

Food Partnerships Workshop 16/9/22

Food Sense Wales aims to influence and impact on how food is produced and consumed in Wales, ensuring that sustainable food, farming and fisheries are at the heart of a just, connected and prosperous food system.

Foodsensewales@wales.nhs.uk

Gweithdy Partneriaethau Bwyd 16/9/22

Mae Synnwyr Bwyd Cymru am ddylanwadu ac effeithio ar sut mae bwyd yn cael ei gynhyrchu a'i fwyta yng Nghymru er mwyn sicrhau bod bwyd, ffermio a physgodfeydd cynaliadwy wrth wraidd system fwyd gyfiawn, gysylltiedig a llewyrchus.

Foodsensewales@wales.nhs.uk



Food Partnerships Workshop / Gweithdy Partneriaethau Bwyd 8/11/2022

- Introductions, background and scene setting
- What is a Food Partnership, Food Partnerships in Wales & role of HB's – Experiences from Aneurin Bevan UHB
- Food Partnerships in Action – Food Cardiff, Food Vale and CAV UHB
- Discussion
- WG – timelines on funding and any further questions – 5min (**Sally Hunt**)
- Close



**Synnwyr
Bwyd Cymru
Food Sense
Wales**

Katie Palmer

**Rheolwr Rhaglen, Synnwyr Bwyd Cymru /
Programme Manager, Food Sense Wales**

A person is food insecure when they lack regular access to enough safe and nutritious food for normal growth and development and an active and healthy life. This may be due to unavailability of food and/or lack of resources to obtain food. Food insecurity can be experienced at different levels of severity. FAO measures food insecurity using the Food Insecurity Experience Scale (FIES)



Food security to mild food insecurity

Moderate food insecurity

Severe food insecurity

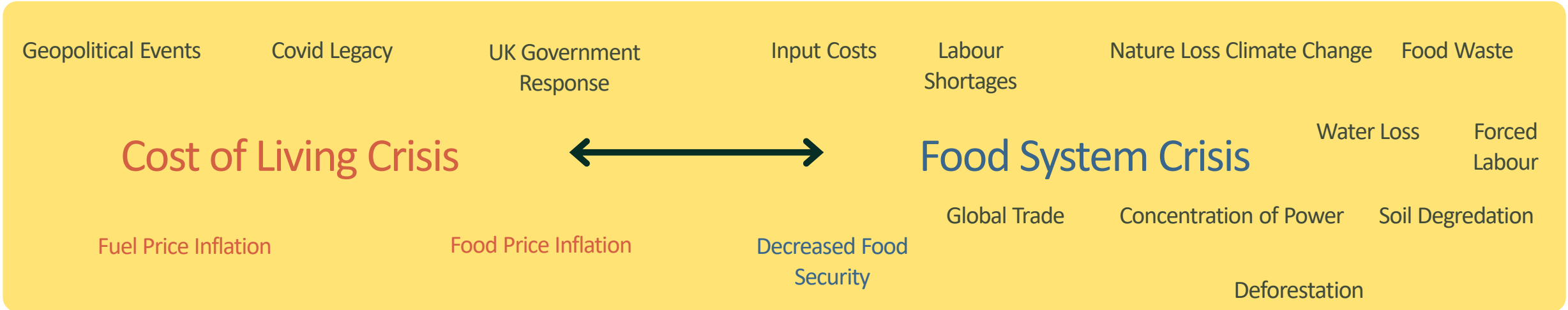


- This person has:
- insufficient money or resources for a health diet
 - uncertainty about the ability to obtain food
 - probably skipped meals or run out of food occasionally.

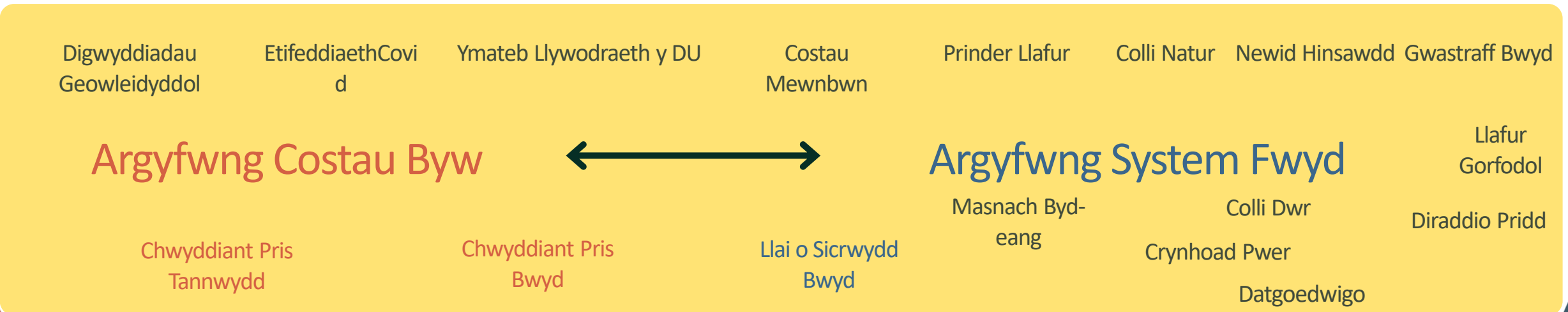


- This person has:
- run out of food
 - gone an entire day without eating at times during the year.

Food Insecurity: Two Interrelated crises



Ansicrwydd Bwyd: Dau argyfwng cydberthnasol



Food and energy billionaires \$453bn richer than two years ago, finds Oxfam

While elite gather in Davos, charity calls for wealth tax after rich benefit from soaring energy and food prices

Why we need to rethink our food system



As the world's business and political elite meet for the World Economic Forum in [Davos](#), Switzerland, the development charity said spiralling global food prices had helped create "62 new food billionaires" in just 24 months.

