

# Dignity in Practice

## Learning Events

Dignity & Choice in a Good Food  
Nation:

*Affording to eat well in  
Scotland*



# Welcome

DIGNITY IN PRACTICE  
LEARNING EVENT SERIES  
2021-2022

WORKING TOGETHER

# 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.



**DIGNITY IN PRACTICE**





# Purpose of today's Learning Event



# Who is in the room?

Go to [www.menti.com](https://www.menti.com)

- Type in the code 38559878, or you can also use the chat to answer
- 1<sup>st</sup> Question – Sector
- 2<sup>nd</sup> 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



# Living in a Good Food Nation

Go to [www.menti.com](https://www.menti.com)

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

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

# 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?



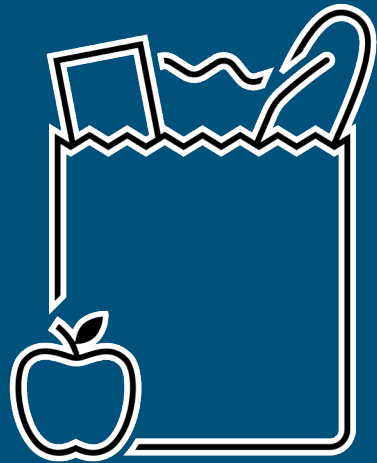
What healthier options would still be a good fit for this family?



What needs to be included in a weekly shopping list?

# Finding a balance

---



Most  
people  
would enjoy

Healthy  
'enough'

Shopping  
list

Reasonable  
price

Good fit for  
people's  
lives

# What does the family eat?

## Food Detail - Family Harris / McGregor



Nora, Sofia (5), Jack (2)

