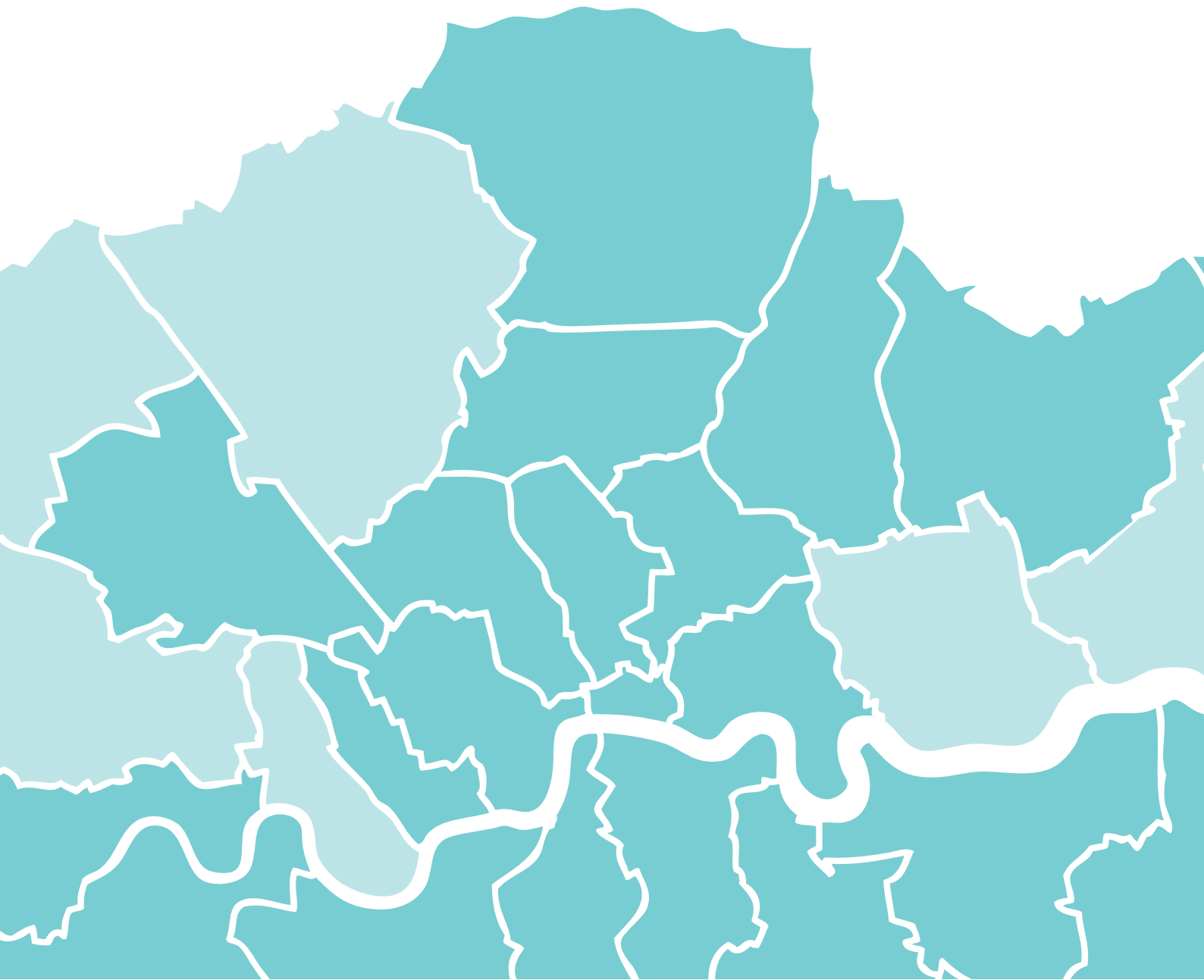


Good Food For London

2013

How London Boroughs can help secure a healthy and sustainable food future



SUPPORTED BY
MAYOR OF LONDON



Foreword by Rosie Boycott

It is great news that the Good Food for London report is now in its third year. It lets us all see the improvements that are taking place across the capital and shows us what individual boroughs are doing to improve the availability of healthy and sustainable food for their residents.

London's local authorities have a vitally important role to play in this: boroughs feed millions of people every day - many of them the most vulnerable, such as young children, older people and those with health problems or disabilities. Boroughs can provide healthy and sustainable meals in schools, meals on wheels services and in care homes, whilst also helping communities gain access to land, facilities and training to help grow more food, establish street markets and run thriving food enterprises. We are already seeing promising signs of such dynamic food enterprises contributing to urban regeneration - London's food sector employs over 300,000 people and is an engine for jobs and growth. London also provides a major market for the farmers, fishers and food manufacturers on which we all depend, whose livelihoods rely on us all making good food choices.

So it's heartening to see that, even in tight economic circumstances, many London boroughs are still using their investment and efforts to serve good food, helping people at every stage of their lives. This is particularly important for people living on low incomes, who are suffering the worst effects of the economic downturn. The London Food Board is particularly interested to ensure that vital services for vulnerable groups, such as meals on wheels, school meals and Healthy Start, are maintained and improved in these difficult times. This can go a long way to helping boroughs meet their health and wellbeing priorities, for which they now have greater responsibility due to changes in national health policy.

The coming year is set to be an exciting time for food policy in the capital, and we look forward to working with boroughs to achieve really big improvements. As this report goes to press, we have heard the welcome news that Government is funding universal free school meals for infants. In London, we are also going to help two London boroughs pilot the School Food Plan, providing good food to our youngsters to improve their health and educational attainment. Meanwhile, the London Food Board is working with Garden

Organic and others to launch an initiative aiming for every school in London to become a food growing school, building on the tremendous success of the Capital Growth programme over recent years, which has been coordinated by Sustain and supported by the Mayor of London and the Big Lottery. We are also launching a pilot to investigate how Healthy Start vouchers for pregnant women and new parents on low incomes can be enhanced to enable more to be spent on fresh vegetables and fruit, particularly from neighbourhood food outlets.

These are just some of the things we can do when we take food seriously, and when we work together to achieve a healthy and sustainable food system for the benefit of all citizens in our great city. I hope that this report will serve as an inspiration for more boroughs to get involved. It is packed full of ideas for good food policies, with the contact details for the organisations that can help boroughs to take action. Please join in. Our city will be an even better place to live in when you do.

Rosie Boycott, Chair of the London Food Board that oversees implementation of the Mayor's Food Strategy



The coming year is set to be an exciting time for food policy in the capital, and we look forward to working with boroughs to achieve really big improvements

Contents

Notes

The statements and opinions expressed in this report should not be attributed to any individual or organisation unless explicitly connected, “by quotation”, with that person or organisation. The report is a compilation of work of independent members of Sustain, London Food Link and several members of the London Food Board.

The London Borough maps of action that are shown in this report are correct to the best of the evidence available to us at the time of publication. We have made every effort to ensure that we highlight good practice of London Boroughs. However, if things have improved in your borough, or if you think there is more food action that we have missed, please let us know and we will update the maps and commentary. We further note that the City of London is a smaller borough than others, with different infrastructure and opportunities to promote good food. On some issues, the City of London may therefore be less able to act than on others.

London Boroughs league table	3
Maps of action London boroughs are taking to support healthy and sustainable food	4
Community food growing	4
Food for Life in schools	6
Fairtrade.....	8
Sustainable fish.....	10
Animal welfare	12
Healthier catering	14
Further actions for good food by London Boroughs	17
Hungry London - it's time for action	18
School Food - a priority for London	20
Group buying makes good food affordable	21
Tackling fast food takeaways	22
Good food matters at all life stages	23
Promoting breastfeeding	24
Healthier food in early years settings and at home	25
Providing good food for older people	26
Helping bees and other pollinators	27
The benefits of setting up a Food Partnership	28

Download this report in pdf format at: www.sustainweb.org/publications

Acknowledgments: Report compiled by Ross Compton of Sustain's London Food Link project, summer 2013. Thanks to Kath Dalmeny and Ben Reynolds, and to the many people and organisations who contributed.

Which London Boroughs are showing leadership?

Key


































































































For each food issue, a symbol (e.g. carrot or heart shape) means the borough is leading the way on this issue, or has made a public commitment to do so.

1 point is awarded for achieving the top award for a food issue; the Food for Life Gold Award is an exception, receiving 1.5 points.

A plain colour means the borough is making progress with action on this issue, scoring 0.5 points. 0.5 is also the score given to the Good Egg Award.

Plain grey means the borough is not showing significant progress on this issue, scoring 0.

Boroughs can score a total of 6.5 points. Details of the meaning of each colour box are shown in the following chapters.

	Community Food Growing	Food for Life in Schools	Fairtrade Food	Sustainable Fish	Animal Welfare	Healthier Catering Comm	Overall score
Islington							6
Merton							
Camden							5.5
Tower Hamlets							5.5
Richmond upon Thames							5
Waltham Forest							5
Enfield							4.5
Greenwich							4.5
Kensington and Chelsea							4.5
Lewisham							4.5
Havering							4
Kingston upon Thames							4
Lambeth							4
Southwark							4
Sutton							4
Barking and Dagenham							3.5
Croydon							3.5
Haringey							3.5
Hounslow							3.5
Barnet							3
Hammersmith & Fulham							3
Redbridge							3
Ealing							2.5
Hackney							2.5
Newham							2.5
Wandsworth							2.5
City of London							2
Harrow							2
Hillingdon							1.5
Westminster							1.5
Bexley							
Brent							1
Bromley							

Community food growing

The Capital Growth campaign helped to establish 2,012 new community food growing spaces in London by the end of 2012. Following achievement of this ambitious goal, Capital Growth is now offering support so that community groups can continue to flourish, for the benefit of Londoners' health and wellbeing, and improving the urban environment.

