Brighton & Hove Sustainable Food Places
Gold Status 2020 #goldfoodcitybid
Join the conversation. Follow @btNhoveFood

Our city’s support for the #GoldFoodCityBid

University of Sussex speaking about their cup reuse and recycling strategies and strongly recommending the @SimplyCups scheme #GoldFoodCityBid

Simply Cups @SimplyCups

Professor Sarah-Jane Walton said: "We are excited to be working with the University of Sussex on this project. They are leading the way in terms of sustainability and we look forward to seeing the results of their efforts."

Simply Cups @SimplyCups

Supermarket Rebels

Wonderful news for supermarket rebels!!! The esteemed @EC_mags has ranked HSSSE the no.2 most ethical supermarket in the country, just behind no.1 @UnicornGrocery ethicalconsumer.org/retailers/shop... #pursued #ethicalbusiness #ethicsled #eatethical #supermarketrevolution #foodrebels

Brighton & Hove City Council @BrightonHoveCC

Looking for a way to cut your carbon footprint? 🌿 Local non-profit @enviropledge has a number of simple ways to curb your carbon footprint including:

- Reduce meat consumption
- Move to renewable energy supplier
- Buy local food produce

Beverend Co-op Pub @Purcell

Join us for Community Lunch at The Bevy this week (We’re closed on Monday).

Served weekdays 12.30 – 3pm. Tasty, nourishing, affordable meals

Proudly working in partnership with @FareShareBH - fighting food waste, tackling food poverty in the community.

Community Lunch £4

Weekdays 12.30 – 3pm (from 1pm on Weds)

Special thanks to...

Part of the Brighton & Hove Food Partnership’s work, including the development of this bid, is funded by the Esmée Fairbairn Foundation. We are grateful for their ongoing support.
Introduction – Why gold?

This award submission was developed for Spring 2020. Instead, Covid-19 came along. The pandemic naturally threw a spanner in the works for our submission, but it also shone a harsh and illuminating spotlight on the relationship between food and health, with high rates of obesity and diabetes contributing to UK death rates.

Covid-19 revealed the blind spots, including how we take our food supply for granted. Gaps in supermarket shelves were the physical representation of gaps in policies and services, and long-overdue attention began to be paid to the sheer volume of people struggling to access adequate nutrition – many of whom, despite our city’s ground breaking approach to food poverty, had gone unnoticed before the pandemic.

The response to Covid-19 also showcased why we are truly a ‘Gold’ Sustainable Food Place, with the Brighton & Hove Food Partnership playing a key coordinating role and the Emergency Food Network, Surplus Food Network and a myriad of restaurants, food banks, lunch clubs and residents linked in a response as never before.

Food has never been so important. It is a lens for understanding and tackling the most complex and knotty of problems. Food will play a vital role in finding solutions to the key issues which face our city: the food poverty crisis, the health crisis, the biodiversity crisis and the climate crisis. And on top of that, food has magical powers to bring people together – a key part of our food strategy vision is becoming ‘The city that cooks and eats together’.

Our organisations are proud to present this bid, on behalf of the whole city and the surrounding areas, and on behalf of every single resident who has played their part towards becoming the first Gold Sustainable Food Place in the UK.

Councillor Phélim Mac Cafferty,
Leader of Brighton & Hove City Council

Geoff Raw,
Chief Executive of Brighton & Hove City Council

Vic Borrill,
Director of Brighton & Hove Food Partnership

And the Brighton & Hove Food Strategy Expert Panel: Katie Cumming – Brighton & Hove City Council, Geraldine Des Moulins – Possibility People, Katie Eberstein – Brighton & Hove environmental education (Bhlee), Adrian Ely – University of Sussex, Dee Humphreys – Brighton & Hove City Council, Francesca Iliffe – Adur & Worthing Councils, Alysha Luckin – Higgidy, Jane Lodge – Brighton and Hove Clinical Commissioning Group, Mita Patel – Brighton & Hove City Council, Laura Williams – Community Works, Victoria Williams – Food Matters and Brighton & Hove Food Partnership Board, Sophie Moss – Brighton & Hove City Council, Sarah Dobson – Living Coast Brighton & Lewes Downs UNESCO World Biosphere Region, Emma McDermott – Brighton & Hove City Council, Julie Barker – Procurement expert, Joanna Bond – Brighton and Sussex University Hospitals NHS Trust, Steve Creed – Sustainability Coach
Brighton & Hove: One city, two stories

The image of Brighton & Hove often focuses on what visitors see in the centre, but our city is more diverse and complex.

**Eating out**
- Believed to have the most restaurants and cafes per head in the UK
- Caterers serve 1 million meals a year

**Population**
- 290,000 and rising
  - 21% aged 19-28 (Southeast average, 12%)
  - 20% born outside the UK (Southeast average, 12%)
  - Population will be 6% higher by 2030

**Diversity**
- 11-15% of population identify as LGBT

**Universities**
- 2 universities = large student population

**Third Sector**
- Strong community and voluntary sector
- Strong environmental movement
- Over half (51%) of adults volunteer at least once a year = 4.5 million hours per year
- Non-profit groups contribute £170 million to the local economy

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2. Estimate by BHFP from Good Food Procurement Group surveys
5. ONS 2018 Mid-Year Population Estimates and ONS 2016 based Population Projections
6. Estimate by BHCC Public Health 2019, taken from large scale local random sample surveys
Brighton & Hove: One city, two stories

Food insecurity
- 1 in 5 people say they do not have enough money to meet their basic living costs, including food.
- Rising to 1 in 3 if young, disabled or BAME.
- Neighbourhoods in both the 1% most deprived and 1% least deprived in England.

Footprint
- 26% of the city’s ecological footprint (land and resources) relates to food.

Health
- Treating diet-related diseases costs the NHS in Brighton & Hove over £80 million a year.
- Children in most deprived areas 10 times more likely to be obese at Year 6 than in least deprived areas.
- More than 1 in 10 adults on the depression register.

Ageing
- 41% of older people live alone (national average is 31%).
- Life expectancy 11 years lower for men and 7.2 years lower for women in the most deprived ward compared to the least.
- Healthy Life expectancy – 14 years lower for men and 12.5 years lower for women in the most deprived ward compared to the least.

Food bank use
- Even pre-Covid-19, 21 emergency food providers gave out approx 420 food parcels per week = 21,000 per year.
- Most food banks report increasing demand and concerns about long-term use.

Housing
- One of the lowest levels of housing affordability of all UK cities, with the average house price nearly 11 times the average salary.
- Smallest household size in the South East.
- More than a third of households comprise one person only.

1. Pre Covid-19 figures, 2018 Brighton & Hove City Tracker Survey 21% residents disagreed including 8% who strongly disagree they will be able to meet basic living costs after paying for housing. The JSNA on Food Poverty, Diet and Health (2019) shows this figure has remained around 1/5 since 2014.
5. (2009-13) – ONS, Inequality in Healthy Life expectance at Birth LA Male/Female.
7. £83 Million Brighton & Hove JSNA 2015.
11. 2011 census briefing - (44,294 households, 36.4%) are one person households.

Brighton & Hove Food Partnership
Gold Status 2020 | #goldfoodcitybid
The journey to GOLD – a city-wide effort

First place in UK to gain Silver Award, 2015

Year-long consultation from 2017 alongside 2018-2023 Food Strategy and Action Plan development

Coordination by Brighton & Hove Food Partnership (BHFP), with oversight by the Food Strategy Expert Panel

Brighton & Hove City Council (BHCC) via the Health & Wellbeing Board endorsed the bid, July 2018

Pledges, toolkits and resources for action:
- **Take action as an individual**
- **Take action as a school**
- **Take action as a food business**
- **Take action as an organisation**

Two-year citywide campaign. Awareness raising through email footers, newsletters, social media and press releases, during Community Kitchen classes, at Healthy Start awareness sessions, at events including Plastics and Food Waste events – and at every opportunity!

‘Pitch’ to Sustainable Food Places outlining how we would get to Gold, November 2018

BHCC Commitment in the Corporate Plan 2020-2023

Presented to Sustainable Food Places Board, November 2020

"We will support the bid for Brighton & Hove to become a Gold Sustainable Food City"
Brighton & Hove is a leading member of the Sustainable Food Places network (formerly Sustainable Food Cities). The Awards are designed to recognise and celebrate the success of taking a joined-up, holistic approach to food and achieving significant positive change on a range of key food issues.

**Citywide social media campaign**

The launch!

Launch event for #goldfoodcitybid held at the BHFP Community Kitchen.

More tweets at #goldfoodcitybid
A citywide effort – Pledges for residents and visitors, schools and food businesses

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. Reduce 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
Food: the missing ingredient for tackling the climate and ecological emergency

What’s going wrong?
The food we eat contributes up to 30% of total greenhouse gas (GHG) emissions in the UK. Agriculture and livestock farming are by far the biggest contributors to deforestation, biodiversity loss, and soil pollution, as well as land and water use.

And what can we do?

1. Include food! In...
   - Climate Emergency action plans
   - Nature / biodiversity action plans
   - Planning, transport and economic policy

2. Buy and eat better
   Both individuals and organisations such as restaurants and caterers adopt a climate friendly diet:
   - More plant – less meat
   - More seasonal – less processed

3. Care for land – and sea
   - Climate friendly agriculture: Carbon capture – biodiversity – soil regeneration – new skills and jobs
   - Pesticide reduction: more pollinators – better food supply
   - Carbon leadership: City Council Whole Estate Plan, South Downs National Park Authority, The Living Coast UNESCO World Biosphere Region, Sussex IFCA, allotments and community gardens

4. Think circular
   - 25-30% of all food produced is lost or wasted – we have to halve that by 2030
   - Think food use not food waste: Reduce, Reuse, Redistribute, Recycle
   - Innovation e.g. Surplus Food Network, new repurposed products

5. Act in partnership
   - Support the Food Partnership!
   - Deliver the Food Strategy
   - Communication and connections
   - Build a movement

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1 Our Planet Our Health: House of Commons Environmental Audit Committee 2019
2 “Consumption of fruits, vegetables, nuts and legumes will have to double, and consumption of foods such as red meat and sugar will have to be reduced by more than 50.” The EAT-Lancet Commission on Food, Planet, Health, 2019, which brought together 37 world-leading scientists from across the globe to answer this question: Can we feed a future population of 10 billion people a healthy diet within planetary boundaries?
3 In the UK, agriculture is the biggest driver of wildlife loss, with 67 percent decline in the abundance of priority species since 1970 and 13 percent of them now close to extinction.” Our Future in the Land, RSA Food, Farming and Countryside Commission
4 The International Panel on Climate Change (IPCC) Special Report on Climate Change and Land
5 UN sustainable development goal: 50% reduction in food waste by 2030
Our approach to partnership

Why and how we work in partnership

- No single organisation can do it all when it comes to food.
- Partnership means finding the links – putting unlikely people together to see what happens.
- We try to get food onto our partners’ agendas (and vice versa).
- We try to use our partners’ language.
- We aim to be the answer to our partners’ problems, not their problem.
- We are opportunistic, look for food champions and build on current hot topics.
- We go with a ‘pop-up’ approach, for partners with limited time – as the most engaged are often the busiest.
- We benefit from sharing with, and learning from, others as part of Sustainable Food Places.

