Welcome to the sixth annual edition of the Good Food for London report, produced by London Food Link. As ever, there have been myriad challenges to London’s food landscape but there is so much to celebrate; boroughs all over London are making year-on-year progress in our mission to champion healthy, sustainable food that will benefit all Londoners, producers and our environment.

School food remains one of the greatest challenges. Getting this right is a vital step in combating the crisis of childhood obesity. I’m very pleased to say there has been terrific progress. The majority of schools, in 18 boroughs, are now serving Silver or Gold catering mark meals. This is remarkable, given that in 2011 not a single borough was serving Gold catering mark meals, and only eight were serving Silver standard meals in the majority of their schools.

Even more important than school meals, is a whole-school approach to healthy eating. Last year’s report saw two welcome new measures – Healthy Schools London and Food for Life. Seven boroughs now have a high proportion of schools making good progress, up from only two last year.

The Mayor of London, Sadiq Khan, supports a range of initiatives through the GLA to help Londoners get involved with growing, cooking and selling healthy, sustainable food. These include the world-leading Capital Growth network, which continues to inspire and engage many tens of thousands of people all over the capital. This year’s Urban Food Awards, delivered in partnership with Borough Market and London Food Link, showcased the very best food and drink produced right here in London. The Mayor is also supporting community-led, healthy food businesses through an innovative crowdfunding model.

In parallel with these initiatives, local authorities are increasing their support for food growing; in the community, in schools and through local planning. Many more are taking action to improve access to good food and working with local businesses to improve their food offer. Twenty one boroughs are including access to good food in planning policy and agreeing policies to control the distribution of unhealthy food outlets resulting in fewer applications for new hot food takeaways and more applications being refused. Nevertheless London has over 8,000 takeaways. The Healthier Catering Commitment, now running in 27 boroughs, is a vital and increasingly popular programme of support to fast food outlets wanting to make their food healthier.

Many local authorities want to do more to encourage healthier food. On the same date this report was released, the Local Authority Declaration on Sugar Reduction and Healthier Food was announced and will feature as a measure in next year’s report.

The result of the EU referendum means that the food system will face greater challenges than ever before. There is so much we need to do, forming cross-sector partnerships wherever possible. We are seeing the impact of the weakened pound on food prices. This, coupled with uncertainties about the labour market and the growing threats from climate change, is certainly going to cause volatility in the food system. Brexit represents a once-in-a-lifetime chance to campaign for a better food system which recognises that we all have the right to access to affordable, sustainable and healthy food.

I’m very much looking forward to seeing the evaluation of our Food Flagships programme, funded by the Mayor of London and the Department for Education, which will be completed in March 2017. The range of partnerships the programme has fostered is truly inspirational. Boroughs working together and learning from each other can do so much to make food better for all of us. The Sustainable Food Cities Network, which continues to grow, is also enabling cities – including London – to learn from each other.

This is the second year that the Good Food for London report is complemented by Beyond the Food Bank: London Food Poverty Profile. This shines a light on the huge challenge many Londoners face to feed themselves and their families. I’m proud of City Hall’s partnerships in this area: the expansion of Community Shops, working to ensure children don’t go hungry in school holidays and plans to fund boroughs to produce Food Poverty Action Plans.

The Good Food for London report has become an effective calling-card to help boroughs, policy makers, businesses and Londoners better understand how food affects almost every area of their work. Six years on, this report feels very different: not just bigger, but much broader in its scope – covering health, poverty, growing spaces, healthy eating and entrepreneurship.

I know that, together, we will continue to build on these achievements in the years to come.

Rosie Boycott, Chair of the London Food Board that oversees implementation of the Mayor’s Food Strategy
London Food Link

Part of Sustain, London Food Link is an independent network of individuals, businesses and organisations working for better food in the capital.

We run and partner on policy initiatives, campaigns and practical projects that improve the food system including Urban Food Fortnight, the Urban Food Awards, the Capital Growth network, The Jellied Eel magazine, London Food Poverty Campaign, the Good Food for London report as well as running good food training and networking events.

Notes

The statements and opinions expressed in this report should not be attributed to any individual or organisation unless explicitly connected by quotation with that person or organisation. The report is a compilation of work of independent members of Sustain, London Food Link, several members of the London Food Board and other organisations (e.g. UNICEF) working on healthy and sustainable food.

The London Borough maps of action that are shown in this report are correct to the best of the evidence available to us at the time of publication. We have made every effort to ensure that we highlight good practice of London boroughs. However, if things have improved in your borough, or if you think there is more good food activity that we have missed, please let us know and we will update the maps and commentary. We further note that the City of London is a much smaller borough than others, with different infrastructure and opportunities to promote good food. On some issues, the City of London may therefore be less able to act than on others.

Download this report in pdf format at: www.sustainweb.org/publications

Acknowledgments: Report compiled by Sofia Parente of Sustain's London Food Link project officer. Thanks to Kath Dalmeny, Ben Reynolds, Sarah Williams and to the many people and organisations who contributed.
Which London boroughs are showing leadership?

Key

For each food issue, a symbol (e.g. carrot, heart shape or logo) and a darker colour in the league table and maps indicates the borough is leading the way on this issue.

Two points are awarded for achieving the top award for the Food for Life Catering Mark.

1.5 points are awarded for achieving the top award for Baby Friendly, Community Food Growing, London Living Wage, Sustainable Fish, Animal Welfare, Access to Good Food and Changing Food Culture in Schools.

One point is awarded for achieving the top award for Fairtrade and Local Food Partnerships.

A lighter colour in the league table and maps indicates the borough is making some progress on the issue.

Plain grey means the borough is not showing significant progress on this issue, scoring zero. Details of the meaning of each colour are shown for each of the ten measures in the following chapters.
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Breastfeeding provides protection against a range of childhood illnesses, and benefits continue later in life, for example reducing the incidence of overweight/obesity. For the mother, breastfeeding reduces the risk of some cancers, and supports close and loving relationships with her baby which can reduce the risk of postnatal depression and are beneficial for a baby's brain development.

The first 1,001 days from conception to age two are widely recognised as a crucial period. Breastfeeding is a key way to ensure that children have the best possible start. Improving care in the NHS has led to more women starting to breastfeed, but a lack of support across community settings means that many breastfeeding mothers stop before they want to. An understanding of breastfeeding, improved access to well-trained health professionals and good quality social support can help to create a supportive environment for mothers and the acceptance of breastfeeding as normal within the community.

Local authorities have responsibility for commissioning public health services for children aged 0-5 through the Healthy Child Programme. Six Early Years High Impact Areas are identified to help prioritise commissioning decisions. This includes the recommendation that local authorities take a whole system approach to promoting breastfeeding, by implementing the Unicef UK Baby Friendly standards and supporting other settings.

Uptake of the standards is recognised by the Department of Health, Public Health England and the National Institute for Health and Care Excellence, and will help to ensure good quality support is available, across the community, for all mothers and babies, whether breastfeeding or bottle feeding.

The programme has three stages:

- Stage 1 assesses how the team plans to implement the standards
- Stage 2 assesses staff knowledge and skills
- Stage 3 assesses parents’ experiences when the Baby Friendly standards have been implemented

Accreditation can be achieved within maternity, neonatal, health visiting/specialist public health nursing and children’s centres. Neonatal units and children’s centres can work towards Baby Friendly Accreditation in partnership with their maternity unit / health visiting service or separately.
Good Food for London: 2016

Map key

- The local authority (health visiting/public health nursing) has achieved full accreditation.
- The local authority (health visiting/public health nursing) has achieved Stage 2 accreditation.
- The local authority (health visiting/public health nursing) has achieved Stage 1 accreditation.
- The local authority (health visiting/public health nursing) has a certificate of commitment or is not yet participating in the Baby Friendly Initiative.

Baby Friendly: tracking borough progress

This measure was first introduced in the 2014 report. In 2014, 17 boroughs in total had achieved accreditation, and six had achieved full accreditation. This increased to 19 and eight respectively in 2015. In 2016, the total has now risen to 20, with 11 boroughs having achieved full accreditation.

What can London boroughs do?

Work towards full Baby Friendly accreditation for health visiting and public health nursing and within children’s centres. The National Infant Feeding Network for London meets quarterly. Boroughs can make contact with existing infant feeding leads to discuss how to move forward with Baby Friendly in their community.

Zoe Chadderton National Infant Feeding Network Lead, London

What are London boroughs doing for infants?

2 The 1001 Critical Days Coalition, The Importance of the Conception to Age Two Period Breastfeeding: http://bit.ly/1Q8Qc1i
3 Early Years High Impact Area 3 – Breastfeeding: http://tinyurl.com/nmaggdl
4 Renfrew MJ, Pokhrel S, Quigley M et al.(2012), Preventing disease and saving resources: the potential contribution of increasing breastfeeding rates in the UK, Unicef UK Baby Friendly Initiative: http://tinyurl.com/cahljqm
5 Chief Medical Officer’s annual report 2012: Our Children Deserve Better: http://tinyurl.com/pykkcvm
Community food growing

Capital Growth

Capital Growth is London’s largest food growing network, with over 2,500 members across all 33 boroughs. Capital Growth helps community gardens, schools, allotments and home growers to develop skills and grow food in the city by providing training, advice and networking opportunities. The network is free to join for anyone growing food in London in a plot that is at least one square metre.

