







## A GOOD FOOD PLAN FOR BRISTOL





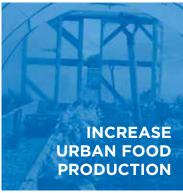






















#### A VISION...

Imagine you lived in a truly sustainable food city, renowned for the vibrancy and diversity of its food culture, and for a food system which, from field to fork, is good for people, places and the planet. A city where good food is visible and celebrated in every corner and where everyone has access to fresh, seasonal, local, organic and fairly traded food that is tasty, healthy and affordable, no matter where they live.

Picture a city where every school, hospital or care home, every restaurant and work place canteen serves only delicious sustainable food; where good food enterprises multiply and thrive; where people of every age, and from every background, are developing skills in growing and cooking and are practically involved in creating a positive and inclusive food culture in their own communities.

Would you want to live in a city like this? We believe that that this is an achievable reality for Bristol....

#### A PLAN FOR GOOD FOOD

#### Who is this booklet for?

- » Anyone who can and who wants to make a difference to the vision of a more sustainable and resilient food system in the city.
- » Politician or food producer, cook or consumer we all have a part to play in the transformation of our city's food culture.

#### How did the Good Food Plan originate?

- » The 'Who Feeds Bristol?' report (Joy Carey, 2011), commissioned by NHS Bristol and Bristol City Council looked at how a million meals arrive on our plates every day, and how the city can positively influence the food system.
- » The report, to which over 200 people contributed, advocates a 'Food Systems Planning' approach for Bristol and the surrounding region in order to build a food culture that has the health of people and planet at its heart.

#### What is its objective?

- » To promote system change by outlining realistic targets, actions and a call to arms to all relevant stakeholders involved in the food industry - producers and consumers alike.
- » To give people practical and tangible solutions to a bewilderingly complex issue.

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Bristol Pound image C Mark Simmons

#### LET'S TALK ABOUT FOOD

#### WE ARE CREATING JOBS OF LOW VALUE AND LOW STATUS.

The steady and systematic changes that have occurred to our food culture over the last few decades have left our society in a dangerous and vulnerable position. The impact on our health has reached epidemic levels; our diets are largely to blame for the obesity crisis, for the diabetes crisis, for some cancers and for much heart disease.

Economically, the toll has been severe, with the disappearance of small and medium sized farms, processors, wholesalers and retailers as an ever increasing proportion of food sold in the region is imported from elsewhere in the UK or abroad.

Our high streets, especially in the more deprived parts of a city, are dominated by empty shops, poor quality fast food, charity shops and off licences. Since the UK's first supermarket opened in 1951, the picture has changed from diversity and balanced competition to consolidation and monopoly. The impact on employment, from farm-workers to school cooks, is fewer jobs of low value and low status.

#### Facts:

- » 10 wards in Bristol (out of 35) have no greengrocer. ('Who Feeds Bristol?' report, March 2011)
- » 17,000 children and young people in Bristol are obese, a further 11,000 overweight.

#### IT'S A CONVERSATION WORTH HAVING

THIS APPROACH TO FOOD IS BOTH DARING IN SCOPE AND AMBITION; ITS AIM IS A SUSTAINABLE AND RESILIENT FOOD PLAN INTEGRATED ON A REGIONAL LEVEL.

At the same time, however, the West of England has become a recognised leader in innovative food-related projects. It is a city home to some inspirational food heroes, abundant with stories of different sizes, shapes and scales; individuals and organisations all driving the growing recognition of the unique and pivotal role that food can play in driving positive social, economic and environmental change.

From field to fork, the food system remains one of the biggest employment sectors in the West of England, including producers, processors, distributors, retailers and caterers. It is also one of the greatest single contributors to long term public health outcomes in terms of obesity, diabetes and other diet-related disease; to carbon emissions, biodiversity and waste; and to skills development, community cohesion and resilience.

We now stand at a strategic moment, collectively we can make changes that will make an impact, not in a generational time period, but within 3-5 years. The consensus is for a cross-sector integrated approach to creating a vibrant and diverse food economy based on healthy and sustainable locally produced food. This approach to food is both daring in scope and ambition, and unique in its aim of developing a sustainable and resilient food plan that is integrated on a regional level.

