In collaboration with...

**Expert Panel Members**
- Brighton & Hove City Council (including 26 departments)
- Brighton & Hove Energy Services Cooperative (BHESCo)
- Brighton & Hove Food Festival*
- Brighton & Hove Food Partnership
- Brighton & Hove Impetus
- Brighton & Hove Organic Gardening Group
- Brighton & Sussex Medical School
- Brighton & Sussex University Hospitals NHS Trust*
- Brighton and Hove Fairtrade Steering Committee
- Brighton Housing Trust
- Brighton Open Market
- Brighton Permaculture Trust*
- Brighton Unemployed Centre Families Project
- Brighton Voices in Exile
- Cardamom Pod
- Carers Centre for Brighton and Hove
- Children's Centres
- Chomp
- Circular Brighton & Hove
- City Region Employment and Skills Board*
- Common Cause*
- Community Chef*
- Community Kitchen
- Compass (at University of Sussex)*
- Department for Work and Pensions
- Digital Brighton and Hove
- Dorothy Stringer School
- Downland Estate Farmers*
- East Sussex Healthcare NHS Trust*
- FareShare Sussex*
- Fin & Farm*
- Florence Road Market
- Food Banks via Emergency Food Network (EFN)
- Food Pioneers*
- Fork and Dig It
- Gleaning Network*
- Greater Brighton Metropolitan College
- Green Wellbeing Alliance*
- Health & Wellbeing Board
- Healthwatch
- Healthy Weight Programme Board
- HISBE
- Impact Initiatives
- Impetus
- Infinity Foods Wholesale
- Lidl UK
- Living Loud
- Longhill High School
- Moneyworks Brighton & Hove
- Moulsecoomb Forest Garden
- Natural England ChaMP Project*
- Natural Partnerships CIC*
- NHS Brighton & Hove Clinical Commissioning Group*
- Old Tree Brewery
- Paper Round*
- PigShare / SheepShare
- Plastic Free Brighton
- Platf9rm
- Plumpton College*
- Possability People
- Refill Brighton & Hove
- Restaurants Brighton
- Saddlescombe Farm*
- South Downs National Park*
- Southern Water*
- Stanmer Organics
- Stoneham Bakehouse
- Surplus Food Network*
- Sussex Inshore Fisheries & Conservation Authority (IFCA)*
- Sussex Partnership NHS Foundation Trust*
- Sussex Homeless Support
- Sussex Inshore Fisheries & Conservation Authority (IFCA)*
- Sussex Partnership NHS Foundation Trust*
- Sussex Sustainability Research Programme*
- Sustainable Business Partnership*
- The Bevy
- The Living Coast UNESCO Biosphere*
- The Real Junk Food Project Brighton
- The Sussex Peasant*
- University of Sussex*
- University of Sussex*
- UnLtd
- Varndean College
- Varndean School
- Visit Brighton*
- Western Sussex Hospitals NHS Foundation Trust*
- Whitehawk Community Food Project
- World Food Project

**Action Plan Partners**
- Adur & Worthing Councils*
- Age Space
- Age UK Brighton & Hove
- Albion in the Community*
- Allotment Site Reps
- Amaze
- BeeZee Bodies
- Befriending Coalition
- Bright Dials
- Brighton & Hove Allotment Federation
- Brighton & Hove City Council
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- Whitehawk Community Food Project
- World Food Project

**National Supporting Organisations**
- Eating Better
- Food Foundation
- Food Matters
- Soil Association
- Sustain
- Sustainable Food Cities

**Special thanks to...**
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- BeeZee Bodies
- Befriending Coalition
- Bright Dials
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- Sustainable Business Partnership*
- The Bevy
- The Living Coast UNESCO Biosphere*
- The Real Junk Food Project Brighton
- The Sussex Peasant*
- University of Sussex*

*These partners are committed to actions that go beyond the boundaries of Brighton & Hove. Look out for the symbol throughout the Full Action Plan.
Increasingly, we live in a ‘low-cost’ economy – from budget flights to pound stores, from discounted electronics to bargain buckets of fast food. But the low-cost economy is full of hidden costs and simply cannot be sustained.

Nowhere is this more apparent than in terms of the food that we eat. Modern food systems provide us with large quantities of cheap food, but at a huge cost to people and the planet. The costs are mounting, even if we don’t pay them directly at the supermarket checkout.

Over 50% of Europeans are overweight and more than 20% obese. Chronic diseases, many linked to obesity, account for 70-80% of Europe’s healthcare costs, up to €700 billion a year. Food and farming systems contribute up to 30% of global greenhouse gas emissions and are a major driver of land degradation and biodiversity loss.

Low-cost food systems are able to remain in place because they are deeply embedded in practices all along the food chain and in many aspects of our lives.

What does all this mean for building sustainable food systems? First, sectoral policies are no longer sufficient. A whole-of-system approach is needed. Cross-cutting food strategies and food policies are needed to spark a series of coordinated shifts, none of which will happen on their own.

Second, these problems cannot be solved at national level alone, but require local action to rebuild local food systems.

That is why Brighton and Hove’s food strategy has been so welcome. Cities like Brighton and Hove are showing that new farming practices, food distribution and retail networks, and ways of valuing food in the local economy are all possible – and they are possible in unison.

Most importantly, cross-cutting food strategies can spark a fundamental shift in the logic underpinning food systems – making the move from volume to value, from cheap convenience to sustainability, from low-cost to true cost.

This review of Brighton and Hove’s food strategy provides a timely opportunity to renew these commitments and to chart an ever more ambitious course towards the sustainable food systems of the future.
Launched in 2006, refreshed in 2012, Spade to Spoon is the city’s food strategy and action plan. It brings together food producers, food providers and the public to work towards an all-round healthier city. The city pioneered city-based food work adopting a partnership approach to food in 2003 and was the first place to achieve Silver Sustainable Food City status in 2015. However, we are also now part of a much wider Sustainable Food Cities movement learning from and being inspired by others.

Although the food strategy’s 20-year vision (agreed in 2012 and signed up to by 50+ partners) remains the same, its all-important action plan has reached its ‘use by’ date.

