

MacDougall Family

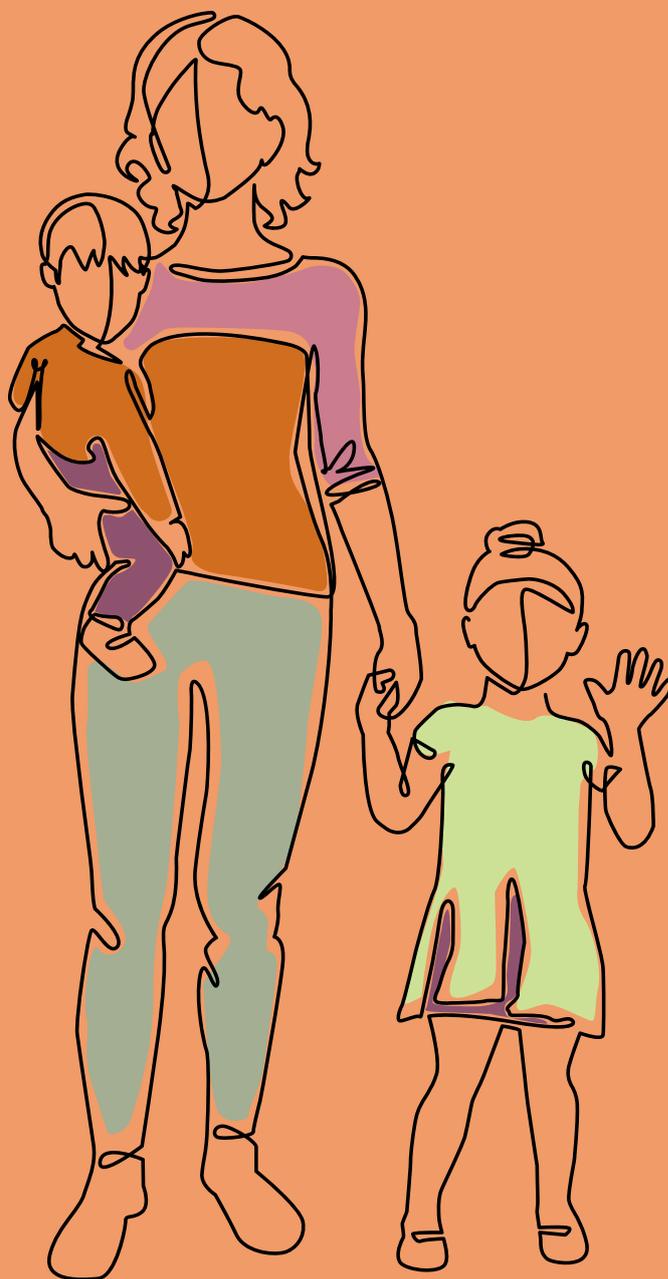
The MacDougalls are a **small family** with a single mum and two young children. They are an example of a family that might live anywhere in Scotland, and a group of Community Advisors worked together in 2021 to imagine the details of their lives.

Who lives here?

Agnes (aged 36) works part time as a care worker. Her mid-week shifts (9am–2pm, Tuesdays and Thursdays) are arranged around taking her children to and from school and nursery. On Saturdays, she does an overnight shift (7pm–7am), and the children spend the night with their dad. Agnes packs lots of snacks that the children like for their night with Dad. On Sunday morning, Agnes collects the children at Morag’s football practice, and they have a big dinner together that evening.

Morag (aged 5) is in primary school. She usually has school dinner, but once a week her mum needs to pack a lunch or extra snacks for her because she doesn’t always enjoy the meal on offer. She likes blueberries in her cereal in the morning and porridge with blueberries and honey at the weekend.

Hamish (aged 2) goes nursery on days when Agnes works, and on Mondays, Wednesdays and Fridays, he stays at home. When they are at home together, Agnes and Hamish try to take walks in the park, and if it’s nice, they bring a packed lunch.



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.

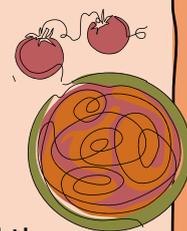
In 2021, we worked with groups of Community Advisors to co-create four case study families living in two different household sizes:

- ▶ **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.

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

Packing Spaghetti Bolognese with Vegetables



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, many group members thought Agnes would struggle to encourage her young children to eat vegetables at home. They decided that Spaghetti Bolognese was a good opportunity to include vegetables in a meal that everyone enjoys.

"Bolognese is like – every person in the house loves spaghetti but also, I absolutely pack it vegetables and then cut them up really, really small because they end up just disintegrating, and they can't really tell the difference between the meat and the veg so they end up eating loads of veg and they don't know."

"Yeah. We do that. We grate courgette and carrot and chop up peppers small and onion and garlic. Yeah. I try to put in as much as possible." (Group 4)

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

With Agnes' shift pattern, she doesn't really have time to eat lunch while she is at work. Instead, she tends to have a cup of tea with biscuits or fruit and a handful of nuts during a short break. Then she'll try to have a larger snack when she gets home after picking the children up from school and nursery.

Agnes chose to send **Hamish** to a nursery where snacks and meals are provided, because it is one less thing to worry about during the week. When they are at home together, she tends to make something they both like, such as a ham and cucumber sandwich, a bowl of tomato soup or beans on toast.

Morag usually likes what is on offer at school, so she only brings a packed lunch in one day per week. This helps Morag get the fruit and vegetables she needs and takes some pressure off Agnes during the week.