Cargill, which is one of the world's largest food traders, [now counts 12 family members as billionaires](#), up from eight before the pandemic. The Cargill family, along with three other companies, controls 70% of the global agricultural market.

Food prices, which are up more than 30% over the past year on average, are likely to push more than 263 million more people into acute poverty than before the pandemic. That is equivalent to the populations of the UK, France, Germany, and Spain combined, and would take the number of people living on less than \$1.90 a day to 860 million by the end of the year.

Food sovereignty is a food system in which the people who produce, distribute, and consume food also control the mechanisms and policies of food production and distribution.

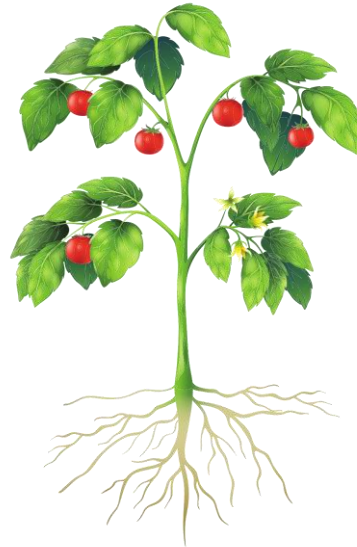


“Given the scale of increases in the cost of healthy food choices, if current circumstances continue we will see devastating and long-lasting impacts on people’s health and wellbeing”

- Food prices have risen by 14.6% in the last year, the highest rate of increase since 1980.
- Combined with other pressures on household budgets, such as increasing energy bills and a 10% reduction in the real-terms value of benefits – one in four households with children were experiencing ‘food insecurity’ in September 2022 (unable to afford sufficient or nutritious food).
- Food insecurity (19% in Wales) is linked with **malnutrition, obesity, eating disorders and depression**. Extremely clinically vulnerable people are more than twice as likely than average to be food insecure. Since the pandemic, inequalities in food insecurity have widened between people from black, Asian and ethnic minority groups and white British ethnic groups, with more than twice as many black, Asian and ethnic minority households having experienced food insecurity than white households in the six months up to January 2021 (Food Foundation 2021)
- Primary-school-age children from England’s most deprived areas are around five times more likely to be living with severe obesity than those in the least deprived areas. This has a negative impact on a child’s life chances (Recent figures from Wales unavailable)
- In 2014/15, the NHS spent £6.1 billion on treating obesity related ill health. This is [forecast to rise to £9.7 billion](#) per year by 2050. In addition, malnutrition is estimated to cost the NHS in England [£19.6 billion per year](#), and the cost of treating a malnourished patient is two to three times more than a non-malnourished patient.

Four Point Plan for helping everyone to eat well during the Cost of Living Crisis and beyond:

1. Help struggling households and strengthen the nutritional safety net to protect children.
2. **Urgently mobilize the Community Food Strategy to support the development of resilient and diverse local food systems.**
3. **Set out a long term plan, based on the principles of agro-ecology, to build a resilient food system for future generations.**
4. **Rebuild lost connections in the food system through education.**



Cynllun Pedwar Pwynt ar gyfer helpu pawb i fwyta'n dda yn ystod Argyfwng Costau Byw a thu hwnt:

1. Helpu cartrefi sy'n ei chael hi'n anodd a chryfhau'r rhwyd ddiogelwch maethol i amddiffyn plant.
2. Rhoi'r Strategaeth Fwyd Gymunedol ar waith ar fyrder i gefnogi datblygiad systemau bwyd lleol gwydn ac amrywiol.
3. **Gosod cynllun hirdymor, yn seiliedig ar egwyddorion amaeth-ecoleg, i adeiladu system fwyd wydn ar gyfer cenedlaethau'r dyfodol.**
4. **Ail-adeiladu cysylltiadau coll yn y system fwyd trwy addysg.**



Welsh Government should...



- 1 Explore free public transport - **starting with young people**
- 2 Develop a **well-managed housing retrofit programme**
- 3 Bring **choice and control over domestic energy and heat to the people of Wales**
- 4 **Commit to long-term food partnerships in every Welsh local authority**
- 5 **Continue the journey to a full Universal Basic Income**

Cost of Living: Now and in the Future



Dylai Llywodraeth Cymru...



- 1 Archwiliwch drafnidiaeth gyhoeddus am ddim - **gan ddechrau gyda phobl ifanc**
- 2 Datblygu rhaglen ôl-osod tai a reolir yn **dda**
- 3 Dod â dewis a rheolaeth dros ynni a gwres domestig i **bobl Cymru**
- 4 Ymrwymo i bartneriaethau bwyd hirdymor **ym mhob awdurdod lleol yng Nghymru**
- 5 Parhau â'r daith i Incwm Sylfaenol Cyffredinol



**Synnwyr
Bwyd Cymru
Food Sense
Wales**

Hannah Norman

**Rheolwr Bwyd Cymunedol Cymru, Synnwyr Bwyd Cymru
Community Food Manager, Food Sense Wales**

Food Partnerships in Wales

*'Making healthy and sustainable food
a defining characteristic of where people live.'*

- Sustainable Food Partnership: a cross-sector group involving local authority and public sector bodies, third sector organisations, businesses and academic institutions
- Using food as a tool for delivering positive social, economic and environmental outcomes
- Co-develop a vision, strategy and action plan for making healthy and sustainable food a defining characteristic of where people live and taking coordinated action across a wide range of food issues.



Lleoedd Bwyd Cynaliadwy / Sustainable Food Places

Sustainable Food Places is a partnership programme led by the Soil Association, Food Matters and Sustain: the alliance for better food and farming. It is funded by the Esmée Fairbairn Foundation and The National Lottery Community Fund.

