#CommunityFoodResilience
@foodethicsnews
# Community Food Resilience

## What we'll do today

<table>
<thead>
<tr>
<th>Timing</th>
<th>Activity</th>
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<tbody>
<tr>
<td>2.00pm</td>
<td>Welcome, housekeeping, intro &amp; mentimeter poll</td>
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<tr>
<td>2.15pm</td>
<td><strong>Presentations/ provocations on building community resilience</strong></td>
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<tr>
<td></td>
<td>• Beth Bell, Food Ethics Council</td>
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<td></td>
<td>• Dale Cranshaw &amp; Chandra Pankhania, Food for Life</td>
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<tr>
<td></td>
<td>• Individual reflections</td>
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<tr>
<td>2.45pm</td>
<td><strong>Case studies</strong></td>
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<td></td>
<td>• Emmott Baddeley, Foodhall</td>
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<td></td>
<td>• Paige Liddle, An Even Better Arbourthorne</td>
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<td></td>
<td>• Geraldine O’Riordan, Greener Kirkcaldy</td>
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<td>• Dr Megan Blake, University of Sheffield</td>
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<td></td>
<td>• Q&amp;A</td>
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<td>3.40pm</td>
<td>Breakouts: what do we need to help more 'good stuff' to flourish?</td>
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<tr>
<td>4.15pm</td>
<td>Reflections, mentimeter poll and wrap up</td>
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<td>4.30pm</td>
<td>CLOSE</td>
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</table>
Beth Bell, Food Ethics Council
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Two Stories

The dominant story
Consumers receiving food

An emerging story
Citizens gathering around food

Food Works Sheffield volunteers
## The shifts we need

<table>
<thead>
<tr>
<th>REFRAMING FROM...</th>
<th>TO...</th>
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<tbody>
<tr>
<td>Consumers who can’t afford food</td>
<td>Citizens participating in and shaping their food environment</td>
</tr>
<tr>
<td>Food as commodity</td>
<td>Food as social connector</td>
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<tr>
<td>Efficiency of supply</td>
<td>Relationship building</td>
</tr>
<tr>
<td>Tackling poverty</td>
<td>Empowering and connecting</td>
</tr>
<tr>
<td>Economic access</td>
<td>Resource access (including and beyond economic access) e.g. time, geography, knowledge</td>
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<tr>
<td>Charity</td>
<td>Exchange and reciprocity</td>
</tr>
<tr>
<td>Meeting a need (Needs-based approach)</td>
<td>Building capacity (Asset-based approach)</td>
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<tr>
<td>Top-down interventions</td>
<td>Community-driven initiatives with top-down resources and support</td>
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Community Spaces

PRINCIPLES FOR DESIGNING SOCIAL SPACES

- Everyone is welcome
- Flexible spaces
- Balance of quiet & lively spaces
- Promoting care and dignity
- Protecting and nurturing
- Involvement
- Pride in the local community
Building community (food) resilience is vitally important, but is only one part of the jigsaw.

How can community food organisations:

1. **Change the language** - reframing the current emergency food aid/redistribution model towards building community resilience

2. **Rethink** how to refer to those they work with to remove stigma, and build more engaged and empowered community members

3. **Integrate** better in the local community

4. **Focus** on what to build (rather than fight against)
Thank you!

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@foodethicsnews
Chandra Pankhania and Dale Cranshaw,
Food For Life, Soil Association
Understanding Participation in Community Food Activities
About us
Overview

1. Outline research findings

2. Share examples of how we are applying this learning in our practice

3. Signpost to opportunities to learn more
Understanding participation in community food activities

Research Team: Dr Lopa Saxena, Dr Jana Fried, Joshua Rees & Dr Jasber Singh
A social ecological approach to participation: multiple factors, multiple levels

Policy: societal, structural or systemic -- government policies (social-economic, cultural, financial), political ideologies, societal norms & regulations

Organisation: larger organisations/food alliances/food networks

Community: settings (i.e., schools, community centres, workplaces, care homes, community kitchens, cooking clubs); place characteristics (e.g., community cohesion, levels of deprivation, social inequities, community resources & infrastructure, geographical dis/advantages); social relationships and networks (formal, informal)

Family: close relationships -- family members, friends, peers; co-workers; family norms, traditions & customs

Individual: knowledge, skills, attitudes, values, beliefs, expectations, perceptions, demographic characteristics (e.g., income, age, gender, race/ethnicity, education)
Enablers

Access to resources, Networking, Co-designing, Community capacity, Institutional support

Affordability and accessibility (e.g., timing, location, transport); Practical and social support; Appropriate and effective communication; Inclusive approaches (friendly and welcoming spaces, Trustful relationships); Opportunity to volunteer

Recognition and consideration of diverse family roles; co-designing activities

Passionate, resourceful and open-minded individuals (community champions); Financial support (including salaries for community organisers); Involvement of communities; Regular and effective communication (e.g., messaging, community-based languages); Suitable communication strategies; Strong volunteer base; Support from regional and national organisations, and public agencies; Local networking & alliances

Co-design and collaboration; Recognition of existing power relations; better design of communication resources; Reflective practices within organisational culture; Diversity within organisations; key resources (funding, information, advice, and training); Building of community capacity; Support local networks and partnerships

Increased local government-level support
Co-design activity with community
Enable access to key resources
Support effective networking & build ‘community champions’ capacity
Build a learning community
Build an inclusive approach

Influence wider policy environment

Policy
Organisation
Community
Family
Individual
Applying learning

Supporting effective networking and partnerships
Applying learning

Build community 
champion capacity - 
My Food Community

- What if everyone had the chance to learn, grow, and enjoy both food and their local outdoor space?
- What if everyone had the space and knowledge to grow some of their own food?
- What if everyone had access to land to grow together?
- What if every child had access to cooking and growing every week of their primary education?
Opportunities to find out more