Since it was launched in 2008, Capital Growth has engaged over 100,000 volunteers in community food growing projects, with a focus each spring on The Big Dig volunteer day to engage new people in the city’s gardens. In April 2016, 550 people took part in events across 49 gardens in 23 boroughs. Members have free access to The Harvest-ometer, a simple online tool for recording garden yields, which has tracked over 40 tonnes of food grown in London, valued at £288,000 in just two years. Capital Growth also supports gardens to generate income by hosting training on growing enterprise, a bi-annual marketplace for schools, matchmaking with local eateries and an annual conference, Roots to Work.

To assess each local authority’s commitment to supporting community food growing, the following three areas were assessed:

- **Local authority commitment to Capital Growth:** Marks are awarded for providing information on how the council supports community food growing, for example by ensuring access to land, funding projects, working with social housing, or including food growing in council strategies, as well as having an officer within the council tasked with liaising with Capital Growth.

- **Support for community food growing in local plans:** Marks are awarded for inclusion of community food growing in a borough’s Local Plan and supporting guidance to determine if and how community food growing is promoted. This reinforces the commitment to food growing in the overarching London Plan1.

- **Support for Food Growing Schools: London (FGSL):** Marks awarded for providing a contact in the council’s communication or marketing team, as well as an officer in the council tasked with liaising with FGSL. They are asked to support FGSL by aiming to have at least 75 percent of the borough’s schools signing up by completing a short survey.

Cultivating Kensington and Chelsea

In 2009/10 the Royal Borough of Kensington and Chelsea started to transform underused and neglected areas of land into community kitchen gardens, where residents and community groups can grow their own fruit and vegetables. Since then, the Community Kitchen Garden project has proved extremely popular resulting in over 70 community kitchen gardens being installed across the borough, used by well over 1,500 resident and community groups.

To build on the success of the community kitchen garden project and to help make the project more sustainable over the longer term, a new community food growing charity called Cultivating Kensington and Chelsea was started by the council in 2016. Cultivating K&C is run and managed by local volunteers in partnership with the council and grows and sells fruit and vegetable seedlings to plot holders and the wider public, with all profits being used to support community gardening in the borough. A market garden funded by a council’s Public Health grant has been built on a disused platform at Kensington Olympia station in partnership with the landowner Network Rail, including four large greenhouses with the capacity to grow nearly 30,000 plants per year. Over the year, volunteers and the council’s community gardening team have grown a wide range of seedlings and held 20 plant sales, raising nearly £5,000 to extend Cultivating K&C and further promote community gardening.

“It cultivating K&C ticks so many boxes for the local authority and its wider partners. As well as providing seedlings for the plot holders to grow sustainably and eat healthily, the social aspects should not be overlooked. The camaraderie between the staff, residents and local volunteers helps tackle isolation and build social cohesion. And then there’s the financial aspects. We save on the regular maintenance costs of clearing up grot spots and provide a visually appealing outlook.”

Sue Harris, The Executive Director for Environment, Leisure and Residents’ Services at The Royal Borough of Kensington and Chelsea
What are London boroughs doing for community food growing?

**2016**

**Capital Growth: tracking borough progress**

In 2011, the community food growing measure was assessed by one single core initiative (boroughs signing up to Capital Growth) and at that time 19 had done so. The measure was updated in subsequent years to reflect more tailored approaches boroughs could take to encourage food growing. In 2015, 24 boroughs signed up to Capital Growth and 15 achieved the top mark by additionally recognising the importance of food growing within local planning policy and signing up to FGSL.

This year 20 boroughs have signed up to Capital Growth, 28 recognise the importance of food growing within local planning policy and 24 are encouraging food growing in schools. An impressive total of 18 achieved the top mark by being involved in all three core initiatives.

**What can London boroughs do?**

Sign up to support Capital Growth, commit to community food growing within council planning policy, and support and signpost schools to Food Growing Schools: London.

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**Map key**

- Borough supporting the work of Capital Growth **and** recognising the importance of community food growing within local planning policy **and** encouraging schools to grow food by signing up to support Food Growing Schools: London.

- Borough involved in two of the above core initiatives to encourage food growing.

- Borough involved in one of the above core initiatives to encourage food growing.

- Borough not involved in any of the above three core initiatives to encourage food growing.

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www.foodgrowingschools.org
Food Growing Schools: London

The simple - and ambitious - goal of the Food Growing Schools: London (FGSL) partnership is for every school in London to engage in food growing activities. FGSL aims to strengthen and build upon existing work, to support all London schools to fully embed food growing into school life. The project promotes the benefits of food growing for schools and the community, and provides school leaders, staff and volunteers with the skills and confidence to get involved.

The FGSL partnership is led by Garden Organic and includes five partners: Sustain’s Capital Growth initiative, the Soil Association’s Food for Life project, The Royal Horticultural Society, School Food Matters and Trees for Cities. The Big Lottery is the main funding partner for the programme from late 2013 until early 2017, with additional funding provided by the GLA. Almost 1,400 schools have signed up for support from the programme so far and the FGSL Interim Report shows that 87 per cent of schools are involved in food growing, 79 per cent of pupils involved have improved behaviour and attainment as a result and 1,000 people have received training from FGSL to date.

Barking and Dagenham’s approach to food growing in schools

Barking and Dagenham has developed its own approach to supporting food growing in schools, driven by the council’s Healthy Weight strategy and a public health funded education project entitled ‘Seed to Plate’. Partnership working across the council and developing links with organisations has led to an increase in food growing in over 60 per cent of its primary schools.

The council works closely with Food Growing Schools: London (FGSL) to train teachers and encourage schools to share details of their food growing and challenges by filling the FGSL survey. They are also planning a vegetable growing themed day in partnership with Garden Organic’s Heritage Seed Library.

Barking and Dagenham is one of the local authorities with the most schools involved in the McCain ‘Field to Fork’ programme, with 27 schools taking part. This is a holistic programme that sees pupils preparing their potato yield, cooking potato dishes, school chefs putting them on the menu and exploring how potatoes became the first vegetables grown in space.

The Borough is also working with Trees for Cities to develop an Edible Playground for the Riverside healthy town development, with ‘Grown in Dagenham’ to run growing and cooking classes for 60 students and running a food growing holiday club in partnership with Dagenham library.

“In Barking and Dagenham, we are committed to serving the highest quality school meals, as well as ensuring children and young people are not only well educated as to where food comes from, but get a chance to try growing fresh fruit and vegetables first hand.”

Councillor Evelyn Carpenter, Cabinet Member for Education and Schools, London Borough of Barking and Dagenham
Pupils being visited by the giant potato character ‘Carbo’ at Ripple Primary School, courtesy of Barking and Dagenham Council.
The London Living Wage

Despite London being a rich city, thousands of its citizens have too little money to buy healthy food. The increasing prevalence of food poverty is contributing to ill health, with diet-related conditions such as obesity and diabetes becoming more apparent as more people struggle to afford healthy diets.

Food poverty is caused by low incomes, poor availability of healthy and affordable food, and a challenging combination of benefit cuts and spiralling non-negotiable costs in other areas of household expenditure. For low-income households, food is often the only flexible budget item, so when money is tight, diet and health suffer. This is particularly worrying for people in the most vulnerable groups such as pregnant women, young children and older people, and those living with physical disabilities or mental health problems.

There are many ways in which London boroughs can strengthen the safety net, helping people on a low income to eat well, and these are discussed in the report ‘Beyond the Food Bank’. Here, we focus on how London boroughs can tackle financial barriers to a healthy diet by paying and promoting the London Living Wage.

Firstly, as an accredited Living Wage employer, London boroughs help to ensure that staff employed and contracted by the council do not experience in-work poverty. The Living Wage is an hourly rate set independently by the Living Wage Foundation, and calculated according to the basic cost of living. The London Living Wage is currently set at £9.75 an hour.

Secondly, promoting the Living Wage locally can make a difference to the income of residents across the borough. Initiating a Living Wage incentive scheme, hosting events or organising supplier events can help to get more local businesses on board and catalyse action among council suppliers.

Thirdly, by becoming a Friendly Funder, boroughs can ensure that the Living Wage becomes the norm in the charity sector. Hundreds of charities and funders have already embraced the Living Wage, but low pay remains a real challenge for this sector.

Fifteen London boroughs are leading the way as accredited Living Wage employers and a further twelve are also advocating the Living Wage in the community or in the supply chain. The campaign to see the London Living Wage adopted by employers across London is also backed by the Mayor, with the Greater London Authority being a Living Wage employer.

Islington leading against low pay

Despite its wealthy image, Islington is the fourteenth most deprived local authority area in England, with extremes of rich and poor. In 2012 Islington Council was the joint first Local Authority to gain accreditation as a London Living Wage employer and now all 5,000 council staff and staff in 98 per cent of council contracts are paid at least the London Living Wage.

Sustained efforts from the council, charities and businesses have seen the number of living wage accredited employers in the borough double to over 90: the highest concentration in the country. Furthermore, the council became the first local authority, and the first public sector organisation, to become accredited as a Living Wage Friendly Funder in 2015. In addition, the council has used their Pension Fund to lobby FTSE 100 companies to also implement the Living Wage.

The council contractually requires all three of its major homecare providers (Allied Healthcare, London Care, and Sevacare) to pay Islington-based staff at least the Living Wage. As a result, 509 Islington care staff experienced a wage increase. The largest beneficiary group are Black African women, aged 41 – 59. In addition, home carers are also getting their travel time paid at the London Living Wage and guaranteed minimum hours (i.e. no zero-hours contracts). Prior to introducing the Living Wage in 2014, turnover among London Care staff was over ten per cent. Now, it is less than three per cent, demonstrating an improvement in staff wellbeing and satisfaction.

