



# **Leeds Food Audit**

## **Towards a new strategic approach to food**

Prepared by Feed Leeds under contract to Leeds City Council

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*Food is humankind's most vital shared commodity, inextricably woven into our social and physical structures and relationships. What, how and with whom we eat helps shape our sense of community and identity, while the production, trade, consumption and disposal of food are all major influences on global climate and ecology, urban development, rural landscapes, transport infrastructures, politics, commerce and industry.*

Carolyn Steel - Hungry City<sup>1</sup>

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<sup>1</sup> Steel, C. (2009) Hungry City: how food shapes our lives. Vintage, London.

## Executive Summary

In January 2016, Leeds City Council commissioned Feed Leeds to conduct a 'Food Audit'<sup>2</sup> to inform the development of 'a new strategic approach to food' for the city<sup>3</sup>. The purpose of the Audit would be to provide an overview of the food system in Leeds, reviewing the current evidence on food and its impact on the economy, health and well-being, and sustainability. The Audit was carried out between February 1st and April 21st (with the budget providing for 35 personnel days within that period). It identifies key stakeholders, local food assets, networks, policy and provision, and has been structured around the Sustainable Food Cities' Six Key Food Issues:

1. Promoting healthy and sustainable food to the public
2. Tackling food poverty, diet-related ill health and access to affordable healthy food
3. Building community food knowledge, skills, resources and project
4. Promoting a vibrant and diverse sustainable food economy
5. Transforming catering and food procurement
6. Reducing waste and the ecological footprint of the food system

And four major Themes of Sustainability: Social; Economic and Environmental Sustainability, and Health and Wellbeing.

This report provides evidence of the state of national and local Food Systems, and of ongoing activities, and is structured around these Six Key Issues, highlighting examples of good practice. The major issues to emerge in each category are:

1. Promoting healthy and sustainable food to the public

*There is robust evidence in much of this area that supports program development and delivery but also gaps in knowledge due to a lack of monitoring of certain programs and initiatives.*

2. Tackling food poverty, diet-related ill health and access to affordable healthy food

*Diet related ill health is a major issue and is intrinsically linked to rising inequalities. Ongoing work is required to address these issues.*

*There is great work underway supporting the food poverty agenda through the work of the Food Aid Network, the Trussell Trust, Fareshare, The Real Junk Food Project and the Citizens and Community Team.*

3. Building community food knowledge, skills, resources and project

*There is a wealth of community projects and initiatives across the city supporting the food agenda, including lunch clubs, food growing, cooking classes etc. This work*

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<sup>2</sup> Leeds City Council Commissioning Specification for Consultancy Services to undertake a Food Audit for Leeds

<sup>3</sup> Leeds City Council Deputation Report

<http://democracy.leeds.gov.uk/documents/s130118/food%20strategy%20deputation.doc.pdf>

*would be strengthened through a coordinated gathering and sharing of data, experience, skills and resources.*

4. Promoting a vibrant and diverse sustainable food economy

*Leeds enjoys a vibrant food economy but there is currently little monitoring or a coordinated approach for promotion and development. There is considerable opportunity to develop a stronger more coordinated food economy, increasing skills development and employment opportunities.*

5. Transforming catering and food procurement

*More work is required to engage with the large stakeholders in the catering sector to gain a better understanding of the current situation and potential opportunities to develop a more coordinated and strategic approach.*

6. Reducing waste and the ecological footprint of the food system

*This is also an area that requires more research and stakeholder engagement to assess what is and can be achieved on a local level and what are regional and national issues.*

At a Stakeholder Networking Event, an envisioning exercise was conducted that delivered a Working Vision, which will require further development and endorsement:

**Working Vision: “Leeds should have access to sufficient, appropriate and healthy food for all, which is safe, affordable and sustainably sourced.”**

The Audit concludes with recommendations for the following **Next Steps**:

- Collect data from **parties who have not participated** to date
- Develop a **Food Partnership** made up of stakeholders from Council, business, academia, the Third Sector and community groups, with resources, a **Food Officer** and a wider informal **on-line support network**
- Develop a coherent set of **indicators** and targets for the Leeds Food System
- Explore **Regional Networking** options, especially re potential funding and collaborative projects
- Run the CPRE **Mapping Local Food Webs Toolkit**
- **Raise the profile** of Sustainable Food
- Improve **Food Tourism**
- Include food as a major component to Leeds’ bid to become **European Capital of Culture 2023**
- Initiate a **Buy Local** Campaign
- Recommend **legislation and campaigns** that could improve, enhance, or make more resilient aspects of the Leeds Food System, such as initiatives to reduce meat consumption and/or fried fast food.

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## 1.0 Introduction

Leeds is a vibrant city, with a strong food economy, but there is a stark reality of rising inequality and subsequent health related issues. The most recent census (2011) indicates that the Leeds population has grown 5% since 2001, to 750,000. Leeds is a truly diverse city with over 140 ethnic groups including black, Asian and other minority ethnic populations representing almost 19% of the total population. Leeds is experiencing an increase in the numbers of children of primary school age as well as the numbers of those aged over 75 and over 85.<sup>4</sup>

Despite the economic downturn, the city's economy is considered to be one of the most resilient in the UK. It has changed from being dominated by industry to now being a key centre for finance, business, retail, healthcare, creative industries and legal services as well as a continued strength in manufacturing. The current employment rate is 69%. Leeds remains a major centre for development with £4.3 billion worth of building schemes completed in the last decade. The Leeds City Region has one of the largest food and drink manufacturing sectors in the UK employing 37,000 people<sup>5</sup>. The region hosts several well-known brands including: Coca Cola, Nestle, Haribo, Mcvities, Warburtons, Yorkshire Tea, Betty's & Taylor's, Seabrooks Crisps, Dr Oetker and Harrogate Spring Water. It is also the headquarter location of two of the big four supermarkets, Asda in Leeds and Morrisons in Bradford, as well as Arla, the UK's largest dairy foods producer, all of which are significant employers in the area.

Yet the health of people in Leeds is generally lower than the England average. It is strongly associated with the high levels of deprivation experienced by the 150,000 people in Leeds who are living in the most deprived neighbourhoods nationally. Although overall life expectancy has been increasing for all Leeds residents, the life expectancy for a man living in a deprived Leeds neighbourhood is 12 years lower than a man living in an affluent part of Leeds.<sup>6</sup> Moreover, the resilience and environmental sustainability of the Leeds food system is under threat in the medium term. Most food consumed in Leeds is obtained through the global market; while supplies are currently stable and prices are low, there are medium term concerns about global food security<sup>7</sup>, and major weather shocks could easily disrupt supplies, while current food production methods result in greenhouse gas (GHG) emissions and food waste.

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<sup>4</sup> Leeds City Council (2013) Leeds Joint Health and Wellbeing Strategy 2013-15. Retrieved: [http://www.leeds.gov.uk/docs/JHWS\\_FINAL\\_webREV%20ZI.pdf](http://www.leeds.gov.uk/docs/JHWS_FINAL_webREV%20ZI.pdf) 2016.

<sup>5</sup> Leeds City Region Enterprise Partnership (2014) Leeds City Region Enterprise Partnership Innovation Strategy: a smart specialization approach 2014.

<sup>6</sup> Leeds City Council (2013) Leeds Joint Health and Wellbeing Strategy 2013-15. Retrieved: [http://www.leeds.gov.uk/docs/JHWS\\_FINAL\\_webREV%20ZI.pdf](http://www.leeds.gov.uk/docs/JHWS_FINAL_webREV%20ZI.pdf) 2016.

<sup>7</sup> Foresight (2011) The Future of Food and Farming: Challenges and choices for global sustainability

In January 2016, Leeds City Council commissioned Feed Leeds to conduct a Food Audit to inform the development of a new strategic approach to food for the city. The purpose of the Audit is to provide an overview of the food system in Leeds, reviewing the current evidence on food and its impact on the economy, health and well-being and sustainability. Due to the constraints of time and resources, there have been limitations to the depth of research and stakeholder engagement in the Audit. It should be recognized that the commissioned process can only provide a 'snapshot' of the Leeds food system; it is best seen as a living document. This will provide a valuable understanding of the current situation, as required for proceeding to the next stage of developing a strategic approach to food for the city.

This Audit is best seen within the context of other activities that will inform the development of a Leeds Food Strategy, which includes the Obesity Network; The Consumer Data Research Centre; The Whole Systems Approach to Obesity etc. In addition, the University of Leeds has developed a research proposal to underpin and inform the future development of food strategies in general, and of Leeds in particular.

### **1.1 Methodology**

The methodology for the Audit includes both qualitative and quantitative data collection via **desk research** to identify existing national and local strategies, available statistics and information on statutory, business, academic, third sector and community initiatives and projects. This data was cross-referenced against the LCC's internal audit of food work across the directorates but not, to date, merged with it. In addition, further data was collected through direct requests for information from stakeholders via email, telephone conversations and face to face interviews.

The **geographic scope** of the Audit was mainly the Leeds Metropolitan District, with inclusion of the Leeds City Region when appropriate, and with particular emphasis on the high density area within the ring road.

The challenge was to organise the data and make it readily accessible. As required by LCC, the data gathered was collated under the **Sustainable Food Cities Six Key Issues**. These are:

1. Promoting healthy and sustainable food to the public
2. Tackling food poverty, diet-related ill health and access to affordable healthy food
3. Building community food knowledge, skills, resources and projects
4. Promoting a vibrant and diverse sustainable food economy
5. Transforming catering and food procurement
6. Reducing waste and the ecological footprint of the food system

Initial **analysis** suggested some duplications and omissions in this categorisation, so, to improve clarity, data was cross-referenced against four themes commonly used in sustainability research. Three of these are widely recognized as 'the three pillars of

sustainability<sup>8</sup>: Social, Economic and Environmental factors. Early research suggested that, because of its major importance in Leeds, a fourth should be added: Health and Wellbeing.

To help prioritise data collection, a **Guideline Matrix** was developed (Table 1). The Six Key Sustainable Food Cities Issues are referenced against the Four Sustainability Themes, which were further developed through the process to be defined as:

- A. Health and Wellbeing;
- B. Social Sustainability;
- C. Economic/Employment;
- D. Environment, Green House Gases (GHG) and Pollution.

Each combination of Key Issue and Sustainability Theme is judged from 0-3 according to the data collected through desktop research and stakeholder engagement, with 0 deemed the least important and 3 the most important. It should be noted that this is a work-in-progress and future activity should deepen and refine this initial analysis, which may alter the weighting.

Finally, for each aspect of the Food System, the following **questions** were asked:

1. How much do we know about the whole system? (national, regional, local)
2. What examples of good practice/case studies do we have?

The report structure follows each of the Six Key Food Issues, with data further organized under the Four Sustainability Themes, starting with the highest ranked for each issue. Inevitably, much of the data cuts across many themes and issues, so each entry is only reported once in the location judged to be the most appropriate.

Reference is made at the end of each Food Issue section to potential **Outcomes and Indicators** based on ongoing work by the Sustainable Food Cities network. These are cross-referenced with the Guideline Matrix in Table 2.

### Guideline Matrix (Table 1)

Key Issue	Health & Wellbeing	Social Sustainability	Economic/ Employment	Enviro / GHG / Pollution
1. <b>Promoting</b> healthy and sustainable food to the public	2	2	1	0
2. Tackling <b>food poverty</b> , diet-related ill health and access to affordable healthy food	3	2	2	0
3. Building community food knowledge, <b>skills</b> , resources and projects	2	2	3	0

<sup>8</sup> Strange, T.; Bayley, A. Sustainable Development. Linking Economy, Society, Environment; Organisation for Economic Co-operation and Development (OECD): Paris, France, 2008.

4. Promoting a vibrant and diverse sustainable <b>food economy</b>	0	1	3	1
5. Transforming <b>catering</b> and <b>food procurement</b>	3	0	2	2
6. Reducing <b>waste</b> and the ecological footprint of the food system	1	0	2	3

Table 1- The Food Audit Matrix used to frame data collection in this Report, relating the Six Key Issues of the Sustainable Food Cities to the Four Themes of Sustainability

## 1.2 Stakeholder Engagement

It is important to state that time and resource limitations meant that a full city-wide overview was technically impossible. Stakeholder engagement has been ongoing throughout the audit process and should continue through future events and activities, but there are a number of sectors where the response has, to date, been poor or even non-existent.

An initial list of some LCC stakeholders was provided from the internal audit work undertaken by Public Health, and where further information seemed necessary, contact was made via email and phone calls with these and other LCC departments who had not already contributed. Many provided valuable information but not everyone engaged effectively with our process. This will be discussed later in the report. In addition, contact via email, phone call and through face to face interviews was made with a wide selection of stakeholders from the academic, business and third sectors, as well as community groups. In addition to providing valuable information, it is from this engagement that most of the examples of good practice were taken. A chart listing all the stakeholders and their levels of interest and potential future engagement is included in Table 3.

A **Stakeholder Event** was held on 17 March 2016 at Oxford Place, and twenty stakeholders from business, a variety of council directorates, the Third Sector, and community groups attended the event. This was fewer than hoped for, because of other competing events on similar topics.

Participants were invited to envision what a sustainable food system for Leeds would look like. The following is a selection of aspirations: *healthy, locally based, cooking and growing skills for everyone, access to healthy and acceptable food, zero waste, access to growing sites, food for the whole population, sustainable, supporter of Leeds' economy and employment, eradicating food poverty, and a shared responsibility.*

From these aspirations, a Working Vision was developed. (All outputs from the event are included as Appendices).

**Working Vision: "Leeds should have access to sufficient, appropriate and healthy food for all, which is safe, affordable and sustainably sourced."**

It is important that any Final Vision has buy-in from stakeholders, and therefore the process to develop this should be an ongoing collaborative process, as discussed in Section 3. The aspirations gathered at the stakeholder event will help to inform this.

## 2.0 Food Issues

### 2.1.0 Promoting Health and Sustainable Food to the Public in Leeds

#### 2.1.1 Introduction

A healthy population is key to a thriving city, and the promotion of healthy and sustainable food to all residents of Leeds is instrumental in reducing health inequalities across the city. From reviewing the evidence and current indicators in Chart 2, it is clear that while there is considerable work underway promoting healthy food, there are still barriers to overcome around take up of available information, support and opportunities, particularly in lower-income and BME communities.

Where there are indicators in place, data can be used to inform service development and delivery. For example, oral health of children and young people in Leeds is significantly worse than the average for England. Where there are currently no indicators in place, this creates knowledge gaps that can negatively impact health outcomes. For example, Start4Life, which promotes healthy eating in children 0-5, is not monitored in Leeds, and nor is vegetable consumption in families. The promotion and monitoring of healthy food specific to the life stages is important to improving health outcomes for all people in Leeds.

