

# Our Right to Food: Pakistani Households in Scotland

NOURISH SCOTLAND



# Authors

## Project team



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## Community advisors

### Tehemina Sattar

I am a civil servant who lives at home with my teenage son. I come from a large Pakistani family where food has played a huge part of my life since being a young child. My mother's hospitality and generosity inspired my deep connection to food, culture, and community. I joined the "Our Right To Food" project to celebrate my cultural heritage, explore sustainable eating, and address the challenges of sourcing affordable, good quality and seasonal produce while keeping my cultural background and having the right to continue to eat the nourishing food I grew up with.

### Parveen Ahmad

I am 62 years old and a mother of three grown sons. I previously worked in teaching and now hold a part-time role in finance. Over the years, I've navigated the challenges of food shopping while raising my family. This took up time, practically all day, that I could have spent otherwise with my children. I joined this project to show difficulties in our shopping habits that can be eased for better and healthier living, as well maintaining sustainability.

### Ambreen Shoab

I am a 52-year-old radio presenter and climate change advocate based in Glasgow. Born to Pakistani parents, I moved to Glasgow at the age of five. My daughter has coeliac disease, and one of my sons had multiple allergies, so I tailor meals to meet their dietary needs. This project resonated with me because it aligns with my passion for promoting sustainable living, cultural diversity, and inclusivity. I wanted to contribute to creating practical, balanced menus that reflect the needs and values of Pakistani Muslim families. It's a meaningful step towards highlighting cultural representation in larger government initiatives.

### Iram Zahra Sheikh

I am 48 years old and a mother of two grown sons. I grew up in a joint family where food was central to our lives and celebrations. My family's diverse culinary influences – from Kenya and Pakistan – shaped my love for food and my curiosity about how other families adapt their recipes to changing times and limited resources. I joined this project to explore the challenges of maintaining traditional cuisines while prioritising affordability and healthy eating.

### Uzma Mir

I am a TV producer and mother of two sons in their 20s. I was drawn to this project because I'm very aware of the differences in how Asian families eat and enjoy food and wanted to be sure those differences were represented.

### Aniqah Ali

I am a 27-year-old, Scottish-born Pakistani working full-time in sales, in a single-parent household. I joined this project because I believe there needs to be more understanding and representation of ethnic minority food habits, not just white Scottish people. Cultural Pakistanis have a different attitude towards food.

### Taj Ahmed

I joined the "Our Right To Food" project to celebrate my cultural heritage, explore sustainable eating, and address the challenges of sourcing affordable, good quality and seasonal produce. My parents and I came to Scotland in 1969 when I was about 5-6 years old. Previously, we lived in a village where where food waste was not a done thing. Growing up, there were not many Asian food shops, spices or Asian vegetables available, and we grew to like English food more than Asian food. I joined this project because I want to highlight how homemade is still better than prepared meals. I feel like I can contribute to healthy eating and food waste pains me a lot.

## Nayab Khalid

I moved to Scotland from Pakistan ten years ago as a student. Since then, I have worn many hats: academia, community development and, most recently, a civil servant. I am a foodie who loves trying different cuisines, but still finds comfort, familiarity and a sense of home in desi food. I am interested in sustainability, organic and regenerative farming practices and animal welfare. I hope to find a synergy between these themes, along with the powerful cultural heritage of food. I was interested in this project, as it gave me a chance to show that desi food can be ethical and sustainable too.

## Shabana Rauf

I'm 42, born and raised in Glasgow, and I run a catering business. I joined this project as I was passionate about addressing the issue of food waste, especially within my cultural community. Joining such an initiative aligned with my values as a business owner and a mother who understands the importance of using resources wisely, both in my personal and in my professional life. It is a fantastic way to give back to the community while making a real difference!

## Kauser

My name is Kauser, I'm 63, and I moved from Pakistan to Glasgow at the age of 6. I've always valued the importance of family, tradition, and sharing meals with loved ones. I joined this project because I've seen how times have changed, and I believe it's important to preserve the values of resourcefulness and sustainability that I grew up with. For me, this initiative is about teaching others how to make the most of what we have. It's about passing down knowledge and ensuring that we look after our environment and each other. It's wonderful to be part of something that not only benefits our community today but also leaves a positive legacy for the future.

## Husna Rauf

I'm 22, born and raised in Glasgow, and recently graduated with a degree in International Marketing. I've always been passionate about using creativity to make a difference. I joined this project because I believe in finding practical solutions to important issues like food waste. While I grew up in a household that valued food and resourcefulness, I've seen how easy it is for waste to happen on a larger scale, especially within communities.

This project is a chance for me to encourage small but impactful changes that can lead to more sustainable habits. For me, it's not just about solving a problem – it's about inspiring others and creating meaningful connections through shared values.

## Aisha Aslam

I'm 39, a mother of three, and live in Govan. Before moving to the UK, I was a lecturer of Natural Sciences in Pakistan. I have volunteered as a parent coordinator and support worker at Pirie Park Primary School. Now, I'm a member of the Gilded Lily board, using my skills to give back and help other women – something I'm incredibly passionate about. I joined this project because of my love for food.

## Sophia Nasir

I'm a born and bred Glaswegian. I'm also a mother of 4 and grandmother of 3. I have worked in Social Housing for nearly 8 years now. My love for food grew during my time in Pakistan, where I developed skills for home-made food, especially preparing desserts and hosting dinner parties, using different cuisines from different provinces. I joined this project to share my experiences in Eastern and Western cuisines, as well as how I've gone from having no knowledge of any kind of cooking before having children to now developing my skills and catering to my family's needs.

## Steering group

Public Health Scotland, City, University of London, Broke Not Broken, Food, Farming and Countryside Commission, Loughborough University, Robert Gordon University, Scottish Government, University of Ulster and University of Edinburgh.

# Contents

Executive summary.....	5
Introduction.....	6
Scottish Context.....	6
Rights-based approach.....	7
Why a Pakistani household in Glasgow? .....	7
What we did .....	8
STEP 1: Creating the persona family .....	8
STEP 2: Developing the weekly shopping basket.....	10
STEP 3: Pricing the shopping basket.....	12
STEP 4: Estimating the environmental impact of the shopping basket .....	13
What we found.....	14
FINDING 1: Healthy enough.....	14
FINDING 2: Food comes first.....	15
FINDING 3: No to TV dinners.....	16
FINDING 4: The Pakistani kitchen: Special equipment for a special kitchen.....	17
FINDING 5: No “one stop” shops.....	18
FINDING 6: Bulk buying .....	19
FINDING 7: Fatima .....	20
FINDING 8: Where’s the good halal meat? .....	21
FINDING 9: Environmental impact of a lamb biryani.....	22
FINDING 10: Mangoes.....	23
FINDING 11: The Leftover Plate: Reducing Food Waste .....	23
Reflections.....	24
Healthy enough? Finding space for a <i>desi</i> diet on the Eatwell Plate .....	24
Sustainable enough? Cooking with lamb and flying in mangoes.....	25
Co-production: We need to understand the right to food <i>with</i> people.....	25
Recommendations.....	26
Appendix A.....	27
Appendix B .....	32
Appendix C .....	32
Appendix D.....	33
References .....	35
Acknowledgements.....	35

## Executive summary

Being able to access, afford and enjoy food is one of our most basic human rights. Yet it is a right increasingly under threat. Unfortunately, it's also difficult to monitor properly. That's because the right to food is not about making sure every person has access to enough calories. It's about making sure our food environment enables people to choose food that not only nourishes them physically, but also culturally. There are many different cultures in Scotland that all have unique approaches to food. We can't monitor the right to food without understanding what culturally valued diets look like – and we can't understand what culturally valued diets look like without asking people directly.

In 2020/21 we piloted an indicator for the right to food using the Our Right to Food approach.<sup>1</sup> We worked with four groups of women to create shopping baskets for two household types: single parent with two children and two parents with three children. The affordability of this 'good enough' weekly shop was then evaluated and monitored. In this stage of the study, we wanted to test this approach with a household connected to a specific food culture and make sure the indicator was able to properly account for differences in culturally valued diets across Scotland.

Throughout 2024, we worked with a group of 12 Pakistani women living in Glasgow to understand what a culturally valued, healthy enough way of doing food looks like. We co-created a 'recognisable' persona household and worked through a typical week, negotiating what, when and where different members of the household would prepare and eat food. We then collectively translated this into a weekly shopping basket, which the advisors priced up.

Our approach draws on three well-established concepts: the commitment to co-production which is a core element of the [Scottish Approach to Service Design](#); the work by Loughborough University on [Minimum Income Standard](#); and the [PANEL principles](#) which underpin the implementation of human rights.

We see this approach as part of developing a framework for monitoring the realisation of the right to food in Scotland as part of Scotland's National Action Plan for human rights (SNAP2). This report sets out what we learned about monitoring the right to food for households belonging to a major food culture in Scotland.



<sup>1</sup> Nourish Scotland, Our Right to Food: Affording to eat well in a Good Food Nation, Read the full report here: <https://www.nourishscotland.org/wp-content/uploads/2023/01/ORTF-Full-Report.pdf>

# Introduction

## Scottish Context

Scotland's first Good Food Nation Plan sets the national goal that: *"Everyone in Scotland eats well with reliable access to safe, nutritious, affordable, sustainable, and age and culturally appropriate food."*<sup>2</sup>

This is an aspiration for the right to food to be delivered across Scotland. To track progress toward this aspiration, we need indicators able to monitor the right to food for all people.