The Capital Growth network is now also opened to home and allotment growers. A new campaign launched in 2013 - a Million Meals for London - is helping groups to record their harvest, improve their yield and collect important data on the productivity of food growing spaces in London.

Local authorities have been asked to renew (or initiate) their commitment to Capital Growth by providing a contact point and outlining how they will support their residents and community groups to continue to grow food and run food growing projects in their boroughs. This could be ensuring access to land, providing small



grants and promoting food growing in council strategies and service plans, depending on what is locally appropriate.

Food growing has been recognised in the London Plan¹ (Policy 7.22), which commits to encourage and support farming in London, particularly in the Green Belt and states that "use of land for growing food will be encouraged nearer to urban communities via such mechanisms as 'Capital Growth' ". Capital Growth has identified which boroughs have incorporated community food growing into Local Plans and supporting guidance and will be producing guidance to help all London Boroughs to follow good practice on this theme.

Community food growing in Lambeth

Lambeth Council has been active in its support for community food growing. The council's Sustainability Unit and Green Community Champions programme have worked closely with both Capital Growth and community group Incredible Edible Lambeth to spread food growing across the borough. Through the Estate Pride, Neighbourhood Enhancement and Community Freshview Programmes, the borough is supporting food growing on housing estates and in public spaces. Support is provided in the form of small grants, tools, capital works - for example building raised beds, and officer support and mentoring. The council is co-funding a GP Food Co-op initiative, which includes the aim of using land within GP surgeries for food growing. This year, support from the council for Incredible Edible Lambeth's successful £170,000 bid means there will continue to be strong support for community food growing within the borough. The council has also formalised its commitment through the inclusion of community food growing in the borough's Draft Local Plan.



"We are very proud to have over 170 community food growing projects in Lambeth. The number is growing and we have found that they contribute to a wide range of outcomes from community cohesion to health and wellbeing."

Sue Foster, Executive Director of Housing, Regeneration and Environment, Lambeth Council

¹ The London Plan: Spatial development strategy for London. July 2011, Mayor of London www.london.gov.uk/priorities/planning/londonplan

What are London Boroughs doing for community food growing?

2013



Map key

- Borough supporting the work of Capital Growth **AND** is recognising the importance of community food growing within council planning policy
- Borough supporting the work of Capital Growth **OR** is recognising the importance of community food growing within council planning policy
- Borough is not supporting the work of Capital Growth or recognising the importance of community food growing within planning policy*

** Let us know if you think things have improved in your borough. We will update the map as more action is taken.*

Capital Growth: tracking borough progress

In the 2011 edition of the Good Food for London report, 19 boroughs out of the 33 had by then signed up to Capital Growth, with three more making good progress. By 2012, 22 boroughs had signed up. In 2013 a total of 16 London boroughs are both supporting the work of Capital Growth and recognise community food growing in council planning policy.

What can London Boroughs do?

Sign up to support Capital Growth and commit to community food growing within council planning policy. Contact:

Sarah Williams, Sustain
 020 7837 1228
 sarah@sustainweb.org
 www.capitalgrowth.org

Food for Life in schools

The Soil Association's Food for Life Catering Mark recognises caterers who serve freshly prepared food that is free from controversial additives and is better for animal welfare and the environment. The Bronze Catering Mark ensures that the worst ingredients are off the menu. The Silver and Gold awards reward the use of organic, local and Fairtrade ingredients.

Nearly 650,000 meals are served to Catering Mark standards in UK schools every day - over 123 million each year. More than 30 million of these meals are served in London, where over two thirds of London Boroughs now have Food for Life Catering Mark menus in the majority of their schools. The standards are also being taken up by hospitals, universities, early-years and in business settings.

The Food for Life Partnership builds on this work, enabling children to eat fresh, healthy food, and inspiring learning about good food through practical growing and cooking skills. This whole-school, whole-community approach builds links with other local food and health initiatives to facilitate food-growing



and farming activities, and increase opportunities for children to cook and sell their produce. Food for Life Partnership programmes are being commissioned by local authorities across England to successfully tackle public health issues and transform school food culture.

Further information about the Food for Life Partnership's role in helping schools and caterers to increase meal take-up, improve the dining environment and meet other recommendations presented in the School Food Plan can be found on page 20.

Food for Life in Havering

Havering was the first London Borough to achieve the Gold Food for Life Catering Mark for serving fresh and healthy meals in primary schools. 16,000 Gold meals are served every day across 81 primary schools and 3 special schools. These meals are made with organic, Fairtrade and locally produced ingredients, including organic meat and dairy products produced to high animal welfare standards and sustainably sourced fish.

The borough has achieved these high standards within its catering service through its involvement in the London Contracts Supply Group. This public-sector grouping of in-house caterers, facilitated by Havering's Head of Catering Services Gerry Clinton, pools the individual purchasing powers of members to allow them to buy tasty, healthy, sustainable and local food at a fair price.





Read more on the London Contracts Supply Group on page 21.

"We are delighted that Havering's schools meals have been recognised as meeting the high standards of the Gold Food for Life Catering Mark. Recognition means Havering parents can know that their children are getting a choice of food from a wide range of healthy, fresh meals. Pooling our purchasing power with other London Boroughs, universities and care services through the London Contracts Supply Group, has enabled the service to achieve and maintain these aspirations at a time when council budgets are squeezed."



Gerry Clinton,
Head of Catering
Services,
Havering Council

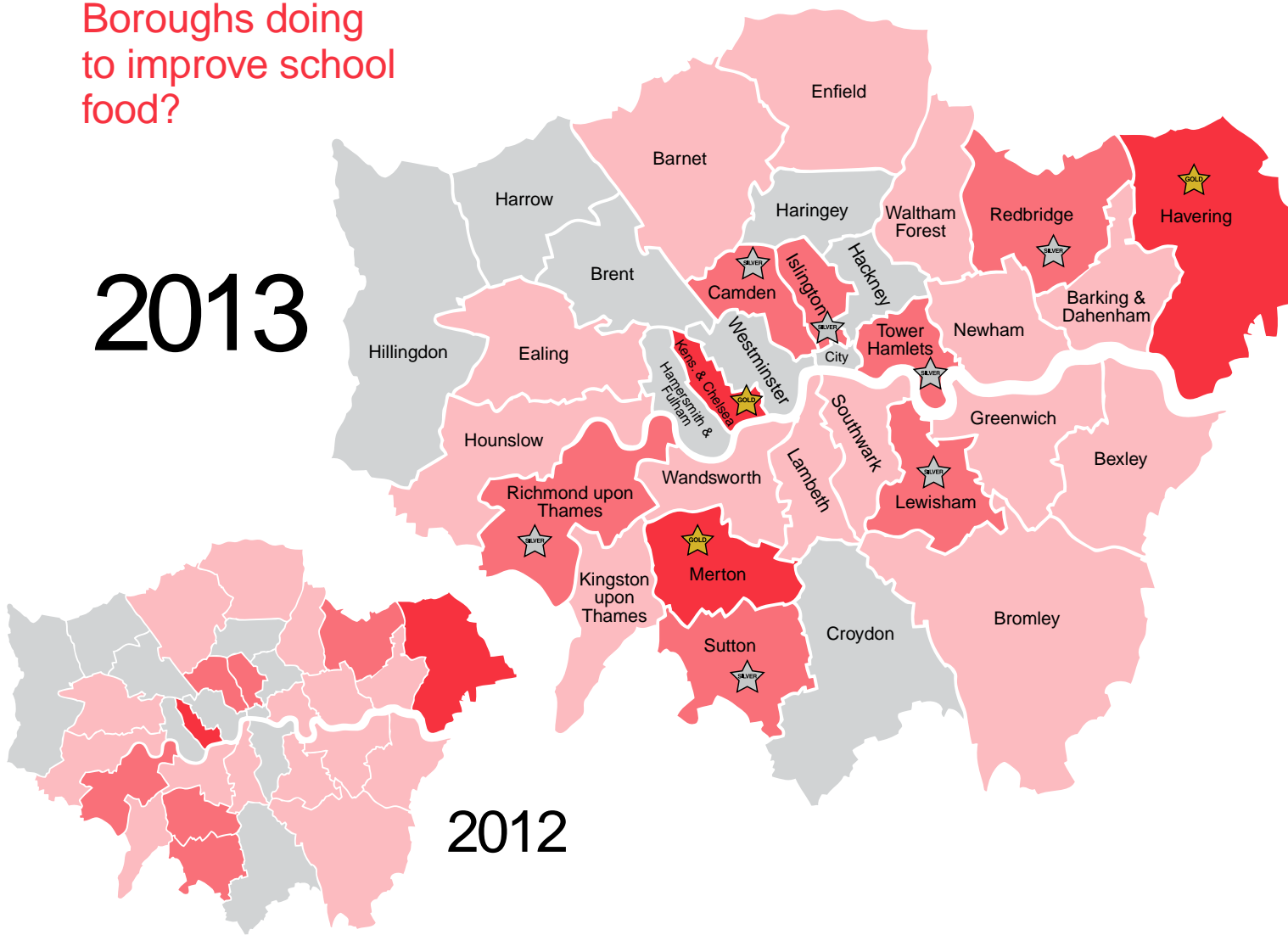
Map key

-  Borough (either the Local Education Authority providing school catering in-house, or private catering contractors) who have achieved Gold for all or the majority of schools
-  Borough (either the Local Education Authority providing school catering in-house, or private catering contractors) who have achieved Silver for all or the majority of schools
-  Borough (either the Local Education Authority providing school catering in-house, or private catering contractors) who have achieved Bronze for all or the majority of schools
-  Borough (either the Local Education Authority providing school catering in-house, or private catering contractors) not yet achieving the Catering Mark or achieving it for just some schools*

** Let us know if you think things have improved in your borough. We will update the map as more action is taken.*

What are London Boroughs doing to improve school food?