#### 2.1.2 Health and Wellbeing [Score 2]

##### *National*

- According to the Office of National Statistics 131 million days were lost due to sickness absences in the UK in 2013.<sup>9</sup>
- National breastfeeding initiation rate at birth was 73.9% in 2012/13 and dropped to 47.2% at 6-8 weeks<sup>10</sup>
- The prevalence of decayed or missing teeth in five year old children is 27.9%<sup>11</sup> and in 12 year olds 33.4%<sup>12</sup>

<sup>9</sup> ONS (2014) Sickness Absence in the Labour Market: February 2014.

<http://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/labourproductivity/articles/sicknessabsenceinthelabourmarket/2014-02-25> Retrieved: March 2016.

<sup>10</sup> Erskine, S. (2014) Leeds Maternal Health Assessment 2014, Leeds City Council, Public Health.

<sup>11</sup> YHPHO 2008. Dental Health of twelve year old children in Yorkshire and Humber, 2005/6.

<sup>12</sup> Erskine, S. (2014) Leeds Maternal Health Assessment 2014, Leeds City Council, Public Health.

- 1 in 4 eligible families miss out on Healthy Start (vouchers for free milk, fruit and vegetables for families on certain benefits) because of complexities in the way it is delivered.<sup>13</sup>
- In 2013, 25% of men, 28% of women and 16% of children (aged 5 to 15 years) consumed the recommended 5 A DAY. Those aged 65 to 74 eat the most fruit and vegetables.<sup>14</sup>
- In 2013, 6.8% of adults and 6.7% of children included no fruit or vegetables in their diet.<sup>15</sup>
- The School Food Plan 2013 saw the implementation of the **Universal Free School Meals** for all Key Stage One children; **Cooking** came back into the curriculum with a focus on healthy and savoury meals; and **New School Food Standards** make it easier for school cooks to create imaginative, flexible and nutritious menus.

### *Local*

- Breastfeeding initiation rate at birth was 68% in 2012/13 and dropped to 49% at 6-8 weeks.<sup>16</sup> Breastfeeding rates vary across ethnic groups and geography, with the lowest rates in the inner East and Inner West.
- The oral health of children and young people in Leeds is significantly worse than the average for England. The prevalence of decayed or missing teeth in five year children in Leeds is 33.7%<sup>17</sup> and in twelve year olds 45.8%.<sup>18</sup>
- Leeds does not currently monitor the **Start4Life** campaign.
- The local healthy living campaign **Leeds Lets Change** focusses on healthy eating, weight management and physical activity for adults, as well as alcohol consumption, smoking cessation and mental health. A new national campaign (40-70) will be a good platform for sharing local healthy eating information. Data on outcomes has not been found.
- No data was forthcoming on fruit and vegetable consumption
- The uptake of **Universal Free School Meals is 88%** and **Free School Meals is 73%** (primary and secondary).

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13 Lucas, P. et al (2013) Healthy Start Vouchers Study: The Views and Experiences of Parents, Professionals and Small Retailers in England. School for Policy Studies, University of Bristol, Social Science Research Unit, Institute of Education.

<sup>14</sup> DEFRA (2015) Food Statistics Pocketbook 2015.

<sup>15</sup> DEFRA (2015) Food Statistics Pocketbook 2015.

<sup>16</sup> Erskine, S. (2014) Leeds Maternal Health Assessment 2014, Leeds City Council, Public Health.

<sup>17</sup> YHPHO (2008) Dental Health of five year old children in Yorkshire and Humber, 2005/6.

<sup>18</sup> YHPHO (2008) Dental Health of twelve year old children in Yorkshire and Humber, 2005/6.

### **2.1.3 Examples of good practice**

Healthy Living Network, now part of Barca-Leeds, runs a successful Community **Health Educator (CHE) Program**, which trains local people to support their communities in making small changes towards improving their health and wellbeing. The program is part funded by the NHS and delivers health education sessions in target areas of the city, which include healthy cooking sessions as well as health promotion campaigns including nutrition and hydration in the elderly. The sessions are delivered by a team of sessional workers and volunteers.

Leeds West CCG commissioned the **Food Dudes** programme as an obesity intervention that worked to increase fruit and vegetable uptake in 27 schools over 2 years 2015/17. Although Food Dudes ceased trading, the programme has continued with support from the Health and Wellbeing service and Catering Leeds to ensure the work is embedded into schools. Moving forward, a new worker will work with the schools that have not yet started the program to complete it. The programme is awaiting evaluation by Professor Pinki Sahota at Leeds Beckett.

### **2.1.4 Social Sustainability [Score 2]**

#### *National*

- Sustainable Food Cities Silver Award winners include Brighton and Hove, and Bristol. Bronze Award winners include Plymouth, Cardiff, Lambeth, Greenwich, Cambridge, Belfast, and Bath and Northeast Somerset.
- The Incredible Edible movement was started at Todmorden, supporting local communities through community food growing, and now extends to more than 100 towns in cities in the UK, and even more abroad.<sup>19</sup>
- 40+ cities across the UK either have or are in the process of writing sustainable food charters or strategies, including Kirklees, Bradford, Manchester and Sheffield.

#### *Local*

- Leeds became a **Fairtrade city** in 2014. LCC serves Fairtrade at their meetings, organizes promotional events, and leads the Steering Group in coordinating Fairtrade Fortnight. The University of Leeds, Leeds Beckett and many local schools, churches and businesses have achieved Fairtrade status.

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<sup>19</sup> Incredible Edible Network <http://incredibleediblenetwork.org.uk/our-incredible-family>

- **Redhall Nursery** support schools, community groups and the general public to grow edibles as part of a healthy diet.
- **Parks and Countryside** run the **Edible Bed competition** for children to design an edible bed. The winning designs are planted outside Civic Hall.

#### *Academic research*

- **Leeds Beckett Institute for Health and Wellbeing** has an excellent reputation for research and engaging with the local community. The institute specializes in Men's Health; Public and Community consultation and empowerment - Health Trainers and Community Champions; Engaging 'hard to reach' populations; Volunteering and Health; Children and Young People's Health; Health Promotion; Migrant Health

#### **2.1.5 Examples of good practice**

**Leeds Health and Wellbeing Service** work in partnership with **Leeds Edible Schools Sustainability Network (LESSN)** to deliver workshops to teachers on growing food in schools. LESSN and academics from both the University of Leeds and Leeds Beckett recently organized a workshop for headteachers: "Food and Ofsted" providing published research on the benefits to academic outcomes from eating vegetables from an early age (6-36 months); the importance of eating breakfast; and providing supported school gardening opportunities.

**Barca-Leeds** works in partnership with the **LCC Library Bus** to sell fresh vegetables to residents in deprived communities in West Leeds when it visits to provide books and computer access. The vegetables are donated from a local allotment.

#### **2.1.6 Economy and Employment [Score 1]**

##### *National*

- Since 2009 over 1000 organisations of all types, sizes and sectors have successfully gained or are successfully working towards the Workplace Wellbeing Charter and using the standards to ensure a holistic approach to health and wellbeing in the workplace. Promoting healthy eating is one of the key criteria. Public Health England is currently evaluating the program.

##### *Local*

- There is no funded provider in Leeds providing the Workplace Wellbeing Charter, and no available data on potential businesses involved.
- In 2012, LCC staff absenteeism for sickness averaged 9.29 days at a cost of £10.7 million.

- Public Health and Trading Standards are looking into an initiative to support takeaways to provide healthier options. Funding dependent.

### **2.1.7 Examples of good practice**

**Workplace Health Champions** is a LCC internal initiative that works through a network of volunteers to deliver health messages to colleagues across the city. It does not specifically have a food focus, though some volunteers champion healthy eating messages. It is a low-level intervention but could have increased potential with the benefit from additional resource.

Bradford City Council and Trading Standards are working together to deliver **Good Food Bradford**, an award scheme to support takeaways to offer healthier options. They work with takeaways with at least a 3 star rating from Environmental Health to encourage them to use better quality fats; to reduce sugar and salt; and to offer smaller portion sizes. They also analyse meals and provide nutrient and calorie information. Leeds Public Health has been looking into running a similar program in Leeds but it dependent on funding. There is potential to include sustainability into procurement, especially of vegetable oils.

**Zest Health for Life** delivers some workplace health initiatives with individual companies that fund specific activities. For example, they work with Lloyds Bank to deliver four health and wellbeing events a year based on a theme: heart health; sugar swaps; five a day; diabetes awareness; workplace stress; mental health; and Leeds Let's Get Active. They also engage in other smaller arrangements including updating a health and wellbeing noticeboard with Public Health messages at police station, who in turn volunteer at events. Or attend events for DWP at their health and wellbeing days at Quarry House focussing on healthy eating with the aim to provide staff with information about the Ministry of Food and how it can tie into their busy working life. Workplace health initiatives are not currently funded, so the work is currently ad hoc though it will be something for the future and is dependent on building corporate relationships.

### **2.1.8 Outcomes based on Sustainable Food Cities developing methodology**

- *Residents of Leeds are knowledgeable and aware of how to eat healthily*
- *Residents of Leeds know where to purchase local / regional and healthy sustainable food*
- *Public institutions and catering /retail outlets across the city promote the use of sustainable and healthy food through information and labelling of products or menus*
- *Festivals and local events celebrate and showcase healthy and sustainable food*
- *Tourist and visitor attractions showcase local and regional products*

### **2.1.9 Indicators based on Sustainable Food Cities developing methodology**

- No of restaurants and catering outlets achieving healthy and sustainable food awards
- No of restaurants and catering outlets members of the Sustainable Restaurant Association
- No of visitors to website(s) / followers on social media providing information about healthy and sustainable food
- Footfall at food festivals, food trails and other activities promoting healthy and sustainable food
- No of people signing food charter or equivalent
- Mapping where to purchase or consume healthy and sustainable food and updating regularly

## **2.2.0 Tackling Food Poverty, Diet Related Ill Health and Access to Healthy Food in Leeds**

### **2.2.1 Introduction**

Food poverty and diet-related ill health are two of the most serious problems facing society today, and are intimately interconnected. Professor Sir Michael Marmot's final report, 'Fair Society Healthy Lives', published in February 2010, concluded that "inequalities in health arise because of inequalities in society – conditions in which people are born, grow, live, work and age"<sup>20</sup>

The fact that deprivation has significant detrimental effects on health and wellbeing can be seen particularly starkly in Leeds. Across the city there are over 150,000 people living in areas that rank among the most deprived 10% in England, and there are around 35,000 children under 16 deemed to be living in poverty. Although overall life expectancy has been increasing for all Leeds residents, the life expectancy for a man living in a deprived Leeds neighbourhood is 12 years lower than a man living in an affluent part of Leeds.

Some of the major issues identified in the Leeds JSNA include: deprivation, mental health, smoking, alcohol, obesity, health conditions such as cancer and cardio vascular disease and dementia, children and young people's health, financial inclusion, housing and social isolation (especially among older people and those living in rural communities).

There is a social gradient in diets, and therefore, related health outcomes. Low-income households tend to consume fewer nutrients and fewer fresh fruit and vegetables than average-income households. In fact, the higher the income of the household, the more nutrients, fresh fruit and vegetables are likely to be eaten. Low-income households are

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<sup>20</sup> Marmot M, Allen J, Goldblatt P et al (2010) Fair society, healthy lives: strategic review of health inequalities in England post 2010. London: Marmot Review Team.

more likely to eat foods high in sugar, fat and salt, which also tend to be marketed towards such groups. The result of this (among other causes) is that people on low incomes tend to have a lower than average life expectancy and longer periods of ill health.<sup>21</sup>

Income and social deprivation have an important impact on the likelihood of becoming obese. Women and children in lower socio-economic groups are more likely to be obese than those who are wealthier. An obese man is: five times more likely to develop type 2 diabetes; three times more likely to develop cancer of the colon and more than two and a half times more likely to develop high blood pressure which is a major risk factor for stroke and heart disease.<sup>22</sup> An obese woman, compared with a healthy weight woman, is: almost thirteen times more likely to develop type 2 diabetes, more than four times more likely to develop high blood pressure and more than three times more likely to have a heart attack<sup>23</sup> Obesity is the second most important preventable cause of ill health and death after smoking.

## 2.2.2 Health and Wellbeing [Score 3]

### 2.2.3 Food Poverty

#### *National*

- There are over 500,000 people in the UK are now reliant on food parcels.
- Over 2 million people in the UK are estimated to be malnourished, and 3 million are at risk of becoming so.
- 36% of the UK population are just one heating bill or a broken washing machine away from hardship.
- 1 in 6 parents have gone without food themselves to afford to feed their families<sup>24</sup>
- The number of occasions people in crisis were provided with food by the Trussell Trust food bank network grew from just under 129,000 occasions in 2011 to 2012 to over 1 million occasions in 2014 to 2015.<sup>25</sup>

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<sup>21</sup> Marmot M, Allen J, Goldblatt P et al (2010) Fair society, healthy lives: strategic review of health inequalities in England post 2010. London: Marmot Review Team.

<sup>22</sup> Leeds Observatory (2011) Adult Obesity. Leeds City Council. Retrieved from: [www.noo.org.uk/uploads/doc/vid\\_9851\\_Obesity\\_ethnicity.pdf](http://www.noo.org.uk/uploads/doc/vid_9851_Obesity_ethnicity.pdf) 2016

<sup>23</sup> Ibid

<sup>24</sup> Oxfam (2016) <http://policy-practice.oxfam.org.uk/our-work/poverty-in-the-uk/food-poverty>

<sup>25</sup> Tait, C. (2015) Hungry for Change: final report on the Fabian Commission on Food and Poverty. Fabian Society. London.

## Local

- The Trussell Trust keeps statistics for Yorkshire and Humber shows that use of Foodbanks has seen a 61% increase in the last year with the number of people using foodbanks increasing from 37,403 in 2013/14 to 60,186 in 14/15<sup>26</sup>.
- In 2014/15 **FareShare Yorkshire** redistributed 407 tonnes of needed food to 163 charities and community groups in the region, which helped provide 969,067 meals.
- In 2015, **FareShare in Leeds** supplied 30 Food Aid Providers with a weekly supply of food; Total food provided was 103,554kg (103 tonnes), helping provide 235,000 meals,
- 12 School Clusters, containing 102 schools and Children's Centres had access to Breakfast Cereal and Fresh Fruit. Schools received 25,545 boxes of cereal, enough for 383,175 portions.
- **Leeds Food Aid Network (FAN)** helps to bring different people, initiatives and institutions together who are involved in tackling food poverty in Leeds. Figures for 2014/15 show that 26, 182 food parcels were given out. Data for 2015/16 not yet available and is expected to be more accurate/detailed.
- There are 3 **Trussell Trust foodbanks** which supply 20 distribution centres across the city supplying a 3-day supply of emergency food by a voucher system.
- There are 3 other foodbanks supplying emergency food by a referral or drop in system. Data for this food aid provision is less robust.
- **The Real Junk Food Project** supports their network of 'Pay as You Feel' cafes with surplus food in the foodchain. They operate an open door policy and all meals and food is by donation of either money or time.
- There are 7 soup kitchens to specifically support migrants and destitute asylum seekers who do not qualify through the referral system.
- No data available on the number of **school breakfast clubs**. Collecting data on schools is challenging unless it is statutory.
- In a recent academic research survey of 95 schools across Leeds, the preliminary finding show that 84.5% of the respondents perceive there to be students experiencing hunger to some degree during the holidays.<sup>27</sup>

### 2.3.4 Household Food Insecurity

It should be noted that while the number of food parcels delivered is a powerful indication that household food insecurity exists and is increasing in the UK, it is not a measure of household food insecurity. Charitable food usage is not the same as household food insecurity. This is because not everybody experiencing household food insecurity visits

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<sup>26</sup> Citizens@Leeds Report (2015).