In Scotland's National Human Rights Action Plan (SNAP2), the Government commits itself to developing these 'right to food' indicators:

*Co-produce rights-based indicators to monitor the ability of people whose rights are most at risk to access a healthy, sustainable and culturally appropriate diet.*<sup>3</sup>

Key to the development of these indicators is understanding what a 'good' diet looks like for people across Scotland. According to the latest census results, the proportion of people identifying as belonging to a minority ethnic background has risen to 12.9%, up from 8.2% in 2011.<sup>4</sup> Households connected to different food cultures are increasing and changing throughout Scotland. Indicators can't track the right to food if they can't understand what a culturally valued diet looks like for households across Scotland. As UN Special Rapporteur on the Right to Food, Michael Fakhri, explains, we can't find out what those culturally valued diets look like without asking people directly:

*... people must decide for themselves what is appropriate food based on their own culture based on their own daily life. So, the idea of adequacy is to empower people to choose what type of food is good food for themselves.*<sup>5</sup>

There is not one version of this healthy, sustainable and culturally appropriate diet in Scotland. There are many. The Our Right to Food (ORTF) approach is about developing an indicator capable of putting people at the centre of monitoring the right to food.

<sup>2</sup> The Scottish Government (2024) National Good Food Nation Plan. Available at: <https://www.gov.scot/publications/national-good-food-nation-plan/pages/3/>

<sup>3</sup> The Scottish Government (2023) Scotland's second National Human Rights Action Plan (SNAP2). Available at: <https://www.snaprights.info/wp-content/uploads/2023/03/SNAP-2-March-2023-FINAL-PDF.pdf>

<sup>4</sup> National Records of Scotland. (2023). Scotland's 2022 Census: Results Summary. Available at: <https://www.scotlandscensus.gov.uk>

<sup>5</sup> UN Special Rapporteur on the Right to Food, Michael Fakhri. Available at: <https://youtu.be/iaBMwzGdzc>.

## Rights-based approach

In 2021–22, the ORTF approach was piloted. It was designed to capture the three key aspects of the right to food: that food must always be **adequate**, **available** and **accessible**. This approach works with community advisors to develop a ‘persona’ family that would be recognisable for many households across Scotland. The community advisors negotiate a typical weekly shopping basket that is considered ‘good enough’ or ‘adequate’ for that family. The availability and accessibility of that shopping basket can then be monitored by evaluating things like how affordable it is. In effect, the shopping basket can be used as a proxy for policymakers to monitor the realisation of the right to food for different households across Scotland.

The pilot of this metric worked with women living in two household types: small single parent family with two kids and large two parent family with three kids. It has since been tested in rural areas like the Western Isles to compare the challenges and affordability of a ‘good’ diet in different communities across Scotland.<sup>6</sup> A limitation of the approach so far is a lack of cultural diversity in the households that have been developed. With this phase of ORTF, we want to make sure culturally valued food can be properly accounted for in this right to food indicator.

To do this, we have applied the approach to a household connected to a specific food culture in a specific geographic area: a Pakistani family living in Glasgow.

## Why a Pakistani household in Glasgow?

There are many food cultures in Scotland. The Pakistani community is one of the largest, and oldest. The Pakistani population has increased by almost 50% in the past decade and now comprises 1.3% of Scotland’s total population.<sup>7</sup> The largest concentration of the Pakistani community is found in Glasgow, particularly in the south side of the city.<sup>8</sup> It’s also a particularly established community. Pakistani populations have been in Scotland since the early 20th century. Over this time, more Pakistanis have come to Scotland, multiple generations have grown up here and communities have become well established.

It is important to say that, within this Pakistani community, there is not one single cultural identity – there are many. Geographical, subcultural, religious and intergenerational variations all shape unique approaches to food.

Understanding what a culturally valued diet for a typical Pakistani household difficult. However, it is important for properly monitoring the right to food across Scotland. It can only be done by asking people directly what a culturally valued diet is to them. That is what this stage of ORTF has set out to do.

<sup>6</sup> Tagasa Uibhist and Nourish Scotland (2023), Our Right to Food: Uist & Barra, Read full report here: <https://www.tagasa.co.uk/how-we-help/our-right-to-food/#:~:text=It%20is%20one%20where%20the,is%20a%20right%20for%20all>.

<sup>7</sup> National Records of Scotland. (2023). *Scotland’s 2022 Census: Results Summary*. Available at: <https://www.scotlandscensus.gov.uk>

<sup>8</sup> Ibid



# What we did

## STEP 1: Creating the persona family

We recruited and worked with a group of community advisors for this project: 12 women of Pakistani heritage living in Glasgow. Ages ranged from 27 to 67. Most were born in Glasgow, some had moved from Pakistan 30 years ago, others 5 years ago.

In line with the ORTF approach, we created a ‘persona’ household. By drawing on the lived experience and knowledge of the community advisors, we were able to create a family that would be recognisable to Pakistani households across Scotland today.

It was important to the community advisors that 3 generations were represented in this household – not only because this is a typical composition of a Pakistani household, but also because there is a degree of difference between the experiences of these 3 generations.

The advisors also decided that it was important for the **location** of this household to be specified. Due to the high population density of Pakistani households in South-West Glasgow, the family was based there.

The advisers imagined the **names, jobs, interests** and **personalities** of each member. These descriptors help piece together the household unit – their priorities, preferences and aspirations as both individuals and as a whole.

From this process, we got the Baksh family.

**Figure 1a. The Baksh Family Tree**

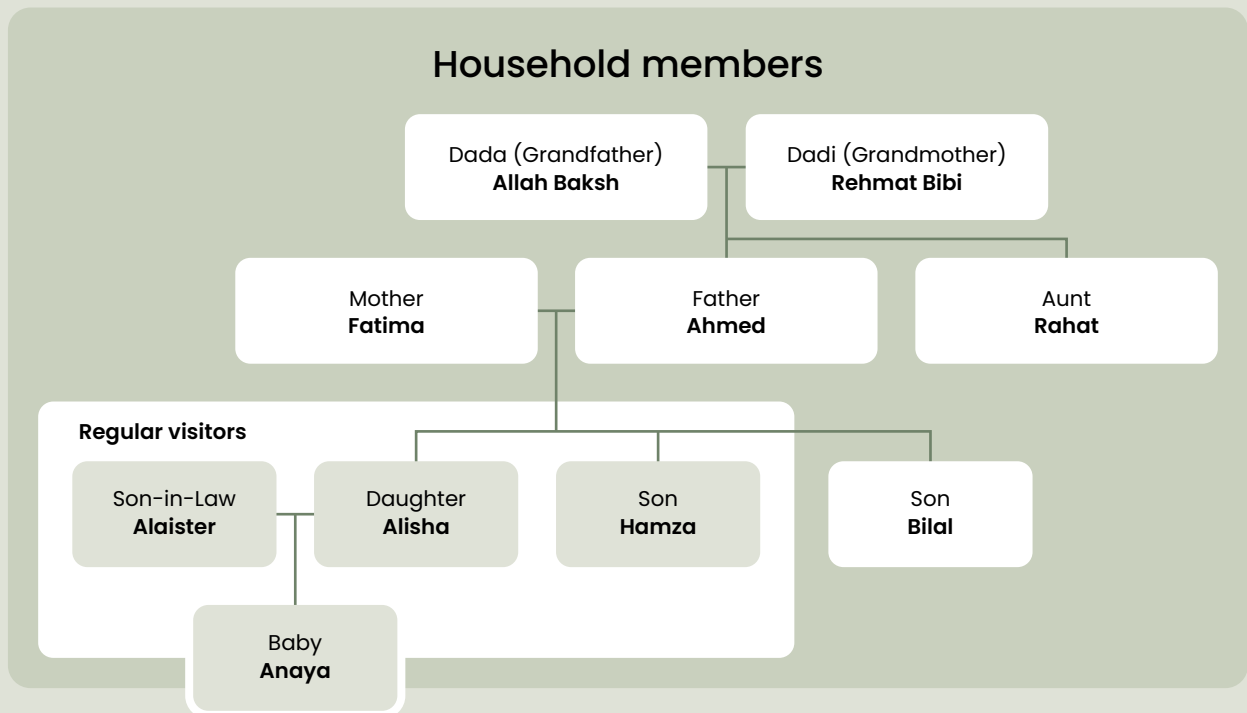




Figure 1b. Baksh Family profiles



## STEP 2: Developing the weekly shopping basket

We worked with community advisors to imagine the family's shopping, cooking and eating patterns in a typical week. We asked: "What would be good enough for this family in terms of doing food?"

Consensus was reached on a meal plan that was:

1. A good fit for people's lives
2. Enjoyable
3. Healthy 'enough'

Over 10 in person meetings, we created a weekly meal plan that outlined what everyone ate for each meal of the day. Advisors shared family recipes to help imagine how the Baksh family might prepare their meals. This not only captured the diet of the Baksh family, but their food rhythms, routines and stories. We discussed what enjoying food means for this family and how that translates to their weekly shopping basket.