What we believe in

- The power of food. Food can be a powerful lens to look at wider issues.
- A vision of a healthy, sustainable and fair food system.
- Taking action on different aspects of the food system at the same time, so that together those changes lead to a shift in the whole. (This is our ‘Theory of Change’.)
- Being willing to embrace complexity.
- Prevention is better than cure – focusing ‘upstream’, targeting those most at risk and investing in food education.
- Lunch breaks!

Why do people listen to us?

- We are respected and award-winning locally and nationally.
- We have expertise both in the subject and approach.
- We are practical and don’t just talk.
- We have passion, integrity – and a vision.
- We are a good partner: when we say we’ll do something, we do it.
- We talk about food – so what’s not to like?
Food Strategy Action Plan
– a tool for Partnership working!

- The Plan provides an over-arching framework so that over time we can add to and adapt the actions.
- Now our partners won’t all fit in one room, our Plan has become the Partnership! Partners ‘own’ at least one action in the Food Strategy Action Plan 2018-2023.
- Our Food Strategy Action Plan 2018-2023 has been described as the most ambitious ever in the UK.
- It contains 200 far-reaching actions involving almost 100 partners, including 26 separate BHCC departments.
- It followed a year-long consultation involving over 600 people including:
  - An event hosted by the University of Sussex which brought together 30 academics from across the UK to consider how best to measure and track the difference a citywide approach to food can make.
  - Seven consultation events attended by 191 stakeholders, plus consultation at Surplus Food Network (SFN) and Emergency Food Network (EFN) meetings.
  - Surveys for residents, businesses and caterers.
  - Consultation slots at existing meetings, networks and boards.
  - Round table events to bring together key decision makers.
  - Focus groups to bring in the voices of those who are less heard.
Case Study in Exceptional Achievement: Food Poverty

Tackling food poverty and food inequality

Why food poverty? The nature and importance

- BHFP began to focus on food poverty in 2012 amid concerns about unemployment, low wages, high housing costs and increasing food prices.
- We were also concerned about the increasing number of food banks in the city and worried about levels of household food insecurity reported through frontline workers at BHFP food poverty awareness training sessions.
- In 2015, BHFP and the Local Strategic Partnership ran a food poverty round table, chaired by national expert Martin Caraher. This brought together decision makers from across the city – from food banks and holiday hunger clubs to the Chamber of Commerce and directors of social care and public health – to look at how to reduce the impact of food poverty on the health and wellbeing of local people, and mitigate against the likely impact on future health and social care budgets of doing nothing about this issue.
- Food poverty then became a galvanising focus for the city via the 2015-18 Food Poverty Action Plan. Overall, there was progress on 78 out of an ambitious 84 actions (93%). There is a full progress report at bhfood.org.uk/food-poverty-action-plan/. Whilst we could not fully prevent food poverty, by looking ahead and working together we were more prepared for the difficult climate that ensued, particularly the impact of welfare reform.
- A key early focus was developing – and explaining through a widely-shared infographic – a citywide approach that moved the discussion beyond food bank use. We knew from a question BHCC added to the annual city tracker survey1 that one in five people in the city disagreed they would have enough money to meet their basic living costs, including food, with much higher levels (around one in three) seen in certain groups, including people with disabilities or long-term health conditions. We focused on addressing upstream solutions to household food insecurity.


From the Brighton and Hove Food Strategy Action Plan 2018-2023
Our Gold actions 2018-2020 – reporting back

This is just a snapshot of action on food poverty. See also the ‘Story since silver’ and our 2018-23 Food Strategy Action Plan. As well as actions specific to food poverty, this plan was fully ‘food poverty proofed’, i.e. looked at through the lens of food inequality – for all actions.

Strengthening the voice of the Emergency Food Network (EFN) and linking food banks to other services

The EFN was started by BHFP in 2012 with just five food banks. It became vital to link emergency food providers with each other, and with BHCC and other advice services. The EFN previously met three times a year, with an active Google discussion group. In 2019, it had risen to 21 organisations and during the Covid-19 pandemic rocketed to 50, plus 10 meal providers. EFN meetings in the months following March 2020 took place online fortnightly, providing a vital source of up-to-date information and support.

Consultation with EFN members had already shown the desire for a stronger voice on food issues locally and nationally, and opportunities for joint promotion.

Whilst Covid-19 brought EFN to wider attention, other successes included:

- Joint promotion e.g. BFHP’s extremely popular Christmas ‘How to Donate to a Food Bank’ blog
- Working together on food sharing, joint sourcing, and joint referrals mechanisms
- A joined up approach to integrating with advice services
- Lobbying locally and nationally e.g. Written response to the Department of Environment, Food and Rural Affairs (DEFRA) committee inquiry on Covid-19 and Food Supply

The EFN integrates food banks with advice services, enabling joined up referrals, joint lobbying and food swaps
The Brighton & Hove Response to Covid-19

When Covid-19 hit in 2020, the Emergency Food Network (EFN) became the vehicle for an astonishing citywide emergency food response to the pandemic lockdown. Brighton & Hove Food Partnership (BHFP) launched a fundraising appeal under the banner ‘Hungry at Home’ to buy emergency food and essentials in bulk to pass on to food projects. Between March and August 2020, a total of £352,960 was raised, of which 42% came from Brighton & Hove City Council (BHCC), 24% from DEFRA Government funding, 18% from residents donating to a crowdfunding campaign and the rest from local housing associations and national and local grant-making bodies.

BHFP set up a central food processing hub where wholesale purchased food and surplus food was organised and distributed by a team of volunteers to food banks and meal projects. Food purchased included locally-sourced fruit, veg and milk bought direct from producers via a newly established social enterprise, the Food Factory.

This central hub supported a citywide network of 50 neighbourhood food hubs made up of existing food banks and shared-meal settings, plus new temporary food hubs based out of a range of community venues. Most operated as a home delivery service with local volunteers taking food from the hubs the ‘last mile’ to people’s doors. These included specialist BAME, homeless support and older people’s projects, and a specialist provision for families with children under five provided by BHCC’s children’s centre service. The value of this ‘hyper-local’ support was that the volunteers delivering the food were local people trusted by those receiving the food and other support such as befriending and collection of medicines could be arranged.

BHFP also set up a series of web pages signposting to support for those in need; and local food shops and veg boxes offering delivery services.

“...The way that Brighton & Hove Food Partnership called all the Brighton & Hove food providers together through the Emergency Food Network enabled me to see how we could work together. As the lead of a project that normally provides hot meals to low-income families in school holidays, speaking to other food providers in the city I was able to redesign my service to one that met the immediate need. It was massively reassuring to know that I was now part of a team, I wasn’t on my own. In sharing information around the evolving situation in Brighton & Hove, issuing the most up-to-date guidelines on for example food handling, providing guidance, moral support and a single point of contact in the midst of much national confusion, I am convinced that our struggling families have benefited from being in a city that has collaborated in the way that it has.”

– Vanessa from low-income holiday lunch and activity club Chomp. Over 24 weeks, Chomp distributed 1,227 boxes packed with locally grown veg and activity kits to families in need.
“Everyone in the food bank is very friendly and never made me uncomfortable to use it. Using a food bank is sadness, but I was made comfortable by the people in there. They also customised my parcel according to my choice.”

– Recipient of food parcel, July 2020

BHCC provided grant funding to BHFP to coordinate emergency food distribution and co-lead the council’s own response – including ensuring integration with their helpline. Hove Park School provided a base for the BHFP central food processing hub and Greater Brighton Metropolitan College and local businesses, including Loud Shirt Brewery and Zedify, provided a team of drivers and vehicles.

The network approach meant that BHFP was able to provide the volunteer-led hubs with a range of information and support as well as the food.

Meal provision formed an important part of the city’s Covid-19 response, with for example lunch clubs moving to home delivery services and new services forming. During the pandemic there was a 75% increase in weekly meals served.

Overall the community response, which also brought in an unrecorded volume of support between neighbours and through the network of Covid-19 mutual aid groups, was unprecedented.

“Thank you also for your support in being able to achieve what we did in our area. I do not know what we could have done or how we could have supported our community without you supporting us!”

– Old Boat Community Centre Food Hub
In the week of 27th April 2020 in Brighton & Hove, projects across the city gave out 3,000 emergency food parcels, supporting 4,800+ people (including at least 996 children) and served 3,966 meals. Prior to Covid-19 the total of food parcels per week was 420.

In the week of 18th May 2020, 548 people gave 3,270 hours of time to help their neighbours. If they had been paid the Real Living Wage Foundation rate of £9.30 an hour this time would be worth £30,411.

For more detail see the Sustainable Food Places case study

It has been an opportunity to reach out and support the more vulnerable sector of our community who might not usually access our services.”

– EFN member, July 2020

The rise in emergency food use between 2014 and 2020 – Based on BHFP annual survey of food banks 2020; data obtained July each year.

Emergency food requests in Brighton & Hove are at historically high levels
Following a joint presentation by BHFP and BHCC Public Health, the Brighton & Hove Health & Wellbeing Board committed to taking a focused look at malnutrition in 2018. A new ‘Ageing Well’ preventative approach to older people’s commissioning followed in 2019, with food at its heart. Food issues and loneliness often go hand in hand and both were addressed, with a focus on activities, befriending and healthy eating. There is now an older people’s food and nutrition worker, and a partnership board which includes BHFP.

The focus on food access shifted still further during Covid-19, with Ageing Well Partners leading the response for older people, including a reconfigured helpline, a directory and a shopping service.

Other activity included:

- Training in preventing and treating malnutrition provided to 211 members of staff in Brighton & Hove care homes.
- Specialist dementia cookery and gardening sessions developed (adapted to an ‘at home’ programme during Covid-19 lockdown).
- ‘Eating well to stay healthy as you age’ guide to understanding and addressing malnutrition and dehydration developed with Ageing Well Partners, the Clinical Commissioning Group, hospital dietitians and a focus group of older people living with long-term health conditions. By September 2020, we had distributed 3,000 copies, with plans in place for a reprint in time for Malnutrition Awareness Week in October.
**CASE STUDY IN EXCEPTIONAL ACHIEVEMENT: FOOD POVERTY**

**Childhood food poverty: Healthy Start campaign**

Linked to the *Veg Cities campaign*, the aim of this partnership campaign in 2019-20 was to increase the uptake of Healthy Start vouchers which help low-income families buy fruit and veg. Successes include:

- **1,500 posters** displayed in buses, libraries, food banks, community centres, GP surgeries and pharmacies, and awareness raised via a social media campaign, coverage in the *local paper* and BHFP blogs.

- **23 bite-size ‘Families and food poverty’ training sessions** reached 278 frontline workers and volunteers in food banks; domestic violence, poverty, and drug and alcohol charities; and midwives and hospital dietitians. The average score for usefulness was nine out of 10.

- **Pledges to embed** Healthy Start included adding stickers to children’s ‘red books’ to remind midwives and health visitors of the vouchers.