A membership network that brings together pioneering food partnerships from towns, cities, boroughs, districts and counties across the UK that are driving innovation and best practice on all aspects of healthy and sustainable food.



Lleoedd Bwyd Cynaliadwy / Sustainable Food Places



- [Food Sense Wales](#) is Sustainable Food Place's national partner in Wales and has an ambition to see a food partnership in every local authority in Wales, creating a network that would form the foundation for developing the vision, infrastructure and action needed to make Wales' food system fit for Future Generations.
- We support Wales' seven current members – [Food Cardiff](#), [Food Vale](#), the [Monmouthshire Food Partnership](#), [RCT Food](#), [Blaenau Gwent Food Partnership](#), [North Powys Food Partnership](#) and [Bwyd Sir Gâr Food](#) in Carmarthenshire. Food Sense Wales is also supporting new projects in Torfaen, Swansea and Ceredigion as they further develop their partnership models and work towards becoming fully-fledged member of the Sustainable Food Places network.
- Click [here](#) to watch a video that gives you a taste of Sustainable Food Places in Wales.



80 plus network members

A systems approach to food with 6 key issues



Food Governance and Strategy



Good Food Movement



Healthy Food for All



Sustainable Food Economy



Catering and Procurement



Food for the Planet



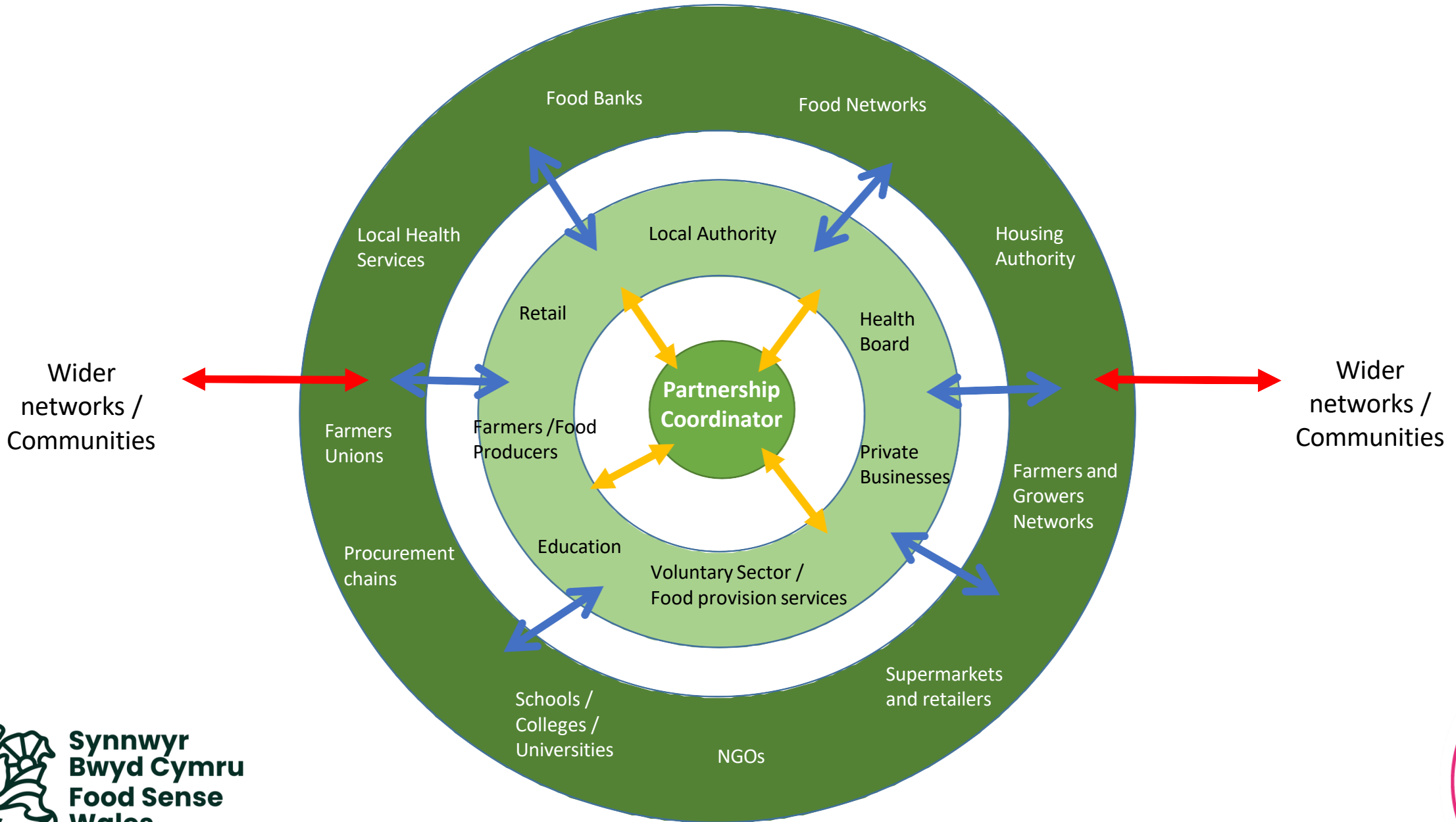
Sustainable Food Partnerships in Wales

Sustainable Food Partnerships represent over a third of Local Authority areas in Wales covering in the region of 40% of the population. Current members are:

- Food Cardiff
- Food Vale
- Monmouthshire Food Partnership
- RCT Food - Rhondda Cynon Taf
- Blaenau Gwent Food Partnership
- North Powys Food Partnership
- Bwyd Sir Gâr, Carmarthenshire