<sup>27</sup> Connolly, A. (2016) Email regarding PhD research into school holiday hunger.

charitable food providers - charitable food use statistics are markers of households, usually, facing extreme or crisis problems, not about longstanding, ongoing issues.<sup>28</sup>

### **2.3.5 Diet Related Ill Health**

#### *National*

- A National Child Obesity Strategy has been delayed until summer 2016
- According to the Nation Child Measurement Programme, 9.1 per cent of reception age children were obese and 19.1% of Year 6 children were obese in 2014/15
- The obesity prevalence among reception year children living in the most deprived areas was 12.0% compared with 5.7% among those living in the least deprived areas. In year 6 these figures were 25.0% and 11.5% respectively.
- Sugary soft drink consumption is the highest in Europe. 40% of young people (age 11-15) drink at least one per day.<sup>29</sup>
- A tax on sugary drinks has just been announced to commence in 2018.
- In 2013, 25% of adults were obese and a further 37% were overweight<sup>30</sup>.
- Diabetes is now recognized as the number one preventable cause of ill health (BMJ)
- 1 in 4 eligible families miss out on **Healthy Start Vouchers** (milk, fruit, vegetables, infant formula and vitamins) because of the complexities in the way it is delivered
- Approximately 3 million people are estimated to be malnourished in the UK. Of these about 1.3 million are over the age of 65.<sup>31</sup>

#### *Local*

- 9.5% of reception age children were obese (2014)<sup>32</sup>
- 19.3% of children age 11 were obese (2014)
- 19.5% of adults were classified as obese (2012)
- 37,500 recorded cases of diabetes (2015)
- %age of cardiovascular deaths as a proportion of all deaths was 24.4% for people aged under 75 years and 34.1% for people aged 75 and above (2009-11)<sup>33</sup>
- Uptake of the **Healthy Start voucher** scheme is about 80%. The uptake of vitamins is only 6%. Leeds has recently established a Vitamin D steering group to work on increasing this. Midwives and Early start teams continue to promote the scheme.

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<sup>28</sup> Tait, C. 2015, Hungry for Change: Final Report of the Fabian Commission into Food and Poverty. Fabian Society, London.

<sup>29</sup> NHS Five Year Forward View: [www.england.nhs.uk/wp-content/uploads/2014/10/5yfv-web.pdf](http://www.england.nhs.uk/wp-content/uploads/2014/10/5yfv-web.pdf)

<sup>30</sup> DEFRA (2015) Food Statistics Pocketbook 2015.

<sup>31</sup> BAPEN (2010) Malnutrition Matter: meeting quality standards in nutritional care.

<sup>32</sup> Leeds Observatory: <http://observatory.leeds.gov.uk/>

<sup>33</sup> SEPHO (2013) Cardiovascular Disease Local Authority Health Profile Leeds

- Weight management services include: **Health, Exercise and Nutrition for the Really Young (HENRY)** an evidence-based approach that works with families with children (0-5). “A healthy start in childcare” course is now being delivered to private childcare providers. The challenge is recruiting families.
- **Watch It** for children from 5 to 18 years of age and looks at getting active, eating healthily and staying happy.
- **Weigh Ahead** is a community-based, specialist, weight management service for adults (aged 16 years+) to support behaviour change.
- There are 35 **Weight Watchers** and 16 **Slimming World** clubs.
- In Yorkshire and Humber, the household consumption of fruit and vegetables, 2011-2013 was 3.5 portions per person.<sup>34</sup>
- **Universal Free School Meal** take up is 88.25%, **Free School Meal** take is 73%, Paid for Meals 40% with a total of 48% of school children having school meals (2013/14 – data on paid for meals is no longer collected by LCC).
- According to BAPEN, if 16% of people over the age of 65 are malnourished, there is an estimated 16,000 malnourished older people in Leeds.
- The **Older People Food Matters Action Plan (OPFM)** aims to raise awareness of evidence based key messages relevant and specific to the older person; Improve quality of and access to food and hydration for the older person; Identify and address the food needs of specific groups of older people.

### **2.2.6 Examples of good practice**

**Richmond Hill Primary School**, based in one the most deprived communities in the country, is part of the **Real Junk Food Project**. Since June 2015, they have fed their 650 students breakfast each day and provided food to families via their café and food stall on a ‘pay as you feel’ basis, which amounts to 8 tonnes of food that would have otherwise gone to landfill.

### **2.2.7 Social Sustainability [Score 2]**

#### *Academic research*

**Leeds Beckett Institute for Health and Wellbeing** has an excellent reputation for research and engaging with the local community. The institute specializes in Men’s Health; Public and Community consultation and empowerment - Health Trainers and Community Champions; Engaging 'hard to reach' populations; Volunteering and Health; Children and Young People’s Health; Health Promotion; Migrant Health.

<sup>34</sup> DEFRA (2015) Food Statistics Pocketbook 2015.

- Obesity Network looks at how ‘big data’ can be best used to understand and tackle obesity
- Whole System Approach to Obesity – Pinki Sahota and funded by Public Health England

**University of Leeds** is building on its existing research strengths and commitments to interdisciplinary working by focussing on six research areas to address global challenges that include:

- **Food theme:** food and nutrition research which has influenced policy, supported industry on R&D and innovation on issues from sustenance to sustainability.
- **City theme:** expertise in resilient infrastructure, sustainable cities and building sustainable societies is being applied to challenges including social justice and economic sustainability.

University of Leeds is also part of the **N8 Agrifood Resilience Program**, a multi-disciplinary research initiative that involves the 8 main research universities in the North of England.

**Leeds Trinity:** Sport, Health and Nutrition (SHN) Department

### ***2.2.8 Examples of good practice***

**Leeds Food Aid Network (FAN)** has produced a set of documents listing all the emergency food provision available across the city, which are updated quarterly and provided to frontline workers for signposting people. The documents include The Homeless and Food Aid Document; Food Provision for Destitute Migrants in Leeds; and Leeds Trussell Trust FoodBanks.

**Time to Shine** is a Lottery funded project to reduce social isolation in older people across the city. Food plays a big part in the work as it is a hook that brings people together and it also provides an activity to do so participants feel more comfortable. Specific projects include **More than a Mealtime**, where volunteers in Crossgates share a meal with a community member or a group goes out to a restaurant together, and **Raat di Roti** that encourages Punjabi speaking people to invite an older person over to share a meal. Many older people could go months and years without sharing a mealtime with others if it wasn't for such initiatives.

### **2.2.9 Economy and Employment [Score 2]**

*National*

- Health problems associated with being overweight or obese are estimated to cost the NHS around £5bn per year.

- In 2011/12, the public health and social care expenditure associated with malnutrition in adults and children was estimated to be £19.6 billion, or about 15% of the total expenditure on health and social care.<sup>35</sup>
- The estimated annual indirect cost of obesity is between £2.6 billion and £15.8 billion<sup>36</sup> (those costs arising from the impact of obesity on the wider economy such as loss of productivity).
- There are 3.7 million children living in poverty in the UK. Of these children, 61% (2.2 million) live in a family where at least one member of the household works.
- More people are considered as working and suffering poverty as compared to those not working and in poverty (2014).<sup>37</sup>
- According the Fabian Commission on Poverty 2015, people on low incomes tend to have a lower than average life expectancy and longer periods of ill health.<sup>38</sup>
- From 2004 to 2013, the real disposable income of the poorest fifth of households fell by £20 a week to £156 a week.<sup>39</sup>
- Averaged over all households 11.4% of spend went on food in 2013, 0.9 percentage points above the 2007 level.<sup>40</sup>
- For households in the lowest 20% by equivalised income 16.5% of spend went on household food, 1.3 percentage points above 2007.
- All foods groups have risen in price since 2007 (the start of the recession), with rises ranging from 22% to 42%. Meat, fish, coffee, tea and cocoa, fruit, sugar, jam and confectionery prices have all risen by 30% or more since June 2007. Food prices (including non-alcoholic drinks) rose 8.0% in real terms between 2007 and 2015.<sup>41</sup>

### *Local*

- The estimated cost to the NHS in Leeds of diseases related to overweight and obesity was £197 million in 2007. This had risen to £205 million by 2010<sup>42</sup>.
- The number of households receiving Housing Benefit and/or Council Tax Benefit rose to 80,000 in 2010.
- According to the 2010 index over 150,000 people in Leeds live in areas that are ranked amongst the most deprived 10% nationally, and this represents 20% of the city's population.

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<sup>35</sup> Elia, M. (2015) The Cost of Malnutrition in England and Potential Cost Savings from Nutritional Interventions. BAPEN

<sup>36</sup> National Obesity Observatory (2010) The Economic Burden of Obesity: [www.noo.org.uk/uploads/doc/vid\\_8575\\_Burdenofobesity151110MG.pdf](http://www.noo.org.uk/uploads/doc/vid_8575_Burdenofobesity151110MG.pdf)

<sup>37</sup> Joseph Rowntree's More Jobs Better Jobs initiative (2014) <https://www.jrf.org.uk/press/more-jobs-better-jobs-needed-economic-recovery>

<sup>38</sup> Tait, C. (2015) Hungry for Change: Final Report of the Fabian Commission into Food and Poverty. Fabian Society, London.

<sup>39</sup> Tait, C. (2015) Hungry for Change: Final Report of the Fabian Commission into Food and Poverty. Fabian Society, London.

<sup>40</sup> DEFRA (2015) Food Statistics Pocketbook 2015.

<sup>41</sup> Ibid

<sup>42</sup> Leeds JSNA (2012) Leeds City Council. [www.westyorkshirobservatory/leeds.org](http://www.westyorkshirobservatory/leeds.org)

- 29,805 children in Leeds are estimated to be living in poverty. Although the rate of child poverty in Leeds is 21.6%. Certain areas of Leeds have rates above 40% (Burmantofts and Richmond Hill is 42% and in Hyde Park and Woodhouse it is 44%).
- 30,000 (or 10%) of residents, in full-time work, are earning less than the Living Wage; 122,000 workers (or 40%) of Leeds residents who work part-time are earning less than the Living Wage.
- The Council's response to this challenge has been the development of a city-wide anti-poverty approach that prepares the city for further welfare changes; develops new activities and initiatives to tackle high cost lenders; seeks to maximise access to training and employment opportunities for local people; and seeks to develop more accessible and integrated service delivery solutions to provide more localised and targeted support and advice.
- Leeds City Council will pay staff a real *Living Wage* of £8.01 per hour from 1st April 2016.

#### **2.2.10 Examples of good practice**

**Leeds City Council Citizens and Communities team** work with people suffering financial hardship, with a focus on reducing dependency on local and national benefits, improving access to affordable credit as well as tackling high costs lending, reducing debt levels and increasing financial resilience of the poorest, with support to access food for those experiencing financial hardship. The team supports the **Food Aid Network** funding a coordinator role, supporting network meetings and increasing the number of food providers in the Local Welfare Support Scheme, which provides access to emergency food. They also support **Fareshare Yorkshire** by providing a distribution site and fund the Fareshare model to include food parcels for emergency situations through the Local Welfare Support Scheme. They also support Fareshare's school breakfast delivery model.

**TCV Hollybush** is currently funded through grants to deliver some 'gardening for health' sessions, which are particularly beneficial for people with mental health issues and long-term conditions. Referrals come through the CCG commissioned social prescribing projects and other agencies and third sector organizations. Hollybush is currently conducting research with TCV HQ to develop an evidence base for this work, with the intention that they will be able to move away from grant-based funding to commissioning through the CCGs.

#### **2.2.11 Outcomes based on Sustainable Food Cities developing methodology**

- Residents of Leeds are knowledgeable and aware of how to eat healthily
- Food related health inequalities and food poverty are eliminated
- Diet related disease is reduced

- A confident frontline workforce able to identify nutritional risks and deliver consistent food messages

### **2.2.12 Indicators based on Sustainable Food Cities developing methodology**

- % of community members at a healthy weight
- Reduction in level of childhood obesity
- Dependence on food banks across the city
- Breastfeeding no's and maintenance of breastfeeding at 6 months
- Consumption of fruit and vegetables amongst residents
- Uptake of free school meals
- Reduction of food related disease – CHD, diabetes, cancer, liver disease etc.
- No of professionals attending nutritional and other relevant training programmes
- No of referrals to healthy weight programmes

## **2.3.0 Building Community Food Knowledge, Skills, Resources and Projects**

### **2.3.1 Introduction**

Leeds has a vibrant and dynamic third sector that inspires and supports a wide array of food-based initiatives across the city. In addition, individuals, community groups and schools grow food on allotments, in private and community gardens etc., with new initiatives starting all the time. Many community food projects and initiatives can be vital stepping stones for people into better health and wellbeing, increasing confidence and developing skills, and making them better placed to find employment and is key part of the CCGs' social prescribing projects.

Individuals and communities have a key role to play in developing local food knowledge, skills, resources and projects at a grassroots level. Grassroots energy, innovation and action are the engine of positive food change and it is vital that individuals and communities can build the knowledge, skills, resources and projects to make that change happen. Communities that demonstrate strong food skills and assets build a strong social fabric, which helps them to be more resilient to change, be that economic, social or environmental influences.

### **2.3.2 Economy and Employment [Score 3]**

#### *National*

- Growing Health is a national project run by Garden Organic and Sustain to see how community food growing can be routinely used by the health and social care services as a way of promoting health and wellbeing.

- Social prescribing is a way of linking patients in primary care with sources of support within the community. It provides GPs with a non-medical referral option that can operate alongside existing treatments to improve health and well-being. It is a growing area across the country.
- As a result of the School Food Plan, cooking skills are now delivered within schools.

### *Local*

- CCG funded social prescribing projects, **Patient Empowerment Project (PEP)** and **Connect for Health** refer patients to healthy cooking classes, lunch clubs and gardening projects. There is an increase in demand for these initiatives as food is an underlying cause of both physical and mental health.
- There is currently no available data on the impact of the social prescribing project Connect for Health as it has just started (February 2016) or for the North CCG initiative as it has not yet started.
- Data has been forthcoming for the West Leeds Patient Empowerment Program (PEP).
- Leeds City College Catering, Hospitality and Food Manufacture department offers professional qualifications in the food industry via their three specialist departments: Bakery, Meat Technology, Hospitality & Culinary Arts.
- Academy of Oriental Cuisine offer NVQ Level 2 in Professional Cookery and short courses focussing on Asian cuisine. They also offer English language courses to support students into further studies or employment.
- **The Permaculture Association** is a national charity that supports people to learn about and use permaculture, (ecosystems intended to be sustainable and self-sufficient) is based in Leeds at the Hollybush Conservation Centre. Connections to local, UK and global network of practitioners and projects using this innovative approach to designing sustainable systems and places.
- **Leeds Permaculture Network** has been running regular permaculture courses, supporting new projects in Leeds and hosting a monthly social since 2006. Hundreds of students and a growing network of projects, all using the ecological design approach of permaculture, which includes lots of food growing projects across Leeds.

