

Robinson Family

The Robinsons 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?

Cathy (aged 44) works part time as a cleaner at the local school. Her shifts (10am–2pm) are organised to fit around school drop off and pick up times. She usually takes the children to and from school, though sometimes her mother helps since she lives nearby. Cathy is responsible for most of the food shopping and preparation in the family.

Johnny (aged 44) works full time at building sites, and he leaves for work before the rest of the family does in the morning. He packs his lunch early in the morning and has a mid-morning break with tea and a snack each day.

Nathan (aged 15) is in secondary school and usually buys a meal deal at school or from a nearby shop. He brings a fizzy drink and snack with him for the morning, and on Fridays he usually goes to Subway for lunch with his friends.

Reuben and **Harley** (aged 10 and 7) are in primary school, and they both take school meals about three times per week. It works better for the family when they both take packed lunch or a school meal on the same days. On the weekend, the children like to go out to play or go around to their friends' houses.



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.

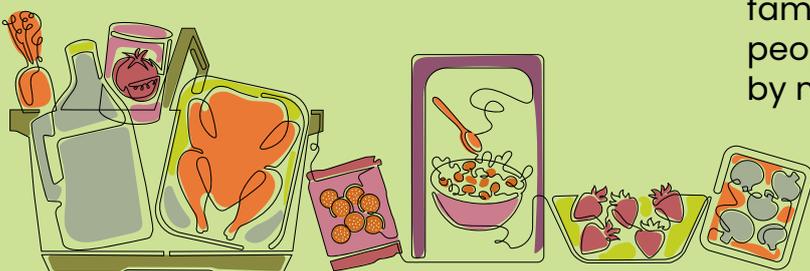
Keep it simple on Friday night



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 Robinson Family would have an 'easy night' on Friday, with pizzas, snacks and a film together. Once a month, this might be a takeaway fish supper or a meal out together. The aim for Friday night was to have something that everyone enjoys, with little preparation and clean up, so that the family can relax after a busy week.

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

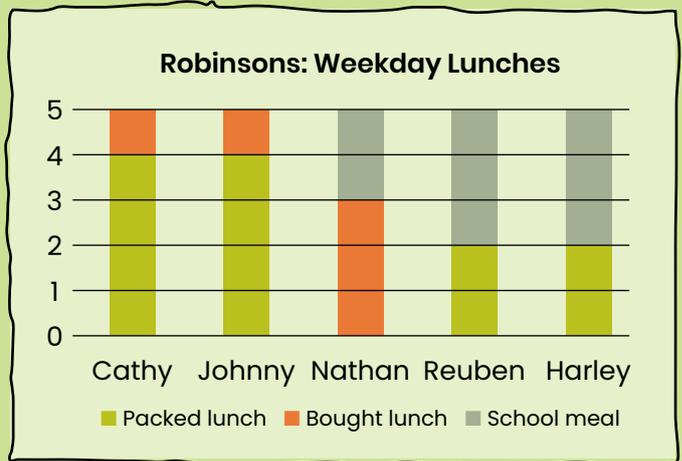
Johnny and Cathy bring packed lunches to work each day, apart from Friday, when they get a meal deal from Subway or Greggs. Johnny's packed lunches are usually a bowl of leftover Lentil Soup with a roll or a ham, cheese and cucumber sandwich. Alongside this, he'll take in a piece of fruit, packet of crisps and/or a yoghurt and a diet fizzy drink. Cathy also brings leftover Lentil Soup when it's available, and on the other days she is likely to bring an instant soup packet and breakfast bar to have with her cup of tea. She likes to have a yoghurt when she gets home mid-afternoon.

Nathan (secondary school) brings a mid-morning snack with him every day, keeping his pocket money for meal deals, either at a local shop, the school canteen or a trip to Subway with his friends on Fridays. On days he gets his lunch at a local shop, he usually brings a piece of fruit, like an apple or banana, to go with his lunch.



...if there's certain things that your kids like, you can pre-book it in the sense, you know, say, "well I'll go for a packed lunch these days and have a hot meal or a school meal these days." (Group 1)

Reuben and Harley (primary school) eat school meals about three times each week, bringing a packed lunch the other two days. Cathy finds it easier to send packed lunches in for both children on days when one of them doesn't like what will be on offer at school. Packed lunches include a ham and cheese sandwich and one or two additions, like cucumber and carrot sticks, an apple or banana, small yoghurt or a packet of crisps.