#### JOINING THE DOTS

#### Introducing the Bristol Good Food Plan

THE GOOD FOOD PLAN ADVOCATES A 'FOOD SYSTEMS PLANNING' APPROACH FOR BRISTOL IN ORDER TO BUILD A FOOD CULTURE FOR THE CITY THAT HAS THE HEALTH OF PEOPLE AND PLANET AT ITS HEART.

To achieve our desired vision for 'good food' for tomorrow we have to understand and address the problems and shortcomings of today and come up with a feasible, realistic and inherently holistic plan.

The plan is inspired by people and organisations that are leading the way in sustainable food innovation. It is also grounded on thorough analysis of how a city like Bristol and its regional food supply system operates and how the different elements of the system are interconnected. We need to understand strengths and vulnerabilities in relation to food system sustainability and longer-term resilience.

The Bristol Good Food Plan is a simple tool that gives us some clear agreed aims and helps us plan and implement real step-change together by connecting up and building on existing work and developing new strategic initiatives.

It identifies eight distinct themes that Bristol needs to address in order to ensure that in the future the city has a healthy, viable and equitable food system that is as resilient as possible to any future shocks and challenges. These eight themes provide the basis to Bristol's Good Food Plan.

#### WE ALL HAVE A PART TO PLAY

THE PURPOSE OF THE FOOD PLAN IS TO ENABLE EVERY ORGANISATION IN THE CITY TO EXAMINE HOW THEY CAN INFLUENCE THE FOOD SYSTEM AND WHERE THEY CAN TAKE ACTION.

We are under no illusion of the immense scale and ambition of a food plan. But the rewards and benefits would be significant with repercussions that would be farreaching and generational.

To reform the food system in this integrated way has not yet been built into any UK local government policy and strategy, in fact on a national level food exists in 19 different government ministries. Nor could a local government achieve such changes alone. It requires the commitment and proactive participation from a wide range of city and city region stakeholders.

The purpose of the food plan is to enable every organisation in the city to examine how they can influence the food system and where they can take action. We need everyone – groups, organisations, businesses, individuals - to clarify where their input and expertise lie.

We need to enable different groups to lead on different themes according to their expertise; to develop a clear advocacy and food policy leadership role for the Bristol Food Policy Council and to enable effective connecting up within a clear strategy to create positive step-change in the next five years.



To encourage people to cook from scratch, grow their own, and eat more fresh, seasonal, local, organically grown food.

FROM FIELD TO FORK, THE FOOD SYSTEM REMAINS ONE OF THE BIGGEST EMPLOYMENT SECTORS IN THE WEST OF ENGLAND

### TRANSFORM BRISTOL'S FOOD CULTURE

The change that must happen with our daily interaction with food must start from the kitchen tables of our homes: fresh, local, 'good food', cooked from scratch. While the nation's favourite celebrity chefs tempt us with their delicious recipes, ready cooked convenience meals and takeaway food are still the norm for most.

Bristol has always been a pioneering city with a healthy dose of DIY culture. There are many excellent examples of Bristol's food culture changing for the better in our schools, hospitals, restaurants, cafes, shops, and businesses. There are food-growing projects happening on derelict land, accessible cookery lessons for all, food festivals showcasing regional delights and local organic farms supplying fresh vegetables straight into the city.

However, as a city we have to do so much more. Food growing around the city should be highly visible. Bristol should lead the way as a world leader in creating enjoyable opportunities for people of all ages to learn new skills and experience the pleasure of growing and cooking good food. We need to increase the number of quality jobs throughout the food sector and eliminate food poverty.

- » Bristol's 'Healthy Schools' programme worked with over 50 schools to significantly reduce the amount of sweets and crisps in packed lunches and increase the fruit and vegetables consumed.
- » Bristol City was the first city in England and Wales to recieve the UNICEF 'baby-friendly' award for its work on breast feeding.



To champion the use of local, independent food shops and traders to help keep our high streets vibrant and diverse.