Who six years ago had heard of, let alone understood, the terms flexitarian or Brexit? Clinical Commissioning Groups didn’t exist, food retail was about the Big Four and plastic waste the concern of just a few. From individual behaviour trends to macro-economic factors, statutory sector reforms to emerging technologies, the external environment has changed so much.

Most actions on the first action plan have now been completed, and the next again has space for everyone – the butcher, the baker and the policymaker! But the plan also accounts for several new priorities which emerged during our consultations.

The city is ‘not an island’ and should collaborate more, especially in areas such as food production where stopping our work at the city’s boundaries makes little sense, or where national policy influences what happens locally. This will include working more closely with our neighbouring councils, the South Downs National Park, The Living Coast UNESCO Biosphere and national food policy organisations.

If we are to bring more individuals, organisations and businesses on board we need more evidence on the impact of the approach and will work with our city’s universities to understand better the difference a city-wide approach is making.

Setting up the Food Partnership was one of the actions in the first (2006) food strategy and the importance of an independent organisation to champion this work emerged as a theme during this refresh. I am thankful for the trust placed in us over the years and continue to witness the success of our partnership approach and what happens when you put very different people in a room together to work on a joint problem.

Our city’s pledge to become a Veg City (see p12) shows how actions that are scattered throughout the plan, from the school meals service, to planners and lunch clubs, together form an ambitious, systemic piece of work. We will remain committed to getting ever more people involved.

Brighton and Hove may sit in the affluent South East but the reality is one in five residents are concerned about meeting their basic living costs next year, including food. Our final priority therefore is to ensure that the benefits of having a food strategy are seen across the city. There must be a focus on reducing inequalities, including prioritising those with the poorest diets or least access to healthy food.

The food system continues to cause big and growing problems. Yet food is also a force for good. Well-nourished children learn better, community food projects reduce isolation and independent food retailers can lead regeneration to name a small handful. Let’s keep this positivity in mind as we move forward with new priorities, refreshed actions and a singular vision.

Vic Borrill – Director, Brighton & Hove Food Partnership
Vision

Our vision is a city where everyone has the opportunity to eat healthy food from sustainable sources*

It is a city where residents know where their food comes from, understand and celebrate the delicious diversity of food that changes with the seasons and feel a connection to the people and the surrounding land and sea that provide it.

It is a place where everyone feels confident in cooking nutritious meals, where people are healthier and where, from a young age, we learn to grow food and to cook using fresh ingredients.

This is a city that respects and enjoys food. It has a rich variety of local produce and is a destination renowned for its high-quality, sustainable food and vibrant food culture. It is a place where a range of local food businesses achieve high standards of sustainability, generate employment and contribute to economic prosperity.

Local food producers, from farmers and fishermen to bakers and cheesemakers, work in ways that respect natural resources, and in return get a fair price for their produce. Infrastructure supports local food processing shortening supply chains, investment in local food businesses such as abattoirs, brewing and preserving adds value to produce which is then kept in the local economy.

Everyone lives within walking distance of a source of fresh, affordable food that has been farmed, caught or harvested in a sustainable way. We have reduced our reliance on foods produced and transported using expensive fossil fuels.

Communities have access to land and buildings to support food production through joint-buying or other community investment initiatives.

In this city, we understand that resources are limited and that food should be valued. We eat less and waste less. Our diets are better for us and better for the planet, and we reduce, reuse and recycle the waste we produce. Our public institutions lead by example, serving a choice of healthy foods from sustainable sources and minimising the food they waste too.

In establishing this sustainable food system for our city we have capitalised on what we already have: the rich natural resources of the sea and surrounding farmland, our vibrant cafes and restaurants, a young population keen to work, a thriving tourist industry, strong neighbourhoods and communities, and a growing network of community food projects.

*This vision was agreed for the 2012 food strategy
Healthy, sustainable, fair food for all

What are the benefits of having a food strategy?

- Happy people
- Reduced food poverty
- Healthier lifestyles
- Reduced carbon footprint
- Connected community
- Reduced waste
- Good food visibility
- Reduced inequalities
- Cost savings to public services
- Vibrant food economy
- Reduced inequalities

Having a food strategy brings huge wins to Brighton and Hove

Improving people’s health, the environment and the local economy
The roots of a successful food strategy: It’s in the approach

Our approach

- Have a Food Partnership
  - Create cross-sector and unusual alliances
  - Find your food heroes
  - Connect the doers and the thinkers

- Have an action plan
  - Every action counts
  - All do our bit – not someone else’s problem
  - Work at scale

- Be part of Sustainable Food Cities
  - Learn from others
  - Share with others

- Make it about your place
  - Make it visible
  - Celebrate food

- Adopt at a strategic level
  - Get food on all agendas
  - Use as a tool for investment

- Prevention better than cure
  - Focus on those most at risk
  - Invest in food education

The big issues we are addressing

Diet-related ill health
- Treating diet-related diseases costs the NHS in Brighton and Hove £80 million a year.
- Children living in the most deprived parts of Brighton and Hove are 12 times more likely to be obese at Year 6 than children living in the least deprived parts.

Food poverty and inequalities
- One in five people in the city don’t feel they have enough money to meet their basic living costs, including food.
- In 2018 there are 17 food banks in the city together supplying 358 parcels a week. This is a 25% increase on 2014 figures, 75% of food banks report an increase in demand over the last year.

Food waste and ecological footprint
- In Brighton and Hove, 30,000 tonnes of food a year is wasted by businesses, and 39,000 by households.
- 26% of the city’s ecological footprint (the amount of land and resources we use) relates to food.
- 26% of the city’s ecological footprint (the amount of land and resources we use) relates to food.

Economic factors
- Brighton and Hove has one of the lowest levels of housing affordability of all UK cities, with the average house price nearly 11 times the average salary.
- Local spending is worth four times more to a neighbourhood than cash paid to a multinational.

Social isolation
- 44,294 people in Brighton and Hove are living alone.
- 41% of older people in the city live alone compared to 31% nationally.

