

BARNET
FOOD
PLAN
2022-2027

The logo for the Barnet Food Plan 2022-2027. It features the word 'BARNET' in a bold, teal, sans-serif font at the top. Below it, the word 'FOOD' is written in a large, bold, green, sans-serif font. The letter 'O' in 'FOOD' is replaced by a stylized orange and white wheat stalk. The letter 'O' in 'FOOD' is replaced by a green apple with a red stem and a green leaf. Below 'FOOD', the word 'PLAN' is written in a large, bold, green, sans-serif font. The letter 'A' in 'PLAN' is replaced by a white fork. The letter 'N' in 'PLAN' is replaced by a white knife. At the bottom, the years '2022-2027' are written in a bold, teal, sans-serif font.

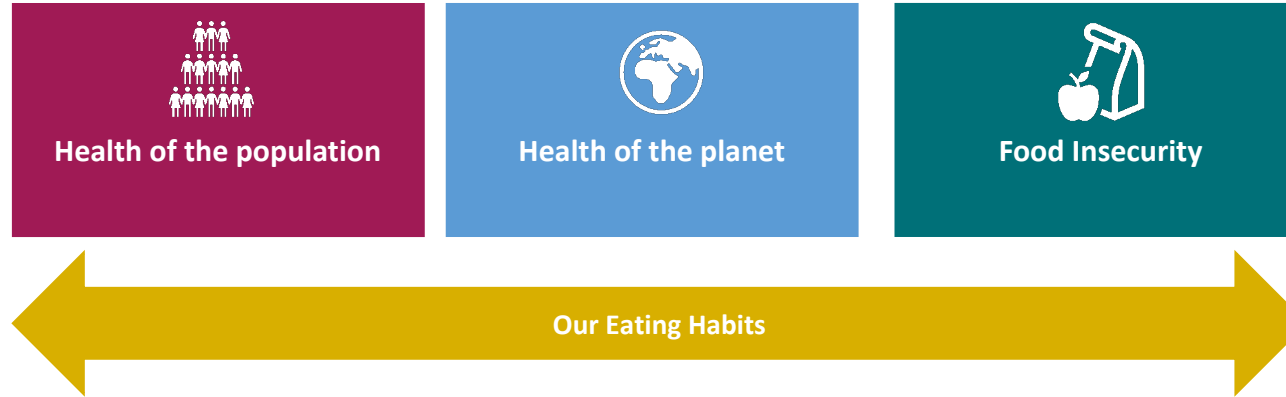
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Our vision is for Barnet to have a sustainable and good quality system of food production, provision and consumption that will improve everyone's health and wellbeing. Barnet residents will be able to afford and have both the opportunity and knowledge required to eat food that is good for them and good for the planet. We will take action to address the drivers of food insecurity, resilience is built at individual and household level, and emergency food aid is available for those in crisis. A strong partnership between all actors in the food system, including local residents, will build on the work already delivered by the voluntary and community sector to drive our vision forward.

Why do we need a plan?

