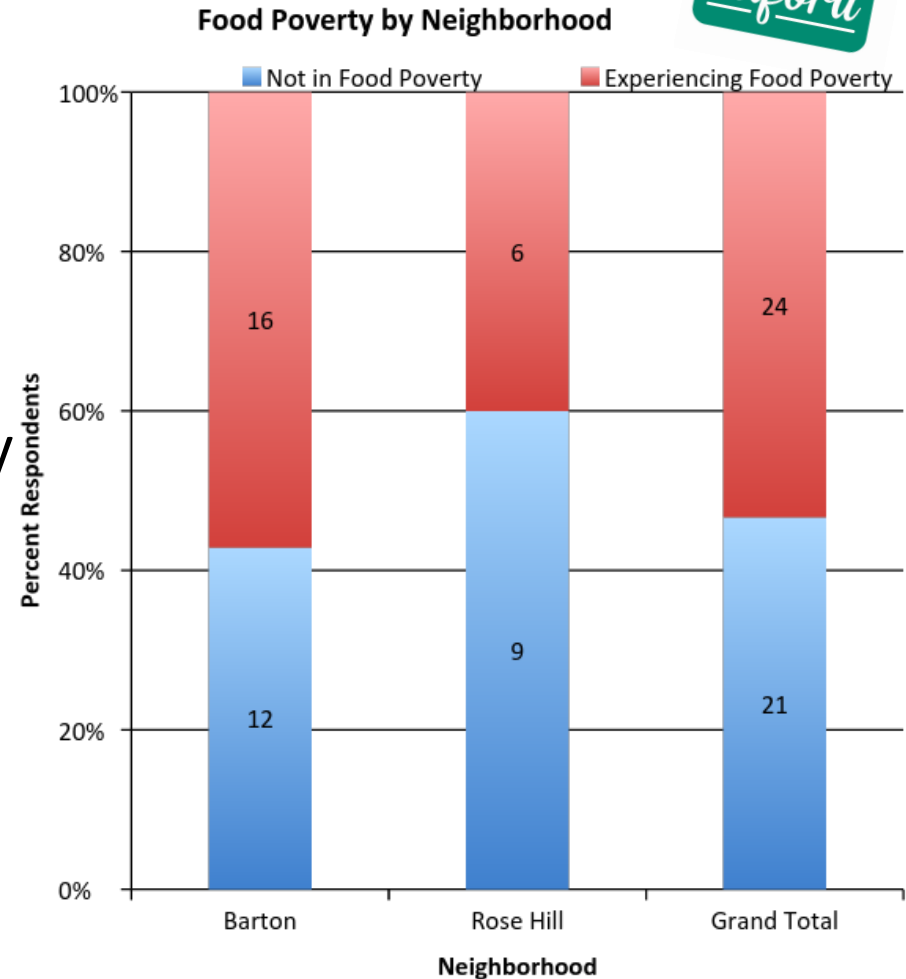
(Q1)	... you were worried you would not have enough food to eat because of a lack of money or other resources?	(WORRIED)
(Q2)	... you were unable to eat healthy and nutritious food because of a lack of money or other resources?	(HEALTHY)
(Q3)	... you ate only a few kinds of foods because of a lack of money or other resources?	(FEWFOODS)
(Q4)	... you had to skip a meal because there was not enough money or other resources to get food?	(SKIPPED)
(Q5)	... you ate less than you thought you should because of a lack of money or other resources?	(ATELESS)
(Q6)	... your household ran out of food because of a lack of money or other resources?	(RANOUT)
(Q7)	... you were hungry but did not eat because there was not enough money or other resources for food?	(HUNGRY)
(Q8)	... you went without eating for a whole day because of a lack of money or other resources?	(WHLDAY)

Extent of Food Poverty



Food poverty classification: sometimes.....

1. worries about running out
2. compromises on dietary quality or variety
3. quantity of food is reduced/skips meals
4. runs out of food



Drivers of food poverty

“Food is so expensive, very, very expensive, especially if you want to live a healthy life”

- **Economics** (low wages, unemployment, benefit issues)
- **Physical Access** (mainly older ppl)
- **Others:** poor physical & mental health, disability, living alone



