#CommunityFoodResilience

@foodethicsnews

What we'll do today

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

Beth Bell, Food Ethics Council

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Two Stories
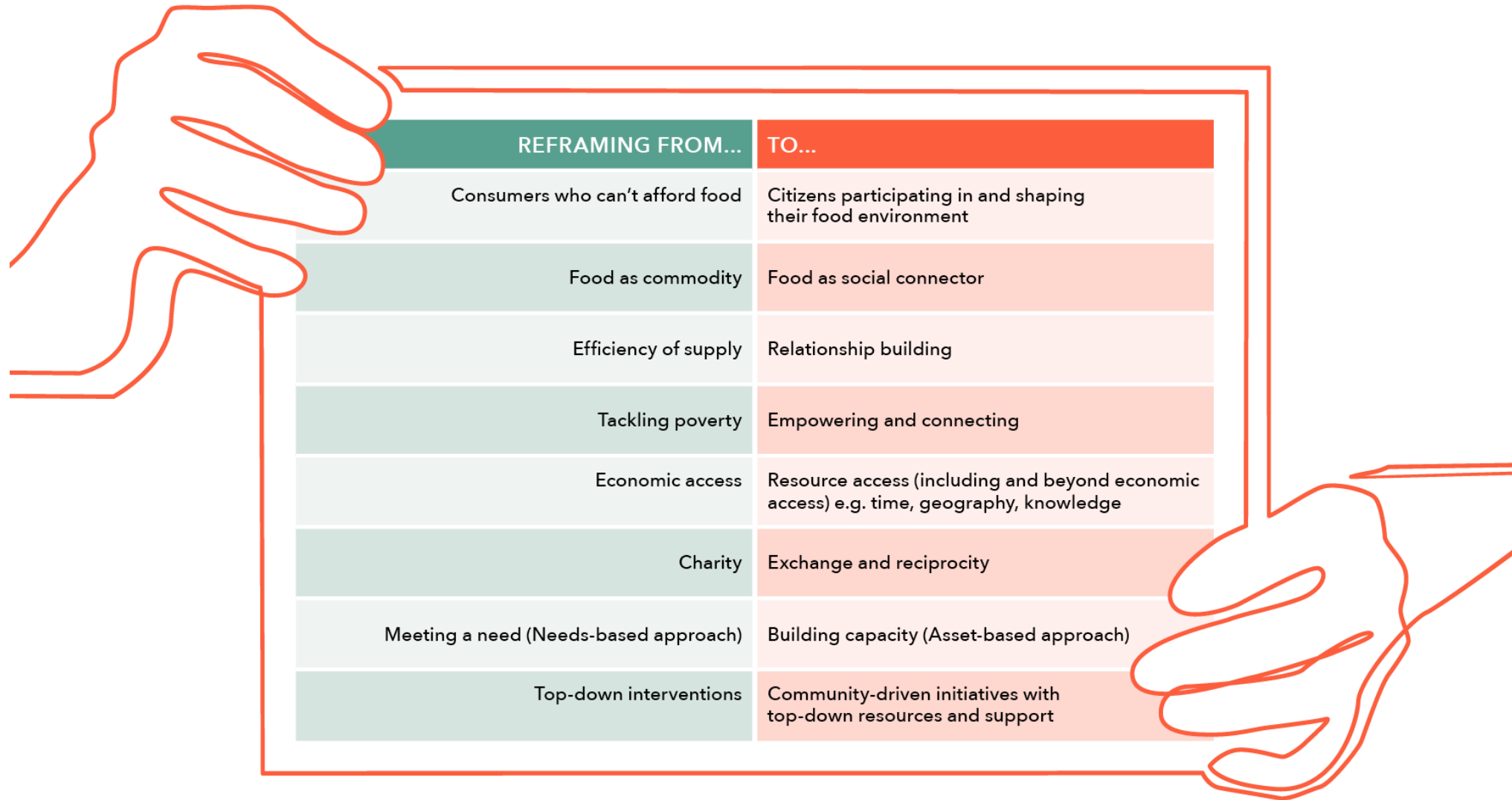
The dominant story
Consumers receiving food

An emerging story
Citizens gathering around food

Food Works Sheffield volunteers

The shifts we need

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

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

Where To Now?

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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Food Ethics Council