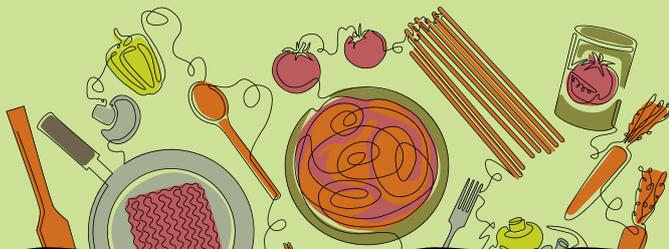
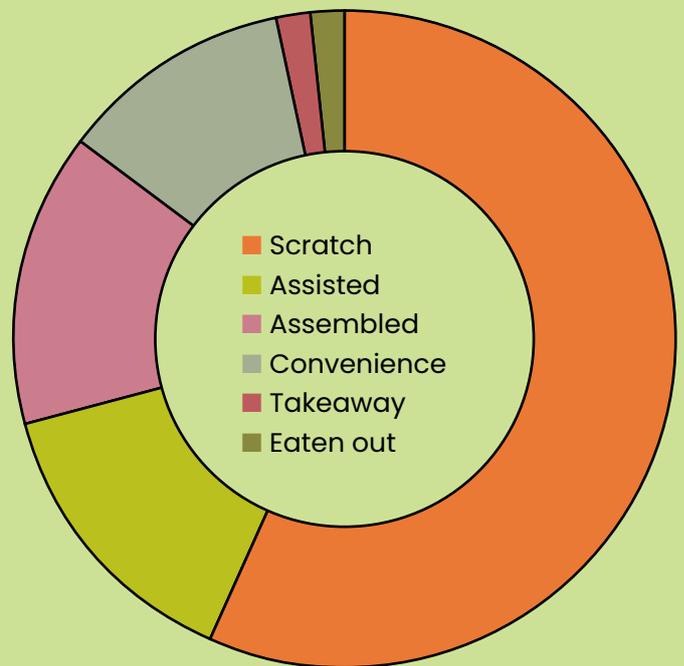
Cooking Patterns

Dinner Preparation

The Robinsons always try to prepare and eat meals that everyone in the family will enjoy. This includes family favourites like Spaghetti Bolognese and Mince and Potatoes. Once each week they have Rice and Bean Fajitas in an effort to eat less meat and because each person can add the toppings they like best.



The family cooks from scratch about four evenings per week. Friday evening is a time to relax, and they will either have a pizza night with the whole family or order a takeaway (once per month). Saturdays are informal, often a mixture of time around the house with people coming and going to different friends' houses or activities. On Sunday they tend to have homemade Lentil Soup for lunch and a Roast Chicken dinner.



Scratch	Chicken pasta / tuna pasta (Monday) Mince and potatoes with broccoli (Tuesday) Spaghetti bolognese and garlic bread (Wednesday) Roast chicken dinner (Sunday)
Assisted	Vegetarian fajitas (Thursday)
Assembled	Fish finger sandwiches (Saturday)
Convenience	Supermarket pizzas and garlic bread (3 Fridays per month)
Takeaway	Fish supper, sausage, pizza, chips and fizzy drinks (1 Friday per month)
Eating out	Family eats out every other month, including birthdays for adults and teenager. Replaces takeaway dinner that month.

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: Fruit and Vegetables**

Description	How many?	How often do they buy this?
Apples (5 pack)	3	Weekly
Bananas (5-6 per bunch)	3	Weekly
Chopped Tomatoes (227g tin)	1	Weekly
Cucumber (whole)	1	Weekly
Leeks (whole)	2	Weekly
Mushrooms (485g pack)	1	Weekly
Onions (1kg bag)	1	Weekly
Orange Juice* (1 litre)	2	Weekly
Strawberries (225g box)	1	Weekly
Sweet Sweetcorn (200g tin)	1	Weekly
Tomato Based Pasta Sauce (500g jar)	1	Weekly
Peppers (3 pack)	2	3 times per month
Mixed Vegetables (1kg frozen)	1	2-3 times per month
Carrots (1kg bag)	1	2 times per month
Fruit smoothies* (4 pack x 150ml)	1	2 times per month
Broccoli (900g frozen)	1	1-2 times per month
Oranges (5 pack)	1	1-2 times per month

* Only 150ml of fruit juice or smoothie counts as one of your 5-a-day.

** Beans or pulses, like baked beans and lentils, can also count towards one of your 5-a-day.

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: Robinson Family	Total: March 2022
Fruit and vegetables	£22.07
Pasta, bread, cereal, rice, potatoes	£22.64
Beans, pulses, fish, eggs, meat and other proteins	£25.42
Dairy	£13.82
Oil and fats	£2.71
Packaged foods (e.g. pizza, soup)	£10.88
Cooking ingredients and condiments	£4.31
Drinks (coffee, tea, no sugar options)	£6.93
Sweets, chocolate, crisps, pastries, biscuits and sugary drinks	£16.34
Alcohol	£11.50
Guests and visitors	£2.37
Weekday lunches	£28.15
Takeaways and eating out	£8.34
Holidays and birthdays	£9.08
TOTAL Food and Drink	£184.56

