# Oxford City
# Food Action Plan

# Contents

# 1.  The Oxfordshire Food Strategy

The Oxfordshire Food Strategy sets out a vision where everyone in Oxfordshire can enjoy the healthy and sustainable food they need every day.

## Ambitions to achieve this vision



Food justice

Food for the planet

Sustainable Supply Chains

Everyone in Oxfordshire can enjoy the healthy and sustainable food they need every day,

Sustainable Food Economy

Governance and Strategy

Good Food Movement
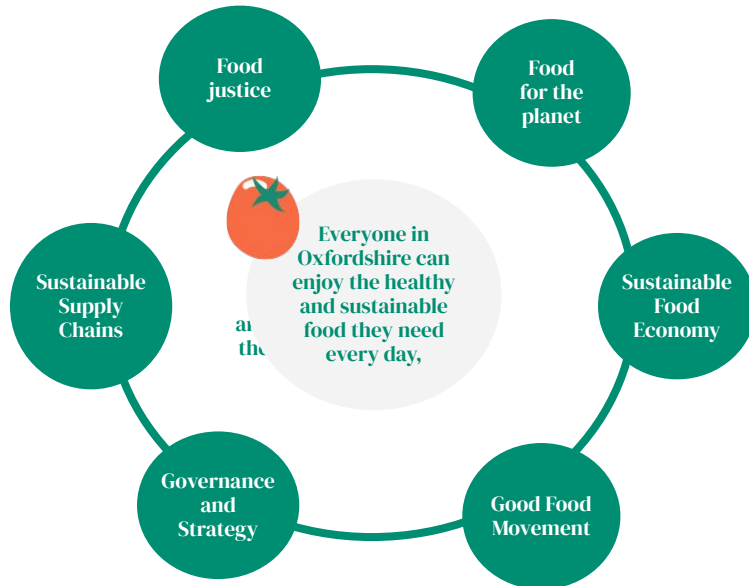
## Five priority areas for action

**Tackle food poverty and diet-related ill-health**

**Build vibrant food communities with the capacity and skills to enjoy food together**

**Grow the local good food economy through enterprise, local jobs, local wealth generation**

**Strengthen short, transparent local food supply chains**

**Improve the health and sustainability of institutional catering**

# 2. Developing local Food Action Plans

A critical part of implementing this strategy has been the development of local Food Action Plans for each district, to ensure that the Food Strategy reflects local priorities and reflects the unique nature of the City and each of the Districts. These have been led by the Food Action Working Groups (FAWGs) which include representatives from across the food system.

This document presents the Food Action Plan for Oxford City, however there are additional actions which sit at county-level and are therefore included in the Oxfordshire Country-level plan.

This food action plan is a multi stakeholder plan, with a range of organisations taking responsibility for action. Through this 'collective action' approach we can achieve more, working collaboratively towards a vision for a better food system for Oxford City.



**Food Action Working Groups include representatives from across the local food system**

# 3. Tracking progress

The plan identifies initial actions spanning 2024 – 2027. The plans have been developed following a Theory of Change to ensure that the actions will deliver the intended outcomes and impacts.

Throughout this period, we will review progress against targets and metrics and refine the actions recognising that the issues we face are complex and happen within a context in which action owners do not always control over externalities.

We will take an iterative learning approach both to actions and metrics and whilst maintaining the integrity of our ambitions, be pragmatic about the most effective way to achieve these.

The Theory of Change

What do we want to measure

Can we measure it easily?

Is there a close relative of what we want to measure?

Is it owned by the Working Group?

Let's go!

How can we improve what we measure?