“No-one should have to do a hard day’s work for less than they can live on. Everyone who cooks our children’s school meals, staffs our gyms and swimming pools and keeps our offices safe and clean makes an important contribution to our community and deserves nothing less.”

Cllr Andy Hull, Executive Member for Finance, Performance and Community Safety at the London Borough of Islington
What are London boroughs doing for low paid workers?

Map key

- Borough is an accredited Living Wage employer, is actively promoting Living Wage accreditation to the local business community / in the supply chain and, is a Living Wage Friendly Funder.
- Borough is an accredited Living Wage employer and is actively promoting Living Wage accreditation to the local business community and / or in the supply chain.
- Borough is an accredited Living Wage employer.
- No reported actions or data provided.

What can London boroughs do?

Become an accredited Living Wage employer paying the London Living Wage to all those directly employed as well as contracted by the council.

Offer incentives, such as the business rates discounts offered by Lewisham and Greenwich Councils, to employers who are accredited with the Living Wage Foundation.

Use civic leadership to encourage other businesses to become accredited Living Wage employers. This could include holding Living Wage awareness events for local employers and suppliers and outreach to help local businesses understand the benefits and process of becoming a Living Wage employer.

Become a Living Wage Friendly Funder, such as Islington and the City of London, supporting charities to pay the Living Wage through their grant-making.

London Living Wage: tracking borough progress

This measure was first introduced in the 2014 report and updated in 2016 to reflect the full range of actions local authorities can take to promote the Living Wage. In 2014, 11 boroughs had achieved accreditation as London Living Wage employers. The number has increased to 12 in 2015. In 2016, 15 boroughs are accredited, of which twelve are advocating the Living Wage in the community or the supply chain and two are Friendly Funders.

Employer Support Team
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www.livingwage.org.uk
Fairtrade food

Fairtrade is about better prices, decent working conditions and fair terms of trade for farmers and workers. It is about supporting the development of thriving farming and worker communities that have more control over their futures and protecting the environment in which they live and work. And it is an opportunity to connect with the people who grow the produce that we all depend on.

Buying products with the FAIRTRADE Mark supports farmers and workers in developing countries as they work to improve their lives and their communities. The Mark means that the Fairtrade ingredients in the product have been produced by small-scale farmer organisations or plantations that meet Fairtrade social, economic and environmental standards. The standards include protection of workers’ rights and the environment, payment of the Fairtrade Minimum Price and an additional Fairtrade Premium to invest in business or community projects.

London councils can demonstrate their commitment to Fairtrade not only in their purchasing policy and practice, but also by supporting cross-community campaigns to achieve Fairtrade Borough status. Fairtrade Borough status is awarded by the Fairtrade Foundation, recognising the actions of the council, local businesses, educational establishments and other community organisations, coordinated by a representative steering group. The council should also help to raise awareness with residents of reasons why, and ways how, to support Fairtrade.

A borough’s Fairtrade status must be renewed every two years by showing continued progress and a plan to further develop awareness and purchase of Fairtrade products. For London boroughs, this means developing their support for awareness-raising activities of the Fairtrade steering group, and their procurement of Fairtrade products from tea and coffee to sugar, fruit and other Fairtrade products where possible.

Information about Fairtrade suppliers can be found on the Fairtrade Foundation business pages: www.fairtrade.org.uk/business

London itself is also the largest Fairtrade City in the world thanks to the efforts of all Fairtrade Boroughs, business organisations, London residents and the Greater London Authority. For more information about the Fairtrade London campaign, the GLA’s commitment, or activities in each borough go to:

www.fairtradelondon.org.uk
info@fairtradelondon.org.uk

Transport for London have set a new bar for public sector sourcing, can your local authority follow suit?

Transport for London (TfL) have achieved one of the most exciting Fairtrade developments across London in the past year, announcing a new five year partnership with the Fairtrade Foundation to source Fairtrade cotton for staff uniforms in March 2016.

The first 100,000 uniforms are already being worn by station staff, making the iconic London organisation the first UK company and public sector body to use cotton under the new Fairtrade cotton sourcing programme. The sourcing programme aims to deliver wider market opportunities for cotton farmers to sell their crops at scale, on Fairtrade terms.

The move is part of TfL’s wider commitment to ethical sourcing, and follows the launch of their new, modern uniforms.

More than 100 million farmers are involved in growing cotton around the world. 70 per cent of the world’s cotton comes from small holders with under two hectares of land, and it plays a major role in the economic and social welfare of many developing and newly industrialised countries. However, despite supplying the raw commodity that the multi-billion dollar global clothing and textile industries depend on, growing cotton is failing to provide millions of poor rural households in developing countries with a sustainable and profitable livelihood.

With high levels of illiteracy and limited land holdings, many cotton farmers live below the poverty line and are dependent on the middle men or those who buy their cotton, often at prices below the cost of production.

The decision by TfL will deliver a better price and fairer terms of trade to thousands of cotton farmers in India – and also sends a signal to other major purchasers of cotton items that it’s possible to source cotton on Fairtrade terms at scale.
What are London boroughs doing to promote Fairtrade?

Map key
- Borough has achieved Fairtrade status, actively participating in a local Fairtrade steering group, or can demonstrate conscious and significant procurement of Fairtrade products in at least four categories that include: tea & coffee, and two further products (e.g. bananas, fruit juice, sugar).
- Borough has a Fairtrade policy in place, but Fairtrade status has lapsed or not yet been awarded.
- Borough where the council has yet to pass a resolution in support of Fairtrade and is not yet making significant progress towards Fairtrade status.

Fairtrade: tracking borough progress

In the first edition of the Good Food for London report in 2011, 22 out of London’s 33 boroughs had achieved Fairtrade status. In 2015, 24 boroughs had Fairtrade status and six were overdue in renewing their Fairtrade status. This year the total is 19 with five overdue in renewing their status.

What can London boroughs do?

Continue to embed Fairtrade in to procurement policy and practice, support community level promotion of Fairtrade, and pass a resolution to become a Fairtrade Borough.

Rachael Sweet
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Food for Life Catering Mark

The Soil Association’s Food for Life Catering Mark helps organisations—from schools to nurseries to museums and staff restaurants—ensure they serve traceable, sustainable, healthier food.

The Bronze, Silver and Gold standards demonstrate that caterers are using fresh ingredients free from trans fats, questionable additives and genetically modified ingredients, and better for animal welfare and the environment. Caterers are recognised for continuous improvement, and for communicating the importance of good food to parents, customers, pupils and staff.

Overall, more than 1.5 million Catering Mark meals are served every day across the UK.

Since the 2015 Good Food for London report, points have been awarded to boroughs that have extended the reach of the Food for Life Catering Mark beyond the school gates, for example in nurseries, staff restaurants, meals-on-wheels or other catering under council control.

The Food For Life catering mark has also made progress in other settings not covered in this report.

In early years’ settings, schools and universities:
There are already 300 nurseries and 10,000 schools (over 50 per cent of English primary schools) serving meals to Food for Life Catering Mark standards. In addition, one in five of the UK’s universities hold an award.

Food for Life Catering Mark in Enfield

Enfield Catering Services supply approximately 80 per cent of all schools in Enfield, including Primary, Special and Secondary. Lunch consists of a two course meal, with unlimited salad, bread and a choice of healthy drinks including organic milk. A range of quality ingredients include farm-assured meat, MSC-sustainable fish, fresh locally-sourced fruit and vegetables, and organic produce.

When Highfield Primary school was inspected by the Catering Mark team, Chef Naz Unuvardir was praised by the Inspector for “healthy, colourful and one of the best salad bars I had ever seen in a school”.

To ensure these high standards are upheld, all staff are regularly briefed on the importance of the Catering Mark, and actively promote it to parents and pupils via the menu, dining room posters, website and social media, aiding pupils’ understanding and connection to where their food comes from. The management and operations team recently attended the refresher Catering Mark training and are making full use of the principles to grow the business from a marketing perspective.

“Our school meals service serves around 20,000 Catering Mark meals a day. Parents and pupils can be assured that we are providing meals that are freshly cooked on site, with quality and ethically-sourced ingredients, and therefore providing best nutrition possible.”

Councillor Ayfer Orhan, Cabinet Member for Education, Children’s Services and Protection, London Borough of Enfield

In tandem with the wider Food for Life programme to improve food culture (see page 26), the Catering Mark can make a significant impact on the health, wellbeing and attainment of school pupils. The findings of the Food for Life evaluation report indicate that the Food for Life Catering Mark is a driver for improving fruit and vegetable consumption.

In hospitals and residential care homes:
Over 13.5 million Catering Mark meals are served in hospitals annually to patients, staff and visitors.

The Catering Mark has been cited by NHS England as a way to improve hospital food, and by the Department for Education as a national framework to support caterers to increase uptake of quality school meals. The Government’s Plan for Public Procurement also cites the Food for Life Catering Mark as a well-established scheme that can help food providers to score well against the Plan’s recommendations.

In the workplace:
Several major London businesses and organisations serve Catering Mark meals, demonstrating their commitment to the health and well-being of their staff, and to environmental issues more generally.

Those involved in the public sector include the Greater London Authority, Department of Education, Department of Energy and Climate Change and the House of Commons.
What are London boroughs doing to improve public catering?

2016

Map key

- Borough that has achieved Gold for the majority of schools* and additional sector(s) of catering under council’s control such as care homes, community catering, workplace canteens or early years’ settings.

- Borough that has achieved Gold for the majority of schools*; or a lower tier of accreditation (Silver or Bronze) plus accreditation for additional sector(s) of catering under council’s control.