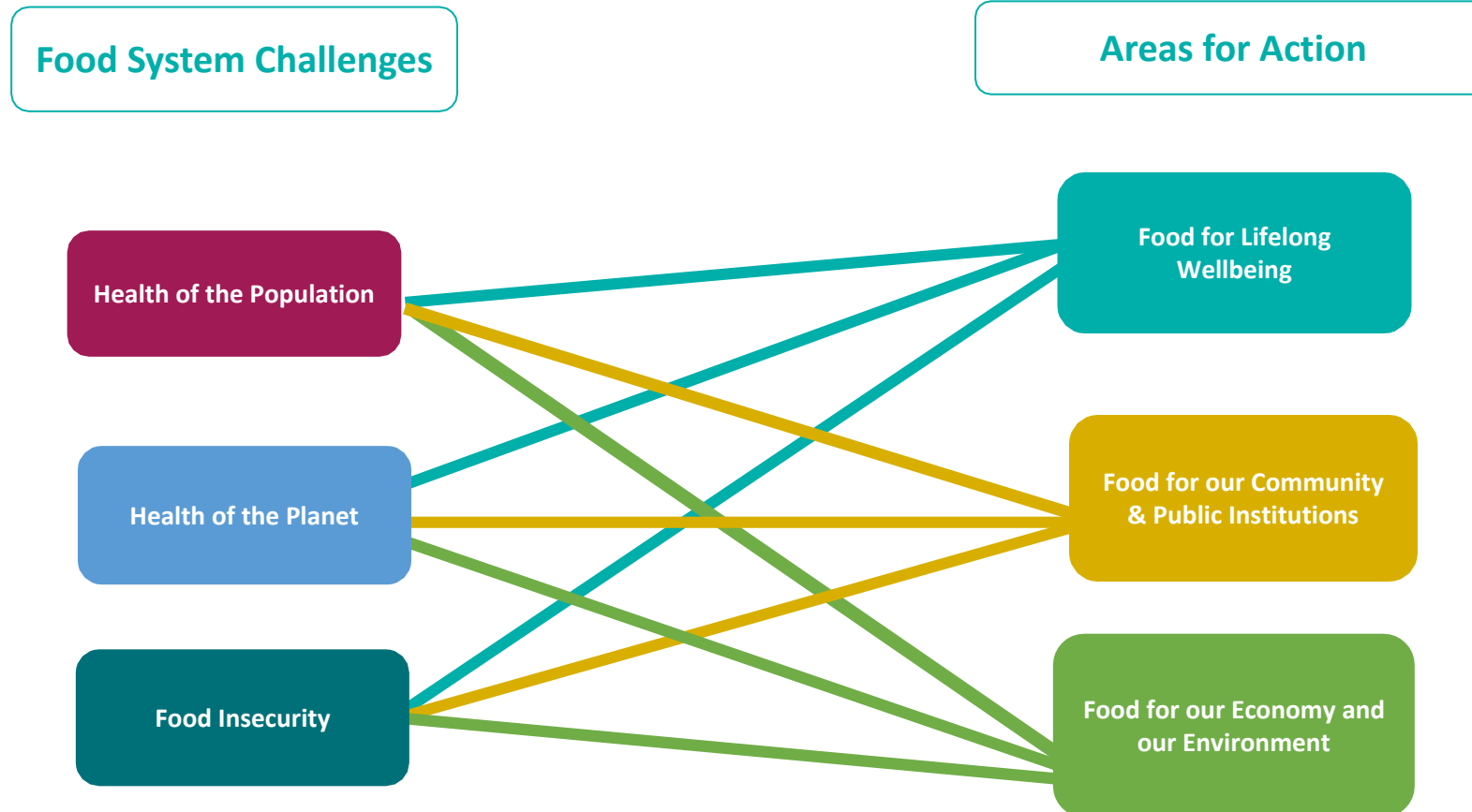
THE MAJOR CHALLENGES FOR OUR FOOD SYSTEM



- In the lowest income decile, almost 75% of disposable income would need to be spent to meet the Eatwell Guide's recommendations, compared to 8% for those in the highest income decile. This challenge is likely to be exacerbated over the lifetime of this plan as the cost of living crisis worsens.
- One-fifth of parents in London have skipped meals so that their children could eat and three in ten have reported that they have bought less fruit and vegetables due to the expense.
- The majority of those experiencing food insecurity in London are in work (60% working either full-time or part-time).
- Households with children, single-adult households with children, and households receiving certain income-related benefits were at greater risk of food insecurity, for example, 57% of households on Universal Credit are food secure compared to 92% of all households.
- 7% of households with a disabled adult reported very low levels of food security, compared to 2% of households with no disabled adults.
- Adults with low levels of well-being, high stress and depression tend to eat less well and childhood abuse is associated with being obese as an adult.
- In 2018, 1/5th of all food produced for consumption in the UK was wasted.
- 64% of food waste in London is generated by households.
- Despite only representing 5% of the food consumed by Londoners, meat is responsible for almost 27% of households' consumption-based emissions.

