

The Edinburgh Food for Life Partnership



A Holistic Approach to Healthy and Sustainable Food

Sowing the Seed – A background to the partnership.

The Edinburgh Food for Life Partnership was formed in Autumn 2012 to help ensure more healthy and sustainable food across Scotland's capital to support better health and wellbeing, environmental sustainability and a thriving local economy.

EFFLP Objectives:



Objective one:

Identify and tackle barriers to providing increased levels of seasonal, fresh, local, higher welfare and organic food within public sector catering.



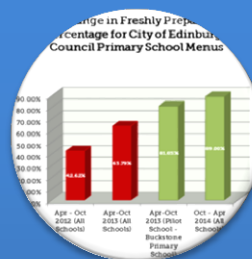
Objective Two:

Engage patients, pupils, students, service users and staff to increase knowledge of where their food comes from.



Objective three:

Achieve the Food for Life Catering Mark award in selected sites - an independent certification process which supports caterers to achieve step-by-step progress.



Objective four:

Evaluate the changes where possible.

Soil Association Scotland has co-ordinated the partnership through its flagship programme, Food for Life Scotland, which aims to transform food culture and food systems across Scotland. A Governance Group made up of senior representatives from each partner has overseen the work, supported by a multi-disciplinary network of operational and managerial staff.

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Taking Root – progress made since 2012.

Between 2012 and 2015, the EFFLP demonstrated significant leadership around the agenda of sustainable and healthy food for the city, achieving several firsts for Scotland and helping to meet many of the partnership's original objectives.

Some of the Partnership's Achievements:



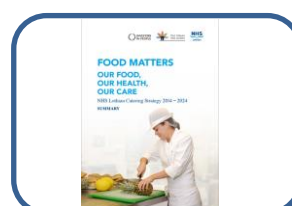
The first University in Scotland to achieve the Bronze Catering Mark (CM) award.



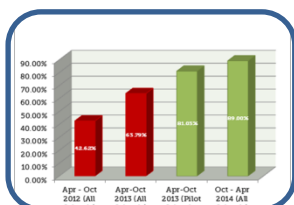
The first Local Authority to hold CM award in all schools



The first CM award for a care home in Scotland, with four in total in Edinburgh.



Soil Association Scotland are a member of NHS Lothian's Catering Strategy steering group.



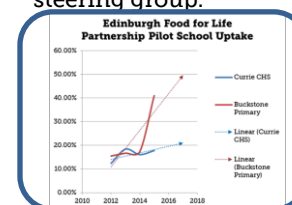
In total, EFFLP sites now serve more than 24% of all Catering Mark meals in Scotland.



University students and school pupils have been engaged through events and materials.



The EFFLP is a core element of Edible Edinburgh, a strategic city-wide initiative.



Uptake in the city's schools involved with Food for Life Scotland is rising.



Local and organic produce trialed in care homes and schools.



Engaging with suppliers across the supply chain has helped ensure their support.



Edinburgh was represented at Food for Life Scotland's Scottish Parliament event with Cabinet Ministers



University students have enjoyed Catering Mark meals in the University's commercial outlets.

Enabling positive change in relation to how food is thought about, grown, procured, cooked, served and eaten has required leadership from the top as well as engagement of the wider workforce and service users to begin to transform food culture & promote healthy food behaviours.

A second phase of the EFFLP presents an opportunity to build on the strong foundations for the long term benefit of all those who come into contact with our organisations with a renewed focus on local food, healthy eating and ethical sourcing.

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Coming to Fruition – Phase Two Proposals

Proposed Vision:

Leading by example to support a transformed food culture in Edinburgh for improved health and wellbeing, a thriving local economy and enhanced environmental sustainability.

Strategic Overview:



The EFFLP objectives are closely aligned to Scottish Government aims for Scotland to become a Good Food Nation, as well as many other national and local strategic priorities.

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Objectives, Benefits, Interventions and Activities

Objective	Benefits	Activity/Intervention	Examples of how this might be achieved.
Identify and tackle barriers to increasing levels of seasonal, fresh, local, higher welfare and organic food.	<ul style="list-style-type: none"> • <i>Reduce food inequalities of experience and outcome.</i> • <i>Support local economy, providing increased employment opportunities.</i> • <i>Help meet requirements of Procurement Reform (Scotland) Act.</i> • <i>Boost uptake/income for catering services.</i> 	Develop a cross-partnership supply chain pilot for specific products.	Introduce new recipes/dishes into catered services – e.g. the “Edinburgh Dish”, served by all partners and developed in conjunction with local chefs, with publicity to promote.
		Support practical ways to address Procurement Reform (Scotland) Act and its forthcoming statutory guidance.	Bring together procurement, catering and sustainability teams from across the partnership to agree actions to support food procurement that meets the new legislation/guidance.
		Help catering services serve increasing amounts of seasonal, local, fresh produce	Continue working directly with suppliers, cooks, catering management etc. as appropriate.
		Support multi-disciplinary, cross sector learning.	Hold a series of partnership seminars & workshops looking at food growing, shopping, cooking and eating.
		Support food skills, knowledge and awareness.	One-to-many training to ensure constant improvement.
		Promote and support local food suppliers	Replicate examples elsewhere such as <i>Fruit & Veg Stalls on Campus</i> (a Healthy University case study from Nottingham Trent University)
Engage	<ul style="list-style-type: none"> • <i>Preventative</i> 	Deliver bespoke	Opportunity to reach

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patients, pupils, students, service users and staff to increase knowledge of where their food comes from.	<ul style="list-style-type: none"> <i>health measure – enabling healthier choices.</i> <i>Helps address service users concerns.</i> <i>Supports food education.</i> <i>Boost uptake/income for catering.</i> 	communications and marketing materials within each partner	out further, using tried and tested marketing and engagement methods.
		Potential to expand FFL Champions into non-school catering.	E.g. Develop volunteer student food champions.
		Targeted surveys / workshops.	
		Ensure regular flow of information.	Sharing best practice across partners, as well as with the public.
Achieve the Food for Life Catering Mark award in selected sites	<ul style="list-style-type: none"> <i>Enabling healthier choices.</i> <i>Supporting local economy.</i> <i>Providing reassurance to service users and their families.</i> <i>Boost uptake/income for school meals and/or corporate catering.</i> <i>Helping address inequality through food/nutrition.</i> <i>Boost morale among Catering Staff.</i> 	Ensure all schools achieve Silver Catering Mark award.	This forms part of separate plans to be discussed at relevant Council committee in October.
		Support Catering Mark development in sites that have not yet achieved the award.	E.g. Council's Corporate Catering.
		Trial elements of a "holistic framework" within specific settings – looking at issues such as Food Leadership, Dining Experience, Food Education & Skills, Catering Quality, Food Retail / Vending	E.g. healthcare settings – with communal dining trialled on wards to support mobility, nutrition and socialisation.
Evaluate the changes where possible.	<ul style="list-style-type: none"> <i>Ensures that learning outcomes are shared.</i> <i>Allows changes to be measured.</i> 	Develop further case studies of the work	Ensure that quantitative and qualitative data are collated and shared.
		Provide ad hoc reports/data as necessary.	Support departmental / organisational requirements.