

Fairer Food Southwark: A borough-wide action plan to increase household food security

Southwark Public Health Division
Place and Wellbeing Department

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SUPPORTED BY
MAYOR OF LONDON



Partners

With thanks to the following organisations and individuals for their input:

Regional and National Supporting Organisations:

Garden Organic, Greater London Authority, Sustain.

Food Action Alliance members (*) and other local partners:

1 st Place Children and Parents' Centre *	Hourbank *
Age UK Lewisham and Southwark *	Housing Associations Charitable Trust HACT
Albrighton Community Fridge *	Hubbub
Alexandra Rose Charity *	IAPT
All Saints Church, Peckham *	Ileto CPN *
Alzheimer's Society Southwark Branch *	Kaizen Partnership *
Bags of Taste *	Lendlease *
Be Enriched *	Mercato Metropolitano *
Better Bankside *	Newington TRA *
British Land *	NHS Southwark CCG
Central Southwark Community Hub *	Nika's Kitchen *
Citizens Advice Bureau *	Notting Hill Housing Trust *
City Harvest *	Parents and Communities Together (PACT)*
Cleaner Greener Safer (Southwark Council)*	PECAN *
Collaboration For Healthier Lives	Rice Marketing
Community Southwark *	Salvation Army *
Crystal Palace Community Development Trust *	SHIFT
Department of Work and Pensions *	Soil Association *
Divine Rescue *	Southwark Council *
Dragon Café *	Southwark Foodbank *
Edible Rotherhithe *	Southwark Group Tenant's Organisation *
Engie *	Southwark Grower's Network *
Evelina London (Guy's and St Thomas') *	Southwark Home Schooling Network *
Faith and Health Network	Southwark Wellbeing Hub
FareShare *	Time and Talents *
Food Inequalities *	Together Southwark *
Food Power	Trussell Trust *
Foodcycle, Peckham *	Umbrella for Women to Women *
Friends and Neighbours Coffee Morning LBCC *	University of the Arts, London *
Garden Organic *	Walworth Community Garden Network *
Glengall Wharf Garden *	Walworth Garden *
Global Generation Printworks Garden *	Walworth Society *
Good Gym *	Winners' Temple Foodbank *
Groundwork *	
Grove Collective *	
Guys and St Thomas' Charity *	

Definition of food security:

“Being food secure means being sure of your ability to secure enough food of sufficient quality and quantity to allow you to stay healthy and participate in society.”

Food Foundation - 2016



Referencing:

Unless otherwise stated, all references in this Action Plan are taken from Southwark's Household Food Insecurity JSNA – Southwark Council – June 2019.

Foreword from Councillor Evelyn Akoto



“We will tackle food insecurity head on.”

Over 2 million Londoners are living below the poverty line and Southwark, like many boroughs, is seeing that many residents are struggling to afford basic food items, especially people who rely on benefits and people in work who are struggling to make ends meet due to insufficient salaries. Food insecurity can also be an issue for people who have mobility problems, health concerns or lack of confidence to get to local shops and prepare food for themselves.

National estimates suggest that one in five over 16 year olds in England are food insecure to some degree. That is 53,000 of our residents. One in 12 people in England aged over 16 are estimated to be moderately to severely food insecure. **This means that over 20,000 of our residents may be skipping meals because they cannot afford to eat and are experiencing real hunger.**

As a responsible local authority we do not want to sweep this problem under the carpet. While it is hard to accept that people in 21st century Britain are going hungry, we must use our resources and collective will to tackle the problem head on. As part of the Fairer Futures Commitment, we promised our residents a healthier life where health inequalities are reduced so whatever your background you can live a healthy life. Access to nutritious, affordable food is key to this.

Producing a Food Security Plan shows that we take this commitment seriously. We want our residents to do more than just survive, but to thrive. **We want to use policy to tackle the problems that make people food insecure in the first place and create a food-resilient borough with a strong community food network.** A network where surplus, unused food gets used wisely, and where we support people to develop their skills in healthy eating, cooking and food growing as well as doing what we can to address barriers to employment, income maximisation and equality.