# The plans have been underpinned by the Food Strategy Theory of Change and Metrics
## Everyone in Oxfordshire can enjoy the healthy and sustainable food that they need everyday

| Impacts | Outcomes | Outputs | Oxfordshire-wide activities to achieve these | SDGs |
|---|---|---|---|---|
| People are healthier and health and wellbeing disparities between areas reduce as a result of better diets | Fewer people experience food poverty and diet-related ill-health and levels of food poverty/diet related ill-health are less severe | Incidence and severity of food insecurity as measured by the PPFI*reduces. The disparity between areas reduces<br><br>Incidence (new cases) and prevalence (total number) of diet-related ill-health conditions reduces. The disparity between areas reduces | Cash and in-kind support targeted at people experiencing food insecurity e.g., community larders, foodbanks, sharing schemes<br><br>Healthy eating support available in priority areas e.g., cooking and growing programmes<br><br>Planning and business support for affordable healthy options in local shops in priority areas<br><br>Promote existing schemes to improve uptake e.g., Healthy Start, HAF | No Poverty<br><br>Good Health and Wellbeing<br><br>Reduced inequality |
| Community connection and cohesion are supported through a vibrant food culture | Oxfordshire is home to vibrant food communities where the growing, preparation, celebration and enjoyment of good food is central to community life | Communities access cooking and growing opportunities tailored to local needs and preferences<br><br>More community volunteering linked to food<br><br>Communities celebrate and enjoy food together through events, festivals and campaigns | Support for communities and individuals to find, set up and run cooking activities and growing spaces.<br><br>Sharing of volunteering opportunities across a wide range of networks<br><br>Sharing of food-related events and campaigns and support for communities to engage with these | Good Health and Wellbeing<br><br>Sustainable Cities and Communities |
| Better jobs, livelihoods and places supported by the Good Food Economy | Local good food economy contributes more value to Oxfordshire - measured by economic, health, social, and environmental metrics | More people are employed in locally owned food businesses<br><br>More food businesses pay wages that are reflective of local living costs | Anchor institutions use their procurement power to support local food enterprises<br><br>Planning and economy teams support local food enterprises including social enterprises | Decent work and economic growth<br><br>No poverty<br><br>Reduced inequality |
| The food that we produce and consume has less negative impact on the planet, and supports local livelihoods | Sustainable farming practices, a circular economy and local food resilience are supported via short, transparent local food supply chains | More sustainably produced food is produced, bought and consumed locally | Support for and investment in infrastructure for local sustainable producers and short local supply chains<br><br>Anchor institutions commit to procurement via short local supply chains | Decent work and economic growth<br><br>Responsible production and consumption<br><br>Life on Land; Climate Action |
| Institutions lead the way using their buying power to support healthy and sustainable production and consumption that is accessible to more people and becomes the 'norm' | More people can access healthy and sustainable food through institutional catering benefitting health, the planet and the local economy | More institutions serve healthy and sustainable food and measure their progress e.g., via accreditation schemes<br><br>More institutions support the local food economy | Institutions set and achieve sustainability targets around food | Good Health and Wellbeing<br><br>Responsible production and consumption |

# 4. The Oxford City Food Action Plan

In Oxford City the FAWG have met on 8 occasions to debate priorities, and develop, refine and test the local action plan.  14 FAWG members represent a wider range of stakeholders including University of Oxford, Oxford City Council, Oxford Food Hub, OX4 Food Crew, University of Heidelberg, Independent Oxford, Land Justice Oxfordshire, Marston Community Garden, and Good Food Oxfordshire.

Alongside monthly FAWG meetings, members consulted with a wider group of 28 community stakeholders at the Oxford City Food Summit event.

For the purposes of this plan we have only included primary lead and support organisations involved in the development of these plans, however the named lead and support organisations for each action may be working with a range of delivery partners.

# Priority Area: Tackle food poverty and diet-related ill-health

- Fewer people experience food poverty and diet-related ill-health
- Levels of food poverty and diet-related ill-health are less severe