2013



2012

Food for Life: tracking borough progress

In the 2011 edition of the Good Food for London report, we showed that 17 boroughs out of the 33 had by then achieved at least the Bronze Catering Mark. By 2012, six more boroughs were achieving a Catering Mark, and Havering and Kensington & Chelsea were the first to achieve Gold. In 2013 there are 24 boroughs achieving the Catering Mark and Merton is now the third London Borough to achieve Gold.

Notes

In some London Boroughs, responsibility for providing school meals does not lie with the Borough Council but with individual schools - for example, boroughs such as Brent, Hackney, Harrow, Hillingdon and Southwark. Lambeth is withdrawing council support for school meals, however with the support of the Lambeth Food Partnership, two thirds of the schools currently part of the council service have formed a consortium for negotiating a future contract. The consortium has indicated that the Food for Life Catering Mark will be a requirement for this new contract. Hammersmith & Fulham, Kensington & Chelsea and Westminster will be forming a joint school meals contract as part of the Tri-Borough partnership, the status of the meals services in these boroughs may therefore change. Haringey Council is also currently reviewing its school meals service.

What can London Boroughs do?

Achieve the Food for Life Catering Mark for the Borough's catering - contact:

Katrina Kollegaeva
 kkollegaeva@soilassociation.org

Commit to supporting the work of the Food for Life Partnership in schools - contact:

Claire Everett
 ceverett@soilassociation.org

Fairtrade food

The Fairtrade Mark guarantees farmers a fair and stable price for their products, extra income for farmers to improve their lives, a greater respect for the environment, and a stronger position in world markets. The Fairtrade Foundation awards the Fairtrade Mark to products that meet international standards set by Fairtrade Labelling Organisations International (FLO).

London Boroughs can demonstrate their commitment to Fairtrade by supporting cross-community applications for Fairtrade Borough status. Applications should involve local businesses, educational establishments, community organisations and the council. The council should also help to raise awareness with residents of the ways to support Fairtrade.

A Borough's Fairtrade status must be renewed every two years by showing continued progress in

these areas. For Borough Councils this means developing their support for the awareness raising activities of the Fairtrade steering group, and their procurement of Fairtrade products from tea and coffee, to sugar and fruit.

In 2013, Croydon celebrated ten years since becoming the very first Fairtrade Borough in London, and London itself celebrates five years as a Fairtrade City. Both the current and previous Mayor of London have supported efforts to promote Fairtrade-certified



products to London's citizens and institutions. In July 2013, the Greater London Authority (GLA) unanimously passed a resolution committing its on-going support for the use, expansion, and promotion of Fairtrade products, encouraging businesses across London to continue to support Fairtrade and urged that all London Boroughs pass or renew their own Fairtrade resolutions.

Information about Fairtrade suppliers can be found on the Fairtrade Foundation business pages:

www.fairtrade.org.uk/business

For more information about the Fairtrade London campaign, the GLA's commitment, or activities in each borough, visit www.fairtradelondon.org.uk or email info@fairtradelondon.org.uk.

A Fairtrade Olympic legacy

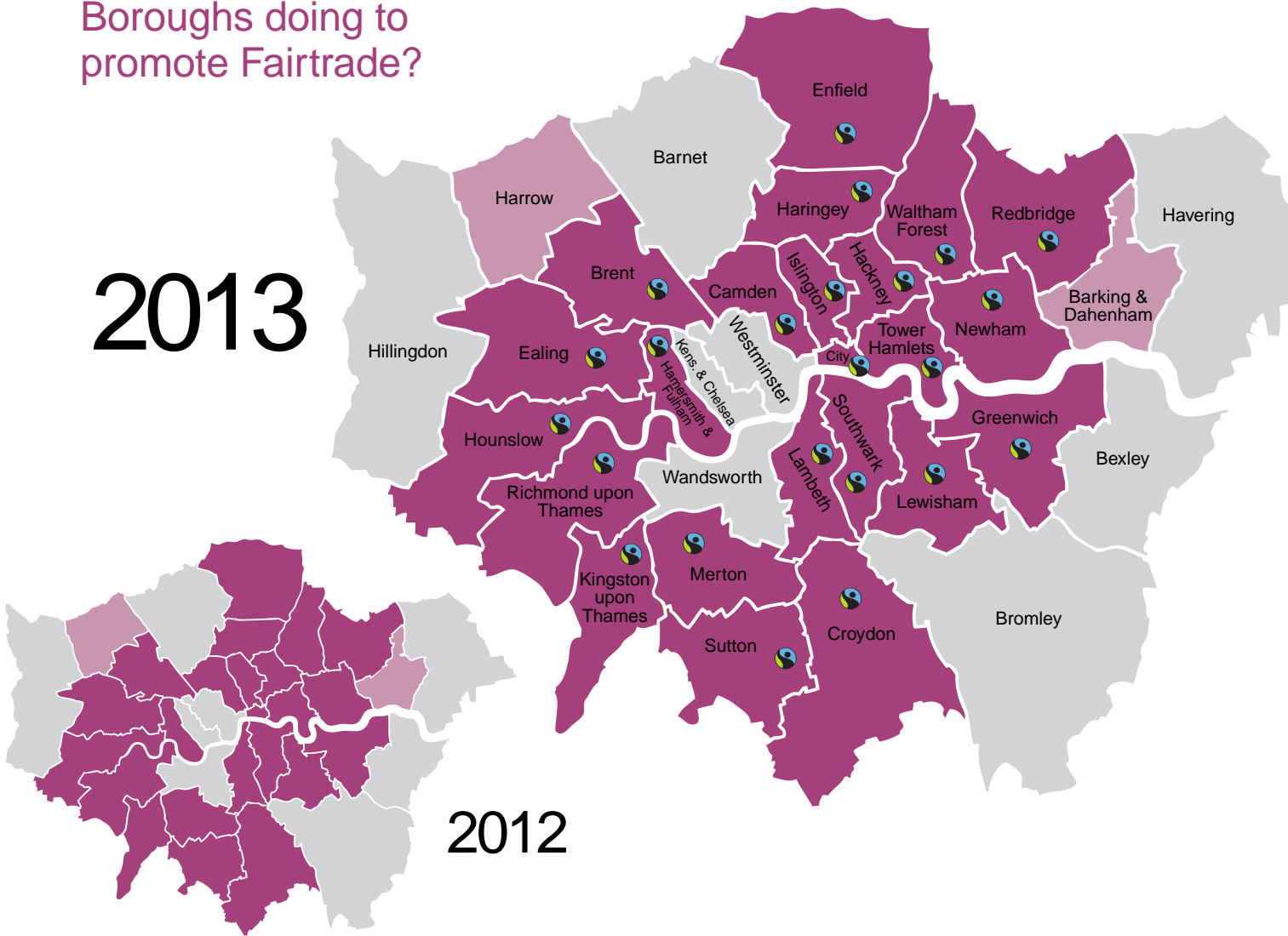


"In 2012, the London 2012 Olympic and Paralympic Games demonstrated the capital's commitment to Fairtrade on an international stage. The London 2012 Food Vision required that all 14 million cups of coffee, 10 million sachets of sugar and 10 million bananas served at Games venues should be Fairtrade certified, which we achieved, along with 7.5 million cups of Fairtrade tea, as well as Fairtrade oranges, white and rosé wine and a variety of Fairtrade chocolate bars. The London 2012 organisers and caterers were proud to demonstrate that Fairtrade products can be successfully procured at huge scale, and it's good to see so many London Boroughs building on this good work."

Jan Matthews, Head of Catering for the London 2012 Olympic and Paralympic Games, now CEO of RP Global

What are London Boroughs doing to promote Fairtrade?

2013



2012

Map key

- Borough having achieved Fairtrade status
- Borough where the council has passed a resolution in support of Fairtrade
- Borough where the council has yet to pass a resolution and is not yet making significant progress towards Fairtrade status*

** Let us know if you think things have improved in your borough. We will update the map as more action is taken.*

Fairtrade food: tracking borough progress

In the 2011 edition of the Good Food for London report, we showed that 22 out of London's 33 boroughs had by then achieved Fairtrade status. By 2012, two more were joining in. No additional boroughs have achieved Fairtrade status in 2013, however many boroughs have renewed their status.

What can London Boroughs do?

Continue to embed Fairtrade into their procurement policy and practice, support community level promotion of Fairtrade, or pass a resolution to become a Fairtrade Borough. Contact:

Anna Misterska, Fairtrade Foundation
 anna.misterska@fairtrade.org.uk
 020 7440 8568

Sustainable fish

London Boroughs buy a lot of fish. This is used in catering mainly for schools, but also council offices, meetings and events, hospitals, care homes and other services such as meals-on-wheels and lunch clubs. Millions of pounds of taxpayers' money are spent on such food every year. London Boroughs are very well placed to make a significant difference to marine conservation with their fish-buying policies.

