



Community and Enterprise Resources

Good Food Strategy

2020 to 2025

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Introduction: A Good Food Strategy for South Lanarkshire

“Good Food”: what does it mean?

In South Lanarkshire, when we talk about Good Food, we mean food that is produced, processed, transported, bought, sold, eaten and disposed of in ways that is:

- Celebrated and provides social benefits
- Healthy and nutritious food for all culture and needs
- Safe
- Affordable and accessible
- Fair, profitable and produced by skilled workers
- Environmentally-friendly and helps tackle climate change
- Animal welfare-friendly

By considering all these dimensions when developing strategies, implementing programmes and initiatives, doing business, or simply consuming food, we -as individuals, households, stakeholders from the third, private and public sector- contribute to the development of a *Good Food Council*.

What is the South Lanarkshire Good Food Strategy?

The strategy covers the period 2020-2025. It provides a framework for actions to move towards healthier, fairer and more sustainable food systems in the Council’s area and to make sure that food plays a positive role in everyone’s lives. A food system includes all the complex web of activities from field to fork. Change in food systems has the potential to tackle challenges and bring positive outcomes in relation to health, well-being, social connections, poverty and inequalities, economy including agriculture and tourism, environment and climate change, and animal welfare. Therefore, by taking into account all the aspects of food, the Council has set out key objectives and intentions for us to deliver changes but also to work with partners and support the community. To achieve our objectives, it is imperative to collaborate, build on existing good initiatives and encourage new collective actions.

The vision of the strategy is to contribute to the improvement of the quality of life of everyone in South Lanarkshire through the development of a Good Food Council where food is celebrated, supports healthy life and well-being, is affordable and accessible to all, encourages a fair and inclusive food economy, has limited impacts on the environment and climate change, and promotes animal welfare.

For more information: definition of food system

Food systems encompass the entire range of stakeholders and their interlinked activities in the production, processing, distribution, consumption and disposal of food products. This includes products from agriculture and fisheries. Food systems take into account the broader economic, societal and natural environments in which actors and activities are embedded.

Source: based on the definition from the Food and Agriculture Organization of the United Nations

Why has the Council developed a Good Food Strategy?

This is the Council’s first food strategy and South Lanarkshire is one of the first local authorities in Scotland to do this. The Council’s commitment is aligned with the international, national and local recognition that local authorities have a role to play in the transition towards more sustainable food systems. In particular, the Scottish Government, as part of its programme for 2019-2020, will bring forward the Good Food Nation bill to deliver the Good Food Nation ambition in Scotland (more

information about this national ambition is available in the policy context section). The bill will place responsibilities on Scottish Ministers and selected public bodies - including local authorities – to set a statement of policy on food to cover food matters related to their current functions.

Local authorities are suitable places for empowerment, innovation and bespoke responses to local needs and they already have a number of responsibilities related to food. Therefore, proposing a local food strategy can help to make sure that all food related initiatives implemented in the Council's area are brought together, point towards the same objectives and are delivered within one single strategic framework. Main food activities in the Council currently include: improvement of food hygiene and standards, food waste collection, preparation of school meals and food for breakfast and lunch clubs, initiatives tackling food poverty, provision of allotments and food growing opportunities, and support to food businesses. The food strategy is also designed to foster co-operation and partnership across Council's services.

Moreover, there are several food initiatives in South Lanarkshire led by partners or community based-organisations such as the Clydesdale Community Initiatives, Healthy Valleys or Lanarkshire Community Food and Health Partnership and they are playing a key role in tackling food related challenges and proposing tailored solutions. Therefore, the strategy offers a structured framework to collaborate with partners, in particular from the Community Planning Partnership (see who is involved in the partnership in the Food Governance section), and to support third sector organisations. Indeed, we all have a role to play to move towards healthier, fairer and more sustainable food systems, drawing from the expertise and experience of the different local food stakeholders whether they are from the third, public or private sector.

Who is the Good Food Strategy for?

On one hand, the Good Food Strategy is for officers of the Council directly and indirectly involved in activities related to food. It provides guidelines to deliver and support positive change with respect to South Lanarkshire food systems.

On the other hand, because everyone can contribute, the strategy is also a framework of action for partners, communities, businesses and residents who would also like to move towards healthier, safer and more sustainable food systems. The strategy encourages and provides a basis for all stakeholders to develop food initiatives, improve current food practices, raise awareness on food issues or, simply, change their food consumption.

How was the strategy developed?

The Good Food Strategy was developed from the identification of food related challenges and opportunities in the Council's area. This included a mapping of Council's food activities, partners and communities initiatives. A review of international, national and local policy frameworks and programmes was also undertaken. Consultations with employees, partners and other organisations were held along the process as well as public consultation.

What are the objectives of the Good Food Strategy?

There are 12 objectives categorised into six themes.

Good Food at Home and in the Community

1. Support individuals, families and communities in strengthening Good Food culture, in particular in relation to health and well-being, in developing interest and skills for food, including food growing and cooking. Promoting Good Food during pregnancy, childhood and old age is a priority.
2. By working with existing community food initiatives and partners, help reducing food insecurity and poverty by building the resilience of individuals and families and preventing crisis. If emergency support is needed, encourage dignified and respectful responses.

Good Food in the Public Sector

3. Ensure that the Council prepares, serves and promotes enjoyable, healthy, and sustainable food in Council properties and schools by seeking to meet the Soil Association Food for Life standards as appropriate.
4. Engage with partners and the private sector to explore and research opportunities to improve public procurement of food, including in relation to the provision of local food.

Good Food Economy

5. Support the development of safe, healthy and affordable local retail and catering food environments.
6. Encourage the development of a thriving and sustainable local food economy that is fair and inclusive, and contributes to the creation of decent and skilled jobs in the food sector.

Good Food Growing

7. Increase the provision of high quality food growing opportunities.
8. Engage with partners and local food growing initiatives to promote and support sustainable food growing.

Good Food for the Environment

9. Reduce food waste and food packaging in the public sector and support the community and the private sector to do so, redistribute food surplus and support food composting.
10. Connect with the community, partners and the private sector to reduce the impacts of the food system on the environment and its contribution to climate change and promote animal welfare.

Good Food Governance

11. Engage with, build on and support the various local food initiatives and encourage collaboration and partnership.
12. Ensure that healthy, sustainable, fair food is embedded in local policies, increase policy coherence and

guarantee that food has a high profile across the Council by connecting with partners.

Towards positive change: What are the main food challenges we want to tackle?

The current industrial food system has many negative consequences. For every £1 spent on food, £2 is incurred in economic, health and environmental costs¹. These are costs for the society which results from the negative impacts of the food system on both the production sides (negative impacts on the environment, on health of workers including farmers and on the economy given the unbalanced distribution of profits) and consumption sides (obesity, hunger and micronutrient deficiency).

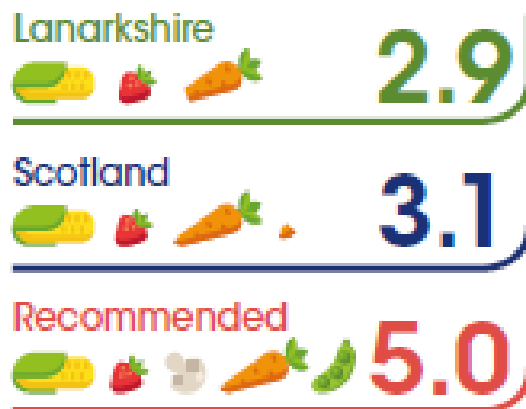
More specifically, the negative impacts of the food system on health, food poverty and inequalities, social connections, economy and the environment in South Lanarkshire are evidenced by local statistics.

¹ Ellen MacArthur Foundation, 2019, Cities and Circular Economies for Food

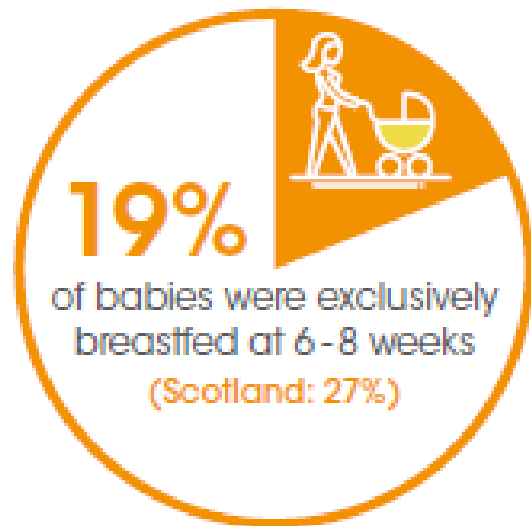
Is our food consumption suitable for a healthy life?

Fruit and Veg

Portions of fruit and vegetables consumed per person per day



Breastfeeding



What do children say?



☞ Daily fruit and veg consumption is by no means established as the norm.

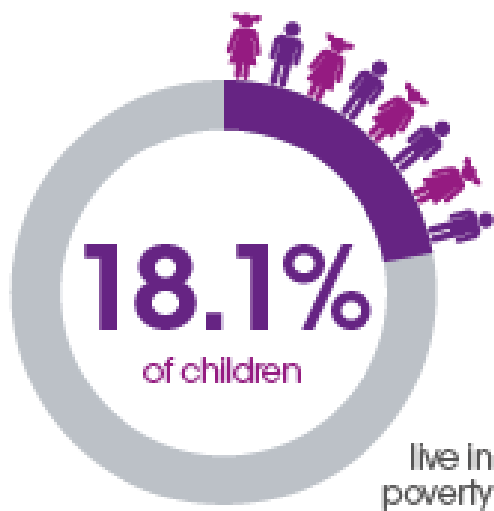
Overweight and obesity

☞ There are, on average, more people overweight or obese in South Lanarkshire than in the rest of Scotland.



 **UK** - Half of our diet is ultra-processed food.

Do we all have the same access to food?



41,670  people are income deprived.