- **Publicising** that health professional signatures were no longer required during Covid-19

- **Application packs** added to Covid-19 emergency food parcels for families with young children.

- **Support to national campaigning,** including an online webinar sharing good practice on promoting Healthy Start (with seven areas subsequently requesting our training slides to adapt) and signing an open letter to Jo Churchill MP. Brighton MP Caroline Lucas asked a written question in Parliament and tweeted her support for the campaign for an online application process.

- **Ongoing efforts** via the partnership group, which includes BHFP, Public Health, children’s centres, Chomp, health visitors and midwives.

**National statistics show Brighton & Hove now has a 7% higher uptake of the vouchers than the Southeast average.**

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"All of it was useful. I was unaware of the details of the scheme and eligibility criteria previously."

– Frontline worker feedback on bite-size training.

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**Campaign launch**

You qualify for Healthy Start if you’re at least 10 weeks pregnant or have a child under four years old and you or your family get at least one of the following:

- Income Support
- Income-based Jobseeker’s Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month)

You also qualify if you are under 18 and pregnant, even if you don’t get any of the above benefits.

Worth up to £6.20 per week** to spend on milk, or fresh and frozen fruit and veg.

Pregnant? Children under four? Don’t miss out on **HEALTHY START vouchers and vitamins worth over £900** per child

Drop into your local Children’s Centre to sign up or contact your midwife to get started.

**Citywide poster campaign in buses, doctors surgeries etc.**
Becoming the city that cooks and eats together

Shared meals have been an important focus for our city since BHFP research in 2015 demonstrated the benefits of shared meals such as lunch clubs in tackling loneliness and acting as a source for advice and support.

During Covid-19 many had to turn ‘eating together’ on its head as the switch to delivered meals was made. An extraordinary number of meals were taken to people’s households by volunteers.

This had advantages, with service such as HIV lunch group Lunch Positive ‘finding’ new clients; and others such as Food and Friendship reporting easier access for those with mobility issues who had previously struggled to get out to meals.

A number of new shared meal projects established during Covid-19, including provision in East Brighton and Coldean, two deprived areas of the city. Local food businesses came together to provide meals to rough sleepers housed in hotels and to staff working in the Covid-19 wards at the local hospital.

Emerging from this work is an ongoing project to provide ‘ready meals’ prepared by local food businesses, with food parcels funded on a ‘pay it forward’ model by customers from those businesses.

The award-winning BHFP Community Kitchen, which opened in May 2018 following a successful crowdfunding campaign, funds its community activities through paid places on masterclasses with high profile local restaurant chefs, evening & weekend classes and private parties and events, alongside grants and donations.

Classes include:

- Cooking on a Budget
- Dementia cookery
- Cookery for people with learning difficulties
- Baby weaning
- School holiday cookery for kids
- Mood-boosting cookery for young people
- Vegetarian/vegan workshops
- Cooking for university
- Workshops for staff and volunteers working with homeless and vulnerably-housed people
- ‘Expert patient’ classes for people with long-term health conditions.

Covid-19 meant rethinking ‘eating together’ and classes ceased temporarily before many of them moved online. Sessions resumed under Covid-19 secure guidelines from September 2020 with additional classes running online.

In only its second year, and despite Covid-19, The Community Kitchen reached 1,755 people and served over 4,000 shared meals.

The Community kitchen won a Royal Institute of Chartered Surveyors South East Award for its conversion from office space.
Surplus Food Network (SFN)

The Surplus Food Network is an alliance of six community organisations tackling food waste by working with suppliers to distribute surplus. It played a key role in the Covid-19 response. Other successes include:

- Increased redistribution, including establishment of a joint, online donations portal and three community fridges. In 2019, 1,006 tonnes of food were collected that would otherwise have gone to waste, estimated to amount to 3,824 tonnes of carbon saved, equivalent to 1,416 homes’ energy use in one year.
- Collective promotion including joint branding, a joint film and campaigns such as #growanextrarow campaign to encourage people to grow food for Real Junk Food Project Brighton.
- Joint funding, e.g. European Interreg 2 Seas Flavour, looking at the role of the surplus food sector in providing training and skills for people far from the labour market, sharing good practice and considering what products can be made from surplus in order to extend its shelf life or value.
- Events, e.g. ‘Turning Trash to Treasure: rethinking food waste’, attended by 100 city caterers, retailers, food producers, suppliers and manufacturers, and the managers of cafes, hotels and pubs; and a joint volunteer celebration event, attended by 60 people.

Real Junk Food Project’s new ‘pay as you feel’ food hub, in an area of the city with limited fresh food access, and their successful crowdfunding campaign to establish a high-profile, new city centre cafe.

The total volunteer hours for surplus food projects between 1st January 2018 and 31st December 2019 was 94,526. Using the Living Wage Foundation Rate of £9 an hour this equates to £850,734 over the year!

Covid-19 saw an increase in volunteering not accounted for in these figures.

For more information on the city’s Surplus Food Network see bhfood.org.uk/surplus-food-network/

What else has addressed food insecurity?

- Expansion of Chomp holiday clubs, now in nine different areas, providing nutritious meals and activities for families eligible for free school meals.
- Poverty Proofing the School Day audits were carried out in 90% of schools in the city to gather information on food poverty, schools and families.
- BHFP worked with BHCC’s Brexit planning team to share information about the potential impact of food price increases or food supply issues, and the potential role of SFN in distributing food if there are food shortages or an increase in demand for emergency food post Brexit.
- Partnership working between BHCC’s public health team, BHFP & a University of Brighton Masters student placement to update the Joint Strategic Needs assessment (JSNA) on food poverty and nutrition.
- Work continued to understand, measure and monitor food poverty – through the annual city tracker survey, annual emergency food network survey, and a survey of people experiencing food insecurity during the Covid-19 period.
- Development of a broader and longer-term outcomes measurement framework for a citywide approach to food which incorporates food poverty as a key indicator.
- Good practice shared with other areas nationally by BHFP through engagement via Food Power and Sustainable Food Places and involvement in the DEFRA food vulnerability stakeholder group.
Case study in exceptional achievement: Veg Cities

Taking a citywide approach to helping people to eat more veg

Why Veg Cities? The nature and importance

- Brighton & Hove City Council (BHCC) made a joint pledge with Brighton & Hove Food Partnership (BHFP) in 2017 to take a citywide approach to helping people to eat more veg.
  
- This commitment was part of the national Peas Please initiative launched by the Food Foundation, adding value to its national work through local implementation and building on Brighton & Hove’s Sugar Smart campaign.
  
- A three-year citywide action plan was developed locally and is being monitored nationally by the Food Foundation and Sustainable Food Places.
  
- Reducing the inequalities that exist in the city is a key priority: fewer than 50% of eight to 11-year-old pupils from the most deprived areas eat their five-a-day compared with over 90% in the least deprived areas.
  
- Increasing veg intake is a great way to address healthy eating, as eating more veg addresses many issues (e.g. less processed food, less sugar, less meat) via a positive (not a ‘do not’) message.

- Becoming a Veg City has been a key part of the city’s Food Strategy Action Plan, with 24 Veg City actions woven throughout the plan.
  
- Veg consumption is an indicator in our outcomes framework when it comes to measuring the impact of taking a citywide approach to food.

We were delighted that Brighton & Hove received a Veg City prize.

BRIGHTON AND HOVE
VEG CITY PRIZE
WINNER
2020

Veg Cities: What we said we would do

Making a pledge for more veg

In 2017, Brighton & Hove Bay Council (BHCC) made a pledge with the Brighton & Hove Food Partnership to take a citywide approach to helping people to eat more veg. The headline pledge was that all city professionals would promote veg to those they work with.

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We are committed to reducing the inequalities that exist here: fewer than 50% of eight to 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.
Making a pledge for more veg: highlights from the citywide initiative

GETTING KIDS TO EAT MORE VEG

Veg City Challenge

- Our Veg City Challenge brought together leading chefs to create a grab-n-go veg-packed recipe now being trialled in secondary schools to inspire school chefs and help teens to eat more veg.
- Seven finalists competed in a cook-off at the Community Kitchen, judged by high-profile chefs, catering experts and teen pupils from a local secondary school. The judges scored the recipes on taste, portability and ‘eatability’. The winning recipes were shared locally and nationally.
- School chefs from six secondary schools (catering for over 6,500 pupils, including three schools in target areas) attended training session with Happy Maki to learn how to make the winning recipe – Happy Maki’s teriyaki ‘chickn’ and sweet potato sushi burrito – which was then trialled in their schools.
- Media pick-up of the Veg City Challenge included local press, national trade and extensive sharing and support across multiple social media channels with a reach of hundreds of thousands.

Trialling raw veg in schools – Veg Power Pots

- A three-week food waste audit in primary schools had shown that cooked vegetables were the most wasted food from school dinners. Focus groups also discovered that many pupils ate raw vegetables at home.
- BHFP worked with BHCC and their primary school meal contractor to conduct a three-week trial in primary schools of raw Veg Power Pots, aiming to both increase veg consumption and reduce food waste.
- Alongside the trial in schools, BHFP ran focus groups and a paper survey went home in book bags. Other student engagement tools included veg-themed stickers and a veg-themed photobooth.
- The Power Pots were well received and the recommendation that went forward was for caterers to include Power Pots on days where there is ‘finger food’, e.g. pizza or burgers. A further trial will evaluate the benefits with regards veg consumption and waste reduction.
**Veg in schools**
- BHCC’s *Public Health Schools Programme* now delivers school assemblies and other information around increasing veg consumption alongside the existing Sugar Smart messaging.
- A schools’ health event (attended by 20+ schools) was held on Brighton Pier and Veg Power resources were handed out, including tasters of the Veg Power Flapjack. This raised awareness with school staff of the campaign messages.

**Early Years veg inspiration**
- Chefs from Early Years settings came together in the Community Kitchen for training and inspiration on incorporating veg into breakfasts, snacks and desserts.
- Nine nurseries/children’s centres attended (catering for approximately 470 under-fives), leading to inclusion of the recipes in menus and adding more veg generally for snacks and breakfasts.

**IMPROVING ACCESS TO VEG**

**Increasing access to veg for the most vulnerable**
- BHFP delivered a training session for staff working with homeless and vulnerably housed people about diet which included ideas on how to increase veg consumption amongst vulnerably housed people. A joint project with FareShare and Brighton Housing Trust increased the amount of fruit and veg distributed to homelessness projects.
- BHFP engaged with a University MA student around a research project looking into the visibility of veg in the most and least deprived areas of the city.
- The 2019-20 *Healthy Start campaign*, increased the uptake of Healthy Start vouchers, helping low-income families with young children to buy fresh or frozen veg (see also above.)