We're supporting the development of partnerships in :

- Torfaen
- Swansea
- Ceredigion



Food Cardiff

Food Cardiff Co-ordinator

Food Cardiff Strategy Board

Core members:
Cardiff Council
Cardiff & Vale UHB
Cardiff Local Public Health Team
Additional members:
Food Businesses
Charities
Individual Activists
Universities / Researchers

Food Cardiff Network

200 active members from all sectors e.g. charities, housing, culture, tourism, hospitality, grassroots activism

Facilitated Groups:
Community Food Retail Network
Food Poverty Working Group
Communications Group
Cardiff & Vale Food Procurement Group
Edible Cardiff Network

City-wide Good Food Movement

5000 households given 20,000 veggie plug plants during lockdown

~500,000 social media impressions annually

1000s people accessing healthy, affordable food through alternative retail projects

2,500 co-designing the Good Food Strategy

Partnership Host organisation – Tai Calon Community Housing

Tai Calon, Food Partnership Coordinator

- Director of Communities and Housing, Tai Calon
- Regional Strategic Lead, Gwent Association of Voluntary Organisations
- Policy Officer & Partnerships, Blaenau Gwent County Borough Council
- Programme Manager, Food Sense Wales
- Consultant in Public Health, Aneurin Bevan UHB
- Natural Resources Wales

Developing a food partnership – first steps

- Build a broad understanding of the local context and local food culture and collect baseline data
 - Food surveys
 - Food system mapping
 - Food policy mapping
- Food system consultation – explore different perspectives on food issues, facilitate community participation and building representation
 - Community Food mapping
 - Food Focus group facilitation
- Food development strategy and action planning – share knowledge and develop an action plan to deliver the vision/ food strategy in an inclusive and participatory and collaborative way

Developing a food partnership – Food policy mapping

Food Policy Mapping refers to the process of collating and analysing strategies, policies and plans that are relevant to the local food agenda.

This enables you to see which local priorities can be supported by work on sustainable food systems.

Area	Example Strategies
Health	Health and Wellbeing Strategy, Healthy Weight Strategy, Obesity Strategy, Diabetes Strategy, Joint Strategic Needs Assessment, Population Health Plan, Mental Health Strategy, Children and Young People’s Health Plan, Food Poverty Action Plan.
Environment	Open Space Strategy, Climate Change Strategy, Zero Carbon Strategy, Green City Plan, Tree Strategy, Allotments Strategy, Parks and Open Spaces Strategy, Biodiversity Plan, Pollinator Action Plan, Green Infrastructure Strategy.
Procurement	Catering and Procurement Policy, Sustainable Procurement Strategy Social Value Policy.
Waste	Waste Strategy, Waste and Resource Management Strategy.
Planning	Local Plan, Neighbourhood Plan, Neighbourhood Development Plan

Healthy Food for All



Tackling food poverty, diet related ill-health and access to affordable healthy food.

- **Establish a multi-agency partnership** involving key organisations as well as people with lived experience, to identify and **tackle the full range of issues that contribute to food poverty in a joined-up strategic way,**
- **Ensure high quality social food provision** for people who might otherwise go hungry or suffer malnutrition, for example through the Healthy Start voucher scheme, free school meals, breakfast, after school and holiday meal provision, lunch clubs and meals on wheels.
- **Promote fair wages** through local authority adoption of the real Living Wage for its own staff and for contractors and via campaigns to raise other employers' awareness and adoption of the Living Wage and the benefits this brings.
- **Train health professionals, welfare advisers, housing and voluntary organisations in food poverty issues** so they can effectively direct those experiencing food poverty to welfare support and local hardship funds, as well as to emergency food aid at times of crisis.





[Sustainable Food Places Wales - https://www.foodsensewales.org.uk/good-food-movement/sustainable-food-places/](https://www.foodsensewales.org.uk/good-food-movement/sustainable-food-places/)

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Chris Nottingham

Cydlynnydd Bwyd Cynaladwy /Sustainable Food Coordinator

Partneriaeth Bwyd Blaenau Gwent / Blaenau Gwent Food Partnership

Tai Calon Housing Association Limited

Blaenau Gwent Food Partnership

- Hosted by Tai Calon Community Housing
- Blaenau Gwent County Borough
- Aneurin Bevan University Health Board
- Gwent Association and Voluntary Association
- Natural Resources Wales





**Synnwyr
Bwyd Cymru
Food Sense
Wales**



Tai Calon
Community Housing



Gwent Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Gwent



**GIG
CYMRU
NHS
WALES** | Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



**Cyfoeth
Naturiol
Cymru
Natural
Resources
Wales**



Cyngor Bwrdeistref Sirol
Blaenau Gwent
County Borough Council

Working with Community Food Organisations



- Connecting the dots of activity in the borough
- Supporting groups access funds and spend well
- Bringing a stronger voice to communities

Challenges

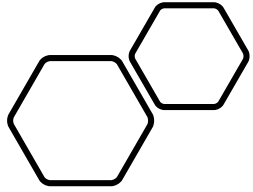
- Pressures on food supply
- Nutritional standards
- Parent/Child relationship
- Funding models





Link to Caffi Tyleri example

- [A Good Food Movement at Caffi Tyleri - YouTube](#)



With thanks

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**Synnwyr
Bwyd Cymru
Food Sense
Wales**

Pearl Costello

**Cydlynnydd Bwyd Cynaladwy /Sustainable Food Coordinator
Bwyd Caerdydd / Food Cardiff**



Mae Bwyd Caerdydd yn credu bod y bwyd rydyn ni'n ei fwyta yn cael effaith fawr ar fywyd yng Nghaerdydd – nid yn unig ar iechyd pobl, ond ar gymunedau a busnesau, ffermwyr a chynhyrchwyr bwyd, a'r amgylchedd hefyd.