How will we address these challenges?

To drive forward the positive change needed to address the major food challenges, action against all challenges must be taken at an individual, community and environmental level to tackle both the external and internal drivers of food behaviours.



Understanding our themes

Food for Lifelong Wellbeing

- What we eat is central to our health and wellbeing. Our vision is to enable everyone in Barnet to enjoy physical, socio-cultural and financial access to nutritious, sustainable food that meets their dietary needs and food preferences.
- We will work to ensure nutritious & sustainable food is available across the life course with targeted support for those with excess weight or chronic conditions.
- This theme includes actions such as supporting individuals to access services, tackling financial vulnerability, increasing uptake of Healthy Start and engaging with residents on healthy eating and weight management where support is needed.

Intermediary Outcomes:

- Strong knowledge and awareness of nutrition and sustainable and healthy eating.
- Reduced financial vulnerability of residents.

Success Measures:

- Proportion of residents consuming five or more portions of fruit and vegetables daily
- Proportion of eligible residents using healthy start vouchers.

Food for our Communities and Public Institutions

- Food for our communities needs to be accessible, nutritious, sustainable and enjoyable. The council has an opportunity to demonstrate good practice.
- As purchasers and providers of food and catering services, we can put health and sustainability at the heart of our work; empowering staff, visitors and students alike to make healthier choices.
- We can also look outwards, finding new ways to support external organisations and businesses to improve the availability of the right food for Barnet.
- Finally, we will consider our existing community assets, such as anchor institutions and young people, creating opportunities for others to champion behaviour change.

Intermediary Outcomes:

- Healthy and Sustainable Options are convenient and prioritised.
- Reduced financial vulnerability of residents.

Success Measures:

- Number of partners participating in the Barnet Food Partnership
- Increase in referrals made to support services (e.g., financial, housing, employment, mental health support services) via the SPAZE app

Food for our Economy and Environment

- Our vision is for healthy and sustainable food to be convenient and prioritised in our local neighbourhoods.
- Food for our economy and our environment is about how we encourage good food practices in businesses, coupled with encouraging employers to pay a London living wage.
- This theme will also look at our natural environment, enabling food growing and biodiversity net gain and supporting a circular food economy to prevent food waste and encourage businesses to lower their food mileage.

Intermediary Outcomes:

- Healthy and Sustainable Options are convenient and prioritised.
- Businesses and residents engage in circular food economies.

Success Measures:

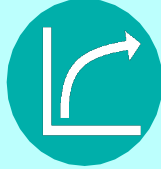
- Increase in the number of businesses signed up to the healthier high streets programme.
- Increase in the availability of food growing spaces.

Guiding Principles

The below set of guiding principles will ensure continuity between each action across our themes, building on the strengths of other workstreams and ensuring our key priorities remain the focus of every strand.