### SAFEGUARD DIVERSITY OF THE FOOD RETAIL SECTOR

The city should have fresh, seasonal, local and regional, organic and fairly traded food staples available at affordable prices in all local shopping centres. Buying from local, independent food shops and traders is far better for local employment and can make a significant contribution to Bristol's economy.

There needs to be a significant increase in the number and market share of independent food retailers & restaurants selling 'good food', with the Bristol Pound being widely accepted in all independent food retail outlets and wholesale markets.

To be effective, community-led 'good food' trade has to be well promoted and supported; seen as integral to the city's food system.

Finally while there is always a place for supermarkets in the food industry, Bristol must be strategic in its retail planning; controlling supermarket expansion and only allowing new sites where it will be beneficial for the local community.

- » Each pound spent in local, independent shops supports at least twice as many local jobs compared with spending in multiple chains.
- » 2000 independent food retailers go out of business each year nationwide.
- » In 2009 the UK Competition Commission urged tighter planning rules to stop large supermarkets squeezing rivals. In 2004, 19 stores were owned by 'The Big Four' in the West of England. By 2010 this figure had risen to 76, and to date there are now around 100 stores in the city alone.



### SAFEGUARD LAND FOR FOOD PRODUCTION

SOME OF THE HIGHEST QUALITY AGRICULTURAL LAND IN THE UK CAN BE FOUND TO THE NORTH AND SOUTH OF THE CITY.

In order for the city region to be more food resilient in the future we need to understand and value the multiple benefits that arise from sustainable agriculture and land management: Bristol can help to increase the number of land-based jobs.

The best and most suitable quality food growing land has to be protected and available for food production. All Bristol Development Framework documents, including local plans, have to reflect 'good food' values and include land allocation for food growing that is in line with demand from community groups and individuals.

Some of the highest quality land in the UK can be found to the north and south of the city. One way of protecting this land from non food purpose development is to farm it. There are some really inspiring community food initiatives that have reintroduced traditional market gardening onto high quality agricultural land that could otherwise have been lost to food growing.

Community groups, enterprises and schools need to be supported to produce food on as much available land and in as many food-growing spaces as possible.

- » The UK imports 90% of our fruit and 60% of our vegetables each year. (Food Matters, UK Cabinet Office 2008).
- » Many thousands of acres of high grade agricultural land in and around Bristol are lying dormant.



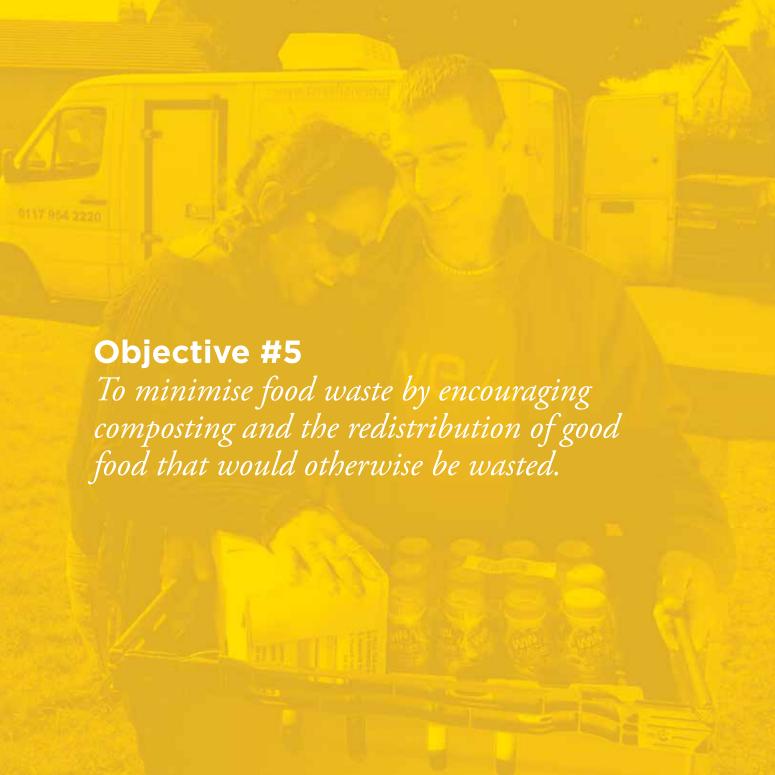
## INCREASE URBAN FOOD PRODUCTION & DISTRIBUTION

MORE MARKET GARDENS SUPPLYING INCREASING VOLUMES OF FRUIT AND VEGETABLES TO BRISTOL ARE BEING RE-ESTABLISHED AS VIABLE ENTERPRISES IN AND AROUND THE CITY.