| Activity | Output | Outcome | Metric | Organisation/Group |
|---|---|---|---|---|
| Build and refine a city-wide map of food insecurity using the Priority Places Index Map and local knowledge. | Guidelines developed for incorporating appropriate restrictions on hot food takeaways and fast food outlets in local planning policies.<br><br>Consultations with planning teams and relevant stakeholders to gather input and feedback on the proposed restrictions. | Better understanding of the drivers of food insecurity at a hyper-local level enables targeted interventions and reduction in food insecurity. | Year 1: PPI index is ground-truthed with local knowledge and local drivers of insecurity understood<br>Year 2: A case and funding for targeted interventions in 5 priority neighbourhoods in place<br>Year 3: Interventions are happening and evaluation demonstrates a positive impact | Lead: GFO |
| Work with the Priority Places Index team to identify and map links between food insecurity and diet-related ill-health in Oxford City. | Evidence to support links between food insecurity and health | Policy, plans and programmes work in a more joined up way to target food insecurity as a key lever for health outcomes. More funding can be accessed and targeted because of evidence base. | Year 1: Hotspots showing links between food insecurity and health outcomes are identified<br>Year 2: Interventions/ resource/ funding targeted to tackle hotspots<br>Year 3: Impact of intervention/ resources/ funding evidenced | Lead: GFO |
| Review and update commitments in the Food Poverty Action Plan, focused on 3 stage model:<br>• Emergency Provision<br>• Building resilience<br>• Preventing food poverty | Updated Food Poverty Action Plan | Food insecurity is reduced across the City as a whole with a 'levelling up' effect in worst performing areas. | Year 1: 5 new organisations make commitments and 5 organisations renew existing commitments with a growing focus on resilience and prevention<br>Year 2: 10 organisations renew commitments with a growing focus on resilience and prevention<br>Year 3: 10 organisations renew commitments with a growing focus on resilience and prevention. | Lead: GFO |
| Work collaboratively to promote the new Healthy Start Marketing Campaign (developed by public health) and resources to priority groups in City. | Attendance at the Healthy Start Working group. | increased awareness and engagement with families and frontline professionals/volunteers. | Year 1: 65% uptake (July 2023 for City was 67%)<br>Year 2: 75% uptake<br>Year 3: 85% uptake | Lead: Oxford City Council |

# Priority Area: Tackle food poverty and diet-related ill-health

- Fewer people experience food poverty and diet-related ill-health
- Levels of food poverty and diet-related ill-health are less severe

| Activity | Output | Outcome | Metric | Organisation/Group |
|---|---|---|---|---|
| CFN staff and volunteers participate in training and have access to resources to support people to access healthy food with dignity. GFO's Food Poverty Training MECC Training Signposting to Healthy Start and other services | Training and resources for CFNs e.g., MECC, Food Poverty Training, Signposting Leaflets are available and used | People receive support to help move them out of food insecurity | Increase in number of CFN staff and volunteers participating in Training: Year 1: baseline and set targets Year 2: meet targets Year 3: meet targets | Lead: GFO Support: OX4 Food Crew, Oxford City council |
| Work with early years and maternal health teams to improve support to communities marginalised from maternal and early years services. | At risk communities identified, infrastructure and support funding in place | At risk communities have better maternal and early years nutrition | Year 1: set baseline targets Year 2: meet targets Year 3: meet targets | Support: OX4 Food Crew (with Early Lives Equal Start project) |
| Work with the HAF team and community groups to better understand barriers to HAF funding and support grassroots groups to access HAF funding. | Work with HAF team to understand the barriers to taking up HAF funding for small community-based groups. | Increased number of community groups successfully accessing HAF funding and running HAF Activities. | Of HAF providers. Year 1: 10% are local community-based groups. Year 2: 20% are local-community based groups. Year 3: 30% are local-community based groups. | Lead: City Council |
| Community Impact Fund identifies healthy cooking activities as a priority area. | More healthy cooking activities are funded | More people gain access to healthy cooking activities | Year 1: Healthy cooking priority area within community fund Year 2: Number of healthy cooking activities funded Year 3: Increase on year 2 of healthy cooking activities funded | Lead: City Council |

# Priority Area: Build vibrant food communities with the capacity and skills to enjoy food together

- Stronger communities through sharing and participation in food-related activities
- More people can access knowledge and skills to support growing, cooking and better nutrition
- People have better options to eat healthy and sustainable food

