

South
Lanarkshire
**Good
Food**

Strategy
2020-2025
Summary



“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 are:

Celebrated and provides social benefits



Healthy and nutritious for all cultures and needs



Safe



Affordable and accessible



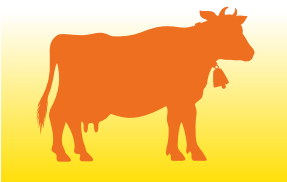
Fair, profitable and produced by skilled workers



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 vision of the Good Food Strategy?

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 wellbeing, 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.

What is the South Lanarkshire Good Food Strategy?

The strategy covers the period 2020-2025. It provides a framework for actions to achieve the vision of the strategy. Change in food systems has the potential to tackle challenges and bring positive outcomes in relation to health, wellbeing, social connections, poverty and inequalities, economy including agriculture and tourism, environment and climate change, and animal welfare. Food systems include all the complex web of activities from field to fork. Therefore, by taking into account all these 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.

What are the main challenges we want to tackle with the Good Food Strategy?

Health and wellbeing

- 2 out of 3 people are overweight or obese in Lanarkshire
- Adults eat 2.9 portions of fruit and vegetables per day compared to 3.1 in Scotland
- In the UK, half of our diet is ultra-processed food
- 19% of babies were exclusively breastfed compared to 27% in Scotland

Affordable and accessible food for all

- 8% of Scottish adults experienced food insecurity in the last 12 months
- 22% of children live in poverty in South Lanarkshire

Fair and inclusive local economy

- 45% of Scottish farms did not make enough to pay the farmers the minimum wage
- Half of the food and 85% of the fruit consumed in the country is imported

Environment and climate change

- Agriculture and related land use is the 2nd highest source of greenhouse gas emissions (26%) in Scotland
- In Scotland, 60% of food waste is avoidable – including items that could have been eaten

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 healthier, fairer and more sustainable food systems. In particular, the Scottish Government, as part of its programme for 2019/20, wishes to place more responsibilities on public bodies, including local authorities, in relation to food.

Local authorities 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 by the council point towards the same objectives and are delivered within a single strategic framework. This also offers a framework to work in partnership with local food stakeholders whether they are from the third, public or private sector.

The Good Food Strategy will also contribute to advancing the objectives of local strategies related to health and wellbeing, education, poverty and inequality, tourism, economic development, sustainable development and climate change.

Who is the Good Food Strategy for?

On one hand, the Good Food Strategy is for officers of the council involved in activities related to food. It provides guidelines to deliver the vision of the strategy. On the other hand, since everyone can contribute to the development of a Good Food Council, the strategy is also a framework of actions for partners, communities, businesses and residents. 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.



What are the objectives of the Good Food Strategy?

Good Food at Home and in the Community

1. Supporting good food education and culture
2. Reducing food poverty and insecurity



Good Food in the Public Sector

3. Improving food in schools and in council properties
4. Improving food in public places



Good Food Economy

5. Supporting a good food retail and catering environment
6. Encouraging a fair and inclusive local food economy



Good Food Growing

7. Providing food growing opportunities
8. Promoting good food growing and sustainability



Good Food for the Environment

9. Reducing food waste and packaging
10. Limiting the impact of food system on the environment and climate change



Good Food Governance

11. Developing and strengthening food partnerships
12. Making good food a priority in the council's area



The strategy offers information about each of the objectives and in particular:

- Why we set them as objectives
- What we want to achieve
- What we will do to deliver and support change
- And some examples of what is already happening in South Lanarkshire

To access the Good Food Strategy document, visit:

www.southlanarkshire.gov.uk/SLGoodFood

For more information or to join the food partnership, please contact: goodfood@southlanarkshire.gov.uk





If you or someone you know needs this information in another language or format, please contact us to discuss how we can best meet your needs.

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