Children eating fruit or vegetables every day

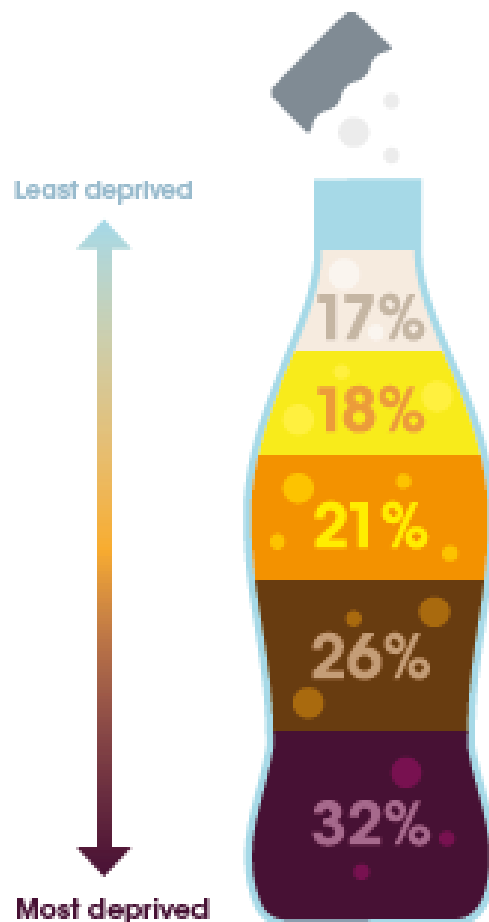
Least deprived area: **5/10**



Most deprived: **3/10**



Proportion of children consuming sugary drinks every day



In the most deprived areas, diets are poorer with a lower consumption of fruit and veg, less fibre and more sugar.

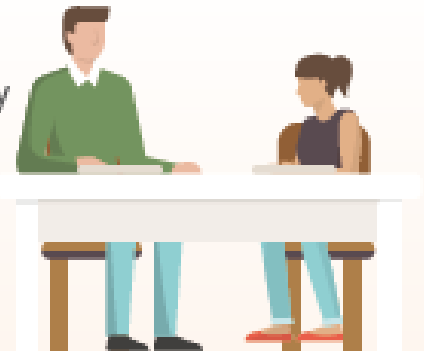


Scotland - 4% of adults have run out of food due to lack of money or resources in the previous 12 months.

8% said that, at some point, in the previous 12 months, they were worried they would run out of food due to a lack of money or resources.

Do our eating habits encourage social connections?

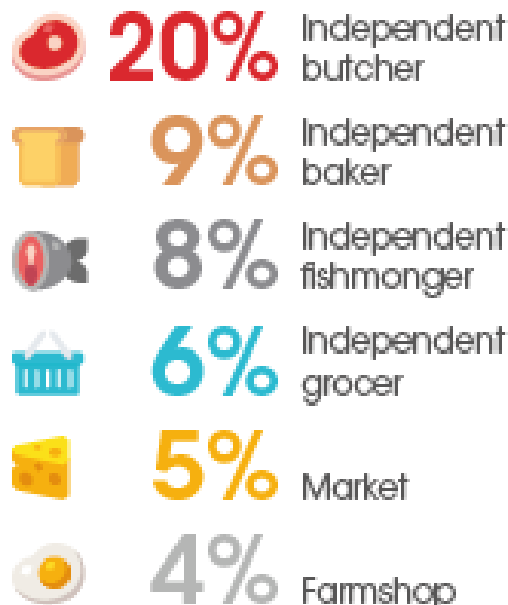
57% of pupils in secondary schools sit down to eat a main meal with one or both of their parents or carers every day.



9% hardly ever or never do so.



Do we regularly buy produce from independent food shops?



UK - 50% of the food consumed is imported.

The UK produces 15% of the fruit it consumes and 55% of its vegetables.

Are we growing our own food and spending time outdoors?

34%



of adults visit the outdoors at least once a week compared to **52% in Scotland**.

59%

of inhabitants live within a **5 minute walking distance** from useable green space.



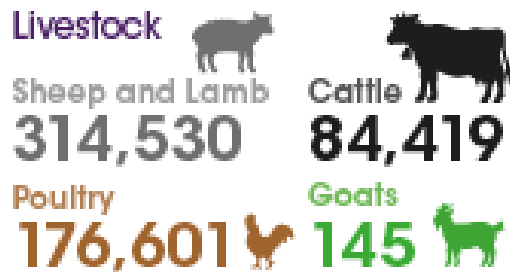
There are at least



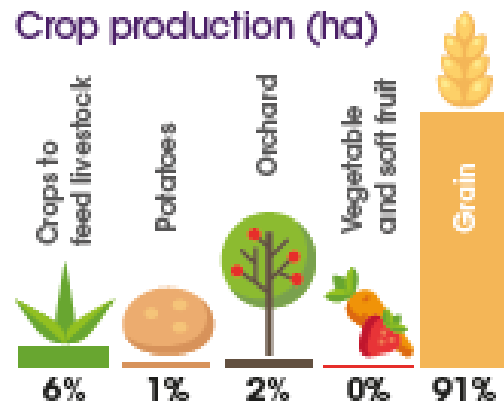
10

community growing sites and allotment sites are increasing to **4 in South Lanarkshire**.

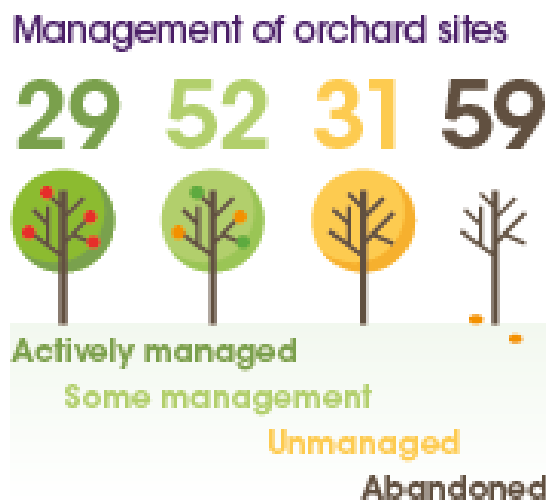
Is our local food economy thriving?



☞ There are almost as many sheep as people in South Lanarkshire.



☞ Most of the land dedicated to crop production is used for grain and in particular barley.



☞ Only 10% of the fruit produced in orchards is sold.

Food and drink companies (including agriculture):
635 with 6,042 workers

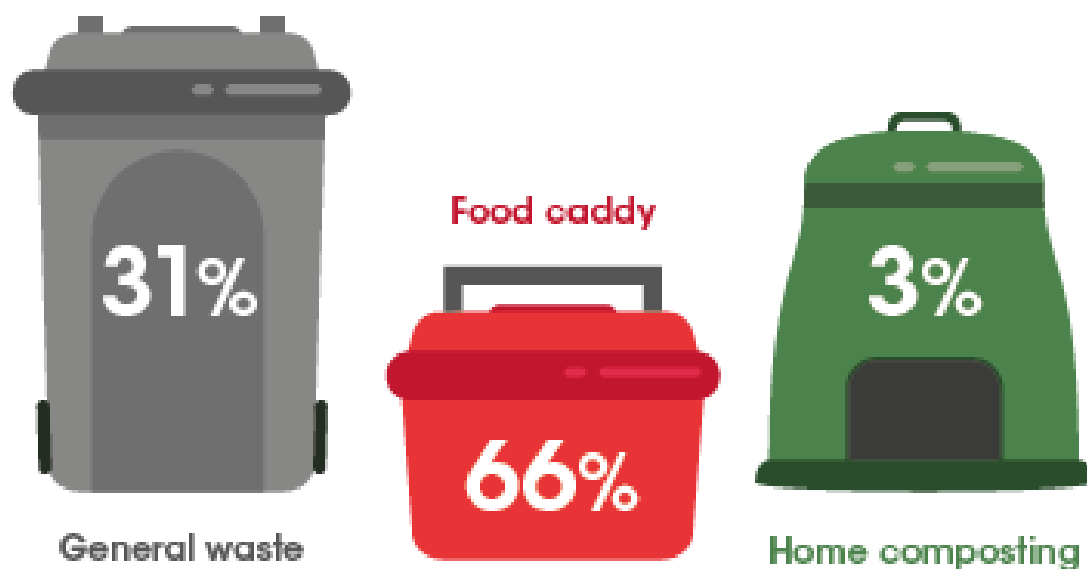


Scotland - Only 8% of farmers are less than 41 years old and 34% are more than 64 years old.

In 2016-2017, 45% of farms did not make enough to pay the farmers the minimum agricultural wage.

What impact does our food production and consumption have on the environment?

Methods used to dispose of food waste



Scotland - Agriculture and related land use is the 2nd highest source of greenhouse gas emissions (26%) after transport.



Scotland - 2% of the total amount of farmland is certified as organic compared to 7% in the EU.



Scotland



Cost of buying food which has not been eaten:
£460 per year per household.

Policy context: Food as an opportunity to achieve different objectives

Policy documents for health and well-being, education, poverty and inequality, environment and climate change, economic development, tourism and agriculture all have something in common: food.

Since food is a cross-cutting topic, the Good Food Strategy builds on policies from different sectors. Therefore, despite being the first food strategy developed by the Council, it reflects and complements the objectives of existing strategies at national and local levels (Figure 2 below). These policy documents offer a framework as well as guidelines for the Good Food Strategy. Specifically, the Good Food Strategy is aligned with the vision of the Good Food Nation policy (box below).

For more information: Vision of the Good Food Nation policy

- It is the norm for Scots to take a keen interest in their food, knowing what constitutes good food, valuing it and seeking it out whenever they can;
- People who serve and sell food – from schools to hospitals, retailers, cafes and restaurants – are committed to serving and selling good food;
- Everyone in Scotland has ready access to the healthy, nutritious food they need;
- Dietary-related diseases are in decline, as is the environmental impact of our food consumption;
- Scottish producers ensure that what they produce is increasingly healthy and environmentally sound;
- Food companies are a thriving feature of the economy and places where people want to work;
- Other countries look to Scotland to learn how to become a Good Food Nation.

Having a cross-sectoral policy for food is to foster cooperation between Council officers and partners and communities and to increase efficiency and maximise the chance of success of the strategy. It also helps to take into account all aspects of the food system and their interrelation within a single strategic framework. As a consequence, food is a vehicle to advance the policy objectives of numerous sectors.

The Good Food Strategy will also help to deliver some of the Sustainable Development Goals which are the blueprint to achieve a better and more sustainable future for all. The 17 goals were developed by the United Nations General Assembly defined in 2015. More in particular, the strategy will help to advance the following objectives.