Watch the [webinar](#) for a deeper dive into the research findings

Read the [research reports](#)

Sign up to our [newsletter](#)

Sign up to our [network events](#) with local partners or catch up on previous events

Find out more about [My Food Community](#) or apply to be part of the next cohort
Paige Liddle, An Even Better Arbourthorne
Arbourthorne
COMMUNITY
FRIDGE

"A SIMPLE WAY OF SHARING GOOD FOOD THAT WOULD OTHERWISE GO TO WASTE"

https://twitter.com/AArbourthorne/status/1339589343036329986
name
Arbourthorne Community Fridge

description
Arbourthorne Community Fridge
Arbourthorne Community Primary School, Eastern Avenue, Sheffield, S2 2GQ
Geraldine O’Riordan, Greener Kirkcaldy
Geraldine O’Riordan – Manager Community Food Team
Greener Kirkcaldy

We want to make a food hub in Kirkcaldy

These are some of the benefits it will bring.
The Welcome Area
The Lang Spoon Community Kitchens
Smart Cooking - cooking classes covering skills, budgeting and energy advice
Community Meals
The Lang Toun Larder – A community pantry
Greener Kirkcaldy

Food Works! Training and Employability Programme / Bright Futures
Community Food Volunteers
‘Dignity in Practice’ - Rights based approach to ensuring people can afford and access food with dignity and choice.

Empowers our community and builds resilience through connections, opportunities and shared spaces.

Helps us to talk about and address food insecurity differently.

The Dignity Principles https://www.nourishscotland.org/dignity-in-practice-project/
A sense of control

2. Able to take part in community life

3. Nourish and supported

4. Involved in decision making

5. Valued and able to contribute
Dr Megan Blake, University of Sheffield
Creating food security in the UK: Systems, Ladders, and Connections

• Food security is a system not a pathway.
• Food security in wealthy national contexts is more than just affordability.
• Food insecurity has effects. These settle onto people and into landscapes.
• To solve the problem, we must repair these effects as well as address the causes.
• This involves transitioning people and places so that they are less vulnerable to risk by building ladders of support.

Dr Megan Blake
Department of Geography
University of Sheffield
@GeoFoodieOrg
One Solution approach

- Single point of responsibility
- Single point of entry
- Unintended consequences
- Does not repair effects elsewhere in the system

Systems Thinking

- Opportunities for everyone
- Multiple points of entry utilizing a wide range of assets and resources
- Anticipates unintended consequences
- Disrupts feedback loops to repair
Is there safe, healthy food in the place where I live that meets my needs?
Can I get to it? Can I carry it home? Can I get a delivery slot?

Skills and bodily ability: Can I physically do the tasks? Do I know how to cook it? Do I have the head space? Am I motivated to eat well?

Can I afford the food my family needs to live an active and healthy life? Do I have friends/family who will be able to help me should I need it?
Can I afford the cost of the transport needed to get to the food and get it home or for it to be delivered?

Access: Can I afford the food my family needs to live an active and healthy life? Do I have friends/family who will be able to help me should I need it?

Do I have the tools that I need? Can I afford to use the energy required?
Do I have the knowledge to diversify my diet and can I afford to act on it?
Can I afford to socialize in order to maintain reciprocal relationships?

Can I do all of these things all the time?

UN Pillars of Food Security
Food Insecurity: Place Based Effects

- Cumulative loss of foodways and food knowledges
- Loss of local support networks
- Reduced resilience
- Degraded Food landscapes (Foodscapes) that provide limited access to healthy food options
- Leaves people Stretched, Stressed and Struggling

Diane’s story (40-50, unemployed, domestic abuse survivor, mental and physical health issues)

I’m struggling to get food. I’ve had to spend quite a bit at my local shop. I’ve often sent people [NHS volunteers] to the local shop, which costs three times more than it does in the supermarket.

I used to be a social butterfly. Now I’m not. I feel so isolated and so alone, nights, it’s oh so hard. I started getting my anxiety and depression back again because I’m not seeing anybody. I’ve not seen anybody physically, which it sounds daft, but it’s such a primal thing.
What can we do?

Support that:

1. Catches people where they have need
2. Builds capacity at all levels of ability to move up the ladders
3. Removes barriers that disempower and shifts to a context of empowerment
4. Transitions people and localities away from vulnerability
Shift from Customers to Communities.

Customer relationships provide order, community relationships foster **innovation, resilience** and **collaboration**.

This involves relinquishing control. It can be messy.

The commensal capacities and values we attach to food can be a mechanism through which communities can transition.

Source: @jackbutcher
We all have a role to play

- **Local authorities:** develop local area food plans that incorporate all levels of support.
- **Third sector organisations:** identify where they fit on the ladders, consider what they can do to enhance the foodscape, build social connections, and connect with other organisations in their locality.
- **Government departments:** identify where they can contribute their resources:
  - Office for Health Improvement and Disparities
  - Department for Levelling up, Housing and Communities
  - Department for Work and Pensions
  - Department for Environment, Food and Rural Affairs
- **Charities and think tanks:** Inform public understanding and pressure government to act
- **Contribute to calls for evidence for the House of Commons, House of Lords and APPG groups, and UN**
- **Food industry:** consider how to increase food security through commercial, CSR, and employment functions
- **Most importantly engage community members meaningfully in the process**
Read more and get in touch—

Twitter: @geoFoodieOrg. Email: M.blake@Sheffield.ac.uk


- Blake, M. (2020) Releasing Social Value from Surplus Food. Report prepared for the British Red Cross and FareShare. DOI: 10.13140/RG.2.2.30789.27361


- See also online articles in The Conversation, Impaktor, The Mint Magazine