- Borough that has achieved Silver or Bronze for the majority of schools*.

- Borough not yet achieving a Food for Life Catering Mark, or achieving it for just some schools.

*‘Borough’ means either the Local Education Authority providing school catering in-house, or private catering contractors. A ‘majority of schools’ means more than half of state-maintained schools in the borough.

Food for Life Catering Mark: tracking borough progress

In the 2011 edition of the Good Food for London report, 17 out of the 33 London boroughs had achieved at least the Bronze Catering Mark for the majority of their schools. None had achieved Gold. By 2015, 11 had achieved at least Silver and seven had achieved Gold and four boroughs had extended the Food for Life Catering Mark to early years settings. In 2016, 21 have achieved at least Silver and nine have achieved Gold. Seven extended the Food for Life Catering Mark to early years’ settings and other sectors.

What can London boroughs do?

London boroughs should work towards a Food for Life Catering Mark for all council-controlled catering. We recognise that in some London boroughs, responsibility for providing school meals does not lie with the council but with individual schools. Where a centralised service is in operation, some schools may have chosen to leave the service. We urge that councils promote the uptake of the Catering Mark in all schools, whatever their status, and in other settings, and provide support and advice for meeting the standards.

Katrina Kollegaeva
Catering Mark Development Manager
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Sustainable fish

London councils buy a lot of fish. This is used in catering mainly for schools, council offices, care homes and meals-on-wheels. Sustainable Fish Cities is calling on London boroughs to sign the Sustainable Fish Cities pledge, committing the council to adopt a fully sustainable seafood policy.

The collective action of London councils will help to protect the future of our precious marine ecosystems, as well as sending a strong message to caterers and suppliers that sustainable fish should be the norm in the food service sector.

Businesses and restaurants serving over half a billion meals per year have committed to the standards set out in the Sustainable Fish Cities pledge, including the Greater London Authority, Metropolitan Police and Transport for London. The same standards have been adopted by central government in its Government Buying Standards, and in NHS catering.

A key element of the Sustainable Fish Cities pledge for public sector catering contracts is committing to achieving the Marine Stewardship Council’s (MSC) ‘Chain of Custody’ traceability certification. MSC certification ensures that the fish on the menu carrying the blue MSC eco-label is traceable, and allows institutions such as schools to join the MSC’s Fish & Kids project, a free education programme with access to fun learning resources. Further details can be found at www.fishandkids.msc.org

The three simple significant actions this report rates London boroughs on are:

- Fish Cities pledge has been made for one sector of borough catering
- Fish Cities pledge has been made for two or more sectors of borough catering
- Local authorities has gained MSC certification for primary schools

The three sectors of local authority catering are: i) primary schools, ii) secondary schools, iii) other Council catering (for example care homes, community catering such as meals on wheels, workplace canteens for Council buildings and other civic centres, libraries, galleries). Boroughs can choose which sectors to pledge on behalf of, depending on their catering arrangements. The pledge must apply to a majority of sites within each sector.

Hammersmith and Fulham demonstrates it is possible to influence caterers without direct control of school meals

Hammersmith and Fulham are one of a number of London Boroughs that doesn’t directly manage the food served in schools. Caterer Innovate Services supplies meals in some secondary schools, and were encouraged by the council to sign the Sustainable Fish Cities pledge in 2016. They will now only use fish considered ‘demonstrably sustainable’ in all the meals they serve across the UK.

Innovate Services’ pledge supports fantastic achievements made by the Borough’s other school meal providers – Caterlink and Eden Foodservice - who already have strong sustainable fish standards in place.

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Innovate Services’ pledge supports fantastic achievements made by the Borough’s other school meal providers – Caterlink and Eden Foodservice - who already have strong sustainable fish standards in place.

“I am really pleased to be able to sign the Sustainable Fish Cities pledge and say to all our customers (in London and in the whole of the UK) that they will only be served fish which is from healthy populations and caught responsibly. I hope that we can inspire all Boroughs in London to sign up to this worthwhile cause.”

Councillor Stephen Cowan, Leader of Hammersmith and Fulham Council

Ken Navin, Chief Operating Officer, Innovate Services Ltd
What are London boroughs doing to promote sustainable fish?

Sustainable fish: tracking borough progress

In 2015, 22 out of 33 boroughs were taking at least one significant action to support sustainable fish and nine boroughs scored top marks. This year, 25 are taking at least one significant step and 13 have scored top marks.

What can London boroughs do?

We are asking boroughs to sign the Sustainable Fish Cities pledge. It’s a simple step, which many caterers have done and will make a real difference to the way sustainable fish is bought and promoted in London. The pledge commits boroughs to developing and implementing a simple sustainable fish policy, which reliably excludes endangered fish, and uses only MSC Certified fish, and/or fish from the Marine Conservation Society Fish to Eat list wherever possible.

Ruth Westcott
Sustainable Fish Cities
020 7065 0902 / fish@sustainweb.org / www.sustainablefishcities.net
Over 342 million animals are set to benefit each year from the higher welfare policies and practices of Good Farm Animal Welfare Award winners since the programme started in 2007. These awards include the Good Egg, Good Chicken, Good Dairy, Good Pig and Good Rabbit Awards.

To date, 19 London councils have received Good Egg Awards. The Good Egg Award recognises companies and public sector institutions that make it their policy to use only cage-free (barn, free-range or organic) eggs across 100 per cent of their operations.

Two London councils have achieved the Good Chicken Award which recognises companies or institutions that make it their policy to use only higher welfare chicken meat (lower stocking density, slower growth rate and environmental enrichment).

Three councils have been awarded a Good Dairy Commendation, recognising companies or institutions whose dairy cows have access to pasture grazing and have robust monitoring programmes in place to improve key welfare issues such as lameness and mastitis.

The Royal Borough of Greenwich is setting the bar for other boroughs by securing three Good Farm Animal Welfare Awards, meeting the needs of laying hens, broiler chickens and dairy cows within their supply chain. This demonstrates that it is possible to source higher welfare animal produce across species, while managing the competing demands of tight budgets and supplier relationships.

Havering Catering Services is the primary catering provider in the education sector for the London Borough of Havering and a member of the Council’s Learning and Achievement team, dedicated to the excellent mental and physical development of every child in the borough.

The company prides itself in being an ethical caterer, and to that end ensures farm animals that form part of the menu have been humanely treated throughout their life. The journey began with active involvement in the Soil Association’s Food for Life Catering Mark, looking at the standards required, and changing the menus and work practices to align with the criteria.

Havering Catering Services now holds a Good Dairy Commendation in addition to the Good Egg Award. This means they only use organic milk, and serve organic yoghurts, and all eggs are free range. The awards are a central part of menu planning and development and animal welfare is central to the relationship with suppliers and service users.

This journey has changed the mentality of the catering team who know more about the produce they use.

“Animal welfare and sustainability are at the heart of Havering’s ethical catering philosophy. This is reflected in the seasonal menus served at schools, with all meat being ‘Freedom Food’ or ‘Red Tractor’ as a minimum, fish being Marine Stewardship Council-certified and from the Marine Conservation Society’s ‘fish to eat’ list, and Fair Trade or organic fruit and vegetables being used whenever practical. The Catering Services team ensures that no genetically modified ingredients or undesirable additives are found in any dishes.”

Councillor Robert Benham, Cabinet Member for Children and Learning, London Borough of Havering
What are London boroughs doing to support animal welfare?

Animal welfare: tracking borough progress

In the first edition of Good Food for London in 2011, nine out of London’s 33 boroughs had received a Good Egg Award. In 2016 the number increased to 19 and four received additional awards for higher welfare dairy and/or chicken. Since 2015, Havering has been awarded a Good Dairy Commendation.

What can London boroughs do?

Moving to cage free eggs is often a good first step in addressing animal welfare in a supply chain. Local authorities can gain recognition for this by applying for the Good Egg Award, and continue their journey by working towards other Good Farm Animal Welfare Awards over time.

Hayley Roberts
Food Business Manager, Compassion in World Farming
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www.compassioninfoodbusiness.com

Map key

- Borough having achieved a Good Egg Award for buying cage-free eggs and another Farm Animal Welfare Award for buying higher welfare meat or dairy.
- Borough having achieved a Good Egg Award for buying cage-free eggs.
- Borough not yet having achieved a Good Farm Animal Welfare Award.
Healthier catering

The Healthier Catering Commitment (HCC) is a partnership project between environmental health teams in councils with support from public health colleagues, the Association of London Environmental Health Managers (ALEHM), the London Food Board and the Chartered Institute of Environmental Health (CIEH).

The scheme supports caterers and food businesses to make straightforward changes to processes and ingredients. Small changes can make a big difference, improving not only diet but also helping to increase business profits. Simple steps include changing cooking oil to a healthier version, using more fruit and vegetables in a recipe and reducing salt content by restricting added salt.

Food outlets that adopt healthier ingredients and cooking practices can use HCC promotional materials including displaying a window sticker.

To support local authorities to reduce the health impacts of fast food takeaways, especially around schools and other youth facilities, CIEH has produced a Takeaway Toolkit in partnership with the London Food Board and ALEHM. A further publication, ‘Encouraging Healthier Takeaways in Low-income Communities: Tools to support those working to encourage healthier catering amongst fast food takeaways’, has also been developed in partnership with The Cities Institute at London Metropolitan University, available at: http://bit.ly/1NlSV4O

The number of London boroughs promoting the HCC or similar schemes has steadily gone up from 18 in 2011 to 27 in 2016, encouraged by the local and national public debates on obesity and the need to tackle the problem locally. This has led councils to look for whole-systems approaches to improve food and reduce obesity. A new initiative entitled the Local Declaration on Sugar Reduction and Healthier Food (page 30) is now available for London boroughs to sign and will feature as a separate measure in the 2017 report.