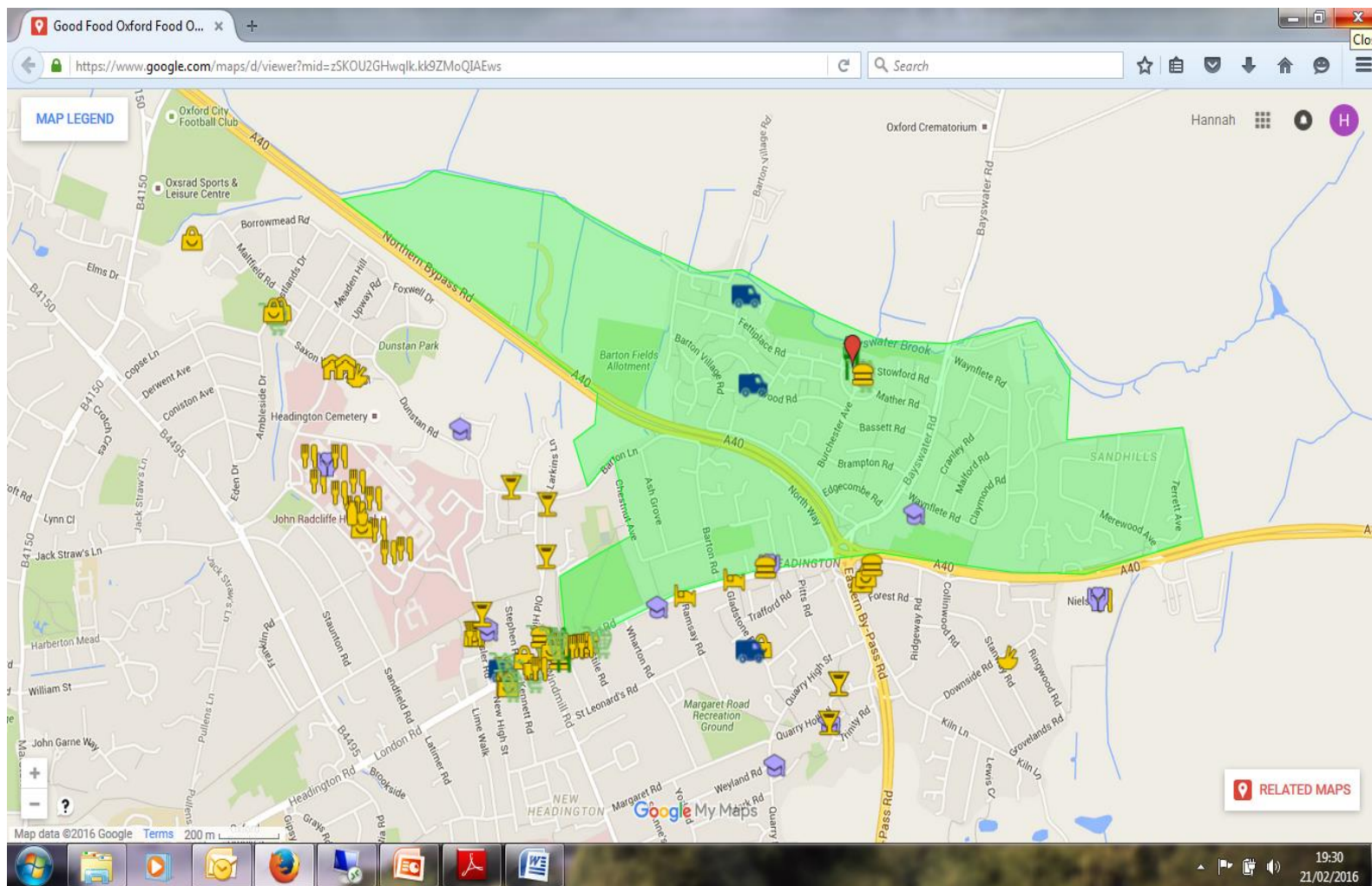


Mapping food outlets in Rose Hill, Blackbird Leys and Barton

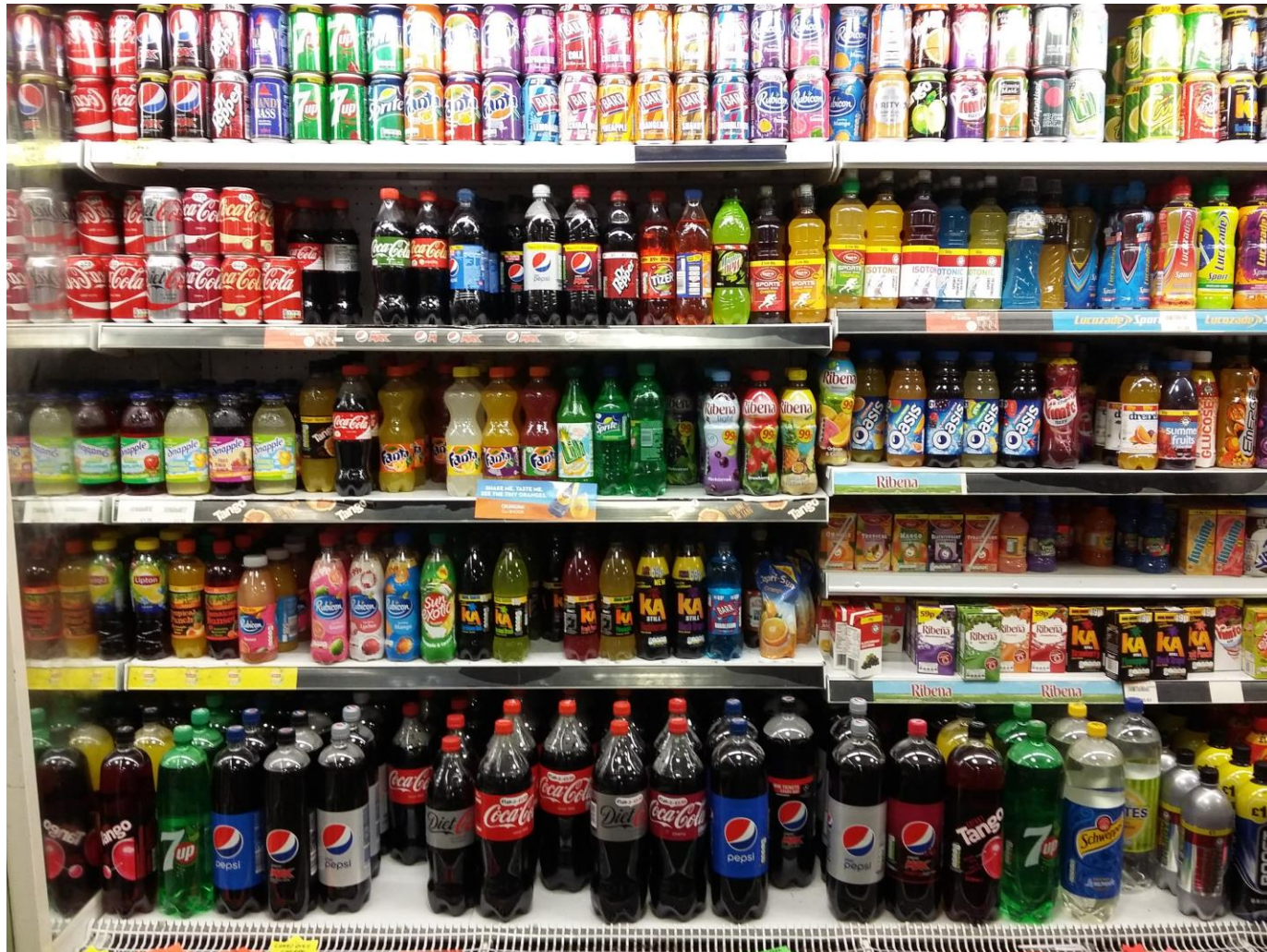
by Dan Bright, Tai Kah Hong, Arthur Yeung, James Walker
The Student Consultancy, Oxford University

Full map available here: <https://goo.gl/5UzZAt>





Barton food store



The “Banana Comparison”

Ward	Nearest store with fresh fruit & veg	Nearest supermarket
Barton	30p	18p
Rose Hill	35p	16p
Blackbird Leys	28p	12p



Coping Strategies

"[I] might skip meals as long as my children eat"

- Careful management and budgeting
- Using charitable food sources, esp food bank (fruit and veg)
- Missing meals





Have you every come across this in your work?
In what way? What was the **situation**? What
was **characteristic**? What **barriers** was the
person facing?



- Group 1 – worrying about ability to obtain food
- Group 2 – compromising quality and variety of food
- Group 3 – reducing quantities, skipping meals
- Group 4 – experiencing hunger