Figure 1. Contribution of the Good Food Strategy to the Sustainable Development Goals



Source: United Nations and modifications from authors

Figure 2. Selected South Lanarkshire (two inner circles) and Scottish policy documents (middle circle) offering a policy framework for the Good Food Strategy per themes (outer circle)



Source: Authors

Good Food at Home and in the Community

The way food is bought and meals are prepared and eaten directly impacts on health and well-being; the relationships people have with their families, friends and their community; the economy; the environment and climate change. Therefore, we want to make sure that residents of all ages in South Lanarkshire are able to make informed food choices, regardless of their personal or financial situation.

Objective 1. Support individuals, families and communities in strengthening Good Food culture, in particular in relation to health and well-being, in developing interest and skills for food, including food growing and cooking. Promoting Good Food during pregnancy, childhood and old age is a priority.

Why did we set this as an objective?

Food decisions are complex and are the results of several drivers: biological, economic, physical, social, psychological or knowledge and education². While some of these are external – and are considered in other sections of the strategy – individuals also play a significant role as food choices are influenced by education, skills, beliefs and knowledge. The Council, in particular through education and campaigns, wants to support individuals and communities so that they can make positive food choices for themselves and their family, for the local economy and the environment. For instance, having the capacity to prepare fresh ingredients and using local and seasonal food can make a difference.

Furthermore, we want to make sure that residents throughout life, from pregnancy and childhood to old age, benefit from food with increased social connections and healthier food choices and lifestyle. This is a priority as Lanarkshire faces a major issue in this area: 71 per cent of adults are considered as overweight or obese and this is higher than the Scottish average (65 per cent)³. Beyond the risk of being overweight, a well-balanced diet provides the energy to keep active, stay healthy and prevent diet-related illness⁴. Eating well, having a healthy weight and enjoying being physically active has been set as one of the six Scotland Public Health priorities and the national government aims at halving childhood obesity by 2030. Healthy weight is also part of the priorities of NHS Lanarkshire. Consultations have also shown the importance of food education for South Lanarkshire residents⁵.

Concentrating efforts on promoting and supporting healthy eating habits in early years and childhood is a priority. This will reduce the likelihood of children becoming overweight in later life⁶. Moreover, if good food habits, beyond health, are maintained into adult life, this will also help to promote the health and well-being of the following generations and the sustainability of the food system more generally⁷.

What do we want to achieve? South Lanarkshire residents of all ages have the capacity to make informed food choices regardless their socio-economic situation.

² European Food Information Council

³ Scottish government, health survey

⁴ NHS inform

⁵ Public consultation through online survey (May, June 2019)

⁶ Scotland's Diet & Healthy Weight Delivery Plan, 2018

⁷ Education Scotland – Curriculum for excellence

What will we do to deliver and support change?

1. Support and increase the delivery of food educational programmes and initiatives in schools by adopting a whole school approach in collaboration with food stakeholders (e.g. catering service, NHS, food growing organisations, farmer organisations).
2. Continue to support and expand the development of food knowledge and skills for targeted groups (e.g. Community Payback Unpaid Work, Senior Together).
3. Join and support national campaigns promoting Good Food (e.g. Veg Cities), increase communication around Good Food and support food events.

Some examples of what is already happening in South Lanarkshire

Community Payback Orders supporting food skills and knowledge

The council facilitates 500 unpaid work placements each year in the framework of the Community Payback Orders. Among other activities, work placements support local food growing initiatives and are an opportunity for service users to develop food growing skills. In addition to the placement, the council offers them the possibility to improve cooking knowledge and skills and increase their employability opportunities in the food sector. They can participate to Bread Making Classes or attend the Kitchen Learning Hub to gain REHIS qualifications in Food and Health and Food and Hygiene. These courses are delivered by a nutritionist in collaboration with the organisation Lanarkshire Community Food and Health Partnership.

Opportunities to know more about wild Scottish food with the Foraging Fortnight

As part of the LEADER programme, Foraging Fortnights are held to celebrate Scotland's natural environment and Scottish wild food. In particular, public events such as wild food walks, conferences and workshops are organised in Lanarkshire. They are an opportunity to enjoy the rural landscape, discover wild food and increase responsible foraging knowledge.

Weigh to Go: an adult weight management and physical activity programme offered by South Lanarkshire Leisure and Culture Ltd in partnership with NHS Lanarkshire

In addition to physical activity sessions, the programme delivers factual nutrition based sessions for residents of South Lanarkshire who may be overweight, obese or wanting to find out more about how to maintain a healthy weight by have the capacity to make informed food choices for their own lifestyle changes. The sessions cover different topics such as fat, sugar or alcohol over the 15 week programme. A similar programme is also available for new mothers (WTG-New Mum).

Harris Farm Meats gives visitors a hands on experience of farm life

Harris Farm Meats strongly advocates a therapeutic and educational ethos of farming, the reason why they organise free farm visits for nurseries, day care, schools, elderly, and people with learning disabilities or living with dementia. Visits are geared to specific needs and in 2019, they receive over 100 visitors. Visits involve lambing, feeding, bedding, animal husbandry, bio security, seasonal planning and animal therapy. They are an opportunity to provide hands on experience and to show to visitor traditional farming and food production. For instance, home economics classes come to investigate farm to fork, local production and enjoy the opportunity to cook local meat. Visits have also a positive impact on well-being as groups of adults with learning disability benefit from animal therapy every week. More generally, the farm promotes traditional farming and farm to fork and supports the five rights of animals as well as ethical farming.

Objective 2. By working with existing community food initiatives and partners, help reducing food insecurity and poverty by building the resilience of individuals and families and preventing crisis. If emergency support is needed, encourage dignified and respectful responses.

Why did we set this as an objective?

Food is a fundamental human right. However, 8 per cent of Scottish adults experienced food insecurity in the last 12 months and this figure rises to 21 per cent for single parents and 20 per cent for adults living alone⁸. There are no statistics available to understand food poverty in South Lanarkshire but we know that 41,670 people are income deprived and 22 per cent of children live in poverty⁹. Even if the use of food banks is not a good indicator of the scale food poverty because many people suffering from it does not go to food banks, it is estimated that around 20,000 food parcels (three days of food for one person) were provided by food banks in South Lanarkshire in 2018. Supply of food parcels in Scotland has increased by 23 per cent in one year.

Food poverty and insecurity is a significant threat to health and also has negative psychological, social and economic impacts¹⁰. It is also part of the key drivers of obesity. In South Lanarkshire, data shows that in the most deprived areas, diets tend to be poorer with a lower consumption of fruit and veg, less fibre and more sugar. The difference in what people can eat across economic groups strongly contributes to wider health inequalities¹¹.

Food poverty is a symptom of poverty and inequalities. Even though it is complex and results from different environmental and socio-economic factors (for instance, income, physical access to food, access to cooking facilities and appropriate skills and knowledge), the main driver is income deprivation. In particular, in Scotland, this issue has been exacerbated by rising living costs, including for food, as well as low wages, job insecurity, unemployment and changes in the welfare system¹². Ultimately, food poverty is entrenched in social and political changes and decisions¹³. Finally, Brexit, and in particular a no-deal Brexit, could worsen the situation with increased food price due to taxes on import products, slowdown in imports and depreciation of the currency.

Given the underlying drivers of food poverty, we recognise that the Good Food Strategy will not solve the issue on its own. Nonetheless, food poverty is preventable and the Council is committed to do what it can and to work closely with partners and support community initiatives. Actions will be guided by the principles of dignity and inclusion.

Tackling deprivation, poverty and inequality is a key priority for the Council and forms an overarching objective for the Community Planning Partnership. A particular focus is given to tackling child poverty.

⁸ Scottish Health Survey, 2017

⁹ Local Child Poverty Action Report, 2019

¹⁰ NHS Scotland, inequalities briefing, 2018

¹¹ NHS Position statement on Food Poverty

¹² NHS Scotland, inequalities briefing, 2018

¹³ United Nations, Special Rapporteur in extreme poverty and human rights, 2019

For more information: definition of food insecurity and poverty

Food insecurity describes the phenomenon when people are worried about not having enough food for themselves and their families. Food poverty refers to more extreme occasions when lack of food results in people going hungry because of a lack of money or resources. Food should be acquired or consumed both on adequate and sufficient quantity and in socially acceptable ways.

Source: Independent Working Group on Food Poverty, 2016 & NHS Position statement on Food Poverty, 2015

What do we want to achieve? The number of individuals and family suffering from food insecurity and poverty has strongly reduced in the Council's area and emergency support is embedded in dignity principles.

What will we do to deliver and support change?

1. Increase awareness and understanding of food insecurity and poverty in South Lanarkshire (e.g. prevalence, nature, causes and consequences).
2. Help to prevent chronic and episodic food insecurity and poverty by improving the provision of free or affordable food or its support (free breakfast in all primary schools, free lunch for targeted groups - including free school meals-, lunch clubs for children and older people); improving financial advice through Money Matters; and supporting a partnership approach with community food initiatives and partners.
3. Respond to food crisis by continuing to assess all applications made to the Scottish Welfare Fund and exploring other options to pursue the transition from emergency food aid to more dignified and empowering approaches by supporting and working with community food initiatives and partners.

Some examples of what is already happening in South Lanarkshire

The Council service Money Matters provides financial advice to help prevent food insecurity
Money Matters Advice Service provides residents of South Lanarkshire with help and advice ensuring access to all appropriate benefits and income and in alleviating worries around debt. They can help people to maximise their income allowing them to proceed towards greater financial well-being or reduce outgoings helping prevent food insecurity. The service is free and confidential and last year brought in over £28 million of additional benefit income to South Lanarkshire and resulted in almost £1.5 million in debt being written off.

Lunch clubs for children organised during holiday periods

To alleviate some of the pressures that families can face during holiday periods, the Council provides holiday lunch clubs for children across South Lanarkshire. As well as providing free healthy and nutritious meals, the lunch clubs also promote learning through engaging activities. Some of the clubs were organised in partnership with local organisations such as the Machan Trust and Healthy Valleys.