We would like to see all London Boroughs adopt sustainable fish-buying policies. The Greater London Authority, Metropolitan Police, Transport for London, City Hall and the London 2012 Olympic and Paralympic Games have already done so, as well as lots of London's schools, universities, businesses and restaurants, together serving well over 200 million meals a year. The same standards have also been adopted by central government (and in guidance for catering for the NHS). These organisations have committed to taking the simple steps set out in the Sustainable Fish City pledge:

- **Avoid the worst** - Removing endangered species from menus and catering: those rated as 'fish to avoid' by the Marine Conservation Society www.fishonline.org/fish-advice/avoid
- **Promote the best** - Serving sustainably managed fish, MSC-certified fish, and those rated as 'fish to eat' by the Marine Conservation Society www.fishonline.org/fish-advice/eat
- **Improve the rest** - Helping suppliers serve only sustainable fish with help from organisations such as Good Catch: www.goodcatch.org.uk and the MSC: www.msc.org



We also want to see sustainable fish promoted in schools through the Marine Stewardship Council's (MSC) Fish and Kids programme. This promotes the use of certified, traceable and sustainable seafood in primary schools and teaches children about marine sustainability. Approximately one fifth of UK primary schools are MSC certified. Fish and Kids provides free national curriculum linked education resources (Key stage 1 and Key stage 2) through teacher packs, full of lesson plans, activity sheets and engaging discussion topics. Schools that are MSC certified also receive posters, dining hall decorations and fun stickers as well as engagement activities with the Fish and Kids mascot - Murdoch the fisherman's cat - who provides activities from school assemblies to cooking classes, see: www.fishandkids.org

Serving up sustainable fish in Redbridge




Redbridge's 53 primary schools have been MSC certified since 2011 - a brilliant achievement for the local authority whose commitment supports fisheries and communities around the world dependent on a sustainable and stable fishing industry. Their school chefs whip up delicious certified fish suppers and maintain procedures that ensure all of their MSC certified seafood is traceable at all times - a requirement of their certification. By maintaining these procedures, Redbridge are able to give parents and children assurance that the fish used can be traced back to the fishery that it came from.



"We are delighted with the progress made in our schools in introducing MSC certified seafood, which ensures that the fish we serve is traceable and sustainable. We are committed to making more progress in introducing other sustainable food initiatives and will give our full support to our school meal provider in doing this."

Councillor Alan Weinberg,
Cabinet Member for Children's Services,
London Borough of Redbridge

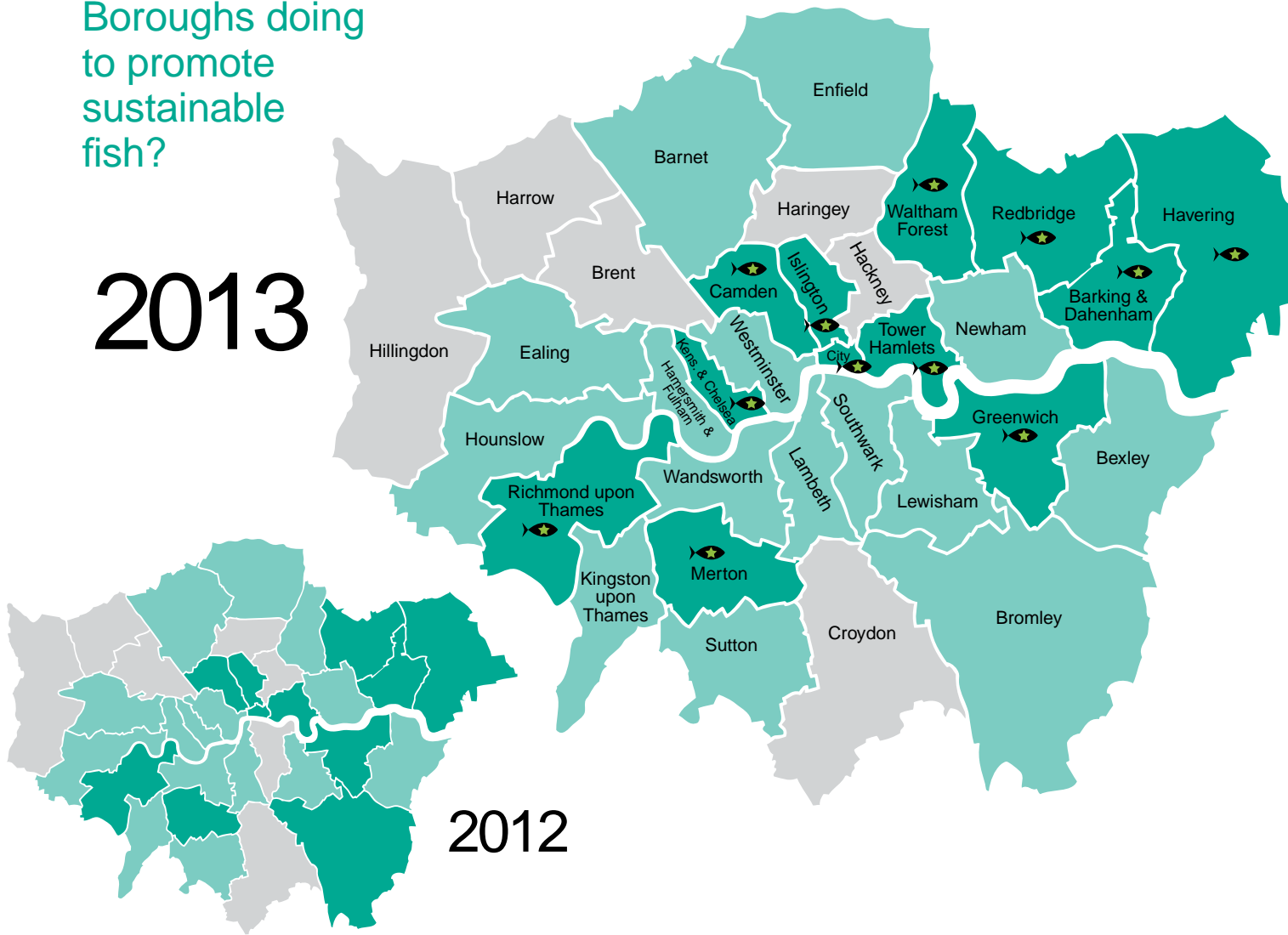
Map key

-  Borough taking at least two significant steps to support sustainable fish
-  Borough taking one significant step to support sustainable fish
-  Borough taking none of the significant actions on sustainable fish*

** Let us know if you think things have improved in your borough. We will update the map as more action is taken.*

What are London Boroughs doing to promote sustainable fish?

2013



2012

Sustainable fish: tracking borough progress

In the 2011 edition of the Good Food for London report, we showed that 17 out of London's 33 boroughs had by then taken at least one step to support sustainable fish, with four having taken at least two steps. By 2012, 26 boroughs were taking at least one step, of which 11 were taking at least two. In 2013 there are now 27 boroughs taking at least one step, with 12 taking at least two.

Notes

The three simple and significant actions we rated London Boroughs on are:

- Primary schools MSC certified (accredited to serve MSC certified seafood). These schools may also run the MSC Fish & Kids Education programme, which is free of charge www.fishandkids.org
- Improving school meals with the Food for Life programme, which at Bronze award level means excluding endangered fish, and at Silver and Gold levels, caterers may also be serving MSC-certified fish www.foodforlife.org.uk
- Achieving MSC chain of custody certification for fish bought by the borough as a whole www.msc.org

Due to the different infrastructure of the City of London it has met an alternative set of criteria.

What can London Boroughs do?

Sign up to at least two of the actions above and become a Sustainable Fish Borough. Contact:

Ruth Westcott,
 Sustainable Fish City
 020 7837 1228
fish@sustainweb.org
www.sustainablefishcity.net

Animal welfare

Compassion in World Farming's mission is to put animal welfare at the heart of the food industry. Launching in 2007, the Food Business Team has worked in partnership with the food industry to improve the welfare of farm animals. Compassion continues to improve and achieve enforcement of farm animal welfare laws in UK and Europe, and is expanding across Europe and beyond. It now has offices in The Netherlands, France and Italy; and representatives established in the United States, South Africa and China.

Through Compassion's Good Farm Animal Welfare Awards - which include the Good Egg, Good Chicken, Good Dairy and Good Pig Awards - hundreds of millions of farm animals are set to benefit as a result of winners' commitments to change. Many major companies now report on animal welfare as part of their corporate social responsibility and sustainability programmes.

The Good Egg Award celebrates companies that buy cage-free eggs. To achieve a Good Egg Award, eggs must be purchased only from cage-free production systems, and

preferably from free-range or organic production systems. Winners to date include The London 2012 Olympic and Paralympic Games and several London Boroughs (as the map on the next page demonstrates). Islington is the only London Borough to achieve the Good Chicken Award, we hope that more boroughs will be inspired to follow their lead and commit to serving chicken from higher welfare systems such as the RSPCA's Freedom Food, organic or free range.



COMPASSION
in world farming 
ciwf.org

Animal welfare: tracking borough progress

In the 2011 and 2012 editions of the Good Food for London report, we showed that nine out of London's 33 boroughs had by then received a Good Egg Award. In 2012, Islington had also achieved a Good Chicken Award. In 2013 the addition of Haringey takes the number of London Boroughs that hold the Good Egg Award to 10.

Haringey Council receive the Good Egg Award

To date more than 30 million laying hens are set to benefit each year as a direct result of Compassion in World Farming's Good Egg Award. As significant buyers of food, local councils can play an important role in shifting production methods to higher welfare systems including free range and organic.

Haringey is the latest London Borough to receive the Good Egg Award in recognition of the council's commitment to serve only free range eggs across all catering services. 8,000 meals per day, served in over 30 primary schools, council-run special schools and children's centres benefit from the council's commitment. Haringey demonstrates that even with the competing priorities of school meal services, higher welfare standards are possible and need not be seen as an optional extra. We hope to see more London Boroughs follow Haringey's example, using the Good Egg Award as a steppingstone to other higher welfare products including chicken, pork and dairy.