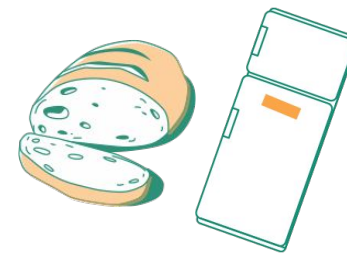| Activity | Output | Outcome | Metric | Organisation/Group |
|---|---|---|---|---|
| Create, maintain, expand and promote a comprehensive map of cooking and growing activities and facilities in Oxford. | Online map and directory of cooking and growing activities and facilities. | More people know how to and can access cooking and growing activities. | Year 1: 5 City-based community cooking and growing activities mapped, and shared; Year 2 = 10, Year 3 = 15<br>Year 1: establish baseline of online views of GFO's community map;<br>Year 2 &3 = set target increase from baseline | Lead: GFO Support: Public Health |
| Work with local organisations to support existing and new best practice cooking activities with residents living in priority areas:<br>- Blackbird Leys,<br>- Northfield Brook,<br>- Barton and Sandhills<br>- Littlemore | More people feel more confident to participate in cooking activities, in priority areas. | More people have greater knowledge, skills and confidence to cook and eat healthier and sustainable diets. | Year 1: establish baseline numbers and/or confidence of people participating in cooking activities from priority areas and across the City Years 2&3: set target increase from baseline | Lead: Oxford City Council Support: GFO; OX4 Food Crew |
| Expand and strengthen the network of organisations who host, promote and share good food-related campaigns, events and opportunities.<br><br>Survey participants in target campaigns to assess campaign effectiveness in raising awareness and importance of healthy and sustainable food. | More people are aware of and engage with events and campaigns related to fairer, healthier and more sustainable food. | More people have a better understanding of the importance of 'good food'.<br><br>More people make behaviour change to shift to more 'good, healthier food'. | Year 1 establish baseline of number of organisations sharing 'good food' campaigns and set targets for years 2 and 3<br>Year 2: achieve targets, refine targets for year 3<br>Year 3: achieve targets | Lead: GFO as part of WISH project |

# Priority Area: Build vibrant food communities with the capacity and skills to enjoy food together

| Activity | Output | Outcome | Metric | Organisation/Group |
|---|---|---|---|---|
| Map (and promote) the size, use-type and location of available growing spaces across the City. Map numbers of people involved in growing activities. Promote these to the public. | Baseline understanding and signposting resources to encourage better utilisation of existing growing spaces | More people aware of and can access growing opportunities in their local area<br><br>More people understand and appreciate food growing and the value of sustainable food production. | Year 1 & 2: map the size, use-type and location of available growing spaces across the City. Map numbers of people involved in growing activities. Baseline engagement with map and promotional activity<br><br>Year 3: establish and monitor target increase in engagement with map and promotional activity from year 2 | Lead: Oxford City Council<br>Support: GFO; CAG |
| In line with the Green Infrastructure section of the Local Plan explore and identify more suitable public growing spaces in the city (includes allotments, community gardens, public spaces, schools, colleges, cultural and faith partners, youth organisations)<br><br>Publish a Supplementary Planning Document to provide guidance on growing spaces in new developments | Increased numbers of growing spaces across the city and increased numbers of people participating in growing food. | More people engaged in growing activities in their local area<br><br>More people understand and appreciate food growing and the value of sustainable food production. | Year 1: Additional growing spaces identified within the City. SPD published<br>Year 2: target acreage of additional growing spaces brought into production<br>Year 3: target acreage of additional growing spaces brought into production | Lead: Oxford City Council<br>Support: Marston Community Gardens; GFO |
| Connect growing communities (allotments, households, community gardens) to community groups (food banks/ fridges) to share surplus produce. Set as regular agenda item at meetings of Allotment Societies, Strategic Green Spaces, Community Associations, Thriving Communities | More community groups/ people in need have access to more fresh local produce.<br><br>Less produce is wasted. | Reduction in levels of food waste.<br><br>Increased access to healthy food.<br><br>Community activity around sharing surplus food thrives. | Year 1: Community groups report stronger connections to growing communities<br>Year 2: set target increase and monitor performance<br>Year 3: set target increase and monitor performance | Lead: Oxford City Council<br>Support: GFO; CAG, OFH |
| Feasibility project to develop a fully functional edible street in the city.<br><br>Explore Right to Grow motion for Oxford City. | Project plan defined with funding, timescales, ownership and potential sites | People can grow and harvest food in their neighbourhood Hyper-local connections to food support healthy and sustainable food behaviours | Year 1: Funding for feasibility study in place<br>Year 2: Feasibility study completed and funding and implementation plans in place and approved<br>Year 3: Edible Street created and flourishing | Lead: Marston Community Gardens<br>Support: CAG, GFO |