Tower Hamlets Food for Health Award

The Tower Hamlets Food for Health Award (FFHA) was launched in 2009 as part of a whole systems approach to tackling the environmental causes of obesity.

The award scheme recognises restaurants, cafes, convenience stores, and market traders for making small, healthy changes to the food they sell and recognising them through a three-tiered award system - basic, silver or gold.

A recent study led by the council’s public health team looked at the size and nutritional content of chips in hot food takeaways, revealing high levels of trans fats which can substantially increase the risk of cardiovascular disease. Using healthier oil is a mandatory requirement to gain any award and with some outlets serving up to 800 people a day, simply changing to a better oil is likely to greatly reduce this risk.

Since launching 4,024 businesses have engaged with FFHA. Over 900 had in depth briefings on the scheme with outlets typically making between three and seven healthier changes to qualify for an award. Over 300 businesses have attended healthy catering workshops with 72 per cent indicated they would make healthier changes to the food they provide.

“\textit{This innovative scheme has been the catalyst for change in providing healthier options in our markets and high streets, thanks to joint working between the council, traders and businesses. Tackling obesity is a big priority for us and these small improvements are having a big impact on the range of healthy and sustainable choices available to residents across the borough.}”

Cllr Amy Whitelock Gibbs, Cabinet Member for Health and Adult Services, London Borough of Tower Hamlets
Good Food for London: 2016

What are London boroughs doing to promote healthier catering?

<Map key>

- Borough that is participating in the Healthier Catering Commitment scheme or has developed its own healthier catering scheme for businesses.
- Borough that is exploring implementation of the Healthier Catering Commitment in 2016/17.
- Borough not participating in the Healthier Catering Commitment scheme.

2016

In the first edition of Good Food for London in 2011, 18 out of London’s 33 boroughs were promoting the Healthier Catering Commitment. The number has steadily gone up and in 2016, 27 Boroughs are promoting the Healthier Catering Commitment or similar schemes.

What can London boroughs do?

Promote the Healthier Catering Commitment within their borough and to London’s food businesses. The scheme is being promoted to local food businesses by environmental health teams but does need some funding to help delivery. Teams provide practical advice on straightforward changes for menus and the way caterers prepare food, which will help make food healthier.

Council staff meet quarterly to exchange experience, advice and make contact with officer from other boroughs to discuss how to move forward with Healthier Catering Commitment in their community.

Tay Potier
Association of London Environmental Health Managers
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www.cieh.org/healthier-catering-commitment.html

Heather catering: tracking borough progress

What are London boroughs doing to promote healthier catering?

2016

2015

2015
Access to good food

This is a new measure for 2016 which covers and encourages action to improve physical access to healthy food and limit access to unhealthy food. It includes:

- Mapping food access across the borough
- Agreeing planning policies (e.g. to control the distribution of unhealthy food outlets)
- Consultation with Public Health on planning applications

Diet related conditions, including obesity, diabetes and heart disease, are one of the greatest health problems facing the UK today. More is spent on the direct medical costs of diabetes and obesity-related conditions than on fire and police services combined. And the total societal cost of obesity, including lost productivity, is second only to smoking.

The problems are even worse in London, where one in three children are overweight or obese by the time they start secondary school. If left unchanged, this situation will lead to serious health complications later in life, such as diabetes, heart disease and cancers. In total more than 3.8 million Londoners are overweight or obese.

Overconsumption of foods high in sugar, fat and salt and sugary drinks is a major contributor to the health crisis. Unfortunately unhealthy foods are available at every corner, at every time of the day and night and strategically located near schools, in our high streets and in areas of higher deprivation where few healthy alternatives are available. Consumption of unhealthy food is also actively promoted through advertising, sponsorship deals and price promotions.

This is in contrast with the achievements in many schools across the Capital, where Silver and Gold Catering Mark meals are now the norm (see page 14). It also sends the wrong message, normalising unhealthy eating habits.

Barking and Dagenham creates exclusion zones for takeaways

In 2010, Barking and Dagenham Council produced a Supplementary Planning Document (SPD) entitled ‘Saturation Point’. The policy forms part of a strategic approach to tackling the borough’s obesity problem, particularly among children and it includes the following measures:

- Imposing 400m hot food takeaway exclusion zones in proximity to schools
- Reducing the prevalence and clustering of hot food takeaways, especially those in close proximity to schools (both primary and secondary)
- Requirement for developers of new hot food takeaways to make a £1,000 contribution to fund initiatives that tackle childhood obesity
- Working with outlets to improve the nutritional value of the food they sell
- Improving opportunities to access healthy food in new developments

This resulted in approximately 15 per cent reduction in the overall number of hot food takeaways in the borough. There are at present 160 takeaways in the borough, a reduction from 187 before the policy was created.

The council is now mapping the remaining takeaways against obesity and deprivation levels to understand whether the closed units have been replaced and to make recommendations for future interventions.

“The SPD has been successful in deterring takeaways in the borough. We are now developing our emerging Local Plan and are looking to revoke the SPD and move the hot food takeaway policy into the body of this more strategic document. Should a local authority seek to do something similar it is important that connection is made with the Public Health team and that the health picture of the Borough is fully understood and integrated into the evidence base.”

Naomi Pomfret, Planning Policy Manager, London Borough of Barking and Dagenham

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What are London boroughs doing to promote access to good food

What can London boroughs do?

Mapping is crucial to understand the issue and prioritise action. Agreeing planning policies to control the distribution of unhealthy food outlets and encourage healthier ventures, especially in areas with poor access to a choice of shops. Consultation with Public Health on planning applications to ensure health outcomes are always taken into consideration when making decisions about regeneration or new developments.

For more information on the Local Authority Declaration on Sugar Reduction and Healthier Food contact:

Sofia Parente
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Map key

- Borough that is mapping food access in consideration of factors such as transportation routes, income and health data, proximity to schools AND including access to good food in the Local Plan, Supplementary Planning Documents or other planning policy AND where Public Health or other appropriate health bodies are consulted on planning applications.

- Borough is taking two significant actions to support access to good food.

- Borough is taking one significant actions to support access to good food.

- Borough is taking none of the significant actions on access to good food.
Local food partnerships bring together the public sector, civil society, businesses and community members to create a healthier and more sustainable food system. Taking a joined up approach to food issues within a borough allows partnerships to address a wide range of issues including obesity and diet-related disease, economic regeneration, food poverty and ecological issues such as climate change and food waste.

Local food partnerships can be led by any partner, and are just as often led by community groups and the voluntary sector as they are by the public sector. Stakeholders come together to identify local priorities and create an action plan for effective implementation. The breadth of remit in a food partnership will help it remain relevant as priorities for the borough shift over time.

One of the main roles of a local food partnership is to elevate the profile of food issues in the public and political agenda. Local partnerships work to attract more funding for local initiatives, reduce duplication of work and improve collaboration and increase awareness of what is going on within a borough. It also means that local communities are better able to benefit from national and local opportunities by having a recognised conduit for communication.

The Sustainable Food Cities Network supports food partnerships around the UK. Its awards (Bronze, Silver and Gold) are open to members of the network who meet a number of minimum requirements relating to their:

- food partnership
- action plan
- the extent to which healthy and sustainable food is embedded in local policy

Greenwich and Lambeth are among just nine cities nationally and the only two London boroughs to be recognised with these awards. They provide an inspirational example of what joined up working can do to make healthy, sustainable and local food a defining characteristic of where people live. We hope many other London boroughs will join them over time.

Good Food in Greenwich

The local food partnership, entitled ‘Good Food in Greenwich’ currently comprises 67 partners on the steering group, with 30 members regularly engaged in discussions and activities. It encourages and supports the local community to grow, produce, prepare and share food that is healthy, sustainable, affordable and accessible to all.

There are currently several sub groups supporting the Steering Group, working on areas such as Food Poverty, Food in Schools, Community Skills and Leadership, and Waste and Sustainability. As of July 2016, 146 food related pledges have been made on the Good Food in Greenwich website (http://www.goodfoodingreenwich.org) and 43 businesses have signed up to the Good Food in Greenwich Charter, open to individuals, organisations and businesses. The partnership hosts regular events to raise awareness and engage with the community including a Community Feast every June, a growing conference and a large public surplus food event in the autumn.

Good Food in Greenwich has very active twitter and facebook accounts through which it promotes other projects and makes new connections in the borough. There are three volunteers working to raise awareness of the partnership and the various initiatives.

“*Our Good Food in Greenwich Partnership is a vibrant mix of organisations from across the public, voluntary and commercial sectors. They are committed to increasing the availability of good, healthy food in the borough reflecting the diversity of our population and enhancing the reputation of Greenwich as a borough synonymous with excellent food!”*

Councillor David Gardner, Cabinet Member for Health and Adult Services, Royal Borough of Greenwich
What are London boroughs doing to take a joined-up approach to food?

Map key

- **Red**: Borough has a local food partnership and action plan with the involvement and commitment of the local authority (also the entry requirement to be a member of the Sustainable Food Cities Network).

- **Pink**: Borough meets at least one of the following criteria:
  - Has run a consultation on setting up a local food partnership
  - Local authority has committed publicly to support set-up of a local food partnership.