### ***2.3.3 Examples of good practice***

**TCV Hollybush** runs a number of 'gardening for health' sessions each week at various sites across the city. Funding for these sessions come from a variety of sources including IW and OW Community Committees, LCC Public Health, LCF Jimbos, LCF/LCC Winterwarmth programme as well the Skills Funding Agency. Referrals come from about twenty different referral agencies, such as social prescribing (PEP, Connect for Health),

LYPFT, Mencap, Autism Society, Touchstone, Community Links and Leeds Mind. TCV Hollybush is currently conducting research to demonstrate value for money with the aim to move on from relying on various funding streams to becoming a commissioned service.

**Neighbourhood Network Schemes** are community based, locally led organisations that enable older people to live independently and pro-actively participate within their own communities. They provide services that reduce social isolation, provide opportunities for volunteering and act as a "gateway" to advice/ information services, all to promote the health and wellbeing and thus improve the quality of life for individuals. There are 35 Neighbourhood Network schemes in Leeds and they engage in a variety food-focused activities including: luncheon clubs, religious festivals, community festivals, visiting cafes. Some have allotment projects but growing food is not as apparent as sharing meals.

#### 2.3.4 Social Sustainability [Score 2]

##### *National*

- The **Big Lunch** is an annual concept dreamed up by the Eden Project, aiming to get as many people as possible across the UK to have lunch together with their neighbours on the first Sunday of June. Since launching back in 2009, people have taken to streets, gardens and community spaces to dine with friends both old and new. In 2014 almost five million get involved.
- **Incredible Edible Network** started in Todmorden and encourages the growing of edibles in public spaces for public consumption. It has now become a worldwide network.

##### *Local*

- **Feed Leeds** is a network of organisations and individuals involved with sustainable local food and related issues. The website provides many resources including a map detailing community gardens, orchards, allotments etc.
- There are at least 60 **community garden** projects across the city with new ones starting all the time. Projects vary in size and community involvement with some providing commissioned "gardening for health" sessions and others consist of a few raised by beds tended by local residents. Known projects are listed on the Feed Leeds map.<sup>43</sup>
- There are 41 **city controlled Allotments** maintained by Parks and Countryside, with 802 plots of varying size. Current waiting list is 326, which is the lowest since records

<sup>43</sup> Feed Leeds map: <http://www.turnstone.tv/flmaponly.html>

started in 2009. Concessions are available of 50% for people in receipt of benefits and 20% for those in receipt of state pension

- There are 59 **self-managed Allotments**, which have been issued with a 25 year lease by LCC and are responsible for maintaining their own site. There are 3108 plots of varying size and the waiting list stands at 347. Concessions are also available. 40% of all rent they keep to go towards improving the site for members.
- There 17 sites across the city containing **Edible Beds**, including parks, Civic Hall, and Leeds Beckett Pocket Beds.
- The **Sustainable Garden** at the University of Leeds was created in 2013. It is an excellent example of collaborative working between the Facilities Directorate, Leeds University Union and academic staff.
- There are currently 28 **orchards** and **forest gardens**, though more orchards are being planned by the Urban Orchard Project – see case study.
- **LESSN** is a network of volunteers that supports food growing in schools and run workshops for teachers. There are 9 champion schools listed on the website that champion the growing agenda and can mentor other schools. There are currently 180 **school gardening projects** of some degree listed but likely more. The challenge lies in engaging with the schools.<sup>44</sup>
- **Food Cycle** works with Students for Refugee Action and utilizes waste food from Sainsburys to prepare nutritious weekly meals at Little London Community Centre and monthly meals for Inkwel Arts, a Leeds Mind project.
- The **Big Lunch** is held in June and various communities across Leeds participate in having a large community picnic. Chapel Allerton and Kirkstall Abbey host events, as well as individual housing estates, which bring residents together to have lunch with their neighbours for fun and friendship and helping to tackle social isolation.
- **Lunch clubs** for older people are organized through the Neighborhood Network scheme as well through churches and other faith-based locations.
- There are lots of **Community cafes** across the city supporting different groups, including Fusion Café run by Black Health Initiative to help reduce social isolation; breastfeeding cafes; and all the cafes that make up the **Real Junk Food Project** network.

### ***2.3.5 Examples of good practice***

**Hyde Park Source** has been working with Crossgreen Community Group and local residents to form **Growing Together**, a growing group that has transformed an old railway bridge into a bountiful community garden and developed food growing around the Crossgreen Estate. The group has now taken on a site on Back Cautley Road where

<sup>44</sup> LESSN - <http://lessn.info/>

they have installed a large polytunnel – this site will act as ‘growing hub’ for the local community. In the next phase of the project they will be developing a ‘healing garden,’ and running ‘gardening for relaxation’ short courses in partnership with **Oblong**. On Wednesdays, **Growing Together** use produce from the gardens to cook a meal to share with the most vulnerable members of the community.

**Killingbeck Fruits, Foods and Flowers** is a new pilot project being led by Hyde Park Source to develop a community food hub on the Killingbeck Estate in Seacroft. The objective is to do develop estate-scale food preserving opportunities that will help to improve diets and community resilience. The Food Hub will be used by local residents and other food project coordinators to run workshops on preserving food using dehydrators, canning equipment etc. The pilot project has been funded by the North CCG.

**Helping Britain Blossom**, a partnership between Heinken, The Urban Orchard Project and the Bulmer Foundation, and has a mission to plant and restore 100 community orchards across Britain by 2017. So far the project has planted 7 new orchards in Leeds and restored 1, with more planned for next winter. The project runs a variety of courses for developing orchard leaders as well as workshops on grafting and pruning fruit trees. There is considerable interest from groups wanting orchards and the training is vital to ensure sustainability. Recently on the Cottingley Hall Estate in South Leeds, 60 residents helped to plant the first 50 of 100 trees planned to create a community orchard, which will stretch for half a mile and will be visible from the M621. The orchard is a wonderful vehicle through which to integrate the diverse communities that live area, especially the people living in the tower blocks, as well as people living in sheltered accommodation and those with special needs.

### 2.3.6 Health and Wellbeing [Score 2]

#### *National*

- **School Food Plan** 2013 saw the implementation of the **Universal Free School Meals** for all Key Stage One children; **Cooking** came back into the curriculum with a focus on healthy and savoury meals; and **New School Food Standards** make it easier for school cooks to create imaginative, flexible and nutritious menus.
- The **Food for Life Partnership** is a Soil Association initiative working to make healthy, tasty and sustainable meals the norm in schools, nurseries, hospitals and carehomes. Food for Life offers a recognized award scheme.

## Local

- Health and Wellbeing Service work with schools to support the delivery of the **School Food Plan**, and have developed resources including Packed Lunch Policy; School Food Ambassador program
- 4 primary schools hold the Bronze and 3 hold the Silver **Food for Life Award**.
- **Zest Health for Life** is commissioned by Public Health to deliver the **Ministry of Food**. Based in Leeds Kirkgate Market, MoF runs between 15-17 cooking sessions per week, plus 2-3 outreach sessions in the community.
- **Cook and Eat** classes, as part of public health commissioned community health development contracts, are delivered across the city by the following organizations: **Asha, Barca Leeds, Healthy Living Network, Touchstone, Shantona, Feed Good Factor** and **Space 2**. The classes are targeted to adults 16+ in deprived areas of Leeds.
- Currently PH is reviewing its commissioning of Community Health Development providers and Healthy Living Services i.e. MOF.
- **Age UK Leeds** offer a social program of healthy eating and cooking called **Appetite for Life**. The aim being enjoyment, stimulating an interest in food and sharing experiences with a focus on improving health and wellbeing and reducing social isolation for people over 50.
- **Get Cooking** offers a variety of introductory and specialty courses and also offers cooking classes to people with additional needs. **Leep Café** in Roundhay, part of the Real Junk Food Project network, offer cooking classes for adults with learning difficulties.
- There are a number of “**gardening for health**” projects across the city run by TCV Hollybush and Hyde Park Source. Inkwell Arts no longer has access to their garden, which operated as a health garden and supplemented the onsite vegetarian café as the landlord intends to develop the land.
- **CCGs** current preference to fund ‘new & innovative’ projects over on-going, proven projects (Ministry of Food)

### **2.3.7 Examples of good practice**

The **Ministry of Food** is based in Leeds Kirkgate Market and is in its sixth year of operation. They deliver between 15-17 cooking sessions each week and 2-3 out in the community. Sessions are delivered by highly skilled staff team who are able to engage with people and signpost them to other healthy living activities and services as required. The cooking sessions help to improving people’s confidence in cooking and raising awareness about the importance of healthy eating. The project is very successful in engaging with men, particularly those who have become widowers and may not have cooked for themselves previously.

In the UK, people have traditionally grown their vegetables in their back gardens, but Leeds has a large proportion of back-to-back houses with no back gardens and only small front yards. Encouraging people to grow here does more than provide much-needed growing space, it causes growing activity to become visible. Passers-by, especially people new to the country, stop to admire and chat about crops or techniques, and this delivers a second 'crop' of improved social cohesion. Funded for this 'secondary' purpose by Esme Fairbairn, and delivered on the ground by Space2, **Back to Front** runs workshops at growing hubs in the Harehills area from where locals obtain raised planters for their yards, along with tools, plants, advice and support from the team workers. To date over 150 families have taken part in the scheme and one family said they produced so much food from their tiny south facing plot that they made a curry nearly every day through the summer.

### ***2.3.8 Outcomes based on Sustainable Food Cities developing methodology***

- Community members have the knowledge and skills to cook healthy meals from scratch
- Community members have the skills and opportunities to grow their own food
- Food co-ops, buying groups and other community managed / owned initiatives are supported and thriving across the city
- Opportunities for professional training and apprenticeships in catering, agriculture and horticulture at all levels exist across the Leeds City regional
- There is a strong, skilled workforce within all sectors and levels of the food industry across the Leeds City region
- Opportunities exist for volunteering in community food projects across the city

### ***2.3.9 Indicators based on Sustainable Food Cities developing methodology***

- No of community food projects – growing, cooking, co-ops etc across the city
- No of schools with growing projects
- No of community kitchens available and no's of community members using them
- Increase in no of allotments /allotment holders – reduction in waiting lists
- No of participants in professional training in catering, agriculture and horticulture in Leeds City region FE colleges
- No of apprenticeships in catering, agriculture and horticulture across the region
- No's of volunteers in community food projects
- No of assets (land, buildings etc) in community ownership

## 2.4.0 Promoting a Vibrant and Diverse Sustainable Food Economy

### 2.4.1 Introduction

It is suggested that 95% of food in Leeds is bought in supermarkets, supported by a national and indeed global food supply chain. A sustainable food economy also comprises smaller independently owned farms, processors and retail outlets which serve local markets, provide jobs and contribute to economic growth with both capital and consumer expenditure staying within the city. It provides opportunities to incubate new businesses and provide training and skills development.

The Campaign to protect Rural England describes this as a 'local food web ....a network of links between people who buy, sell, produce and supply food in an area and which depend on each other'. In a world increasingly vulnerable to economic, environmental and security threats, support for this local food web is essential to contribute to the future resilience of a city.

### 2.4.2 Economy and Employment [Score 3]

#### *National*

- The food and non-alcoholic drink sector is the biggest manufacturing sector in the UK with an annual turnover of £81.8bn, accounting for almost 16% of the total manufacturing sector, and employing nearly 17% of the workforce.
- Sales of ethical produce have increased year on year since 2007, despite the economic downturn. Rainforest Alliance made up the largest share in 2012, accounting for 19% of the total ethical food sector at £2.0 billion; an increase of 47% on 2011. Fairtrade and organic products are the next largest contributors at 15% (£1.6 bn) and 13% (£1.3 bn).<sup>45</sup>
- Sales of sustainable fish rose by 20% in 2012 to £0.4 billion<sup>46</sup>
- Based on the farm-gate value of unprocessed food twenty two countries accounted for 90% of UK food supply in 2014. The UK supplied over half (54%). The leading foreign suppliers were the Netherlands (5.6%), Spain (5.1%), France (3.1%), Germany (3.1%) and Irish Republic (3.0%)<sup>47</sup>
- Fruit and vegetables has the largest trade deficit of all UK food categories. In 2014 imports cost £8.7 bn while exports were worth £0.9 bn, giving a trade gap of £7.8 bn.<sup>48</sup>

<sup>45</sup> DEFRA 2015, Food Statistics Pocketbook 2015

<sup>46</sup> Ibid

<sup>47</sup> Ibid

<sup>48</sup> Ibid

- The value of the restaurant market continues to rise year on year, with an estimated value of £52 billion in 2017<sup>49</sup>

### *Local*

- The Leeds City Region has one of the largest food and drink manufacturing sectors in the UK employing 37,000 people.
- The region is home to several well-known brands including: Coca Cola, Nestle, Haribo, Mcvities, Warburtons, Yorkshire Tea, Betty's & Taylor's, Seabrooks Crisps, Dr Oetker and Harrogate Spring Water.
- It is also the headquarter location for Asda, Morrisons and Arla, the UK's largest dairy foods producer.
- Leeds is the UK's fastest growing city and is the main driver of a city region with a £56 billion economy.
- Yorkshire is the UK's biggest food producer. There are more than 15,000 companies in Yorkshire's food and drink sector - the largest concentration in the UK.
- The food and drink sector has been identified as one of 6 sectors in which Leeds has distinctive and world-leading capabilities, and where there are real opportunities for rapid, sustained growth
- The food and drink industry is the region's second largest sector and employs over 200,000 people across its core constituent sectors; agriculture, manufacturing, wholesale and retailing. This industry also remains one of the largest sources of employment in rural areas, as well as on the coast.
- The region is a major centre for seafood processing, with the Humber responsible around 40% of the UK's fish processing output. In fact Hull and the Humber has the largest concentration of food industries in the UK, employing around 48,000 people in the sector.
- The region is also home to a large concentration of breweries, producing almost a third of the UK's beer.
- Well-known manufacturers based in the region include Nestle, Heinz, Coca-Cola, Northern Foods, Young's, McCain, Allied Breweries, Warburtons, Asda-Walmart, and Geest. All of these provide opportunities in production and manufacturing systems.
- There are also over 1,100 food and drink processing companies, many of which are small niche manufacturers producing some the regions local favourites.
- There are 110 supermarkets in Leeds, which includes the local/mini versions of the national chains but does not include independent or ethnic supermarkets.

