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Hendriks 2015 argues that debates about <u>how to tackle food</u> <u>insecurity</u> commonly fail differentiate between:

Risk factors for household food insecurity

Food insecurity experience as a phenomenon

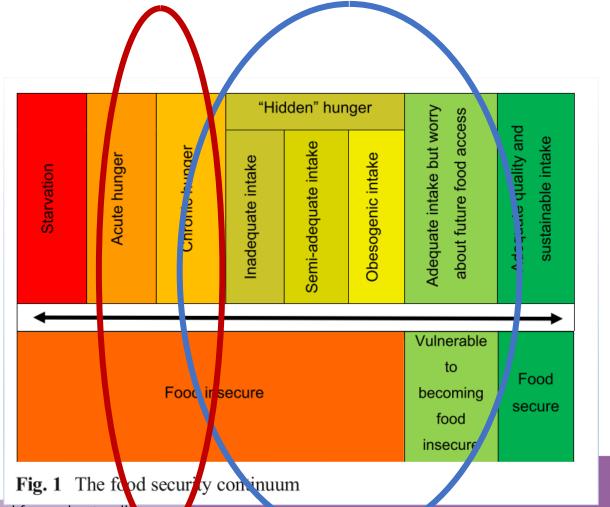
The consequences of food insecurity exposure

27 March 2023



More food insecure people and groups are hiding in plain sight in the UK than are seen at foodbanks or food pantries!

Food insecurity is not a single experience but a sequence of stages reflecting increasing deprivation of basic food needs, accompanied by a process of decision making and behaviour in response to increasingly constrained household resources (Rose et al. 1995).





"The council gave us money to join (food surplus distributor), but as to date since we started with (food surplus distributor), the amount of produce we've been able to use is less than 20 kg a week. Because we can't take chilled produce, we can't take frozen produce, so the ambient temperature ... they've given us a lot more than that but the biggest item by weight we've had has been diet Irn-Bru (soft drink). I would actually use that as an example of something with no nutritional value whatsoever. The second biggest item we've had, not by weight but by quantity, has been salt and vinegar crisps" (CFI mixed urban/rural)

"I'm not, I'm not turning my nose up at [foodbank] at all, cause I've relied on them a lot but I find a lot of the time it's not, like your food parcels are not anything you can really work with. Like you'll maybe get a little bag of pasta and tin of beans and tins of soup but really, when I'm a family of five that's not anything you could really work with" PO5, foodbank user

"I feel outrage that people have to go through this kind of terrible suffering, food poverty, in this age! And, you know, I'm sure there are many people kind of saying the same thing. You know, I'm very satisfied that I've got this kind of work, where I feel I can make a difference now and again, but I'm also overwhelmed by the fact that I know that's just almost a drop in the ocean. There are many, many people that need help and support" (Welfare support assistant, mixed urban rural).

"It's a very humbling experience, very embarrassing and you feel ashamed, but you're desperate"P01 foodbank user A galactice investigation of the dispersion plant of the properties of the propertie

"my arthritis medication, I'm meant to take that three times a day but, I've to take it with food or it can make you quite sick...so I, find that I can only take those tablets twice a day. So, I'm not getting the good of them" ... (Jenny foodbank user, 30).

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Mind the baby gap!

How does surplus food distribution help

formula fed babies?



Final point!

Qualitative research shows that we need to recognise household food insecurity is a 'non-emergency' crisis in the UK - solutions for which must go beyond conversations about how to make food banks work better