bwyd
Caerdydd

Food Cardiff believes that the food we eat has a huge impact on life in Cardiff – not just on people's health, but on communities and businesses, individual farmers and growers, and the environment too

food
Cardiff

Food Cardiff Co-ordinator

Food Cardiff Strategy Board

Core members:
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Cardiff & Vale UHB
Cardiff Local Public Health Team

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Charities
Individual Activists
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200 active members from all sectors e.g. charities, housing, culture, tourism, hospitality, grassroots activism

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Cydlynnydd Bwyd
Caerdydd

Bwrdd Strategaeth Bwyd Caerdydd

Aelodau craidd:

Cyngor Caerdydd
BIP Caerdydd a'r Fro
Tîm Iechyd y Cyhoedd Lleol
Caerdydd

Aelodau ychwanegol:

Busnesau Bwyd
Elusennau
Ymgyrchwyr Unigol
Prifysgolion / Ymchwilwyr

Rhwydwaith Bwyd Caerdydd

200 o aelodau gweithgar o bob sector e.e. elusennau, tai, diwylliant, twristiaeth, lletygarwch, gweithredu ar lawr gwlad

Grwpiau a Hwylusir:

Rhwydwaith Manwerthu Bwyd
Cymunedol
Gweithgor Tlodi Bwyd
Grŵp Cyfathrebu
Grŵp Caffael Bwyd Caerdydd a'r Fro
Rhwydwaith Edible Cardiff

Mudiad Bwyd Da Ledled y Ddinas

Rhoddwyd 20,000 o blanhigion ifanc i 5000 o gartrefi yn ystod y cyfnod clo

~500,000 o argraffiadau ar y cyfryngau cymdeithasol bob blwyddyn

1000oedd o bobl yn cael mynediad at fwyd iach, fforddiadwy drwy brosiectau manwerthu amgen

2,500 yn cyd-ddylunio'r Strategaeth Bwyd Da



Cardiff Good Food Strategy 2021-24



Strategaeth Bwyd Da Caerdydd 2021-24



Y Strategaeth Bwyd Da: Pum Nod

Datblygwyd y pum nod hyn cyn ymgynghori ac fe'u hail-drefnwyd wedyn yn dilyn adborth gan y cyhoedd a rhanddeiliaid ynghylch eu blaenoriaethau. Erbyn 2024 rydym am weld...

NOD 1: Caerdydd iach

Rydym am sicrhau bod gan bawb fynediad at fwyd sy'n addas i'w gael, ac yn gallu fforddio bwyd sy'n addas i'r amgylchedd, yn iach ac yn ddiwylliannol briodol.

NOD 2: Caerdydd amgylcheddol gynaliadwy

Rydym am weld y ffordd y mae bwyd yn cael ei gynhyrchu, ei brynu a'i fwyta o fudd i natur, yn mynd i'r afael â'r newid yn yr hinsawdd ac yn atal gwastraff bwyd.

NOD 3: Mudiad bwyd grymusol

Rydym am weld ein cymunedau'n cydweithio i lunio eu system fwyd leol, ac i bobl gael cyfleoedd i ddysgu sgiliau tyfu, coginio a maeth a'u datblygu.

NOD 4: Economi fwyd leol ffyniannus

Rydym am i fusnesau bwyd iach, amgylcheddol gynaliadwy a gwydn fod wrth wraidd ein heconomi leol, gyda phobl sy'n gweithio yn y sector hwn yn ennill bywoliaeth dda.

NOD 5: System fwyd teg a chysylltiedig

Rydym am weld materion ac atebion sy'n ymwneud â bwyd yn cael eu cynnwys ar draws yr holl bolisiau lleol ac i weld pobl yn gweithio gyda'i gilydd i sicrhau bod camau'n cael eu cydgyssylltu, a'u dosbarthu'n deg ar draws cymunedau ac ardaloedd o'r ddinas.



The Good Food Strategy: Five Goals

These five goals have been co-designed with the public and these are the final set. By 2024 we want to see...

GOAL 1: A healthy Cardiff

We want to ensure everyone has access to, has choice over and can afford nourishing, healthy and culturally appropriate food.

GOAL 2: An environmentally sustainable Cardiff

We want the way food is produced, bought and consumed to benefit nature, tackle climate change and prevent food waste.

GOAL 3: An empowering food movement

We want to see communities working together to shape their local food system, and for people to have opportunities to learn and develop skills in growing, cooking and nutrition.

GOAL 4: A thriving local food economy

We want healthy, environmentally sustainable and resilient food businesses to be at the heart of our local economy, and people working in this sector earn a decent living.

GOAL 5: A fair and connected food system

We want to see food-related issues and solutions included across all local policies and to see people work together to ensure action is joined up, and fairly distributed across communities and areas of the city.





Mae Bwyd Caerdydd yn cysylltu pobl a phrosiectau

Watch the full video by clicking [here](#).



BUILDING RESILIENCE

Food Cardiff's Five Year
Food Security Plan

2018 - 2023





Covid-19 Two Key Challenges

1. People being unable to afford food in crisis
2. People who are unable to access food (self-isolation, service closures etc.)

food
Cardiff

Covid-19 Food Response Task Group: Food Cardiff, Cardiff Council, Cardiff Third Sector Council, FareShare Cymru, Cardiff & Vale University Health Board, Cardiff Foodbank and Cardiff Business School.