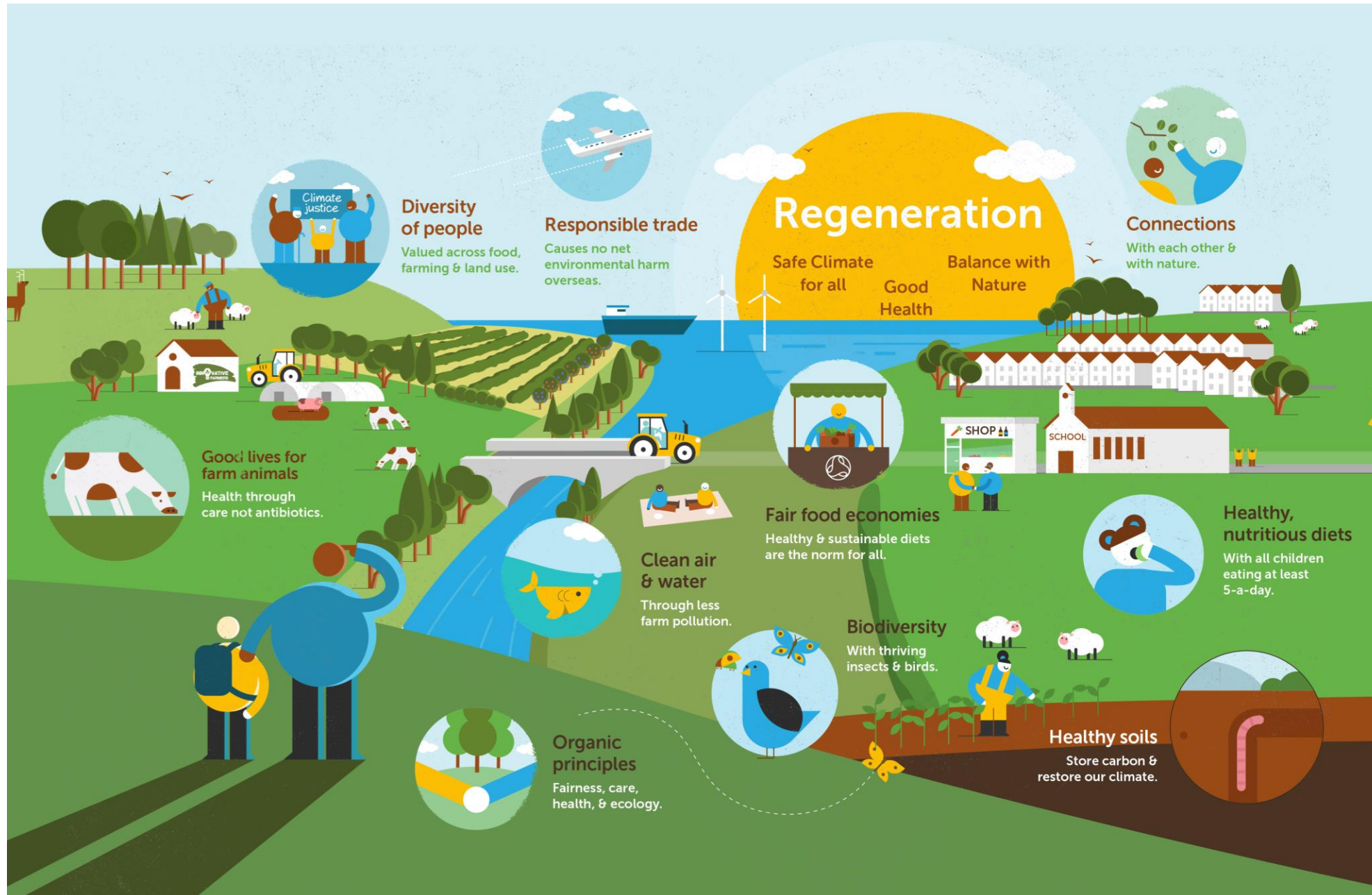Chandra Pankhania and Dale Cranshaw,
Food For Life, Soil Association

About us

Overview

1. Outline research findings

2. Share examples of how we are applying this learning in our practice
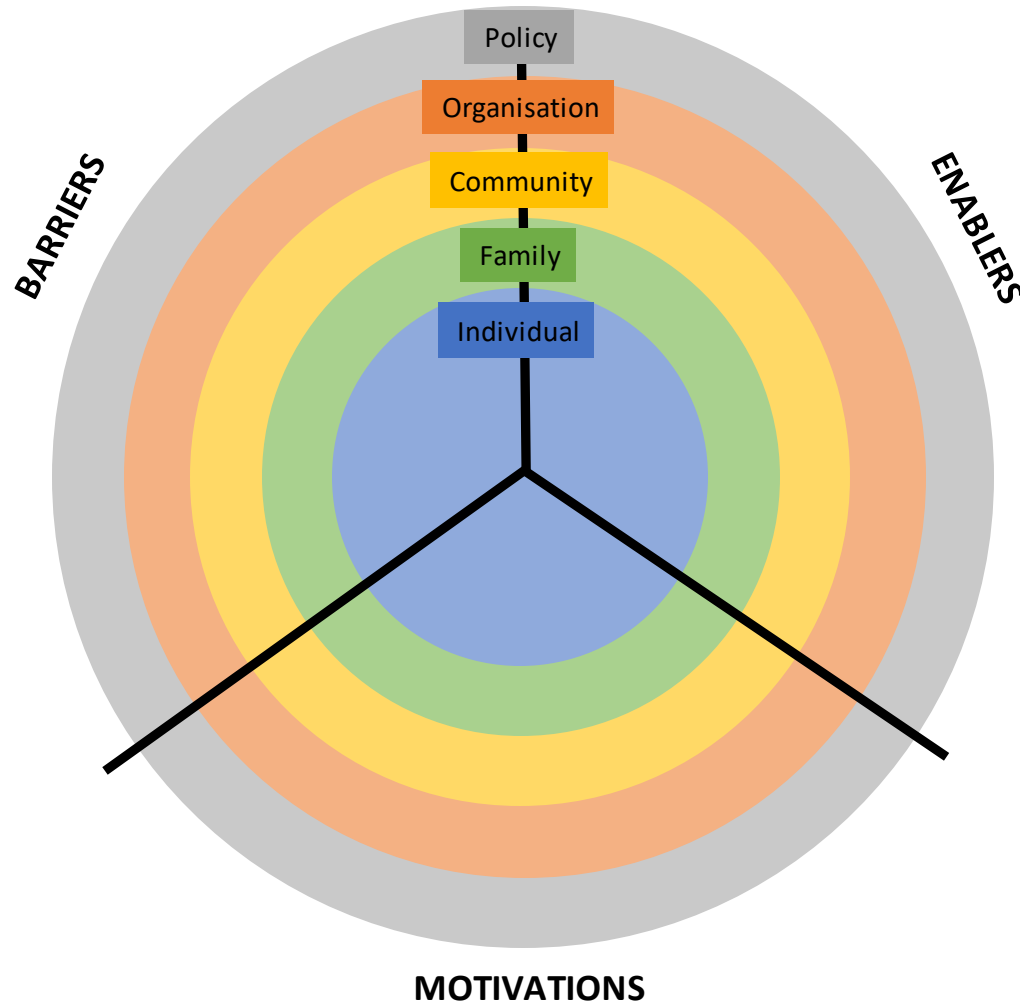
3. Signpost to opportunities to learn more