Food security
- The city council owns 4,400 hectares of farmland (most in the South Downs National Park), yet very little of this is used to produce food for the city.
- About a third of the UK’s food supply comes from EU Member States. There is uncertainty about the impact of Brexit on food prices. A KPMG study estimated that a ‘Great British Breakfast’ (a fried breakfast) would rise in price by up to 12%.

References available on the website: www.bhfood.org.uk/resources/food-strategy/
What has been achieved so far?

Having a citywide food strategy has made a real difference to people’s lives and Brighton and Hove is now nationally recognised for its food expertise.

MAKING AN IMPACT

We have shown that food can be the social glue that brings people together and plays a vital role in improving our health.

As a city we have:

- Tripled the number of community gardens from 25 to 75, planted 200 orchards across Sussex and have over 3000 allotment plots in use.
- Transformed the lives of over 2,000 people with mental health, addiction and other wellbeing issues through community gardening.
- Reduced the number of overweight and obese children at Year 6 (bucking the national trend) – 26.1% of Year 6 pupils in the city are overweight or obese compared to 34.2% in England.
- Increased breastfeeding rates – 75% in the city vs a 50% national average.
- Awarded 200 nurseries, care homes, breakfast clubs, workplaces, cafes and restaurants a Healthy Choice Award for their healthy eating options.
- Enabled over 1,000 households to start composting their food waste through 37 community composting schemes.
- Addressed social isolation through food – 1,265 shared meals take place every day, or almost half a million a year.
- Established 170 volunteer-led community food projects across the city

WORKING AT SCALE

We are transforming the nature and quality of the food served across Brighton and Hove.

As a city we have:

- Brought together caterers from the biggest public and private sector institutions collectively serving over 2 million meals a month, to improve the food they serve.
- Developed award-winning Minimum Buying Standards for council catering contracts.
- Embraced accreditation schemes such as Food for Life and MSC Certification for many of our public and private sector catering establishments.

“Born out of a successful Feeding the 5000 event, the Surplus Food Network brings together seven organisations working to reduce food waste and alleviate food poverty. By collaborating we are more effective, reach more people and have a greater influence.”

- Surplus Food Network

“9,000 of the 10,500 acres of land farmed in the council-owned Downland Estate are managed under Higher Level Stewardship agreements which offer benefits for wildlife conservation.”

- Farming Officer, Natural England
EMBEDDING CHANGE
Policy is key in ensuring real and lasting change.
As a city we have:
• Given evidence to the House of Commons select committees on sustainable food (2011) and food waste (2017), and at the All Party Parliamentary Inquiry on hunger and food poverty (2014).
• Embedded food into eight major local policy documents, including the City Plan.

A FLOURISHING FOOD SECTOR
Diversity, independence and innovation is essential for a sustainable and healthy food system.
As a city we have:
• Embraced innovation in food businesses. Ethical supermarket HISBE, zero-waste restaurant Silo, community pub The Bevy and food market Street Diner, to name a few.
• Seen our thriving restaurant scene grow. It is now a key component of Brighton’s tourism offer bringing money to our local economy and providing a market for local and sustainable produce.
• Increased the amount of local produce entering the city. We established Community Supported Agriculture schemes for veg (Fork and Dig It) and meat (Sheep Share and Pig Share), and supported enterprising distributors including Fin and Farm and The Sussex Peasant.
• Founded creative community enterprises such as The Real Junk Food Project’s ‘pay as you feel’ shop and cafes, the Stoneham Bakehouse and the new Community Kitchen.
• Celebrated together. Major events such as Apple Day and our many food festivals involved thousands of residents and visitors.

LEADING THE WAY
Brighton and Hove is sharing with other cities how achievable actions can help transform food systems.
As a city we have:
• Developed a city-wide Food Poverty Action Plan now being used as a model by other UK cities.
• Piloted the national Sugar Smart campaign.
• Been first to adopt a Planning Advisory Note to encourage developers to include space for food growing in new developments.
• Featured as best practice case studies in the Department for Environment, Food & Rural Affairs British Food Plan and within the Department of Health’s Childhood Obesity Plan.
• Become the first Silver Sustainable Food City in the UK.

"People who haven’t seen me for a while comment on my weight loss but it has benefited the whole family. We are making more meals from scratch and as a result my shopping bill is £5 a week cheaper"
- Shape Up Weight Management Participant

"Brighton and Hove are leading the way in one of the fastest-growing social movements in the UK today"
- National Programme Manager, Sustainable Food Cities

"The council’s primary school meals contract has created 118 jobs, pays staff the Living Wage Foundation rate, helps schools meet Ofsted criteria and has achieved MSC (Marine Stewardship Council) certification and Silver Food for Life status" - School Meals Manager

"When I first moved in I felt quite isolated but now having this food growing space which we all share it feels to me like family"
- Supported Accommodation Resident
Food Strategy Action Plan: Five-year timeline 2018-2023

2018
- Sep 2018: Pitch for Gold Sustainable Food Cities Award

2019
- Mar 2019: Short progress report
- Apr 2019: Consultation and drafting
- Oct 2019: Event + Health & Wellbeing Board

2020
- Mar 2020: Achieve Gold Sustainable Food Cities Award
- Apr 2020: Identify focus for year ahead
- Jul 2020: Event + Health & Wellbeing Board
- Oct 2020: BHFP applies for resources to continue oversight

2021
- Mar 2021: Identify alternative oversight mechanisms or exit strategy
- Apr 2021: Identify focus for year ahead
- Jul 2021: Event + Health & Wellbeing Board
- Oct 2021: Discuss final progress report + next refresh

2022
- Apr 2022: Review final progress report
- Oct 2022: Event + Health & Wellbeing Board
- Nov 2022: Final progress report

2023
- Apr – Nov 2023: Consultation, drafting and launch of new Five-year Action Plan

Key
- All stakeholders
- Brighton & Hove Food Partnership (BHFP)
- Expert Panel meets
Consultation process

Brighton & Hove Food Partnership received funding from the Esmée Fairbairn Foundation to undertake a refresh of the Food Strategy Action Plan.

The process was overseen by an Expert Panel that met three times and provided input on the consultation process and final actions. Panel members are listed on the inside cover.