	Monday	Tuesday (working / child minder day)	Wednesday (working / child minder day)	Thursday (working / child minder day)	Friday	Saturday	Sunday
6-9am (Breakfast)	<p>Nora: Tea with milk Sofia &amp; Jack: 2x diluting juice, 2 x Small bowls cereal with milk</p>	<p>Nora: 1 x Tea with milk Sofia &amp; Jack: 2x water, banana, porridge bar</p>	<p>Nora: 1 x Tea with milk Sofia &amp; Jack: 2 x cereal bar &amp; diluting juice</p>	<p>Nora: 1 x Tea with milk Sofia &amp; Jack: 2 x water, banana, porridge bar</p>	<p>Nora: Tea with milk Sofia &amp; Jack: 2x diluting juice, 2 x Small bowls cereal with milk</p>	<p>Nora: Tea with milk Sofia &amp; Jack: 2x diluting juice, 2 x Small bowls cereal with milk</p>	<p>Nora: 1 x Tea with milk Sofia &amp; Jack: 2 x banana</p>
9-11:30	<p>Nora: 1x toast with spread + apple + raisins Sofia: Raisins + Water Jack: Packet rice cakes + Banana + Water</p>	<p>Nora: Breakfast Bar + Raisins Sofia: Apple + Water Jack: Packet rice cakes + Banana</p>	<p>Nora: Cereal Bar Sofia: Orange + Water + Raisins Jack: Yoghurt + packet rice cakes + water</p>	<p>Nora: Cereal Bar + Banana Sofia: Apple + Water Jack: Packet rice cakes + Banana + water</p>	<p>Nora: 2 x toast with butter spread + banana Sofia: Packet crisps + Raisins + Water Jack: Yoghurt + Banana + Water</p>	<p>Nora: 3x Pancakes with jam Sofia &amp; Jack: 1.5x Pancakes with jam each</p>	<p>Nora: Bowl of instant porridge flavoured with apple and cinnamon Sofia &amp; Jack: 2x diluting juice, 2x Bowl of instant porridge flavoured with apple and cinnamon</p>
11:30-2pm (Lunch)	<p>Nora: Sandwich with ham, cheese cucumber, tomato, salad, mayonnaise + water Sofia: Packed Lunch - small ham and cucumber with mayonnaise + cheese string Jack: ham, cucumber, mayonnaise finger sandwich</p>	<p>Nora: Sandwich with ham, cheese cucumber, tomato, salad, mayonnaise + water + Banana Sofia: School Lunch: Baked potato with baked beans and vegetable sticks Jack: Nursery Lunch: Macaroni cheese served with garlic bread finger</p>	<p>Nora: Sandwich - chicken slices, cucumber, tomato, salad, mayonnaise + orange + coffee Sofia: School Lunch: Fish Fingers, bolty boiled potatoes and 2 vegetables Jack: Nursery Lunch: Fish fingers, bolty boiled potatoes</p>	<p>Nora: Meal Deal (Sandwich, Smoothie) juice &amp; Crisps + Raisins Sofia: School Lunch: Macaroni cheese served with garlic bread and 2 vegetables Jack: Nursery Lunch: Chicken sausages with gravy and mashed potatoes</p>	<p>Nora: Sandwich with chicken slices, cucumber, tomato, salad, mayonnaise + diet cola Sofia: Packed Lunch - small ham and cucumber sandwich with mayonnaise + cheese string Jack: ham and cucumber finger sandwich with mayonnaise</p>	<p>Nora: Ham &amp; Cheese toastie Sofia &amp; Jack: Ham &amp; Cheese toastie</p>	<p>Sofia &amp; Jack: Small portion Roast Chicken + roast potato + broccoli + diluting juice Nora: Roast Chicken + roast potato + broccoli + diluting juice</p>
2-4pm	<p>Nora: Coffee with milk, packet of biscuits Sofia: packet of crisps Jack: Apple + Yoghurt</p>	<p>Nora: Coffee + Apple Sofia: Packet of biscuits Jack: Packet of biscuits</p>	<p>Nora: Coffee + Apple + cheese &amp; crackers Sofia: Packet of crisps Jack: Banana</p>	<p>Nora: Coffee + apple + cheese &amp; crackers Sofia: Packet of crisps Jack: Packet of rice cakes</p>	<p>Nora: Coffee + packet of biscuits Sofia &amp; Jack: 2 x packets of grapes &amp; apple slices</p>	<p>Sofia &amp; Jack: 2 x Milky bar slice</p>	<p>Sofia &amp; Jack: 2x packet of grapes and apple slices Nora: Raisins</p>
4-6pm (Dinner)	<p>Nora: Chicken casserole with gravy, carrots, peas &amp; potatoes Sofia &amp; Jack: Smaller portion of chicken casserole with gravy, carrots, peas &amp; potatoes</p>	<p>Nora: Big Bowl of Cereal + 2 x toast with baked beans + diluting juice Sofia &amp; Jack: Fish fingers, chips and baked beans + diluting juice</p>	<p>Nora: Salmon &amp; Rice Jack &amp; Sofia: Mac &amp; Cheese + Apples + diluting juice</p>	<p>Nora: Spaghetti Bolognese + garlic bread Sofia &amp; Jack: Small bowl Spaghetti Bolognese + garlic bread, Diluting juice</p>	<p><b>Repurposing leftovers</b> Nora: Large bowl chilli with rice Sofia &amp; Jack: Small bowl chilli with rice, Diluting juice</p>	<p>Nora: Frozen Pizza + wine Sofia &amp; Jack: Frozen pizza + diluting juice, ice lollies 2 pizzas between them</p>	<p>Nora: Cold chicken sandwich Sofia &amp; Jack: small cold chicken sandwiches</p>
6-9pm	<p>Sofia &amp; Jack: glasses of milk Nora: Crisps + Wine</p>	<p>Sofia &amp; Jack: glasses of milk Nora: Chocolate &amp; Tea</p>	<p>Sofia &amp; Jack: glasses of milk Nora: Biscuits &amp; Tea</p>	<p>Sofia &amp; Jack: glasses of milk Nora: Chocolate &amp; Wine</p>	<p>Sofia &amp; Jack: glasses of milk Nora: Crisps + Wine</p>	<p>Sofia &amp; Jack: glasses of milk Nora: Ice cream</p>	<p>Sofia &amp; Jack: x2 glasses of milk Nora: Biscuits &amp; Tea</p>



# Good Fit for People's Lives

Breakout Room

- Meet the family
- Explore the detail – lunches



# Good Fit for People's Lives

BREAKOUT ROOMS

# Living in a Good Food Nation

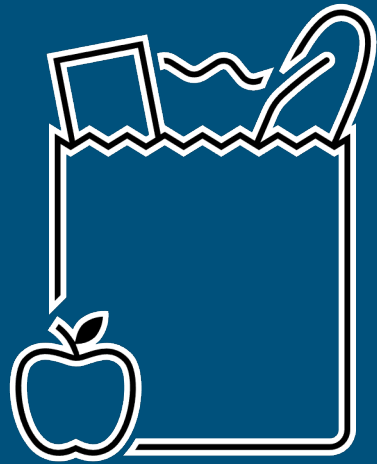
Go to [www.menti.com](https://www.menti.com)

