



## Notes session 2: 29<sup>th</sup> of May

### Visioning:

- What are we advocating for?
- What do we want to see happen?

**Homework:** To visit your buddy's project and/or local area to learn more about the food justice issues that are important to them.

### Overview of the session

After introductions, we spend some time sharing the key things we learned from **visiting each other's projects**. We considered how hosting a decision-maker, whether your local MSP or councillor, is a key advocacy tool.

We recapped:

- The **human right to food** is everyone's right to be able to eat well and the right to a fair and sustainable food system.
- The **Good Food Nation Bill** is a new piece of legislation the Scottish Government will soon be developing to create a better, fairer food system in Scotland.
- Nourish Scotland's ideas for what the Good Food Nation Bill can do:
  1. Enshrine the right to food
  2. Set up a statutory commission
  3. Develop a national action plan for food
  4. Place duties on public bodies
  5. Set targets + programmes

Then we talked about visioning: Sharing an inspiring vision of how things can be better, is an essential part of advocacy. (Just think of Martin Luther King's 'I have a dream...')

We "brainstormed" **why formulating a vision is important:**

- A vision is important to make the change;
- Visions are inspiring;
- When you challenge a situation, you need to give specific aims, alternatives and solutions;

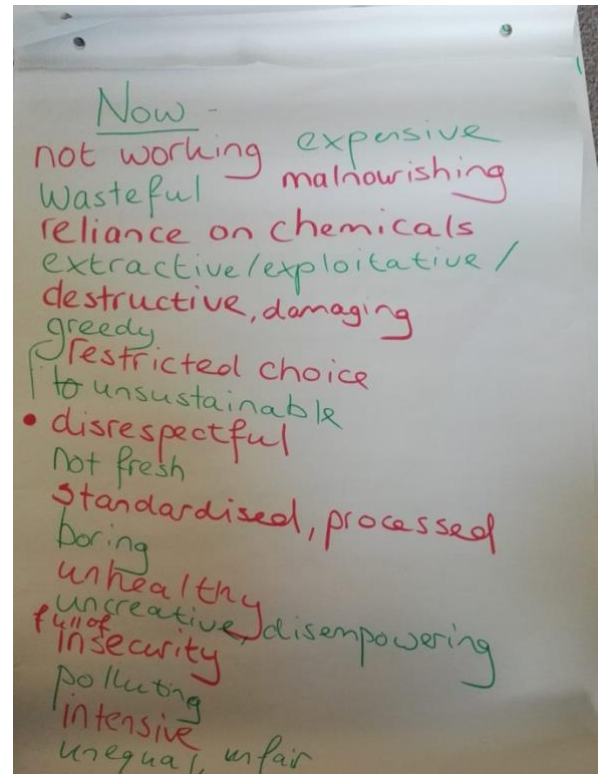
In our discussion, we also added some 'caveats', important things to be aware of:

- Visions should remain grounded in our own experiences and those of others around us;

- We need opportunities to keep visioning (such as the Kitchen Table Talks) – it’s a process not an one-off;
- Manifesting a vision goes beyond the law (although it can help), it needs empowerment and social support; It also needs new ideas, not just money/investment.
- We need to work at multiple levels: Local, Scotland, UK, Global.

We then started a **visioning process** called PATH, Planning Alternative Tomorrows with Hope, which was developed in Canada in 1990s.

We kicked off with considering the **qualities/characteristics of the food system now** - if we were to describe what our food system is like at the moment, what would we say? We came up with the list on the right.



In pairs we then shared **reasons to be hopeful**, the ‘seeds’ of a better, fairer, healthier food system that we already see around us, such as:

- The number of community projects;
- More awareness in local communities and people doing new, inspiring work;
- Legislation leading to health awareness;
- Some shops limiting packaging (such as Locavore in Glasgow);
- Fair Food Transformation Fund;
- The Good Food Nation Bill consultation starting soon;
- That we’re thinking about a change happening!