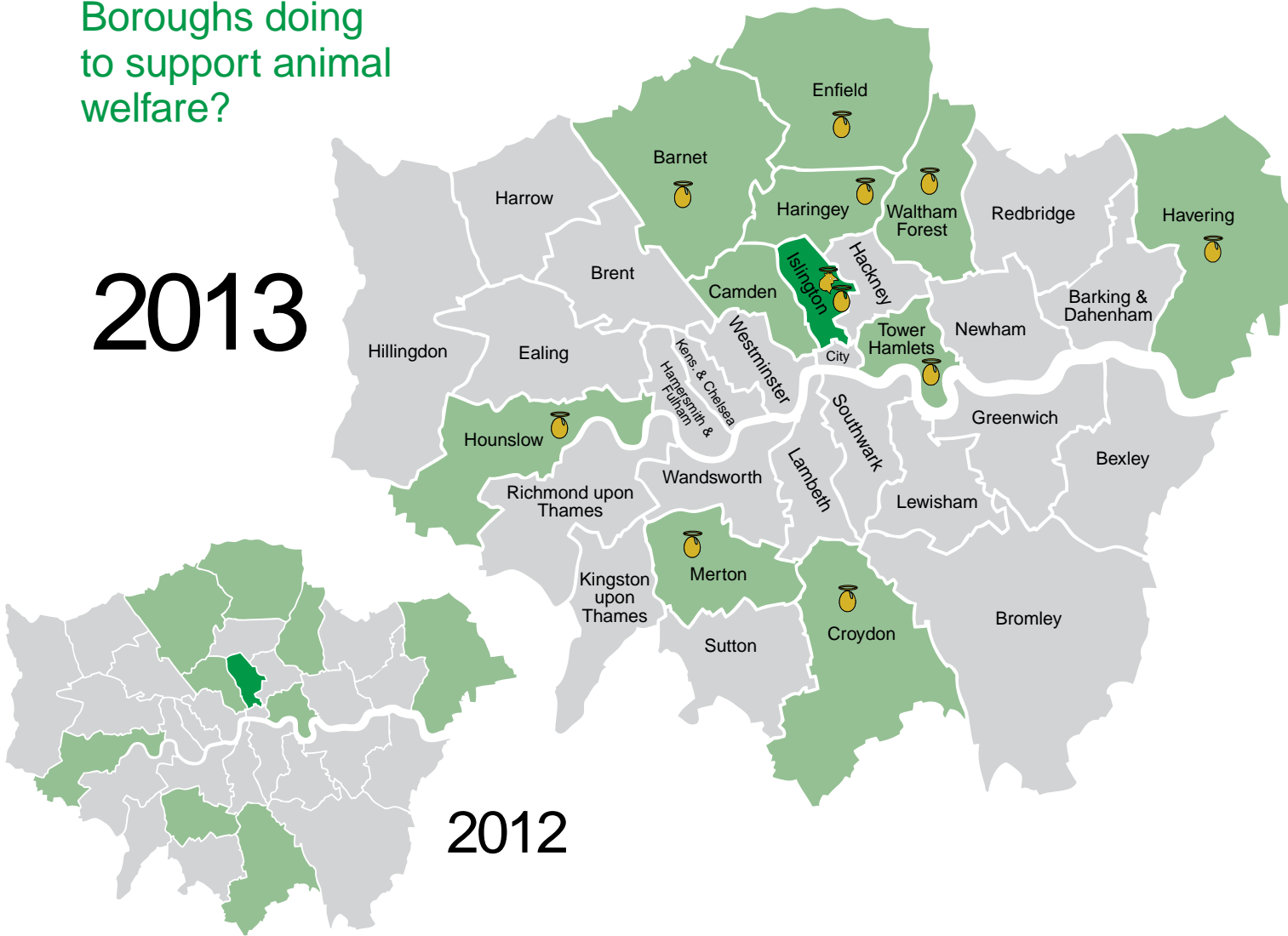


"I'm proud that we've been able to use our purchasing power as a local authority to demand that only free range eggs are served in our schools and that our commitment has been acknowledged with the Good Egg Award. I urge other public bodies to follow Haringey's example."

Councillor Joe Goldberg,
Cabinet Member for Finance,
London Borough of Haringey

What are London Boroughs doing to support animal welfare?

2013



2012

Map key

- Borough having achieved a Good Chicken Award and a Good Egg Award for buying higher welfare chicken and cage-free eggs
- Borough having achieved a Good Egg Award for buying cage-free eggs
- Borough not having achieved a Good Farm Animal Welfare Award*

** Let us know if you think things have improved in your borough. We will update the map as more action is taken.*

Notes

Some London Boroughs have made commitments to using food produced to higher standards of animal welfare in school meals, such as through the Food for Life Catering Mark, which promotes the RSPCA's Freedom Food and organic standards for animals and farmed fish. Details are shown under the school food and sustainable fish chapters in this report. The London Borough of Camden also serves higher welfare food for schools, in a collaborative contract with Islington but has not received a Good Farm Animal Welfare Award.

What can London Boroughs do?

Adopt a cage-free egg policy and apply for a Good Egg Award, and work towards other Good Farm Animal Welfare Awards. Contact:

Compassion Food Business Team
 01483 521950
www.compassioninfoodbusiness.com

Healthier Catering

London Boroughs can play an important role in helping their residents to enjoy good food that is also good for their health. The Healthier Catering Commitment scheme brings together environmental health and public health teams to help businesses to improve the diet of Londoners.

The Commitment provides guidance on ways that caterers and food business can make straightforward changes. Small changes in processes and ingredients can make a big difference, improving not only diet but can also increase business profits. Simple and affordable steps include changing cooking oil to a healthier product, using more fruit and vegetables in a recipe and reducing salt content, for example, restricting added salt in a chip shop.

In participating Boroughs, businesses can get advice about turning practical ideas into action from the teams supporting the scheme. Caterers and food outlets that adopt healthier ingredients and cooking practices can display

a Healthier Catering Commitment sticker in their window. As the scheme is also aligned to the new local Public Health Responsibility Deal, participants can also gain further recognition under this initiative for no extra work.

The Healthier Catering Commitment scheme is a partnership project between environmental health teams in London Boroughs with support from public health colleagues, the Greater London Authority and the Chartered Institute of Environmental Health (CIEH) to improve diet across London.

In 2012, the CIEH in partnership with the London Food Board produced a Takeaways Toolkit, to

Chartered
Institute of
Environmental
Health



help local authorities develop a response to the health impacts of fast food takeaways, especially in areas around schools. Further information on this issue can be found on page 22, and the toolkit can be downloaded at:

www.london.gov.uk/priorities/business-economy/london-food-board/london-boroughs/takeaways-toolkit



Healthier Catering in Sutton and Merton

In the London Boroughs of Sutton and Merton, the Healthier Catering Commitment is being implemented as part of the Sutton and Merton Responsibility Deal. Local businesses, workplaces and organisations are being invited to work together to help improve the health of the community, their customers and employees, by pledging to make changes that encourage healthier lifestyle choices.

Businesses can sign up to the Commitment to meet the minimum requirements of this scheme. Food businesses also have the option of signing up to 'My Choice' which involves highlighting and including healthier and more balanced choices on menus to appeal to a wider range of customers.

There are currently 31 food businesses across Sutton and Merton that have achieved the Healthier Catering Commitment. Venus Bar & Brasserie in Colliers Wood have changed the oil they are using to cook and prepare food, introduced salt shakers which will reduce how much salt is used and provide a separate healthier choices menu as part of the 'My Choice' scheme. Jose's Café in Morden advertise smaller portion sizes and displaying fresh fruit on the counter.



"The Healthier Catering Commitment is a great way to improve menus in fast food outlets, while supporting existing businesses. By earning the HCC award, our local businesses have demonstrated their commitment to providing healthier options for their customers".

Dr Kay Eilbert,
Director of Public Health,
London Borough of Merton

What are London Boroughs doing to promote healthier catering?

2013



2012

Map key

- Borough that is participating in the Healthier Catering Commitment scheme or has developed its own healthier catering scheme for businesses*
- Borough that is currently exploring participation in the Healthier Catering Commitment
- Borough not yet participating in the Healthier Catering Commitment scheme**

* *Tower Hamlets has its own healthier catering scheme so is also in this category*

** *Let us know if you think things have improved in your borough. We will update the map as more action is taken.*

Healthier catering: tracking borough progress

In the 2011 edition of the Good Food for London report, we showed that 18 out of London's 33 boroughs were by then working with the new Healthier Catering Commitment, and Tower Hamlets had developed its own scheme. By 2012, two more were joining in. In 2013 the total number of boroughs participating in the programme has risen to 25.

What can London Boroughs do?

Promote the Healthier Catering Commitment to London's food businesses. This is already being promoted by environmental health officers and others in the majority of London Boroughs, and has been designed by them in conjunction with the Chartered Institute of Environmental health and the GLA. Contact:

Jenny Morris, Chartered Institute of Environmental health
 020 7827 5835
 J.Morris@cieh.org



This Good Food for London report throws down the gauntlet to local authorities, in London and across the UK, to take simple and effective actions to help transform our food system.

The inspiring progress made over recent years demonstrates what is possible when local authorities, the third sector, businesses and community groups work together to achieve shared goals. However, much more needs to be done to help build a healthy, ethical and sustainable food system that benefits us all.