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<sup>49</sup> Michel, M. (2014) Value of Restaurant Market to Reach £52 Billion by 2017. Big Hospitality. Retrieved from: <http://www.bighospitality.co.uk/Trends-Reports/Value-of-restaurant-market-to-reach-52bn-by-2017>

Aldi	8
Asda	10
The Co-Op	23
Farm Foods	3
Iceland	5
Lidl	5
Marks and Spencers	8
Morrisons	10
Sainsburys	19
Tesco	17
Waitrose	2
	<b>110</b>

- **The Cooperative** has just announced that it will be closing its shop on Armley Town Street at the end of April 2016. This will have big implications on food access in one of Leeds' most deprived communities as it is the only major supermarket in that community.
- **Asda**, headquarter in Leeds, sources locally via the Yorkshire Farmhouse Market local food hub, which predominately holds eggs. It has been noted anecdotally that local sourcing is being reduced. Where take up is low, it is not economically viable but where it does work well, it is staying. Asda is has started supplying **Wonky Veg** boxes for £3.50 as part of campaign to reduce food waste. Boxes are available at the Middleton, Adel, Killingbeck and Pudsey stores.
- **The Cooperative** trialled a local food initiative "**Home of Local**" in Yorkshire in 2015 in response to customer demand for locally sourced food. The initiative has now rolled out across the country.
- The "**Handpicked for Yorkshire**" range is supplied by over 40 producers across Yorkshire, including real ales from **Leeds Brewery**, **Aagrah Curry Sauces** (Bradford), **Yorkshire Crisps** (Sheffield), **Grandma Wild's** (Bradford), **Mercers Jam** (York) and **Three Little Pigs Chorizo** (Beverly). Products are stored at the depot in Castleford and then distributed across Yorkshire.
- **Business Tourism** brought 4.2 million delegates to Leeds in 2013, worth £477.8 million to the local economy.

- **Leisure Tourism** brought 28.6 million people to Leeds in 2014, worth £1.515 billion to the local economy.<sup>50</sup>
- **Food Tourism** is an undeveloped opportunity in Leeds.

### **2.4.3 Examples of good practice**

The **RHS, Hyde Park Source** and **Leeds City Council** are working together to deliver an exciting programme of activity at Hyde Park Source and Leeds City Councils Red Hall Nursery. They will be running the **Grow to Sell – Creative Containers** programme, which is a free taster course for learners aged 16-24 years who would like to enhance their horticultural and employability skills.

### **2.4.4 Local Food Economy**

#### *National*

In 2012 the estimated value of local food sales was £2.7 billion a year, and supported over 103,000 jobs (full-time and part time), of which over 61,000 can be attributed directly to local food sales.

- The money spent in local food networks will be re-circulated within the local economy for longer, and could be contributing approx. £6.75 billion to local economies<sup>51</sup>.
- Spending in smaller independent local food outlets supports three times the number of jobs than in national grocery chains: outlets selling significant to high percentages of local food support on average one job for every £46,000 of annual turnover; by comparison within national chains one job is supported per £138,000 -£144,000 of annual turnover<sup>52</sup>.
- One fifth of shoppers use independent stores for all or part of their main shopping; these stores account for 60% of extra or 'top up' shopping visits.

#### *Local*

- 5 organic vegetable box schemes – plus Markets Delivered, which delivers produce from Leeds Kirkgate Market, including a student box with recipe and link to a YouTube cooking demo.

<sup>50</sup> Leeds Economy Fact Sheet. 2015. Leeds City Council. [Economy@Leeds.gov.uk](mailto:Economy@Leeds.gov.uk). Retrieved from: <http://www.leeds.gov.uk/docs/Leeds%20Economy%20infographics.pdf>. 2016

<sup>51</sup> Campaign to Protect Rural England, 2012. From Field to Fork: The Value of England's Local Food Webs.

<sup>52</sup> Ibid

- There are 12 farmers markets, predominantly in the more affluent North and West of the city, supplied by approximately 36 main producers of fruit, veg, meat etc. from within a 30 mile radius
- 10 farm shops selling a mix of organic and conventionally grown produce, meat and eggs, including an organic winery. There are many more farm shops across Yorkshire.
- 10 local breweries, including Leeds Brewery and Ilkley Brewery that are also selling in the “Taste of Yorkshire” scheme in The Co-Op. 67 city centre locations sell real ale.
- A large ethnically and culturally diverse independent restaurant scene throughout the city.
- A thriving street food scene that is nationally recognized.
- Trinity Kitchens, which is nationally acclaimed, celebrates street food and provides opportunities for local street food vendors to have a space on a rotational basis.
- The Professional Kitchen and Food and Drink Production Suite based at Leeds Beckett University houses a professional kitchen and flexible working space. The space can be used for food, product and menu market research. Suitable for use by start-up restaurants and street food vendors.
- A monthly cheese club that specializes in local and handcrafted cheeses, and numerous supper clubs including Columbian and foraged foods.
- Leeds hosts a number of food festivals throughout the year including **The Yorkshire Food and Drink Festival** (June 5-7); **Leeds Indie Food Festival** (May 12-30); **Harewood Food Festival** (May 28-30); **Leeds West Indian Carnival** (Aug) and numerous **Real Ale festivals** throughout the year.
- Local food marketing specialist include Yorkshire Food and Drink, that both promote food and also put on food festivals; Leeds Food and Drink specializing in promoting local food and dining experiences; and Relish Marketing helping new food and drink producers develop brands, increase sales and gain to supermarkets.
- There is incredible potential to develop a so far undeveloped Food Tourism industry.

#### ***2.4.5 Examples of good practice***

Greengrocer, **The Fruit Stall**, based in Chapel Allerton, specializes in selling local produce, which comes from three local suppliers plus one seasonal, and aims to be working with another supplier soon. They also sell produce from the wholesalers. Challenge of working with local suppliers is that they had to be individually sought out, and until business was large enough required picking up from each farm. They now deliver to the shop. Any food that is still edible is picked up by the **Leeds North Food Bank** to be distributed to clients or by **Richmond Hill Primary School** to go into their food program. Any other produce is delivered to **the Crypt**, especially in summer when turnover is higher. Any rotten produce is collected by **Re-Food**, which goes into an

anaerobic digester in Doncaster. Cardboard packaging is both flattened and recycled in a large bin or larger boxes (cardboard or wooden) are collected by either **Neil's Greengrocer** for their catering business, or **Whiteley's Farm Shop**.

**Leeds Bread Co-op** make good quality, slowly fermented bread using organic flours and locally sourced ingredients. The bread is sold via a bread subscription, which is a regular order of bread that is delivered to a local collection point. Bread is stocked in 20 independent restaurants and cafes across the city and sold at farmers markets around Leeds and local food festivals. Leeds Bread Co-op is a social enterprise and a worker co-op that aims to increase consumption, availability and knowledge of real bread. They also offer course in bread making on a sliding scale ensuring knowledge and skills around bread making is accessible. Environmental considerations include using ethical and where possible locally sourced ingredients, minimal and recyclable packing and an energy supplier that sources as much power from renewables as possible.

#### ***2.4.6 Outcomes based on Sustainable Food Cities developing methodology***

- A vibrant and thriving sustainable food economy at all points along the supply chain from production to consumption
- Stronger connections between producers and consumers within the Leeds City region
- An increase in spending in independent food outlets within the Leeds City region
- Opportunities for consumers to access affordable, healthy, sustainable and culturally appropriate food choices within Leeds
- A strong infrastructure across the food supply chain including availability of land, processing facilities, independent retail outlets
- An increase in community owned social enterprise food businesses
- Opportunities for training and skills development within the food sector
- Increased sustainability within the restaurant and catering sector
- Promoting and celebrating the food and culinary traditions of all cultures through a variety of public events, such as the Leeds Food Festival

#### ***2.4.7 Indicators based on Sustainable Food Cities developing methodology***

- No of independent shops maintained or increased
- No of new food businesses supported
- Footfall in street markets and farmers markets
- No of community owned businesses set up or maintained
- Increased sales of local, regional sustainable food sales
- % of workforce earning a living wage
- No of participants in schemes promoting local businesses

## 2.5.0 Transforming catering and procurement

### 2.5.1 Introduction

The catering and procurement of food can influence and impact on all aspects of the food chain from supplier selection, manufacturing, production and service, communication and engagement and education of staff and customers. Caterers that are committed to offering healthy and sustainable food choices to customers and who incorporate ethical, social and environmental considerations in to the products and services can provide positive benefits to health and wellbeing, the economy and the environment.

### 2.5.2 Health and Wellbeing [Score 3]

#### *National*

- The Department of Health's Hospital Food Standards Panel recommends all hospitals develop and maintain a food and drink strategy that raises food and nutrition standards.
- Soil Association Food for Life Catering Standard Mark provides an independent endorsement that food providers are taking steps to improve the food they serve, using fresh ingredients which are free from trans fats and harmful additives, and better for animal welfare.

#### *Local*

- Public Health has a role in supporting LHT to devise a Food and Drink Strategy which aims to encourage healthy eating for staff and patients – also includes identifying nutritional needs and Sustainable procurement of food and catering services.
- University of Leeds Catering Service – Great Food at Leeds holds the Gold Food for Life Catering Mark for conference menus and is working on accreditation for the Refectory operation and Function Floor hospitality rooms.
- Catering Leeds is pursuing the Food for Life Catering Mark for their school service but no details are currently available.
- Compass Catering is also working towards the Bronze Mark in the schools they work in but no details are currently available.

### 2.5.3 Examples of good practice

**Bramley Community Centre** sources meat and vegetables for their lunch clubs from a local farmshop in Pudsey. The meals are cooked onsite by volunteers and delivered across the city to other lunch clubs. They provide approximately 120 home-cooked meals a week to older people in an inclusive and supportive environment.

## 2.5.4 Economy and Employment [Score 2]

### *National*

- 1 million **Food for Life Catering Mark** meals are served each weekday or over 178 million meals per year across schools, nurseries, universities and hospitals.
- UK Government recognizes that procurement can have a considerable impact on the environment and has therefore introduced **Government Buying Standards**, which sets minimum mandatory standards for inclusion in tenders and contracts. **Catering Guidance** offers practical advice on how to make catering affordable, healthier and more sustainable.
- Catering contracts are required to meet **EU regulations** and cannot therefore specify local food only.

### *Local*

- **Great Food at Leeds** has a turnover of in excess of £6m per annum and serves circa 4,000 hot meals per day during term time. 16% of sales in 2015 were generated through the sale of Fairtrade products.
- No data has been found on the number of meals served in Leeds Teaching Hospitals.
- LCC used to collect **overall school meal data** for the city, but due to cutbacks this data is no longer collected. Last collected 2013/14 and approximately 50% of school children in Leeds had school dinners.
- Catering Leeds serves approximately 30,000 school dinners per day.
- Approximately 750 meals are served in Children's Centres per day. The structure of provision is changing so that fewer children are having lunch as they attend either morning or afternoon sessions.
- Meals on Wheels provide 360 meals per week day and 300 per weekend day, meeting all demand.
- LCC provides 250 meals in care homes per day, but these facilities are under consultation regarding future provision. The Adult Social Care spend for care home food is estimated at £260, 000.
- LCC provide meals to 3 Aspire Centres (approx. 60 -70 meals per day) with advice and audits on catering related matters.
- Based on occupancy capacity, HMP Leeds and HMP Wetherby serve approximately 4,644 meals per day.
- There are 1156 restaurants in Leeds (this figure includes restaurants, cafes and canteens). There are 844 takeaways. Of these 2000 businesses, 968 have achieved a Food Hygiene rating of 5, and 486 have achieved a rating of 3 or below.

### **2.5.5 Examples of good practice**

The University of Leeds' **Great Food at Leeds** does not use price as the deciding factor when going out to tender. They use local suppliers where ever possible and their fruit and vegetable supplier, H&P Fine Foods purchases products from local farmers. All meat is Red Tractor Farm assured meat from local farmers. Herbs and salad is purchased from the on-campus Bardon Grange project, and all monies are re-invested in to the project and other community initiatives. Their involvement in establishing national contracts helps to influence at a higher level and have included recommendations such as case studies built around sustainability. They encourage national suppliers to use local producers and to facilitate distribution. For example discussions with Bidvest have led to them to engage with a current supplier to utilise their distribution network.

**Miller Food Service** based in York but servicing businesses in Leeds, focusses on the Yorkshire market to both meet the increasing demand for local food and to the need to reduce negative environmental impact. They are members of Deliciously Yorkshire, a trade organization promoting local food, which enables them to support smaller companies within the local economy as well as national branded companies.

### 2.5.6 Environment and Pollution [Score 2]

#### *National*

- Despite its enormous size and economic value, there is currently scant information on the environmental impacts of the catering sector. At the same time, the awareness of and preferences for environmentally sustainable practices for food preparation and consumption are growing.

### **2.5.7 Examples of good practice**

**Asda** has a comprehensive sustainability strategy, relating to supply chain, customer communities, climate resilience, carrier bags, food waste, farming and energy. It is also a strong supporter of WRAP.

**Arla Foods** target is to reduce our CO2 emissions by 34 per cent by 2020, including 30% of energy from renewables, water use reduced by 20%, no waste to landfill, and provide support for farmers to reduce on-farm emissions.

Since August 2012, **Great Food at Leeds** has been closely monitoring food miles generated by their top 20 suppliers. This has resulted in a dramatic reduction in their CO2

emissions, with a reduction of 37% from 2012 to 2014.

**Rocket Catering**, a small private catering company in North Leeds, specializes in local vegetarian and special diets, in response to the large increase in demand for special diets. All serving plates, cutlery and any food waste are composted.

### ***2.5.8 Outcomes based on Sustainable Food Cities developing methodology***

- Public institutions such as schools, hospitals, universities etc. are serving sustainable food
- Local and healthy sustainable food is available to the public in private catering outlets across the city
- Leeds is a Fairtrade city and Fairtrade produce is widely available in public and private catering outlets and to purchase in retail outlets
- A skilled and knowledgeable workforce within the private and public catering sector

### ***2.5.9 Indicators based on Sustainable Food Cities developing methodology***

- No of public sector organisations (schools, hospitals etc) achieving bronze, silver or gold catering mark (or equivalent)
- No of private catering outlets achieving bronze, silver or gold catering mark (or equivalent)
- No of public / private sector catering outlets participating in other sustainable food accreditation ie Leaf, RSPCA freedom foods, Good Egg award
- Presence of sustainability criteria in contracts
- No of participants in training events on sustainable procurement practice (e.g. menu development)
- Uptake of Food for Life programmes in schools
- Maintenance of Fairtrade city status
- No of Fairtrade cafes and shops across the city
- % of catering workforce earning a living wage

## **2.6.0 Reducing Waste, and the Ecological Footprint in the Food System**

### ***2.6.1 Introduction***

Waste services are among the most visible services provided by councils, and Leeds is no exception. But a significant percentage of food and food packaging waste, along with the associated costs, is avoidable.