Even though there is a perception that cities are congested and built up with limited green spaces, the truth is in fact there are plenty of suitable growing spaces. Our parks could have forage areas of fruit and nut trees, communities could plant orchards in their shared green spaces, there could be an expansion of allotments with links to community kitchens.

Within five years from now a connection with food growing could be the norm for the majority of the population. An innovative network of urban food producers could make effective use of a wide range of sites in and around the city. More market gardens could supply increasing volumes of fruit and vegetables to Bristol are being re-established. The potential to produce high cash-value products on land and rooftops in the city is significant.

- » Supporting local food producers is better for the environment 42% of all lorries on the road are carrying food back and forth from distribution centres.
- » One third of Bristol is made up of planted spaces and waterways and 87% of residents live within 300 metres of a public green area (Green Capital Score Card)
- » Since 2011, Bristol's annual 'Get Growing Trail' has enabled over 1000 people each year to visit over 30 community food growing projects across the city.



### REDISTRIBUTE, RECYCLE & COMPOST FOOD WASTE

IN A SUSTAINABLE FOOD CITY FOOD WASTE IS ACTIVELY DISCOURAGED AND ALL FIT FOR PURPOSE FOOD IS REDISTRIBUTED.

Food waste is a massive issue for us all, not only in financial terms but also in terms of energy and carbon waste. The statistics are staggering with an estimated third of the world's entire food production currently wasted, contributing to rising food prices, resource over-use and global warming.

In a sustainable food city, food waste would be actively discouraged and all fit for purpose food is redistributed. Food waste collection would be accurately measured and monitored. Affordable solutions enable commercial food waste collections, including options for hotels, cafes & restaurants.

All energy and nutrients from domestic & commercial food waste would be returned to food production in or around the city and the vast majority of the city's residents would participate in food waste reduction.

- » An estimated 40% of food produced in the UK is wasted, along various stages of supply chain. ('The Food We Waste', WRAP 2009).
- » Bristol's 'Feeding the 5000' events in 2012 and 2013 served 10,000 delicious hot meals free, using food that would have otherwise have been wasted.
- » Bristol's household food waste collections, the first in the UK (since wartime), have led to close up in 20,000 tonne reduction in household waste.



## PROTECT KEY INFRASTRUCTURE FOR LOCAL FOOD SUPPLY

ANY FUTURE BRISTOL DEVELOPMENT FRAMEWORK HAS TO PROTECT INFRASTRUCTURE ESSENTIAL TO FOOD SUPPLY.

For the 'good food' to flow to all corners of the city we need efficient and effective processing, distribution and storage networks and facilities. Distribution of local and regional foods enabled through food 'hubs': physical places for buying and selling that serve both retail and wholesale food outlets.

Any future 'Bristol Development Framework' has to protect infrastructure essential to food supply. Central to this we must retain Bristol's flagship wholesale fruit and vegetable market in St Philips, supporting independent regional supply chains & good food enterprise.

If Bristol were to lose this resource it would result in a significant loss of local jobs and in turn cause a domino effect for thousands of producers throughout the South West and further afield, and for hundreds of caterers and independent retailers.

- » The UK imports 90% of our fruit and 60% of our vegetables each year. (Food Matters, UK Cabinet Office 2008).
- » At the beginning of 1990s the 'Big Four' supermarkets accounted for 50% of all British food shopping, by 2010 this had risen 75%.
- » If the Bristol wholesale fruit and vegetable market were to collapse, then the next nearest market for South West producers would be Birmingham or London.