- **Gray**: Borough has taken no action to set up a local food partnership.

Local partnerships: tracking borough progress

This measure was first introduced in 2014, when three boroughs had achieved membership of Sustainable Food Cities. In 2016, a total of eight boroughs plus the GLA’s London Food Board are members of the Sustainable Food Cities Network and a further six are taking steps to form a local food partnership with the involvement and commitment of the local authority. Greenwich follows Lambeth in being the second London borough to achieve a Bronze Award.

What can London boroughs do?

This partnership approach is supported by the Sustainable Food Cities Network, which is already helping over 47 places around the UK to take this approach. The network is supported by a partnership of organisations led by Food Matters, the Soil Association and Sustain, who support boroughs, towns and cities to develop this work in their area. Contact: 

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Changing food culture in schools

National evidence and best practice, including from the School Food Plan, the British Medical Association and Public Health England, looks to schools to adopt a whole school approach to food. More recently, the Government’s ‘Plan for Action’ on childhood obesity states that schools are a ‘vital part of their plan’ and have the opportunity to ‘support healthier eating, physical activity and shape healthy habits’.

Evidenced-based programmes like Food for Life and Healthy Schools London, with a good track record, will be essential in ensuring that schools are adequately supported to influence children’s health, as well as impact on sustainable food systems.

Food for Life School Awards programme in Greenwich

In April 2016, with Public Health funding, the Royal Borough of Greenwich was the first London borough to commission Food for Life to deliver a full universal school awards programme using local community partners over a three year period. The programme is currently supporting ten schools through the awards programme with full training, resources and one-to-one support relating to food provision, cookery, food growing, and community engagement as well as promoting food in the wider curriculum. Action will contribute to reduce childhood obesity, one of the priorities of the Royal Borough of Greenwich Health and Wellbeing Strategy.

Food for Life is also working with the borough to implement a train the trainer model with community partners. This sustainable delivery model will ensure that the high standards set by Food for Life will continue on through the local authority caterer, community farm, local charities and local Horticultural College in their future delivery of the programme.

GS Plus, the local authority caterer, has been awarded the Gold Catering Mark and several Farm Animal Welfare Awards, and is keen to promote the awards programme and encourage ongoing food events in schools. The achievement of the Gold Catering Mark gives all schools the opportunity to achieve the Gold Food for Life School Award.

“Using a whole-school approach, the Food for Life awards programme ensures that all children not only have access to good food, but also have the opportunity to live the farm to fork experience. Knowing where their food comes from offers children the skills to feel connected to their wider community and as we begin our journey we look forward to growing together.”

Meic Griffiths, Head of Waterside Primary SEBD School, Royal Borough of Greenwich

Food for Life is a flagship project of the Soil Association and works with schools, nurseries, hospitals and care homes to achieve the vision of making good food the easy choice for everyone. The programme is about more than just food on the plate which the Soil Association also addresses with the Catering Mark (see page 14). It considers where food comes from and how it’s grown, cooked and experienced, helping to build knowledge and skills through a ‘whole setting approach’. This engages children and parents, staff, patients and visitors, caterers, carers and the wider community to create a powerful voice for long-term change.

National independent evaluation of the programme demonstrated that pupils in Food for Life schools are twice as likely to eat five a day and a third less likely to eat no fruit or vegetables than pupils in comparison schools. It also showed that free school meal take up increased by an average of 13 per cent points over two years.

At present over 100 schools across London are enrolled. Local authorities can help schools to progress through training, provision of facilities for cooking, food growing, advice and guidance, strategic and operational planning, or links with food growers and producers.
What are London boroughs doing to change food culture in schools?

Changing food culture in schools: tracking borough progress

This measure was first introduced in 2015, when 20 boroughs had a proportion of schools making some progress in Healthy Schools London and/or the Food for Life programme. Only two boroughs had a high proportion of schools making good progress in both Healthy Schools London and the Food for Life programme. This year, 22 are making some progress and seven are making good progress.

What can London boroughs do?

From September 2015 the new OFSTED inspection framework has an increased focus on healthy eating and knowledge of how to eat healthily. Both of these programmes can support schools to achieve these goals.

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Map key

- Borough where a high proportion of schools are making good progress in both Healthy Schools London (two thirds or more) and the Food for Life programme (half or more).
- Borough where a proportion of schools are making moderate progress in Healthy Schools London (one third to two thirds of schools) and the Food for Life programme (15 per cent to half of schools) and/or good progress in one of these programmes.
- Borough where a proportion of schools are making some progress in Healthy Schools London (up to one third) and/or the Food for Life programme (up to 15 per cent).
- Borough with no schools or only a small proportion of schools making progress in Healthy Schools London or the Food for Life programme.
Healthy Schools London is a Mayor of London awards scheme that supports and recognises schools doing good work to help their pupils and staff be healthy and happy. It uses a whole school approach to health and wellbeing and gives schools a framework for their activity with pupils, staff and the wider community. Some of the work being done as part of Healthy Schools London that relates to food includes the creation of a welcoming dining room environments, increased uptake in healthy school meals, improved cooking skills, healthy packed lunches, growing fruits and vegetables, healthy tuck shop and snacks and promotion of regular water drinking.

Healthy Schools London is in every borough, and already over three quarters of schools in London are signed up to Healthy Schools London. Almost 1,000 schools have achieved a Bronze, Silver or Gold Award.

Hillingdon Council supports schools through the Healthy Schools process. As a result, nearly one third of Hillingdon schools have achieved a Bronze Award, six have achieved Silver and one has achieved Gold.

Colham Manor Primary School achieved its Healthy Schools London Gold Award (Hillingdon's first) this summer. More children are now choosing to drink water at mealtimes and in the school day and behaviour improved after lunchtime. The school increased the take-up of school meals from 29 per cent in 2012 to 76 per cent in 2015. Sign up to free school meals increased by 75 per cent. It introduced a new food education manager, sourced the best local ingredients, improved food quality and portion sizes, set-up a cookery course for parents, monitored lunchboxes, encouraged healthy eating learning and cookery classes, developed a growing project and supported Yiewsley Cornerstone Children’s Centre and other schools.

Healthy eating has been embedded in the curriculum and food became a creative way to deliver numeracy and literacy.

Parents have been involved too, being invited to sit with pupils at lunchtime and to participate in talks at school. 71 per cent of parents answered positively that the school food had improved and they have a better understanding of nutrition, the health dangers of an unhealthy diet and the high amount of sugar in some foods.

Beyond its geographical borders, Hillingdon Council has an active role in the Healthy Schools London programme, providing the role of quality assurance and approving school applications for the Healthy Schools London awards.

“Hillingdon Council is working with the borough’s schools to promote healthy eating and encourage children to adopt healthy living practices. The council promotes menu checklists for early years’ establishments and works with parents to raise awareness about healthy eating. The children and staff at Colham Manor Primary School have demonstrated how healthy eating can improve health, raise achievement and address inequality and we look to other schools to follow their example.”

Councillor Philip Corthorne, Cabinet Member for Social Services, Housing, Health and Wellbeing, London Borough of Hillingdon
Further actions for good food by London boroughs
Good Food for London: 2016

The Local Authority Declaration on Sugar Reduction and Healthier Food

Londoners are getting too many of their calories from sugars – for children, on average three times the government’s new recommended level. This contributes to tooth decay which is a leading cause of admissions for children under five years of age, and to an overall overconsumption of calories.

One in three children are overweight or obese by the time they start secondary school, and in total more than 3.8 million Londoners are overweight or obese. Children who are overweight or obese are far more likely to suffer serious illnesses later in life, putting a break to their achievements and fulfilment and posing a heavy burden on our NHS, social care services and society as a whole.

What can London boroughs do?

London boroughs can draft and sign their own Local Authority Declaration on Sugar Reduction and Healthier Food by choosing from the menu of different actions under the six key areas. For more information and support get in touch.

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The journey to a Local Authority Declaration on Healthy Weight in Blackpool

Obesity is a problem in Blackpool, as it is across the country. Billed as Britain’s favourite seaside resort, the town grew rapidly from the 1850’s with the arrival of the railways. Fish and chips, and sweet ‘treats’ like ice-cream and sticks of rock have become synonymous with a trip to the seaside.

Following support from Food Active, the council team first presented the idea for a local declaration to the portfolio holder for public health in September 2015 alongside a review of the local healthy weight strategy. The declaration moved forward and a paper to the authority’s Corporate Leadership Team followed soon after. A process of consultation with the Healthy Weight Steering Group and senior managers from across all directorates was set up to determine the local areas for action. This process was taking place at a time when child obesity was featuring frequently in the media and this greatly influenced the local declaration going forward in the council. The House of Commons Health Committee was working on child obesity and celebrity chef Jamie Oliver was campaigning for a sugary drinks tax. There was local interest too around the #GULPchallenge, Blackpool’s campaign encouraging teens to ‘give up loving pop’.

In January 2016, only five months after the first discussions the Local Authority Declaration on Healthy Weight was formally presented and signed in a Full Council meeting. Although there were some anxieties about potential impacts on the economy and revenues, there was a clear acceptance that supporting healthier weight was the right thing to do. The council has since then been working with procurement and revising vending arrangements to reduce the amount of sugary drinks available, linking to other Strategies across the council, holding healthy cake sales, working with other Public Sector organisations, working with schools to improve packed lunches, doing staff health events, running a second GULP campaign, engaging with Visit Blackpool, relaunching the healthy catering award and linking with the Health and Wellbeing Board.