Local authorities need to use the power of planning, promotion and the public purse to build a reliable market for good food producers. They also need to put good food at the heart of their health and wellbeing strategies.

When this happens, our food, our local economies, our health and the environment will all get better.

Ben Reynolds
Sustainable Food Cities

Further actions
for good food
by London
Boroughs

Hungry London - it's time for action

Despite London being one of the richest cities in the world, thousands of its citizens sometimes go without food, or have too little money and too few opportunities to buy healthy food, contributing to ill health. During 2013, the London Assembly undertook an enquiry and challenged local authorities and the third sector to work together to make London a 'Zero Hunger City' - the title of their policy report at london.gov.uk. They warn that problems are set to escalate, noting that:

- More than 95% of London teachers reported some children arriving at school hungry.
- Two thirds of older people's organisations said older people were finding it harder to afford enough healthy food.
- In 2009 the largest chain of charitable food banks, the Trussell Trust, ran just six in London; in spring 2013 there were 40 serving food to 34,000 people. Many recipients of emergency food hand-outs are working but their wages are simply too low to afford enough food.
- Almost 700,000 people working in London earn less than the London Living Wage.
- There are tried-and-tested policies local authorities can implement to improve the situation, but there is a patchy approach, and many services are being cut.

Hunger is caused by low incomes, poor availability of healthy and affordable food, and a challenging combination of benefit cuts and spiralling non-negotiable costs in other areas of household expenditure, such as rent and fuel. For low-income households, food is often the only flexible budget item, so when money is tight, diet and health suffer. This is particularly worrying for people in the most vulnerable groups such as pregnant women, young children and older people, and those living with physical disabilities

or mental health problems. This problem comes at a time when local authorities are being given more responsibility for the health and well-being of the communities they serve, so improving food provision can provide very significant benefits.

There are many policies that local and national government could enact, to create both a safety net and a dignified way for people to fulfil their basic need to eat well. A few effective policies are already being implemented in some London Boroughs to tackle food poverty, but not in all.

To help realise the ambition of a 'Zero Hunger City', London Boroughs should take the following significant steps:

Provide universal free school meals for primary school children

As this report goes to press, Government has announced funding for infants in reception, and years one and two, to receive universal free school meals. This welcome initiative will reduce pressure on low-income family budgets, remove the stigma of free school meals, and help children be healthy and ready to learn. But more can still be done by London Boroughs to extend universal free school meals to all primary school children, not just up to the age of seven. Some London Boroughs have already taken action: Islington and Newham are already providing this service; Southwark offer a free service

to children in reception through to year four; and from this year Tower Hamlets are set to introduce free school meals to all children in reception and year one. A GLA supported pilot project with two more boroughs is planned, as part of London's implementation of the School Food Plan.

Pay the London Living Wage

Paying the London Living Wage – of £8.55 per hour - will help those in work but on a very low income to afford good food. The campaign to see the London Living Wage adopted by employers across London is backed by the Mayor and the Greater London Authority is a Living Wage employer. By September 2013, eight out of 33 London Boroughs were accredited London Living Wage employers: Brent, Camden, Ealing, Hounslow, Islington, Lambeth, Lewisham and Southwark.

London Food Map

In collaboration with Plan Zheroes, the London Food Board has produced an online interactive map designed to help people in London who may find themselves in need of information about what food they or their families may be eligible to receive. The map is also to help staff in referral agencies to point people towards organisations which may be able to help them access food if they meet relevant eligibility criteria.

The map can be accessed at www.londonfoodmap.org.uk

Provide good food for vulnerable older people and adults who require care

Many community meals, residential care services and lunch clubs have seen the tightening of eligibility criteria and removal of council subsidies over recent years. As a result, nationally the provision of meals on wheels to older people has halved over the past two years (see page 26). Collaborative food purchasing, as Camden and Islington do, can make such services affordable and can save boroughs hundreds of thousands of pounds. Havering also works with six London Boroughs by coordinating a collaborative catering contract, see page 21).

Enhance the value of Healthy Start vouchers

This will help low-income pregnant women and new parents to buy more fruit and vegetables, building on the Rose Voucher initiative currently planned for three boroughs. For more information see www.alexandrarose.org.uk

Support thriving street markets

Street markets provide low-cost stalls to fruit and vegetable sellers, so low-income citizens can shop for fresh produce within easy walking distance of where they live.

These food policy priorities are a good start and will make a big difference for people living on a low income. If your Borough wants to get involved in any of these initiatives, please get in contact with Kath Dalmeny, member of the London Food Board and Policy Director of Sustain: the alliance for better food and farming. We can put you in contact with the organisations that can help you to implement such policies. Contact:

Kath Dalmeny, Sustain
www.sustainweb.org
 020 7837 1228
kath@sustainweb.org

Tower Hamlets improves food in the borough

The London Borough of Tower Hamlets is running several initiatives to tackle food poverty in the borough. The council's decision to provide free school meals to all reception and year one pupils is of particular note. Based on the experiences of Islington, Newham and Southwark, it is expected that this will significantly increase meal uptake, including by those already eligible for free school meals, and also help ensure the long-term viability of the service.

The council is also working to improve the healthiness of food available in the borough, using proven initiatives and under the banner of 'Food for

Health Awards'. As part of this, the Buywell project helps convenience stores to improve the quality and freshness of their fruit and vegetables, working to increase sales by 30 per cent. In parallel, working with local takeaways, cafés and restaurants, the environmental health team helps outlets to create healthier menus by improving cooking methods and ingredients.

The awards are now also being applied to the council's work to support street markets, as part of town centre regeneration. The council is helping to develop three



markets in the borough and, as well as trying to attract more fruit and veg stalls, environmental and public health specialists talk to potential hot food traders, asking questions about the health and green credentials of the food served.

For more information contact:

Michele Sandelson,
 Tower Hamlets Public Health
 Lead Dietitian
Michele.sandelson@towerhamlets.gov.uk
 020 7364 5362



"Improving the food environment is a top priority in Tower Hamlets. By working in partnership, access to healthier food has improved greatly in early years settings, markets and restaurants, schools and through food growing projects within the community. Our vision is that over time all local organisations, services and businesses will sign up to a common food standard."

Somen Banerjee, Director of Public Health
 London Borough of Tower Hamlets



School Food - a priority for London

In July 2013, the national School Food Plan www.schoolfoodplan.com was published by the Department for Education, highlighting the importance of local authorities in improving the diets of school children. The Plan says, "Teaching children how to feed themselves well for life, is one of the simplest and most effective ways to promote good health."

Universal free school meals

As this report goes to press, Government has announced funding for infants in reception, and years one and two, to receive universal free school meals. This picks up on a key recommendation of the School Food Plan, which urges local authorities to introduce free school meals for all children of primary school age, i.e. going beyond the scheme announced by Government that stops for children at the age of 7. Trials of universal free school meals have shown a significant increase in uptake, both as a whole and by those children already eligible. In Newham, a trial borough that has already been providing a free service, meal uptake increased from just under half to 87%. Encouragingly, participating children ate more vegetables and consumed fewer junky snacks such as crisps and soft drinks¹. When children eat better, they do better, so academic performance also improved, with

between 3 and 5% more children reaching the target levels in maths and English at key stage 1.

Other London Boroughs that have been leading the way are Islington, which also provides free lunches to all children of primary school age; Southwark which provides a free service from reception to year 4; and from this year, Tower Hamlets will provide a free service to reception and year 1 pupils.

Maintain local authority support for school meals

Removing local authority support puts schools at a negotiating disadvantage with school food suppliers, which can put downward pressure on nutrition and sustainability standards and lead to higher prices. If your local authority has withdrawn, or is considering withdrawing support services, explore funding a post to manage and negotiate school catering contracts which could be paid for by a levy on schools which opt in to this source of expertise. Although this is not as good as a free service for schools, by providing the security of trusted catering advisors, schools will not have to rely on the unknown expertise of private consultants, who may also be expensive. If you have in-house catering, another way to increase purchasing power and the health

and sustainability of the food served is by joining the 'London Contracts Supply Group' collaborative purchasing initiative (see page 21).

Monitoring

Local authorities should continue to monitor the uptake of their school meal service as this provides a good indication of how the service is performing. Without monitoring, the quality of food in some schools may fall, and children from low-income families may lose the chance of a healthy school meal, without the public and health professionals becoming aware of this.

Food for Life Partnership

The Food for Life Partnership's whole-school, whole-community approach has been commissioned by local authorities around the country to get schools involved in cooking and food growing activities, visiting farms and serving healthy school meals (see Food for Life in Schools map in the first section of this report). For information on commissioning the programme in your borough contact:

Claire Everett, Food for Life Partnership London Officer
ceverett@soilassociation.org
www.foodforlife.org.uk

¹ Kitchen et al, Evaluation of the free school meals Pilot: Impact Report, DFE - RR227, 2010

"The national School Food Plan highlights the importance of all children having access to fresh, healthy school meals and the opportunity to develop key life skills that enable them to make good food choices. The Plan outlines an initiative to create two flagship London boroughs, naming the Food for Life Partnership as an expert organisation that will support schools in transforming their food culture. We look forward to extending further the positive impacts the Food for Life Partnership and Catering Mark have on school food in London."

Libby Grundy, Director of the Food for Life Partnership and member of the School Food Plan expert panel



Breakfast clubs

School breakfasts are another effective way to help improve children's attendance, concentration, motivation and attainment and to promote healthy eating habits. Free breakfasts can be especially helpful for children from low-income families, including those from families receiving the new Universal Credit. In Wales, the benefits of children starting the day with a meal have been recognised with a budget from the Welsh Assembly of £12.7m for 2012-13 enabling more than three quarters of primary schools across Wales to provide free breakfasts. The School Food Plan also reports that the Government will provide £3.15m to support breakfast clubs, with the expectation that match funding will come from service providers, where free school meal entitlement is over 40 per cent.