Write or draw the situations you discuss



**Tea and coffee break
until 11.30am**



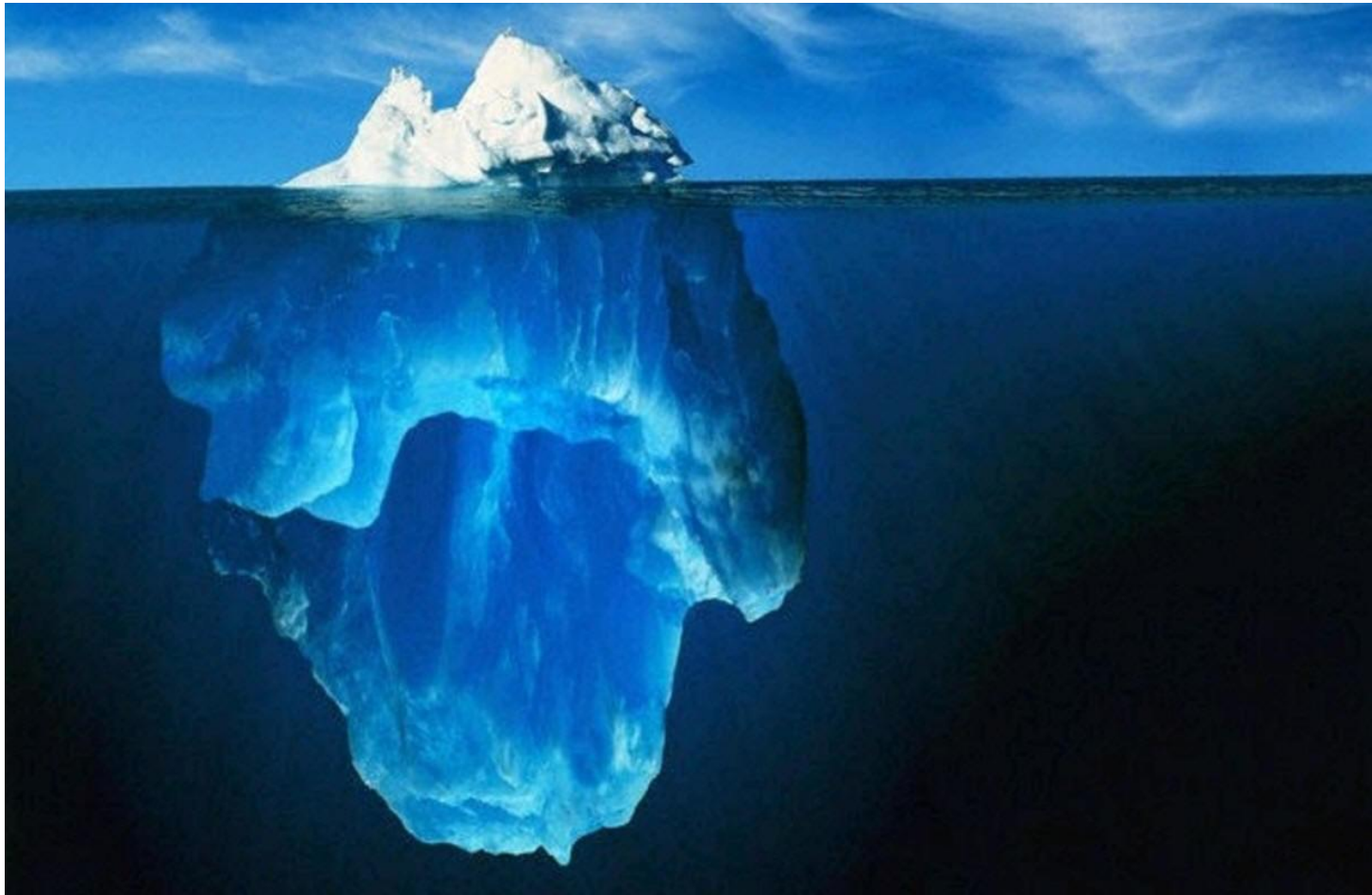
Recap of Aims

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Food poverty: why is it difficult?

1.



The language of food poverty



1.

- Food poverty
- Food security and food insecurity
- Food access
- Food bank
- Food sovereignty?
- The right to food
- Hidden problem
- Cost of living
- In-work poverty
- Unacceptable
- We need to talk about food



Top tips and services available

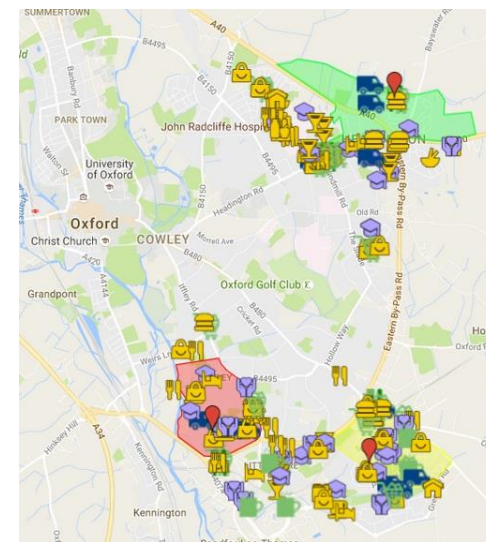
1 tip per post-it





Database and map of food services

Jade Neville





National and local campaigns

- National – APPG on Hunger, Feeding Britain, national measurement of household food insecurity, Beyond the Food Bank
- Local – Food Access Action Plan, “the city that cooks and eats together” (Brighton & Hove)
- Educational activities and resources
- Advice services and crisis support
- Build on the evidence
- Facilitate connections
- **Community of practice**





Crisis food poverty

Food banks and hunger are just the tip of the iceberg

Long term food poverty

Our approach focuses on the much larger group of people struggling long term to eat a healthy diet, and aims to prevent them reaching crisis point.

What prevents food poverty?





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What next?

Working together for a healthy, fair, sustainable food system for Oxford for all...

- ❖ Thank you
- ❖ Lunch will be served in Eatwells Café from the hatch in the foyer
- ❖ Sign up for GFO newsletter
- ❖ Food Access Action Plan
- ❖ Community of practice
- ❖ Feedback forms

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