- Moulsecoomb Forest Garden and Wildlife project located in an area of high deprivation works with local schools, children and young people excluded from mainstream education, and adults with learning disabilities to develop a love of veg through growing and cooking.
USING PLANNING AND PROCUREMENT POLICY

Planning Advice Note

A new partnership Food and Planning Project brought together BHFP with BHCC Planning Department, supported by Sustain, with funding from Esmée Fairbairn Foundation. The partnership has integrated food into the planning system in three ways:

1. A revised and improved Planning Advice Note (PAN) on Food Growing was adopted in September 2020. Its development, 2018-2020, included consultation with developers, planning agents and frontline planners. The PAN provides technical guidance to encourage the inclusion of food growing spaces in new developments.

2. A new Health Impact Assessment checklist which developers will be required to complete incorporates food growing, access to food shops and over-provision of fast food.

3. A new Urban Design Framework Supplementary Planning Document (in progress) will incorporate both food growing and wider food access.

WORKING WITH BUSINESSES

Partnership project with Lidl

- National retailer Lidl, BHCC and the University of Brighton worked in partnership to better understand the circumstances and potential barriers facing low-income families in East Brighton with regards to eating veg. Recommendations from the research fed into Lidl’s National Healthy Eating Strategy.
- The Lidl research was presented at a national Public Health England conference in 2019 and at Peas Please national conferences in London and Manchester.

More veg in schools, universities, hospitals and workplaces

BHFP ran a ‘making veg the star of the plate’ training session for the Good Food Procurement Group, a Caterers Network. As a result:

- 70% committed to serve two portions of veg with every main meal at no extra cost. This adds up to approximately 71,900 meals a day (2 million meals a month)
- 73% included multiple vegetarian/vegan options
- 53% flipped the menu to read veggie option first.
- A collaborative approach has led to real change e.g. University of Sussex and Compass Group now have an exclusively vegetarian café, and 80% of their cafes operate with 50-70% vegan/vegetarian options daily.

A requirement for more veg in catering

- The citywide Healthy Choice Award scheme for Early Years settings added a requirement to provide two or three types of veg each day, and the Minimum Buying Standards for catering contracts are currently being updated to reflect the citywide commitment to increase consumption of veg.

Credit: Andre Viljoen
PROMOTING VEG

Supporting national campaigns

- BHFP delivered local activity to amplify the national Veg Power campaign (aimed at seven to 13-year-olds), using a no-cost approach of social media, our blog and website, and PR. Working with a social media intern, we produced our own Brighton-themed images to coincide with the veg-of-the-week schedule.

- A blog launched the activity, encouraged people to get involved and highlighted other key work.

- BHFP secured free advertising space on the digital screens outside the Community Kitchen. On the main road from the station to the sea, it is one of the prime advertising spots in the city. The ad also appeared on bus stops in the city centre.

- Cookery sessions with five local primary schools were delivered, featuring veg-of-the-week. All the schools received the Veg Power packs and stickers, and 124 primary-aged children took part in cookery lessons at the Community Kitchen. Each session saw the children tasting new veg, cooking with veg and taking home the dishes, they had made.

- We also supported the national Veg Power’s campaign to prevent waste of #seasonalveg by including the hashtag in our social media posts.

- ‘Eat Them To Defeat Them’ activity packs were distributed to 300 households with emergency food parcels during the Covid-19 lockdown.

ONLINE RESOURCES

- Web resources to promote local veg stockists and veg box schemes and provide tips for growing, cooking and shopping for veg.

- Ongoing cooking classes for the public to make veg the star of the plate.

- Two webinars for the Sustainable Food Places network that we delivered to inspire other places to carry out Veg Cities campaigns.

  - sustainablefoodcities.org/webinars/vegcitiesmorevegetablesinschoolfood.html
  - sustainablefoodcities.org/webinars/vegcitiescampaign.html

Local efforts as part of the national #EatThemToDefeatThem campaign
CASE STUDY IN EXCEPTIONAL ACHIEVEMENT: VEG CITIES

INCREASING ACCESS TO VEG DURING COVID-19

- We updated our ‘Where to buy’ web pages to help residents access food during the Covid-19 crisis. The web page with details of local veg and groceries had over 27,000 unique page views to date. Local veg box schemes reported a huge increase in demand and most had to close their schemes to new customers. We shared our support for the resilience of these veg box schemes and other local businesses that have diversified during these unprecedented times in our blog.
- We also wanted to support residents to eat more veg so we wrote a blog with ideas for low-cost healthy meals and snacks which all contained veg. This has had over 800 page views to date and went out to over 6,000 people via our newsletter.
- We produced a booklet with information and advice on how to cook healthy recipes (all savoury recipes contain veg) using limited equipment, such as a microwave or kettle. Over 5,000 have been distributed via the emergency food hubs and other partners, particularly targeting those in emergency and temporary accommodation.
- Including veg within emergency food parcels and hot meals going out to those shielding and isolated has also important. See Response to Covid-19

Encourage residents to grow their own veg

- We used social media to ask people what help they needed to grow their own food during lockdown, reaching 5,500 people. As a result, we produced a blog about growing at home in pots and small spaces. This went out in our fortnightly newsletter to over 6,000 people.
- We started a #GoodToGrow campaign on social media, with 106 posts to date, about growing your own. Our Community Grower produced a series of seven simple how to grow videos, which have had 2,860 views across our social media platforms.
- We distributed 345 growing packs, with seeds, compost, a pot and instructions to get people growing. These went out to the following organisations: 120 to Chomp school holiday lunch clubs, 50 to Age UK and 175 to six primary schools in key areas of the city.
- We provided information and advice to Sussex Wildlife Trust around food growing, which has been included within its eco-activities for schools.
Increase the amount of fresh local veg donated to community food projects

- Brighton and Hove has over 70 community gardens and outdoor projects where people come together to grow food, learn new skills and socialise with others. Residents, community gardens and allotment holders were encouraged to #GrowanExtraRow for the Real Junk Food Project’s new pay-as-you-feel cafe in central Brighton.

- We surveyed our network of community gardens to find out what support they needed and whether they were opening during lockdown. As a result, we delivered over 1,500 seedlings. The seedlings were grown locally by Community Supported Agriculture (CSA) scheme, Fork and Dig It, who also produced fruit and veg growing hampers for residents to start growing at home.

- Preston Park Demo Garden, Saunders Park Edible Garden and Stanford Community Garden have all been involved in growing veg for community food projects, including The Bevy and Brighton Table Tennis Club food hub.
Evidence that activity is embedded for the long term

The Gold Award requires evidence that the partnership and programme is embedded and – so far as possible – will be sustainable over the long term:

The longevity of the partnership and programme to date and its current and historic success with securing income and resources

- Brighton & Hove Food Partnership was founded in 2003, probably the first such partnership in the UK. Our Food Strategy was one of the first in the UK. It was launched in 2006, refreshed in 2012 and the latest Action Plan covers 2018-2023.

- The high levels of engagement across all sectors ensures good food work will continue to survive and thrive in the city. Our centrality in the Covid-19 response has strengthened our position.

- We have a good funding mix and an exceptional track record in securing funding, from, e.g. the National Lottery, the local authority (through commissions, grant funding and spot purchases), Veolia and trusts, including exceptional support from the Esmée Fairbairn Foundation. A recognition of the lack of public funding has led to our developing self-sustaining models, e.g. the Community Kitchen, set up via crowdfunding and run on a social enterprise model.

- Our position as an exemplar has drawn funding to share our work more widely e.g. from Sustainable Food Places, Esmée Fairbairn Foundation, Food Power and the European Union.

The strength/traction of the local food strategy and partnership and the degree to which they include key representatives and are recognised and supported by key institutions and the wider food movement

- Our Food Strategy is a huge partnership exercise and is our primary tool for building that network. The 2018-23 Action Plan refresh means nearly 100 organisational partners are now involved in delivery, including 26 Brighton & Hove City Council departments. It has high-level, cross-sector ownership and, crucially given regular changes of leadership in our city, has cross-party support.

- Strengths include:
  - Wide organisational buy-in and a network of champions, from the Director of Public Health to very small community groups and multiple large and small businesses.
  - The Food Strategy Action Plan reports into the Health & Wellbeing Board, the main cross-sector city council & NHS board, which has endorsed the bid for Gold.
  - Cross-sector Food Strategy Expert Panel, comprising key partners who advise on progress and priorities.

- BHFP Board, which has wide cross-sector representation, including a councillor.

- The ‘Going for Gold’ process has enhanced the role played by residents, schools and food businesses (see above).

- Good food is embedded in many other policies including:
  - *Health & Wellbeing Strategy 2019* (included as a key action: “A whole city approach to food and wellbeing will be adopted, prioritising those with the poorest diets or least access to healthy food.”)
  - *City Council Corporate Plan 2020-2023* (committed to Gold Sustainable Food Places bid)
  - *JSNA topic summary on ‘Food poverty, diet and health’ 2019* (BHFP co-production with public health)
  - *City Plan Parts 1 & 2* and other planning policy (see above) [link to planning section in Veg cities case study beginning page 18]

- *Visitor Economy Strategy*

- *Financial Inclusion Strategy* (added ‘F’ for food to the ABCDE community banking model)

- *Fairness Commission report*

- *Local Transport Plan*

- *Economic Strategy*
• BHFP representatives sit on Brighton & Hove Connected (Local Strategic Partnership), the Living Coast UNESCO Biosphere Board and the steering group for a circular economy approach to food in development by Brighton & Hove City Council (2020).

• When the Covid-19 pandemic struck, Brighton & Hove City Council turned immediately to BHFP, commissioning BHFP to lead its food response and chair the ‘Food cell’. The two organisations worked closely to support and enhance the community response. The Covid business support grant asked, “What has your business done to support the city during the Covid-19 crisis”, and a specific question on surplus food donations.

• Brighton & Hove City Council became a signatory to the Milan Urban Food Policy Pact in 2019.

The degree to which a robust culture of food activism and related food movement has developed in the city that is not dependent on institutional funding or support

• A vibrant community food sector. Community-led solutions from Sheep share to 75+ community growing projects, community cookery, nearly half a million shared meals eaten per year, 20 independent food banks and one Trussell Trust Food Bank, multiple surplus food projects and 1,000 households engaged in community composting.

• A vibrant food economy. Arguably more restaurants per head than anywhere else in the UK. A dining culture where local sourcing and meat-free are mainstream, as exemplified by Brighton Restaurants Association.

• There are many examples of alternative retail across the city. Ethical supermarket HISBE was featured by the Food Ethics Council as a case study in food citizenship.

• BHFP has featured as a local case study on social return on investment.

• Brighton and Sussex universities bring national leadership on food, with a new Food & Development MA and a new Centre for Food Equity at the University of Sussex; and collaboration with BHFP and each other via Brighton & Sussex Universities Food Network. There is university representation on the Food Strategy Expert Panel, and joint projects, including developing an outcomes framework.

• The astonishing community response to Covid-19 in 2020 demonstrated how food activism forms an integral part of the fabric of our city.

• Our food heroes are the best!

What partners think of the Partnership

A question in the 2019 survey of Food Strategy partners was designed to evaluate whether partners feel a part of a broader, citywide approach. There was a 76% response rate. The responses ranged from three to 10 on a scale of one to 10, averaging seven.

Partners identified that BHFP:

• Develops partnerships between businesses, charities and the council, and those involved feel part of a community.