Looking ahead, an Expert Panel approach will be used to oversee the progress of the food strategy.

A whole city approach

Throughout the process we were supported by facilitators from Food Matters, who helped to hear different perspectives and find the common ground between food activists, policymakers, restaurants, health professionals, farmers, urban food growers, council directors, alternative retailers, supermarkets, and food bank volunteers to name a few.

Setting the context of the city’s plan to apply for gold Sustainable Food City status (see p14), a core part of the consultation was to ask the question ‘What would show you that you were in a ‘gold standard’ city for food’. Answers around good food visibility, an end to food poverty, diversity in farming and retail, food security and a focus on preventing waste emerged time after time.

The inherent dilemmas of healthy, sustainable and fair food were discussed – food that is produced with respect for the environment and pays fair wages to producers will cost more at a time when many can’t afford their weekly shop. Food is complex; short food miles don’t always mean low carbon footprint, vegetarian diets aren’t low impact if they are high in imported soya, plastic packaging reduces food waste and there is no one solution to obesity. And short-term solutions don’t solve long-term problems, for example redistributing food waste neither solves problems of poverty nor problems of food waste.

It wasn’t all serious – ‘Thin Seagulls’ in answer to how do we know we’ve achieved a healthy food system, and ‘Do for vegetables what happened to gin’ as to how to get people eating more veg.

Keeping it real was also an important theme – the need to work with the assets we have and the challenges we face. As one farmer said, ‘you don’t want to grow lettuces on the top of chalk downs’.

Thank you to everyone who gave their time as part of this process. It has been inspiring and as you can see from the 200 actions there is no shortage of enthusiasm for the next five years.

Who did we connect with and how did we reach them?

- Over 600 people participated in the consultation which took place between January 2018 and August 2018.
- The University of Sussex brought together 30 academics from across the UK to consider how best to measure and track the difference a city-wide approach to food can make.
- We ran 7 consultation events attended by 191 stakeholders, plus consultation at Surplus Food Network and Emergency Food Network meetings.
- Online surveys for residents, businesses and caterers had 368 responses.
- We ran focus groups for rough sleepers, food bank users and members of the BAME (Black, Asian and minority ethnic) community.
- We attended partnership meetings such as Citywide Connect and the Children’s Centres and Healthy Lifestyles Group.
- We used data from the city’s Joint Strategic Needs Assessment (JSNA), Citytracker and surveys of community food projects.
- We went beyond Brighton and Hove including engagement with the South Downs National Park, large caterers from East Sussex and West Sussex, food producers in The Living Coast UNESCO Biosphere, East Sussex & West Sussex county councils and Plumpton College.
Taking a citywide approach to helping everyone to eat more veg

Making a pledge for more veg

In 2017, Brighton & Hove City Council (BHCC) made a joint pledge with the Brighton & Hove Food Partnership to take a citywide approach to helping people to eat more veg. We are now working towards becoming a pioneer Veg City. This commitment is part of the national Peas Please initiative launched by the Food Foundation.

We are committed to reducing the inequalities that exist here: fewer than 50% of 8-11 year-old pupils from the most deprived areas eat their five-a-day compared with over 90% in the least deprived areas. Our Peas Please activity will help to address this.

Get kids eating veg

- BHCC trial raw veg in schools with target to reduce waste
- Schools take part in Fuel for Schools and Edible Playgrounds
- Food outlets at major child-friendly events create healthier menus with an extra portion of veg
- Healthy Choice Award criteria for Early Years settings include an extra portion of veg

Promote veg

- Increase uptake of Healthy Start Vouchers (can be used to buy veg)
- Use blogs, social media, PR and advertising to promote veg

Improve access to veg

- Local businesses ensure more fresh produce in ‘Community Fridges’ and in homeless shelters
- Guidance for developers produced around food growing, access to healthy food and healthier environments

Work with businesses

- Lidl research into overcoming barriers to eating veg for people in East Brighton
- Large public sector caterers commit to serving two portions of veg with every main meal
- Restaurants and cafes flip order of menus to read veggie, fish, meat

Invest in training and skills

- Veg cookery classes at Community Kitchen for staff from Early Years, food businesses and schools

Look out for the Peas Please actions threaded throughout the full version of the action plan
Taking a preventative approach to tackle food poverty

The action plan takes a preventative approach, addressing the underlying causes of food poverty and looking beyond food to issues such as employment, benefits, and housing and fuel costs.

What prevents food poverty?

- Cooking equipment
- Employment
- Access to low-cost healthy ingredients
- Cooking skills
- Benefits and pensions
- Financial inclusion (e.g., savings, money advice)
- Affordable housing, fuel, transport
- Healthy food in health/social care services
- Community networks
- Shared meals and eating together
- Crisis support for when prevention doesn’t work

Long-term food poverty

Our approach focuses on the much larger group of people struggling long term to eat a healthy diet, and aims to prevent them reaching crisis point.

Crisis food poverty

Food banks and hunger are just the tip of the iceberg.
Turning actions into gold: what you can do

In 2015 Brighton and Hove became the UK’s first silver Sustainable Food City. Now is the time to ‘Go for Gold’ so everyone can benefit from good food.

The Council and NHS spend millions of pounds on food each year so actions taken by them will have a big impact.

We’re also calling on residents, visitors, schools, cafes, restaurants, shops and caterers to all play their part too. Every action counts.