The Mayor of London recently published the Capital's first food strategy in 12 years, and reducing household food insecurity is one of the six key areas that he is committed to. With Southwark's first ever action plan, we can put creating food security onto our agenda, into our conversations and into our policies, creating a powerful and coordinated approach to ensure a fairer food future for all.

Cllr Evelyn Akoto – Cabinet member for Community Safety and Public Health

The Southwark Food Action Alliance (SFAA):

60 organisations unite locally to create better food security

The Southwark Food Action Alliance (SFAA) have worked with the Council on the preparation of this plan for over a year, providing input from a wide variety of organisations and community representatives interested in the food security agenda.

The SFAA officially formed in September 2017 from Garden Organic's Southwark Food Poverty Project, funded by The Hirschmann Foundation. The SFAA's formation came about in response to nearly a decade of austerity, rising living costs, changes to benefits and funding cuts to local services that have resulted in a significant increase in foodbank use and overall food insecurity in Southwark. In November 2017, the SFAA became a member of Food Power, which is a national network connecting food alliances which are working to tackle food insecurity.

Currently membership stands at 60 statutory, voluntary and community organisations meeting bi-monthly to explore cross-sector initiatives and new ways to work together. Community Southwark is now leading co-ordination of the Alliance.

The SFAA provides a platform for members, residents and community partners to coordinate existing interventions, design new and innovative initiatives and adopt a joined-up approach to tackling food inequality and related issues.

The SFAA has three long-term aims:

- 1. Improved access for food insecure people to pathways of support**
- 2. Improved education and learning about sustainable food**
- 3. Improved access to healthy and affordable food for all.**

To achieve these aims the SFAA intends to:

- Increase the number of community-led solutions to food insecurity.
- Increase residents' awareness of what support services are available and build a better understanding of the support that residents need.
- Increase people's confidence in managing their food security.
- Improve the ability of residents to get through periods of food crisis.
- Reduce the number and frequency of people relying on crisis support.

The SFAA is committed to ensuring that the recommendations made in this action plan are implemented to widely benefit Southwark's residents, particularly to improve health outcomes for those on low incomes, and to support the borough's voluntary, community and statutory organisations to progress this agenda.

Why food security is an important issue for Southwark

The level of food insecurity (sometimes described as food poverty) has been steadily rising in the UK with an estimated 8.4 million people being food insecure¹ and 52% of households with children being unable to afford a socially acceptable diet². One in ten UK pensioners are either malnourished or at risk of malnutrition. One in three children in London report having problems concentrating at school due to hunger.

Southwark has higher deprivation and destitution levels than the national average, meaning that our population runs a higher than average risk of experiencing food insecurity. We know that the number of people using Southwark foodbanks³ is rising.

Last year, the number of households asking for a referral to the borough's largest foodbank network (The Southwark Foodbank) grew by 31%. The top reasons given for referrals to the borough's two largest foodbank networks (the Southwark Foodbank and Central Southwark Community Hub) were:

- Delays in receiving benefits (41%)
- Not having a sufficient salary to cover living expenses (16%)
- Having no recourse to public funds⁴ (16%).

At the same time, we know that the numbers of people using foodbanks do not reflect true levels of food insecurity as only 20% of food insecure people will ever make it to a foodbank, for reasons such as stigma or being unable to access help.

“[Food insecurity] varies from choosing to pay Council Tax rather than buying food, not taking necessary medication because it needs to be taken with food, feeding children chips instead of appropriate, nourishing food, paying debts leaving no money for food, staying in unsafe relationships to have food to eat.”

- Felicia Boshirin, Director of Central Southwark Community Hub Foodbank

Tackling household food insecurity is one of six areas that the Mayor of London has committed to address in London's recently published Food Strategy. To date, 13 boroughs have produced an action plan to increase food security, including our neighbours: Lambeth, Lewisham and Tower Hamlets.

