

Our Right to Food: Affording to eat well in a Good Food Nation



Our Right to Food: Vision

A Scotland where everyone is able to afford food that keeps them healthy and well.

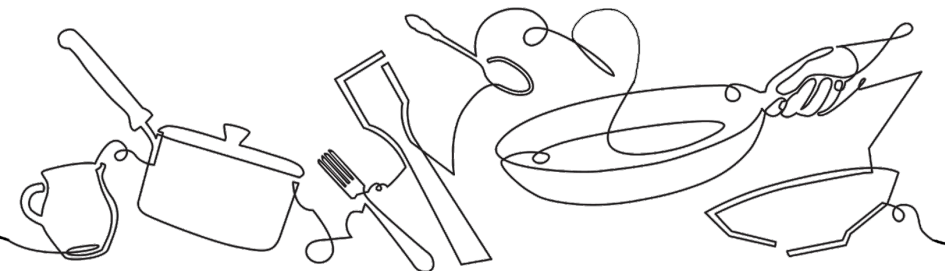


Creating Case Study Families

Involving Community Advisors

- 4 groups of volunteers
- 26 women from across Scotland

People who know what it is like to shop for, prepare and eat food with families in Scotland today.



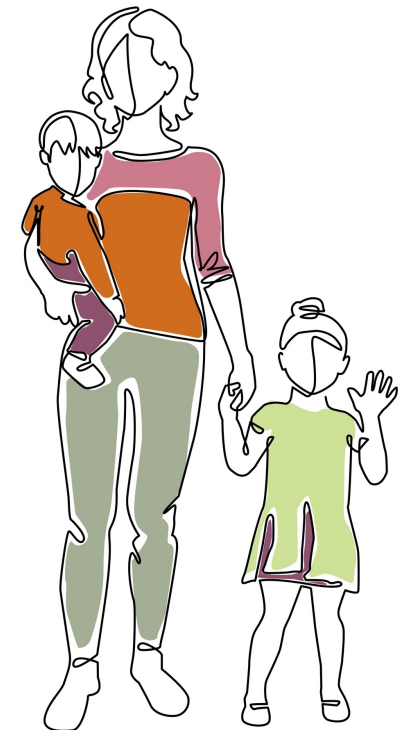
Creating Case Study Families

Robinsons and Browns

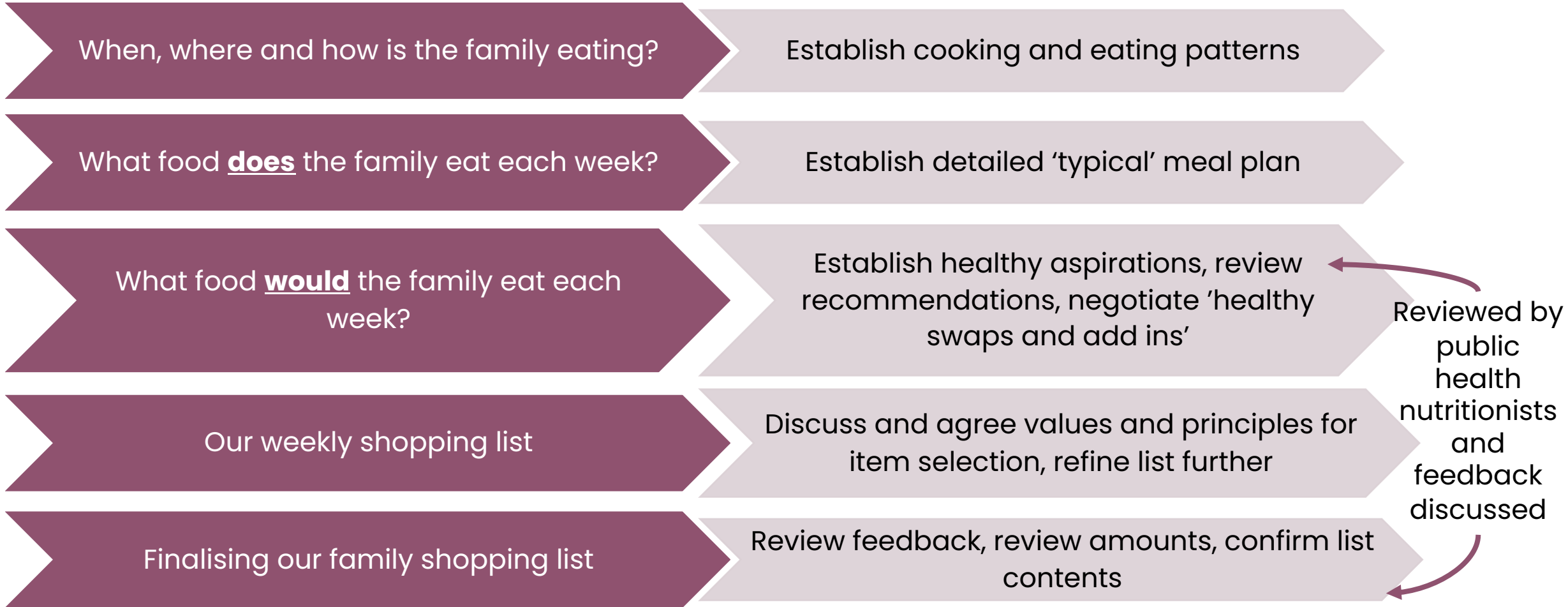
- 2 parents
- 3 children (aged 7, 10 and 15)