Understanding participation in community food activities

GET TOGETHERS
Bringing people together through food

COMMUNITY FUND

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

Policy

Organisation

Community

Family

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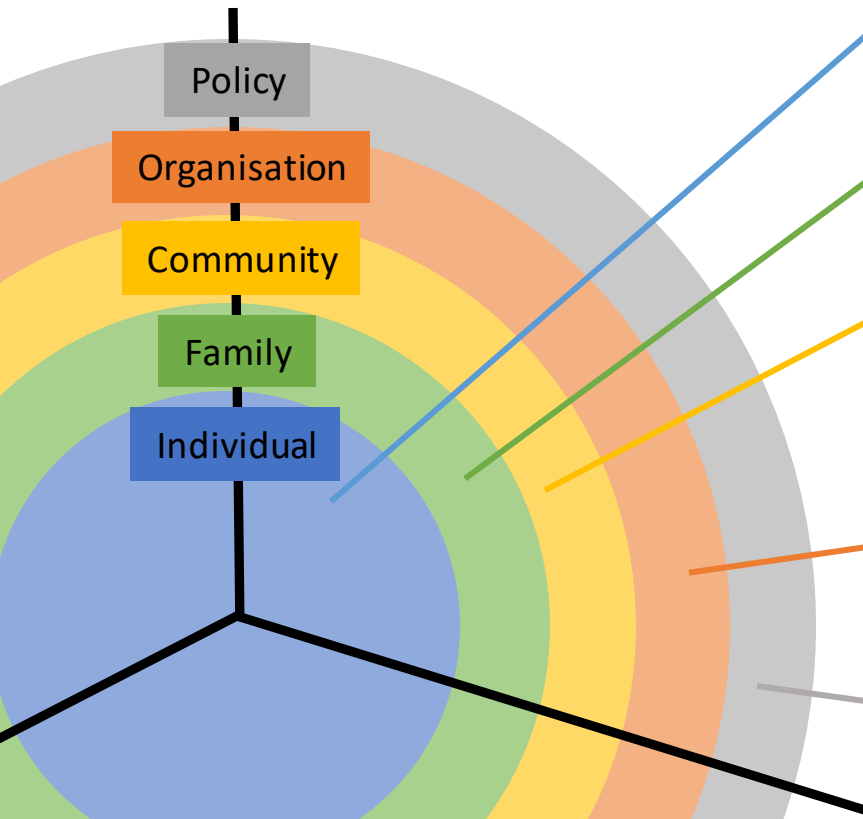
Affordability and accessibility (e.g., timing, location, transport); Practical and social support; Appropriate and effective communication; Inclusive approaches (friendly and welcoming spaces, Trustful relationships); Opportunity to volunteer

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
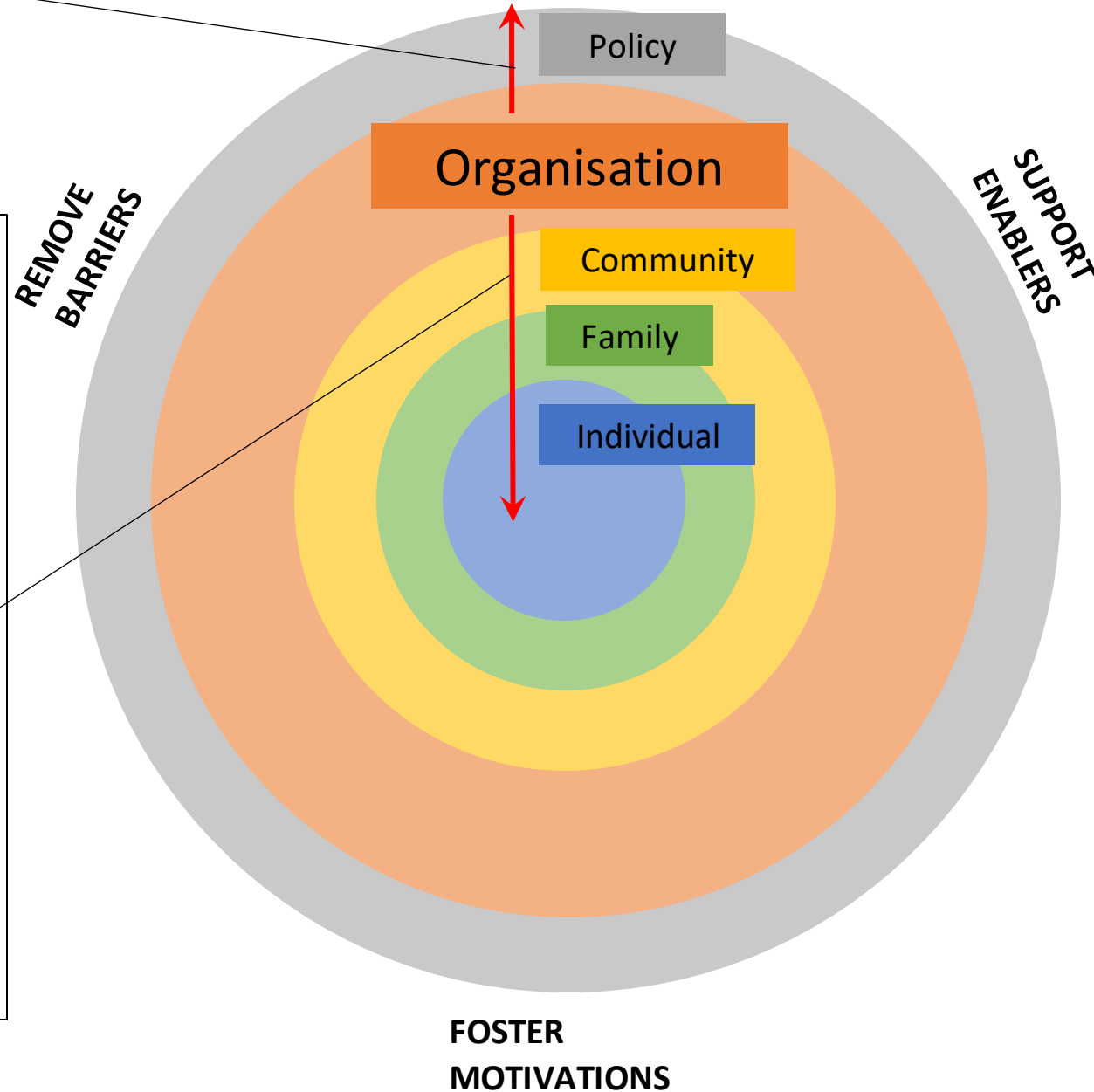
Influence wider policy environment