Data led
decision
making



Tackle
Inequalities



Assets
Based
Approach



Food that is
good for
health



Recognise the
cultural and
social role of food



Sustainable
Approach
to food



Support
Partnerships

Barnet Food Plan: Food for Lifelong Wellbeing

Mechanism of Change	Activities	Principles	Timescales
Engaging Residents with Lived Experience	<ul style="list-style-type: none"> Invite residents with lived experience to join the Food Partnership. Consider the unique experiences of migrants and include a representative from New Citizens Gateway to sit on the Barnet Food Steering Group 	<ul style="list-style-type: none"> Tackle Inequalities Data Led Decision Making Recognise the Cultural and Social Role of Food 	Year 1
Maximising Incomes	<ul style="list-style-type: none"> Implement actions identified in the Financial Vulnerability Action Plan Send out leaflets on the cost of living support available for residents 	<ul style="list-style-type: none"> Data-led Decision-making Tackle Inequalities Assets Based Approach 	Year 1 (Some benefits are seasonal, i.e. Cold Weather Payment)
Encourage uptake of Healthy Start	<ul style="list-style-type: none"> Communications campaign to encourage women who have young children or who are pregnant and receiving benefits to claim Healthy Start. Promote healthy start with retailers and maintain the map of eligible retailers on our webpage 	<ul style="list-style-type: none"> Data-led Decision-making Sustainable Approach to Food Food for Health & Wellbeing Tackle Inequalities 	Ongoing
Supporting Individuals using Council Services	<ul style="list-style-type: none"> Implement the Tackling the Gaps Action Plan Create a joined-up approach with a supportive view across our response to the Cost of Living Crisis Promote Make Every Contact Count training and factsheets with frontline services 	<ul style="list-style-type: none"> Sustainable Approach to Food Tackle Inequalities 	Ongoing
Prevention and Treatment of Excess Weight	<ul style="list-style-type: none"> Communications campaign to promote healthy eating. Implement Barnet’s Cardiovascular Disease Strategy Provide targeted weight management services to at-risk individuals. Children and Young People (CYP) healthy weight action plan and Adolescent Weight Management Services Integrate conversations around diet and weight management into Annual Health Checks for those with learning disabilities 	<ul style="list-style-type: none"> Sustainable Approach to Food Tackle Inequalities Food for Health & Wellbeing 	Ongoing
Supporting household food sustainability	<ul style="list-style-type: none"> Communications campaign to reduce household-level food waste. Communications campaign to promote food growing Communications campaign to residents about the environmental impacts of household food buying choices 	<ul style="list-style-type: none"> Sustainable Approach to Food 	Year 2
Barnet Holiday Activity Fund (HAF)	<ul style="list-style-type: none"> Support families who have children who access free schools meals and families on reduced incomes during school holiday periods To ensure children eat more healthily over the school holidays + food education and cooking skills 	<ul style="list-style-type: none"> Food for Health & Wellbeing Tackle Inequalities 	Ongoing (Year 1-3)

Barnet Food Plan: Food for our Communities and Public Institutions

Mechanism of Change	Activities	Principles	Timescales
Form the Barnet Food Partnership	<ul style="list-style-type: none"> Apply to become a member of Sustainable Food Places as a formal Food Partnership Develop formal governance structures and wider group Terms of Reference Encourage membership to Barnet Food Partnership for those applying for grant funding so we are better able to track activities and outcomes Consider the expansion and longer-term funding of the Barnet Food Hub, proactively seeking funding opportunities 	<ul style="list-style-type: none"> Supporting Resilience in the Voluntary Sector Sustainable Approach to Food Data Led Decision Making 	Year 1-2
Support Food Access for Black, Asian and Minority Ethnic Groups	<ul style="list-style-type: none"> Create an accessible map of food aid organisations and food shops which cater to specific ethnic needs. Provide small grants to organisations supporting food access and nutrition education for Black, Asian and Minority Ethnic (BAME) groups 	<ul style="list-style-type: none"> Recognise the Cultural & Social Role of Food Tackle Inequalities Food for Health and Wellbeing 	Year 1
Embed a whole systems approach to food for Vulnerable Adults	<ul style="list-style-type: none"> Embed healthier and sustainable food in care setting catering procurement Deliver services or promote existing services which provide healthier eating and cooking training for vulnerable adults Explore barriers to healthier eating amongst older adults and identify key actions Support local voluntary community sector and faith-based organisations to make sustainable and healthier changes to their food offer 	<ul style="list-style-type: none"> Food for Health and Wellbeing Tackle Inequalities Sustainable Approach to Food Recognise the Cultural & Social Role of Food 	Ongoing
Embed Whole Systems Approach in Children and Young People Settings	<ul style="list-style-type: none"> Sugar Smart Barnet Tracking Free School Meal uptake CYP healthy weight management Action Plan Food standards in schools linked to Healthy Early Years and Healthy Schools London 	<ul style="list-style-type: none"> Food for Health and Wellbeing Tackle Inequalities Sustainable Approach to Food 	Ongoing
Lead by Example: Improve Food & Drink Offer in Parks, Leisure Centres, Libraries and Council Premises	<ul style="list-style-type: none"> Evaluation of food offer against best practice guidance for public institutions Refill London in all Relevant Settings Healthier Catering Commitment in all relevant settings Food Waste/Composting in Council Premises Breastfeeding Welcome in all relevant settings Prioritise and publicise sustainable food procurement activities by the council 	<ul style="list-style-type: none"> Food for Health and Wellbeing Sustainable Approach to Food 	Year 3
Ensure Council Architecture is Optimised to Support Food Aid Organisations	<ul style="list-style-type: none"> Run Make Every Contract Count (MECC) training for food aid organisations Expand MECC factsheets One email address where food aid organisations can get in touch with Barnet Food Partnership Community Innovation Fund to support small-scale projects Support implementation of the SPAZE project and provide wider support to food aid organisations to adopt a ‘food bank plus’ model-including social, financial and wellbeing support for residents in need Map the different types of support available to residents. Share this with organisations which have contact with those at-risk of food insecurity. Print this in the main languages spoken in Barnet. 	<ul style="list-style-type: none"> Sustainable Approach to Food Supporting Resilience in the Voluntary Sector Recognise the cultural & social role of food 	Ongoing
Use Existing Local Assets	<ul style="list-style-type: none"> Work with the Barnet Borough Partnership to Promote healthy, inclusive and sustainable food within our Anchor Institutions Work with students from universities and post-secondary institutions to implement and evaluate small pilot programmes Get young people involved; ensuring they are part of the solution Identify case studies where businesses are already addressing the three major food challenges 	<ul style="list-style-type: none"> Data led decision making Support partnerships Food for health and wellbeing Sustainable Approach to Food 	Ongoing