Clydesdale Food Bank delivers fresh fruit and vegetables provided by from local food growers

The food bank provides food parcels to families and individuals suffering from food insecurity in rural South Lanarkshire. During the growing season, local food growers and in particular the Clydesdale Community Initiatives, Castlebark Horticultural Forth & District Initiative Eco Project

Centre, Larkhall Community Growers, Lesmahagow Allotments, Clyde Valley Orchard Co-operative, and some NHS hospitals donate fruit and vegetables to the food bank every week. This initiative ensures that people in situations of food insecurity can access fresh, local, wholesome and good quality food along with non-perishable food items.

Healthy Valleys contributes to advance health education and mitigates against rural food poverty

Healthy Valleys aims to improve the health and well-being of local communities in rural South Lanarkshire and supports people to reduce health inequalities. The organisation tackles food poverty by delivering practical cooking courses to educate people how to prepare and cook tasty, healthy meals on a budget for families, and individuals.

Also, on offer, are five weekly Community Cafés which provide an opportunity for families and individuals from all ages to meet, socialise around food and access further support from the organisation or other agencies. Families struggling financially can also access the weekly Rural Café where they have access to a free hot meal, and one to take home. The Family Financial Project Worker assists families to access the support and services they need in relation to food insecurity.

Moreover, the community led initiative also offers a range of REHIS courses to further develop skills and knowledge to increase employability opportunities.

Healthy Valleys supports people of all ages from pregnancy to older people through a wide range of programme activities such as Healthy Weaning Workshops, Weigh to go, Nourish and Natter, Eat Well - Live Well, Healthy Bump and Feeding the Family Cooking Courses.

The Organisation has a large team of volunteers who are given opportunities to develop and gain skills and knowledge throughout their volunteering journey. Volunteers are at the heart of the community food programme and the organisation currently holds the Queen's Award for Volunteering and has recently won the VASLan Enterprising Organisation of the Year.

Good Food in the Public Sector

On one hand, transforming food in the public sector can be an important driver of change to move towards fairer, healthier and more sustainable food systems and foster changes from farm to fork. On the other hand, people want to make sure that issues they care about such as health, biodiversity, climate change or animal welfare have been considered when procuring food. The public sector has a role to play in leading by example, educating and inspiring. While valuing health, environmental, economic and social benefits when sourcing food such as looking at the impact of food on climate change or paying a fair price, it will be crucial to work together with suppliers, industries and farmers to support opportunities for good food within public markets.

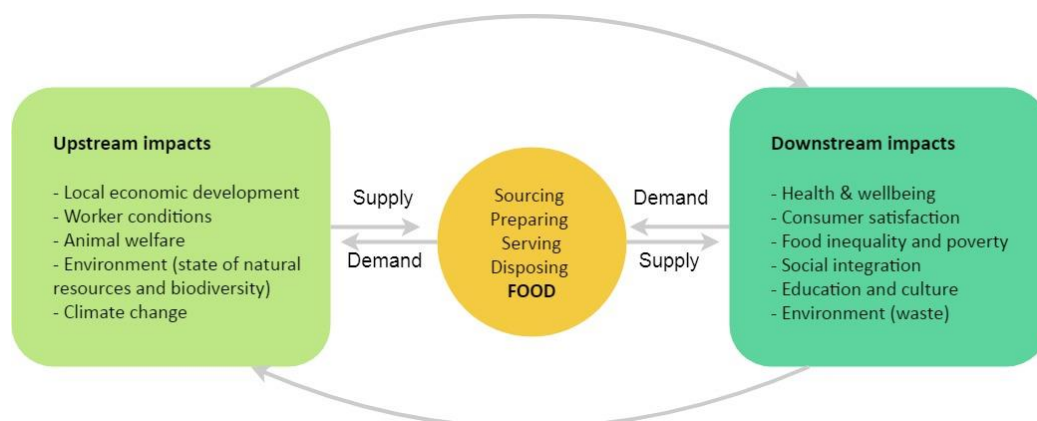
Objective 3. Ensure that the Council prepares, serves and promotes enjoyable, healthy, and sustainable food in Council properties and schools by seeking to meet the Soil Association Food for Life standards as appropriate.

Why did we set this as an objective?

In South Lanarkshire, many of us eat food prepared and served directly by the Council. Four million of school meals are served every year to 49,000 children and young people. Breakfasts are also delivered in all primary schools and some children benefit from lunches during holiday periods. The Council distributes more than 40,000 community meals per year in 23 locations. Meals are also prepared in 14 Care Homes for children and older people. Finally, Council employees have access to cafés and restaurants in the Council properties.

Therefore, the Council can encourage and support positive changes with regards to all components of the food system. Improving the way we source, prepare, serve and dispose food goes beyond the commitment to support nutritious and healthy outcomes. As reflected in the Procurement Strategy, the Council seeks to support positive social, economic and environmental outcomes on both the production and consumption sides (figure below).

Figure 3. Potential impacts of food decisions on the production and consumption sides



Source: Authors

Moreover, communication with children, employees and older people on the topic is also important to raise awareness and interest for food. This also contributes to increase connections between food consumers and the food producers or caterers. Improving food in schools and other Council properties is also about enhancing food experiences and using food as a factor to support social integration.

While the school meals already meet the national nutritional requirements for food and drink in schools, the Council will progress joining the [Food for Life programme](#). The programme, implemented by the Soil Association and funded by the Scottish Government, supports local authorities so that they can serve more local, sustainable, healthier and fresher food. Participating in the programme and achieving the awards also represents an independent and recognised assessment of food served in schools.

Beyond the food in schools, the Council will progress aligning food served in Council buildings with the Healthy Working Lives Award programme, supported by NHS, and the gold standards achieved by the Council. This award shows the commitment of the Council to improve health, safety, and well-being both within the workplace and in the wider community. More specifically, meeting the specific Healthy Living Awards, a national award exclusively for the food service sector, will be a guarantee for employees and other groups eating food prepared by the Council that they can easily access healthier food options.

What do we want to achieve? Food sourced, prepared and served in schools and Council properties supports the development of a healthier, fairer and more sustainable food systems.

What will we do to deliver and support change?

1. Improve the way the Council source, prepare and promote food in schools with the aim of meeting the Soil Association Food for Life standards.
2. Support employee's health and well-being by meeting the Healthy Living Award.
3. Develop and implement a Good Food Charter promoting healthy, local and sustainable food in Council properties.
4. Support Fairtrade by serving Fairtrade products and promoting its principles.

Some examples of what is already happening in South Lanarkshire

Facilities Services have a commitment to health and well-being of school pupils

The council has developed the following pledge to promote the local, sustainable and healthy food served in primary & secondary schools.

1. Our dishes are freshly prepared daily in schools by our accredited catering staff;
2. We will continuously endeavour to increase the amount of farm assured and red tractor food we use;
3. Our meals are free from undesirable additives and trans fats with no genetically modified ingredients;
4. All our milk comes from Scottish farms;
5. We will make our menus seasonal;
6. All of our meat can be traced back to a Scottish or U.K. farm;
7. We do not serve any endangered fish due to the fish we procure being MSC accredited;
8. We put in place measures to continuously reduce food waste and packaging to meet the Council's sustainability targets;
9. We train our catering employees to provide food and health guidance and become actively involved in food education activities;
10. We developed an information platform on the Council's website providing menus, recipes, nutritional content and allergen information.

Better Eating Better Learning, an initiative to create more "links between the classroom and the

dining room”

Facilities Catering Services engage with Education colleagues to create a series of Theme Days every year across all 17 secondary schools in South Lanarkshire. The concept and content of each theme is created with contribution from pupils, catering and teaching employees. These activities demonstrate a whole school approach and help “linking the classroom with the dining room” in the context of Better Eating Better Learning.

Objective 4. Engage with partners and the private sector to explore and research opportunities to improve public procurement of food and experiences, including in relation to the provision of local food

Why did we set this as an objective?

In addition to food provided by the Council, a high number of South Lanarkshire residents regularly enjoy food prepared by other public organisations whether it is in sport centres, community halls or hospitals. With the objectives of becoming a Good Food Council – an area promoting Good Food, we seek to encourage a collective approach to improve food experiences in public places and to make sure that food contributes to positive health, economic and environmental outcomes.

In addition, because moving towards Good Food in the public sector while keeping cost low is a complex task, sharing good practices and learning from others will be a factor of success – even if we recognise that each organisation will face its own constraints. Working with local agencies and organisations from the public, private and voluntary sectors is already a well-established practice of the Council that takes place within framework of the Community Planning Partnership.

It will also be important to work together with suppliers, manufacturers, farmers including social enterprises to promote and encourage opportunities for healthy, local and sustainable food in public procurement.

The public sector also has a role to play in improving food environment for mothers and babies by supporting breastfeeding in public places and encouraging a supportive return to work environment for breastfeeding women. Breastfeeding rates in South Lanarkshire are lower than the Scottish average with 19 per cent of babies exclusively breastfed at 6-8 weeks compared to 27 per cent in Scotland.

What do we want to achieve? Increased collaboration across partners so that food sourced, prepared and served in public places supports the development of a healthier, fairer and more sustainable food system.

What will we do to deliver and support change?

1. Work with partners to improve the way food is sourced, prepared and served in order to increase the availability of Good Food in public places.
2. Collaborate with partners to support the development of a breastfeeding friendly environment in public places.
3. Engage with producers and suppliers with the objective of increasing the provision of local food in public places.

Good Food Economy

Agriculture, food manufacturing and food services -including retailing and catering- form the South Lanarkshire food economy. Stakeholders from the sector can contribute to the development of a Good Food Council.

Objective 5. Support the development of safe, healthy, affordable and sustainable retail and catering food environments.

Why did we set this as an objective?

The food retail and catering environment influence food choices and provide the ability to access healthy and affordable food. The number of meals eaten outside home is significant in Scotland: four times a week people purchase food to be consumed outside home or takeaways that are brought back home or delivered¹⁴. However, market forces determine the food offer and food composition with limited consideration for nutrition and health. They also strongly influence the nature and location of food retail and catering without prioritising farm to fork value chains.

There is an increasing demand for retail and catering serving healthy, affordable, local or sustainable food according to the results of the consultation on the Good Food Strategy. Moreover, a survey undertaken by Food Standards Scotland indicated that most of the respondents agree that a range of actions should be adopted by the public sector to support healthy eating in the out of home environment¹⁵.