Top 10 actions for residents and visitors

1. Add an extra portion of veg to your meals
2. Swap sugary food and drinks for healthier alternatives
3. Plan your meals / use a shopping list
4. Sign up to a community composting scheme
5. Volunteer at / donate to a community food project (e.g. surplus food distributors, lunch clubs, community gardens)
6. Reduces single-use plastics and sign up to plasticfreepledge.com
7. Cook more from scratch, use up your leftovers and perfect your portion sizes
8. Sign up to food-sharing apps (e.g. Too Good To Go and Olio)
9. Reduce your meat and dairy consumption
10. Sign up for the Food Partnership newsletter – bhfood.org.uk

Top 10 actions for schools

1. Offer cooking and growing opportunities
2. Join Sugar Smart and Peas Please initiatives
3. Undertake a food waste audit / food waste collection
4. Arrange visits to community food projects and farms
5. Develop a whole-school food and drink policy
6. Offer a healthy and active breakfast club: low cost for those that need it
7. Improve referrals to food banks and Chomp holiday lunch clubs
8. Secondary schools to explore benefits of in-house catering
9. Provide access to drinking water and reusable water bottles and sign up to plasticfreepledge.com
10. Join Fuel for Schools: fresh food for all families

Top 10 actions for food businesses

1. Offer smaller portion sizes and doggy bags
2. Sign up to plasticfreepledge.com
3. Undertake food waste audit / redistribute surplus food / arrange food waste collection
4. Sign up to become a Water Refill Station
5. Get involved at the Community Kitchen
6. Source sustainable fish
7. Join Sugar Smart and Peas Please initiatives
8. Flip the menu: order to read vegetarian, fish, meat
9. Go for accreditation (e.g. Healthy Choice Award, Sustainable Restaurant Association, Food for Life, Green Kitchen)
10. Sign up to Living Wage Campaign

Join in the conversation on social media – take a photo of the action you’ve taken and share it #goldfoodcitybid
### AIMS

| Aim 1: Champion healthy and sustainable food |
| Aim 2: Take a preventative ‘upstream’ approach to food poverty and ensure equal access to healthy food |
| Aim 3: Nourish a vibrant, diverse and skilled community food sector |
| Aim 4: Improve sustainability and security in urban, rural and marine food production |
| Aim 5: Encourage a vibrant and sustainable food economy |
| Aim 6: Transform catering and food procurement |
| Aim 7: Become a ‘food use’ not a ‘food waste’ city |
| Aim 8: Ensure healthy, sustainable, fair food is embedded in policy and planning, and has a high profile right across the city |

### OUTCOMES

- Improved diet and reduction in the number of people with diet-related ill health
- Collective action is addressing food poverty
- A vibrant, skilled, sustainable community food sector
- A vibrant, skilled, sustainable food economy
- Procurement transformed
- Sustainable, secure food production
- Better food use and less food waste
- An ’Eating well’ culture
- Food is at the heart of planning, policy and public services

### IMPACT

- Happy people
- Healthier lifestyles
- Cost savings to public services
- Reduced food poverty
- Reduced carbon footprint
- Vibrant food economy
- Good food visibility
- Connected community
- Reduced inequalities
- Reduced waste
# Health and Sustainability

## Aim 1. Champion healthy and sustainable food

### 1.1 Recognise that good food is crucial to health and wellbeing.
Make access to good food central to education provision and in needs identification in the reorganised health and social care services. Take this approach in the refresh of the Health and Wellbeing Strategy in 2018.

**Partners involved:** Health and Wellbeing Board, Healthy Weight Programme Board, BHCC Public Health Schools, BHCC Adult Social Care, Community Pharmacy Team, BHFP, Commissioners

### 1.2 Make it easy for people to access information, education and support about healthy eating, healthy weight and healthy cooking.
Target people experiencing or at risk of poverty, isolation and/or long-term health conditions. Establish a single point of contact for referrals to the Healthy Lifestyles Team support services (2018, with review in 2020).

**Partners involved:** BHFP, BeeZee Bodies, Age UK, Carers Centre, Digital Brighton & Hove, Age Space, Single Point of Contact for Healthy Lifestyles Support, Sussex Community NHS Foundation Trust Expert Patient Programme, Malnutrition Task Force

### 1.3 Share information with and inspire residents to make changes to their diets to reduce their food related ecological footprint.
Share messages around reduced meat and dairy consumption, seasonal eating, plant-based foods, sustainable and higher welfare food production and food waste reduction.

**Partners involved:** BHFP, Eating Better, Food Foundation, BHCC Environmental Health

### 1.4 Train and support people working in the community and in the health, social care and education sectors.
Ensure staff and volunteers are confident about the role of nutrition and weight in health, can spot signs of malnutrition and food poverty, and know where they can refer people for support. Pilot Culinary Medicine, a training programme for GPs and other health professionals. Deliver training for medical students in nutrition.

**Partners involved:** BHCC Adult Social Care, BHCC Public Health, BHFP, University of Brighton, University of Sussex, Brighton and Sussex University Hospitals NHS Trust (including Dietetics Team), Brighton & Sussex Medical School, Healthy Weight Programme Board, BHCC Core Training, BeeZee Bodies, Brighton Housing Trust
| 1.5 | **Take an all-life-stages approach to tackling obesity and other diet-related diseases.** Aim to increase healthy life expectancy by targeting at-risk groups. Includes supporting breastfeeding, work with under-fives and school-age children/young people on nutrition and developing a Workplace Wellbeing offer.  
*Partners involved:* Sussex Community NHS Foundation Trust, Children’s Centres, Albion in the Community, BHCC Workplace Wellbeing |
| 1.6 | **Take a citywide preventative approach to malnutrition.** Establish a Malnutrition Task Force to investigate the nutrition and hydration needs of older and vulnerable people, with the aim of spotting malnutrition earlier and reducing hospital admissions and readmissions.  
*Partners involved:* BHCC, CCG, Brighton and Sussex University Hospitals NHS Trust, BHFP, Healthwatch |
| 1.7 | **Deliver a coordinated weight management service for adults and children.** Target people above their ideal weight living in the most deprived areas of the city (50% from quintiles 1 and 2). To include a clear care pathway, a coordinated referral system and a robust system of evaluation.  
*Partners involved:* Healthy Lifestyles Single Point of Contact, BeeZee Bodies, School Nurse Team, Brighton and Sussex University Hospitals NHS Trust |
| 1.8 | **Deliver a citywide Sugar Smart Campaign, linked to the national campaign.** Build on success as one of the first UK Sugar Smart cities.  
*Partners involved:* Healthy Weight Programme Board sub group |
| 1.9 | **Take a citywide approach to helping everyone to eat more veg as part of the Peas Please campaign.** Focus on those neighbourhoods where veg consumption is known to be lowest. [See overview on p12.]  
*Partners involved:* BHFP, BHCC Environmental Health, BHCC Public Health, University of Brighton, Lidl UK, The Real Junk Food Project, Food Foundation |
| 1.10 | **Ensure easy access to free tap water.** Increase the number of premises signed up to the Refill Brighton & Hove scheme and improve access to free water in public spaces. Raise awareness of the role of the chalk downs in providing the city’s water. Encourage people to choose tap over bottled water. [See also ‘Reduce Food Waste’.]  
*Partners involved:* Refill Brighton and Hove (a project of City to Sea CIC and Brighton Peace & Environment Centre), BHCC International & Sustainability Team, University of Brighton, University of Sussex, The Living Coast Biosphere Delivery Board |
1.11 Explore ways to reduce local junk food advertising. Increase the advertising of healthy food. Focus on areas around schools, parks and other areas frequented by children.