## INCREASE THE MARKET OPPORTUNITIES FOR LOCAL & REGIONAL SUPPLIERS

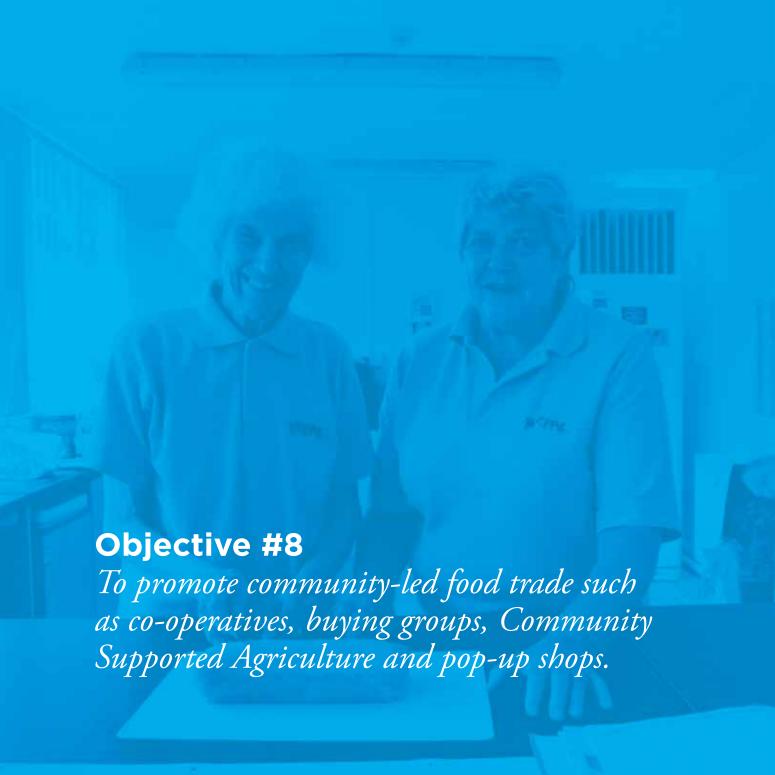
SOURCING LOCAL FOOD WILL HELP BRISTOL FOOD BUSINESSES TO THRIVE.

Sourcing more local and regional food will help Bristol food businesses to thrive. Smaller scale producers, including allotment growers who have surplus, need easy access to markets in the city. Small producers are starting to work together as co-operatives for supplying restaurants and cafes. Universities and hospitals are starting to develop innovative ways of sourcing regional produce within the complex procurement rules that govern their practice. Large contract caterers are starting to see the benefits of acquiring 'Food For Life' (or equivalent) catering awards.

A range of primary food producers from the city region are actively involved in the Bristol Pound Farmlink initiative, increasing the volume of staple foods from the city region sold into Bristol.

An established network of retail markets could provide fresh, seasonal, local & regional foods throughout the city. This would enable the majority of Bristol's meals that are provided by schools, hospitals, staff canteens, universities and colleges to be accredited 'good food' meals.

- » Half the wards in Bristol have less than 10 independent food retailers. ('Who Feeds Bristol?' report, March 2011).
- » The South West has the greatest proportion of organically farmed land of all the English regions, representing 1.9 million hectares.



## SUPPORT COMMUNITY FOOD ENTERPRISES

RESEARCH SHOWS THAT BEING PART OF A COMMUNITY FOOD PROJECT MAKES

US SIGNIFICANTLY HAPPIER AND HEALTHIER!

Research shows that being part of a community food project makes us significantly happier and healthier! Bristol, in the near future, could be full of flourishing community-led food enterprises, covering all aspects of food production, processing, distribution, catering and waste. Enterprises related to food - like bee-keeping could be well supported and valued for their key contribution to a resilient food system.

These community-led trade elements of the city's food system would need to work closely with independent food businesses, local communities and public sector.

Access to start-up support could enable new enterprises to develop and innovate, increasing the number of food-related jobs and training opportunities.

- » Over 70% of those involved in a community food project say their quality of life has improved, and their cooking and eating habits have changed for the better.
- » The Community Farm in Chew Magna, a Community Benefit Society growing on 28 acres, supplies wholesale and a box scheme to Bristol and Bath.
- » Since 2008 the Love Food Festival has made delicious, sustainable food accessible in family-friendly events attracting thousands of local people.