# Priority Area: Grow the local good food economy through enterprise, local jobs, local wealth generation

- More locally owned food enterprises flourish
- People working in food-related organisations have decent livelihoods

| Activity | Output | Outcome | Metric | Organisation/Group |
|---|---|---|---|---|
| Work with the Inclusive Economy Partnership to improve Community Wealth Building approaches to food procurement among Anchor Institutions<br><br>Strengthen relationship with OIEP - keep CWB around food-related enterprises | More local enterprises and institutions commit to better food procurement standards. | More wealth retained locally: more local enterprises supported via local procurement<br>Better livelihoods, skills and opportunities for local food workers | Year 1: food procurement embedded as a priority for the OIEP. Set baseline of anchor institutions using community based food enterprises. Set targets for years 2 and 3<br>Year 2 & 3: achieve targets around anchor institutions procuring from community food enterprises | Lead: GFO<br>Support: Oxford City Council |
| Connect to and learn from other networks working on CWB approaches to grow and catalyse their approach. | Best practice examples and case studies of food-related Community Wealth Building | Other areas and organisations replicate best practice and more wealth is retained locally as a result of community wealth building approaches | Year 1: Building case studies and mapping the journey of 5 local food enterprises using CWB approaches.<br>Year 2: Learnings from 5 local enterprises shared locally and nationally. | Lead: GFO<br>Support: OX4 Food Crew |
| Public bodies use all available mechanisms to promote independent healthy and sustainable food enterprises including Licensing, Public Health, Planning Policy | Planning mechanisms in place to support healthy and sustainable food enterprises | More healthy, sustainable food enterprises operating in new developments | Year 1: Identify which powers can be used and set targets<br>Year 2: monitor and report against targets<br>Year 3: Evidence of further growth in line with targets | Lead: Oxford City Council |
| Promote Oxford Living Wage accreditation among food-related enterprises (buyers or sellers), sharing the benefits and opportunities it can bring to local wealth generation | More food enterprise employers are accredited as Oxford Living Wage employers | Better livelihoods for employees of local food enterprises | Number of food-related enterprises (buyers or sellers) accredited as Oxford Living Wage employers<br>Year 1: baseline and set year 2 and 3 targets<br>Year 2: achieve target<br>Year 3: achieve target | Lead: Oxford City Council |

# Priority Area: Strengthen short, transparent local food supply chains

- More sustainable food is produced and processed locally for local consumption
- Net zero goals are supported through local sustainable food production
- Consumers are more engaged and connecte

| Activity | Output | Outcome | Metric | Organisation/Group |
|---|---|---|---|---|
| Lead project to support Anchor institutions to buy sustainably produced local products from end to end supply chain | Short local supply chain infrastructure and organisation in place to facilitate direct relationship between producers and institutional buyers<br><br>Contractual commitments to local procurement from anchor institutions. | More locally produced food remains local as producers have contractual security and less reliance on national/ international supply chains<br>Increase in food production that reflects local diets as producers - more veg grown locally, fewer commercial crops. Dietary shifts to more local and seasonal diets facilitated by closer connections to food provenance | Year 1: 5 institutions, buy 25% of their total spend of 5 products from end to end local supply chain.<br>Year 2: 10 institutions buy 25% of their total spend of 10 products from end to end local supply chain.<br>Year 3: 25 institutions buy 25% of their total spend of 15 products from end to end local supply chain.<br>Participating producers have increased the amount of sustainably produced food directed to local markets by 30% compared with year 1 baseline | Lead: GFO<br>Supporting Y1: 5 Oxford Colleges<br>Supporting Y2: 10 Oxford colleges<br>Supporting Y3: 10-20 colleges, 5-10 schools and 1 hospital |
| Using the Green Skills allocation of the UKSPF promote pathways to encourage more people into careers in market gardening, horticulture and farming, showcasing these as these as viable and attractive careers (events, careers fairs, online resources) | Links established between training providers, schools and colleges and other career advisory services established<br><br>Careers events and resources incorporate careers in sustainable agriculture | More people work in sustainable agriculture resulting in more sustainably produced local food<br><br>Sustainable agriculture is a viable and sought after career | Year 1: sustainable agriculture careers are represented at 3 careers events across the City. Baseline number of City residents entering formal training on sustainable agriculture. Set targets for years 2 and 3<br>Year 2: Achieve targets and review targets for year 3<br>Year 3: Achieve targets | Lead: City council<br>Support: GFO |
| Implement a communication campaign focused on educating institutional consumers (students, parents, children, patients) about the benefits of local and sustainable food. | Communications and resources aimed at institutional consumers | Consumers demand more sustainably produced local food via their institutions<br><br>Institutions respond to consumer demand | Year 1: communications reach 50% of consumers at 10 institutions<br>Evidence of the increase in importance of sustainable local food among 10% of institutional consumers<br>Year 2: Communications reach 50% of consumers at 15 target institutions<br>Evidence of the increase in importance of sustainable local food among 25% of institutional consumers<br>Year 3: Communications reach 50% of consumers at 35 institutions<br>Evidence of the increase in importance of sustainable local food among 50% of institutional consumers | Lead: GFO |