Barnet Food Plan: Food for our Economy and Environment

Mechanism of Change	Activities	Principles	Timescales
Support Community Food Growing	<ul style="list-style-type: none"> Encourage local food growing including in the community (e.g. school sites) and increase awareness of allotment sites Encourage and enable use of publicly owned land, including housing estates, for community food growing, with a clear route for residents to request use of land for food growing Appoint a designated officer to champion food growing and create clearer pathways for accessing land, as well as links with local networks or key VCS organisations Map and track the amount of land available to grow food Support the Barnet Allotment Society with the strategic approach and management of allotments in Barnet 	<ul style="list-style-type: none"> Food for Health and Wellbeing Recognise the Cultural & Social Role of Food Sustainable Approach to Food Support Food Partnerships Use Existing Local Assets 	Year 2
Support Sustainable Food Enterprises and market infrastructure	<ul style="list-style-type: none"> Support sustainable food start-ups/provide food business training Encourage council procurement from sustainable food Small and Medium Enterprises (SMEs) by creating a list of relevant local businesses Circular economy and links with food aid organisations Encourage local markets to stock fresh local food Explore opportunities to develop local infrastructure for markets 	<ul style="list-style-type: none"> Sustainable Approach to Food Food for Health and Wellbeing Use Existing Local Assets 	Year 4
Create a Good Food Retail Plan for Barnet	<ul style="list-style-type: none"> Commission research to explore food retail in Barnet and views on local food offer Develop a Good Food Retail Plan for Barnet supporting retailers provide healthier options linked to the Healthier High Streets programme. Implement new Local Plan policies around hot food takeaways and health impact assessments Promote food buying apps linked with businesses that Incentivise healthy food and/or reducing food waste. 	<ul style="list-style-type: none"> Food for health and wellbeing Data Led Decision Making Consider the Cultural & Social Role of Food Tackle Inequalities 	Year 1-2
Take a strategic approach to food sustainability	<ul style="list-style-type: none"> Explore steps to fulfil and sign the Glasgow Food and Climate Declaration Promote opportunities to reduce waste amongst residents and businesses. Hire a biodiversity officer Develop a biodiversity net gain action plan 	<ul style="list-style-type: none"> Sustainable Approach to Food Supporting Partnerships 	Year 2
Improve food environment through Healthier High Streets	<ul style="list-style-type: none"> Communicate programme to businesses and public to increase awareness. Encourage businesses across the borough to sign up to HHS schemes via the Public Health Business Engagement Officer 	<ul style="list-style-type: none"> Food for health and wellbeing Tackle Inequalities 	Ongoing
Implement the Barnet Advertising and Sponsorship Policy	<ul style="list-style-type: none"> Support the implementation of the Barnet Advertising and Sponsorship Policy which includes a ban on the promotion of foods high in fat, sugar and salt (HFSS) 	<ul style="list-style-type: none"> Sustainable Approach to Food Food for health and wellbeing Tackle Inequalities 	Year 1
Reintroduce food recycling collections	<ul style="list-style-type: none"> Reintroduce food recycling collections to households (as per administration manifesto) Implement the requirements of the Environment Act 	<ul style="list-style-type: none"> Sustainable Approach to Food 	
Embed Food Policy into Wider Council Strategy	<ul style="list-style-type: none"> Violence Against Women and Girls strategy link with Domestic Violence and controlling food. Migrant Health Needs Assessment Fit and Active Barnet Framework Life Chances Strategy Sustainability Strategy 	<ul style="list-style-type: none"> Assets Based Approach Support partnerships Sustainable Approach to Food 	Ongoing
Improve Use of Geographic data and Intelligence	<ul style="list-style-type: none"> Capture geographic datasets relating to food to support decision-making and evidence base. Work with local partners to promote use of data and collecting data Promote and further develop the food security dashboard Link data collection with existing strategies 	<ul style="list-style-type: none"> Support partnerships Assets Based Approach Data Led Decision Making 	