¹ Food Foundation – Too Poor To Eat, 2016

² Food Foundation – Affordability of The Eatwell Guide, 2018

³ Foodbanks are charitable organisations that rely on food donations. Generally a referral is needed from a professional to access foodbank support. In the case of foodbanks run by the Trussell Trust, a referral entitles recipients to three weeks of food during a six month period.

⁴ NRPF is an immigration status which allows a person to work in the UK but restricts access to many mainstream benefits drawn from public funds, e.g. welfare and social housing.

Some facts and figures about food insecurity

53,000 Southwark residents aged 16+ are likely to be food insecure to some degree, 20,000 of them moderately to severely so

A low-income family needs to spend 42% of its income on food to meet government nutrition standards

1 in 3 over 60s in Southwark are income deprived

1 in 3 London children have problems concentrating at school because of hunger

1 in 4 children in Southwark live in low-income households

Only 20 percent of food insecure people will ever make it to a foodbank

4,674 Southwark households were referred for emergency food aid in 2017-18

60% of foodbank users in Southwark are single people

1 in 7 foodbank users in Southwark are in work but have insufficient salaries to make ends meet



Improving food security improves our life chances

Our diet impacts our health, both mentally and physically. This in turn impacts our life chances, influencing how well we are likely to do at school, how much we can participate socially, how long we will take to recover from illnesses and surgery, plus whether we will develop health conditions that will stop us engaging fully in life or lead to us dying prematurely.

Without equal access to good nutrition, we cannot have equalities in health or life. Southwark Council's Fairer Future Commitment promises to 'reduce health inequalities so that whatever your background you can live a healthy life'. Creating household food security is key to this. The chart below shows how a lack of food security at home can impact residents at all life stages, from before birth to old age.

How food insecurity affects us throughout the lifespan

Infant and maternal health	<ul style="list-style-type: none">• Babies are more likely to be lower in birthweight. This can increase the risk of developing diabetes, heart disease, high blood pressure and obesity later in life.• Food insecure mothers are less likely to persevere with breastfeeding due to the stress and social isolation of their situation.• Food insecure parents who rely on formula may resort to unsafe practices such as skipping feeds, watering down the formula, adding cereal or introducing unmodified cow's milk too early.• The likelihood of post-natal depression is greater, affecting mother-infant bonding.• Growth and development could be impaired with inadequate nutrition.
Children and young people	<ul style="list-style-type: none">• Children in food insecure households are more likely to become obese and develop asthma, depression and other chronic conditions.• Growth and development can be impaired.• There is an increased likelihood of tooth decay and cavities.• Learning is poorer, which can affect educational attainment and impact life chances.• There can also be a social impact as the young person is often unable to invite friends over and participate in treats or social activities that involve spending money on food.

Adults	<ul style="list-style-type: none"> • Poor diet is related to 30% of life years lost to early death and disability. • One in three cancer deaths and one in two heart disease deaths are caused by poor diet. • A severely food insecure person is five times more likely to experience anxiety disorders and major depressive episodes than someone who has access to adequate food.
Older adults (65+)	<ul style="list-style-type: none"> • A poorly nourished older adult is less able to fend off infection and ill health. Wounds will take longer to heal. • Recovery from illness and surgery is impaired. Clinical outcomes are poorer. • Hospital stays are longer and more frequent. • Muscle strength is reduced. • Increased frailty. Greater risk of falls and fractures. • It is three times more costly to treat a malnourished older person than an adequately nourished one.

“[Food insecurity] means people are too poor to choose diets that are healthy for them. They develop diseases. They have health problems.”

- Olivier de Schutter, UN Special Rapporteur on the right to food

The increase in food insecurity among low-income patients “has created high levels of psychological distress, anxiety and related mental health problems.”