• Educates and informs stakeholders, providing guidance and resources so they can help those in need, e.g. through the Food Strategy Action Plan.

• Brings awareness to stakeholders of local schemes.

• Brings opportunities to stakeholders and others in the community.

• Tackles the root causes of poverty, going beyond emergency food provision.

• Raises awareness of sustainable food issues and issues around food poverty.

• Collaborates with stakeholders to hold events, workshops and classes.

• Combats the issue of food waste by raising awareness and redistributing surplus food.

• Connects those in need to the right people.
### 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 |

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**Our vision: Healthy, sustainable and fair food for all**
The story since silver

How Brighton & Hove and the surrounding areas have progressed since our 2015 Silver Award

Brighton & Hove became the UK’s first Silver Sustainable Food Place in 2015. To achieve Gold, we need to demonstrate that progress has continued across all the areas of the food system. This section summarises some of the achievements that have taken place since 2015 and updates areas which have ceased or changed. There are references to earlier activity where this sets the context.

Note that food activities come and go. This update was largely compiled before March 2020 and is a snapshot from the run-up to this time. Following the delay to our award submission due to Covid-19, we have added updates to cover the Covid-19 response period. We have also cross-referenced to the new 2020 awards framework where this has been necessary.

1. PROMOTING HEALTHY AND SUSTAINABLE FOOD TO THE PUBLIC

1.1 Run healthy eating campaigns – such as breastfeeding, healthy weight, five-a-day, Eatwell, cook from scratch, and sugar, salt and fat reduction – that aim to change public behaviour, particularly among hard-to-reach audiences.

- Brighton & Hove City Council (BHCC) made a joint Veg Cities pledge with Brighton & Hove Food Partnership (BHFP) in 2017 leading to a high profile citywide approach to helping people to eat more veg. See Veg Cities section above.
- Ongoing engagement with high-profile national campaigns, including the Veg Power: ‘Eat Them To Defeat Them’ campaign aimed at getting children to eat more veg, and Big Dig to get more people involved in growing.
- BHCC’s Public Health Schools Programme now delivers school assemblies and other information around increasing veg consumption and Sugar Smart.
- Brighton & Hove was the first UK city to pilot the Sugar Smart initiative and the University of Brighton the first University in the UK to introduce a sugar levy (since also introduced by the University of Sussex).
- Ten members of the city’s Good Food Procurement Group (GFPG) signed up to the Sugar Smart campaign and/or sugar levy, including BHCC, the universities of Sussex and Brighton, Sussex Community NHS Foundation Trust, Varndean School and Brighton and Sussex University Hospitals NHS Trust.
- Sugar Smart is now embedded in the Healthy Choice Award for Early Years, breakfast clubs and cafes/restaurants. Settings have reduced sugar by on average 30%, with primary school meals reducing by 40%. Sugar Smart dentists campaign packs have been delivered to dentists and followed up in priority areas.
- New Sugar Smart leaflets have been produced and distributed. BHFP shared details of the Sugar Smart campaign at a Food Matters national conference, with Public Health England and in a House of Lords Select Committee. Brighton was featured in national Sugar Smart campaign coverage, including on TV.
• The cross-sector breastfeeding feeding initiative, which includes peer mentoring, continues to achieve higher breastfeeding rates in the city compared with the national average. In 2018-19, 71% of mothers in Brighton & Hove were breastfeeding their babies at six-to-eight weeks, compared to a national average of 46.2%.

1.2 Run sustainable food campaigns to promote more public consumption of fresh, seasonal, local, organic, sustainably sourced fish, high animal welfare, meat-free and/or Fairtrade food.

• BHFP provides regular information promoting sustainable food campaigns via its fortnightly newsletter (6,556 subscribers), social media channels (19,845 followers) and website, as reported elsewhere in this bid.

• Sussex Wildlife Trust has run a successful Help our Kelp campaign to restore kelp forests off the Sussex coast to bring back marine wildlife, replenish local fisheries and act as an effective carbon storage. Almost 2,500 people supported its consultation, and a key achievement was getting a by-law passed by Sussex Inshore Fisheries and Conservation Authority to ban trawling year-round across 304km2 of Sussex coastline.

• The Refill Brighton & Hove campaign now has over 280 refill stations throughout the city where people can fill their reusable water bottles. An app helps people find their nearest refill point.

1.3 Develop a food charter that encapsulates the food vision for your city and encourages organisations to take action to turn that vision into reality.

• Our citywide five-year Food Strategy Action Plan was re-launched in November 2018 after a year of cross-sector consultation and has been adopted by BHCC. Our most ambitious action plan yet, it has over 200 far-reaching actions and nearly 100 partners, including 26 separate city council teams. BHFP tracked progress for Year 1, which showed strong engagement from partners and steady progress.

• As part of the citywide bid to become a Gold Sustainable Food Place, BHFP created resources for the public, schools, organisations and food businesses on actions they can take.

• BHFP met with organisations across the city, including hosting a lunch event for the voluntary sector to explain the Gold bid and suggest ways they could get involved.

• The city’s Health and Wellbeing Strategy includes a whole-systems approach to healthy eating, prioritising those with the poorest diets or least access to healthy food.

1.4 Develop an identity brand and/or strapline for your citywide initiative and promote it to the public as an umbrella for all the great work on healthy and sustainable food in your city.

• The BHFP website attracts approximately 150,000 users. A comprehensive ‘Directory map’ lists 139 community food projects such as community gardens, community composting schemes, lunch clubs, food banks, community cafes and food waste initiatives. These directory pages have had around 15,000 page views.

• BHFP’s logo appears widely across Brighton & Hove, including on the citywide Food Strategy Action Plan, on the 2020 Planning Advice Note to encourage food growing in new developments, on the Healthy Start Voucher campaign poster on all Brighton bus routes and in surgeries and children’s centres, and on community project grants funded by the Good Food Grants. BHFP branded leaflets on a range of food initiatives are distributed across community venues, voluntary organisations, GP practices and schools.

• BHFP were awarded Brighton & Hove Business Awards: Not for Profit Business of the year, awarded to an organisation that is driven by social and environmental aims, can demonstrate success and that has a clear and compelling vision for the future.

• Brighton & Hove signed up to the Milan Urban Food Policy Pact in June 2019, and BHFP joined as an expert advisor NGO to the Edible Cities Network, bringing experience of the city’s cross-sector Food Strategy and collaborative approach to food system challenges by working simultaneously at grassroots and policy levels.
1.5 Use a variety of communications tools such as websites, social media, magazines, film shows, radio and press pieces, talks and conferences to raise public awareness of and interest in food, health and sustainability issues.

- BHFP now has 6,556 subscribers to its fortnightly newsletter offering information about local initiatives and activities and how to get involved. Community groups and partner projects regularly use the newsletter to share their content, including news of events and volunteer and job opportunities.³

- BHFP and Brighton & Hove Allotment Federation (BHAF) teamed up in 2019 to produce a series of videos for allotment holders on topics such as clearing your plot, top tips for the first year, the benefits of allotments and what it’s really like to take on a plot. BHFP in conjunction with the Surplus Food Network (SFN) produced a video promoting SFN and how people can get involved through volunteering or donating food.

- BHFP published approximately 50 blogs in the past year to raise awareness and interest in food and sustainability issues. In 2019, BHFP’s ‘get involved’ volunteering web page had 3,987 page views and its community composting web page had 3,120 page views.

- BHFP held several volunteer celebrations in 2019 for gardening, cookery and SFN volunteers and information sessions about joining Casserole Club, and hosted stalls at popular city events such as Apple Day and Seedy Sunday.

- BHFP regularly features in Sustainable Food Places case studies, newsletters and webinars, and regularly attends and speaks at national and international conferences.

1.6 Create opportunities for the public to see, taste and learn about healthy and sustainable food – for example through demonstration, sharing and celebration events such as food festivals and ‘town meals’.

- BHFP hosts fortnightly opportunities for the public to volunteer and learn about growing food and gardening at its community edible garden at Saunders Park and its Preston Park Demo Garden, and regularly hosts community volunteering events such as ‘Love your Local Park’ days, where people can experience gardening and tree planting.

- Plot 22 runs monthly taster sessions and volunteer gardening sessions at its plot open to the public.

- Brighton & Hove Organic Gardening Group (BHOGG) runs a monthly low-cost urban organic gardening group at the Phoenix centre, and in 2019 there were approximately 1,500 volunteer hours spent on its community allotment.

- Brighton Permaculture Trust continues to offer a range of training courses and volunteering opportunities at orchards and at the permaculture/forest garden plots at Stanmer, with around 250 individual volunteering opportunities per year.

- Brighton Permaculture Trust has hosted events including ‘Apple Day’ (currently on hold), annual blossom tours and orchard tours. It plans to host a series of smaller but more frequent events with core messaging on sustainability and the environment.

- Seedy Sunday Brighton remains the UK’s biggest and longest-running community seed swap event, giving people access to support and advice from a huge range of organisations with an interest in food, sustainability and gardening.

- BHFP’s Community Kitchen has hosted 5,468 shared meals around its sociable dining table since it opened in May 2018, and a huge range of local people have had the opportunity to learn about food, prepare food together and participate in the joy of sharing food (figures from March 2020).

- The Network of International Women for Brighton & Hove runs women’s community cooking sessions, providing a safe space for women from diverse cultures and backgrounds, to help reduce social isolation and increase wellbeing and belonging.

- Saddlescombe Farm produces grass-fed lamb and beef for customers in Brighton & Hove and the surrounding area through managed grazing on the South Downs. It holds open days during lambing when visitors can learn about a working farm at its busiest time.

³ Figures from March 2020 – prior to Covid-19 pandemic
1.7 Map and promote community food projects and engagement opportunities through print, broadcast and on-line media and/or via open days, food trails and volunteer recruitment and support programmes.

See ‘Directory map’ information above.

1.8 Create opportunities for people to buy affordable healthy and sustainable food through markets and mobile pop-up shops and restaurants, particularly in areas with no existing provision.

- The BHFP website has information about local food-buying groups and co-ops, veg box schemes and farmers markets, eating well on a budget and access to low-cost meals.
- New, colourful van-based pop-up The Sussex Peasant has successfully brought locally-produced food to the city’s parks and communal spaces, making such food accessible and convenient.

2. TACKLING FOOD POVERTY, DIET-RELATED ILL HEALTH AND ACCESS TO AFFORDABLE HEALTHY FOOD

2.1 Establish a multi-agency partnership – involving key public and voluntary organisations – to assess and tackle the full range of issues that contribute to food poverty in a joined up strategic way.

- Following the success of the 2015-18 Food Poverty Action Plan, the food poverty work was woven into the city’s wider five-year Food Strategy Action Plan, ensuring that food poverty and food inequality is at the heart of our citywide partnership approach to food (see above).
- BHFP coordinates the Emergency Food Network (EFN), hosting meetings three times a year for food banks, advice providers and BHCC. Topics covered include sourcing food, helping people move on and fundraising. EFN has connected with food banks from Newhaven, Hastings, Trussell Trust South East and Lewes, and development support is provided year round. BHFP and EFN have undertaken campaigning work to promote donations to food banks. EFN played a key role in the city’s Covid-19 pandemic response (see above).
- BHFP held focus groups with people most vulnerable to food poverty to better understand their perspectives and needs, and to generate solutions to advocate to decision makers and commissioners, e.g. with older people at risk of malnutrition, BAME people, migrants without recourse to funds and rough sleepers.