Harris-McGregors and MacDougalls

- 1 parent
- 2 children (aged 2 and 5)



Weekly Meal Plans and Shopping Lists



Finding a balance

Good fit for people's lives

Enjoyable

Healthy 'enough'



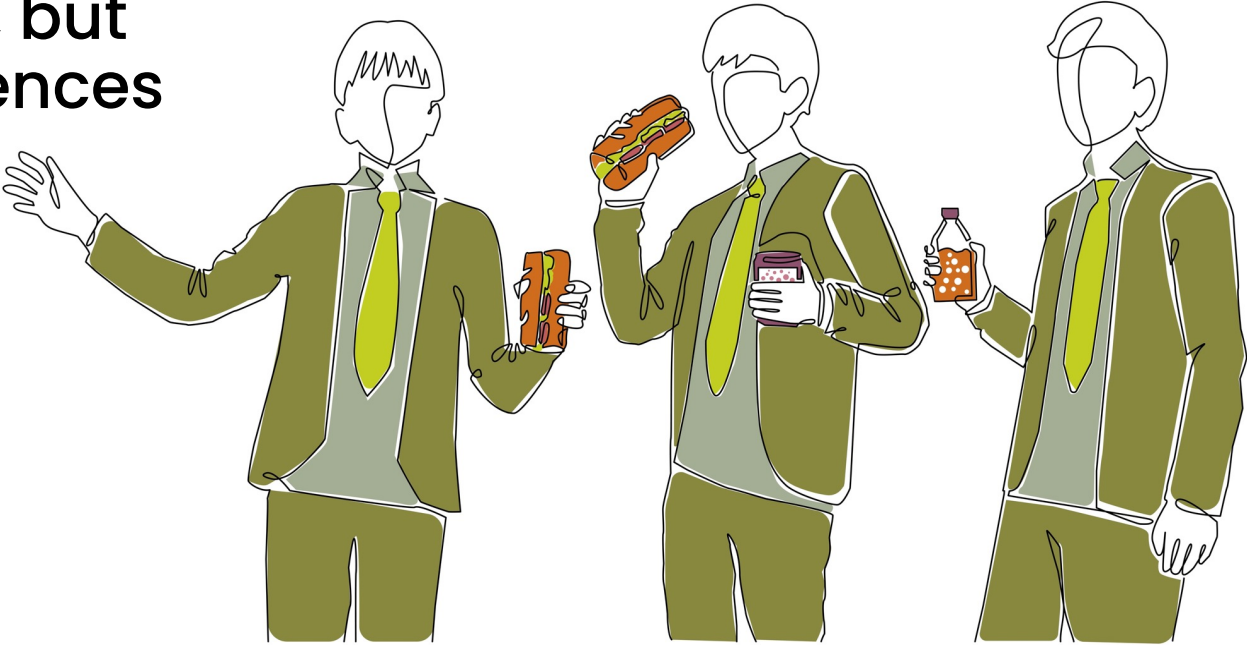
Why?