### WHAT WILL YOU DO TO BE PART OF BRISTOL'S FOOD REVOLUTION?

WE INVITE EVERYONE - GROUPS, ORGANISATIONS, BUSINESSES, INDIVIDUALS - TO USE THEIR INFLUENCE AND EXPERTISE IN SUPPORT OF GOOD FOOD.

The purpose of the Good Food Plan is:

- » To create a vision and framework setting out our overall aim and eight objectives.
- » To invite everyone who is already part of this change to see their work as part of a bigger movement, mapping out their actions against the eight objectives.
- » To invite all individuals, groups, organisations and businesses to identify what influence and action they can exert and to take action.
- » To encourage new initiatives to start up.
- » To articulate the change that is needed so that funding bids and investment plans can be developed.

The Bristol Food Policy Council will, in so far as its capacity allows, coordinate and advocate for the investment and actions needed in order to deliver change.

#### WHAT WE WANT TO ACHIEVE

Through concerted action and targeted investment within 5 years we could:

- 1. Halt and reverse the decline in independent food shops on our high streets
- 2. Involve every school in the 'Healthy Schools' approach to food and make food growing and farm visits part of every child's education
- 3. Achieve 'Silver' on the Food for Life Catering Mark (or equivalent) for every Hospital, University and School caterer or kitchen
- 4. Provide practical help for community food growing projects and community kitchens making it easy for projects to start and to keep going
- 5. Collect and compost or recycle the food waste from fifty percent (eventually one hundred percent) of food businesses
- 6. Halt and reverse the rise in childhood obesity
- 7. Strengthen the wholesale, brokerage, and delivery infrastructure that supports the independent food sector
- 8. See year on year increase in the proportion of households eating meals cooked from scratch at least once a week (as measured by the Quality of Life annual survey)

The Bristol Food Policy Council wants to work with others to develop and implement actions that will make these targets a reality.

### MEET THE PEOPLE...



#### TRANSFORM BRISTOL'S FOOD CULTURE: THE SQUARE FOOD **FOUNDATION**

A ground breaking cookery school that teaches people to cook good food, from scratch. The Square Food Foundation is a Community Interest Company, that means that every penny earned from their 'Enthusiast Masterclasses' goes directly to support their community work. Its founder Barny Haughton, has delivered many 100's of courses and workshops over the past 15 years.

www.squarefoodfoundation.co.uk



#### SAFEGUARD LAND FOR FOOD: SIMS HILL SHARED HARVEST

In addition to striving for change to planning policies, one way of protecting land is to farm it. Sims Hill Shared Harvest is one example of a project that has reintroduced traditional market gardening onto high quality agricultural land that could otherwise have been lost to food growing. Sims Hill is a member owned 'Community Supported Agriculture' (CSA) project growing on several acres close to the M32 and just 2 miles from the City Centre. Founded in 2010 it is one of an increasing number of similar ventures springing up across the UK.

www.simshill.co.uk

### MAKING THE CHANGE



## SAFEGUARD DIVERSITY OF FOOD RETAIL: THE BRISTOL POUND

The Bristol Pound, a local currency launched in 2012, enables people to support the local economy by directing their money to local independent businesses. Already there are hundreds of local businesses signed up to accept £B and over £100,000 had been deposited in £B. More money is kept in the city, working for the people of Bristol. For every £1 spent at a chain supermarket, only 10-12p stays in the local economy. £Bs stick to our local economy for longer, and are spent again and again locally, creating more wealth for our communities.

www.bristolpound.org



#### INCREASE URBAN FOOD PRODUCTION AND DISTRIBUTION: THE SEVERN PROJECT

The Severn Project, a Community Interest Company founded in 2010, produces 300kg of top quality organic salad leaves per week to sell commercially, and provides education training and employment for socially excluded individuals. It is one of the most productive urban horticultural projects in England. As well as employing several full time staff it has successfully provided housing and therapeutic support for people with substance misuse issues, low-level mental health issues and those at risk of reoffending.

www.thesevernproject.org



#### REDISTRIBUTE RECYCLE AND COMPOST FOOD WASTE: **FARESHARE SOUTH WEST**

FareShare South West works with the food industry to minimise their surplus food from going to waste, by redistributing it to organisations who are working with some of the most vulnerable people in society.