**Figure 2. Monday's meal plan**

	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
<b>Dada Allah</b>	2 boiled eggs + 2 slices of brown toast with spread + desi tea with sugar	Black tea + digestive biscuit	1 scoop Chicken salan with 180g rice + yoghurt + salad	Fruit platter + bombay mix	2 scoops Moong Massar Dahl + 2 chaapati + salad + achaar	Desi tea with sugar + carrot cake
<b>Dadi Rehmat</b>	Boiled egg + 2 slices of white GF toast with spread + desi tea with sugar	Black tea + GF biscuit	1 scoop Chicken salan + 150g rice + yoghurt + salad	Fruit platter	1 scoop Moong Massar Dahl + 2 GF chapati + salad + achaar	Desi tea with sugar
<b>Ahmed</b>	2 boiled egg + 2 slices of brown toast with spread + desi tea with sugar	Instant coffee with milk + pack of crisps	1.5 scoops Chicken salan with 300g rice + yoghurt + salad	Black tea + Tunnocks wafer + fruit platter	2.5 scoops Moong Massar Dahl + 2 chaapati + salad + achaar	Desi tea with sugar + carrot cake
<b>Fatima</b>	2 slices of brown toast with honey + black tea	Banana + yoghurt pot	Instant coffee with milk	Nuts + fruit platter	3 scoops Moong Massar Dahl + 2 chaapati + salad + achaar	Desi tea with sugar + carrot cake
<b>Bilal</b>	Protein porridge + protein shake	Almonds, fruit platter	Chicken & veg + yogurt	2 boiled eggs	Salmon noodles	Banana
<b>Rahat</b>	2 boiled egg & 2 slices of brown toast with spread + desi tea with sugar	Fruit juice + packet of crisps	1 scoop Chicken salan with 180g rice + yoghurt + salad	Chocolate biscuit + instant coffee with milk	1 scoop Moong Massar Dahl + 2 chaapati + salad + achaar	Desi tea with sugar + carrot cake

See Appendix A for full meal plan



The way dishes are served at the dining table meant that it was difficult to estimate portion sizes and translate *what* the family ate into a quantification of *how much* each family member ate. Bowls, plates and serving spoons were used as estimations for how much of each item would be eaten. In consultation with nutritionists, quantities of the meals were readjusted to better reflect the energy requirements for each family member.

We worked with public health nutritionists, including those specialising in South-Asian health, to evaluate whether the meal plans satisfied a 'healthy enough' criteria. The purpose of this was to make sure the typical meal plan empowered, rather than was a detriment to, the health of this particular household.

Recommendations made by nutritionists on what was eaten were discussed with the community advisors in detail. Swaps were made based on whether the advisors believed they would be acceptable to the Baksh family.

## Converting meal plans into the weekly shopping basket

The meal plan, along with recipes provided, were converted to a detailed shopping basket of items purchased in a standard week. If relevant, this included which brand is purchased. For the advisors, it was important to discuss how and where the grocery shopping would be done to showcase that many items have to be "shopped around for". This impacted the way we priced the basket, but it also tells a story about the time and energy devoted to meal preparation for this household (see Finding 5).



## STEP 3: Pricing the shopping basket

It was important for the costing to reflect the different shopping venues that the Baksh family visited in their week. We worked with the advisors to decide where each item was bought so prices most closely reflected typical weekly spending. Together with the community advisors, we priced the basket by going to the actual stores where the Baksh family would be shopping. We priced items bought from Tesco online.

The final shopping basket shows the weekly cost of food for the Baksh family and where the items would be purchased in a typical week. Costs were broken down into different categories and where each item would be purchased. We calculated the cost of the shopping basket so that policymakers could monitor changes to the price of the baskets over time. It can be used as a proxy for monitoring both the accessibility and affordability of a 'good enough' diet for a typical Pakistani household in Glasgow.

**Figure 3. Example of shopping list from the "fruit and veg" category**

Item	Units per week	Cost per week (October 2024)	Price if purchased at Desi Store	Notes
Apple	10 each	£2.83		
Banana	32 each	£3.84		
Bell Pepper	6 each	£3.58		
Berries/Other Seasonal Fruit	1400g	£16.80		
Broccoli	550g	£1.20		
Carrot	750g	£0.52		
Cucumber	12 each	£5.34		
Fresh Coriander	300g	£5.20	£3.13	
Grapes	1080g	£3.78		
Green Mango	0.168 each		£0.13	
Green Raisins	17g		£0.09	
Lettuce	1 each	£0.89		
Mushroom	250g	£1.25		
Okra	430g	£3.93	£2.58	
Peas	1130g	£3.52		Birds eye frozen peas
Radish	480g	£1.12		
Raisin	1.5g	£0.01		
Red Onion	1.4kg	£1.33	£1.57	
Strawberries	400g	£2.45		Seasonal price
Tangerine	2880g	£6.19		
Tomato	28 each	£6.66		
White Onion	6.55kg	£6.22	£4.90	



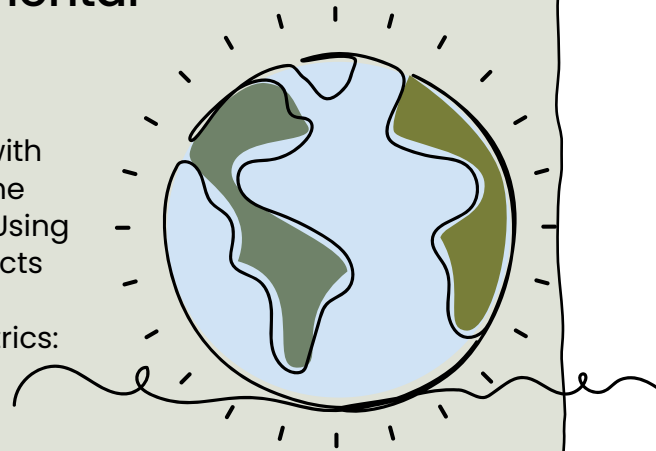
See Appendix B for the full priced shopping basket

## STEP 4: Estimating the environmental impact of the shopping basket

In this phase of the ORTF work, we evaluated the sustainability of the shopping basket. We worked with a team of food sustainability experts to estimate the environmental footprint of the Baksh family week. Using environmental data<sup>9</sup>, the impact of the food products used, from their production to consumption, were evaluated according to 3 standard household metrics:

1. Greenhouse Gas Emissions
2. Water use
3. Land use

See Appendix C for the full environmental impact evaluation



*Why? Sustainability of diets is crucial to the right to food being realised. We need the 'good enough' diet to be sustainable if we want this diet to be 'available' for future generations. Adding this sustainability metric doesn't override what has been co-produced as a good enough diet. Instead, it shows that the shopping basket proxy can also help policymakers track sustainability of various adequate diets across Scotland – informing efforts to reduce the carbon footprint of Scotland's food.*



<sup>9</sup> Environmental data is from: Clark, M et al (2022), Estimating the environmental impacts of 57,000 food products: <https://www.pnas.org/doi/10.1073/pnas.2120584119>



# What we found

## FINDING 1: Healthy enough

We worked with public health nutritionists, including those specialising in South Asian health, to understand if the Baksh weekly meal plan could be considered ‘healthy enough.’ The nutritionists understood this ‘healthy enough’ threshold by referencing the Eatwell Guide, the Revised Dietary Goals for Scotland, current health data (including South Asian health data in the UK) and research.<sup>10</sup>

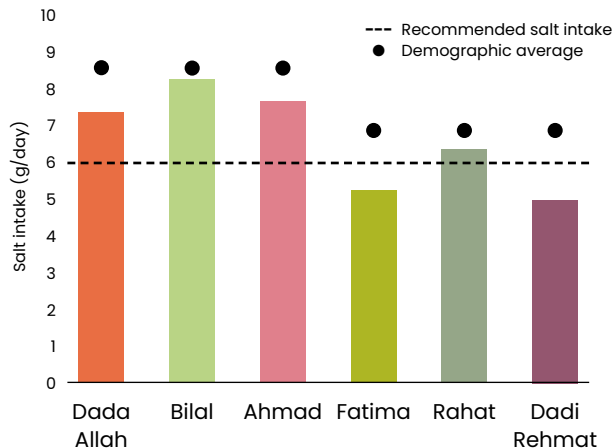
With this ‘healthy enough’ analysis, we wanted to make sure this typical week of eating wasn’t in complete opposition to dietary goals. We also wanted to understand how this household relates to current public health advice and guidance.

See Appendix D for nutritional evaluation on nutritional intakes

The verdict was that the meal plans met recommendations across almost all nutrients identified in the Revised Dietary Goals for Scotland: energy, protein, total and saturated fat, total carbohydrate, free sugars and fibre. Although salt intake exceeded dietary recommendations, it was similar and, in most cases, below the average salt intake for adults in Scotland. Nutritionists agreed that this was a ‘typical’ salt intake that wouldn’t prevent the meal plan from passing the ‘healthy enough’ threshold.

*“Whilst estimated salt intake exceeded the recommendation (average intake of 6 g/day) for all family members (6.8 g/day to 9.7 g/day), the intakes were similar to average salt intakes for Scottish adults in 2014 (8.6 g/day in men and 6.9 g/day in women)<sup>11</sup> and therefore represent a typical diet,”* according to Dr Lindsey Masson, Registered Nutritionist, Robert Gordon University.