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The aim of the declaration

The aim of the Local Authority Declaration on Sugar Reduction and Healthier Food is to achieve a public commitment to improve the availability of healthier food and the reduce the availability and promotion of unhealthy food. It should be endorsed by the elected leaders of London boroughs and relevant senior officers such as Directors of Public Health.

The six key areas of action

The declaration is open to all local authorities in London and beyond. To sign the declaration the local authority has to commit to take at least six different actions covering all six key areas:

- Tackle advertising and sponsorship
- Improve the food controlled or influenced by the council (e.g. catering standards, tackle promotions, junk food near tills and queuing areas, vending)
- Support businesses to improve their food offer (e.g. planning, licensing, favourable treatment of healthy affordable businesses, healthier catering awards)
- Deliver healthier public events
- Reduce prominence of sugary drinks and actively promote free drinking water (e.g. voluntary sugar tax)
- Raise public awareness (e.g. local champions, local or national campaigns, healthy eating programmes, training)

Action can include support to existing initiatives as long as there is a commitment to new initiatives as well.

To support local authorities in the process, a support pack is available containing:

- The steps to sign the declaration
- Menu of actions under six key areas for the local authority to select what it can commit to
- Case studies of successful interventions by local authorities
- Frequently asked questions
- Template press release

From 2017 the declaration will feature as a measure in this report, encouraging local authorities to sign up and implement an annual evaluation programme.

Fifteen pupils from St George’s School, in Blackpool, took the GULP Challenge for 21 days.
Beyond the Food Bank: London’s Food Poverty Profile 2016

Sustain also publishes Beyond the Food Bank: London’s Food Poverty Profile, using a similar approach to map local actions to tackle food poverty. While Good Food for London does not contain aggregate measures on food poverty, due to the complexity of the issue, ‘Beyond the Food Bank’ identifies key areas where councils can take action. Since the first report in 2015, the key areas have been revised and expanded to cover ten actions, following consultation with experts and key stakeholders.

In the same way that Good Food for London has shown improvements in the last years, it is hoped that the report will show London leading the way to ensure no citizen, no matter how vulnerable, is unable to access or afford a healthy, sustainable diet.

It is useful to read the two reports in parallel to give readers a complete picture of local action on good food in the capital, for the benefit of all of Londoners. It can be downloaded at: www.sustainweb.org/publications

What is the problem?

More than a quarter of Londoners live in poverty and of these the majority live in families with at least one worker. In the past decade, as wages have fallen in real terms and living costs have risen, the number of people in working poverty has increased by 70 per cent.

Food poverty is part of this worrying picture. It can be defined as the inability to afford, or to have access to, food to make up a healthy diet, but it is also important people can access food in a way which is dignified and socially acceptable. When people struggle to feed themselves adequately and nutritiously, it undermines health and educational attainment and ultimately contributes to pressure on services. Food insecurity is an alternative term that illustrates people’s uncertainty about being able to provide for themselves and their families.

While there is no official measurement of food poverty, a range of data indicates the scale of the problem. For example 110,000 food aid packages were given out by Trussell Trust food banks in London, and this is often described as the ‘tip of the iceberg’ given the high number of households in poverty and likely to be experiencing food insecurity.

Food poverty has many interlinked causes; a sudden illness, a benefit sanction or the death of a parent or partner can tip a family into a food crisis. Low pay, inadequate welfare support or long-term illness, combined with high housing and travel costs, can condemn families to chronic hunger, poor nutrition and anxiety. Shockingly, parents—usually mothers—go hungry to feed their children, or have to prioritise calories over nutrients when shopping for food.

Key statistics

- As many as 8.4 million people in the UK struggle to get enough to eat
- 680,000 children in London live in poverty
- 110,364 three-day emergency food packages were given to Londoners in 2015-16
- Almost a fifth of jobs in London pay below the London Living Wage
- More than half of London councils are not accredited Living Wage employers
- An estimated 25,000 eligible families are missing out on Healthy Start vouchers
- One third of councils are not accredited through the Unicef Baby-Friendly Initiative
- Two thirds (22) of London boroughs do not have a specific plan to address food poverty, or are developing one

1 Trussell Trust, May 2016
The role of councils in tackling food poverty

While there is a need for national government to address many of the drivers of food poverty, there are many things councils can do to avert or ease food poverty at a local level. This can include promoting uptake of national programmes including Healthy Start vouchers, Baby-Friendly accreditation, free school meals and financial support. Boroughs can also maximise the impact of commissioning or play a coordinating role. For example they can bring together partners to tackle hunger during the school holidays; maximise the value of meals on wheels; foster local access to affordable healthy food; and expand the London Living Wage. A clear food poverty action plan, or equivalent, is central to ensuring these efforts are coordinated and achieve maximum impact.

It is acknowledged that councils face continued pressure on their budgets and need to make difficult choices, but the actions outlined in this report can make a real difference to the health and wellbeing of Londoners and reduce pressure on public services in the long-term.

Recommendations for action

By 2018 all London boroughs should have a comprehensive plan to reduce food poverty. This plan should include the following elements:

- Having a designated Healthy Start coordinator, leading an integrated programme of activities to meet or exceed the national target for uptake (80 per cent)
- Working towards full Baby Friendly accreditation
- Harnessing the value of Children’s Centres, delivering concrete actions to tackle food poverty
- Providing food within free childcare entitlement

- Bringing together partners to tackle hunger amongst children throughout the year
- Becoming accredited London Living Wage employers and contractors and championing the Living Wage to local employers
- Leading a set of concrete activities to improve physical access to good food by working with planners, retailers, caterers, manufacturers and advertisers
- Fostering reinvigorated provision of meals on wheels, as part of a comprehensive community meal plan for London
- Maximising uptake of emergency support and wider support services for those in poverty

Contact

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Food waste recycling in London

Food is something to be valued - for the way it brings people together, the pleasure it provides from the growing and buying, through to the preparing, eating and sharing of it. The best thing to do with food is enjoy it, wasting as little as possible. But when the table is cleared, the leftovers have been used to make lunch the next day and there are still peelings to get rid of – that's where food recycling comes in. Even as waste, food is a valuable resource.

Increasing numbers of London residents have access to a recycling service for their unavoidable food waste. Twenty-three London councils now collect food waste from some or all of their residents, either mixed in with garden waste, or separately in food caddies or bins. Many councils also provide their residents with small caddies for the kitchen, and some provide biodegradable liners to help keep caddies clean.

Recycling food waste keeps it out of the residual waste stream, reducing the disposal cost and the amount sent for final disposal. Food waste is a dense and heavy material and when diverted into recycling has a significant impact on recycling performance.

Separating out food waste keeps residents' general waste bins cleaner, reducing smells; but it also has significant environmental benefits as food waste can be transformed into compost or renewable energy.

What happens to our food waste?

There are two main ways in which food waste is recycled: either through ‘in-vessel composting’, which turns food waste into compost; or through ‘anaerobic digestion’, where food waste is converted into renewable energy.

In-vessel composting:

This is best for waste authorities collecting combined food and garden waste. The waste is shredded and the composting process is kick-started by naturally occurring micro-organisms. They break down the materials and increase the temperature to kill pathogens and weed seeds. The resulting material can be used as a soil improver on agricultural land or in parks.

Anaerobic digestion:

Anaerobic digestion is the natural breakdown of organic matter into a mixture of methane and carbon dioxide gases (biogas), water and some organic material (digestate) is produced.

The biogas can be used to produce both heat and electricity, vehicle fuel or, after cleaning, as a source of gas. The digestate can be used as a fertiliser, in ethanol production or in low-grade building materials, like fibreboard.

Improving food waste collections in Brent

The London Borough of Brent had provided mixed food and garden waste recycling in the borough for many years, collecting from 60,000 street level properties in large wheeled bins. In April 2015, they introduced charges for the collection of garden waste, resulting in separate collections for waste food.

Following a roll-out of communal food waste containers to almost all flats in the borough (funded by the London Waste and Recycling Board), the recycling service provided every street level property – a total of 90,000 – with a 23 litre food waste container. Residents

Which boroughs provide what service currently?

- WLWA
- NLWA
- ELWA
- WRWA
- SLWP*
- Unitary

* unitary authorities working in partnership

Separate food

Combined organics

Service to be rolled out
in flats were provided with a kitchen caddy and liners to encourage them to participate. This was supported by a council communications campaign promoting the ‘Love Where You Live’ message across the borough.

One year on, food waste tonnages for 2015/16 are looking positive and more figures are being collated to show use of the scheme, with requests from residents for additional containers. The recycling team is currently working with Resource London to trial the provision of free liners, leaflets and bin stickers in order to grow participation.

What can London boroughs do?

This is an exciting time for resource management in London as we transition to a circular economy; and prioritising and getting recycling right – including food waste – is a key link in the chain. Resource London, which is a partnership between WRAP and the London Waste and Recycling Board, is working with a large number of councils to assess the business case and feasibility for introducing a food waste collection, or to improve their existing food waste service. This includes a recent project that funded eight London boroughs to roll out interventions, including leaflets, free liners and bin stickers, which have been shown to increase the amount of food waste collected.

Resource London would like all London boroughs to provide food waste recycling for their residents. Contact the team to discuss how they can help.

Experience has shown that weekly separate food waste collections lead to higher volumes of food waste being collected than combined food and garden collections. In addition combining food and garden waste means that the material collected must be treated through in-vessel composting, which means that the food element can’t be used to produce renewable energy through AD – and this, after waste prevention, represents the best environmental outcome for managing food waste.