Each day they feed 2500 with food that would have otherwise gone to landfill. They support over 100 organisations, including hostels, day-centres, lunch clubs, addiction agencies, young people's projects and refugee centres. Around half of their volunteers are or have been vulnerable and are offered training opportunities and support in their lives.

www.faresharesouthwest.org.uk



#### PROTECT KEY INFRASTRUCTURE FOR LOCAL FOOD SUPPLY: ST PHILIPS WHOLESALE MARKET

Bristol Wholesale Fruit Centre in St Philips is a vital part of our food system infrastructure. Established in 1968, the market serves virtually the entire independent greengrocery sector across South Wales and the Southwest of England. If the St Philips wholesale market were to collapse, this would cause significant loss of local jobs and would cause a domino effect for thousands of producers throughout the South West and further afield, and for hundreds of caterers and independent retailers. Without Bristol, the next closest markets are Western International Market just outside London near Heathrow, or Birmingham.

www.bristol.gov.uk/page/markets-bristol



# INCREASE MARKET OPPORTUNITIES FOR LOCAL AND REGIONAL PRODUCERS: NORTH BRISTOL NHS TRUST

North Bristol NHS Trust is the first Hospital Trust in England to achieve Silver in the Soil Association's Food for Life Catering Award. The Trust runs Southmead and Frenchay Hospitals and employs some 9,000 staff. Meals are prepared in their onsite kitchens using locally produced fresh ingredients and as a result it invests around £350,000 each year to producers of regional seasonal food. There is significant further scope for increasing investment in the regional food economy if all public sector catering (Universities, schools, all NHS, residential homes etc) can follow this trend.

www.foodforlife.org.uk



#### SUPPORT COMMUNITY FOOD ENTERPRISE: HARTCLIFFE HEALTH AND ENVIRONMENT ACTION GROUP

Hartcliffe Health and Environment Action Group Ltd (HHEAG) is a community group that has developed a range of projects in South Bristol since 1990 to address food affordability, accessibility and skill development. It is based in an outer city housing estate, and is managed by a committee of local residents. Its projects include cooking classes, market gardening, allotments and a food co-op.

www.hheag.org.uk

### THE BRISTOL FOOD POLICY COUNCIL

THE FOOD POLICY COUNCIL DEFINES 'GOOD FOOD' AS BEING VITAL TO THE QUALITY OF PEOPLE'S LIVES IN BRISTOL. IT SHOULD BE TASTY, HEALTHY AND AFFORDABLE AS WELL AS GOOD FOR NATURE, GOOD FOR WORKERS, GOOD FOR LOCAL BUSINESSES AND GOOD FOR ANIMAL WELFARE.

The Bristol Food Policy Council was launched in March 2011, in order to help drive forward the recommendations from the Who Feeds Bristol report. Bristol is the first city in the UK to have a Food Policy Council. The Council members are drawn from different sectors of the food system, and give their time voluntarily. Administrative support is provided by Bristol City Council. Since its formation the Food Policy Council has:

- » Hosted events, meetings, and commissioned reports to raise the profile of food as an issue for the city.
- » Worked with the Health & Wellbeing Board, the Local Enterprise Partnership and the Green Capital Partnership to ensure that good food is included in their work.
- » Publicised, promoted and lobbied to gain wider recognition of good food as an issue for health, prosperity, sustainability and community.
- » Strengthened the practical and financial support of Bristol Food Network and grassroots campaigns.
- » Worked with hospitals, universities and others to scope ways of increasing regional food procurement.
- » Teamed Bristol with nine other European cities to form a learning exchange.
- » Prepared this Good Food Plan as a vehicle for businesses, entrepreneurs, policy makers, organisations and activists to create citywide change.

November 2013 www.bristolfoodpolicycouncil.org