**Figure 4. Salt intake of the Baksh family vs average and recommended salt intake**



### Are protein shakes healthy enough?

Bilal’s weekly meal plan was put together by the community advisors based on their understandings of a ‘typical’ younger Pakistani male. It reflects a diet that is purposely high in protein and low in carbohydrate, influenced by social media and online health communities. This imbalance of nutrients is not recommended by nutritionists, who were concerned about the regular consumption of protein shakes in his diet. After going back to the advisors over multiple sessions, there was consensus that this style of high protein diet was ‘too typical’ to change. For this reason, protein shakes were not ‘swapped’ for healthier sources of protein and/or carbohydrate, as suggested by nutritionists.

<sup>10</sup> Eatwell Guide: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell>

Revised Dietary Goals for Scotland: [https://www.foodstandards.gov.scot/downloads/Scottish\\_Dietary\\_Goals\\_for\\_Scotland\\_-\\_March\\_2016.pdf](https://www.foodstandards.gov.scot/downloads/Scottish_Dietary_Goals_for_Scotland_-_March_2016.pdf)

<sup>11</sup> Food Standards Scotland, National Diet and Nutrition Survey: Assessment of dietary sodium. Available at: <https://www.foodstandards.gov.scot/publications-and-research/publications/national-diet-and-nutrition-survey-assessment-of-dietary-sodium>

## FINDING 2: Food comes first

The Baksh family made food a priority for their week. If budgets were tight, they would swap okra in their curry for potatoes. They wouldn't give up the curry. Chicken might stand in for more expensive cuts of lamb, but biryani would still be on the table for Sunday lunch. For special occasions, like birthdays and Eid, money spent in other areas of the family budget would be diverted to the purchasing, preparation and service of food. Food is central to the identity of the Baksh family – at times this can create pressure, but the advisors were clear that it is primarily an expression of love between the family and their guests.

*“Food is so important – food is where you spend your money.”*

### Special occasions

Hosting guests is a core part of the Baksh family's weekly rhythm and food is *“the most important hosting duty.”* A typical week for the Baksh's would include a Sunday lunch attended by extended family and friends. There would always be at least two dishes on offer: one bulked up by rice, like a biryani, and one bulked up by sauce and vegetables, like a chicken *salan* (curry) (see Appendix A for meal plan details).

The calendar is always on the fridge in the Baksh home. For a 6-person household, birthdays, Ramadan, weddings and other events need to be planned for in advance because of their impact on the weekly budget.

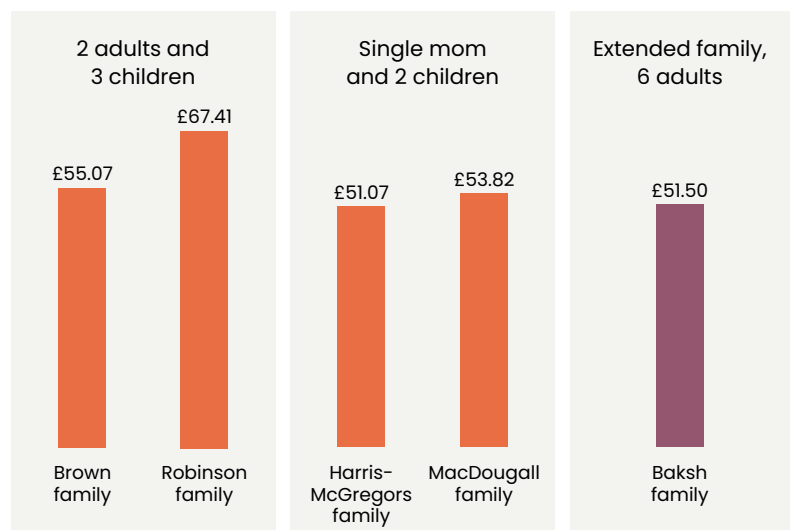
For **birthdays**, the expectation of the household would be to host extended family for a big meal. Some family members would bring a dish, but most of the food would be cooked by the household. The rule of thumb would be to cook enough for leftovers so that no one walks away hungry. Variety would also be expected.

For **Ramadan**, the effect on the budget is more complex. The family will eat only two meals, rather than three, per day. In theory, this should save the weekly budget. However, the advisors felt that speciality products wanted for *iftar* (sundown meal) are becoming more expensive – so it is the expectation that the weekly spend on food will be the same as a non-Ramadan week.

*“It does feel like Ramadan is getting more expensive – we used to spend less during that month because we're only having 2 meals a day. Now the specialty products we need for our iftars (sundown meal) are becoming more expensive so we're pretty much spending the same as a usual month – that makes planning for a big Eid celebration a little more difficult.”*

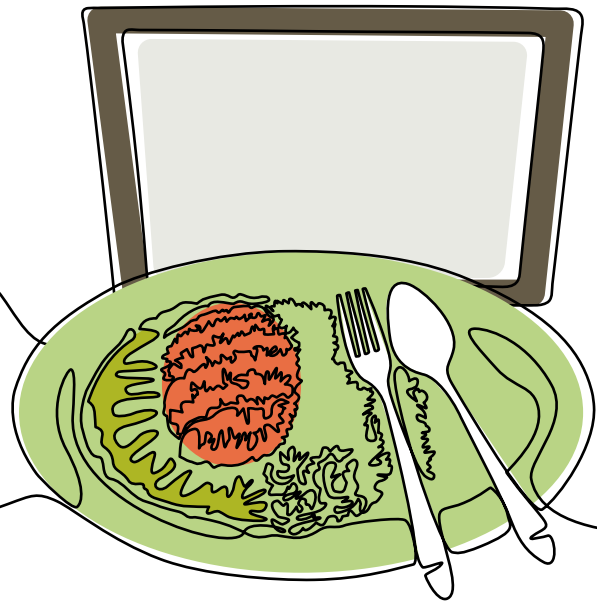
**Figure 5. Affordability of the Baksh's food basket**

Comparing weekly shopping costs  
(adjusted for inflation, October 2024)



## FINDING 3: No to TV dinners

I said to my Dad: *"Why don't we make a soup on a Sunday and freeze it so you can have it Monday to Wednesday"* - there was a nearly full revolt. *"I was trying to save him some money but he wouldn't have any of this meal prepping. For him, it's his right and his joy to have cooked food every day."*



Part of food being a priority is food being cooked from scratch. There are no premade sauces, bags of pre-cut vegetables or readymade meals in the Baksh shopping basket. There are snacks, like yoghurts that Fatima eats while at work, shop bought sandwiches that Ahmed eats at his hardware store, there's even Birdseye fish fingers for an easy lunch. There are also some 'shortcuts' that the family would do for convenience: for example, pre-cut and freeze garlic, ginger and cuts of meat or store away samosas and pakoras in the freezer.

*"There's not many halal options for readymade meals and there's none that taste like home cooking but it's more that it just wouldn't make sense in big house - you would have to buy 6 meals and then you also can't share the way you usually would."*

The Baksh family would choose takeaway before choosing a readymade meal. Ready-made meals not only don't 'fit' with *what* the family want to eat but also how they want to eat it. There was consensus that takeaway has more halal options, is cheaper for 6 people and is more accessible than eating out, especially for the elderly grandparents.

However, there would be limits on takeaway - not only because of the cost but also because of pride. Pride in food was the main reason the advisors felt that the Baksh family would be cooking from scratch most nights of the week. Dada and Dadi would expect their meals cooked fresh.

*"...the expectation of cooking from scratch has helped keep food culture strong so there is admiration for this attitude but it does also send some pressure down the family line, especially to Fatima."*

Still, advisors agreed that cooking from scratch is an important responsibility that the Baksh family takes on rather than a burden that has been put on them.



## FINDING 4: The Pakistani kitchen: Special equipment for a special kitchen

Equipment was essential for the weekly cooking. The Baksh family can only cook the number of curries, rotis and dishes they have on their meal plan if they have very specific equipment in their kitchen. It is important to know this equipment because going without it would mean not being able to cook and enjoy the meals that this family would like to.

Specialty equipment needed to cook the Baksh family meal plan include:

**Tava/tawa** – similar to a griddle pan but made from a heavier metal (iron) to make the rotis and parathas.

**Karahi** – a heavy metal wok style deep rounded pan used for deep frying pakoras and samosas.

**Big heavy bottom pots** – large wide and deep heavy based pots are used for cooking rice and for cooking curries. Big pots are needed for cooking the larger quantities especially when extended family come over or when entertaining.

**Long handled wooden spoons or mixing spoons** – needed as the pots are deep.

**Coffee bean grinder/spice mill** – spices and blends of spices are typically ground at home and coffee bean grinder is ideal. This would only be used for spices, as you wouldn't want the smell to contaminate other food.

**Drums for storage** – rice and flour is bought in bulk and must be stored in airtight containers.

**Food processor** – to help with chopping the larger quantities of vegetables and for other mixing purposes.

**Larger fridge/freezer** – typically bigger than the average fridge/freezer to accommodate leftover food for extended family.

**Chest freezer** – to have room for frozen halal meat, vegetables, herbs, preprepared samosas and kebabs. It's not always convenient to go to desi shops especially if living on the outskirts or beyond Glasgow. In addition, there is the cultural notion that you have to be prepared for someone turning up at your home and that you are able to feed them.