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

Policy

Organisation

Community

Family

Individual

REMOVE BARRIERS

SUPPORT ENABLERS

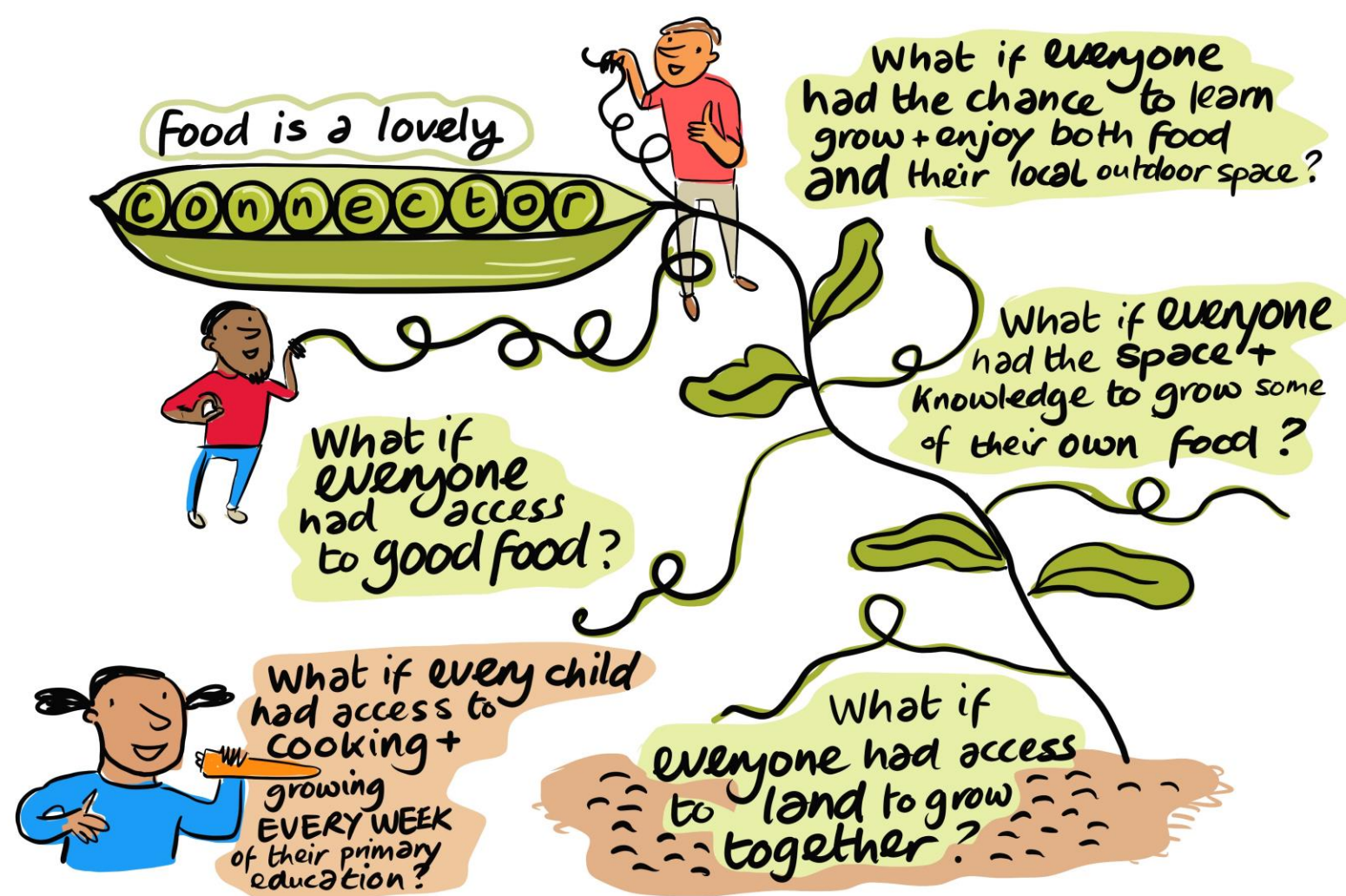FOSTER MOTIVATIONS

Applying learning

Supporting effective networking and partnerships

Applying learning

Build community
champion capacity -
My Food Community

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"