- A Southwark GP interviewed for the Joint Strategic Needs Assessment on Food Insecurity

Examples of Southwark's food security achievements

Delivery of universal free, healthy school meals for Southwark's primary school students

Becoming a London Living Wage borough

60 member organisations have joined the Southwark Food Action Alliance to tackle food insecurity

£6.2m of unclaimed benefits were accessed via the Local Support Team for our residents during 2017-18

23 tonnes of surplus food are used each month by Southwark organisations including foodbanks

1,617 Alexandra Rose vouchers were redeemed in February 2019 at East Street Market. These vouchers entitle low-income pregnant women and families with young children to £3-worth of free fruit and vegetables each week⁽¹⁾

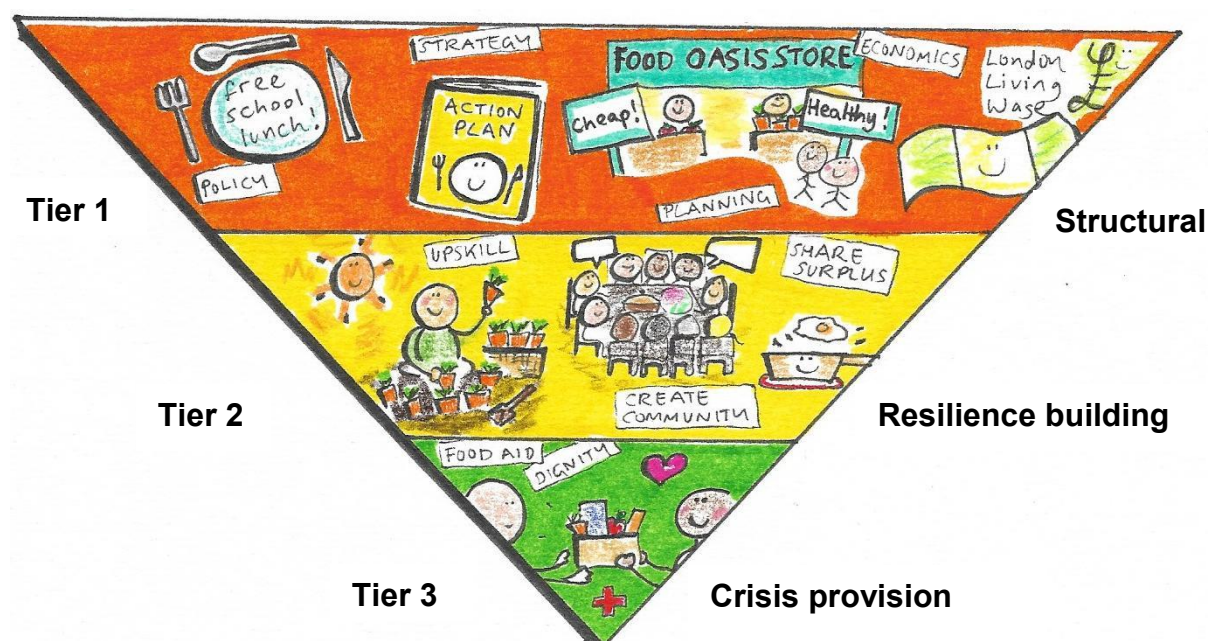
24 Master Gardener food growing projects have run on Southwark estates



(1) Alexandra Rose Charity

The Southwark approach to creating food security

Building food security happens on many levels and everyone has a part to play. The three-tier model that we have developed below shows the importance of having a borough-wide approach and gives examples of how organisations and communities are working together as part of a wider system. There is a part for everyone to play whether you are an individual, a faith group, a charity, a community organisation, a locally based business or a statutory organisation. For ideas of how you can contribute as an individual or organisation, please see pages 33 and 34.



Tier 1: The structural (wider determinants) level prevents the factors which cause food insecurity in the first place by creating local policies that will increase food security and also by designing a built environment and infrastructure to improve access to affordable, healthy food. An example of an approach on this level is Southwark Council providing all primary-aged children with a free, healthy school meal, regardless of need. This differs from national policy which only provides universal free meals for students in reception, year 1 and year 2.