# Priority Area: Improve the health and sustainability of institutional catering

- More people have access to healthy and sustainable food via local institutions
- The local food economy is supported by institutional procurement
  Institutions climate and sustainability targets a

| Activity | Output | Outcome | Metric | Organisation/Group |
|---|---|---|---|---|
| Institutional partners have a healthy and sustainable food policy and measurable targets that they report against. | Healthy and Sustainable Food is embedded within reported institutional targets | More people access healthy and sustainable food via institutions<br><br>Food contributes to net-zero targets | Year 1:<br>2 institutions catering for 200+ people<br>Year 2:<br>5 institutions catering for 200+ people<br>Year 3:<br>19 institutions catering for 200+ people (includes a hospital) | Lead: GFO |
| Support school catering teams to commit to Farm to Fork model of local procurement | Year on year increase in the number of schools joining Farm to Fork or similar local producement model | More school catering teams sourcing from local producers | Year 1 - 1 schools<br>Year 2 - 2 schools<br>Year 3 - 5 schools | Lead: GFO |
| Support institutional settings e.g.,schools, nurseries, parks, libraries, leisure centres to participate in good food campaigns such as Eat Them to Defeat Them and Love to Grow campaign | Year on year increase in the number of children involved in good food campaigns | More children are connected to good food campaigns on cooking and growing | Year 1 - baseline and set targets<br>Year 2 - meet targets<br>Year 3 - meet targets | Lead: GFO<br>Support: Public Health, City council, GFO |

# 5. Conclusion
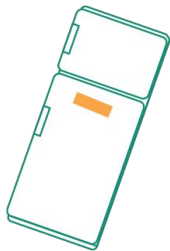
Good Food Oxfordshire would like to recognise the huge commitment of each FAWG member; their experience and contributions were essential to the development of this plan.  The actions contained in this plan set out a roadmap for how we will continue working together on food systems change across Oxford City, and the metrics determine how we will review and monitor progress.

The process of working collaboratively and iteratively, and across sectors, has been instrumental in bringing a wealth of voices, and experiences together. The Food Action Working Group engaged with a wider stakeholder group to share draft plans and test our thinking with those engaged in the food system, to ensure a wider variety of voices are reflected.

We hope this plan will catalyse the incredible work of all the many organisations who are working to change the food system across Oxfordshire. We look forward to continue to work with Oxford CIty Council and other lead organisations to deliver these actions and help achieve the vision set out in the Oxfordshire Food Strategy; for everyone in Oxfordshire to enjoy the healthy and sustainable food they need everyday.