Supporting safe and healthy retail and catering environments has been identified as a key action to achieve dietary goals and halve child obesity¹⁶. Indeed, there is a growing body of evidence on the effects of exposure to fast food outlets on obesity¹⁷. In particular, there are increasing concerns about the food environment around schools as reflected in the survey undertaken for the development of the strategy. Improving food choices in the school community is also part of the priorities of the Scottish Government which listed opportunities for actions in the report “Beyond the School Gate”. Access to healthy and affordable food is often more challenging in areas of deprivation where there is a higher number of fast food outlets¹⁸.

Supporting local food shops and fostering more direct links between producers and consumers can also help the development of a thriving local economy. With more local food businesses, more income can be generated for local people. If more income is retained locally, this also means more jobs, higher pay and more tax revenue leading to better living standards¹⁹. A thriving local food economy also contributes to keeping high streets vibrant and diverse and foster tourism. It also encourages connections between urban consumers and local food stakeholders including farmers. At the moment, use of independent food shops is fairly limited in Scotland with only 6 per cent of households regularly buying food to independent grocers.

14 Food Standards Scotland, 2019, The Out of Home Environment in Scotland (June 2015 - June 2018)

15 Food Standards Scotland Public Consultation on Improving the Out of Home Food Environment in Scotland, 2019

16 Scotland Diet and Healthy Weight Delivery Plan, 2018

17 Public Health England, 2017, Obesity and the environment Density of fast food outlets 31/12/2017

18 Ibid

19 New Economic Foundation

For more information: what does the Local Development Plan say about food outlets in local centres?

Planning Policy on town centres in the Local Development Plan supports a mixture of uses to reflect their role as focal points for the community. Neighbourhood and village centres provide day-to-day services and it is important to preserve their retail function. In particular, the retention of convenience shopping outlets, including food outlets, is a key aim of this policy.

We recognise that improvement in this area is a long term challenge and will require working in partnership with food businesses. Furthermore, change should also be supported by incentives and regulation from national government with regard to planning, promotion and advertising, and food composition. We also understand that it is important to provide support to the sector rather than creating additional burden to local or small food businesses.

What do we want to achieve? Safer, healthier and sustainable options are increasingly available and accessible in the retail and catering food environment.

What will we do to deliver and support change?

1. Continue to ensure that food businesses comply with food safety standards.
2. Encourage food retailers and caterers to promote and serve Good Food and in particular healthy food in the vicinity of schools.
3. Engage with other local authorities and the Scottish Government to identify solutions for the development of healthy and affordable retail and catering food environments.
4. Explore and support alternative food retail and distribution options that encourage short, fair and sustainable value chains.

Some examples of what is already happening in South Lanarkshire

Lanarkshire Community Food and Health Partnership supplies healthy food at low price

The community led organisation supports local people in deprived area to improve health inequalities in relation to the effects of poor diet on health. Among several other programmes, they have developed a community retailing initiative that supports around 400 healthy eating initiatives, food co-ops, food banks, community cafés, lunch clubs or sport associations by selling and delivering healthy food at low price. The main purpose of this initiative is ensure access to affordable and healthy food to all. For instance, fruit at reduced cost is sold to visitors in South Lanarkshire hospitals. East Kilbride Community Food Bank also buys fresh food at affordable prices for their food parcels.

Objective 6. Encourage the development of a thriving and sustainable local food economy that is fair and inclusive, and contributes to the creation of decent and skilled jobs in the food sector

Why did we set this as an objective?

The local food economy in South Lanarkshire is diverse and includes agriculture, food manufacturing and food and beverage services. Agriculture employs 2272 workers, 4200 people work in the food

manufacturing industry in 51 companies and the food and beverage service activities represent 5600 workers and 678 companies²⁰. There are also four social enterprises active in the food sector. The local food economy accounts for approximately 14 per cent of South Lanarkshire employment.

For more information: definition of social enterprise

A social enterprise is a third sector organisation having a business approach. Compared to charities, they trade to be financially self-sufficient. Therefore, they seek to maximise profits but their primary objective is to achieve social and environmental benefits.

Source: based on the definition provided by SenScot

Food and drink including agriculture and fisheries is part of the six key sectors where Scotland has an advantage with the creative industries, sustainable tourism, energy, financial & business services and life sciences. This is why the Scottish Government has invested in the sector in the last ten years. Since the launch of the Scotland Food and Drink partnership in 2007, the food industry turnover has increased by 44 per cent and export by 56 per cent²¹. In South Lanarkshire, between 2008 and 2017, turnover of the food and drink industry has increased by 49 per cent²². Rural activities in South Lanarkshire like farming and food production are key natural and business resources for the food and drink sector.

Despite the good results of the sector, it faces several challenges. Half of the food consumed is imported and British farmers produce only 15 per cent of the fruit that is consumed in the country and 55 per cent of the vegetable²³. Import of cheap food with lower standards puts pressure on the national agricultural sector. The share of Scottish farmers who were able to pay themselves a minimum agricultural wage was 45 per cent in 2016/17 and has increased to 60 per cent in 2017/18²⁴. On average, Scottish farms make a loss from their agricultural activities which is offset by subsidies²⁵. Moreover, only 8 per cent of Scottish farmers are less than 41 years old and 34 per cent are more than 64 years old²⁶.

With regards to the food industry, wages have increased in South Lanarkshire but they tend to be lower in the sector compared to others. In the UK, 18 per cent of employees of the food industry earn the minimum wage compared to only 7 per cent of workers across all industries. In particular, 83 per cent of waiters are paid below the real Living Wage, 62 percent of food retails and 81 percent of kitchen staff²⁷. Wages in the food and beverage services in South Lanarkshire have also strongly declined in the last 10 years.

Furthermore, both the agriculture and food industry have a significant impact on natural resources and climate change (see Objective 10). Climate change is also a threat for the businesses and they need to identify measures to adapt or mitigate its impact.

Finally, the uncertainty of Brexit represents also a major challenge for the food sector with the potential modifications of trade agreements and regulations, depreciation of the currency, change in the labour market and decrease of funding allocated to the farming sector and rural areas in general.

²⁰ The Scottish Government, 2017, Local Authority tables

²¹ Scotland Food and Drink, 2019, Ambition 2030

²² The Scottish Government, 2017, Local Authority tables

²³ DEFRA, 2017, Food statistics pocketbook

²⁴ The Scottish Government, 2019, Scottish Farm Business Income Estimate 2017-18

²⁵ Ibid

²⁶ The Scottish Government, 2016, Results from the June 2016 Scottish Agricultural Census

²⁷ Food Foundation, 2019, The Broken Plate

Given these challenges and the prominent and obvious role of the sector to advance the objectives of the strategy, it is imperative to support local food production and the development of local food supply chains. This is particularly important if we want to source more local products in the public sector. We also want to continue to support the food industry and services so that the sector can contribute to the development of a fair and inclusive economy in South Lanarkshire but also an economy that is aligned with other Council's strategies such as the Sustainable Development and Climate Change Strategy, the Child and Young People's Health Plan or the Lanarkshire Healthy Weight Strategy. Working closely with partners and the private sector will be a prerequisite for success to advance this objective. In particular, there is scope to increase collaboration with agricultural stakeholders.

What do we want to achieve? The local food economy is thriving and attractive, promotes decent employment and is increasingly sustainable.

What will we do to deliver and support change?

1. Support local food producers, manufacturers, suppliers and social enterprises in accessing public food procurement with the help of national programmes (e.g. Supplier Development Programme, Partnership for Procurement).
2. Encourage connections among local businesses and between businesses and their local communities.
3. Showcase and promote the local food sector to South Lanarkshire residents and visitors.
4. Support food businesses willing to implement good practices and promote them.
5. Promote careers in the food sector.

Some examples of what is already happening in South Lanarkshire

A guide to the food and drink of Lanarkshire: "Lanarkshire Larder"

To promote the diverse food landscape of Lanarkshire, the second version of the guide "Lanarkshire Larder" was recently published. It was independently researched and developed by The List in collaboration with North Lanarkshire and South Lanarkshire Councils. The guide includes articles about the food and drinks produced in the region. Addresses of places where to buy food and where to eat are provided as well as a food map.

Good Food Growing

The benefits of food growing, whether it takes place in allotments or community gardens, are recognised by the Council as they contribute to healthier and more sustainable food systems. For this reason, the Council aims to work towards meeting demand for food growing and promoting sustainable food growing opportunities.

Objective 7. Increase the provision of high quality food growing opportunities

Why did we set this as an objective?

There are currently four allotment sites and 15 existing community growing projects in the Council's area. However, in recent years, the demand for food growing opportunities, and in particular for allotments, has been exceeding the availability and a survey undertaken by the Council has shown that 89 per cent of respondents have expressed a desire to see more allotment provision. Moreover, an increasing demand from local groups and schools has been observed in a context where there is a rising interest for sustainable and local food. Therefore, it is important that these individuals and groups have the possibility to grow food and have access to land.

The Council, along with partners, recognises the benefit of food growing for people directly involved, those visiting community gardens or having the opportunity to eat the food which is produced. At the moment, only 34 per cent of adults living in South Lanarkshire benefit from being outdoors at least once a week compared to 52 per cent in Scotland, while 59 per cent live within a five minutes walking distance from useable green spaces in the Council's area. Food growing encourages healthy lifestyles through higher consumption of fresh food including fruit and vegetables, more physical activity and it can also have a positive impact on mental health. Redistribution of food surplus also fosters the consumption of healthy food in communities. In addition, growing food creates opportunities for social interaction and inclusion including across ages as it offers spaces for socialisation and gathering. It also provides opportunities for learning and development, for instance, around 50 nurseries, primary and secondary schools have developed sites for food growing.

Gardens in their many forms are also beneficial for the environment and can help to tackle climate change. The provision of green spaces have an impact on air quality – trees and plants filter it and help reducing the level of pollutants. Trees and plants also capture CO₂ emissions mitigating the risk of climate change and can also encourage resilience by moderating temperature. They support biodiversity by providing good places for plants to grow and animals to live including pollinators. Green spaces are also places for composting and thus recycling food waste, which fosters the development of a circular economy. By being in contact with nature, individuals involved in food growing also show a higher willingness to protect the environment and this is particularly important for the next generation.