- BHFP updated the city’s Joint Strategic Needs Assessment (2019) on Food poverty, diet and health with BHCC Public Health, which has been well received both locally and nationally.

2.2 Promote the Living Wage through Local Authority commitments and/or via campaigns to raise employer awareness of the impacts of paying low wages and the benefits of raising them.

- The Brighton & Hove Living Wage Campaign has been run by Brighton & Hove Chamber of Commerce since its launch in 2012. The campaign encourages local businesses to voluntarily pay all employees a Living Wage, which in our city currently stands at £9.30 per hour. There are 654 businesses now signed up.
- Low-wage employers in the hospitality and food and drink sectors were targeted by the campaign in 2019, as many employed in the hotel and food industry are most at risk of food poverty. Seven employers in the hospitality sector signed up to the campaign.
- BHFP wrote a blog about the benefits of the School Meals Service being a Living Wage provider and shared it with GFPG members who collectively serve well over a million meals per month in the city.
2.3 Provide advice, referral and support on food access for benefit recipients facing delay or suspension in payments and those in need of emergency food aid.

- BHFP continues to signpost the public to information on accessing food, benefits advice and other financial support. BHFP’s food poverty advice and referral to food banks web pages have been updated. The Eating Well on a Budget leaflet has been distributed. During the Covid-19 crisis the BHFP website became a key part of the city’s response, with information for referrers and the central listing for emergency food support (see above).
- Twenty-one emergency food providers across the city gave out free food and eight food banks had experts regularly give preventative support in 2019. There has been ongoing engagement with the Department for Work and Pensions (DWP), including around Universal Credit introduction, via the EFN as well as BHCC welfare benefits and Local Discretionary Social Fund (LDSF).
- BHCC continues to offer the LDSF for people in crisis. This was ramped up and integrated into the food response during Covid-19 as part of the joint BHCC/BHFP design of the Covid-19 community hub helpline. A BHCC food cell was led by BHFP, which reported back the experience from the EFN, and the group included officers from the LDSF and community hub helpline as well as voluntary sector groups to ensure a fast and effective response around welfare issues and needs.

2.4 Increase understanding of food poverty issues amongst health professionals, welfare advisers, housing and voluntary organisations to ensure clients can access affordable healthy food and skills training.

- BHFP and Brighton Public Health team are now contributing content within the Brighton and Sussex Medical School (BSMS) curriculum on food poverty, social prescribing and wider determinants of health. Nutritank has been launched locally in Brighton & Hove and across the UK. Medical students are now provided with a list of food-related volunteering opportunities.
- Three Eatwell sessions have been delivered by a nutritionist, training 25 staff and volunteers working with homeless people.
- BHFP ran a consultation with people living in temporary accommodation and held a subsequent pilot of a monthly cook-and-eat group on cooking using little or no equipment.
- The local authority continues to host Brighton & Hove Refugee & Migrant Forum which provides information, support and networking opportunities to a wide range of community organisations who welcome migrants with no recourse to public funds, including through the provision of hot food and other supplies.

2.5 Provide healthy weight services and initiatives from dieting and nutrition advice and support to exercise programmes and facilities.

- The city’s Healthy Weight Referral Service is a one-stop-shop for people looking to access weight management programmes, which are now delivered by BeeZee Bodies. Between January 2019 and December 2019 they saw over 700 participants and ran 30 Adult Weight Management programmes, some taking place in areas with the greatest need in relation to deprivation and obesity. Programmes include men-only, women-only, mixed, pre- and post-natal, and specialist programmes for adults with complex or long-term health conditions. The BeeZee Families programme for five to 15-year-olds received the Royal Society of Public Health award for the Children and Young People Programme at the National Health and Wellbeing Awards in November 2019. More than half (56%) of families who attended interventions are from the top two quintiles for deprivation.
- Whilst the Zip Zap after-school clubs have ceased, Albion in the Community has trained 60 football coaches working with a large number of children to deliver bite-size nutrition advice sessions via their Food to Move nutrition programme (2018-2020). It has also delivered 64 nutrition-led events, comprising 33 events in primary schools and 31 community events for ages ranging from five to 55.
- ‘Soup and Stomp’ ran in Hollingdean Children’s Centre in 2019.
• Take-up has increased across all children’s centres this year for the intervention ‘Healthy Meals on a Budget’ and ‘Supporting My Child to Enjoy Mealtimes’.
• The city has a Childhood Obesity Strategy with partners signed up to actions around healthy eating and exercise. The Healthy Weight Programme Board brings together cross-sector partners and is credited with some of the outstanding results on obesity. (See box)

Success in Childhood Obesity
Along with major success in breast-feeding rates, a stand-out Gold achievement is in childhood obesity. Thanks to our joined up, citywide partnership approach to food, including a Healthy Weight Partnership Board led by Public Health, Brighton & Hove is one of the only areas in the UK that is bucking the trend on childhood obesity levels.

In 2007/08, 18% of children in Year 6 were obese. In 2018/19 the figure fell to just 13%.

But once again this is a tale of two cities. In 2018/19, there were almost 10 times as many 10 to 11-year-olds who were obese living in the most deprived areas of the city compared to the least deprived. Next steps are to bring a concerted citywide approach to reducing this gap. 

4 National Child Measurement Programme data 2018/19, NHS digital. Provided by Public Health Intelligence, BHCC
2.6 Reduce hunger and malnutrition amongst vulnerable groups by maximising the provision and uptake of Healthy Start vouchers, free school meals, meals on wheels and lunch clubs.

- BHFP and BHCC launched a campaign in November 2019 to increase local uptake of Healthy Start vouchers. (See above)
- A community-owned pub, The Bevy, ran a successful crowdfunder to enable it to distribute delicious food into the community of Bevendean and Moulsecoomb. Square Meals on Two Wheels led to the Bevy’s crucial Covid-19 meals on wheels service.
- Poverty Proofing the School Day audits were carried out in 90% of schools in the city to gather information on food poverty, schools and families. Learning and resources are shared in the Brighton and Hove Education and Enterprise Marketplace (BEEM) for all to access. The Pavilion and Downs Teaching School Alliance is offering training to school staff on poverty awareness. Schools have been advised of links to food banks they can put on their websites.
- Chomp holiday clubs are running across the city in nine areas, providing nutritious meals and activities for families eligible for free school meals. They have expanded their activities to offer reading corners, cookery activities and high-quality arts workshops in partnership with the Into the Trees Festival.
- Brighton & Hove Health and Wellbeing Board agreed to take a focused look at malnutrition in 2018. A subsequent public health commission, Ageing Well, took a preventative approach to malnutrition in older people and the increasing number and complexity of older people living with one or more long-term health conditions and/or loss of mobility (see also above).

2.7 Increase the availability of healthy options in supermarkets, convenience stores, takeaways, vending machines and in catering settings such as nurseries, schools, hospitals, care homes and workplaces.

- National retailer Lidl, BHCC and the University of Brighton worked in partnership in 2019 to better understand the circumstances and potential barriers facing low-income families in East Brighton with regards to eating veg. Recommendations from the research fed into Lidl’s National Healthy Eating Strategy.
- The Brighton & Hove Healthy Choice Award recognises care homes, school breakfast clubs, nurseries, child-minders, and takeaways that offer varied, healthy and age-appropriate menu options, and has an annual renewal process; 130 food outlets now have the Healthy Choice Award and in the past year 15 training courses were delivered to food outlets about healthier frying and healthier catering.
- 23 care-home training sessions on good diet, including preventing and treating malnutrition, have been delivered, training 211 members of staff in Brighton & Hove care homes.
- East Sussex Health Care Trust and Brighton & Sussex University Hospital Trust have introduced healthy vending machines in hospitals.

2.8 Curb the development of food deserts and swamps to ensure people have access to affordable healthy food within 500 metres of where they live and to protect the high street from being dominated by fast food outlets.

- During the Covid-19 pandemic, BHFP gave development support to community food initiatives which sprang up as a response to Covid-19, and subsequently secured lottery funding to pilot projects that bring affordable healthy food to disadvantaged neighbourhoods.
- Planning and Food Project (see above) incorporates food access into local planning via a Health Impact assessment checklist. BHFP also lobbied Government for changes to the national planning system to enable protection via designation of a new category for shops which sell food, although it is unclear whether the proposal to do so under the autumn 2020 planning reform was influenced by this lobbying or not.
3. BUILDING COMMUNITY FOOD KNOWLEDGE, SKILLS, RESOURCES AND PROJECTS
(ALSO RELATES TO NEW SFC KEY ISSUE 2: BUILDING PUBLIC AWARENESS, ACTIVE FOOD CITIZENSHIP AND A LOCAL GOOD FOOD MOVEMENT)

3.1 Establish a network for community food activists that helps them to share ideas and resources and directs them to advice, training, grants and/or tools.

• BHFP coordinates three local networks: Emergency Food Network (EFN) Surplus Food Network (SFN) and the Green Wellbeing Alliance (GWA). In addition to regular meetings, the networks run virtually via email groups and provide a mechanism for networking, peer support, shared learning and more formal training.

• BHFP offers individual development support for over 100 community food projects each year, including advice on setting up projects, governance, business planning, training, evaluation and fundraising. It also maintains an open-access funding database for community food projects and circulates updates about new funding opportunities as they arise.

• To support grassroots community-led food work in 2019-20, BHFP awarded around £12,500 through its Good Food Grants scheme to 18 community food projects working with adults with mental health difficulties or people experiencing poverty. Applications are currently open for 2020-21 for community food projects helping people in poverty or tackling climate change.

3.2 Map and make available assets such as green and brownfield sites, redundant retail and other buildings that can be used for community food projects and allotments.

• In 2018 BHFP leased four acres of land at Stanmer Park and launched the Stanmer Wellbeing Gardens, hosting 12 community-run projects undertaking a mixture of community food, nature connection and education. A feasibility study has been completed and next steps include planning an eco-building storage and outdoor kitchen, and establishing a forest school kindergarten and a demonstration garden for climate-friendly gardening.

3.3 Incorporate food growing in local development through the creation of roof gardens and community growing spaces in residential housing and commercial developments.

• BHFP and BHCC Planning Department and sustainability officers, with support from Sustain, have worked for two years on a joint ‘Food and planning’ project to achieve this aim (see above).

3.4 Increase community food growing through additional allotment provision, edible landscapes and through initiatives such as The Big Dig and Incredible Edible.

• BHFP helped to triple the number of community gardens in the city from 25 to 75 by 2013. Since then, the focus has been on supporting existing projects to be stronger, prioritising gardens that work with vulnerable people as they need more specialist expertise, safety, skills and capacity.