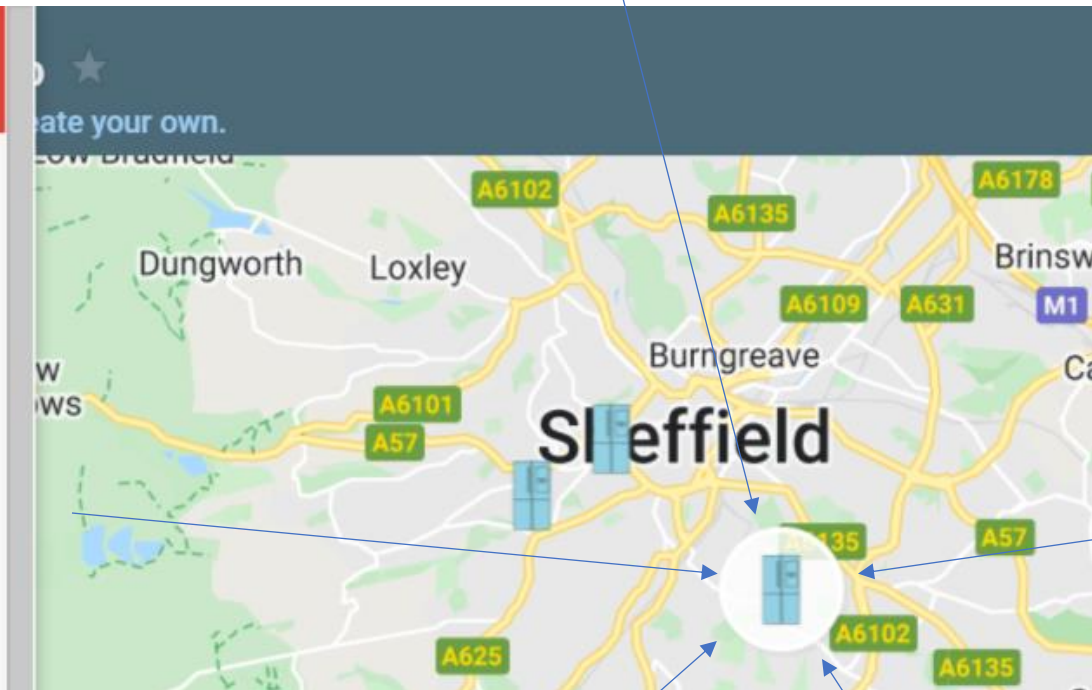https://twitter.com/AArbourthorne/status/1339589343036329986

← Arbourthorne Community Frid... ◈

name

Arbourthorne Community Fridge

description

Arbourthorne Community Fridge
Arbourthorne Community Primary
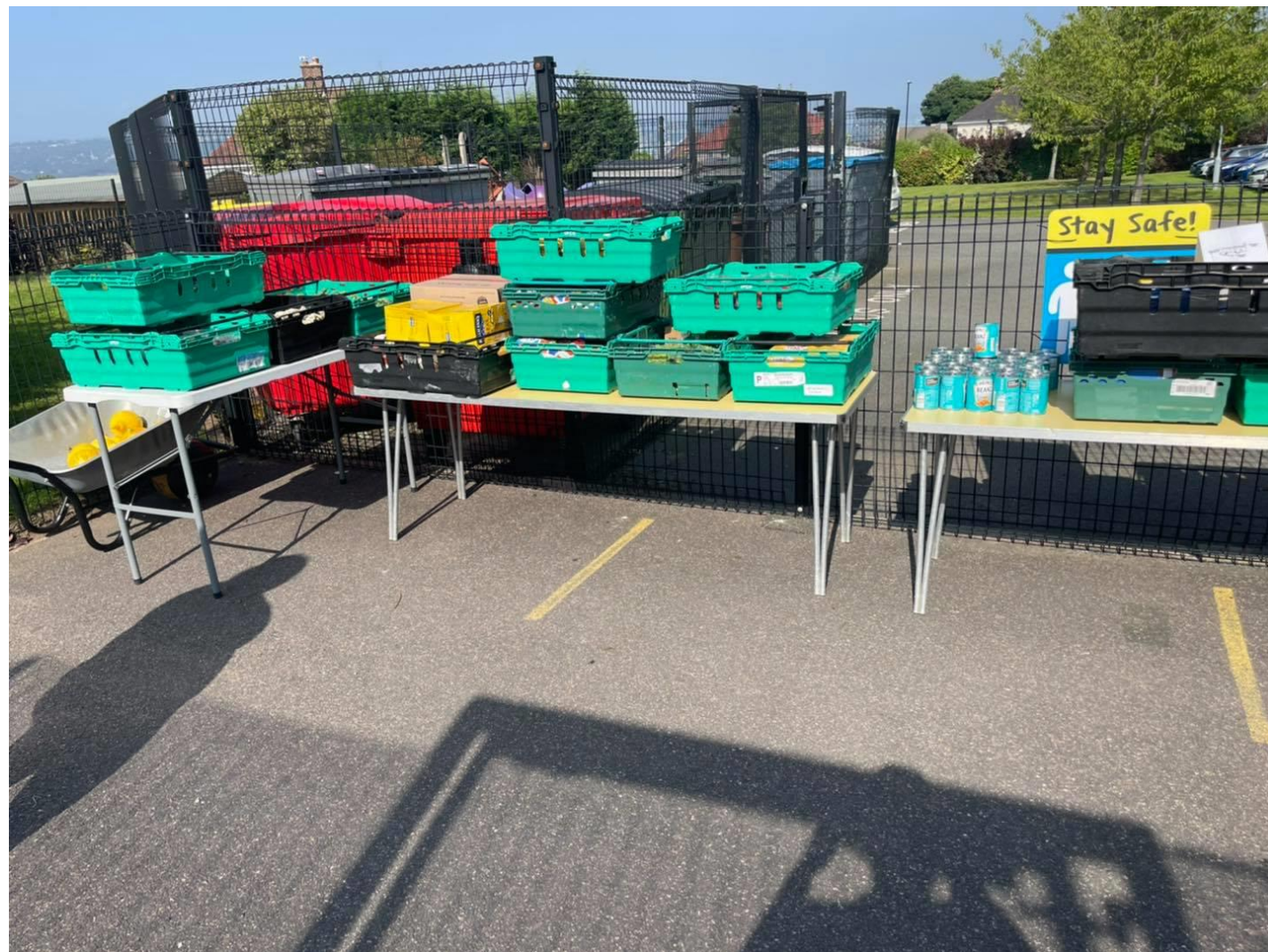School, Eastern Avenue, Sheffield, S2
2GQ