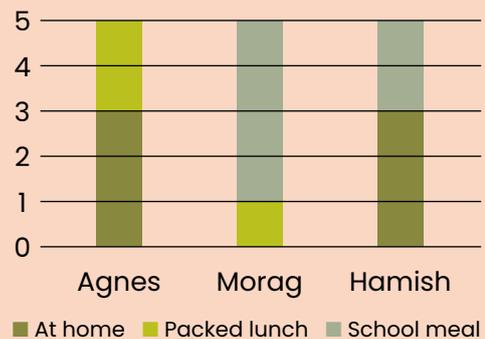


... if he was in private daycare, he'd be receiving hot cooked lunch, so she wouldn't have to worry about that. So that would be some of the differences between being a childminder – or could go to the family to be looked after.

*... private day care is a better setup for them because they're guaranteed that the workers are going to be there every day, and the childminder can maybe occasionally let you down. **This mum doesn't have space for someone to let her down in her life.** So, I think this private nursery would be the best bet because she would get from – seven, half-past 7:00 right through to six half past 6:00 if need be. (Group 4)*



MacDougall: Weekday Lunches

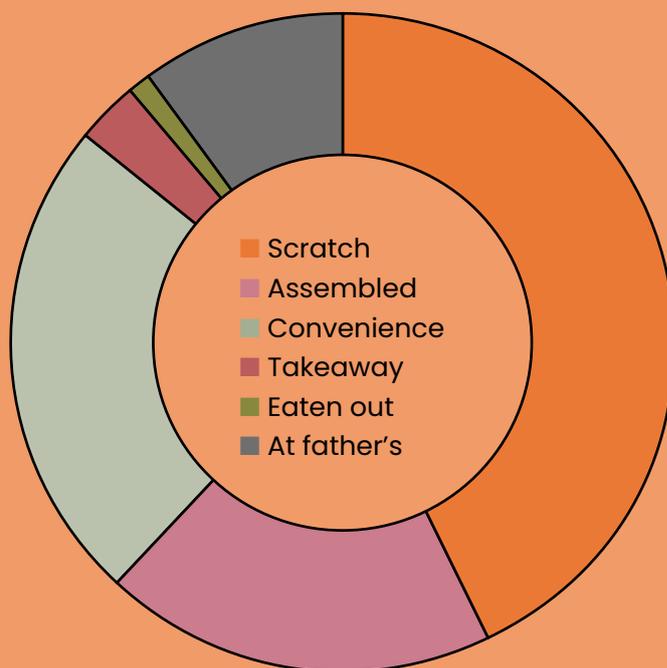


Cooking Patterns

Dinner preparation

On Friday evenings, Agnes and her children like to have a film night with pizza, wine (for mum) and a bag of popcorn to share. They usually have a cheese pizza from the supermarket and add toppings that were left over from the week, such as the end of a tin of sweetcorn or the last pieces of ham. The children usually have something simple at their dad's on Saturday evening, or they might have a McDonald's.

Agnes finds it difficult to go to restaurants with young children, but they do sometimes go out as a family for a birthday if another friend or family member is there to help out.



Scratch	Spaghetti Bolognese and garlic bread, Agnes also has salad (Wednesday) Tuna mayo and sweetcorn baked potato (Thursday) Chicken, bacon and lentil stew (Sunday)
Assisted	None
Assembled	Chicken nuggets, chips and peas (Monday) Cheese and cucumber sandwich (Nora at work Saturday night)
Convenience	Daal with rice (Agnes) + Cottage pie (Morag and Hamish, Tuesday) Supermarket pizzas (with added toppings) (Friday)
Takeaway	Rarely
Eating out	Rarely
At father's	Simple dinner or McDonald's (children, Saturday)

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. They are an example of a **relatable, recognisable shopping list** for a similar sized household in Scotland today.

CLOSER LOOK: Beans, Pulses, Fish, Eggs, Meat and Dairy

Description	How many?	How often do they buy this?
Beans, pulses, fish, eggs, meat and other proteins		
Chicken Nuggets (450g)	1	Weekly
Cooked Ham Slices (100g)	1	Weekly
Tuna Steak in Sunflower Oil (110g)	2	Weekly
Bacon Rashers (10 per pack, 300g)	1	3 times per month
Baked Beans (4 x 415g tin)	1	2 times per month
Free Range Eggs (6 pack)	1	2 times per month
Beef Mince 15% Fat (500g)	1	2 times per month
Diced Chicken (400g)	1	1-2 times per month
Mixed Nuts (250g)	1	1-2 times per month
Red Lentils (1kg)	1	Less than monthly
Dairy		
Natural Yoghurt (150g pot)	2	Weekly
Yoghurt Petit Filous (4 pack x 85g)	1	Weekly
Semi-Skimmed Milk (4 Pints)	1	3-4 times per month
Whole Milk (2 Pints)	1	3-4 times per month
Babybel (10 pack)	1	3 times per month
Mature Cheddar (400g)	1	2-3 times per month
Greek Yoghurt (500g)	1	2 times per month

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: MacDougall Family	Total: March 2022
Fruit and vegetables	£17.52
Pasta, bread, cereal, rice, potatoes	£8.20
Beans, pulses, fish, eggs, meat and other proteins	£11.12
Dairy	£7.22
Oil and fats	£1.83
Packaged foods (e.g. pizza, soup)	£7.94
Cooking ingredients and condiments	£2.48
Drinks (coffee, tea, no sugar options)	£1.73
Sweets, chocolate, crisps, pastries, biscuits and sugary drinks	£6.19
Alcohol	£6.50
Guests and visitors	£3.94
Weekday lunches	£0.00
Takeaways and eating out	£7.82
Holidays and birthdays	£5.42
TOTAL Food and Drink	£87.89