## FINDING 5: No “one stop” shops

It was agreed that the Baksh family, like most Pakistani households, would need do their shopping at at least two different stores every week. Consensus was reached on two main types of shopping outlets:

1. Supermarket
2. Desi store

*“When we [my husband and I] write our shopping list, we always have at least two lists: one for Asda or Tesco and the other for the desi store, for all the things we can’t get at the supermarket.”*

### “Desi”

The advisors agreed that ‘desi store’ was the best descriptor for shops that they purchased speciality products from. *Desi* is used loosely to describe people and products related from the South Asian subcontinent and their diaspora. It can be translated to ‘homeland’ or ‘country’. It was the most frequently used word during our co-production sessions: used to describe the way eggs were cooked on Sundays, the way tea was brewed every morning and the shops that the Baksh family would go to weekly.

The family shop in ‘desi’ stores for specific products which are not typically available in the main supermarkets. Examples include a variety of spices, pulses, Asian sweets, savoury snacks and halal meat. The Baksh family continue to shop here, not only because it stocks specific products, but because it offers a more personal shopping experience.

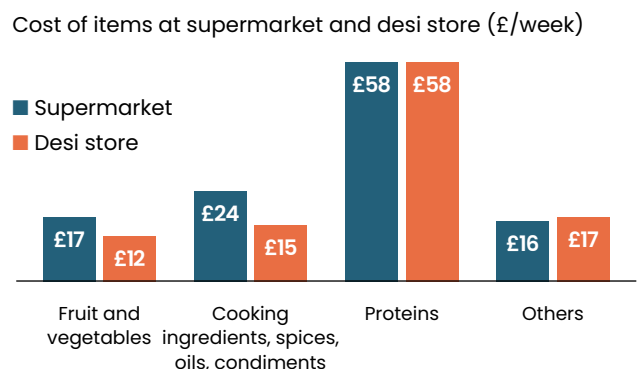
*“You’ve got to be a clever shopper if you’re a desi eater.”*

Planning is essential for getting the shopping done right. Of course, needing to go to multiple shops for weekly groceries also means that there is a dependency on a car. Both the Dada and Dadi don’t drive so shopping responsibilities trickle down to Fatima.

Figure 5a. Number of items bought at desi vs supermarket



Figure 5b. Cost of items bought at desi vs supermarket



On a map of (South-West) Glasgow, the advisors shared shops where the family might do their shopping and drew routes indicating how long it would take to visit the different shops.

Figure 6. A map of the Baksh family’s weekly shopping



## FINDING 6: Bulk buying

Bulk buying defines when, where and how often the Baksh family shops. Certain food items such as rice, *atta* (wheat flour), oil, spices, lentils and pulses are almost always bought in bulk. The reasons for this are varied – because of the number of people in the house, to save time and money, to minimise packaging – but mostly it’s because “this is just what the family has always done.” Advisors told stories about days where they poured spices into their spice racks, refilled their rice buckets and soaked a kilo of chickpeas for the week ahead.

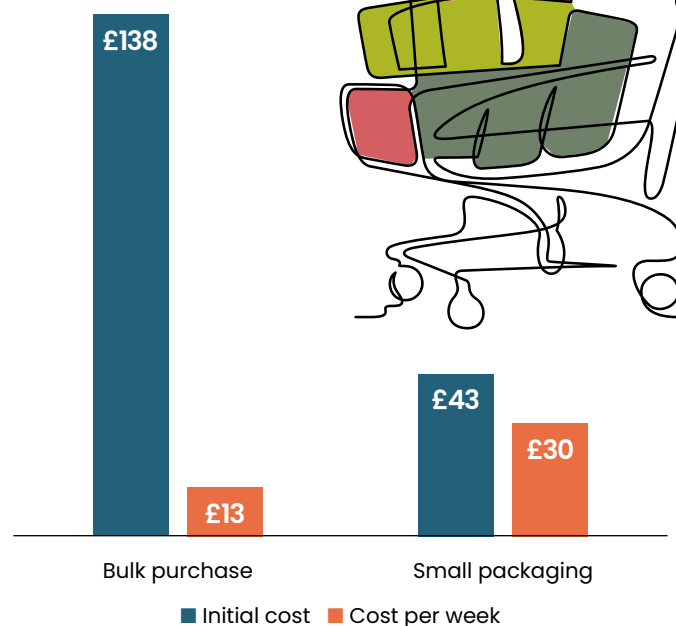
Buying and preparing food in bulk also helps the family avoid under or overbuying.

*“Yeah we’re not running out for small packets all the time, that’s just a waste of packaging.”*

### But it’s not always possible

However, it was noted that sometimes bulk buying is “easier said than done.” This is because you do have to “spend more upfront” to get the benefits of bulk buying i.e. cheaper over the month and less packaging. The advisors were clear that the Baksh family would have the preference for bulk buying but if their household budget was reduced, ability to do their usual restocks would be directly affected.

Figure 7. Cost of purchasing in bulk versus in regular packaging



## FINDING 7: Fatima

The mother of the household, Fatima, has a lot on her plate. She works 3 days a week, does almost all the shopping and cooks for everyone at least once a day. Advisors talked a lot about whose role and responsibility it is to do the household shopping and cooking. There was a shared consensus that most of these activities are done by Fatima and are still seen to be women’s work. However, they also highlighted that norms appear to be shifting. Influencing factors include increasing numbers of women working outside of the home and attitudes changing towards the division of labour.

The advisors discussed how the labour of cooking might be shared at times, but Fatima would still be the one deciding what needs to be cooked, putting together the menu, shopping list and going out to collect groceries.

When the male members of the family ‘helped out’ in the kitchen, for example, Bilal prepping and cooking his own meals and Ahmed making breakfast, the role taken was primarily to cook. Meal preparation and cleaning up afterwards still remained with the women.

*“Things have changed from our parents time; the mums were at home then, and now we’re out working too and still expected to come home and cook.”*

*“It’s hard but it’s also how she would show love.”*

Still, this role was not viewed necessarily as a ‘burden’ by the advisors. Fatima has agency in this domain – not only is she the decision maker, she is able to express her love through feeding and nurturing the family.



## FINDING 8: Where's the good halal meat?

Shopping for meat was a complicated process for the Baksh family. The advisors were clear that the family would only purchase halal meat. Where they were able to buy this meat was less clear. In contrast to the wide range of non-halal meat available at supermarkets, for different budgets and cuts of meat, the advisors felt the choices for halal options are much more limited and often come frozen. Therefore, the preference for the Baksh family would be to purchase fresh meat at the halal butcher and only buy frozen from supermarkets in an emergency.

*"Quality halal meat options are just not there. I've heard people consider buying organic meat as it might be closer to what they consider halal than some of the mass produced stuff in the supermarket."*

*"It's always more expensive than supermarkets and it varies a lot."*

However, the advisors mentioned that price is often an issue at these butchers. While halal meat was not always more expensive than non-halal meat in the supermarket, having to go to a halal butchers' directly put meat in a more expensive of item to purchase.

### Organic halal meat?

In neither the supermarkets nor the halal butcher could the family get organic halal meat. This was an important point for the advisors who felt the Baksh's options for sourcing 'quality' meat was very limited.

There are a very limited number of organic halal farms across the whole of the UK. For those that are 'super on top of it' they have to order online and the meat is posted out/delivered. Of course, this all comes at an extra cost and extra time.



## FINDING 9: Environmental impact of a lamb biryani

Sustainability experts calculated the environmental impact of this weekly shopping basket by estimating the greenhouse gas emissions, water use and land use of the shopping basket (see appendix C for full sustainability evaluation). When talking about shopping and eating patterns with the advisors, sustainability came up as a consideration: buying things without packaging, reducing food waste bought in the week and having a preference for pesticide free, seasonal produce.

However, the basket was estimated as having a higher environmental impact than the average in Scotland.<sup>12</sup> The main contributing factor was the greenhouse gas emissions and land use associated with lamb, which accounted for 1/3 of the greenhouse gas and land use of the total weekly shopping basket. The advisors were open to swaps and to reducing lamb in the week. They observed that it would be typical to put on 2 curries per night, usually one meat and one *dhal* (lentil and veg). This was usually done to accommodate different preferences in the household but it also meant using less meat overall – something which can get very expensive for a 6-person household. Still, lamb was not taken out of the week completely. It was important that the lamb still ‘featured’ in the lamb biryani, the aloo keema and the special Sunday breakfast.

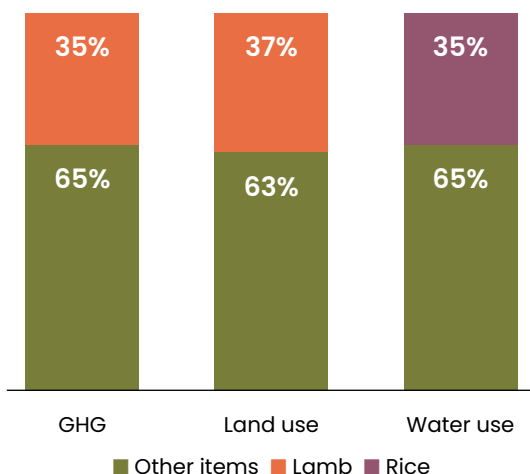
Additionally, water use associated with rice also took up a large proportion of water usage of the total meal plan. Similarly to lamb, however, rice is an important staple food in the Pakistani diet and cannot be replaced.