- One third of food produced for human consumption is lost or wasted globally, which amounts to about 1.3 billion tons per year. Food is lost or wasted throughout the supply chain, from initial agricultural production down to final household consumption. Food losses [also] represent a waste of resources used in production such as land, water, energy and inputs, increasing the green gas emissions in vain.<sup>53</sup>
- 10% of rich countries' greenhouse gas emissions come from growing food that is never eaten. UK Households waste around 20% of all the food they buy. 20 to 40% of UK fruit and vegetables are rejected before they reach the shops because they don't match supermarkets' cosmetic standards. And 24 to 35% of school lunches end up in the bin. An estimated 15 million tonnes of food wasted in Britain from the plough to the plate.<sup>54</sup>

There are other environmental impacts from the food system; flooding, soil erosion, biodiversity loss, atmospheric pollution and resource depletion, with phosphorus causing the most concern.<sup>55</sup>

*“This year the world signed the [UN] Sustainable Development Goals.<sup>56</sup> Within those 17 Goals, there are 169 targets, of which 70 are about food. And we cannot address the issues raised in the Paris climate talks, agreed last Saturday, unless food is there. I am actually in despair at the way those talks were bracketed around energy, when you cannot address the issue of climate change unless you address the issue of food.”<sup>57</sup>*

## 2.6.2 Environment and Pollution [Score 3]

### *National*

- Fertilizer, farming and fishing, manufacturing and catering were responsible for emitting around 70 million tonnes of CO<sub>2</sub> equivalent GHGs (mt CO<sub>2</sub>e) from UK domestic food sector activity in 2013 (excluding emissions from non-fertiliser pre-farm production, land use change, food packaging, retailing, households, food waste and net trade). The largest contributor of the four sectors was farming and fishing, estimated at 56 mt CO<sub>2</sub><sup>58</sup>
- 15 million tonnes of food and drink was wasted in the food chain in 2013 in the UK. Around 41 mt of food are purchased in the UK annually (mainly for use in the home), meaning that the quantity wasted in the supply chain is equivalent to about one third of the food purchased.

<sup>53</sup> FAO (2011) <http://www.fao.org/food-loss-and-food-waste/en/>

<sup>54</sup> Tristram Stuart, Feedback <http://www.tristramstuart.co.uk/foodwastefacts/>

<sup>55</sup> Wikipedia; Peak Phosphorus ([https://en.wikipedia.org/wiki/Peak\\_phosphorus](https://en.wikipedia.org/wiki/Peak_phosphorus))

<sup>56</sup> UN website 15 03 16 <https://sustainabledevelopment.un.org/?menu=1300>

<sup>57</sup> Lang, T. (2015) City Food Symposium 2015 “UK, Food and Europe: The food implications of Brexit”

<sup>58</sup> DEFRA (2015) Food Statistics Pocketbook 2015

- The highest proportion of food and drink waste in the food chain was wasted in households, with 7 million tonnes being thrown away in the UK in 2012, or just under half of the 15 mt.

### **2.6.3 Examples of good practice**

**University of Leeds Great Food at Leeds** has been working with their supply chain to make it more efficient. Their Fruit and Vegetable supplier is also contracted for the delivery of milk, cream and eggs, and they back fill vans from Thirsk salad producers to reduce emissions, food miles and costs. They have also reduces the number of suppliers and are utilizing multi-temperature distribution networks to increase drop size and decrease drop frequency. UoL Introduced composting bins for the Refectory waste food. In 2014 circa 15 tons of food and compostable waste (disposable compostable products) has been generated from the refectory operation. Plate waste and packaging from the refectory are separated allowing circa 14.4 tons to be diverted from landfill. All waste oil is collected by an approved supplier, with 93% converted to bio-diesel and 7% to electricity. UoL are creating an on-site anaerobic digester to convert food waste into digestate and biogas for the campus.<sup>59</sup>

**The Real Junk Food Project** (see Fuel for Schools above) intercept beyond sell-by but before use-by surplus food, along with produce from other sources including donations, which are then used at **Pay as You Feel cafés** and similar outlets around the city.<sup>60</sup>

### **2.6.4 Economy and Employment [Score 2]**

#### *National*

- 55,400 tonnes of food was thrown away from Tesco stores and distribution centres in 2015<sup>61</sup>
- Tesco has partnered with FareShare to launch a platform FareShare Food Cloud allowing staff and charities to liaise with to distribute surplus food and are aiming to work with 5000 charities across the country.<sup>62</sup>
- Purchases of 5 A DAY across all households increased to 4.0 portions after a reduction in 2012 to an average of 3.9 portions in 2013 but it is estimated that 22% of edible fruit and vegetables are wasted.<sup>63</sup>

<sup>59</sup> UoL Great Food at Leeds Footprint Award Submission 2016

<sup>60</sup> The Real Junk Food Project <http://therealjunkfoodproject.org/>

<sup>61</sup> Mortimer, C. (2016, March 11). Tesco to give all unsold food to charity after finalising deal. The Independent. Retrieved from <http://www.independent.co.uk/news/business/news/tesco-to-give-all-unsold-food-to-charity-after-finalising-deal-a6925971.html>

<sup>62</sup> Ibid

<sup>63</sup> DEFRA (2015) Food Statistics Pocketbook 2015

## Regional

- Leeds is/was one of the '10 cities involved in the **WRAP** (Waste and Resources Action Programme) **Love Food Hate Waste** Campaign with LCC, ASDA, community groups (Zest Health for Life and Healthy Living Network) and others. The campaign included Cascade Training, cookery classes, kitchen skills, Save More, food champion networks, cookery demos and events, including the 2015 Leeds Food and Drink Festival. WRAP received over 3,000 pledges to 'Do One Thing Differently' about food waste.<sup>64</sup>
- WRAP's Courtauld Commitment aims to improve efficiency and reduce waste within the UK grocery sector.<sup>65</sup>

## Local

- LCC provides refuse and recycling collection services to approximately 335,000 households, collecting around 315,000 tonnes of waste and recyclable materials. An additional 11,000 tonnes are collected from the commercial sector.
- Kitchen organics account for 27% of household waste; equating to around 63,180 tonnes per annum. The Veolia energy from waste facility will divert waste from landfill, and LCC has a target of 55% recycling by 2020. To achieve this, food waste capture will need to be 39% or 31,000 tonnes.<sup>66</sup>
- The council currently provide a weekly food waste collection to around 12,000 households in the **Rothwell** area of Leeds. This doorstep service collects about 1,200 tonnes of food waste per year. LCC aims to roll this out city wide, alongside an AD treatment capacity. This is projected to cost approx £3.5m per year, which is currently unaffordable.
- In addition to municipal food, there's significant commercial and industrial food waste that could also be captured. A recent study estimated that there is around 90,000 tonnes per annum of C&I food waste in Leeds, of which 40,000 tonnes would be suitable for processing at an AD facility.<sup>67</sup>

### 2.6.5 Examples of good practice

**Yorkshire Water**, based in Bradford, does not run any food waste recycling schemes, though **waste food** from their canteens is sent to a recycling company for composting. YW are also progressing a '**Fatberg**' project to harness the bio fuel potential of waste fats, oils and greases from (eventually) over 6,000 homes in Bradford. Local residents collect waste in 'fat vats' which is refined into carbon neutral bio fuel. 1 litre of oil

<sup>64</sup> Love Food Hate Waste website 14 03 16.

<sup>65</sup> WRAP Courtauld Commitment (2015)

<http://www.wrap.org.uk/node/14507?gclid=CLe3tsq6wssCFbcW0wodkDYNbg> 15 03 16

<sup>66</sup> LCC 5005: A Feasibility Assessment of Food Waste Collection & Anaerobic Digestion: Leeds City Council 30 09 13 NOT FOR PUBLICATION WITHOUT SPECIFIC PERMISSION

<sup>67</sup> Email from Chris O'Brien Business Officer, Waste Management Leeds City Council 16 02 16

generates enough electricity to make 240 cups of tea or power a TV for 3 hours. There has been an almost total elimination of 'fatberg' blockages to the sewer system.<sup>68</sup> YW have also been running a scheme to **phytoremediate** sewage sludge (i.e. waste derived from food) by combining it with shredded green waste, windrowing, and then growing ryegrass through it to create a commercial soil product, which was made available, gratis, to community growing schemes. Subsequent problems with BS accreditation have put the scheme on hold, but there may be opportunities to resume.<sup>69</sup>

**Fuel for Schools** is a new initiative started by **Richmond Hill Primary School** in partnership with the **Real Junk Food Project** to supply surplus food to combat the joint issues of food waste and food poverty. Morrisons and Suma Wholesalers have signed up as corporate partners and will supply the project with surplus food from stores and supply centres.<sup>70</sup>

#### 2.6.6 Health and Wellbeing [Score 1]

Evidence suggests that changes in diet, including a reduction in animal protein consumption and a greater intake of fruit, vegetables and pulses can offer increasing health benefits for the individual, as well as major advantages for the planet,<sup>71</sup> (8.3 million hectares of land is required to produce just the meat and dairy products wasted in UK and US homes, shops and restaurants - 7 times the rainforest destroyed in Brazil in one year).<sup>72</sup> Small shifts in the choices consumers make can have a huge impact in reducing agriculture's resource use and mitigating environmental problems. However, problems like rickets, associated with a lack of calcium or vitamin D, suggest that reducing meat and dairy consumption may not be appropriate for everyone and should be considered only as part of a balanced diet<sup>73</sup>.

Other cities and countries are making progress towards promoting sustainable diets and reducing meat consumption. The City of Vancouver has introduced Meatless Mondays,<sup>74</sup> and Holland has recently recommended a reduction in meat to just two servings per week.<sup>75</sup>

<sup>68</sup> Amanda Crossfield, YW Lead Advisor for Climate Change email 8 03 16.

<sup>69</sup> Interview Jamie Grey YW Project Manager June 2016

<sup>70</sup> Interview Nathan Atkinson Head Teacher March 2016

<sup>71</sup> Ranganathan, J. et al. (2016) Shifting Diets for a Sustainable Food Future: World Resources Institute. [http://www.wri.org/sites/default/files/Shifting\\_Diets\\_for\\_a\\_Sustainable\\_Food\\_Future\\_0.pdf](http://www.wri.org/sites/default/files/Shifting_Diets_for_a_Sustainable_Food_Future_0.pdf) Retrieved: April 2016.

<sup>72</sup> Tristram Stuart, Feedback <http://www.tristramstuart.co.uk/foodwastefacts/>

<sup>73</sup> NHS Choices website 15 03 16 <http://www.nhs.uk/Livewell/Vegetarianhealth/Pages/Vegandiets.aspx>

<sup>74</sup> <http://www.vancouverhumanesociety.bc.ca/meatless-monday/>

<sup>75</sup> <http://theplate.nationalgeographic.com/2016/03/23/another-nation-trims-meat-from-diet-advice/>

### **2.6.7 Outcomes based on Sustainable Food Cities developing methodology**

- The city's waste is dealt with effectively, and the amount of waste sent to landfill is reduced, and waste is considered as a resource and is reused or recycled or has its value recovered wherever possible
- Food consumed is produced, processed, distributed and disposed of in ways which reduce the ecological footprint of the city

### **2.6.8 Indicators based on Sustainable Food Cities developing methodology**

- No of households engaged in food composting
- No of community composting projects
- Reduction in the tonnage of food waste from residential households and businesses
- Tonnage of food redirected from landfill and redistributed to the public via community projects etc.
- Amount of land used within the city region for growing food
- Reduction in carbon emissions associated with food production, processing, distribution and disposal of food consumed within the city
- Purchase and consumption of MSC certified fish

## **3.0 Discussion**

From reviewing the evidence in the Audit process, it is apparent that there are serious challenges to address regarding food poverty, diet related ill-health and food access, which is not new information. However, there is a wealth of activity amongst statutory and third sector organizations, communities, academia and business working towards developing a more resilient, fairer and more diverse food system for Leeds. The challenge lies in galvanizing the current interest and activity to drive it forwards strategically given continuing cuts to funding, a fluctuating policy environment and the lack of an existing structure in the city to do so. There are, however, opportunities, particularly economic, that will produce the positive benefits required for improving the food system for all residents of Leeds. To capitalize on these opportunities, Leeds needs a strategic food vision for the city and the required support and policy framework to empower the city to become a leader, not only in the region but nationally and beyond.

### **3.1 Stakeholders**

As part of our bid to conduct the Audit, Feed Leeds recommended creating a virtual steering group consisting of relevant LCC, business and community stakeholders to oversee the research. Unfortunately, this virtual reference group was not as effective as it could have

been, with some members not engaging with the process on any level. This lack of engagement may have been due to a misunderstanding of their role, a lack of time for the audit or due to not having previously engaged with Feed Leeds. Although it was not as successful at this stage, moving forward this group has the potential to add considerable value to a strategic approach.

A chart has been developed (Table 3) listing stakeholders, their level of engagement in the audit, areas of expertise and level of ongoing commitment. Those whom may or may not have engaged with this audit process but are actively involved with Feed Leeds, LESSN or food systems research at the University of Leeds have been highlighted, along with those who engaged in the audit and would like to be kept informed. Those that did not express a direct interest, did not engage or were part of the work conducted by Public Health are not highlighted. As the strategic approach develops, it would be worth engaging with all stakeholders listed and many more as commitment will increase as the process builds.

When reviewing the declared interest of stakeholders to an ongoing commitment, many only want to be kept informed at this stage. Without a genuine offer of what the next stage in the process to developing a strategic approach to food is, it is hard for people to commit time and energy away from their businesses or to see how it fits into their jobs. From the conversations with stakeholders, there is a lot of interest to develop a sustainable food system for Leeds, but until there is evidence of commitment and resources to drive it forward people are reluctant to commit to yet another good idea.

From reviewing the list of skills and expertise, those stakeholders most engaged fit with the evidence gathered around the existing work in the city: **Promoting Healthy Food; Food Poverty, Diet Related Ill Health and Food Access;** and **Building Community Food Knowledge, Skills, Resources and Projects.** While there is not as much evidence around **Developing a Sustainable Food Economy,** there is a lot of interest from stakeholders making it an area of opportunity.

The Working Vision “**Leeds should have access to sufficient, appropriate and healthy food for all, which is safe, affordable and sustainably sourced**” will also require further development and endorsement.

### **3.2 Potential Future Indicators for the Leeds Food System**

Indicators are needed to monitor and communicate the status of the Leeds Food System in the broadest sense, to provide measures of progress and provide early warning that intervention may be required. Ideally, the indicators are both sensitive and easily measured (indeed, should be measured already). There is no single set of indicators currently used for a city food system, although there are various sets under development<sup>76</sup>, but there are

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<sup>76</sup> Prosperi, P et al. (2015) Measuring progress towards sustainable food cities: Sustainability and food security indicators. Cardiff School of Planning.

many indicators and goals that are relevant. Not only must indicators be SMART (Specific, Measurable, Achievable, Relevant and Time-bound), they should ideally draw upon data that are already being collected routinely.