"I think our food parcels were better than the shielding food parcels because we took on board the advice of our dietary colleagues in the NHS, who also sit on the Food Cardiff partnership. So again, the benefit of the partnership." (Council staff respondent)

Food Vulnerability During Covid-19 Cardiff Case Study



“Objectively, [if I] think about what would’ve happened if it wasn’t for the partnership in place, I think there would be a lot less coordination and there might be a bit more tension between groups, like between the local authority and the third sector and the grassroots.” (Third sector respondent)

Food Vulnerability During Covid-19 Cardiff Case Study

“That taskforce that was set up right at the beginning was hugely helpful, the Food Cardiff one, because not only did it alleviate anxiety but you knew that 1) you weren’t duplicating what somebody else was doing, 2) the gap was identified and then a solution was found. Then we knew that what we were doing was alright. We didn’t have to expand into it.” (Third sector respondent)

Food Vulnerability During Covid-19 Cardiff Case Study

HOW TO END THE NEED FOR FOOD BANKS

ADDRESSING THE ROOT CAUSES OF POVERTY WOULD MEAN EVERYONE IN THE UK COULD AFFORD TO BUY ADEQUATE, HEALTHY AND NUTRITIOUS FOOD

WITHOUT ADDRESSING THE ROOT CAUSES OF POVERTY, MORE PEOPLE WILL NEED TO TURN TO FOOD BANKS

1 ADEQUATE BENEFIT PAYMENTS AND FAIR WAGES

'Food poverty' is poverty. Social security payments must be adequate, accessible and timely and wages need to match the cost of living.



2 STATUTORY CASH GRANTS

Statutory cash grants should be available through every local authority to support people falling into financial crisis in addition to an adequate social security system and fair wages. Cash grants need to be well promoted, accessible and rapidly available to help individuals and families unable to afford food.



3 CHARITABLE CASH GRANTS

When statutory cash grants aren't available, the provision of charitable cash grants enables people unable to afford food to make their own choices.



5 EMERGENCY FOOD PARCELS

Charitable food aid provision is a stop gap measure and will not address the root causes of poverty. Food banks rely on the good will of volunteers, donations and redistributed surplus food.

4 VOUCHERS

Vouchers for food can be a useful emergency food parcel substitute and makes choice possible.



Food Cardiff's Welsh Government EUT Tackling Food Insecurity project

Develop, deliver and add capacity to a range of engaging food-based projects:

- To increase access to affordable, healthy food
- To equip Cardiff citizens with the skills, knowledge and confidence to lead healthy, sustainable lives.



Approach:

Working with over 15 partners to deliver a **multi-stranded approach** which covers a significant number of root causes and contributors to food insecurity

Budget:

£150,000 of which majority (£100,000+) went directly to partners



Strand 1: Building capacity of community food projects



28 members of Cardiff
Community Food
Retail Network

Food Cardiff active
members have grown
from 121 to 203 in 6
months

~14 retail projects
trained in food
hygiene, nutrition,
retail logistics and
volunteer management

103 households
supported with
emergency grants

Food-related benefits
e-learning in
development, aiming
to reach 300 frontline
staff/volunteers

9 retail members
attended visit to
London community
food retail projects

Strand 2: Developing local supply chains to alleviate food insecurity and build resilience of supply (Plot to Pantry)



4 community gardens and allotment sites donated over 150kg food to pantries

6 small capital grants and >3000 plug plants given to allotments and community gardens to scale production

Electric van allocated to distribute locally grown produce to alternative food retail

Strand 3: Mass Participation in Good Food Projects

New website launched as resource hub, 22,394 views since September (8,276 in 2 months since website launched)



169 pledges have been made to take action on good food



23 Autumn Festival events, 1200 attendees, 500 meals shared. Reached 46,000 people on social media

#GoodFoodCardiff social media campaign reached ~550,000 people with 1.6million impressions



150 households took part in Healthy Cooking Challenge



1000+ people responded to evaluation survey

What worked well

Having a well-established Food Partnership ensured that the project whole was far greater than the sum of its parts:

- Existing network of partners
- Co-ordinated action which didn't duplicate
- Economics of scale (e.g. developing one training package for multiple orgs)
- Strategic approach
- Ability to be dynamic and move quickly
- Funding flowing directly to on the ground organisations and individuals in food insecurity, rather than contractors



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Bwyd Cymru
Food Sense
Wales**

Louise Denham

**Cydlynnydd Bwyd Cynaladwy /Sustainable Food Coordinator
Bwyd y Fro / Food Vale**

#foodvalevision

@valefood



Food Vale is a partnership of dedicated individuals, community groups, organisations and businesses working together to build a thriving, healthy and sustainable food system in the Vale.

POSTCARD from the FUTURE 2025

COMMON SPACES
ACCESS TO PUBLIC SPACES
PUBLIC SECTOR LEADERSHIP!

VALE AS A food destination
THAT LOOKS COOL!
Sustainable SUPPLY CHAIN

ACCESS TO FOOD
ONLINE SHOPPING!
TEACHING IN DEPRIVED COMMUNITIES
CHILDREN & OLDER PEOPLE: NUTRITIONAL INFORMATION

RESTAURANTS
TASTY, LOCAL!
LOCAL FOOD GRADING
TRAINING

LOCAL BUSINESS
THINKING BUSINESSES!
I KNOW WHERE MY FOOD COMES FROM!
TRUSTWORTHY INFORMATION

SCHOOLS
FOOD CERTIFICATE SOURCING & BUDGETING
HOW TO COOK... IN 20 SECONDS
COOKING SKILLS - INSPIRE PEOPLE!

Engagement Event @ St Donat's Arts Centre
Thursday 9th November 2017

Visual by Laura for Eleanor Beer .com © 2017

Mae Bwyd y Fro yn bartneriaeth o unigolion, grwpiau cymunedol a busnesau ymroddedig sydd yn cydweithio i ddatblygu system fwyd ffyniannus, iach yn y Fro.