Supporting access to land for food growing purposes is aligned with the Community Empowerment (Scotland) Act 2015. It aims at empowering communities across Scotland and in particular those wanting to join "Grow Your Own" activities. In the framework of this recent government initiative, the Council is developing a Food Growing Strategy and the provision of food growing opportunities is part of its main objectives. The provision of food growing sites is also considered in the Council planning policies.

For more information: what does the Local Development Plan say about allotments and community growing areas?

The Local Development Plan states that development proposals should safeguard the green network and greenspace and it lists the opportunities for their enhancement and/or extension. This includes the provision of areas for allotments and community growing areas. New developments are required to include new green infrastructures.

In addition, an Open Space Strategy will be developed which will include protection of existing food growing areas and explore opportunities for new provision.

What do we want to achieve? The availability of allotments and other growing food growing opportunities meets the demand.

What will we do to deliver and support change?

1. Increase the provision of high quality food growing opportunities based on needs.
2. Consider opportunities for the provision of additional food growing opportunities in housing areas, care homes, schools and other public places where there is a demand.
3. Contribute to neighbourhood planning initiatives by supporting food growing opportunities where there is a demand.
4. Promote formal and alternative food growing opportunities to South Lanarkshire residents (e.g. fruit trees, community growing sites).

Some examples of what is already happening in South Lanarkshire

New food growing opportunities developed in South Lanarkshire

In 2019, the council has continued to work with partners and communities to provide new food growing opportunities. A new site with 5000m² of growing space has been created at Fernbrae Meadows in Cathkin which currently has 67 plot holders. The site is part of a wider urban park providing new outdoor facilities for the local community and improving biodiversity.

Moreover, a new raised bed site has been recently established at Murray Recreation Area in East Kilbride and provides food growing opportunities for up to 70 people. A small number of raised beds have also been installed in Strathaven Park and are managed by a local group with support from the Council and benefit for the wider community.

Finally, the development of a Mediterranean herb garden is planned within Castlebank Park and will be managed by a local group.

Objective 8. Engage with partners and local food growing initiatives to promote and support sustainable food growing

Why did we set this as an objective?

There is an increasing interest and growing demand from local groups, schools and individuals looking for advice and assistance from the Council on a wide range of food growing matters. In addition to having access to land, individuals and communities who are already growing food, or want to do it, should be able to benefit from the significant expertise and experience already available in the Council's area. Support needs range from the identification of land, assistance with Land Registry,

investigation into contaminated land, securing funding, acquiring equipment or other inputs, training or advice.

While some types of support can be provided by the Council, it is important to continue to establish links between the Council, partners, food growing groups, communities and individuals to exchange knowledge and good practices, to share opportunities to join groups or distribute food surplus, and consider the development of training opportunities. This is particularly important for prospective tenants of allotments so that they can be equipped with the knowledge and skills to begin to grow their own food. Indeed, the consultation undertaken by the Council has also shown that 83 per cent of the respondents indicated that more support for local gardening clubs and societies could foster good growing initiatives.

The promotion of sustainable practices is also an imperative to ensure that food growing has positive outcomes for the environment and to help tackle climate change (for instance, developing wildlife friendly sites, supporting biodiversity including pollinators with bee hives when needed, providing variety of habitats, using natural pest control, encouraging composting and recycling and reversing soil degradation).

Encouraging local food growing is also key to increasing the production of fruit and vegetables in South Lanarkshire. At the moment, half of the cropland area (49 per cent) in Scotland is used for animal feed²⁸. Despite the number of community growing projects and allotment sites in South Lanarkshire, very limited amounts of fruit and vegetables are distributed or sold.

What do we want to achieve? An increasing number of people are growing food and adopting sustainable practices.

What will we do to deliver and support change?

1. Encourage and provide advice and support to communities or social enterprises who wish to create food growing sites.
2. Support the development of a food growing network to facilitate exchange of good practices, sharing of training or volunteering opportunities, inputs and equipment.
3. Promote and identify opportunities to encourage sustainable food growing practices that will ensure the protection of natural resources and mitigate climate change.

Some examples of what is already happening in South Lanarkshire

Lanarkshire Green Health Partnership encourages food growing to improve mental and physical health

The partnership helps to connect health & social care with nature and in particular Scotland's outdoors. This takes place as part of the initiative "Our Natural Health Service" which is led by Scottish Natural Heritage and supported by national partners including Transport Scotland, Scottish Forestry and NHS Health Scotland, and local ones with the Lanarkshire health board, North and South Lanarkshire Councils, leisure services and voluntary sector organisations. In particular, the partnership encourages food growing given its benefits on mental, physical and social health as well as nutritional bonus. Community gardening opportunities are available in several areas and are listed in the greenspace portal. Volunteer gardening opportunities for both patients and volunteers are also offered within three community hospitals in South Lanarkshire (Udston, Kirklands and Lady Home) and two sites in North Lanarkshire. From June to September 2019, 200kg of vegetable were harvested across the five hospital sites and most of it was donated

²⁸Harvard Law Schools, 2019, Eating away at climate change with negative emissions

to food banks.

Good Food for the Environment

There is growing evidence on the impact of the food system - not only agriculture but also processing, storage, transport, consumption and waste disposal - on natural resources and climate change. This ranges from the depletion of natural resources (for instance, soil, water, land, terrestrial and maritime resources) and biodiversity and the generation of greenhouse gas emissions. Supporting the transition towards more environmentally and sustainable food systems is an imperative to meet the sustainable development and climate change objectives of the Council.

Objective 9. Reduce food waste and food packaging in the public sector and support the community and the private sector to do so, redistribute food surplus and support food composting.

Why did we set this as an objective?

One third of all the food produced for human consumption is wasted²⁹. In Scotland, households threw away 600,000 tonnes of food and drink waste in 2014³⁰. Among food waste, 60 per cent is avoidable waste (items that could have been eaten), 17 per cent is possibly avoidable, and the rest is non avoidable food waste such as meat bones, egg shells or orange peels³¹.

Avoidable food waste has a significant effect on climate change: it generates 8 per cent of the world's greenhouse gas emissions³². The Intergovernmental Panel on Climate Change, the United Nations body for assessing the science related to climate change, has identified the reduction of food waste as one of the key responses that have large positive impact to foster climate change mitigation³³.

Moreover, it has a significant economic repercussion for households, which is all the more important in a context of food poverty: the cost of buying food which has not been eaten represents £460 per household per year³⁴. Finally, it has an impact on the Council's budget given the cost of uplifting and processing waste. Therefore, reducing avoidable food waste through prevention and redistribution of food surplus can have significant economic and environmental benefits. The national objective in Scotland is to reduce food waste by 33 per cent by 2025 (from 2013 levels) as determined by the Food Waste Reduction Action Plan published this year.

For more information: difference between climate change mitigation and adaptation

Climate change mitigation refers to actions to reduce or prevent greenhouse gas emissions, while climate change adaptation involves responding to the changes induced as a result of climate change.

Recycling or recovering non-avoidable food waste is also important and is aligned with the commitment of the Council to continue to divert waste from landfill by providing and encouraging the effective use of household waste management services across South Lanarkshire. The national household surveys show that, in South Lanarkshire, 66 per cent of householdS use their food caddies to dispose of food waste. However based on observations during the day to day collections, we assume that this figure overestimates the use of food caddies. If food waste is separated at source

²⁹ Zero Waste Scotland, 2019, Food Waste Reduction Action Plan (national statistic)

³⁰ Zero Waste Scotland, 2016, How much food and drink waste is there in Scotland?

³¹ Ibid

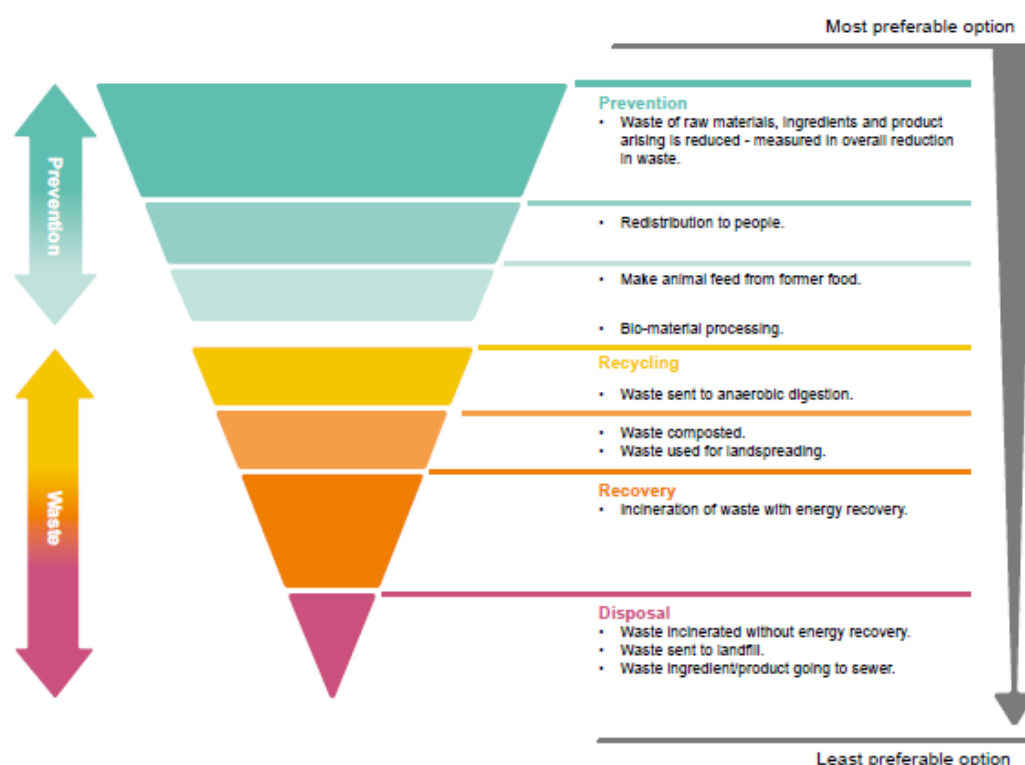
³² Ibid

³³ IPCC, 2019, Climate Change and Land

³⁴ Ibid

and collected with garden waste, it can be a valuable resource. In South Lanarkshire, food and garden waste is collected and composted to generate fertiliser used in parks or for food growing. Compost is important to improve soil composition and characteristics in a context of soil depletion associated with intensive agriculture.