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

Healthy  
'enough'

Shopping  
list

Reasonable  
price

Good fit for  
people's  
lives



# 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

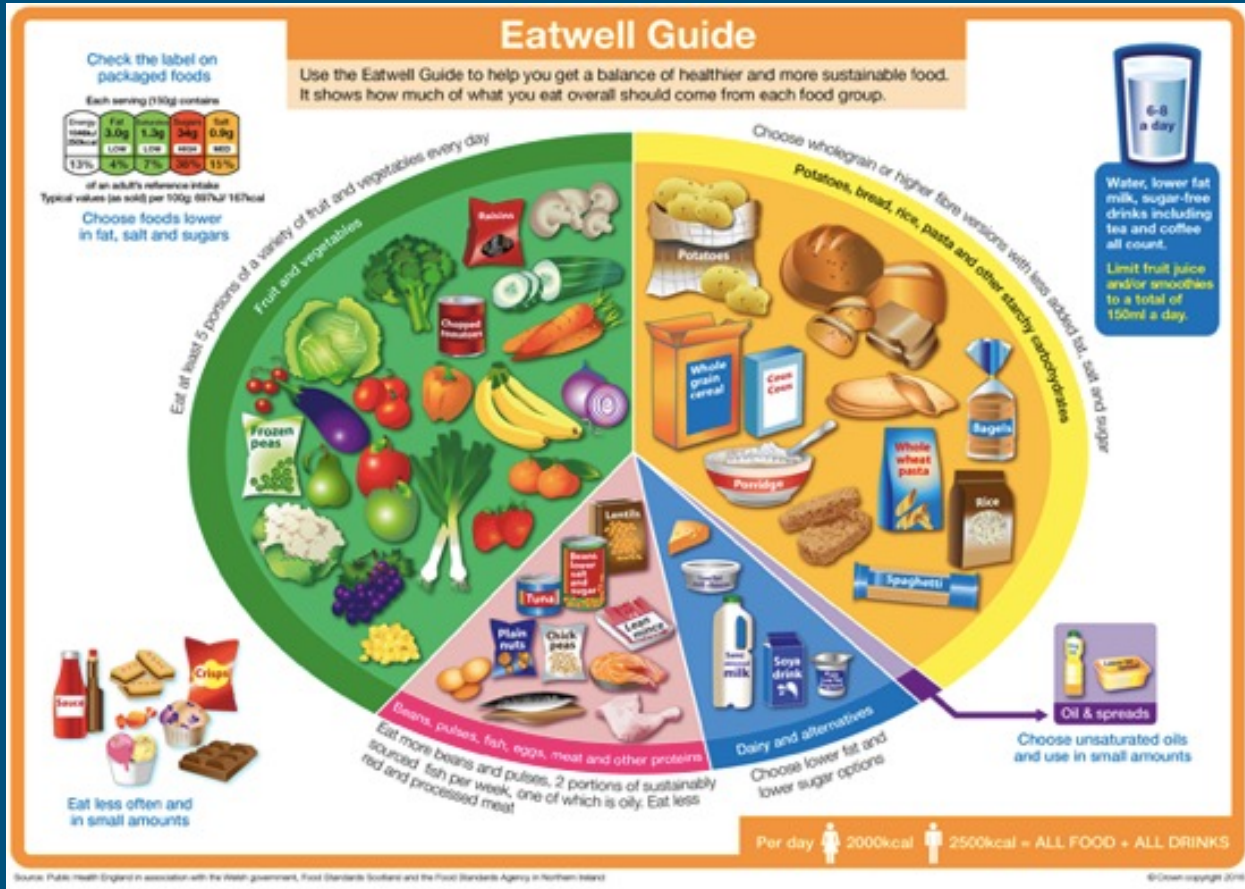


# Right to Food

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.*

Reflection



# Cost of Dignity and Choice



Pricing the shopping lists

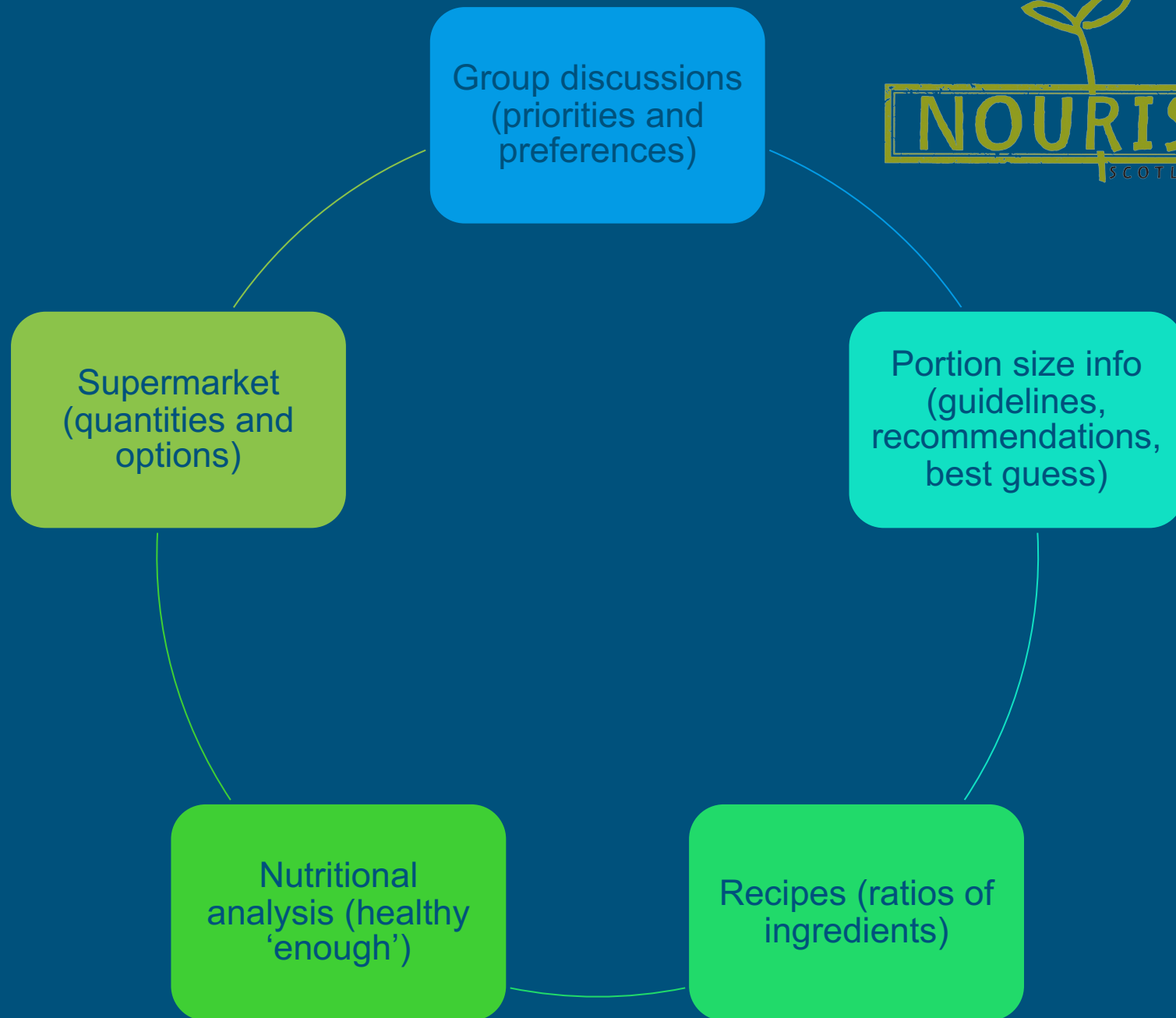




# Shopping Lists

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

Fruit and  
vegetables

Pasta, bread,  
cereal, rice,  
potatoes

Beans, pulses,  
fish, eggs, meat  
and other proteins

Dairy

Oil and fats

Packaged foods  
(e.g. pizza, soup)

Cooking  
ingredients and  
condiments

Takeaways and  
eating out

Sweets,  
chocolate, crisps,  
pastries, biscuits  
and sugary drinks

Alcohol

Guests and  
visitors

Holidays and  
birthdays

# 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

BREAKOUT ROOMS

**What are you taking away  
from this discussion?**

*Please share an example, action or idea  
in the chat or Menti.*

Reflection



# 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  
17<sup>th</sup> March  
11am

DIGNITY IN PRACTICE  
LEARNING EVENT SERIES  
2021-2022



# Next steps

- Find out more:

[www.nourishscotland.org/dignity-in-practice-learning-events](http://www.nourishscotland.org/dignity-in-practice-learning-events)

- Get in touch:

[dignity@nourishscotland.org.uk](mailto:dignity@nourishscotland.org.uk)

