

Annex: Methodology

Doing a Kitchen Table Talk

We developed online resources which were freely available for anyone interested in doing a Kitchen Table Talks. You can access the documents here:

[Guide for Hosts](#)

[Background Briefing](#)

[Record Sheet](#)

People were asked to submit their top 5 concerns and top 5 priorities for action by Government and were given space to feed back some further comments. These were designed as open questions: "What are your top 5 concerns about the food system in Scotland?" and "What are the top 5 actions that Government should take for Scotland to become a Good Food Nation?"

We received responses from 140 Kitchen Table Talks; totalling 673 top concerns and 625 top priorities for action. 84% of the Kitchen Table Talks were done by groups of any size between 2 and 40 people. In total more than 800 people took part in Kitchen Table Talks.

Analysing the results

The analysis focused on the top 5s. To draw out the most recurrent concerns and priorities for action, we drafted about 30 'codes' under six umbrella categories, based on a sample of responses. The same categories were used for both concerns and priorities for action, but the codes were different.

Each individual concern and priority for action was then matched with a single code. When responses touched on multiple codes we did our best to find the best match, but were sometimes forced to make choices.

The tags were adapted during the coding process in order to reflect the variety of responses as accurately as possible. A few miscellaneous concerns (15) and priorities for action (6) could not be matched with a tag.

For group responses, we multiplied responses by the number of participants of the Kitchen Table Talk. We did not rank responses based on their order in the top 5s.

The tables on the next pages show the full lists of codes. The top 5 concerns and priorities for action were shared in infographics in the report, and the top 10 priorities for action were summarised in some more detail.

Weighted codes used to summarise the top concerns

Social Justice at home and abroad	Count
Inequality, food insecurity and foodbanks	180
Food workers rights and wages	35
Lack of support for community food initiatives (incl. infrastructure)	25
Affordability of healthy diet (incl. culturally appropriate and organic food)	489
Lack of time and/or facilities to cook food	69
People with disabilities, hospital food	121
Food Culture	
Lack of knowledge and poor advice about healthy diets	91
Disconnect from the origin and value of food	276
Lack of skills and confidence to cook	128
Social isolation	45
Food production and Environment	
Plastics and packaging	202
Animal welfare and factory farming	103
Environmental impact of our food at home and abroad (biodiversity, climate change)	451
Use of chemicals in livestock/dairy/poultry farming (antibiotics, hormones,...)	22
Lack of access or supply of local food	154
Lack of land for urban food growing	58
Food waste	206
Impact of climate change on our food system	6
Too much meat in our diets	14
Health and Wellbeing	
Diet-related ill health	130
Ubiquity, convenience, and low cost of less healthy food	150
Food labelling isn't clear or readable enough	45
Poor hygiene and food safety	10
Too much food is ultraprocessed (HFSS and additives)	166
Unrestrained advertising and marketing of junk food	108
Poof diets of children	72
Livelihoods and supply chains	
Concentrated land ownership and lack of access to land	72
Lack of support & infrastructure for small producers and food businesses	126
International trade and imports (food miles, food safety, environmental impacts)	108
Producers are not paid fair prices	47
Lack of transparency about provenance of food	75
Subsidies are biased toward large farms and land owners	28
Rights, Democracy, and Governance	
Brexit: impact and uncertainty	81
Disjoint between different policies relevant to food	63
Excessive power of large food businesses (political, social & economic)	167
Lack of political leadership	31

Weighted codes used to summarise the top priorities for action

	Count
Social justice at home and abroad	
Improve financial and geographical access to good food	444
Provide more and longer-term support to community food initiatives	241
Food culture	
Invest in education and skills training for all ages	498
Promote a healthier food culture	102
Food production and environment	
Make all food production sustainable through incentives and regulation	455
Take action to reduce packaging	198
Public policies for less and better meat production and consumption	65
Reduce food waste and improve the circular economy	84
Promote and protect food diversity	51
Health and wellbeing	
Improve labelling	127
Tax unhealthy food	151
Ensure all children have healthy lunches all year round	124
Regulate the food industry for healthier food environments	239
Livelihoods and supply chains	
Lead by example through public procurement	167
Facilitate local food economies	529
Ensure access to land for food production (urban and rural)	208
Rights, democracy, and governance	
Incorporate the Right to Food into Scots Law	47
Make food policy-making more coherent and democratic	162
Protect social and environmental standards and devolved powers in the wake of Brexit	67
Align the planning system with the Good Food Nation objectives	86