Understanding the sustainability of this basket according to these metrics can't tell us whether this basket is 'sustainable enough' or not. What it can do is surface the tension between the cultural value of certain foods, especially meats like lamb, and current sustainability advice.

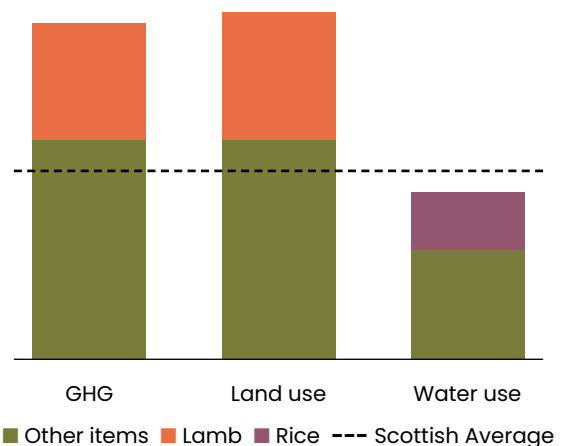
*“it's always been done with lamb – it shows respect for guests and is more of a centrepiece on our table than other meats.”*

*“I feel better buying lamb that's been eating grass in the hills than chicken that's been kept in a factory.”*

**Figure 8a. Greenhouse Gas and Land Use of lamb in the weekly meal plan**



**Figure 8b. Environmental impact of the Baksh Family compared to the Scottish Average**

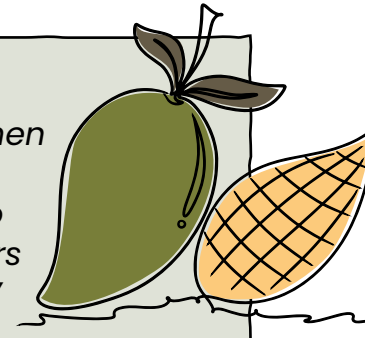


<sup>12</sup> Kennedy, J et al (2025), Impact of reducing meat and dairy consumption on nutrient intake, health, cost of diets and the environment: A simulation among adults in Scotland, 04 February 2025, available at Research Square [<https://doi.org/10.21203/rs.3.rs-5820769/v1>]

## FINDING 10: Mangoes

There are some 'must buy' fruits for the Baksh family, like Pakistani mangoes for the summer and dates for Ramadan. However, the advisors expressed that prices felt increasingly volatile throughout the season and were getting higher every year.

*"We never don't buy Pakistani mangoes when they're in season, but we've definitely had to buy less in recent years because of the price."*



There are no 'swaps' for the mangoes as there is for Pink Lady and Granny Smith apples. This means weekly shopping budgets during mango season are very likely to be impacted by the price of a box of mangoes. Volatility of prices during the mango season (i.e. changing prices week to week) means that households can't do the same kind of planning ahead as they could for other items on their shopping list. For example, it is difficult to know whether to 'bulk buy' the mangoes or just buy 3 one week and wait until next week to buy a whole box. For the Baksh family, especially around times of celebration, this creates some stress on the shopping basket.

*"There's no point in buying fruit that's not in season, it doesn't taste good, I would never have mangoes, amrood (guavas), Lychees, definitely these three you would only buy in season."*

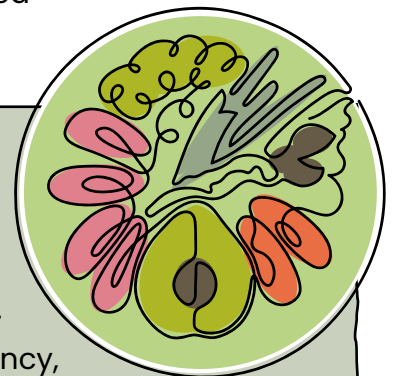
Another concern for the family was the taste and quality of certain specialty fruits. Supermarkets often don't stock the specialty fruits that the household wants and even when they do, advisors said the family probably wouldn't shop for them there because of a 'lack of real taste.' *Dhania* (coriander), for example, was one of the items always purchased from a desi store because of its 'freshness'.

## FINDING 11: The leftover plate: reducing food waste

There are leftovers after every meal in the Baksh household. Food sharing and redistribution among the family was a key answer to the question of what would be done with these leftovers. This is done because it makes sense to not waste good food. Sharing of food is also often how 'care' is expressed.

The practice of food sharing came across strongly when we discussed each and every meal.

**"The leftover plate"** – The advisors referred to something called the 'leftover plate'. After every meal, people would put what was left of the meal onto the plate and keep it in the fridge for giving away. It either became Fatima's breakfast before dashing off to work, or something to be shared with neighbours who came over the following day. Reducing food waste was not just about efficiency, it's also been informed by religious practice and a general cultural belief that 'care' is expressed through the sharing of food.



# Reflections

## Healthy enough? Finding space for a *desi* diet on the Eatwell Plate

The Baksh plate does not look like the Eatwell Plate. The advisors agreed that their meal choices were *“not very influenced by the Eatwell Plate because it just doesn’t feel that relevant to how we shop and eat.”* Shopping patterns like bulk buying, items bought like okra and the eating patterns like a big family style service make it difficult to use the Eatwell Plate as a reference for health.

*“The Baksh family would know the advice: don’t eat too much fat, sugar, salt and eat more fruit and vegetables – but they wouldn’t not use ghee or leave the sugar out of their desi tea – There are some non-negotiables, so finding balance in their diet looks very different to that plate.”*

For the past 30 years, Scotland has shown a significant lack of progress toward achieving its dietary goals. Despite education campaigns like the Eatwell Guide, Scotland still has one of the lowest healthy life expectancies in Europe, with poor diets being the biggest contributor to this.<sup>13</sup> Trying to promote progress with more awareness is not likely to make the big changes needed. It definitely won’t work if we are promoting a plate that doesn’t feel relevant to many households in Scotland.

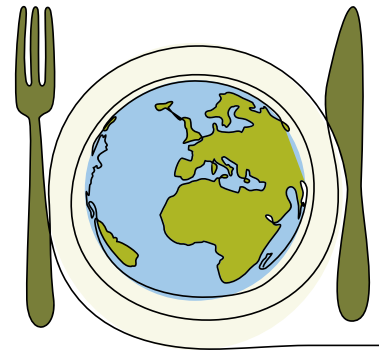


<sup>13</sup> See: The Scottish Government, Long-term Monitoring of Health Inequalities. Available at: <https://www.gov.scot/publications/long-term-monitoring-health-inequalities-march-2023-report/>  
See also: The Scottish Government, Scottish Health Survey 2023, Available at: [https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/pages/11/?utm\\_source=chatgpt.com](https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/pages/11/?utm_source=chatgpt.com)



## Sustainable enough? Cooking with lamb and flying in mangoes

Understanding whether a diet is 'sustainable enough' is not straight forward. The dominant approach for measuring sustainability of diets is by calculating the greenhouse gas emissions, land use and water use of foods produced and consumed.<sup>14</sup> This trickles down to sustainable eating recommendations which, among other things, suggest that we should reduce our red meat consumption and choose local produce.<sup>15</sup> The Baksh shopping basket had a higher environmental impact than the current average diet in Scotland. The main contributor to this was lamb. Advisors were open to reducing lamb but it was important that it still featured in their week. In the end, the Baksh family didn't swap the lamb in their biryani, keema or breakfast. Lamb is culturally valued part of the Baksh weekly shopping basket.



Another sustainability 'red line' that this basket crossed was the 'buy local' advice. Mangoes were a non-negotiable when in season and dates were needed to break the fast during Ramadan. When guavas and lychees were in the store, they are too good and too nostalgic for Dada and Dadi not to buy. Flown in fruits are part of a typical week for the Baksh family.

Sustainability advice is not going to stop the purchasing of these flown in fruits, nor can it wish away the cultural value of red meats like lamb. We need to pay attention to these dietary preferences when thinking about reducing the environmental impact of Scotland's diets.

## Co-production: We need to understand the right to food *with* people

The biggest takeaway from this stage of ORTF was the important role that food plays in this household. It connects the family across generations, it expresses love, it is the first thing they spend their money on every week. The Baksh family, a family that would be recognisable to Pakistani households in Glasgow, revolves their week around food.

We can't understand the right to food in Scotland without understanding what a culturally valued diet looks like for Pakistani households – and we can't know what this culturally valued diet is without asking these households directly. That is what we have tried to do with the use of the ORTF indicator here – we have worked together with women from 12 Pakistani households in Glasgow to understand how they do food.

It took longer than expected. 4 sessions turned into 10 as we pieced together this shopping basket through storytelling, knowledge, reflection and live conversation. However, we wouldn't have come out with such a rich picture without that intense co-production. Moving a right to food indicator forward will need to keep this kind of co-production at its heart. That is the biggest strength of this ORTF approach.