Next Steps: Engagement

- The public engagement questionnaire will be open until the 7th October and is available on [Engage Barnet](#).
- Further engagement activities with key communities will also take place during this time.
- The report of engagement findings will be presented to the Board in January 2023.
- All engagement findings will be reflected in the final version of the Food Plan.

FEEDBACK SO FAR:

- Engagement activities delivered so far includes engagement with resident groups and community organisations.
- Feedback so far has been reflected in the draft food plan and includes:
 - Issues raised on rising costs and overall cost of living.
 - Interest in improving cooking skills and knowledge of healthy eating.
 - Comments discussing reducing food waste and getting support in this area.

Next Steps: Governance & Evaluation

Progress on the performance of this plan will be presented and discussed by the Health and Wellbeing Board and will be reported to full council as part of the Barnet Plan, Healthy Workstream.

These progress updates will include a review of our defined process measures and key outcomes in the form of quantitative data and feedback from our local communities.

A full evaluation framework will be presented to Health and Wellbeing Board alongside the final version of this document.

The Barnet Food Steering Group will continue to meet monthly to maintain a multi-agency, joined up approach to strategic implementation.

Next Steps: Barnet Food Partnership

Another mechanism for ensuring work progresses will be the creation of a new cross-sector Barnet Food Partnership.

Local Food Partnerships are cross-sector bodies that own and drive forward agendas on their local food system. In the UK, Local Food Partnerships come together as members of Sustainable Food Places (SFP). Food partnership work has been taking place in Barnet for a number of years, however, we plan to formalise this work by becoming members of SFP, thereby demonstrating the seriousness of our strategic and holistic commitment to taking action on food.

Membership in the Barnet Food Partnership will be available to any organisation who is passionate about delivering a better food future for the borough. The Partnership will support operational delivery of the actions outlined within the Barnet Food Plan. To become a formal food partnership, we will need to demonstrate we are taking action across six areas:

- **Food Governance & Strategy**
- **Healthy Food for All**
- **Good Food Movement**
- **Sustainable Food Economy**
- **Catering + Procurement**
- **Food for the Planet**