Figure 4. Options to dispose of food waste from most to least preferable options



Source: [Zero Waste Scotland](#)

Both reducing the amount of single-use packaging and increasing recycling rates can also have significant environmental and economic impacts. The consultation undertaken for the development of the Good Food Strategy has shown that food waste and the excess of food packaging is a major concern for South Lanarkshire residents. Consumers in Scotland buy more than 300,000 tonnes of single-use packaging for their groceries every year³⁵. It has a significant environmental impact generating 650,000 tonnes of carbon emissions annually. While packaging can be of different compositions, plastic has the highest environmental impact. Single-use packaging also has a cost for Scottish households: on average, they buy 130kg of single-use grocery packaging each year, costing almost £250 or 7 per cent of the average annual grocery bill³⁶. Change needs to happen in the private and public sectors to increase the offer of food with limited single-use packaging, and in particular plastic. At household level, recycling rates could also be improved: on average each Scottish household is binning 27kg of food and drink plastic that could have been put in the relevant recycling bins. If recycled, this would have generated £5.7 million of raw material but instead it has a cost of £5.3 million for local authorities to send the plastic to landfill³⁷.

³⁵ Zero Waste Scotland, 2019, The Hidden Cost of Grocery Packaging

³⁶ Ibid

³⁷ Zero Waste Scotland, 2018, Dumping plastic food packaging and bottles costs Scotland £11m annually

Re-using products, recycling and reducing waste is aligned with the national ambition to foster the development of a circular economy. For instance, Scotland will be soon introducing a Deposit Return Scheme for drinks containers to make it easier for everyone to recycle used bottles and cans. Whether it is the reduction of avoidable food waste, reduced consumption of single-use packaging or higher recycling rates of food waste and single-use packaging, the public and the private sectors and households in general can help make a difference.

What do we want to achieve? Avoidable food waste and food packaging have reduced and non-avoidable food waste is systematically recycled as well as food packaging when possible.

What will we do to deliver and support change?

1. Monitor the recycling and composting rates of food waste in South Lanarkshire.
2. Reduce avoidable food waste in Council properties and encourage households and the private sector to do so.
3. Promote the redistribution of food surplus and encourage recycling and recovering of non-avoidable food waste.
4. Raise awareness about the environmental impact of avoidable food waste and the benefit of composting non-avoidable food waste.
5. Reduce food packaging in Council properties including the reliance on single-use plastic and encourage householders and the private sector to do so.

Some examples of what is already happening in South Lanarkshire

Reduction of single-use plastic in the Council

The Council has already removed a number of single-use items from its procurement catalogue such as all single-use plastic cutlery, plastic stemmed cotton buds, plastic straws, plastic water cups and plastic stirrers. There is an ongoing effort to continue to reduce single-use plastics by targeting items within the catering provision. Trials of alternative solutions are underway. Furthermore, employees of the Council are encouraged to reduce their reliance on single-use items at home as well as at work.

“Good to go”, a campaign to change the culture around food leftovers supported by the Council

The campaign proposed by Zero Waste Scotland aims at tackling “plate waste” from restaurants. Plate waste is food left by customer at the end of the meal and it represents 34 per cent of the food waste in Scottish restaurants. The Council supported the campaign through publication in the website and social media in order to encourage both restaurants and customers to change their culture around leftovers.

Schools are piloting initiatives to reduce the consumption of bottles of water and increase recycling of cans and bottles

The Council in collaboration with a local supplier has introduced a “Reverse Vending Machine” in one of the secondary schools. The machine accepts used and empty beverage containers and returns money to the user. In addition to increase recycling of aluminium bottles and cans, it educates pupils about proper and responsible waste disposal.

Water fountains were also introduced in four secondary schools (Biggar, Duncanrig, Larkhall, St Andrews and St Brides). The pilot aims at encouraging consumption of water, removing the need for bottles of water to be sold and helps to reduce the amount of single-use plastic bottles. It introduces a more sustainable way for pupils to access water. The pilot was developed in collaboration with a local waste disposal contractor and pupils had the opportunity to design their own reusable bottles.

Food surplus is sold by the Whitlawburn Food Co-op at reduced prices in order to tackle food insecurity

The Whitlawburn Food Co-op, which is part of the Whitlawburn Housing Co-operative, receives food surplus every week and the food is sold in the community shop at a reduced cost. Food surplus is delivered by the charity FareShare which collects it from supermarkets and food industries, thus reducing the quantity of food waste. The money raised from the sales made by the coop is used to cover the FareShare membership fee and any additional benefits go to charities. The shop has helped reduce the number of tenants referred to foodbanks

Objective 10. Connect with the community, partners and the private sector to reduce the impacts of the food system on the environment and its contribution to climate change and promote animal welfare.

Why did we set this as an objective?

Food systems rely on natural resources and account for the main use of land, soil, fresh water and biodiversity³⁸. In South Lanarkshire, 71 per cent of the land is allocated to agriculture. However, dominant models of food systems deplete them with for instance large scale monoculture, heavy use of chemical fertilizers, excessive transport of food due to the globalisation of food production or the increased production of ultra-processed food. Negative impacts include water contamination, soil depletion, loss of biodiversity and greenhouse gas emissions contributing to climate change. Climate change is a major concern for South Lanarkshire residents with 69 per cent of them thinking it is an immediate and urgent problem³⁹.

Agriculture is part of the solution to climate change since the sector and related land use is the second highest emitter of greenhouse gases emissions in Scotland after transport. It accounts for 24 per cent of emissions⁴⁰ even if the agricultural sector is already playing its part in reducing emissions and transitioning to sustainable agriculture⁴¹. In particular, livestock (animals for meat, eggs and milk) generates 14.5 per cent of global greenhouse gas emission. Emissions outside the farm gate represent a further 5 to 10 per cent of the total⁴². Almost half of ecosystem services provided by Scottish habitats are in decline. Ecosystem services are the direct and indirect contributions of natural environment to human being, such as for instance water supply or soil of good quality⁴³. The state of ecosystems in Scotland might have fallen below the point at which they can reliably meet society's needs⁴⁴ such as providing air, food or water. Land allocated to organic farming which is a nature-friendly farming system have also declined over the last ten years in Scotland and now represent only two per cent of agricultural land compared to seven per cent in the EU.

For more information: what does the Local Development Plan say about agricultural land?

Policies in the Local Development Plan seek to strongly control development on both the Green Belt and the Rural Area whose function is primarily for agriculture, forestry and recreation. Development on Prime Agricultural Land is very restricted.

³⁸ UNEP, 2016, Food system and natural resources

³⁹ Scottish Government, 2019, Scottish Household Survey

⁴⁰ Scottish Government, 2017, Scottish greenhouse gas emissions

⁴¹ Scottish Government, 2019, The Government's Programme for Scotland 2019-2020

⁴² IPCC, 2019, Climate Change and Land

⁴³ Scottish Food Coalition, 2016, Food and the environment

⁴⁴ Ibid

Given these issues, looking at the sustainability of our diet and the way food is produced is increasingly important. The Scottish Government committed, as part of its programme for 2019-2020, to develop guidance on sustainable, climate-friendly and healthy diets as part of the effort to end Scotland's contribution to climate change. Supporting sustainable development and limiting greenhouse gas emissions in South Lanarkshire is also a priority for the Council. Reducing meat consumption or eating more sustainable animal produces (for instance, free-range eggs, pasture-raised or organic meat) opting for more plant-based product, choosing seasonal and local products and reducing food waste are part of the answer. It is important that households are aware of the issue but also have the ability to access sustainable food at an affordable price. The public sector has also a role to play by sourcing more sustainable food. Furthermore, a transition toward more nature friendly farming practices is needed.

There is also a growing interest for animal welfare and this reflected by the upcoming amendment of the national Animal Health and Welfare Bill. This is particularly important in Scotland where cattle and sheep livestock farming account for 50 per cent of the agricultural output⁴⁵. Beyond ethical principles, increasing animal welfare improve animal's health but can also reduce its environmental impact with better grazing management and more natural diet.

What do we want to achieve? Negative impacts of the food system on the environment and climate change have decreased and animal welfare have improved.

What will we do to deliver and support change?

1. Raise awareness about the impact of food system on the environment and climate change.
2. Increase the offer for sustainable food in Council properties including food promoting animal welfare.
3. Work with partners and the private sector to explore and implement practices that will help to tackle the impact of food system on the environment and climate change.

Some examples of what is already happening in South Lanarkshire

Actions are undertaken by the Council to source and serve sustainable food

- An increased amount of farm assured and red tractor food are sourced;
- Consumption of meat has reduced in school meals and meat comes from Scottish or UK farms;
- Milk comes from Scottish farms;
- No endangered fish are served as they are accredited by the Marine Stewardship Council (MSC);
- Food waste is collected in school kitchens and monitored by cooks.

Bothwell Beekeepers aim to *Keep Bees Well*

Bees, through the production of honey, are one of the most important food-producing animals in Western Europe. The group is an offshoot of the Organic Growers of Bothwell and members are founder members of Lanarkshire Beekeepers Association. Their aims are to maximise pollination of fruit and vegetables in Bothwell Community Garden and in the local area by reintroducing beekeeping to Bothwell and supporting honey bees which are in decline throughout the world. They give talks and set up displays to raise awareness about the connections between bees and the food on our plates with the public, including gardeners and young people. They instigated Bee Friendly Bothwell, distributing free nectar and pollen rich plant seeds throughout Bothwell. Proceeds from the sale of honey is reinvested in the project.

⁴⁵ Scottish Government, 2016, Animal health and welfare in the livestock industry, strategy 2016-2021

Good Food Governance

On one hand, the purpose of improving governance of food systems in South Lanarkshire is to ensure that an increasing number of stakeholders, whether they are from the third sector, the private or public sectors, can influence or contribute to the development of a Good Food Council through higher engagement and participation in policy decisions. On the other hand, it is to enhance accountability of all these stakeholders and in particular the public sector: people know who are responsible for actions related to food and can ask them to give information about their progress.

Objective 11. Engage with, build on and support the various local food initiatives and encourage collaboration and partnership

Why did we set this as an objective?

