Welcome

DIGNITY IN PRACTICE
LEARNING EVENT SERIES
2021-2022

Dignity & Choice in a Good Food Nation:
Affording to eat well in Scotland
Dignity and the Right to Food
Dignity Peer Network

The MAXwell Centre
MAXimising a community’s potential by Feeling Well, Being Well, and Doing Well.
Purpose of today’s Learning Event
Who is in the room?

Go to www.menti.com

- Type in the code 38559878, or you can also use the chat to answer

- 1st Question – Sector

- 2nd Question – Local authority
Dignity and Choice through Financial Support

Embedding Cash First Approaches

• Strategies like the Worrying About Money? leaflets, training for frontline staff and volunteers and the No Wrong Door approach to improve coordination and support when someone is facing financial crisis

Improving the Cash Offer

• Examples from Moray and Argyll & Bute, where local authorities have developed Flexible Food Funds to proactively support families before a financial crisis hit
Dignity and Choice in a Good Food Nation

Affording to Eat Well in Scotland

• Our Right to Food project

Progressing the Right to Food in Scotland

• Free school meals and transport

Dignity in Practice - Nourish Scotland and the Poverty Truth Community
Living in a Good Food Nation

What does it mean to take Pride and Pleasure in our food?

Go to www.menti.com
Type in the code 6647 5157, or you can also use the chat to answer
Our Right to Food

Affording to eat well in Scotland
A Scotland where everyone is able to afford food that keeps them healthy and well.
Our Right to Food

Key questions

- What does Scotland’s healthy diet look like?
- What is affordable for people in Scotland?
- How can we measure progress?
- What policies are helping / what else is needed?
Co-creating Shopping Lists

Who was involved?

- 4 groups of Community Advisors
- 26 women from across Scotland

People who know what it is like to shop for, prepare and eat food with small and large families in Scotland today.
Whose shopping lists?

Large Family
2 adults and children
aged 7, 10 and 15

Small Family
Mum and children
aged 2 and 5
Explored with Community Advisors

When, where and how does the family eat?

What does the family eat in a typical week?

What healthier options would still be a good fit for this family?

What needs to be included in a weekly shopping list?
Finding a balance

- Healthy ‘enough’
- Good fit for people’s lives
- Most people would enjoy
- Reasonable price

Shopping list
What does the family eat?

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday (working / child minder day)</th>
<th>Wednesday (working / child minder day)</th>
<th>Thursday (working / child minder day)</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
Good Fit for People’s Lives

Breakout Room

- Meet the family
- Explore the detail – lunches
Good Fit for People’s Lives
Living in a Good Food Nation

Type in the code 6647 5157, or you can also use the chat to answer.

What do we mean by ‘healthy’? What do we want everyone to be able to afford?
Finding a balance

- Most people would enjoy
- Reasonable price
- Healthy ‘enough’
- Good fit for people's lives

Shopping list
Right to adequate food

Not

“a minimum package of calories, proteins and other specific nutrients”
Right to adequate food

Is

Enough, good quality food:
- to satisfy the dietary needs of individuals
- free from adverse substances, and
- acceptable within a given culture
Right to Food

Culturally valued, enjoyable food that meets our needs

- What is important to a family of this size?
- What priorities do they have about the food they want for their family?
Healthy swaps and add ins

- What are the family’s aims around ‘eating healthy’?
- How does this fit with the Eatwell Guide?

What ‘healthier swaps’ would the family enjoy and be able to fit into their eating patterns?
These shopping lists...

Include

The healthiest balance of foods that people with experience shopping for, preparing and eating in families agree is a good fit for people's lives and would be enjoyed by most people in today's Scotland.

Only 'healthy' foods
Only 'cheap' foods
Instructions about how to save money or change your diet

Do not include
Healthy ‘enough’ and enjoyable

Breakout Room

- Explore the detail – dinners
- Consider balance in meal preparations
BREAK

BREAKOUT ROOMS WHEN WE RETURN
Healthy ‘enough’ and Enjoyable

BREAKOUT ROOMS
What are you taking away from this discussion?

Please share an example, action or idea in the chat or Menti.
Cost of Dignity and Choice

Pricing the shopping lists
Shopping Lists

Healthy ‘enough’, enjoyable and a good fit for their lives

- Built together
- Decisions made by the group + best available information
- Step by step process
Meal plans into shopping lists

Group discussions (priorities and preferences)

Portion size info (guidelines, recommendations, best guess)

Supermarket (quantities and options)

Nutritional analysis (healthy ‘enough’)

Recipes (ratios of ingredients)
<table>
<thead>
<tr>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit and vegetables</td>
</tr>
<tr>
<td>Pasta, bread, cereal, rice, potatoes</td>
</tr>
<tr>
<td>Beans, pulses, fish, eggs, meat and other proteins</td>
</tr>
<tr>
<td>Dairy</td>
</tr>
<tr>
<td>Oil and fats</td>
</tr>
<tr>
<td>Packaged foods (e.g. pizza, soup)</td>
</tr>
<tr>
<td>Cooking ingredients and condiments</td>
</tr>
<tr>
<td>Takeaways and eating out</td>
</tr>
<tr>
<td>Sweets, chocolate, crisps, pastries, biscuits and sugary drinks</td>
</tr>
<tr>
<td>Alcohol</td>
</tr>
<tr>
<td>Guests and visitors</td>
</tr>
<tr>
<td>Holidays and birthdays</td>
</tr>
</tbody>
</table>
Costing the Shopping Lists

Selected:
- Branded items when discussed by the group
- Second cheapest item if not discussed
- Closest packet size available

Note: all prices from Tesco online, March 2022. No offers or promotions included in pricing.
“Being normal people”

“... it's easy for us all to say what we would like to do... We would like to say in an ideal world, "Oh we don't eat that stuff," or, "We don't drink that stuff because it's not good for us...” But actually, to be normal people, you don't want to be this socially bizarre person that absolutely rejects all of the normal things that our peers have and want.”
Cost of Dignity and Choice

Breakout Room

- Review the weekly costs and categories
- Consider additional costs
Cost of Dignity and Choice
What are you taking away from this discussion?

Please share an example, action or idea in the chat or Menti.
Our Right to Food

Affording to eat well in Scotland
These shopping lists are …

A tool for local action

• Are these foods available here?
• What would it cost?
• What adds to the cost? (such as bus fare to bigger supermarkets)
• Are some people affected differently?

A tool for national action

• How does this cost compare to family incomes?
• Are there parts of Scotland where it is more expensive? Why is that?
• How are our existing policies helping?
Next step

- Use shopping lists as **tools to measure** how much it would cost for people in different parts of Scotland to buy these foods

- If you are interested in working with us on this, please let us know in the chat or email [chelsea@nourishscotland.org.uk](mailto:chelsea@nourishscotland.org.uk)
Dignity in Practice
Learning Events

Dignity & Choice in a Good Food Nation:
Progressing the right to food in Scotland

Next Event
17th March
11am

DIGNITY IN PRACTICE
LEARNING EVENT SERIES
2021-2022
Next steps

- Find out more:
  www.nourishscotland.org/dignity-in-practice-learning-events

- Get in touch:
  dignity@nourishscotland.org.uk