Ein prif feysydd blaenoriaeth ar gyfer mudiad bwyd da ym Mro Morgannwg yw:

- Pryd da i bawb, bob dydd
- Busnesau bwyd lleol ffyniannus, sydd yn cael eu cefnogi a'u gwerthfawrogi
- Meddwl yn fyd-eang, bwyta'n lleol

Nodir y gwerthoedd hyn yn [Siarter Bwyd y Fro](#) sydd yn rhannu gweledigaeth ar y cyd ar gyfer dyfodol bwyd yn y Fro.



Our key priority areas for a good food movement in the Vale of Glamorgan are:

- A good meal for everyone, everyday
- Thriving local food businesses which are supported and valued
- Think global, eat local

These values are set out in our [Food Vale charter](#) which shares a collective vision for the future of food in the Vale.

Vale of Glamorgan

- ~**130,000** population, distinct towns & regions
- Generally an affluent county, but significant areas of poverty and deprivation, and gaps in intervention
 - **3.67%** adults experiencing hunger because they did not have enough to eat
 - **13.66%** adults who struggled to have food
 - **11.31%** adults worried about having enough food (Jan 2021)





FOOD *Vale* **BWYD** *Y Fro*

Food Vale Action Plan

2022 / 2023



FOOD *Vale* **BWYD** *Y Fro*

Cynllun Gweithredu Bwyd y Fro

2022 / 2023















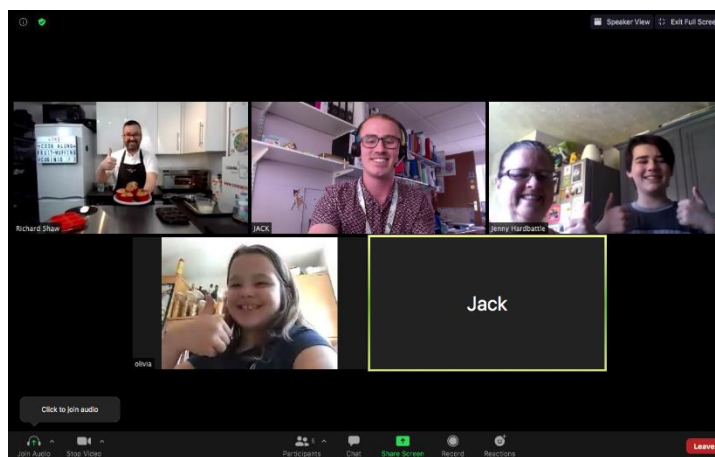
Food Vale Festival 2021

Aimed to shine a light on local food businesses, raise awareness of Food Vale and provide residents with opportunities to get involved in the good food movement.

- Videos themed on Food Vale Charter
 - Virtual Cookalongs
 - “Twitter Takeovers”
 - An online Zoom discussion
- ✓ **175** Facebook event responses
 - ✓ **Over 500** views of festival page on website.
 - ✓ **~30** businesses & organisations
 - ✓ **230%** increase in Facebook page followers **+65** Twitter followers

Events | Digwyddiadau

 <p>Cooking Together: Get Cooking! Salmon Fishcakes and Spicy Noodles March 23 @ 6:00 pm - 7:00 pm</p>	 <p>Cooking Together: Glamorgan Sausages March 24 @ 5:30 pm - 6:30 pm</p>	 <p>Virtual tour: Gibby Green Fingers March 25 @ 2:00 pm - 2:30 pm</p>
 <p>Cooking Together: Friday Night Curry March 26 @ 5:30 pm - 6:30 pm</p>	 <p>Twitter Takeover: Cowbridge Farmers Market March 27 @ 9:00 am - 1:00 pm</p>	 <p>Family Cook-a-long: Tomato Pasta Bake March 29 @ 3:00 pm - 4:00 pm</p>
 <p>Family Cook-A-Long: Fruit Muffins March 30 @ 1:00 pm - 2:00 pm</p>	 <p>Twitter Takeover - Zero Waste Kitchen with Awesome.Wales March 30</p>	 <p>Thriving local businesses: Forage Farm Shop and Restaurant March 31 @ 2:00 pm - 2:30 pm</p>
 <p>Online Discussion: Think Global Eat Local March 31 @ 5:00 pm - 6:00 pm</p>	 <p>Family Cook-A-Long: Easter Egg Pizza April 1 @ 10:30 am - 11:30 am</p>	 <p>Scavenger Hunt April 1 - April 4</p>



Food Vale Festival 2022

Offered small grants to community groups to lead their own healthy & sustainable food activities:

- Seed swaps
- Foraging Walks
- Garden Tours
- An online Zoom discussion
- School Microgreen Growing Workshops
- ✓ **200+** participants
- ✓ **9** community-led activities
- ✓ **120** school pupils involved
- ✓ **190 likes** and **120 retweets** on on #FoodValeFest and #GwylBwydYFro



Llantwit Food Project

- Worked with approx. 20 partners from across public/third sector, as well as local community members, to explore **the roots causes and contributors to food insecurity in Llantwit Major.**
- Based on these findings, developed a plan to improve access to good food.
- Thanks to funding from the national lottery, we are now piloting this plan.



