

# Brown Family

The Browns are a **large family** with two adults and three children. They are an example of a family that might live anywhere in Scotland, and a group of Community Advisors worked together in 2021 to imagine the details of their lives.

## Who lives here?

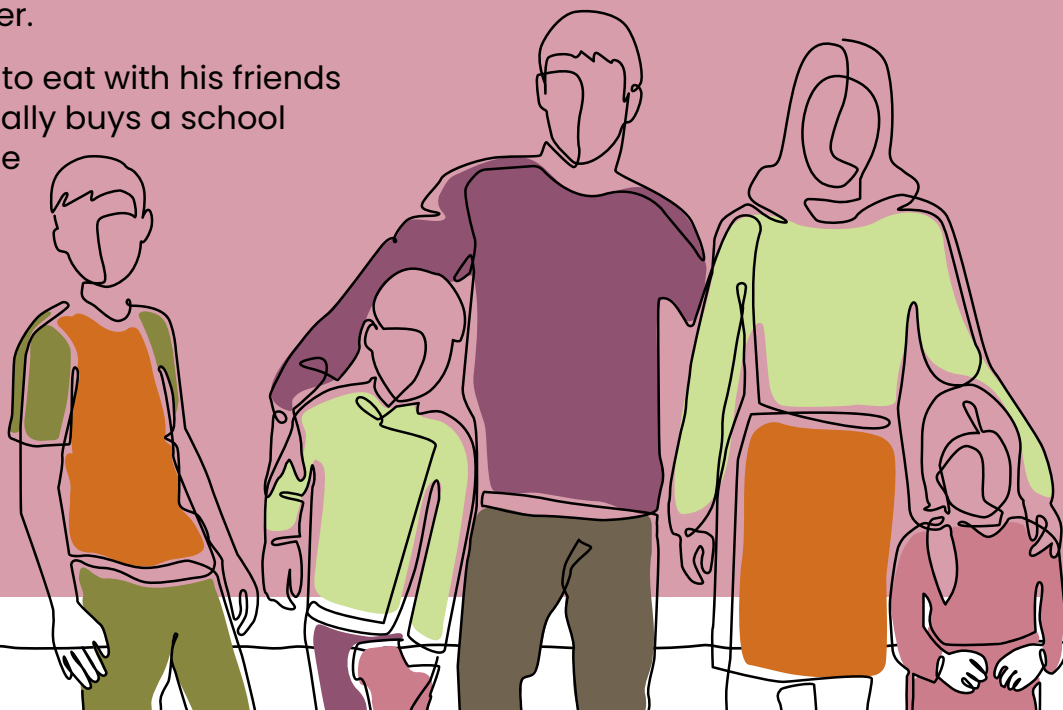
**Karen** (mum, aged 44) works part time and is generally the one who drops off and picks up the children from school. Her shifts at the food hub in the local community centre are: 9am-3pm on Tuesdays and Wednesdays, and 2-6:30pm on Thursdays. On the night she works later, she doesn't get back to the house until after 7pm.

**David** (dad, aged 44) works full time as a cleaner in the local school and leaves the house early each morning. On Thursday evenings, he collects the children from their afterschool activities and organises dinner.

**Max** (aged 15) likes to eat with his friends at school, so he usually buys a school dinner. On Fridays he and his friends go out for a Subway meal deal to get away from the school grounds.

**Ben** (aged 10) and his brother both play sport, so sometimes they are busy after school with training. The whole family gets up early on Saturdays for Max and Ben to get to their practice on time.

**Lily** (aged 7) likes dance, and her classes are mostly after school during the week. She doesn't always like what is on offer for the school dinners, so Karen makes her a packed lunch at least once or twice per week.



# Co-creating Our Families

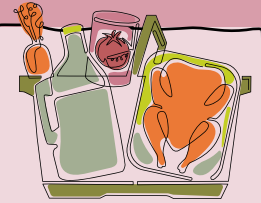
The **Our Right to Food** project aims to understand what the right to food looks like for families living in Scotland, and how we'll know if we're making progress. We wanted to know what people in Scotland would choose as a healthy and enjoyable way to eat if incomes from wages and benefits were sufficient. We are doing this so that rights holders and decision makers can better identify how to make this accessible for all. The project is funded by the Joseph Rowntree Charitable Trust and delivered by Nourish Scotland.

In 2021, we worked with groups of Community Advisors to co-create four case study families living in two different household sizes:

- ▶ Large family: two adults with three children (aged 7, 10 and 15)
- ▶ Small family: single parent with two young children (aged 2 and 5)

**Community Advisors** were people with experience shopping for, preparing and eating in families in today's Scotland. They have diverse cultural, geographic and socioeconomic backgrounds, and they worked together to co-create case study families that they believed most people in Scotland would recognise.