<sup>14</sup> FAO, Life cycle assessment for sustainable food systems. Available at: <https://openknowledge.fao.org/server/api/core/bitstreams/643adc91-03b1-4320-ab08-b5f887477554/content>

<sup>15</sup> See: Food Standards Scotland, Eatwell Guide: <https://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell>

## Recommendations

This work, together with the earlier study, lays the foundation for co-producing a robust indicator for the right to food, in line with the action in SNAP 2:

*Co-produce rights-based indicators to monitor the ability of people whose rights are most at risk to access a healthy, sustainable and culturally appropriate diet.*

We recommend that the Scottish Government convenes a working group with a range of experience and expertise to progress the development of this approach. This work could include:

1. Continue to use, test and refine this approach with additional household types and food cultures
2. Link the right to food shopping baskets with household incomes and local food prices to develop affordability maps
3. Explore methodological issues including robustness and replicability, and identify data gaps

# Appendix A

Monday						
	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
Dada Allah	2 boiled eggs + 2 slices of brown toast with spread + desi tea with sugar	Black tea + digestive biscuit	1 scoop Chicken salan with 180g rice + yoghurt + salad	Fruit platter + bombay mix	2 scoops Moong Massar Dahl + 2 chaapati + salad + achaar	Desi tea with sugar + carrot cake
Dadi Rehmat	Boiled egg + 2 slices of white GF toast with spread + desi tea with sugar	Black tea + GF biscuit	1 scoop Chicken salan + 150g rice + yoghurt + salad	Fruit platter	1 scoop Moong Massar Dahl + 2 GF chapati + salad + achaar	Desi tea with sugar
Ahmed	2 boiled egg + 2 slices of brown toast with spread + desi tea with sugar	Instant coffee with milk + pack of crisps	1.5 scoops Chicken salan with 300g rice + yoghurt + salad	Black tea + Tunnocks wafer + fruit platter	2.5 scoops Moong Massar Dahl + 2 chaapati + salad + achaar	Desi tea with sugar + carrot cake
Fatima	2 slices of brown toast with honey + black tea	Banana + Yoghurt pot	Instant coffee with milk	Nuts + fruit platter	3 scoops Moong Massar Dahl + 2 chaapati + salad + achaar	Desi tea with sugar + carrot cake
Bilal	Protein porridge + protein shake	Almonds, Fruit platter	Chicken & veg + Yoghurt	2 boiled eggs	Salmon noodles	Banana
Rahat	2 boiled egg & 2 slices of brown toast with spread + desi tea with sugar	Fruit juice + packet of crisps	1 scoop Chicken salan with 180g rice + yoghurt + salad	Chocolate biscuit + instant coffee with milk	1 scoop Moong Massar Dahl + 2 chaapati + salad + achaar	Desi tea with sugar + carrot cake

Tuesday						
	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
Dada Allah	Porridge + desi tea with sugar	Black tea + Panjeeree	3 fish fingers in breadroll with butter and ketchup	Fruit platter + bombay mix	1.5 portion Spicy chicken pasta + salad + 1 slice (45g) garlic bread** + 1/2 can fizzy drink	Desi tea + plain digestive biscuit
Dadi Rehmat	GF Porridge + desi tea with sugar	Black tea + Panjeeree	Dhal GF toastie (2 slices of GF bread + 1 scoop of moong dhal)	Fruit platter	2 portions Spicy chicken pasta GF + salad + 1/2 can fizzy drink	Desi tea with sugar
Ahmed	1.5 portion Porridge + desi tea with sugar	Instant coffee with milk + panjeeree	Sainsbury's tuna sandwich* + yoghurt pot* + nuts*	Instant coffee + bombay mix + fruit platter	2 servings Spicy chicken pasta + salad + 2 slices garlic bread** + fizzy drink	Desi tea with sugar

<b>Fatima</b>	Instant coffee with sugar and milk	Instant coffee + apple + mixed nuts	Sainsbury's tuna sandwich* + instant coffee	Packet of crisps + fruit platter	2 servings Spicy chicken pasta + 1 slice garlic bread + salad + 1/2 can fizzy drink	Desi tea with sugar
<b>Bilal</b>	Scrambled eggs (3) with smoked salmon	Almonds, Fruit platter	Chicken & veg + Yogurt	Protein shake	Spicy chicken wrap (1 cup spicy chicken pasta without pasta in 2 protein wraps) + yogurt + salad	Banana
<b>Rahat</b>	Porridge + desi tea with sugar	Chocolate biscuit	Fish finger roll in breadroll with butter and ketchup	Packet of crisps	1.5 portion Spicy chicken pasta + salad + 1 slice garlic bread** + 1/2 can fizzy drink	Desi tea with sugar

Wednesday						
	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
<b>Dada Allah</b>	Cereal (2 Weetbix) with full fat milk + desi tea with sugar	Black tea + 1/2 scone (with butter)	1.5 portion Spicy chicken pasta + salad	Nap	1 scoop Keema aloo + 2 scoops bhindi curry + 180g rice + salad + yoghurt + achaar	Matai
<b>Dadi Rehmat</b>	Boiled egg + 2 slices of white GF toast with spread + desi tea with sugar	Black tea + 1/2 GF scone (with butter)	1.5 scoops Spicy chicken pasta GF + salad	Nap	1 scoop Keema aloo + 1.5 scoop bhindi curry + 150g rice + salad + yoghurt + achaar	Matai
<b>Ahmed</b>	2 boiled egg + 2 slices of brown toast with spread + desi tea with sugar	Instant coffee with milk + digestive biscuit	1.5 portions Spicy chicken pasta {25} + salad	Black tea + apple + bombay mix	1.5 scoops Keema aloo + 2 scoops bhindi curry + 300g rice + salad + yoghurt + achaar	Matai
<b>Fatima</b>	Instant coffee with sugar and milk	Instant coffee + bagel with tomato and cream cheese	2 portion Spicy chicken pasta + salad	Black tea with milk + nuts	1 scoop Keema aloo + 3 scoops bhndi curry + 175g rice + salad + yoghurt + achaar	Matai
<b>Bilal</b>	Omelette + instant coffee	Protein shake	Chicken & veg + Yogurt	Almonds	2 scoops Keema aloo + 2 scoops bhindi curry + 150g rice + salad + yoghurt + achaar	Fruit platter + almonds
<b>Rahat</b>	Cereal (2 Weetbix) with full fat milk + desi tea with sugar	Fruit juice + bagel with tomato and cream cheese	1.5 portion Spicy chicken pasta	Chocolate biscuit + yoghurt pot	1/2 scoop Keema aloo + 2 scoops bhindi curry + 180g rice + salad + yoghurt + achaar	Matai

Thursday						
	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
Dada Allah	2 boiled egg + 2 slices of brown toast with spread + desi tea with sugar	Fruit platter	Keema Aloo toastie (2 slices of brown bread + 1 scoop keema aloo) with tomato ketchup	Nap	1 scoop Keema aloo + 2 scoops bhindi curry + 180g rice + salad + yoghurt + achaar	Desi tea + plain digestive biscuit
Dadi Rehmat	Boiled egg + 2 slices of white GF toast with spread + desi tea with sugar	Fruit platter	Keema Aloo GF toastie (2 slices of GF bread + 1 scoop keema aloo) with tomato ketchup	Nap	1 scoop Keema aloo+ 1.5 scoop bhindi curry + 150g rice + salad + yoghurt + achaar	Desi tea with sugar
Ahmed	2 boiled egg + 2 slices of brown toast with spread + desi tea with sugar	Instant coffee with milk + fruit platter	Chicken sharwama wrap*	Black tea + 2 chocolate biscuit + bombay mix	1.5 scoops Keema aloo+ 2 scoops bhindi curry + 300g rice + salad + yoghurt + achaar	Desi tea with sugar
Fatima	Desi tea with sugar	Fruit platter	Keema Aloo toastie (2 slices of brown bread + 1/2 scoop keema aloo) with tomato ketchup and cheese	Black tea + scone with butter	1 scoop Keema aloo+ 3 scoops bhndi curry + 175g rice + salad + yoghurt + achaar	Desi tea with sugar
Bilal	Protein porridge + protein shake	Almonds, Fruit platter	Chicken & veg + Yogurt	2 boiled eggs	2 scoops Keema aloo+ 2 scoops bhindi curry + 150g rice + salad + yoghurt + achaar	Banana
Rahat	2 boiled egg & 2 slices of brown toast with spread + desi tea with sugar	Fruit platter	Keema Aloo toastie (2 slices of brown bread + 1/2 scoop keema aloo) with tomato ketchup and cheese	Black tea + scone	1/2 scoop Keema aloo+ 2 scoops bhindi curry + 180g rice + salad + yoghurt + achaar	Desi tea with sugar

Friday						
	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
Dada Allah	Fry up with 2 potato scones + desi tea with sugar	Black tea + bombay mix	2 pieces Missi roti + salad + yoghurt + achaar + 1 scoop Chana Aloo	Fruit platter	Battered cod + 1 portion homemade potato chips + 1 portion mushy peas + tomato sauce + tartare sauce + 30g each pickled onion/beetroot +1/2 can fizzy drink	Black tea with sugar