ate your own.

Dungworth   Loxley

Burngreave

Sheffield

Geraldine O'Riordan, Greener Kirkcaldy

Geraldine O'Riordan – Manager Community Food Team
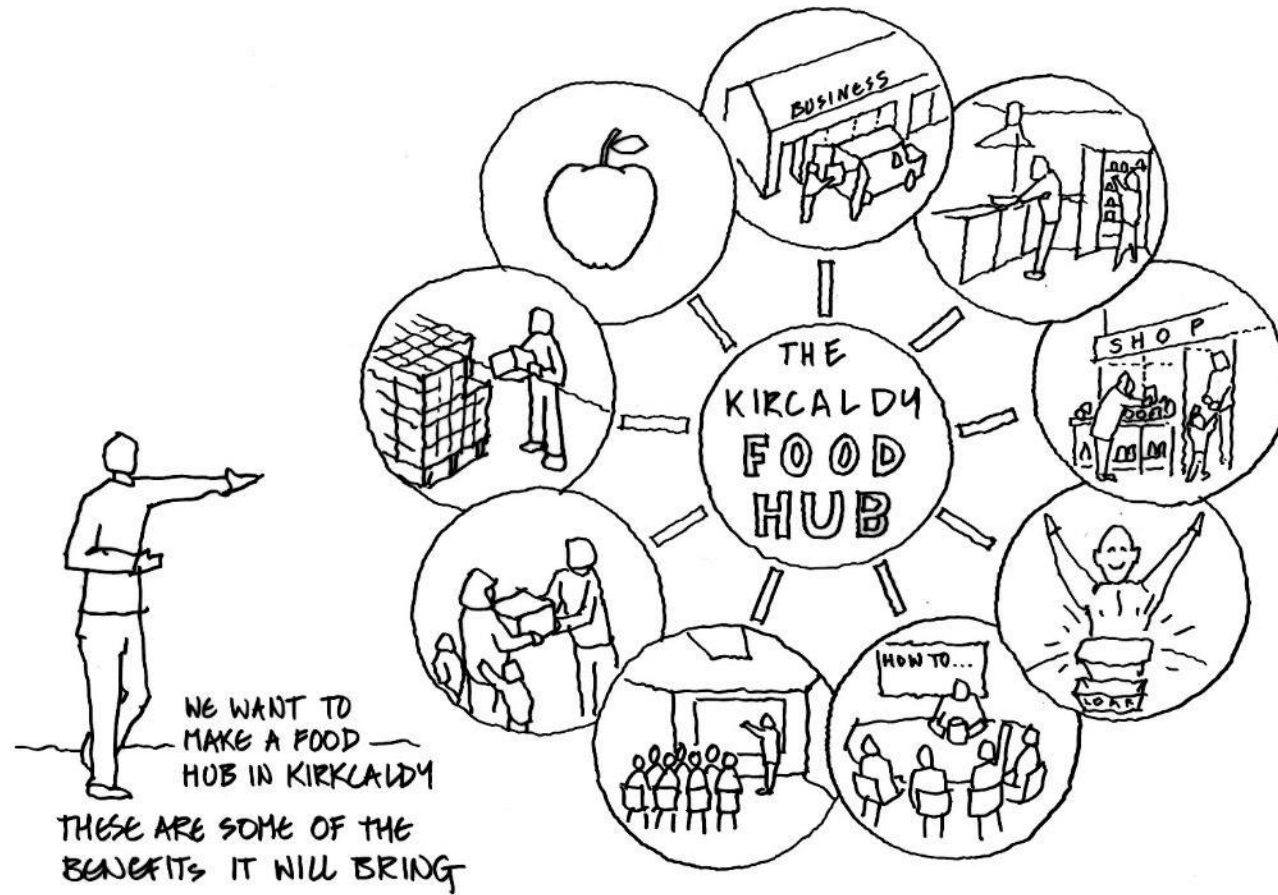
The Welcome Area

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

Greener Kirkcaldy
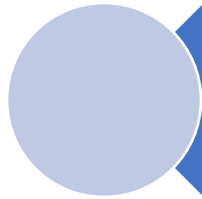
'Dignity in Practice' - Rights based approach to ensuring people can afford and access food with dignity and choice.
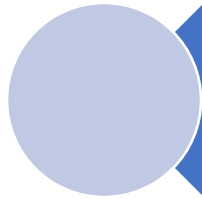
Empowers our community and builds resilience through connections, opportunities and shared spaces.
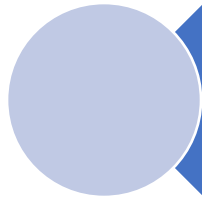
Helps us to talk about and address food insecurity differently.
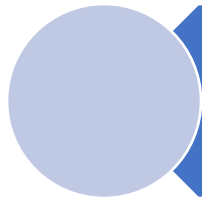
The Dignity Principles
https://www.nourishscotland.org/dignity-in-practice-project/

www.greenerkirkcaldy.org.uk

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

The University Of Sheffield.
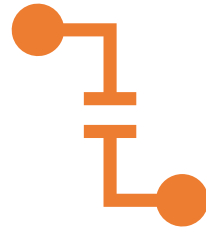
One Solution approach