Many kinds of indicators are needed for policy development and monitoring. A valuable framework for indicators is the OECD Driver – Pressure-State-Response (DPSIR) model, where the Drivers are forces outside the system (here, e.g. global food prices, Government policy, demographic change); Pressures are how these Drivers set in motion local changes (e.g. higher prices in shops, changes in funding for projects, an increase in population in certain areas of the City); State are the state variables that are the focus of attention (e.g. public health, employment, levels of food waste, community engagement with local food production and cooking); Response variables are those measures put in place to try to manage the state variables (e.g. food banks, changes to access to public land).

Indicators should relate to the many levels of food policies. Perhaps the highest level goals are the UN Sustainable Development Goals, applying from 2015 to 2030, that include (1) No Poverty, (2) Zero Hunger, (3) Good Health and Wellbeing, (11) Sustainable Cities and Communities, (12) Responsible Consumption and Production and (16) Peace, Justice and Strong Institutions. The UK Government has released a set of Indicators for a Sustainable Food System. These are grouped as follows; “Enabling and Encouraging People to Eat a Healthy, Sustainable Diet”, including food price, share of spending on food in low income houses, obesity, consumer engagement: “Ensuring a Resilient, Profitable and Competitive Food System” that includes productivity of agriculture, costs of food transport, food borne disease incidence: “Increasing food production sustainably” that includes water abstraction, soil quality, biodiversity, total food production; “Reducing the food system’s greenhouse gas emissions”; “Reducing, reusing and processing waste” across the food chain, and “Increasing the impact of skills, knowledge, research and technology”, in particular investment in training.

At the more local level, many indicators are being used by different local and national Governments and Agencies to address different aspects of the Food System, albeit often for more specialist purposes. They include, for example, levels of childhood obesity; employment in the agri-food supply chain, number of families accessing food banks; number of people attending training opportunities; development of new resources for growing food in schools; data on food hygiene exceptions; tonnage of food waste collected, etc.

It is not within the scope of this report to identify a full indicator set to be used when reporting on the state of the Leeds Food System; this must be developed through stakeholder dialogue supported by quantitative research. Here we propose a way forward to selecting them.

A concise, headline indicator set summarises the system using a small but diverse and widely understood set of metrics, to promote public understanding and stakeholder engagement. This could reflect the Four Themes, for example;

<i>Health and Wellbeing -</i>	<i>%age Childhood obesity / Type 2 diabetes, by age group and location</i>
<i>Social sustainability</i>	<i>Use of food banks by location</i> <i>Numbers of voluntary networks</i>
<i>Economic performance</i>	<i>Economic outputs of all food-related businesses in the City Region</i> <i>Number and diversity of food-related businesses by location</i>
<i>Environmental sustainability</i>	<i>GHG emissions of the food system</i> <i>Levels of food waste going to landfill</i>

We suggest that these should be supported by a richer set of Indicators that cover the matrix of the Six Key Issues and the Four Themes. They should focus on state indicators initially, until our understanding of the Leeds Food System increases, and should be selected once the Vision for the Leeds Food System is agreed. These indicators can, in principle, be cross-related using systems science and modelling approaches to give a detailed understanding of the Leeds Food System, how it is changing, and how well particular interventions are working.

This suggested approach contrasts with that developed by Sustainable Food Cities and Cardiff University, and referred to within this Audit. Through a series of participatory workshops with practitioners, academics and policy makers over the past year, they have been working on developing a ‘basket of indicators’ from which cities choose the most appropriate according to their prioritized outcomes and the data they have available to them. This work is still very much in progress and the indicators have neither been agreed nor tested.

For the requirements of this report, a chart (Table 2) has been developed listing indicators that are currently in use and suggestions for others that may or may not be in use but could be relevant indicators moving forward. The indicators have been divided across the Six Key Issues and then cross-referenced against the Four Themes. This provides a visual tool to analyze the different layers of complex data. The chart enables levels of priority to be looked at together from the initial snapshot of the Leeds food system presented in the report. The indicators currently in use are listed in black font and the potential indicators are listed in purple italics. Each Theme in the chart shows a Score that corresponds to the same Score in the Guideline Matrix (Chart 1) and is shown in square brackets. For example, the indicators listed under the Key Issue **Promoting Healthy Food** and Sustainability Theme **Health and Wellbeing** are listed under **[Score 2]**.

It should be noted that the current and potential indicators listed in the chart are by no means a complete set, but are a sample gathered during the audit process. To develop a full set of indicators takes considerably more time and stakeholder engagement than the audit process allowed. It is intended that this list of current and potential indicators is sufficient to highlight areas of priority from which to develop the next stage in a strategic approach to food for the city. It is with this data analysis that the following recommendations and next steps have been developed.

### 3.3 Table 2. Potential indicators chart

Theme	Health & Wellbeing	Social Sustainability	Economic/ Employment	Environmental
1	<p><b>Promoting healthy food</b></p> <p><b>[Score 2]</b></p> <ul style="list-style-type: none"> <li>- breastfeeding initiation rates &amp; 6 weeks</li> <li>- take up of FSM across all schools</li> <li>- Average take up of 87% of UIFSM</li> <li>- <i>take up of Paid For Meals</i></li> <li>- No of schools demonstrating compliance with School Food Standards</li> <li>- No of schools and participants in School Food Ambassadors and Junior Nutrition Ambassadors programmes</li> </ul>	<p><b>[Score 2]</b></p> <ul style="list-style-type: none"> <li>- No of community cooking projects</li> <li>- No of participants in cooking projects</li> </ul>	<p><b>[Score 1]</b></p> <ul style="list-style-type: none"> <li>- <i>Turnover and number of food outlets achieving sustainable food awards</i></li> <li>- <i># of restaurants as members of Sustainable Restaurant Assoc</i></li> <li>- <i>mapping of healthy &amp; sustainable food outlets</i></li> <li>- Level of compliance of Food hygiene and safety standards</li> <li>- Growth of food businesses in Leeds</li> </ul>	<p><b>[Score 0]</b></p> <ul style="list-style-type: none"> <li>- <i>Purchase &amp; Consumption of MSC certified fish</i></li> </ul>
2	<p><b>Food poverty; Diet related ill health; food access</b></p> <p><b>[Score 3]</b></p> <ul style="list-style-type: none"> <li>- Supply of Meals on Wheels; &amp; meals at LCC care settings</li> <li>- <i>Demand for food services</i></li> <li>- Decrease levels of malnutrition</li> <li>- Decrease Levels of childhood obesity</li> <li>- Decrease Levels of obesity in adults</li> <li>- No of referrals to weight management services</li> <li>- <i>Healthy Start monitoring</i></li> <li>- Rates of diet related diseases</li> <li>- # of professionals attending nutritional and other relevant training programmes</li> </ul>	<p><b>[Score 2]</b></p> <ul style="list-style-type: none"> <li>- <i>Affordability of fresh food</i></li> <li>- No of people accessing food banks</li> <li>- No of people receiving FareShare deliver</li> <li>- <i>Levels of household food insecurity</i></li> <li>- <i># of school breakfast clubs</i></li> <li>- no of lunch clubs &amp; no of people attending</li> </ul>	<p><b>[Score 2]</b></p> <ul style="list-style-type: none"> <li>- <i>No of Innovative organisations associated with alleviating poverty (e.g. Junk Food Project etc)</i></li> <li>- No. of care establishments signing up to the Leeds Food Consensus</li> </ul>	<p><b>[Score 0]</b></p> <ul style="list-style-type: none"> <li>Levels of vandalism</li> </ul>

3	<b>Food skills</b>	<p><b>[Score 2]</b></p> <ul style="list-style-type: none"> <li>-Consumption of fresh fruit and vegetables – 5 a day</li> <li>- No of people cooking from scratch</li> <li>- No &amp; location of ‘gardening for health’ opportunities</li> <li>-No of people attending ‘gardening for health’ sessions</li> </ul>	<p><b>[Score 2]</b></p> <ul style="list-style-type: none"> <li>- No of Community gardens &amp; allotments</li> <li>- Allotment waiting lists</li> <li>- People attending cooking classes</li> <li>- No of combined growing &amp; cooking opportunities</li> <li>- No of school growing projects</li> <li>- No of community kitchens available and no’s of community members using them</li> </ul>	<p><b>[Score 3]</b></p> <ul style="list-style-type: none"> <li>- No of participants in professional training in catering, agriculture and horticulture in Leeds City region FE colleges</li> <li>- No of apprenticeships available and taken up in catering, agriculture and horticulture across the region</li> <li>- No’s of volunteers in community food projects</li> <li>- No of assets (land, buildings etc) in community ownership</li> </ul>	<p><b>[Score 0]</b></p> <ul style="list-style-type: none"> <li>- Households that compost</li> </ul>
4	<b>Food economy</b>	<p><b>[Score 0]</b></p> <ul style="list-style-type: none"> <li>- Resilience of supply of fresh fruit and vegetables</li> </ul>	<p><b>[Score 1]</b></p> <ul style="list-style-type: none"> <li>- Presence of outlets for fresh fruit and vegetables</li> <li>- increased participation of businesses in Leeds Indie Food Fest</li> <li>- mapping of local/independent food businesses</li> <li>- No of community owned businesses set up or maintained</li> </ul>	<p><b>[Score 3]</b></p> <ul style="list-style-type: none"> <li>-Employment in food industry</li> <li>-Employment in food outlets and companies</li> <li>- Increased retail sales of edibles during peak season (Redhall).</li> <li>- No of independent shops maintained or increased</li> <li>-No of new food businesses supported</li> <li>- Increased sales of local, regional sustainable food sales</li> <li>- % of workforce earning a living wage</li> <li>- No of participants in schemes promoting local businesses</li> <li>- Location of unused land that could be used for community food growing</li> </ul>	<p><b>[Score 1]</b></p> <ul style="list-style-type: none"> <li>-Degree to which Leeds food system is a circular economy</li> </ul>

5	<b>Catering and procurement</b>	<p><b>[Score 3]</b>  <i>-Penetration of Food For Life programme and similar programmes across settings</i></p>	<p><b>[Score 0]</b>  - Fairtrade city status  <i>- No of schools, businesses etc with Fairtrade status</i></p>	<p><b>[Score 2]</b>  - % workforce earning living wage  - Local business engaged through LCC procurement process  <i>- No of public sector organisations (schools, hospitals etc) achieving bronze, silver or gold catering mark (or equivalent)</i>  <i>- No of private catering outlets achieving bronze, silver or gold catering mark (or equivalent)</i>  - No of public / private sector catering outlets participating in other sustainable food accreditation ie Leaf, RSPCA freedom foods, Good Egg award  - No of participants in training events on sustainable procurement practice (e.g. menu development)</p>	<p><b>[Score 2]</b>  <i>-Sustainability criteria in public contracts</i>  - Pursue Sustainable Fish City Status</p>
6	<b>Reducing waste</b>	<p><b>[Score 1]</b>  <i>- Re-distribution of surplus food</i>  <i>-Tonnage of food redirected from landfill and redistributed to the public via community projects etc.</i></p>	<p><b>[Score 0]</b>  - Love Food Hate Waste Campaign No. of trainers that are created by the WRAP training, and no of training sessions they run, and the no of individuals that they train.  - increase rates of recycling  <i>- No of community composting projects</i>  <i>- No of households engaged in food composting</i>  <i>- No of master composters recruited</i></p>	<p><b>[Score 2]</b>  - Energy from waste (e.g. Anaerobic Digestion)  - Increased recycling rates and associated savings on waste disposal costs  <i>- Amount of land used within the city region for growing food</i>  <i>- Reduction in carbon emissions associated with food production, processing, distribution and disposal of food consumed within the city</i></p>	<p><b>[Score 3]</b>  <i>Levels of non-recyclable packaging</i>  - decrease amount of food waste in homes  <i>- decrease amount of food waste in businesses</i>  - tonnage of food collected in Rothwell pilot  - no. of compost bins purchased via LCC website offer</p>

### 3.4 Next Steps

*This food audit was commissioned by the Director of Public Health on behalf of Leeds City Council. The recommendations in the report involve a range of different partners and will be shared across the council and with partners across the city.*

From reviewing the chart of current and potential indicators that have been divided under the Six Key Issues and cross-referenced against the Four Themes, it is obvious that considerable work is being done to address the first two Key Issues: **Promoting Healthy Food; and Food Poverty, Diet Related Ill Health and Food Access**, in particular reference to **Health and Wellbeing**. When looking at **Building Community Food Knowledge, Skills, Resources and Projects Food Skills**, we know from the data in the report and the examples of good practice that there is an incredible amount of good work happening across the city but there is currently no structure in place to gather this data collectively. In regards to **Promoting a Vibrant and Diverse Sustainable Food Economy**, once again there is little data currently monitored to collectively evaluate this sector but from just looking around the city there is clearly a vibrant food economy with considerable potential to be harnessed. From reviewing the data on **Transforming Catering and Procurement** more work is required to engage with large stakeholders. And finally, **Reducing Food Waste and the Ecological Footprint of the Food System**, this is also an area that requires more research and stakeholder engagement to assess what can be achieved on a local level and what are regional and national issues.

From reviewing the data, there is clearly a considerable amount of work happening across the city that addresses the Six Key Issues. The next step is to build on this existing momentum and harness the energy to develop a strategic approach to food for the city. From reviewing the evidence in the report and the indicator chart, the following are our recommended next steps.

#### 3.4.1 Collect data from parties who have not participated to date

A number of council departments, most notably Planning, key businesses and other organisations have not yet engaged with requests for information. These omissions should be rectified before any key decisions are based on this Audit.

#### 3.4.2 Form a Food Partnership Group

To drive the sustainable food agenda forward it is necessary to set up an independent food partnership group. This is the place where food becomes 'visible', and eventually that organisation will become recognised as the 'go to' place for all food related issues. The food

partnership group should represent all stakeholders in the local food system. It is important that people come together in recognition of a shared vision that is more than their own particular agenda and work to a common aim, which ultimately benefits their particular work. In particular, we recommend that the partnership is made up of stakeholders from Council, business, academia, the Third Sector and communities to promote initiatives that;

- Identify actions and policies that will enhance, or make resilient, aspects of the Leeds Food System in terms of the Six Key Issues;
- Raise awareness of the importance of the Leeds Food System through events, websites, social media etc;
- Enhance collaboration between the Third Sector, academia, business large and small, and public sector through cross-sectoral partnership working;
- Recognize the creativity of the food sector and how this can be enhanced to achieve wider objectives;
- Foster knowledge exchange and training in food-related matters;
- Integration with broader activities, including Sustainable Food Cities etc.;
- Develop a position statement about food that can be utilized to attract more funding to the city to achieve objectives of economic and social outcomes.

The Partnership will need to be small enough to manage effectively but large enough to be representative. There could also be a larger on-line community of interested parties, who can inform the debate through a less formal process.

*Andy Goldring has expressed interest to share his insight and expertise in this area of Partnership Group Development.*

### **3.4.3 Employ a Food Officer**

This partnership will require executive leadership and a small administrative resource. We recommend employing a **Food Officer**, who would be independent of the council yet with the support of Public Health be able to work across council directorates as well as with business, third sector and community stakeholders. The officer would act as the secretariat to the food partnership group ensuring that the agreed strategic approach continues its momentum. The officer would liaise with the Sustainable Food Cities Network and others, and represent Leeds at regional and national events. From attending the recent Sustainable Food Cities conference in Liverpool, it was clear that the cities that employ a Food Officer have a much stronger, more engaged and wider reaching food agenda.