Inspired by the great philosopher (!) George Lucas -“Dreams are extremely important. You can’t do it unless you can imagine it” – we then did an exercise in which we imagined and visualised **what it is like to live in a Good Food Nation**. To warm up our imagination, we first revisited a vivid and positive food memory, before stepping into Scotland in 2030, when our food system is fair, healthy, sustainable: Our right to food is protected and realised, we no longer have to campaign for food justice. The Good Food Nation Bill has brought about a paradigm shift in how we do food in Scotland and people in Scotland have been working together to build a Good Food Nation...

We imagined what this looked, felt, tasted, smelled like, and we imagined different aspects of the food system: Who produces our food and how, what our cities are like, and our countryside, what school and hospital meals are like, etc.

We then shared pieces of our vision with each other and this picture emerged:

*In a Good Food Nation, People are healthier and happier. It is very easy to eat well: the alleyways in shops are full of fresh fruit and veg to load in your shopping trolley and you hardly see any sweets or cans around. Every local area has a fruit & veg shop, a meat shop, a bakery, etc– and you can buy exactly the amount you need.*

*In a Good Food Nation, Food builds relationships and creates community: Everywhere there are opportunities to meet other people, and to prep and share food together. People trade and share produce and support each other when in need. You have conversations with your local shopkeeper, you know the producers of the food you eat and understand their lives. Our cities*

*are greener and there's less of a separation between the cities and the countryside: food is produced in the cities, often connected to housing, and there are fruit trees everywhere.*

We then asked: **How do we get there? How can we make our vision of a Good Food Nation a reality?**

We briefly looked at the **ISM framework**, which is based on theory and evidence which shows that the Individual, Social and Material context all influence people's behaviours. It's been adopted by the Scottish Government. Legislation can mainly make changes to the material context of our lives, which in turn shapes the other contexts.

In small groups we drew up a list of things **communities can do and governments can do to build a Good Food Nation.**

#### **What Governments Can Do:**

- Enshrine the right to food in law
- Monitor progress on building a Good Food Nation, establish accountability
- Support communities to grow food, by making land, tools, seeds, training and financial resources available
- Plant fruit trees and veg gardens in cities and towns
- Reduce the price of healthy food (especially food that is in season and without chemicals)
- Support organisations to help vulnerable groups access food and represent their interests to government;
- Promote food justice sessions (like this one!) with people in many different communities and places;
- Introduce restrictions on food waste and enable composting and recycling;
- Provide subsidies to small farmers;
- Make more land available for food production
- Make it easier for small, local shops to provide fresh food and support social enterprises;
- Give more power to local people;
- Provide guidance;
- Change food education to include focus on buying, preparing, sharing food -and to continue in high school;
- Provide a citizens' income to empower people and support everyone to meet their basic needs;

#### **What Communities Can Do:**

- Grow food together, without chemicals, in community spaces and gardens;
- Create community shops;
- Encourage other community members to join growing projects;
- Support people to use and enjoy food without wasting, e.g. sharing meals;
- Invite government ministers to visit good projects;
- Lobby governments on issues that affect us, by speaking out and writing to our representatives;
- Create groups and networks for a stronger voice;
- Involve the younger generation;
- Know your neighbour;
- Create affordable spaces and resources for community purposes (e.g. kitchens, tables).

We then wrote down the **top 5 most important things we want the Government to do** to create a better, fairer food system in Scotland. These are the things we can campaign/advocate for as part of the Good Food Nation campaign.

#### **Homework tasks:**

1. To have a conversation about the future of food with others, and to ask them about their concerns and priorities for action. This could be a group or network you're already part of, or a group you'd like to connect with. [You can use the Kitchen Table Talk format and the suggested templates](#) if that's helpful -these were developed by Nourish Scotland as part of the Scottish

Food Coalition. If you've already done a KTT with your group, try reaching out to another group you're curious about.

2. [Take part in the e-action](#) – to write an e-mail Nicola Sturgeon to don't let the Good Food Nation Bill drop and make the consultation process inclusive.