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

UN Pillars of Food Security

Can I do all of these things all the time?
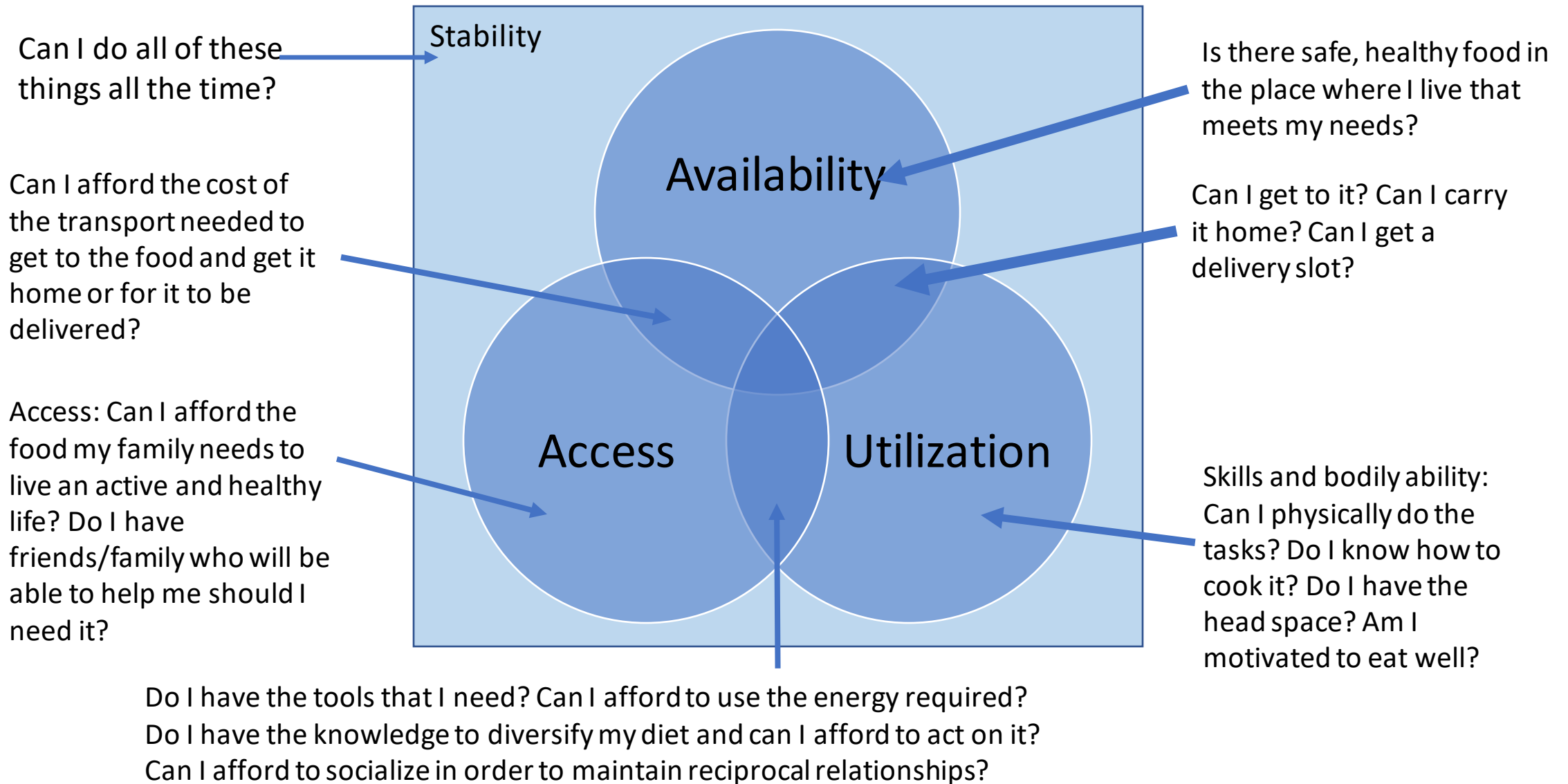
Stability

Is there safe, healthy food in the place where I live that meets my needs?

Can I afford the cost of the transport needed to get to the food and get it home or for it to be delivered?

Availability

Can I get to it? Can I carry it home? Can I get a delivery slot?

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?

Access

Utilization

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?

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?