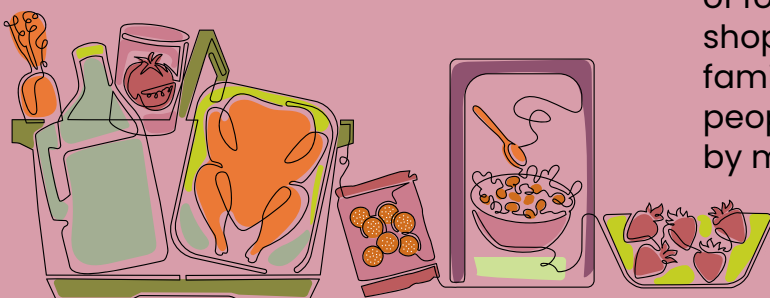
## Weekends at the Browns



Community Advisors created the foundation for the family's shopping list by imagining, discussing and negotiating each part of the day and week for the family members. For example, this group decided that the Browns would be likely to have a slow cooker, which would make it easy for them to make Lentil Soup for lunch on Saturday even though the family would be rushing to get the children to their activities in the morning. On Sundays, they decided that the Browns would have a Roast Chicken Dinner with roast potatoes, gravy, Yorkshire pudding and a side of carrots and broccoli.

Together, we explored how families in these household sizes are likely to shop, prepare and eat food each week to establish a strong understanding of current cooking and eating patterns. This helped the groups think about what the families *would* eat if everyone was able to afford the food that keeps them healthy and well.

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



# Eating Patterns

## Weekday lunches and snacks

**David** brings a packed lunch with him to work most days, with 2-3 additions like yoghurt, rice crackers or crisps. Usually he eats a ham, cheese and salad sandwich or tuna mayo wrap, but sometimes he'll bring leftovers of something like Lentil Soup or Chickpea Curry. **Karen's** packed lunches are very similar on days that she works at the community centre during the day. Both drink a cup of tea with milk at lunch and sometimes have biscuits instead of other sides.

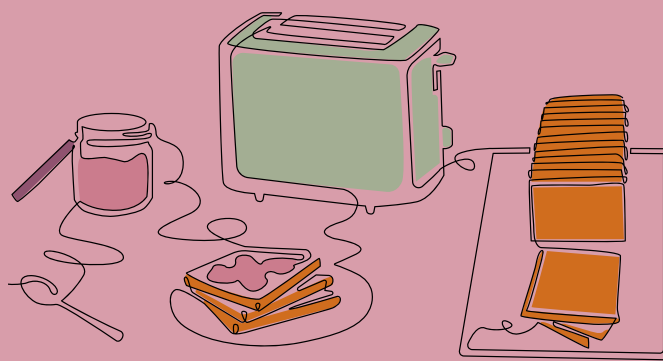
**Ben** and **Lily** could get a school meal every day if they chose. Since they don't always like the meal that is on offer, the family has to buy enough packed lunch options for 2-3 lunches per child each week. They like ham and cheese sandwiches, and they'll usually take 2-3 other items like a piece of fruit (banana, orange, apple), small yoghurt, packet of rice crackers, mini cheddars or biscuits.

**Max** usually buys a hot meal at school, choosing the deli option or a hot sandwich with soup, salad and piece of fruit. On Fridays he goes to Subway for a meal deal with his friends.



## Afternoon snacks

It seems to **Karen** and **David** that no matter what the children have for lunch, they are always hungry when they arrive home from school. Most days they have lots of toast with spread and a glass of milk. **Max** also eats crisps, and on Fridays, **Ben** and **Lily** have some chocolate digestive biscuits.



*"...kids are quite hungry after school, I don't know, even when they've had their packed lunch or their (school dinner) – I don't know if it's just because they've ran about a lot, and maybe used all their energy or, but yeah, we often come home and eat, quite a lot of bread..."*

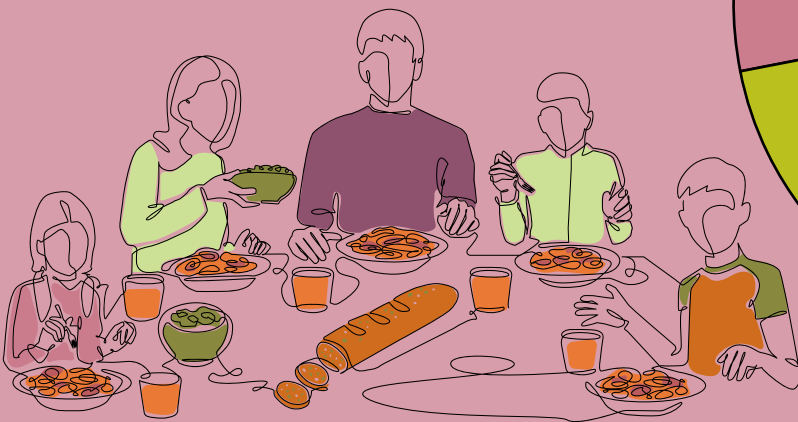
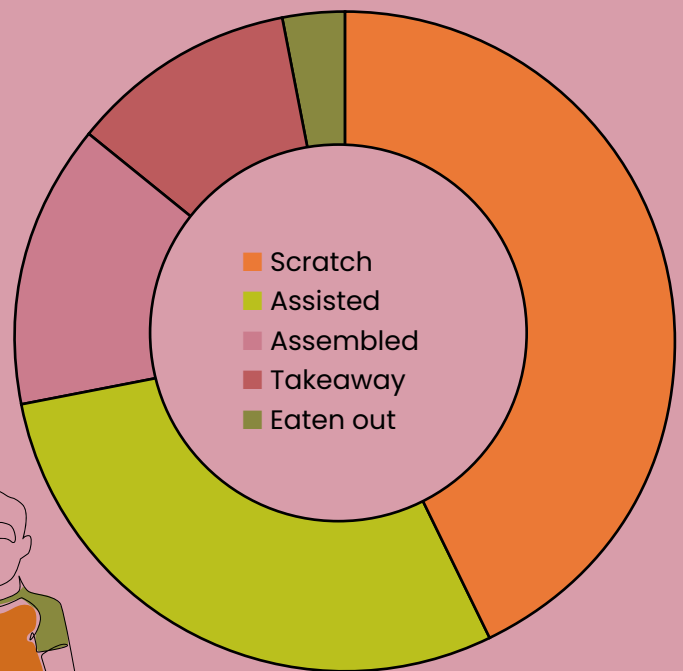
**Brown: Weekday Lunches**