"Breakfast clubs provide a vital lifeline to vulnerable families, and increased provision of breakfast and after-school clubs is a particularly effective way to reach hungry children in London. How can one of the greatest cities in the world tolerate the fact that one in five parents have skipped meals so that their children might eat?"

*Carmel McConnell,
founder of Magic Breakfast,
www.magicbreakfast.com*

**Find out more
about economically
viable ways of providing
good quality school meals in
the 2012 Sustain report 'Providing
good food in schools... How to do it
with, or without, local authority help',
supported by the London
Food Board, see:
[www.sustainweb.org/
publications/info/217](http://www.sustainweb.org/publications/info/217)**

Lincolnshire County Council embraces Food for Life



"The Food for Life Partnership programme has two great advantages: it tackles where food comes from and how to grow it as well as how to prepare it and how to mix a healthy diet; and that it involves the whole family in the work that schools do. In fact, in many cases the whole community really gets their hands dirty. I have experienced the huge enthusiasm that Food for life engenders and am impressed by the changes that result."

Dr Tony Hill, Director of
Public Health, Lincolnshire

Group buying makes good food affordable

The London Contracts Supply Group is a public-sector grouping of in-house caterers who buy food and light equipment collaboratively and professionally. The collaboration includes London Boroughs, individual schools, universities and care services based in London or on the outskirts. By working together and pooling purchasing power, catering managers are able to buy high quality healthy, sustainable and locally produced food at a fair price.

The Supply Group is funded by a 0.5% charge on all food and goods bought under the group's contracts, which is incorporated in the costs and paid by the suppliers, meaning minimal paperwork. The charge funds a professional food buyer accountable to the members and working on their behalf. Agreements run for four years and comply with EU procurement law. All suppliers go through a rigorous competitive tender process which includes compliance with all health, safety and other legal requirements.

The Supply Group has been facilitated by Gerry Clinton, Head of Catering Services at Havering Council and a member of the London Food Board. The programme was originally piloted by the Good Food on the Public Plate project (now ended), supported by the Mayor of London and London Food Board, and run by Sustain: The alliance for better food and farming.

Information about the Supply Group, including a full list of active agreements, can be found on the Good Food on the Public Plate webpage, www.sustainweb.org/goodfoodpublicplate, with details at: www.sustainweb.org/resources/files/reports/GFPP_InHouseCaterers.pdf

Meetings with suppliers and producers are held termly and are open to all those interested to learn more about the Supply Group. For further information, contact:

Gerry Clinton
London Borough of Havering
gerry.clinton@haverling.gov.uk

Tackling fast food takeaways

In recent years, London has experienced a significant increase in the number of fast food takeaway outlets, with a greater concentration in more deprived areas. Takeaway foods often have high levels of salt, fat and sugar, which contribute to poor health, including obesity, diabetes, heart disease and some cancers.

Particularly concerning are outlets sited close to schools, sixth form colleges, parks and youth facilities that may undermine schools' healthy eating policies and wider efforts to tackle childhood obesity. Some local authorities have taken action to help families make healthier choices by taking steps to restrict the clustering and over-concentration of hot food takeaways.

Waltham Forest curbs fast food proliferation

The London Borough of Waltham Forest was the first council to develop a Supplementary Planning Document specifically to tackle the issue of over-concentration and clustering of fast food takeaways, as well as proximity to schools, youth facilities and parks.

Waltham Forest has developed a Health Inequalities Strategy, and planning forms an integral part of this. The Borough recognises that restricting new hot food takeaways from opening is only a small part of an overall approach to reducing unhealthy eating. It is also important for planners to work closely with other departments, such as the public health team. Currently, local environmental health officers and dietitians are involved in the Healthier Catering Commitment for London, running workshops and awards for fast food businesses promoting healthier cooking practices and ingredients.

A Takeaways Toolkit - published by the Greater London Authority (GLA), and supported by the Mayor of London, the Chartered Institute of Environmental Health and the London Food Board - suggests local authorities should:

- Work with takeaway businesses to make food healthier through the Healthier Catering Commitment.
- Encourage schools to reduce the amount of fast food school children consume during lunch breaks and on their journey to and from school.
- Introduce and enforce regulatory and planning measures to address the proliferation of hot food takeaway outlets.

Local authority environmental health teams are ideally positioned to work with takeaway businesses to encourage healthier cooking practices and ingredients. They can offer information, training and advice, as well as promote awards and schemes such as the Healthier Catering Commitment.

Several London Boroughs are also looking at ways to use existing regulatory measures to encourage good practice in the takeaway sector. In areas of over-concentration of fast food takeaways or where vulnerable groups such as children and young people are a concern, the Takeaway Toolkit recommends promoting clear guidance in planning policies to restrict fast food takeaways. Boroughs should set out their approach to planning controls in - for example - their local development framework, and in supplementary planning documents and guidance.

Download the Takeaway Toolkit (2012) at: <http://bit.ly/18WL0FL>

"When we introduced our Hot Food Takeaway Supplementary Planning Document in 2009, we recognised that if we were to maintain some control around the over-proliferation of fast food outlets, and take seriously our responsibility to tackle concerns over community health and childhood obesity, we needed to empower our planning committee to resist approving applications for new outlets. By specifying that planning applications for new hot food takeaways within 400m of the boundary of an existing school, youth-centred facility or park boundary should not be granted, we have managed to refuse over 80% of new applications of this type in the last four years."



Councillor Clyde Loakes, Deputy Leader and Cabinet Member for Environment, London Borough of Waltham Forest



TAKEAWAYS TOOLKIT

TOOLS, INTERVENTIONS AND CASE STUDIES TO HELP LOCAL AUTHORITIES DEVELOP A RESPONSE TO THE HEALTH IMPACTS OF FAST FOOD TAKEAWAYS

NOVEMBER 2012

MAYOR OF LONDON

A close-up photograph of a young child with dark skin and curly hair, wearing a red t-shirt. The child is looking down at a yellow bowl they are holding, which contains a piece of yellow fruit. In the foreground, a large glass bowl filled with a colorful salad of green leafy vegetables, yellow corn, and other ingredients is visible. The background is softly blurred, showing what appears to be a kitchen or dining area with shelves and various items.

Good food matters at all life stages

In this section, local authority action to improve food has dealt mainly with school food, and the environments around schools that could - but often fail to - promote healthy eating. London Boroughs can also play an influential role in the well-being of people at all stages of their lives, including babyhood, early years and old age.

Promoting breastfeeding

Breastfeeding is good for babies. A breastfed child is less likely to suffer from digestive disorders, respiratory and ear infections, diabetes, allergies and other illnesses. Breastfeeding also provides health benefits to the mother, such as reduced risk of some cancers.

London Boroughs are encouraged by the Department of Health to invest in services to support breastfeeding, as part of their Joint Health and Wellbeing Strategies. This is particularly important to help low-income mothers.



The
**Baby Friendly
Initiative**
For all babies

Local authorities should consider signing up to the UNICEF UK Baby Friendly Initiative to implement their child health strategies. Evidence-based standards are available for maternity, neo-natal, health visiting/public health nursing and children's centre services. The programme has three main stages:

- **Building on a firm foundation** - Put into place the foundations for achieving the changes needed, including an infant feeding policy (or equivalent), a plan for staff training and protocols and guidelines which underpin how the staff will implement the standards.
- **An educated workforce** - Educate staff to implement the standards.
- **Parents' experiences** - Ensure that the standards are being implemented, benefiting mothers and babies, and achieving improved outcomes.

Councils are encouraged to work collaboratively with health services to implement the standards (for example, children's centres with health visiting teams), with accreditation available for services working on their own.

Find out how your borough can be involved at:

www.unicef.org.uk/BabyFriendly

Councils can also run the Breastfeeding Welcome scheme within their boroughs, which provides advice to local businesses and venues to help mothers to exercise their right to breastfeed:

www.breastfeedingwelcome.org.uk

Greenwich goes baby-friendly

In Greenwich, a coordinated approach to implement the UNICEF UK Baby Friendly Initiative has been undertaken by the Royal Borough, Oxleas NHS Foundation Trust, Queen Elizabeth Hospital and the University of Greenwich's School of Health & Social Care. Of these services, the NHS Trust and Greenwich Children's Centres have achieved full accreditation, with the maternity hospital and Greenwich University having achieved Stage 1.

The borough also coordinates a team of locally recruited breastfeeding peer supporters and runs the Breastfeeding Welcome scheme. A significant number of GPs from local practices have also been trained in breastfeeding management through an e-learning package.

Healthier food in early years settings and at home

The messages that children get about food during their early years lay the foundations for the food choices they make as they move up to school and beyond. With more than one in five children overweight or obese as they start their school reception year, it has never been more important to give them a healthy start in life.

London Boroughs can commission programmes such as the Children's Food Trust's early years initiative - Eat Better, Start Better - to ensure the capital's children learn about and experience healthy eating from an early age. The programme provides accredited early years nutrition training, supporting information and evaluation for local authorities and other early years providers.