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
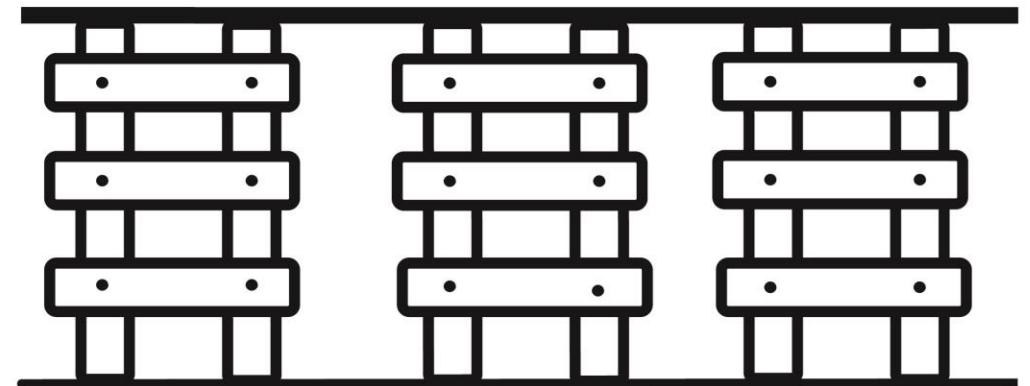4. Transitions people and localities away from vulnerability
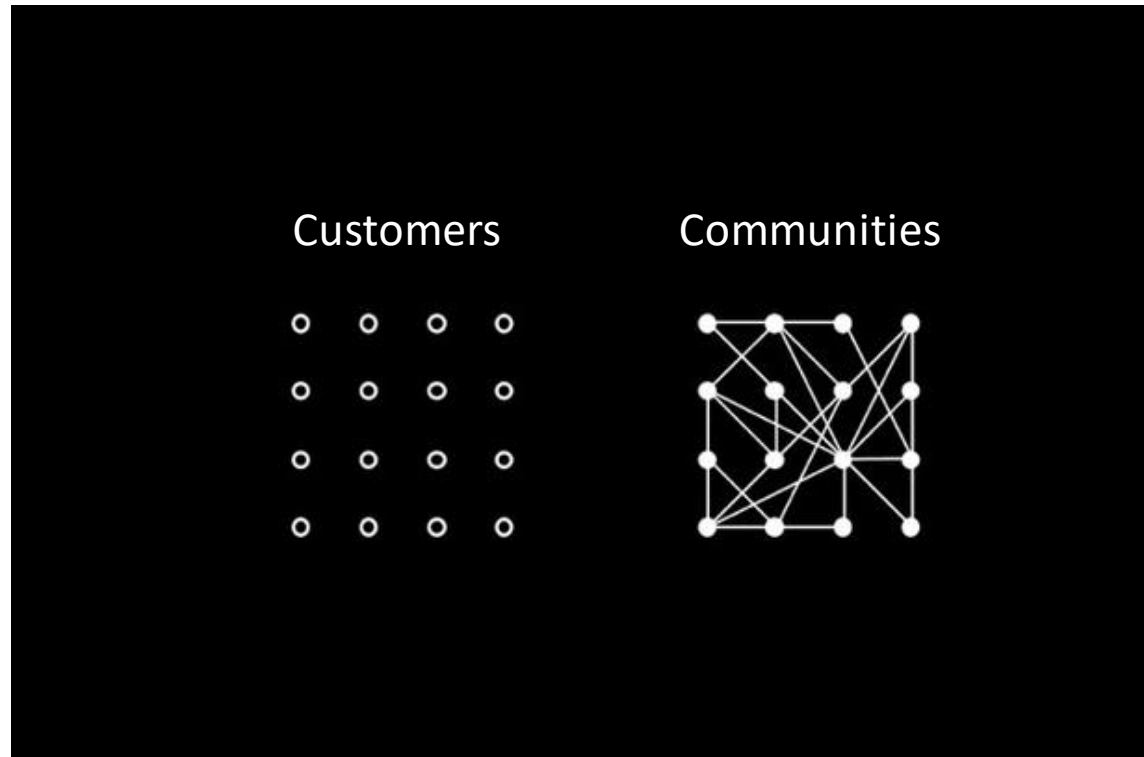
Food Ladders
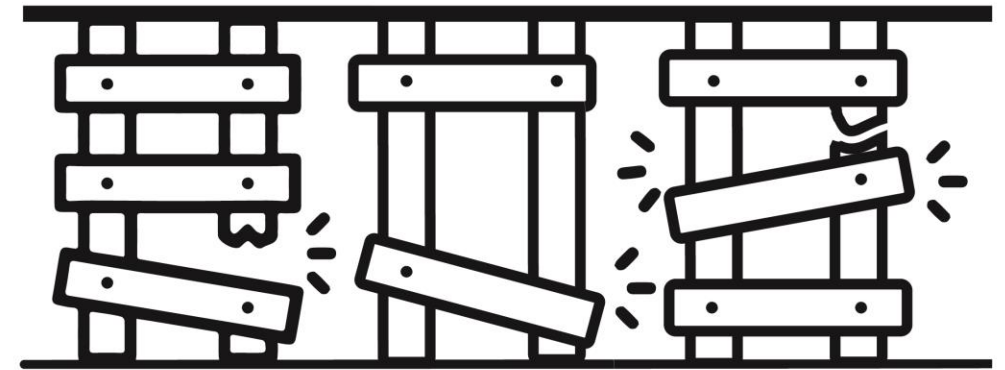
Food Capabilities   Social Relationships   Economic Participation

How do we get there...

Source: @jackbutcher

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.

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 foodscapes, 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: I**nform 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

- Relton, C., Crowder, M., Blake, M. et al. (1 more author) (2020) *Fresh street: the development and feasibility of a place-based, subsidy for fresh fruit and vegetables.* Journal of Public Health. fdaa190. ISSN 1741-3842. https://academic.oup.com/jpubhealth/article/44/1/184/5960419?login=true

- Blake, M. (2020) Mapping Food Ladders. https://geofoodie.org/2020/10/29/mapping-food-ladders/

- Blake, M. (2020) Surplus superpowers: The social impact of a surplus food membership scheme. Report prepared for The Bread and Butter thing.

- 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

- Blake, Megan K. 2019. "More than Just Food: Food Insecurity and Resilient Place Making through Community Self-Organising" *Sustainability* 11, no. 10: 2942. https://doi.org/10.3390/su11102942

- Blake, M. (2021). Building Post-COVID community resilience by moving beyond emergency food support. In Living with Pandemics: People , Place and Policy. Edward Elgar, Cheltenham.

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

- Personal Blog: Http://GeoFoodie.Org