# Cooking Patterns

## Dinner preparation

The Browns try to eat together every night, and they like to relax with pizza and a film on Friday night. Since not everyone likes the same thing, they usually have meals where each person can choose toppings or add-ons that they like, such as fajitas or burgers (choice of chicken or veggie) with different sauces and salads. On other nights, they try to make something that everyone will like, such as Spaghetti Bolognese, chicken pesto pasta and chickpea curry with rice.



Scratch	Spaghetti Bolognese and garlic bread (Monday) Chickpea curry and rice (Wednesday) Roast Chicken Dinner (Sunday)
Assisted	Chicken and Bean fajitas (Thursday) Chicken pesto pasta (Wednesday)
Assembled	Chicken / veggie burgers, chips and coleslaw (Tuesday)
Convenience	None
Takeaway	Domino's pizza (Friday)
Eating out	Rarely

# Shopping List

## What is included?

Each item on the family's shopping list comes from the discussions we had with groups of Community Advisors over a series of monthly meetings in 2021. Choices about what kind of foods, brands and amounts were all negotiated by the group members, with input from public health nutritionists and the project team. The lists are an example of a **relatable, recognisable shopping list** for a similar sized household in Scotland today.

## What are they for?

These shopping lists are not a tool for individuals. They are a tool to help decision-makers understand what people value, and what is needed to help improve the affordability of culturally valued food that meets our needs. Local and national governments can use this information to see how their actions are influencing people's ability to afford the food that keeps them healthy and well.

### CLOSER LOOK: Pasta, Bread, Cereal, Rice and Potatoes

Description	How many?	How often do they buy this?
Spaghetti Pasta (500g)	1	Weekly
Fusilli Pasta (500g)	1	Weekly
Garlic Baguette (205g)	1	Weekly
Maggi 2 Minute Noodles (70g)	1	Weekly
Frozen Roast Potatoes (800g)	1	Weekly
Potato Cakes (6 pack)	1	Weekly
Yorkshire Puddings (6 Pack, frozen 180g)	1	Weekly
50/50 Bread Loaf (800g)	5	Almost weekly
Tortilla Wraps (8 pack)	2	3-4 times per month
Porridge Sachets (10 pack)	1	3-4 times per month
50/50 Rolls (6 pack)	2	3 times per month
Rice Snaps Cereal (375g)	1	3 times per month
Frosted Flakes Cereal (500g)	1	2-3 times per month
Burger Buns (4 pack)	2	2-3 times per month
Cream Crackers (200g)	2	2-3 times per month
Oven Cut Chips (1.5Kg)	1	2 times per month
Malt Wheats Cereal (750g)	1	1-2 times per month
Potatoes (1.25Kg)	1	1-2 times per month
Long Grain Rice (1Kg)	1	1-2 times per month
Fruit Nut Muesli (750g)	1	Monthly



# Weekly Food & Drink Costs

## What does this cost?

Each family's weekly food and drink costs include everything they need to purchase at the shop, as well as the meals and snacks they buy out of the house. The total cost includes what

Community Advisors agreed the family would choose to spend on having guests and visitors round, as well as things like celebrating holidays and birthdays or going out for a meal.

Weekly Food and Drink Costs by Category: Brown Family	Total: March 2022
Fruit and vegetables	£24.34
Pasta, bread, cereal, rice, potatoes	£22.98
Beans, pulses, fish, eggs, meat and other proteins	£27.45
Dairy	£16.77
Oils and fats	£5.47
Packaged foods (e.g. pizza, soup)	£0.00
Cooking ingredients and condiments	£8.42
Drinks (coffee, tea, no sugar options)	£2.19
Sweets, chocolate, crisps, pastries, biscuits and sugary drinks	£27.05
Alcohol	£10.80
Guests and visitors	£3.73
Weekday lunches	£23.20
Takeaways and eating out	£30.84
Holidays and birthdays	£9.63
<b>TOTAL Food and Drink</b>	<b>£212.86</b>