*Partners involved: Healthy Weight Programme Board, BHFP, Living Loud*
## Food Poverty

**Aim 2. Take a preventative ‘upstream’ approach to food poverty and ensure equal access to healthy food**

| 2.1 | **Prioritise a preventative ‘upstream’ approach for food poverty.** Take action on low wages, insecure employment and the housing crisis. Run a Living Wage campaign targeting employers in the hospitality and food and drink sectors.  
*Partners involved:* Chamber of Commerce, BHCC Housing, BHFP |
| 2.2 | **Help maximise the income of those at risk of food poverty.** Take a strategic approach to preventing crises, including strengthening the links between support services, e.g. advice services, Job Centre Plus, food banks and shared-meal settings.  
*Partners involved:* BHCC Primary School Meals, BHCC Welfare Reform, Moneyworks, Possability People, BHCC Shine Project, Digital Brighton & Hove, BHCC Welfare Rights, Department for Work and Pensions |
| 2.3 | **Ensure emergency support for people who do experience crisis.** Seek to continue the Local Discretionary Social Fund. Emergency food providers work together to share skills and resources. Look to extend the reach of the Emergency Food Network to areas where people are rehoused from the city.  
*Partners involved:* BHCC Welfare Reform, Food Banks via Emergency Food Network, BHFP |
| 2.4 | **Ensure information, advice and access to good food for people in food poverty.** Involve people with first-hand experience of food poverty in designing responses to it.  
*Partners involved:* BHFP, Food Banks via Emergency Food Network, Surplus Food Network |
| 2.5 | **Ensure the limited support available is effectively targeted at those most vulnerable using data from the City Tracker, Joint Strategic Needs Assessment and survey of food banks.** Run school holiday club meals targeting families eligible for free school meals, explore further activities in schools to act on food poverty and run a campaign to promote Healthy Start vouchers.  
*Partners involved:* All partners from the 2015-18 Food Poverty Action Plan, Children’s Centres, Chomp, BHCC Families Children & Learning, BHCC Public Health, Brighton Voices in Exile, Surplus Food Network, BHCC Adult Social Care, Brighton Housing Trust First Base Day Centre |
### Community Food

#### Aim 3. Nourish a vibrant, diverse and skilled community food sector

| 3.1 | **Be the city that cooks.** Enable all people to have the skills, confidence and equipment to cook healthy food from scratch. Develop the Community Kitchen as a focal point for cookery and food sharing alongside an increase in cookery activities delivered in Children’s Centres, schools and community venues.  

*Partners involved:* BHFP, World Food Project, Stoneham Bakehouse, Cardamom Pod, Real Junk Food Project, Children’s Centres, Surplus Food Network, Community Chef |

| 3.2 | **Be the city that eats together.** Enable community cafes, lunch clubs and shared meals to thrive as places that tackle social isolation, provide support and advice as well as a nutritious affordable meal. Projects to celebrate the diverse food cultures in the city. Increase access to healthy food, particularly among vulnerable groups. Review Casserole Club and plan for a localised version. Pilot a voluntary meals on wheels service.  

*Partners involved:* BHFP, Possability People, Sussex Homeless Support, Impact Initiatives, Impetus, Bright Dials, Befriending Coalition, The Real Junk Food Project |

| 3.3 | **Redistribute surplus food to people who will benefit.** Increase the volume and suitability of surplus food reaching community food projects.  

*[See also Reduce Food Waste.]*  

*Partners involved:* Surplus Food Network, BHFP |

| 3.4 | **Ensure access to community gardening and other food growing opportunities.** Promote and support the 75+ community food growing gardens. Via the Green Wellbeing Alliance increase access to therapeutic outdoor activities for vulnerable groups.  

*Partners involved:* Green Wellbeing Alliance, BHFP, BHCC Cityparks, Brighton Permaculture Trust, University of Brighton, University of Sussex |

| 3.5 | **Champion community food projects.** Take practical steps to nourish this sector and promote the benefits of volunteering. Help sector to maximise council and local grant funding and access in-kind support including the transfer or use of community buildings or land.  

*Partners involved:* BHFP, BHCC Communities Equality & Third Sector |
Food Production

Aim 4. Improve sustainability and security in urban, rural and marine food production

4.1 Take a holistic approach to improve sustainability and security in food production across the urban, rural and marine environments. Use opportunities presented by The Living Coast UNESCO Biosphere and South Downs National Park status.

*Partners involved:* Southern Water, Natural England ChaMP Project, South Downs National Park, BHFP, Sussex Inshore Fisheries & Conservation Authority, The Living Coast Biosphere Delivery Board & Partnership, South Downs National Park Farm Clusters, Sussex Sustainability Research Programme, University of Sussex

4.2 Develop a whole-estate plan for the management of BHCC farmland. Consider food production and security, public access, biodiversity and action to enhance ecosystems services.

*Partners involved:* BHCC Property & Design, South Downs National Park, The Living Coast UNESCO Biosphere Delivery Board

4.3 Encourage urban food production. To provide health, economic, environmental and community benefits. Encourage provision of food growing space and edible/pollinator-friendly planting in new developments. Look to develop urban food production e.g. vertical growing/hydroponics and participate in the Horizon 2020 EdiCitNet project.