We wanted to explore what families would choose to include in a shopping list if income from benefits and wages were sufficient.



What we learned

- Daily and weekly rhythms were seen to have a greater effect on the time and motivation to cook from scratch than kitchen skills.
- Sharing meals is highly valued, but different schedules and preferences make this challenging.



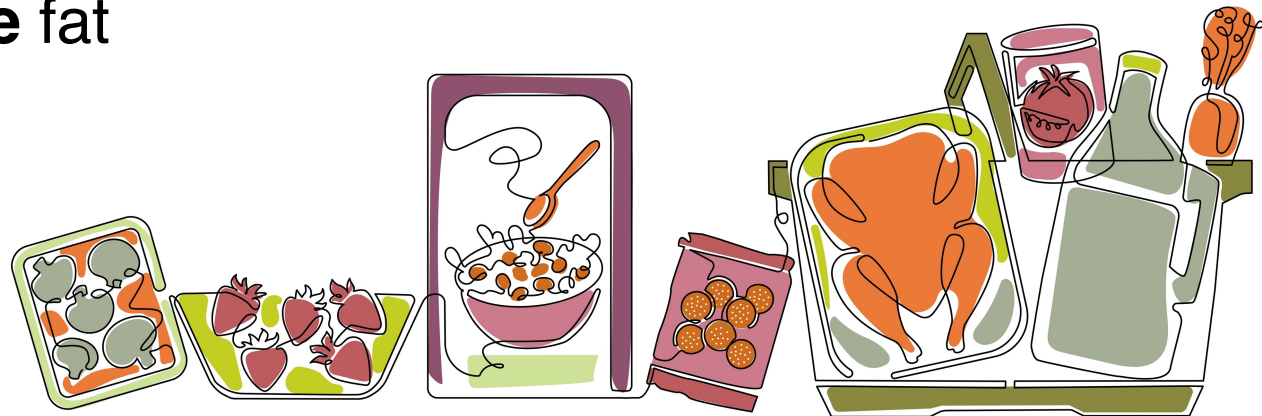
What we learned

- Being able to celebrate special occasions and afford some choice in quality and brand are important parts of the right to food.



What we learned

- The healthiest weekly meal plans that could be agreed by community advisors did not meet all the expectations of the Eatwell Guide or the majority of the Scottish Dietary Goals.
- The adults would be eating **more** fruit, veg and fibre than the Scottish population, **fewer** free sugars, but **slightly more** fat and saturated fat.



What we learned

Total food and drink increased average of 15% (£21.56 per week)

% change Dec 21- Dec 22	Browns	Robinsons	Harris-McGregors	MacDougalls
Fruit and vegetables	14%	22%	17%	28%
Pasta, bread, cereal, rice, potatoes	12%	25%	26%	15%
Beans, pulses, fish, eggs, meat and other proteins	22%	22%	26%	20%
Dairy	26%	21%	39%	29%
Sweets, chocolate, crisps, pastries, biscuits and sugary drinks	3%	14%	0%	20%
Total excluding out of home, takeaway and celebrations	15%	18%	16%	21%

What we learned

- Full shopping list cost 32% of the case study families' disposable income
- Compared to average incomes in Scotland
 - 32% - couple with three children
 - 30% - single parent with two children



Applying the learning

- Extending universal free school meal provision to P6–P7s would save the Browns nearly £30 per month.
- Recent changes to Scottish Child Payment would have provided the large families with an additional £75 per week.