<b>Dadi Rehmat</b>	Fry up with GF white toast + desi tea with sugar	Black tea	1 GF naan + 1 scoop Moong Masaar + salad + yoghurt + achaar + 1 scoop Chana Aloo	Fruit platter	GF Battered cod + 1 portion homemade potato chips + 1 portion mushy peas + 30g each pickled onion/beetroot + tartare/ tomato sauce	Black tea with sugar
<b>Ahmed</b>	Fry up with 2 eggs, 2 sausages and 3 potato scones + desi tea with sugar	Instant coffee with milk	3 Missi roti + salad + yoghurt + 1 scoop Chana Aloo	Black tea + banana	Battered cod + 2 portions homemade potato chips + 1.5 portions mushy peas + tomato sauce+ tartare sauce + pickled onion/ beetroot	Black tea with sugar
<b>Fatima</b>	Fry up with 2 potato scones + desi tea with sugar	Peppermint tea	2 pieces Missi roti + salad + yoghurt + achaar + 1.5 scoops Chana Aloo	Fruit platter	Battered cod + homemade potato chips + mushy peas + tomato sauce + tartare sauce + pickled onion/ beetroot	Black tea with sugar
<b>Bilal</b>	Scrambled eggs (3) with smoked salmon	Protein shake, almonds	Chicken & veg + Yogurt	Fruit platter, almonds	Chicken burger and chips*	Banana
<b>Rahat</b>	Fry up with 1 potato scone + desi tea with sugar	Packet of crisps	2 Missi roti + salad with yoghurt + achaar + 1 scoop Chana Aloo	Fruit platter	Battered cod + homemade potato chips + mushy peas + tomato sauce + tartare sauce	Black tea with sugar

Saturday						
	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
<b>Dada Allah</b>	2 slices Desi french toast + fruit platter + desi tea with sugar	Nothing (late breakfast)	2 Samosa**, 2 Kebab + salad + yoghurt + naan bread	Nothing (late lunch)	2 slices pizza* + 2 chicken wings* + 1/2 can fizzy drink	Nothing (late dinner)
<b>Dadi Rehmat</b>	2 slices Desi french toast GF + fruit platter + desi tea with sugar	Nothing (late breakfast)	2 Kebab + salad with yoghurt + GF naan bread	Nothing (late lunch)	2 slice GF pizza and 2 chicken wings*	Nothing (late dinner)
<b>Ahmed</b>	2 slices Desi french toast + fruit platter + desi tea with sugar	Nothing (late breakfast)	3 Samosa**, 2 Kebab + salad + yoghurt + 2 naan	Nothing (late lunch)	3 slices Takeaway pizza* + 3 chicken wings* + 1/2 can fizzy drink	Nothing (late dinner)

<b>Fatima</b>	2 slices Desi french toast + fruit platter + desi tea with sugar	Nothing (late breakfast)	1 Samosa**, 2 Kebab + salad + yoghurt + 1/2 naan bread	Nothing (late lunch)	2 slices Takeaway pizza and 2 chicken wings*	Nothing (late dinner)
<b>Bilal</b>	2 slices Desi french toast + fruit platter	Almonds, Fruit platter	4 kebabs + yogurt + wrap + salad	Nothing (late lunch)	2 slices Takeaway pizza and 4 chicken wings*	Nothing (late dinner)
<b>Rahat</b>	Desi french toast + desi tea with sugar	Nothing (late breakfast)	2 Samosa**, 2 Kebab + salad + yoghurt + naan bread	Nothing (late lunch)	2 Takeway pizza and 2 chicken wings*	Nothing (late dinner)

Sunday						
	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
<b>Dada Allah</b>	Desi nashta with 2 portions of puri and lamb + fruit platter + desi tea with sugar	Nothing (late breakfast)	Nothing (late lunch)	2 servings Lamb biryani + 2 scoops Chicken salan + 1 scoop bhindi curry + salad + yogurt + achaar	Nothing (late dinner)	Carrot cake + desi tea with sugar
<b>Dadi Rehmat</b>	1.5 portions Lamb shank + 3 scoops Chana + GF naan + fruit platter + desi tea with sugar	Nothing (late breakfast)	Nothing (late lunch)	2 servings Lamb biryani + 1 scoop Chicken salan + 2 scoops bhindi curry + salad + yogurt + achaar	Nothing (late dinner)	Desi tea with sugar
<b>Ahmed</b>	Desi nashta with 2 portions of puri, lamb and chana + fruit platter + desi tea with sugar	Nothing (late breakfast)	Nothing (late lunch)	3 servings Lamb biryani + 2 scoops Chicken salan + 1 scoop bhindi curry + salad + yogurt + achaar	Nothing (late dinner)	Carrot cake + desi tea with sugar
<b>Fatima</b>	Desi nashta with 2 portions chana + fruit platter + desi tea with sugar	Nothing (late breakfast)	Nothing (late lunch)	2 servings Lamb biryani + 1 scoop Chicken salan + bhindi curry + salad + yogurt + achaar	Nothing (late dinner)	Carrot cake + desi tea with sugar
<b>Bilal</b>	Desi nashta with 3 portions lamb + fruit platter + desi tea with sugar	Protein shake	Nothing (late lunch)	2 servings Lamb biryani + 2 scoops Chicken salan + salad + yogurt + achaar	Nothing (late dinner)	Fruit platter
<b>Rahat</b>	Desi nashta with 2 scoops chana + desi tea with sugar	Nothing (late breakfast)	Nothing (late lunch)	2 servings Lamb biryani + 1 serving Chicken salan + 1 scoop bhindi curry + salad + yogurt + achaar	Nothing (late dinner)	Carrot cake + desi tea with sugar

## Appendix B

Item	Cost per week (October 2024)
Fruit and Vegetables	£76.67
Rice, Pasta, Potatoes and Other Starches	£20.96
Eggs, Dairy, Legumes, Nuts, Meat and Other Proteins	£100.77
Cooking Ingredients, Oils and Condiments	£31.41
Drinks and Snacks	£9.89
Guests and Visitors	£12.35
Takeaways and Eating Out	£69.67
<b>TOTAL Food and Drink</b>	<b>£321.71</b>

## Appendix C

	GHGs per week (kgCO <sub>2</sub> e)		Land use per week (m <sup>2</sup> )		Water use per week (litre)	
Fruit and vegetables	36.98	13%	26.45	7%	2101.62	14%
Rice, Pasta, Potatoes and Other Starches	19.26	7%	38.60	10%	786.51	5%
Eggs, Dairy, Legumes, Nuts, Meat and Other Proteins	181.70	62%	245.14	62%	9620.36	66%
Cooking Ingredients, Oils and Condiments	12.36	4%	26.44	7%	499.56	3%
Drinks and Snacks	7.93	3%	10.81	3%	252.10	2%
Takeaways and Eating Out	36.89	13%	50.18	13%	1261.05	9%
<b>Grand total</b>	<b>295.13</b>		<b>397.63</b>		<b>14521.20</b>	



# Appendix D

	Energy	Protein*	Total fat	SFA	Total CHO	Free sugars	Salt	Fibre
Target	BMR x PAL	0.75g/kg Avoid 2x RNI	≤35% FE	≤ 11% FE	50% TE	≤ 5% TE	<6 g/d	30g/d (16y +)
<b>Dada, Allah (80y)</b>	BMI = 24.4 kg/m <sup>2</sup>  BMR = <b>1423 kcal/d</b>  PAL = 1.63  EE = <b>2319 kcal/d</b>  2061 – a little low	99g – OK	34.4% – OK	9.9% – OK	45.9% – OK (within 10%)	4% – OK	7.9g – too high	29g – OK
<b>Dadi, Rehmat Bidi (77y)</b>	BMI = 22.6 kg/m <sup>2</sup>  BMR = <b>1136 kcal/d</b>  PAL = 1.49  EE = <b>1692 kcal/d</b>  1699 – OK	80g – OK	32.4% – OK	9.8% – OK	48.7% – OK	3.3% – OK	6.8g – a little high	28g – OK
<b>Ahmed (59y)</b>	BMI = 23.7 kg/m <sup>2</sup>  BMR = <b>1536 kcal/d</b>  PAL = 1.63  EE = <b>2503 kcal/d</b>  2552 – OK	126g – exceeds 2x RNI – should be 50-100g	34.9% – OK	10.2% – OK	45.4% – OK (within 10%)	4% – OK	9.7g – too high	32.8g – OK (within 10%)
<b>Fatima (55y)</b>	BMI = 22.6 kg/m <sup>2</sup>  BMR = <b>1221 kcal/d</b>  PAL=1.63  EE = <b>1990 kcal/d</b>  1882 – OK	90g – slightly exceeds 2 x RNI – should be 41-82g	35.3% – OK	9.5% – OK	45.4% – OK (within 10%)	2.8% – OK	7.4g – too high	28.8g – OK

\* Protein recommendations not in Scottish dietary goals

	Energy	Protein*	Total fat	SFA	Total CHO	Free sugars	Salt	Fibre
Target	BMR x PAL	0.75g/kg Avoid 2x RNI	≤35% FE	≤ 11% FE	50% TE	≤ 5% TE	<6 g/d	30g/d (16y +)
Aunt Rahat (51y)	BMI = 24.1 kg/m <sup>2</sup>  BMR = <b>1241 kcal/d</b>  PAL = 1.49  EE = <b>1849 kcal/d</b>  1891 – OK	89g – OK	34.3% – OK	10.7% – OK	46.8% – OK (within 10%)	6.0% – a little high	7.1g – too high	24g – a little low
Bilal (21y)	BMI = 24.0 kg/m <sup>2</sup>  BMR = <b>1600 kcal/d</b>  PAL = 1.78  EE = <b>2849 kcal/d</b>  2169 – too low	184g – exceeds 2x RNI – should be 50-100g	36% – a little high	8.7% – OK	30% – far too low	4% – OK	9.4g – too high	39.5g – OK but unusually high

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Majida Saleem of Crossmyloof (Parveen's mum)

Muniran Begum of Giffnock (Kausar's Mum)



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