*Partners involved:* BHCC Planning, BHFP, University of Brighton School of Architecture, Plumpton College, BHCC Economy, Environment and Culture

4.4 Deliver enjoyable, inclusive, sustainable and affordable allotments.

As detailed in the city’s allotment strategy.

*Partners involved:* BHCC Allotments Service, Brighton & Hove Allotment Federation, Allotment Site Reps
| 4.5 | Establish Stanmer Park as a beacon of good practice, inspiration and education on sustainable food production. Redevelop the Walled Garden area as part of a Heritage Lottery funded project to include teaching space, a local produce shop and demonstration fruit and veg growing. Produce a Masterplan for the whole estate.  
**Partners involved:** Plumpton College, BHCC Cityparks, BHCC Property & Design, Stanmer Organics, Brighton Permaculture Trust, BHFP |
| 4.6 | Include food security in citywide resilience planning, in planning for climate change and in crisis planning e.g. a flu epidemic, flooding, drought and other extreme-weather. Collaborate with neighbouring local authorities to consider food security against the backdrop of Brexit, ongoing household food insecurity and a potential rise in food or energy prices.  
**Partners involved:** BHCC Economy, Environment and Culture, BHFP, BHCC Property & Design, BHCC Planning |
| 4.7 | Maintain and improve connections between food producers. Improve their connections to sources of support and investment.  
**Partners involved:** National Farmers’ Union of England and Wales, Soil Association, South Downs National Park, Sussex Inshore Fisheries & Conservation Authority, Southern Water and Natural England ChaMP Partnership |
| 4.8 | Encourage connections between urban residents and businesses and Sussex-wide farmers and producers. Take part in open farm day and use other opportunities to increase understanding between city dwellers and food producers.  
**Partners involved:** Fin and Farm, Veg box schemes, Sussex Peasant, Saddlescombe Farm, BHFP, Fork and Dig It, SheepShare, PigShare, Downland Estate Farmers, The Living Coast UNESCO Biosphere Partnership and others involved in farming / production in local area |
| 4.9 | Offer formal and informal education in sustainable food production and support the next generation of food producers to innovate and adapt. Encourage and support people who wish to grow their own food at home, on allotments, in schools and in community settings. Offer formal education and apprenticeships to develop the workforce across the food system – farming, processing, retail and catering.  
**Partners involved:** Plumpton College, Greater Brighton Metropolitan College, Brighton Permaculture Trust, Brighton & Hove Organic Gardening Group, Whitehawk Community Food Project, Moulsecoomb Forest Garden, Brighton & Hove Allotment Federation, Team Pollinate |
4.10 Manage and promote local sustainable fishing and a healthy marine environment. Raise awareness of sustainability issues around ‘food from the sea’.

**Partners involved:** BHFP, Food Pioneers, Sussex Inshore Fisheries & Conservation Authority, The Living Coast UNESCO Biosphere Partnership, Adur & Worthing Councils, BHCC
## Aim 5: Encourage a vibrant and sustainable food economy

### 5.1 Promote and celebrate good food.
Hold events showcasing healthy and sustainable initiatives, including events accessible to people on a low income.

**Partners involved:** BHFP, BHCC, Brighton Permaculture Trust, Stanmer Organics, Brighton & Hove Food Festival, Moulsecoomb Forest Garden, Food Pioneers, Common Cause, Saddlescombe Farm, South Downs National Park

### 5.2 Increase the visibility and accessibility of healthy and sustainable food in the city.
Develop a flagship project at Stanmer Park. Promote healthier options via initiatives such as the Healthy Choice Award.

**Partners involved:** Plumpton College, BHCC Cityparks, BHCC Property & Design, South Downs National Park, BHFP, BHCC Environmental Health

### 5.3 Foster a vibrant independent food sector.
Embrace innovation in food businesses. Bring national and local attention to the city’s new generation of local independent restaurants and retailers through promotion at festivals, awards and events.

**Partners involved:** Brighton Chamber of Commerce, Platf9rm, The Bevy, Restaurants Brighton, Natural Partnerships CIC, Brighton’s Best Restaurants, VisitBrighton, Brighton Open Market, Florence Road Market, Sussex Peasant, BHCC Economy Environment & Culture, UnLtd

### 5.4 Put good food at the heart of the city’s tourism offer.
Enhance the city’s reputation as a leading good food destination via local branding, good food trails and co-ordinated communications. Deliver The Living Coast Biocultural Heritage Tourism Project with new authentic visitor experiences that include a food focus.

**Partners involved:** VisitBrighton, The Living Coast UNESCO Biosphere Delivery Board

### 5.5 Food industry employers commit to the Living Wage and fair working conditions.
Deliver an awareness campaign targeting food and hospitality employers.

**Partners involved:** Brighton Chamber of Commerce, Good Food Procurement Group, BHFP, BHCC Primary School Meals Service
5.6 **Promote food as a career.** Include skills development for those in work and quality training and apprenticeships to encourage people to enter the industry. Work via the City Region Employment and Skills Board to understand recruitment and skills needs post Brexit.

*Partners involved: Brighton & Hove Food Festival, Varndean College, Greater Brighton Metropolitan College, Plumpton College, VisitBrighton, BHCC Primary School Meals Service, Community Kitchen, Brighton Permaculture Trust, BHFP, BHCC Environmental Health, City Region Employment and Skills Board.*

5.7 **Mainstream food businesses embrace healthy, sustainable and fair practices.** Work with mainstream retailers and/or contract caterers to test how a sustainable food city’s values of healthy, sustainable, fair food can be brought into national mainstream organisations.

*Partners involved: Food businesses, BHFP*
Transform Procurement

Aim 6. Transform catering and food procurement

6.1 Large organisations pioneer best practices in their food-buying policies. Working via the city’s Good Food Procurement Group large organisations continue to learn from each other and share learning from elsewhere. Strengthen the BHCC Minimum Buying Standards to include Sugar Smart, Peas Please and Plastic Free Pledges. Sussex-wide NHS Trusts put a food and drink policy in place by 2021.