• The GWA started meeting in September 2016, when groups running therapeutic outdoor activities came together to discuss mutual connections. Across the seven founding member projects, the GWA works with 600+ vulnerable adults and a similar number of other participants each year, with numbers increasing. Three-quarters of referrals come from professionals and services, mainly in Brighton & Hove but increasingly from surrounding areas. The GWA secured three years of funding for the Brighton & Hove member projects to develop their existing work, reach new audiences and improve their connections. The network has quarterly meetings which are open to projects from wider Sussex.

• Brighton Permaculture Trust continues to lead a community orchard programme. In winter 2018-19 it planted 86 fruit trees at existing and new sites, including Stanmer Park, Racehill Orchard, Hollingdean Estate, Dyke Road Park, Peacehaven Community Orchard, Berwick Solar Farm, Burfield Academy in Hailsham, and Arunside Primary School in Horsham. In winter 2019-20, 90 trees in at least seven new locations were planted.

3.5 Improve food education and engagement in schools through holistic programmes, such as the Food for Life Partnership, which include growing, cooking, farm visits and improvements to meals and dining culture.

• Many schools continue with food growing projects, including Goldstone Primary, Stanford Juniors, Moulsecoomb Primary, Dorothy Stringer High and Patcham High, where they are aiming to use food grown in school catering.
• See the Veg City / Veg Power section above for a huge range of activity relating to healthy eating and dining experience, e.g. BHFP and BHCC delivered a catering training session for secondary schools on healthier and sustainable meals just before lockdown.

• BHCC Public Health worked with Healthy Choice caterers to deliver two cookery sessions at City Academy, Whitehawk.

• Varndean Secondary School has taken part in the national Behavioural Insights Team initiative with Public Health about smart swaps for students’ food choices. It has also moved to compostable packaging, vegan and vegetarian options, Fairtrade hot drinks, increased water fountain provision and only selling water in refillable bottles (with their own branded Varndean bottles) and in recycled cans.

3.6 Provide training opportunities on buying and cooking, nutrition and hygiene and access to community kitchens for a variety of audiences including young adults, families and the vulnerable elderly.

• BHFP has delivered a huge range of accessible cookery courses at the Community Kitchen, (see above).

• A successful pilot at the Community Kitchen, in partnership with Sussex Community NHS Foundation Trust, incorporated cookery education and a shared meal into the Expert Patient Programme for people with long-term health conditions and led to a follow-up in January 2020.

• Food Matters’ Kitchen Kick Start project works with care leavers, young parents and insecurely housed young people on the cusp of living independently. It aims to build young people’s confidence in cooking healthy meals on tight budgets. Working across Brighton & Hove and wider Sussex, in some of the most hard-to-reach areas, 136 cookery sessions with 86 young adults and 27 children have taken place, along with cookery training to staff within supported housing and youth organisations to further their support skills.

• Stoneham Bakehouse provides baking workshops that allow people to experience the therapeutic nature of baking bread. Whether working with older or isolated people, or children with low esteem and self-confidence, its breadmaking workshops aim to support mental health and wellbeing.

• BHFP’s Kickstart Catering: Pathways into the Food Industry course launched in February 2020 and offers the opportunity to gain practical catering and hospitality skills, and to visit leading local food businesses. Participants receive individual follow-up support to consider a wide range of jobs, from cooking in restaurants, bakeries, schools and industrial food production to front-of-house, marketing and management roles.

3.7 Change local authority policy and practice to enable individuals and communities to get better access to resources that could be used for food enterprises or projects.

• See above. The Covid-19 pandemic provided good examples of this commitment in action:

• BHCC property managers, at short notice, found premises for food groups, including for the BHFP food hub located at Hove Park School.

• BHCC commissioned BHFP to lead the council’s food response and voluntary organisations, e.g. to supply meals to newly housed people and people in emergency accommodation.

Stanmer Community Garden Group in one of the 13 plots leased by BHFP to community groups at Stanmer Park. This Group brings volunteers and vulnerable adults together for mutual support.
4. PROMOTING A VIBRANT AND DIVERSE SUSTAINABLE FOOD ECONOMY

4.1 Develop strategies, policies and services that actively promote and support the development and long-term success of healthy and sustainable food businesses.

- Brighton’s independent food scene is thriving with a growing number of retailers selling local, organic and ethical produce, and many independent restaurants taking action to produce ‘sustainable eats’.
- VisitBrighton’s Biocultural Heritage Tourism Project works to support businesses in the Living Coast UNESCO Biosphere to create experiential tourism initiatives, including food and drink experiences. The emerging Destination Management Plan recognises the importance of promoting food and wine tourism.
- Brighton & Hove Economic Strategy 2019-23 includes action on increasing food resilience.

4.2 Support new sustainable food entrepreneurs by providing them with vocational training and business planning, finance, development advice, support and/or grants.

- Community pub The Bevy held a ‘Feeding the City’ idea-generating workshop in 2020 to support those interested in setting up their own community food project and applying for the ‘Feeding the City’ programme.
- Business development advice can be accessed via the Green Growth Platform, an award-winning green business-innovation network led by the University of Brighton which includes direct help with business planning, access to university expertise, coaching and workshops.
- BHFP’s office move in 2018 allowed other organisations, including The Gleaning Network and Brighton Food Factory, to share office space – allowing cross-fertilisation of projects and ideas.
- Fork and Dig It continues to provide the Veg Share Community Supported Agriculture (CSA) scheme, primarily as a vehicle for training and encouraging others to get involved in growing and CSAs. Training includes two 12-month traineeships on organic food production and small-scale agriculture, and a weekend course on the no-dig method and growing your own food.

4.3 Promote healthy and sustainable food businesses through the use of a range of communication tools such as marketing campaigns, directories, ‘restaurants weeks’ and food awards.

- BHFP and BHAF launched a ‘Grow an Extra Row’ campaign in early 2020, encouraging allotment holders to grow an extra row of veg for the Real Junk Food Project to use in creating nutritious meals at their pay-as-you-feel cafes.
- Changing Chalk funding was recently secured for joint work from Worthing to Eastbourne with the Biosphere and other partners, including the SheepShare project and Growing New Roots and Greening The City projects around growing native species.
- Restaurants Brighton encourages independent restaurants and retailers to support community food projects and has a new charity slot in its fortnightly newsletter which has 15,000 recipients, e.g. it advertised the Real Junk Food Project crowdfund and BHFP’s ‘Where to donate’ blog. Restaurants Brighton has arranged individual chef introductions for the Community Kitchen and is supporting Real Junk Food Project with its new Junk Food Cafe campaign.
- Restaurants Brighton is a media partner and organiser for the Foodies Festival, BRAVO restaurant awards, Chefs Table charity event and Moshimo Vegan Challenge. It provides blog content for Visit Brighton regarding the local restaurant industry news.
- Alternative supermarket HISBE launched HISBE Bootcamp in 2019 to help other independent food and zero-waste shops to follow in its footsteps, e.g. helping Shop Kindly Ltd in Brighton on its store opening, and inspiring Infinity Foods to start selling loose goods.
- The South Coast Zero-Waste Collective is an informal group of local packaging-free shops started by Harriet’s of Hove that meets regularly to share information, support and advice.
4.4 Increase spending in independent food businesses by introducing a local currency and setting up loyalty schemes.

- The Goodmoney local voucher scheme supports independent local businesses including many food and drink outlets, helping to keep money in the local economy.

4.5 Protect and/or re-establish vital food infrastructure including Grade 1 and 2 land, local processing and wholesale businesses, food hubs and/or distribution networks.

- Development of the Stanmer Walled Garden flagship project by Plumpton College is underway. It will serve as a focal point for sustainable food in the area, providing education, training and volunteering opportunities. The campus area of the walled garden offering horticultural education will be completed by the new year, and the remainder will soon be open for the public to take part in community planting activities.

- BHFP and Food Matters held two facilitated discussions in 2020 with senior stakeholders BHCC and adjacent authorities on how a local food hub model could work, building on momentum post Covid-19.

- Infinity Food Wholesale has continued and expanded its longstanding support for community projects and continues to act as an important wholesale hub with a strong focus on ethical values.

4.6 Help producers connect better with local consumers and/or better access wholesale and retail markets through events, online tools and cooperative supply and marketing initiatives.

- Florence Road Market farmers’ market features a wide range of local producers and invests in local farms through a social enterprise model combining production agriculture with therapeutic social care as a way of connecting people to food. During Covid-19 it became a key part of the citywide response, moving market operations online and connecting low-income people with food support.

- CSA schemes in the city include SheepShare, which sees sheep grazing in and around the city sold back in as meat to share; PigShare, which makes free-range and organically-reared pigs from the East Sussex Weald available in the city to buy as a share; and Fork and Dig It, which shares local vegetable harvests from the local Stanmer Organics site.

- Long-standing wholesaler and retail distributor Fin & Farm celebrated its 10th birthday in 2019. This year, the founders joined with Iain Chambers in Brighton Food Factory, a social enterprise distributing locally sourced produce including fruit, veg, meat, dairy, juice and eggs to community groups and other organisations.

- As outlined above, The Sussex Peasant has successfully brought locally-produced food to the city’s parks and communal spaces, making it accessible and convenient.

- The South Downs National Park, where many of the city’s producers are based, continues to host the South Downs Food portal, an online directory to help the public and businesses find local food and drink producers.

- The ‘Where to Buy’ section on the BHFP website remains popular, with 13,263 page views in 2019. It provides information on local and organic food stockists, local and sustainable fish and meat, veg box schemes, farmers markets and plastic-free shopping in the city. The Local Veg and Food Deliveries directory was expanded and widely promoted during Covid-19 to include models which had switched to home delivery, playing an important role in promoting the local food economy and allowing people to access food.
4.7 Help restaurants to become more sustainable across all aspects of their business through peer learning networks and/or support from national organisations such as the Sustainable Restaurants Association.

- *Brighton Restaurant Association* looks to increase the stability and strengthen the voice of the local independent restaurant sector through membership support which includes advocacy, operational advice, policy standardisation, fair employment systems, education and skills awareness, intelligent and resourceful recruitment, and staff development, and it acts as a focal point for sustainable food for the area.

- *Street Diner* has become an important incubator for many new businesses, including BAME food businesses, committing to “keeping it fresh, local, sustainable and delicious”.

- During Covid-19 there was an expansion and widespread promotion of Restaurants Brighton Directory of takeaway and home delivery supporting businesses to adapt to the new environment.

5. TRANSFORMING CATERING AND FOOD PROCUREMENT

5.1 Establish a food procurement working group network or equivalent forum, to bring together procurement officers, caterers, suppliers and other decision makers.

- The city’s Good Food Procurement Group (GFPG) is now well established with over 20 active members from across the city and throughout Sussex. The Group collectively serves over 2.5 million meals a month, and workshops have been delivered each year, including on healthier catering, behaviour change, reducing plastics and tackling food waste. This group is especially important given the high number of students thanks to the two universities, and high number of visitors and importance of hotels and conferences to the economy.

- *BHFP* were awarded *Team Of the Year* in the national Cost Sector Catering Awards, recognising the success of the collaborative approach via the GFPG had created “an extraordinary network of local organisations and individuals working together to a collective aim of healthy, sustainable, fair food for all”.