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Procurement Across London - Catering Group

Procurement Across London (PAL) was founded 40 years ago, then known as the London Contracts Supply Group. The group was formed by like-minded procurement managers within London to improve the image and role of procurement and work collaboratively to achieve best value for joint contracts awarded. This has been used significantly in catering contracts to improve the ethical and environmental standard of food provided by councils.

All joint tenders are carried out in accordance with the lead council’s Contract Procedure Rules and relevant legislation to ensure compliant contracts. There are no upfront fees for using the contracts, but a contribution (typically 0.5 per cent of the contract cost) is made to the lead council to cover the overheads of awarding and managing each contract.

Contracts are advertised on the group website and the tender process includes an evaluation of the suitability of all prospective suppliers. For catering contracts this includes health and safety, business continuity, food hygiene and HACCP procedures, among others.

The London Borough of Havering is the PAL lead borough for all catering requirements. They work closely with all external bodies including The Soil Association and Compassion on World Farming to actively promote the aims and objectives of these organisations and ensure that these are included in all contracts awarded where relevant. To this end, PAL are assisting councils to achieve higher welfare standards through purchasing produce such as Freedom Foods, Organic Meat, Fairtrade produce and ensuring that fish purchased is not on the Marine Conservation Society’s fish to avoid list, all at best value. They also ensure all goods comply in full with the government buying standards for food and catering services.

Frameworks have been awarded for the following commodities and services:

- Supply of frozen food
- Supply of groceries - dry & chilled goods
- Supply of catering disposables
- Supply of fresh fruit & vegetables
- Supply of fresh meat
- Supply light catering equipment
- Maintenance of kitchen equipment including gas/electrical, cleaning of ducting, refrigeration

The use of these frameworks reduces overhead costs to each participating council and supports common standards across all councils, reducing direct costs to both the councils and also the suppliers.

All contract management and compliance reporting is handled by the London Borough of Havering and all members are kept fully briefed. Havering regularly benchmarks the contracts against market prices to ensure that best value is achieved.

PAL has been widely recognised for many years as the best vehicle within London for awarding best value, legally compliant framework contracts, and at a time of great financial challenge it provides a great opportunity to procure a high standard of food and catering services at an affordable price.
The catering service provider for the Royal Borough of Greenwich, GS Plus, supplies approximately 25,000 meals daily to schools, civic and leisure outlets. When it comes to food service sourcing and supply, GS Plus considers the financial controls but also as importantly, the impact of procurement decisions on workers, the environment and animal welfare.

In 2009, the Royal Borough of Greenwich joined PAL to access a food procurement framework where they could add volume and spend with other boroughs and therefore negotiate the best value service and price for their customers. In 2015, as part of annual benchmarking review GS Plus looked at other independent food service procurement companies but found that PAL had a much clearer understanding of service requirements. Group buying makes higher welfare affordable in Greenwich

Together, the boroughs working with PAL have established a common standard within the supply chain which has led to affordability for ethical and sustainable product sourcing.

Working through PAL, GS Plus have formed a much closer working partnership with external organisations such as the Food for Life Catering Mark, Food for Life Awards programme, Sustain, MSC, Compassion in World Farming, Vegetarian Society, Red Tractor and WRAP.

In recognition of their ethical sourcing, GS Plus has been awarded the Good Egg Award, Good Chicken Award and Good Dairy Commendation with a commitment to further sourcing only Outdoor Bred Pork from October 2016.

Typically when benchmarked against other competitors, PAL members achieve savings of between 10 to 20 per cent.

Current Members

All contracts awarded on behalf of PAL are available to all London councils, but there is an active group of catering managers from eight local authorities (seven London boroughs and Thurrock Unitary Authority) who are committed to working together to achieve the group aims and targets:

Contact

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Food Flagships: second year

In June 2014, the Mayor of London launched the Food Flagship programme in two pilot boroughs: Croydon and Lambeth. Using the national School Food Plan as a foundation, the Food Flagships are encouraging the wider community to make healthy eating normal. Although there are only two flagship boroughs, it is hoped that the benefits will impact all of London. The flagship boroughs demonstrate, to a local, national and international audience, the positive effect that a ‘whole environment approach’ to food can have on health and attainment. The knowledge gained from transforming the food systems in these two boroughs can be shared across the whole city and beyond.

As well as their Food Flagship activities, Croydon and Lambeth are also making the most of the other city-wide programmes available to all London boroughs, many of them included in this report.

Two years on from the start of the programme, we have a look at some of the achievements so far in some of their most innovative projects.

Lambeth FOOD FLAGSHIP

As a London Food Flagship borough, Lambeth has continued to work in partnership with local residents and communities to identify key food related issues and jointly produce solutions.

A snapshot of what has been achieved in Lambeth so far

Resident-led programme

The resident-led programme aims to tackle food related issues at the ward level. It supports residents to identify their local food issues and to take a leadership role to address these. The issues identified include: the lack of markets selling affordable and healthy produce, practical knowledge and cooking skills to prepare healthy and affordable meals, growing food and utilising available space, and supporting vulnerable residents such as children and food bank users.

To address these issues there have been a number of activities including the creation of a local market selling affordable fresh fruit and vegetables; healthy eating and wellbeing workshops; community gardening; mapping of local fruit trees; harvesting and learning how to preserve fruit and vegetables; a volunteer-led surplus fruit distribution project; provision of advice and practical skills to cook healthy meals on a budget to food bank users; launch of children’s holiday lunch scheme; a young apprentice scheme; and young and older people working together to develop an aquaponics food project.

‘Feel 100%’ healthy eating campaign

The Feel 100% healthy eating campaign was developed by and for young people in Lambeth. It was created as a fun and interactive way for young people to explore food options, especially fruit and vegetables, to help them achieve their everyday goals to feel 100 per cent. It helps them to make informed choices and adopt healthier eating behaviour. To date, the programme has reached out to 5,300 Lambeth young people between the ages of 11 and 18 and trained young ambassadors to promote healthy eating.
“As a young person from Lambeth I have been working on healthy eating messages. During this time I have learned a lot about healthy eating and have even now made changes to what I eat. For example I have swapped the fried chicken I used to like for healthier foods and have even taken up playing football! I also now plan to continue eating healthily as I now know that even small changes can make a big difference over time.”

Khai, Young Lambeth Co-op

“We are incredible proud of how young people in Lambeth have helped to develop relevant healthy eating messages for themselves and their peers. We believe that this approach has the potential for a lasting positive impact and can inspire young people living not just in Lambeth but across London to adopt healthier eating behaviours.”

Dr Bimpe Oki, Consultant in Public Health, Lambeth Council

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Growing food, learning to cook healthier food, and understanding the importance of a balanced, nutritious diet in preventing obesity were the principal aims of Croydon becoming a Food Flagship borough. The programme in Croydon uses food to transform the environment, improve health, tackle obesity and reduce health inequalities among residents.

The local outcomes expected are that, after two years, children will eat good quality food in and out of school and more children will know how to cook. In addition, Croydon wants to see more families eating good quality food and more locally grown food on offer.

A snapshot of what has been achieved in Croydon so far

Schools

Croydon schools are increasing the number of children who eat school meals, providing more opportunities for cookery and making sure food becomes an intrinsic part of the curriculum. To date:

- Uptake of Universal Infant Free School Meals has increased from 81 per cent (Jan 15) to 84.6 per cent (Jan 16).
- Uptake of school meals at key stage 2 has increased from 53 per cent (Jan 15) to 61.8 per cent (Jan 16).
- 352 school staff have attended training; focusing on breakfast clubs, packed lunches, cooking & nutrition, food growing and working with parents.

Four schools have recently opened their ‘edible playgrounds’ with support from the charity Trees for Cities. They created raised beds, allotment-style food-growing areas, greenhouses and a complete irrigation system. The aim was to create an environment to educate, engage and inspire pupils about the food they eat.

Community Gardening

The Community Gardening project (led by Garden Organic) supports and trains residents to become Master Gardeners and Food Buddies to help utilise the green spaces in Croydon and encourage more food to be grown locally. The project recruited 22 residents as Master Gardeners and trained 12 Food Buddies who have recorded 456 hours of volunteering to date and supported eight community gardens.

Healthy Businesses

Croydon has been active in working with local businesses; with 26 start-ups attending an eight-week free training course led by Greenwich Cooperative Development Agency that covers the basics of running a food business. All are small independent businesses that will be providing healthy alternatives to the normal fast-food takeaways. Several of the businesses started test trading in September 2016.
"I can’t tell you how excited we are. We would like to cultivate the patch of grass, turning it into a vegetable garden for the immediate neighbourhood [...] Particularly, we would like to involve children and teens as in my experience, if they dig and put effort into something themselves they take care of it. The kids learn skills with their families and friends and have their own produce to show for it. People would meet each other and that’s how communities build and grow in friendship."

— 82 year old Croydon resident
Good Food For London
How London boroughs can help secure a healthy and sustainable food future

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Sustain: The alliance for better food and farming, advocates food and agriculture policies and practices that enhance the health and welfare of people and animals, improve the living and working environment, enrich society and culture, and promote equity. It represents around 100 national public interest organisations working at international, national, regional and local level.

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London Food Link
Part of Sustain, London Food Link is an independent network of individuals, businesses and organisations working for better food in the capital.

We run and partner on policy initiatives, campaigns and practical projects that improve the food system including Urban Food Fortnight, the Urban Food Awards, the Capital Growth network, The Jellied Eel magazine, London Food Poverty Campaign, the Good Food for London report, Cage Free Capital, as well as running good food training and networking events.

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