# Glossary of terms

| Term | Definition | Source |
|---|---|---|
| Accredited Living Wage Schemes | Promote liveable earnings for all workers recognising cost of living. Schemes and rates for 2023 include: The Oxford Living Wage (£11.35/ hour); Living Wage foundation (£10.90 outside of London); National Living Wage (£10.43) | |
| Community Food Services | Refers to all services providing free or subsidised food support to communities in Oxfordshire. These include Community Larders, Fridges, Foodbanks, Cafes and meal delivery services | https://goodfoodoxford.org/food-support/community-food-services-map/ |
| Community Wealth Building | Community wealth building is a new people-centred approach to local economic development, which redirects wealth back into the local economy, and places control and benefits into the hands of local people | https://cles.org.uk/community-wealth-building/what-is-community-wealth-building/#:~:text=Community%20wealth%20building%20is%20a%20new%20people-centred%20approach,and%20benefits%20into%20the%20hands%20of%20local%20people. |
| Emergency Food Services | Emergency food services include food banks that provide food support to those experiencing acute or chronic food insecurity. Reference to emergency food services does not include community larders or fridges which provide more affordable food options and help to reduce food waste | GFO |
| Food security/ insecurity | When all people, at all times, have physical and economic access to sufficient, safe, and nutritious food that meets their dietary needs and food preferences for an active and healthy life'. Food insecurity exists when people do not have adequate physical, social or economic access to food as defined above | World Food Summit in 1996, FAO, Trade reforms and food security, Conceptualizing the Linkages, 2003, Chapter 2. Food security: concepts and measurement. https://www.fao.org/3/y4671e/y4671e06.htm |
| Food Supply Chain | The food supply chain consists of the activities and actors that take food from production to consumption and to the disposal of its waste. The steps of the food supply chain include: production; storage and distribution; processing and packaging; retail and markets. At each step, food supply chains involve many large- to small-scale actors, both public and private, that are influenced by biophysical and environmental; innovation, technology and infrastructure; political and economic; socio-cultural; and demographic drivers drivers. The decisions made by one group of actors at one stage of the chain have implications for the others. | HLPE, 2017. Nutrition and food systems. A report by the High Level Panel of Experts on Food Security and Nutrition of the Committee on World Food Security. Rome |
| Food system | All elements and activities that relate to production, processing, distribution, preparation and consumption of food. | EAT-Lancet_Commission_Summary_Report.pdf (eatforum.org) |
| Healthy Eating/ Diets | A healthy diet is the right amount and variety of different foods that provide all the calories (energy) and nutrients to meet the particular needs of your body. This will allow it to grow and develop normally during childhood, and to maintain normal function in adulthood, so as to reach old age with minimal disease and disability. [IARC] Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. The exact make-up of a diversified, balanced and healthy diet will vary depending on individual characteristics (e.g. age, gender, lifestyle and degree of physical activity), cultural context, locally available foods and dietary customs. However, the basic principles of what constitutes a healthy diet remain the same. [WHO] : eat plenty of whole grains, pulses, vegetables and fruits; limit high-calorie foods (foods high in sugar or fat)and avoid sugary drinks; avoid processed meat, and limit red meat and foods high in salt. [IARC] | [WHO] |
| Healthy Start (HS) | Healthy Start provides support to to buy healthy food like fruit and vegetables and unsweetened dairy products to people who are more than 10 weeks pregnant or have a child under 4 . Free vitamins are also provided. Eligibility is linked to certain benefits. If under 18 and pregnant you are eligible regardless of benefit status. | Get help to buy food and milk (Healthy Start) |
| Holiday Activity and Food Programme (HAF) | The Holiday Activities and Food programme (HAF) is a Department for Education funded programme that provides free holiday clubs for Reception to year 11 pupils in receipt of benefits-related free school meals. The camps will take place across Oxfordshire over the long summer, winter and spring holidays. | https://coordinate.cloud/haf-oxfordshire-county-council/ |
| Local food | An equitable and meaningful definition of local food should consider both where food is produced and how it is produced. It should prioritise business practices that share power and wealth more equally, and ensure that local communities growing and producing food experience a fairer and more sustainable food system. Supporting local food doesn't necessarily mean buying what is produced closest to you, but sourcing in a way which builds wealth, power and resources within communities. Food zones can be a helpful way to think about how urban areas can plan where their food comes from. | https://www.sustainweb.org/climatechange/making_the_case_for_local_food/ |
| Food zones | Food zones aim to show what we could be eating, how it should be produced and where it might come from, if we are to meet the challenges of climate change and resource depletion and make our food and farming system fit for the future. The percentage figures are there to stimulate and inspire – they're not specific targets in the sense that we have proved it is possible to meet them. They are, however, based roughly on what has been achieved in best practice examples. | https://growingcommunities.org/food-zones |
| Priority Places for Food Index | The Priority Places for Food Index is a composite index formed of data compiled across seven different dimensions relating to food insecurity for England, Scotland, Wales, and Northern Ireland. Its goal is to identify neighbourhoods that are most vulnerable to increases in the cost of living and which have a lack of accessibility to cheap, healthy, and sustainable sources of food. | https://priorityplacesforfood.which.co.uk/ |