- The GFPG have played a key role in the Sugar Smart and Veg Cities campaigns. *(See above)*

5.2 Adopt a citywide Sustainable Food Procurement policy that incorporates specific commitments on a range of health, sustainability and/or ethical issues.

- Minimum buying standards remain in place and are in the process of being updated. The revised standards will reflect BHCC’s declaration of a climate emergency and will include healthy eating initiatives, e.g. increasing veg consumption, Sugar Smart and the Refill water campaign.

- Sustainability requirements are included within the Early Years Gold Award.

- BHCC was the first UK council to adopt an Outdoor Events Charter.

The *Healthy Choice Award* is a citywide scheme run by Brighton & Hove City Council and working with food businesses, nurseries, childminders and school breakfast clubs to develop varied, healthy and age-appropriate menu options.
Outdoor Events Charter

In a normal year, around 250 events of all shapes and sizes take place on public land with more than a million people attending. 80% of attendees are at larger events of over 5,000 people. Food and drink features in almost all events.

BHCC updated its Outdoor Events Strategy in 2019 and became the first UK council to create an Outdoor Events Charter which requires every event with over 5,000 people to produce an Environmental Impact Assessment and Action Plan which must address food waste, packaging waste and recycling, and reduction of single-use plastics. Provision of free water refills is now written into the licensing of events and organisers are encouraged to make refill points accessible.

Many events, such as The Great Escape festival and Pride, now provide all staff and volunteers with reusable bottles to encourage use of refill points. After strong reactions from both the public and media to seas of discarded plastic bottles in 2018, the Brighton Marathon made significant changes for 2019. Runners no longer receive bottles for refreshment as they run the course, but fully recyclable paper cups, which are easier to collect and manage. Standpipes at major water stations mean a dramatic reduction in plastic water-container use.

5.3, 5.4 & 5.5 Persuade individual public sector organisations to adopt specific food policies, e.g. nutrition standards, healthy catering and vending, ‘tap water only’ and ethical standards such as cage-free and Fairtrade.

- The Healthy Choice Award scheme for school breakfast clubs was redeveloped to include activity sessions. The national schools Games Mark for Physical Activity and the Healthy Choice Award and the Smile Award were merged to increase awareness of all the schemes; 54 schools have now received the award.
- Whilst Sussex Partnership has moved away from its award-winning local hub procurement model, other GPFG members have moved on in strides, notably Brighton and Sussex University Hospitals NHS Trust, which has fully committed to sustainable and healthy food and waste and plastics reduction through changing practices and a new oversight group.
- The East Sussex County Council primary and secondary school meal provider, providing 17,000 meals per day, now has a Gold Food For Life award. It ran an award-winning pilot on behavioural nudges following a GPFG workshop on healthy eating behaviour change nudges.
- Major event venue the Brighton Centre achieved Bronze Food For Life after being asked to commit to the city’s Minimum Buying Standards as part of its contract.

5.6 Help procurement officers source more local food by linking them with producers and processors through local supplier directories and ‘meet the supplier’ events.

- The University of Sussex achieved Sustainable Restaurant Association 3* rating.
- Kudos, the caterer at the Brighton Centre, opted to stop serving beef on its menus because of the climate crisis.

5.7 Help small food businesses access procurement via on-line tendering databases and cooperative marketing and supply initiatives.

- The University of Sussex achieved Sustainable Restaurant Association 3* rating.
- Kudos, the caterer at the Brighton Centre, opted to stop serving beef on its menus because of the climate crisis.

5.8 Work with restaurants and other catering businesses to help them source more healthy, sustainable, ethical and locally produced ingredients.

- The University of Sussex achieved Sustainable Restaurant Association 3* rating.
- Kudos, the caterer at the Brighton Centre, opted to stop serving beef on its menus because of the climate crisis.
6. REDUCING WASTE AND THE ECOLOGICAL FOOTPRINT OF THE FOOD SYSTEM

(NB this section also relates to new SFC Key Issue 6: Tackling the climate and nature emergency through sustainable food and farming and an end to food waste.)

6.1 Run citywide campaigns to raise public awareness of food waste and how to reduce it such as Love Food Hate Waste, Feeding the 5000, The Pig Idea and Disco Soup.

- Since the city’s Silver Sustainable Food Places award, BHFP has run a series of events to raise public awareness of food waste, including, a pumpkin rescue party, numerous celebration events for SFN volunteers, a food waste street stall on World Food Waste Day, a tackling bread waste event with Circular Brighton & Hove, and a ‘feed the climate strikers’ stall at the youth climate strike protests, serving soup made from surplus and promoting how food waste is linked to climate change.
- BHFP and the Sussex Gleaning Network held a tasting event in 2019 for the public to trial recipes made from surplus food as part of an EU-funded FLAVOUR project pilot to process surplus food into new products.
- BHFP produces regular social media and blog content to raise public awareness of food waste, including 12 food waste blogs in 2019-2020. It has a range of web resources on wasting less.

- The Waste Less Save More campaign helped with setting up new community fridges and a targeted public outreach, along with a new advice and recipe booklet.

6.2 Incorporate the Food Waste Hierarchy into policies, strategies and services to reduce food waste and ensure surplus food and food waste are diverted to the most appropriate purposes.

- In 2020, BHFP established a ‘Routemap for a Food Use City’ with 10 major actions that must happen to reduce food waste by half by 2030, the target in Sustainable Development Goal 12, and secured funding from Sustainable Food Places to deliver this work.
- The SFN brings a collective, strategic approach, as reported elsewhere in this bid.

6.3 Establish a food waste collection scheme for homes and businesses and redirect this waste for composting, energy recovery (Anaerobic Digestion) or animal feed.

- Brighton Paper Round continues to collect food waste from local restaurants, businesses and caterers, and use anaerobic digestion to convert the waste into biogas and liquid biofertiliser. The biogas is used to produce renewable electricity and the biofertilizer is spread on farmland.
- Brighton does not currently have a separate domestic food waste collection. However, as well as a UK leading community composting project (see above and Silver bid) all residual domestic waste is sent for incineration/energy recovery, and not landfill. The BHCC corporate plan 2020-2023 commits to “introduce a food waste collection and composting service” [p.23].
6.4 Provide training on waste and resource efficiency for producers, processors, retailers, caterers and the wider business community, including reducing food packaging and waste and improving energy and water use.

- BHFP hosted an event in 2019 for businesses on reducing single-use plastics, leading to new contacts being made between stakeholders and new initiatives being introduced, such as a reusable cup scheme at major event venue Brighton Dome.
- BHFP hosted a food waste event, Turning Trash to Treasure, to encourage food businesses to reduce, reuse, redistribute and recycle food waste rather than dispose of it. Eighty organisations attended the event, with five inspiring case-study speakers sharing tips for reducing waste.
- Following these events, web resources were created for businesses on actions they can take to reduce food waste and minimise plastic packaging.
- Brighton Dome venue eliminated plastic straws and stirrers in 2018, stopped selling single-use plastic bottles and encouraged visitors to use water refilling stations.
- The University of Sussex catering team carried out a food waste audit with the Sustainable Restaurant Association and set targets for six to 12 months ahead. It now redistributes surplus food via Too Good To Go, Olio and community fridges, and has pledged to go plastic-free in three campus restaurants. It is purchasing an on-site anaerobic digester to turn all on-site food waste and compostable disposables into biomass energy and fertiliser.
- Brighton and Sussex University Hospitals NHS Trust has a new waste contractor and new smaller plastic trays for bulk catering to reduce wastage. All staff have been given a free, reusable cup which has been well received and used, reducing disposable cup use massively.
- BHFP carried out a three-week school food waste audit in 2017 with two local primary schools (see also Veg Cities).
- Sussex Community NHS Foundation Trust and Greater Brighton Met College started food waste collections with Paper Round.
- East Sussex Healthcare NHS Trust signed up to the NHS Reduce Single-Use Plastic Pledge.
- There is ongoing support, training and sharing of good practice via the GFPF.

6.5 Promote home and community food composting... through awareness and education campaigns and through the provision of composting tools, demonstrations, materials and sites for communities to use.

- The city’s community composting scheme, run jointly by BHFP, BHCC and an army of volunteer compost monitors, remains highly popular with residents. As of spring 2020, 1,177 households were signed up to 38 schemes across the city, diverting 104 tonnes of food waste annually. The community composting web page had 3,120 page views in the past year.
- BHCC offers residents subsidised home composting bins, including smaller bins such as wormeries that are suited to smaller gardens and even balconies.

6.6 Collect harvest surplus and unwanted produce from local farms and food growing sites through a crop-gleaning/abundance and volunteering scheme to divert harvested produce unwanted by retailers.

- In 2019 Sussex Gleaning Network ran 20 Gleaning Days, rescuing over 14 tonnes of produce from farms across Sussex. These days involved over 210 volunteers, mostly from Brighton, and nine host farms.
- The Fruit Factory at Stanmer Park was developed as a hub for the scrumping project, which gathers fruit from gardens and orchards which would otherwise go to waste and rejected commercial orchard fruit that fails to meet the grade. Twenty tonnes of fruit were processed in the July 2018 to February 2019 season.
6.7 Collect and redistribute consumable surplus food to organisations feeding people in need, while working to raise the nutritional standards of the food being offered.

- **SFN** is an alliance of organisations which have worked together since 2017 to tackle food waste by intercepting and redistributing surplus food to people in need. The Network increased the amount and range of surplus food redistributed; and its power and influence (see above).
- Three community fridges have been set up: one in central Brighton at the Phoenix Community Centre was set up in 2018; and two more, at the Old Boat Community Centre and at Weald Allotments, were established in 2020.

Additionally covering ‘Food production’ in the new 2020 SFC awards framework

- The University of Sussex in 2017-18 led the Team PollinATE citizen science experiment, collecting data from growers on the food they grew and from pollinators. On average, each season growers harvested 1kg of insect-pollinated produce per square metre, using predominantly organic methods. Calculations showed that Brighton & Hove’s 50 hectares of allotment space have the capacity to grow at least 181 tonnes of food per year. This figure is likely to be considerably higher when factoring in crops not reliant on pollinators, such as root vegetables, and people growing produce in their own gardens or balconies. The results of Team PollinATE show the potential for home-grown produce to contribute to food security, and the significant need for pollinators when producing food in cities.
- Key Food Strategy partners The Living Coast UNESCO Biosphere led discussions on developing land use and carbon capture in 2020, whilst ensuring land is retained for food production.
- BHCC has committed to a Whole Estate Plan approach to council-owned downland, as part of a food resilience approach.

To find out more visit bhfood.org.uk

Download a PDF of this bid bhfood.org.uk/goldbid

Join the conversation. Follow @btnhovefood

Credit: Simon Dack

The power of a shared meal:

In 2019 a small study by the Real Junk Food Project found:

- 63% of their participants eat more vegetables
- 47% throw less food away
- 73% have tried new foods
- 58% have saved money and can eat better within their food budget
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- 41% have made new friends and feel less lonely
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Credit: SmithDuck