More than 30 local authorities, including six in London, have commissioned the Trust to run Eat Better, Start Better training. This is helping more than 1,000 early years and health practitioners to have the knowledge, skills and confidence to run cookery courses with young families and implement the Trust's 'Voluntary Food and Drink Guidelines for Early Years Settings'. Recommended by the Department for Education, the guidelines provide clear, practical, age-appropriate nutrition advice on 'healthy balanced nutritious' meals and snacks for early years settings. Contact:

Eleanor Pryde,
Children's Food Trust
0114 299 6907
eleanor.pryde@childrensfoodtrust.org.uk
www.childrensfoodtrust.org.uk/
eatbetterstartbetter

**CHILDREN'S
FOOD TRUST**
Eat Better Do Better

**Eat Better
Start Better**

Eat Better, Start Better helps families learn about good food in Southwark

Crawford Children's Centre, in the London Borough of Southwark, has been running an Eat Better, Start Better 'Cooking with Families' training, which they report has encouraged parent volunteers to become champions of healthy eating.

The Children's Centre set out to help families make changes to tackle high levels of obesity in the local area, working with parent volunteers to take part in training and then share their skills and enthusiasm with other parents by running sessions at the centre.

"We are very pleased with the outcomes of the Eat Better, Start Better programme. Participating parents, carers and childcare providers find it both engaging and thought provoking. We continue to promote this through our Children Centres and within our training programme, knowing that it is helping to make a difference for the children of Southwark."

Fiona Phillips, Early Help Strategic Development Manager, Southwark Council

Childcare providers can also find expert early years nutrition training from the Trust online at www.childrensfoodtrust.org.uk/Learningnetwork, and can join the national award scheme for settings doing a great job with food www.childrensfoodtrust.org.uk/award

Run by the Soil Association, Food for Life also works with nurseries

to help them serve fresh, traceable and trustworthy food, free from undesirable additives and trans fats. The scheme provides bronze, silver and gold accreditation for meals that meet the Food for Life Catering Mark standards, and 300 nurseries across the country are already accredited - including nine in the London Borough of Tower Hamlets. For more details, see: www.sacert.org/catering/nurseryschools



Photo: The Children's Food Trust

Providing good food for older people

Nationally, meals on wheels services for those aged 65 and over has halved over the past two years.¹ Council budget cuts, at the same time as a rapidly rising older population, give cause for increasing concern that older people may no longer be getting the vital food services and care they need.

Meals on wheels help older people to live independently for longer, reducing their dependence on care homes and health services. A nutritious meal service can also play an important preventative role in reducing the significant burden of malnutrition and the health problems this causes. Other important benefits include regular social contact and the reassurance to friends and family of older people that their health and wellbeing are being regularly monitored by staff trained to spot problems.

In summer 2013, the London Food Board wrote to all London councils asking about community catering services across the capital. Of the 27 out of 33 London boroughs that responded, one third said they do not provide a meals on wheels service and instead signpost residents to external providers. Anecdotally, there are also indications that some councils may be starting to recommend local fast food takeaways to residents, instead of meals that meet quality and healthy eating standards such as those promoted by the National Association of Care Catering (Nutritional Standards for Adults): www.thenacc.co.uk/shop/product/Nutritional+Standards+for+Adults.



The charity that supports older people, Age UK, has reported that 80% of English councils provide home care only to those with 'substantial' or 'critical' health needs². This figure has risen sharply from 57% in 2005/06. A tightening of eligibility, combined with removing council subsidies (over one third of councils that responded to the London Food Board's request do not provide a subsidised meals service) appears to be behind the significant fall in provision. With the 2011 Nutritional Screening Survey revealing that 40% of care home residents received from their own homes are malnourished on admission³, this trend signals a growing problem in the nutritional status and experiences of older people.

Some London councils continue to recognise the vital role that a meals on wheels service plays for their older residents. Southwark, for example, working with neighbouring authorities, has made a commitment to halve the price that older people pay for their meals on wheels services by 2014.

Many London councils are currently reviewing their community catering services. This should be an opportunity to strengthen and improve services, rather than abandon them. Innovative approaches include working with local social enterprises, and buying high quality ingredients affordably through collaborative contracts (see 'Group Buying makes Good Food Affordable', page 21).

¹ Towards Excellence in Councils' Adult Social Care, 2013. Towards excellence in adult social care Progress with adult social care priorities England 2012/13 [pdf] London: Local Government Association Available at: <www.local.gov.uk/c/document_library/get_file?uuid=38e2e884-c444-44d4-8ba1-336b74450c3a&groupId=10180> [Accessed 19 August 2013]

² Age UK, 2012. Care in Crisis: Seven building blocks for reform. [pdf] London: Age UK. Available at: http://www.ageuk.org.uk/documents/en-gb/campaigns/care_in_crisis_report_2012_pro.pdf?dtrk=true [Accessed 19 August 2013]

³ Russell, C.A. and Elia M., 2012. Nutrition Screen Survey in the UK and Republic of Ireland in 2011. <Available at: <http://www.bapen.org.uk/pdfs/nsw/nsw-2011-report.pdf>> Redditch: British Association for Parenteral and Enteral Nutrition [Accesses 19 August 2013]

Helping bees and other pollinators

The capital's food policy does not focus just on people. It also takes into account the land, water and wildlife that contribute to sustainable food production. Worryingly, some of the insects that pollinate many of our most important food plants are suffering very serious declines.

Pollinator populations have fallen significantly since the 1970s, with around two-thirds of species decreasing. This is caused by a number of factors but notably is linked to the intensification of farming, which has led to habitat fragmentation and the loss of wildflowers meadows. There is also mounting evidence of the negative effects of pesticide use, particularly neonicotinoids, which were recently the subject of a two-year moratorium from the European Commission, in a bid to halt the decline in bees and other pollinators.

Cities are commonly perceived as being deserts for wildlife, but this is a misconception. London is internationally renowned as a green city. Parks and gardens cover a substantial area of the capital, with wildlife sites constituting 18% of the capital's green area and gardens 24%. Away from the stresses of intensive farming, the city's railway lines, meadows and brownfield sites can be a haven for bees and other pollinators.

London councils, who are directly responsible for managing a significant proportion of the capital's land, should commit to make small changes in management to benefit both people and pollinators. London Councils should, for example:

- Commit not to use the chemical pesticides most closely linked with the decline of pollinator populations.
- Adopt a pest management strategy which aims to reduce to a minimum all chemical pesticides.
- Conserve and improve habitats beneficial to pollinators and identify the conservation and promotion of pollinators as a key principle in land management strategies.
- Communicate commitment to preserving pollinators to the public, employees and other key stakeholders, including private contractors.

Ross Compton, *Capital Bee*
ross@sustainweb.org
www.capitalbee.org
 020 7837 1228



The benefits of setting up a Food Partnership

There is no prescribed way for local authorities to achieve healthy and sustainable food policies. However, many councils, boroughs and cities around the country have found it very helpful to set up a food partnership. These bring together community organisations, councils and statutory agencies, local businesses and residents. They can identify and develop constructive links with individuals and organisations well placed to take local action to improve food provision, as well as securing funding to run pilot projects or help to commission services.

Lambeth

Lambeth is a London borough that scores well, and is showing improvement in the annual Good Food for London reports. Lambeth began the process of establishing a food partnership in 2012. An initial working group consisting of representatives from Lambeth Council, Lambeth Public Health, New Covent Garden Market Authority and local community groups including Incredible Edible Lambeth and Streatham Food Festival, has been charged with guiding this process. Based on the model of the well-established Brighton & Hove Food Partnership, the group has elected to form the partnership as a company limited by guarantee. This financial structure will permit the partnership to apply for external funding, employ its own staff and, in time, develop and be a home to its own programmes and projects.

The partnership's aims fall into ten key areas: education, networking, policy, food poverty/access, waste, land, culture/behaviour change, environmental sustainability, procurement and the local economy. Although the partnership is independent, the importance of food to a broad range of council responsibilities (including enterprise, education, food safety, planning, procurement, public health and the borough's neighbourhood enhancement programme) means that the council will have a vital role to play. The partnership can already boast a number of achievements, including providing guidance on the location of takeaways, having food growing in the council's Draft Local Plan, and ensuring food is in the council's Responsible Procurement Policy.



"Food is a complex issue - it affects us all. It underpins our health and wellbeing, and provides opportunities for local economic development. It therefore makes absolute sense that the council should treat food strategically. This partnership brings together people who live, work and play in Lambeth and they are all working cooperatively to ensure the best outcomes for all."

Councillor Imogen Walker,
Cabinet Member for Environment and Sustainability,
London Borough of Lambeth

Islington

Islington is consistently one of the top-scoring London boroughs in the annual Good Food for London report, for implementing healthy and sustainable food policies. Islington's Food Strategy Steering Group was launched in 2010 to co-ordinate and monitor the implementation of ten core objectives of the borough's food strategy. The steering group has an independent chair and is made up of enthusiastic members from the voluntary and private sectors and several local authority departments. The steering group meets quarterly and focuses on specific objectives at each meeting, as well as taking an overview of progress as a whole. Over the past year, the group's focus has been on how the borough is responding to the problem of food poverty. A wider food partnership is kept abreast of the strategy's progress via email updates and is invited to participate in events.



"Islington Food Strategy is a great example of a co-ordinated approach to addressing food issues on a local level. By bringing voluntary food projects, local authority departments and the private sector together around the same table, we are able to better understand how food issues affect the borough."

Georgia Machell, Islington Food
Strategy Steering Group Chair

 ISLINGTON



Good Food For London

How London Boroughs can help secure
a healthy and sustainable food future

A Sustain publication

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Sustain: The alliance for better food and farming, advocates food and agriculture policies and practices that enhance the health and welfare of people and animals, improve the living and working environment, enrich society and culture, and promote equity. It represents around 100 national public interest organisations working at international, national, regional and local level.



Sustain: The alliance for better food and farming

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