*The Partnership might contact other Sustainable Food Cities, and food-focused cities abroad - especially in North America, (perhaps via the FAO Food-for-Cities Network), to review the job description of their officers and adapt to suit the requirement for Leeds.*

#### **3.4.4 Develop a coherent set of indicators and targets for the Leeds Food System**

As mentioned above, there are different sets of indicators, used in different ways by many stakeholders. In the first instance, we recommend agreeing a high level indicator set that can be used for annual reporting on the state of the Leeds Food System, to be expanded in order to take into account indicators and data used by other groups. Indicator development is taking place currently, it would be appropriate for Leeds to actively engage in this work, so that indicator sets are generated which are suited to the complex health / social / economic / environmental situation in Leeds and its vicinity.

#### **3.4.5 Explore Regional networking options**

Funding may be available from Sustainable Food Cities or elsewhere to develop regional networking, and to share data with other cities within the Leeds City Region.

#### **3.4.6 Run the Campaign for Rural England 'Mapping Local Food Webs Toolkit'**

This model could provide essential data not collected in this Audit due to the prescribed methodology, and also help to verify, and offer a valuable alternative transect to the information that has been collected<sup>77</sup>. A comparison between the methodology employed today and the CPRE Toolkit would be a valuable research exercise in its own right.

#### **3.4.6 Raise the Profile of Sustainable Food Across the City**

Leeds has a vibrant food scene, both commercially in its restaurants and food retail options, but also through the myriad of community projects and initiatives. However, this dynamism is not currently being harnessed to its full potential and the different sectors are not sufficiently linked, which means there is considerable opportunity to enhance the creativity of the food sector to achieve wider objectives, particularly skills development and job creation.

- **Food Tourism**, although widely developed in other cities and regions it is not particularly promoted or celebrated in Leeds outside of food festivals. In 2013, 4.2 million business delegates came to Leeds, which was worth £477.8 million to the local economy. A further 28.6 million tourists visited Leeds in 2014, which was worth a further £1.515 billion to the local

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<sup>77</sup> <http://www.cpre.org.uk/resources/farming-and-food/local-foods/item/3076-mapping-local-food-webs-toolkit>

economy.<sup>78</sup> It has been estimated that up to a third of tourist expenditure is on food.<sup>79</sup> There is an opportunity for food tourism to contribute to a sustainable local economy, providing more employment and entrepreneurial opportunities. There is the potential to develop food trails around the city, eg, up Chapeltown and Harrogate Road, which tells an interesting social history of immigration and food in Leeds.

*Research food tourism successes in other cities and regions and determine what would work well for Leeds. This might involve creating a 'Made in Leeds' stall at Leeds train station and the Leeds Bradford Airport, stocking only local food products to ensure an outlet for local producers and ensuring tourists have an opportunity to buy locally.*

- **The Leeds Bid for the European City of Culture 2023** is in the early stages of development and presently, food has not been sufficiently included. On a practical level, everyone coming to Leeds will need to eat, and what better way to show the diversity and dynamism of the city than through its food? The bid would also provide opportunities for access to additional funding and investment, which could be used to cultivate the latest developments in sustainable food production, such as indoor vertical farms that could also double as visitor centres. This increased investment in new horticultural and other food industries would provide growth in both jobs and educational opportunities. Focussing on this bid would enable greater collaboration between academia, business, Council and the Third Sector.

*Review the current criteria for the City of Culture bid and also research past winners to see how food was incorporated or not into their bids or experience. Research the other UK cities competing for 2023 and review their current food systems to better understand the competition. Follow up the initial contact made with Katherine Handy, who is leading on developing the City of Culture Bid, to determine how to include the bigger picture of food into the Leeds Culture Strategy and bid.*

- **A 'Buy Local' Campaign** can be an effective tool to support local shops and producers, while also raising consumer awareness of the importance of supporting the local economy and increasing understanding of the environmental impact of the food system. Restaurants and catering outlets can benefit by promoting menus that include locally sourced produce. A Buy Local Campaign would benefit any food tourism initiative, offering further enthusiasm for local food.

*Review current national and international Buy Local Campaigns and determine how it could best work in Leeds. Learn from existing Buy Local Campaigns, such as CARA in Chapel*

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<sup>78</sup> Leeds Economy Fact Sheet. 2015. Leeds City Council. [Economy@Leeds.gov.uk](http://www.leeds.gov.uk/docs/Leeds%20Economy%20infographics.pdf). Retrieved from: <http://www.leeds.gov.uk/docs/Leeds%20Economy%20infographics.pdf>. 2016

<sup>79</sup> Hall, C., Sharples, L. et al. (2003) Food Tourism Around the World. Elsevier.

*Allerton. Research how the Leeds Indie Food Festival has developed its network of partner businesses. Engage with business and producer stakeholders to develop a campaign for Leeds.*

### **3.4.6 Identify policies and initiatives**

Recommend legislation and campaigns that could improve, enhance, or make more resilient aspects of the Leeds Food System, such as initiatives to promote eating a more sustainable diet and reducing consumption of fried fast food.

## **4.0 Conclusion**

The purpose of this Audit has been to provide an overview of the food system in Leeds, reviewing the current evidence on food and its impact on the economy, health and well-being and sustainability. The Audit identifies key stakeholders, local food assets, networks, policy and provision, and has been structured around the Sustainable Food Cities' six food Key Issues:

- 1 Promoting healthy and sustainable food to the public
- 2 Tackling food poverty, diet-related ill health and access to affordable healthy food
- 3 Building community food knowledge, skills, resources and projects
- 4 Promoting a vibrant and diverse sustainable food economy
- 5 Transforming catering and food procurement
- 6 Reducing waste and the ecological footprint of the food system

And the four Themes of Sustainability: Health and Wellbeing; Social; Economic and Environmental Sustainability.

There is a great deal of activity happening across the city from commissioned work through to community growing projects, lunch clubs, and a dynamic wave of entrepreneurialism in the areas of food production and catering, as well as food waste. It is important to build on this existing work and to raise the profile of the importance of food to the health and wellbeing of all residents of Leeds, the economy and the environment.

The Audit has provided a 'snapshot' of the Leeds Food System, highlighting issues and concern as well as opportunity. The purpose of the Audit is not to provide a defined pathway forwards, but present a sample of evidence that will hopefully inspire change and

commitment towards a new strategic approach to food for the city that is collaborative and engaged with stakeholders from across the food system.

## 5. Appendices

### 5.1.0 SFC Six Food Issue Notes from Stakeholder Event 17.03.2016:

#### 5.1.1 Promoting healthy and sustainable food to the public

- Low calorie does not mean healthy
- NHS Campaigns: One You; Change4Life; Health Educators
- Local does not always mean sustainable
- LCC discounts to good trader grants eg. Street corner promotion
- Packaging – potato starch cutlery
- Leeds market messages
- Manage cheap booze
- How to promote the true story in competition with the big fat guys
- LCC doing some – a few pioneers – need more big players
- Relationship with social issues – homelessness etc.
- Sheffield Food Executive Group
- LCC: join silos of expertise temporary
- Getting supermarkets onside. Eg. Morrisons Kirkstall, test site get on side
- Using marketing as education
- Measure McDonalds closures
- Measure sales; incentivize change
- Footfall – measure campaigns; traffic via website; social media traffic

#### 6.1.2 Tackling Food Poverty, Diet related ill health and food access

- Robust info re food bank usage via LCC, Fareshare and Trussell Trust
- Less so independents ie. Churches
- FAN to provide support; homeless & food aid provision newsletter
- Lots of national data: diet related ill health; PH intelligence
- GPP practice audits – local prevalence of disease ie. # of people obese, diabetics, cancer (food related)
- 70,000 lives saved if diets matched Eatwell plate
- Diabetes now recognized as #1 preventable cause of ill-health (BMJ)
- Access: 8,000 businesses mapped via enviro health
- Levers of hospital food panel report: government buying standard – can we roll these out across Leeds?

Examples

- Shopping on a shoestring 'resources' to support people who need food aid
- Real Junk Food project – free food/meals
- Fareshare partnership
- Richmond Hill Primary School – Fuel for School partnership with TRJFP
- Roll out School Food Plan
- MoF – CHD contracts commissioned by PH
- Home food baskets – discharge packs – Derek/Emma
- Services – dietetics / weigh ahead to support behaviour change
- Shopping tours – shop to get fitter – Leeds Community Healthcare
- Leeds Directory – access to support, food, food prep
- Lunch clubs
- A lot of work around access to food from a re-enablement perspective ie. Aids and adaptatins
- NHS Health Check (40-74)– identifying risk factors for disease
- Leeds Food Consensus – for older people – Derek & Richard Porter
- Older People's Food Matters Group
- Public Health Resource Centre – a place to keep 'our' resources

#### Indicators

- GP audits (via PH): # of obese children/adults; # of diabetics
- Leeds Lifestyle Survey (?) - # of people meeting 5 a day recommendation
- # of children in receipt of FSM
- Leeds Health Profile – number of people meeting 5 a day recommendation; # of healthy eating adults

#### Prioritization

- Food poverty quite high profile: support from FAN & other services, but need to talk about access more.
- If people are in food poverty how do we know? Once we do there is lots of support options.
- Diet related ill health work at risk with devolution: bins or services?

#### **5.1.3 Building Community food knowledge, skills, resources and projects**

- Eat Well Forum (formerly choice & access) – LCC & TS – restructured to support groups & includes food growing
- Lost community/social/ritual/cultural/seasonal aspect of food – fuel/feast
- Culture changed – not connected

- Still food deserts & lack of skills
- CCG not investing in MoF because is a 'proven' service. Want to fund 'new & innovative' projects
- Tips balance – become income focussed rather than core service delivery
- Re-invent to deliver same work
- £ is key in deprived areas

#### Indicators

- Visual - # of growing plots; see the change on the street
- Linking growing and cooking; # of projects doing both
- Food diaries, cases of vandalism
- Increase in uptake of fruit and veg
- Decrease in unhealthy snacking
- Feeling more confident to cook from scratch; # of times per week
- Amount of added salt – cooking and eating
- Increase in confidence; wellbeing; weight loss; better management of long term health conditions
- Priority of groups delivering, but how to get LCC to prioritize?
- In H&W strategy but no £
- IE Todmorden, but middle class
- Need to make it easy to begin – know where to turn in the community
- Food Revolution Day – J. Oliver 20 May, global day of action – growing
- Australia – brave & bold – fund initiatives
- Market Delivered – student box + recipe + link to YouTube video

#### **5.1.4 Promoting a vibrant and diverse economy**

- Big players have commercial interests, but can support activities
- Healthy eating is Public Health lead
- Stats on employment do not distinguish Leeds-based activity – lots of farmland in the c0.ity region
- “all being well” stall in the market – MoF
- Lots of demand for stalls
- Support for businesses to evolve
- Food tourist trail – keeps spend in the local economy, supports diversity
- Community champions
- Diverse economy: total number of businesses/types/diversity
- Market share by trader types – hard to capture small businesses

- Sustainability: import vs local
- Skills, enter in industry
- Food waste – landfill – incinerator
- Bristol “Green Cities” indicators
- Good food and health team – compliance with regulations, healthy eating
- Get major supermarkets engaged
- Allocate land to communities
- City visitor centres – ie vertical farming
- Local employment
- More stakeholders
- More community ownership

#### **5.1.5 Transforming catering and procurement**

- LCC & NHS – procurement process
- Public perception of NHS/ L.A. services
- Trading standards – bigger picture – traceability
- 8,000 businesses key messages? Allergens; food safely in place; health no; nutrition info voluntary
- Big cost in implication - Euro leg. Healthy food
- Traffic light system
- Public Health Responsibility deal – salt awareness; sugar
- Takeaway schemes healthy food – Kirklees, Wakefield, Bradford – tested dishes, education
- Selenium in milk – east Cheshire schools
- School Food Plan LCC do – academies don’t have to – what does that mean moving forward?
- Mow service LCC do / private?
- Scheme sign up – voluntary ie Leeds Food Consensus
- National bodies registration – Red Tractor
- Portion sizes – test samples
- Sugar tax?
- Budget (public sector)
- Customer demand (private sector)
- Inner city obesity link

#### **5.1.6 Reducing food waste and the ecological footprint of the food system**

- Managing logistics; infrastructure not set up

- Supermarkets not distributing waste to the best of its advantage
- In other countries, it is compulsory to donate unused food products
- Real Junk Food Project
- How do we know food is going to the people that most need it?
- No data published on how much food is going to waste; no governance
- Companies will not subscribe to having their waste collected – coffee grounds
- Residents not educated on recycling
- Piloting collecting separately food waste collected at 4 sites across the city
- Data held about which streets are ‘good’ at recycling
- People not using commons sense about best before dates
- 5 planets needed if the world consumed as much as the UK
- Planning dept need to tackle food waste agenda
- Too much legislation; bureaucracy
- Education & raising awareness. Not taught in schools
- Dublin 60% schools to teach about recycling & food waste
- Farmers in Leeds to produce food for local people
- Temple Newsam growing its own food
- Demonstration garden at Harewood House
- Warehouse farming
- Wonky vegetables being wasted
- People don’t value food – too cheap
- Re-using cannabis roots

### **5.2.0 Leeds Food Partnership discussion – notes from the flipchart:**

- Look at existing models:
- Brighton and Hove
- Local nature partnerships as possible other model
- Constellation model - <http://socialinnovation.ca/constellationmodel> – a way of organising that focusses on supporting action to emerge from network
- Sheffield Food Executive
- Proactive projects (e.g. market)
- Key stakeholders included (council, businesses, agencies, etc)
- Budget from the council
- Multiple topics that a Partnership would need to be able to engage
- Business
- Health
- Sustainability
- Can one partnership cover all these topics, or will it need to have sub groups taken

forward by different projects within the partnership?

- Do we need different bodies?
- Or do we need to try and keep it integrated?
- Need to integrate topics and see them from multiple perspectives (so a business response still has sustainability and health angle integrated)
- Community engagement and problem solving identified as key – helping people to get together to solve own problems / developing local responses.
- Need to connect to community / neighbourhood level – Leeds is a very diverse city
- Needs led
- Action orientated
- Diverse multi-sectors and stakeholders need to be engaged – third sector, agencies, business, market traders, farmers and growers, trade associations, etc)
- Partnership will need a really good admin team / secretariat
- Need to develop a coherent business model for it (secure funds from business and agencies?)
- Appropriate leadership needed
- so that each initiative can thrive
- need to engage in capacity building to support future engagement (community and otherwise)
- Partnership need to bring together 'bottom up' action and 'top down / strategic' thinking
- Should remain open to new input and citizen engagement – a 'porous' structure.

**5.3.0 Stakeholder Engagement Chart (Table 3): *NB Not to be published without express consent by all.***