There are numerous stakeholders involved in food activities or matters in South Lanarkshire such as food banks, community food organisations, food growers, farmers, food retailers and caterers, food manufacturers, different Council's services and other local public organisations.

Improving local governance through higher collaboration and partnership is important since all stakeholders with their different areas of expertise are playing a role in the food systems and thus can all contribute to positive changes. This is particularly important given the scale and the complexity of food issues. Moreover, this can help to gain a better common understanding of food challenges at different levels and discuss and explore innovative solutions. Food issues are also interrelated and cannot be taken in isolation, justifying the need for a collective approach. Working together is also legitimate as improving the food system means pursuing common objectives and protecting public goods such as the environment. Finally, working towards more equitable and fairer food systems is also a social goal that can impact the whole society.

Change and success will depend on commitment and proactive participation from a wide range of stakeholders as well as coordinated actions and strong working relationships across levels and sectors. To do this, there is an opportunity for the Council to better identify the different local food initiatives and stakeholders and engage with them, provide support when possible and facilitate partnership when needed. There is also scope for food stakeholders to foster their connections, especially across sectors. This is particularly important to rebalance the role and power of food stakeholders in a market concentrated around a limited numbers of companies. Strengthening partnerships and policy dialogue is also an opportunity to reinforce the accountability of the Council.

Currently, there are formal and informal networks in specific areas such as Greening CamGlen that are directly or indirectly related to food in South Lanarkshire. Therefore, we want to build on the existing networks and establish new ones based on needs and priorities. Joining international and national networks such as Sustainable Food Cities will also be beneficial to receive support from other places and people, to explore together practical solutions and develop good practices.

What do we want to achieve? Food stakeholders are increasingly connected and work in partnership. Governance of food systems has improved and food stakeholders in South Lanarkshire have the capacity to influence or contribute to the development of a Good Food Council.

What will we do to deliver and support change?

1. Continue to support key voluntary organisations in particular by securing external funding.
2. Identify and map local food initiatives to inform food stakeholders, foster collaboration and guide the development of new initiatives.
3. Facilitate partnership at local level depending on needs and priorities.
4. Connect with international and national food networks such as Sustainable Food Cities to benefit from external expertise.
5. Enhance stakeholders' participation in Council level political dialogue.

Objective 12. Ensure that healthy, sustainable, fair food is embedded in local policies, increase policy coherence and guarantee that food has a high profile across the Council by connecting with partners.

Why did we set this as an objective?

Within the Council, a number of initiatives, services and resources implement actions that contribute to the development of a Good Food Council. These services include: Amenity Services, Community Payback, Economic Development, Education, Facilities Services, Food Safety, Funding and Development, Housing and Technical, LEADER, Money Matters, Planning, Procurement, Refuse and Recycling, Senior Together, Scottish Welfare Fund, Social Work, Sustainable Development and the Tackling poverty team.

Regarding partners of the Community Planning Partnership, some simply serve food to their employees or visitors such the University of West of Scotland or the Scottish Fire Rescue Service, while others directly take actions or support programmes related to food and health, food growing, food and education or food economy as NHS Lanarkshire, South Lanarkshire Leisure and Culture or the Chamber of Commerce.

Strengthening collaboration and partnerships within the Council and across partners will reinforce coherence between policy documents and between actions. To do this within the Council, the Food Steering Group, which could be developed in the framework of the new Council Climate Change and Sustainability Committee, will monitor the progress of the strategy, take policy decisions and guide its implementation. Progress will also be reported to other relevant Council Committees such as the Executive Committee as required. Moreover, we will ensure that current forum and groups such as the Sustainable Development Coordination Group will consider and work towards the objectives of the strategy.

In relation to the Community Planning Partnership, we will focus on improving the food sourced, prepared and served in public places to deliver the Objective 4 of the strategy. Moreover, we will build on existing cross-partners group to deliver the objectives of the strategy.

For more information: the South Lanarkshire Community Planning Partnership involves the following stakeholders

- NHS Lanarkshire
- Police Scotland
- Scottish Enterprise
- Scottish Fire and Rescue Services
- Scottish Government
- Skills Development Scotland
- South Lanarkshire Council
- Strathclyde Partnership for Transport
- University of the West of Scotland
- VASLan (Community and Voluntary Sectors)

What do we want to achieve? Good food is a priority within the Council and across partners and policy documents and programmes that are related to food are implemented in a coherent and coordinated manner to advance the objectives of the strategy.

What will we do to deliver and support change?

1. Establish an active Council Food Steering Group for monitoring, advisory and decision making.
2. Ensure that the objectives of the strategy are considered in all food related strategies, actions, groups and forums.
3. Reinforce collaboration across partners of the Community Planning Partnership to advance the objectives of the strategy.

4.

Monitoring framework

The implementation of the strategy will be monitored by tracking the outputs per objectives and actions. Moreover, the impacts or the outcomes of the strategy will be assessed. More specifically, we will follow the progress made to advance the vision of the Good Food Strategy and its different dimensions: healthy life and well-being, affordable and accessible food for all, fair and inclusive food economy, environment and climate change and animal welfare. We will also monitor the progress towards the development of governance as it is one of the conditions to deliver the vision.

While tracking the implementation (the outputs) is straightforward, monitoring the impacts is more complex. One objective can contribute to different dimensions of the vision. For instance, providing food growing opportunities (Objective 7) contributes to health and well-being, affordable and accessible food for all and environment and climate change. Therefore, indicators selected to measure the outcomes of the strategy refer to the different dimensions of the vision. Furthermore, it is important to consider that for some indicators, the Council plays a major role and a change can be attributed to its actions, however for other indicators such as overweight and obesity, the Council only contributes to change and other actors and factors have to be taken into account to understand the evolution of the indicator.

For more information about the indicators to monitor progress towards the dimensions of the vision of the Good Food Strategy and its objectives, please refer to Appendix 1.

How can you support change?

As an individual or a business you can help delivering the vision of the strategy and contribute to the development of a Good Food Council.

10 actions for South Lanarkshire residents

1. Add an extra portion of fruit and vegetable to your meal and reach you five a day
2. Cook fresh, local and seasonal food
3. Waste less by planning your meals, use up your leftovers and perfect your portion size
4. Recycle non-avoidable food waste by throwing it in your food caddy or composting it
5. Reduce single-use plastics, bring your reusable cups to café and your own shopping bags
6. Reduce your meat and dairy consumption, buy from trusted and animal welfare suppliers and try to replace meat by plant-based proteins
7. Know your food, how it was produced, and chose trusted labels when you buy food (for instance, organic, Fairtrade, MSC for fish)
8. Support independent food shops, restaurants and pubs and look for accredited businesses (for instance, Healthy Living Awards, Living Wage)
9. Use the on-line map Locator.org.uk and find out how to volunteer at a food bank, a community garden or a community food project
10. Enjoy cooking and eating together

10 actions for South Lanarkshire food businesses

1. Offer smaller portion sizes and doggy bags
2. Make healthy food options available to employees or clients
3. Source more local, sustainable and fair food (for instance, organic, Fairtrade, MSC for fish) and offer more vegetarian options
4. Undertake food waste audit, redistribute food surplus to local organisations or via FareShare
5. Offer the opportunity to refill bottles of water
6. Go for accreditations (for instance, Healthy Living Award, Taste Our Best, MenuCal)
7. Consider paying the Living Wage and ensure good employment conditions and job security
8. Promote the range and excellence of carers in the food sector
9. Support the development of a breastfeeding environment for employees and clients
10. Join Council's food initiatives

Appendix 1. Indicators to monitor progress of the Good Food Strategy

Dimensions of the Good Food Strategy vision	Objectives of the Good Food Strategy	Indicators to monitor the dimensions of the vision
Governance	1-Improving food education and culture 11-Developing food partnership 12-Making food a priority	<ul style="list-style-type: none"> - Presence of an active steering group - Presence of an active multi-stakeholder food partnership - Presence of an inventory of local food initiatives and practices
Health and well-being	1-Improving food education and culture 2-Reducing food insecurity 3-Improving food in schools and in the council 4-Improving food in public places 5-Enhancing the retail and catering environment 6-Developing the local food economy 7-Providing food growing opportunities 8- Providing food growing opportunities	<ul style="list-style-type: none"> - Percentage of adult being overweight or obese - Portion of fruit and vegetables eaten per day - Percentage of babies being breastfed - Percentage of businesses compliant with food safety standards
Affordable and accessible food for all	1-Improving food education and culture 2-Reducing food insecurity 3-Improving food in schools and in the council 4-Improving food in public places 5- Enhancing the retail and catering environment 7-Providing food growing opportunities 8-Promoting food growing 9-Reducing food waste and packaging	<ul style="list-style-type: none"> - Number of food parcels delivered by food banks - Percentage of children eating fruit and vegetables every day in most deprived areas - Percentage of crisis grants processed within the same working day (Scottish Welfare Fund)
Fair and inclusive food economy	1- Improving food education and culture 3-Improving food in schools and in the council 4-Improving food in public places 5- Enhancing the retail and catering environment 6-Developing the local food economy	<ul style="list-style-type: none"> - Surface allocated to food production - Turnover of the food, beverage and tobacco manufacture - Gross wages and salaries per head in the manufacture of food, beverages and tobacco - Turnover of food and beverage services

		<ul style="list-style-type: none"> - Gross wages and salaries per head in food and beverage services - Percentage of procurement spent in food produced or manufactured in South Lanarkshire - Percentage of procurement spent in food produced or manufactured in Scotland - Town vacancy rates
Environment and climate change	1- Improving food education and culture 3-Improving food in schools and in the council 4-Improving food in public places 5- Enhancing the retail and catering environment 6-Developing the local food economy 7-Providing food growing opportunities 8-Promoting food growing 9-Reducing food waste and packaging 10-Reducing the impact of food on the environment	<ul style="list-style-type: none"> - Percentage of people using food caddy to dispose food waste - Greenhouse gas emissions from household food waste - Percentage of total food waste recycled - Surface allocated to organic production - Percentage of procurement spent in organic food
Animal welfare	1- Improving food education and culture 3-Improving food in schools and in the council 4-Improving food in public places 5- Enhancing the retail and catering environment 6-Developing the local food economy 10-Reducing the impact of food on the environment	<ul style="list-style-type: none"> - Percentage of procurement spent in animal produce respecting animal welfare