**Partners involved:** BHCC Procurement, Commissioners, BHCC Public Health, BHFP, Good Food Procurement Group, Varndean School, Dorothy Stringer School, Longhill High School, School Business Managers, Brighton and Sussex University Hospitals NHS Trust

6.2 More large organisations achieve externally accredited certifications and awards. Including Food for Life, Marine Stewardship Council certification, Healthy Choice Award and Green Kitchen Standard.

**Partners involved:** Good Food Procurement Group, BHFP, BHCC Primary School Meals Service

6.3 Large organisations and caterers act to reduce-redistribute-recycle. Members of the Good Food Procurement Group take a lead on reducing food waste and food packaging (e.g. taking the Plastic Free Pledge), serving as a beacon to other businesses. Work in partnership to tackle food waste in primary schools by focusing on getting pupils to consume their veg as part of the Peas Please pledge.

**Partners involved:** Good Food Procurement Group, University of Brighton, University of Sussex, Brighton and Sussex University Hospitals NHS Trust, BHFP, BHCC Primary School Meals Service, Sustainable Food Cities network

6.4 Large organisations and caterers embrace citywide healthy and sustainable food initiatives. Using their buying power to take a lead in, e.g. Peas Please, Sugar Smart and Fairtrade Fortnight, and serving as a beacon to other businesses. [Sign up to pledges on p14.]

**Partners involved:** Good Food Procurement Group, BHFP, BHCC Environmental Health, Food Foundation, Brighton and Hove Fairtrade Steering Committee

6.5 Large organisations and caterers take a lead around workforce development and becoming a Living Wage employer.

**Partners involved:** Good Food Procurement Group, BHFP, Brighton Chamber of Commerce, BHCC
Reduce Food Waste

**Aim 7. Become a 'food use' not a 'food waste' city**

<table>
<thead>
<tr>
<th>7.1</th>
<th>Take a whole-city approach to adopting the food-use hierarchy. Prioritise reduction over reuse over recycling. Develop a citywide ‘food use’ strategy on these principles.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Partners involved:</strong> BHCC Cityclean, BHCC Outdoor Events, BHCC Sustainability, Good Food Procurement Group, Circular Brighton &amp; Hove, BHFP, Sustainable Business Partnership, Compass @ University of Sussex, University of Brighton</td>
</tr>
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<tr>
<th>7.2</th>
<th>Become a test-bed for food waste innovation. Run practical campaigns, pilot projects and champion food waste leaders, e.g. in minimal and plastic-free packaging, food waste reduction and circular economy approaches.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Partners involved:</strong> BHFP, Plastic Free Brighton &amp; Hove, HISBE, Infinity Foods Wholesale</td>
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<thead>
<tr>
<th>7.3</th>
<th>Make surplus food sharing the norm. Work via the Surplus Food Network to expand both the amount and range of surplus food redistributed especially healthy fresh food.</th>
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<tbody>
<tr>
<td></td>
<td><strong>[See also ‘Community Food’ for food sharing initiatives.]</strong></td>
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<tr>
<td></td>
<td><strong>Partners involved:</strong> Surplus Food Network, BHFP, FareShare, Gleaning Network, Brighton Permaculture Trust, Old Tree Brewery</td>
</tr>
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<tr>
<th>7.4</th>
<th>Increase recycling where reduction and reuse are not an option. Increase the number of Community Compost sites in the city to 50. Continue to investigate sites for an Anaerobic Digestion plant for food waste from business and explore increasing the range of materials that can be recycled from the domestic and business waste streams.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Partners involved:</strong> BHFP, BHCC Cityclean, Community Compost Schemes, BHCC Allotment Service, Allotment Federation and site reps, Paper Round, BHESCo</td>
</tr>
</tbody>
</table>
Improve Policy

Aim 8. Ensure healthy, sustainable, fair food is embedded in policy and planning, and has a high profile right across the city

8.1 Establish a cross-sector Expert Panel. To advise on tracking and maintaining progress of the Food Strategy Action Plan and the gold Sustainable Food City status bid.

*Partners involved:* Expert Panel, BHFP

8.2 Maintain Brighton and Hove’s lead on the citywide approach to food. Support BHFP as the mechanism to achieve this. Share the city’s food work and take part in national campaigns. Sign up to the Milan Urban Food Policy Pact.

*Partners involved:* BHFP, BHCC Council Leadership, Food Foundation, Sustainable Food Cities

8.3 Ensure other city strategies and plans embed access to healthy, sustainable and fair food. Explore developing as part of the Peas Please Pledge a Supplementary Planning Document offering guidance on integrating food growing within developments, access to healthy food and preventing obesogenic environments.

*Partners involved:* BHFP, Brighton and Sussex University Hospitals NHS Trust, Sussex Partnership NHS Foundation Trust, Sussex Community NHS Foundation Trust, East Sussex Healthcare NHS Trust, Western Sussex Hospitals NHS Foundation Trust, BHCC Planning, BHCC Public Health, BHCC Licencing, BHCC Transport

8.4 Include food work in health and wellbeing commissions, given that a strong evidence base has been established locally and nationally linking community food projects to health and wellbeing, reduced social isolation and improved mental health commission services that include activities such as nature connections and support with cooking and nutrition.

*Partners involved:* CCG, BHCC Adult Social Care, BHCC Public Health, BHCC Communities Equality & Third Sector

8.5 Take a citywide approach to understanding food poverty. Work with university, community and statutory partners. Continue to include a question in the annual weighted City Traker Survey to track household food and fuel insecurity.

*Partners involved:* BHFP, BHCC Public Health Intelligence Team, Food Banks via Emergency Food Network, BHCC Housing, BHCC Public Health, Possability People, Amaze, Brighton Unemployed Centre Families Project, Malnutrition Task Force, university partners
| 8.6 | **Include food (alongside energy, water and transport) in resilience planning and work on climate change adaptation.**  
*Partners involved:* BHCC Economy, Environment and Culture, The Living Coast UNESCO Biosphere |
| --- | --- |
| 8.7 | **Strengthen research partnerships.** Develop a better evidence base around the value and cost savings from a citywide approach to healthy, sustainable and fair food, and the wellbeing benefits of community cookery and gardening and shared eating.  
*Partners involved:* University of Sussex, University of Brighton, BHFP |