Llantwit Food Project

- A monthly 'More Than Food' hub at the CF61 centre, inc. cookery demos, equipment loans and face-to-face support to reduce stigma of accessing food support schemes/wider support.
- Better signposting and information for support on finances, employment, mental health, physical activity, housing and more, to tackle root causes and contributors to food insecurity
- Piloting a mobile food pantry service - van
- Volunteers being trained in community nutrition skills
- Delivery of a Level 1 Get Cooking course
- Supporting local food growing projects with equipment to encourage local production and volunteers

<https://foodvale.org/llantwit/>



BWYD Y Fro

FOOD Vale

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www.foodvale.org



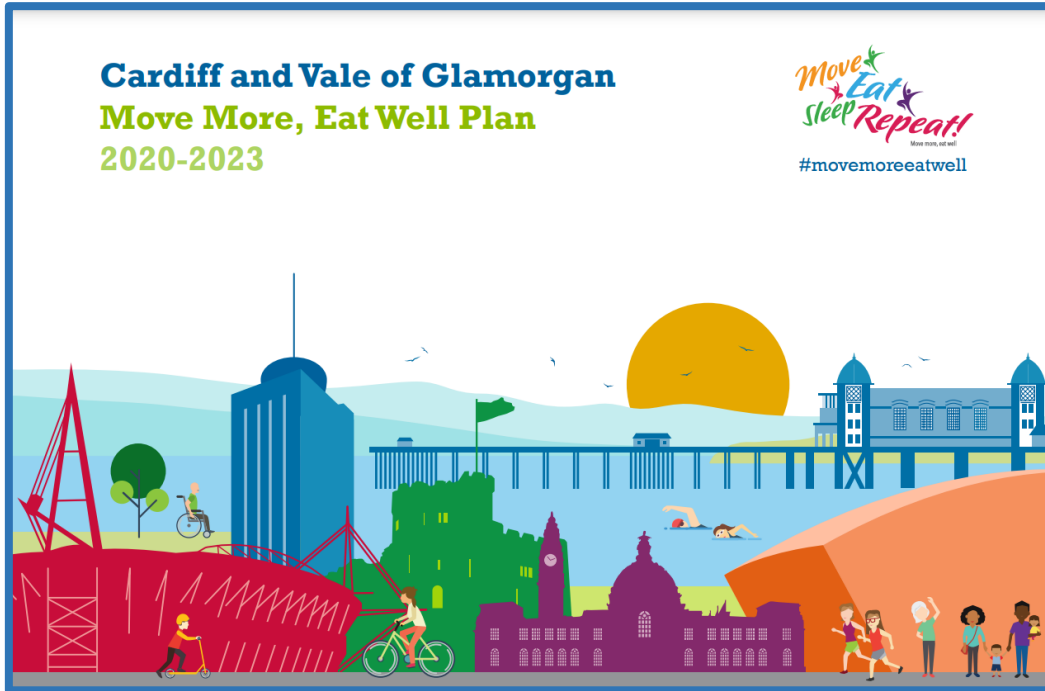


**Synnwyr
Bwyd Cymru
Food Sense
Wales**

Rebecca Stewart

**Prif Ymarferydd Iechyd Cyhoeddus, Bwrdd Iechyd Prifysgol Caerdydd a'r Fro /
Principal Public Health Practitioner, Cardiff & Vale University Health Board**

Move More, Eat Well



- Healthy Weight Strategic Framework for Cardiff and Vale of Glamorgan
- Driven forward in partnership and strategically aligned (*e.g. Cardiff and Vale UHB Shaping our Future Population Health and PSB Wellbeing Plans*)
- Progressing 'WSA to Healthy Weight in Wales' locally through MMEW



FOOD
Vale

food
Cardiff

- Strategically:
 - Implementation group members
 - Aligning priorities/shared vision
 - Joining up action (across our local healthy weight system)
- Driving action:
 - Healthy and sustainable food procurement
 - Healthy communities
 - Healthy advertising and marketing



**Synnwyr
Bwyd Cymru
Food Sense
Wales**

Emma Holmes

**Arweinydd Clinigol ar gyfer Deieteg Iechyd y Cyhoedd, Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro /**

**Clinical Lead for Public Health Dietetics, Cardiff & Vale University Health
Board**

Food Security and Health.

- Families on a low income spend the highest proportion of their income on meeting dietary needs and are impacted more by rising food and fuel prices.
- People in lower income groups have a higher prevalence of diet related conditions such as diabetes, heart disease, obesity and certain cancers. As well as malnutrition.
- 26.9% of children in Wales are classified as overweight or obese (Childhood Measurement Programme, 2019)
- The gap between the obesity levels in the most deprived quintile and least deprived has increased from 4.7 % in 2015-16 to 6.9% in 2018/19.
- The National Diet and Nutrition Survey (2016) shows mean total fruit and veg consumption and fibre intakes are significantly lower in the lowest income bracket.
- 26.9% of households would need to spend more than $\frac{1}{4}$ of disposable income to meet government healthy eating recommendations (Food Foundation 2017)



Nutrition Skills for Life[®] Training

1. Level 2 accredited food and nutrition skills training for community based staff, volunteers, peer leaders	2. Level 1 accredited food and nutrition skills courses for community groups These can be delivered by those who have completed *1
<ol style="list-style-type: none"> *Level 2 Community Food and Nutrition Skills (3 credits) Level 2 Community Food and Nutrition Skills for the Early Years (2 credits) Level 2 Food and Nutrition Skills for Those Providing Care & Improving Food and Nutrition Care for a Client Group (2 credits) 	<ol style="list-style-type: none"> Community Food and Nutrition Skills (1 credit) Get Cooking (2 credits) Come and Cook (3 credits) Foodwise for Life (2 credits) Foodwise in Pregnancy

- Level 1 course facilitators also complete 'Facilitation training'
- All now can be delivered digitally, with the exception of Level 2 Food and Nutrition Skills for Those Providing Care and Improving Food and Nutrition Care.



NutritionSkillsforLife.com



- All accredited nutrition training, course information (Level 2 and Level 1) and community initiatives in one place
- Nutrition information and resources including interactive games
- How we can support settings to implement food and nutrition best practice guidance