| Term | Definition | Source |
|---|---|---|
| **Micro, Small and Medium Enterprise** | The UK government definition of SMEs encompasses micro (less than 10 employees and an annual turnover under €2 million), small (less than 50 employees and an annual turnover under €10 million) and medium-sized (less than 250 employees and an annual turnover under €50 million) businesses. | |
| **Regenerative agriculture** | Regenerative agriculture is an approach to food and farming systems that aims to reverse climate change by rebuilding soil organic matter and soil biodiversity12. It also focuses on enhancing ecosystem services, improving the water cycle, and increasing resilience to climate change13. Regenerative agriculture is not a specific practice, but a combination of various sustainable techniques that respect farmer wisdom, indigenous knowledge, modern research, and adaptive learning134. Regenerative agriculture is based on outcomes and takes advantage of the natural tendencies of ecosystems to regenerate when disturbed45. | https://regenerationinternational.org/2017/02/24/what-is-regenerative-agriculture/ https://regenerativeagriculturefoundation.org/about/what-is-regenerative-agriculture/ https://www.overstoryalliance.org/library/regenerative-agriculture/ https://www.csuchico.edu/regenerative agriculture/ra101-section/ra101-definitions.shtml |
| **Sustainable Agriculture** | Sustainable agriculture must nurture healthy ecosystems and support the sustainable management of land, water and natural resources, while ensuring food security. To be sustainable, agriculture must meet the needs of present and future generations for its products and services, while ensuring profitability, environmental health and social and economic equity. [FAO] | FAO |
| **Sustainable Eating/Diets** | Sustainable diets are those with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources. [FAO] | [FAO] |
| **Sustainable Food** | Sustainable food: refers to the food produced and consumed through sustainable processes minimizing the impact on the use of resources and on the environment. | FEAST |
| **Sustainable Healthy Diets** | "Sustainable healthy diets: Sustainable Healthy Diets are dietary patterns that promote all dimensions of individuals' health and wellbeing; have low environmental pressure and impact; are accessible, affordable, safe and equitable; and are culturally acceptable (FAO WHO, 2019)." | FEAST |
| **Ultra Processed Food** | Ultra-processed foods usually contain ingredients that you wouldn't add when cooking homemade food. They most likely have many added ingredients such as sugar, salt, fat, and artificial colors or preservatives. You may not recognise the names of these ingredients as many will be chemicals, colourings, sweeteners and preservatives. Ultra-processed foods are made mostly from substances extracted from foods, such as fats, starches, added sugars, and hydrogenated fats. Examples of these foods are frozen meals, soft drinks, hot dogs and cold cuts, fast food, packaged cookies, cakes, and salty snacks. | What is ultra-processed food? – BBC Food |
| **Vulnerable Groups** | Dependent on the context these groups may include children, pregnant or lactating women, indigenous communities, elderly population, people with lower socio-economic status based on education levels and/or income, and people living in remote areas. Conceptually, vulnerable groups can be characterized as those with high risk and low resilience. With regard to food, vulnerable groups can be divided in three groups: 1) People that don't have access to food (both, no access to food at all and no access to healthy food) 2) People that do have access to food, but not enough knowledge or skills to eat healthy and sustainable food 3) People that do have access to food and enough knowledge and skills but don't make healthy choices In this definition, vulnerability is more open and it is not only related to pay (except the first group). dimensions of individuals' health and wellbeing; have low environmental pressure and impact; are accessible, affordable, safe and equitable; and are culturally acceptable (FAO WHO, 2019). | Adapted from FEAST Wiki. https://www.sciencedirect.com/science/article/abs/pii/S0301421515302445 Source: Interview with Dirk Masquillier, director of SAAMO Vlaams-Brabant |

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