Tier 2: Resilience building is also a preventive tier. It is about making better use out of what we already have and strengthening individuals, communities and systems:

- **Personal resilience** gives residents access to cooking and growing skills, as well as opportunities to increase their household income.
- **Community resilience** creates a strong Southwark food network with vibrant communities where people can come together to grow, cook and share food.
- **Systems resilience** makes better use out of good-quality, surplus food by redistributing it to those in need.

Tier 3: Crisis provision ensures that people always have a safety net. An example of this tier is Southwark's Emergency Support Scheme which supports households in crisis with emergency food packages.

The creation of this action plan

The development of this plan has involved conversations, meetings and workshops with a wide range of people who live and work in Southwark. This has included foodbank users and frontline workers from both the statutory and community/voluntary sectors. We have engaged with the Department of Work and Pensions, Children's Centres and teams from multiple Council departments, as well as experts in the field including academics, health professionals and staff from national food organisations, such as Sustain, The Trussell Trust and FareShare, as well as the Southwark Food Action Alliance's member organisations. We have also talked to other local authorities in London and beyond to learn about best practice. Thank you to everyone who has given so generously in sharing their time and expertise.

“Developing the action plan for Southwark has been a great vehicle for working across sectors to develop a shared understanding and vision for tackling food insecurity. There are some fantastic programmes going on in Southwark and many passionate, dedicated individuals. This is coupled with a great deal of need. The action plan has provided a way to gather the pieces together, create momentum around food insecurity and identify ways forward.”

**- Professor Kevin Fenton, Strategic Director of Health and Wellbeing,
Southwark Council**




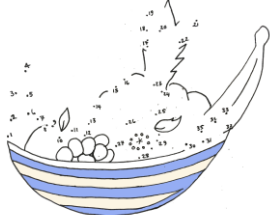

The plan is based on a detailed strategic needs assessment on household food insecurity conducted by the Public Health team at Southwark Council which can be read online at southwark.gov.uk/jsna (link will be live by June 18). It has been overseen by steering group meetings attended by key professionals drawn from the Southwark Food Action Alliance and has involved consultation with over 50 stakeholders.

The funding for this work was made possible by the Mayor of London and Southwark Public Health. The work is being co-ordinated through the Southwark Food Action Alliance and overseen by the Public Health division of Southwark Council.

As this is Southwark's first Food Security Action Plan, the plan will be reviewed after a year and refreshed for 2021 and beyond.

Introducing the five baskets

Our approach for the plan's actions falls into five 'baskets'. These are:

	<p>Basket 1: Wellbeing</p> <p>Take a person-centred, holistic approach to food security, to support emotional, social and physical wellbeing.</p>
	<p>Basket 2: Resilience</p> <p>Adopt a long-term, preventive approach to strengthen people, communities and food systems.</p>
	<p>Basket 3: Access</p> <p>Design services and information that make it easy for people to access the support they need. Ensure that people have good physical access to nearby sources of affordable, healthy food.</p>
	<p>Basket 4: Joining the dots</p> <p>Adopt a strategic, collaborative, coordinated and streamlined approach. Encourage partnerships, cross-organisational working and the creation of networks.</p>
	<p>Basket 5: The bigger picture</p> <p>Use infrastructure, policy and advocacy to address the wider issues that affect food security.</p>

Southwark Food Security Action Plan for 2019-2021

Summary

Over the next two pages is a summary of key actions for each of the five baskets.

1. Wellbeing: Take a person-centred, holistic approach to food security, to support emotional, social and physical wellbeing.

1.1 Put respect and empowerment of individuals at the heart of what we do.

1.2 Provide nourishing food at foodbanks and community cafes/ meals.

1.3 Move away from traditional foodbank models, encouraging dignified solutions that enable people to contribute towards their food costs when possible, and that promote mental wellbeing and positive engagement in the community.

2. Resilience: Adopt a long-term, preventive approach which strengthens people, communities and food systems.

2.1 Build a strong, local food network and develop a co-ordinated plan for the use of surplus food.

2.2 Use food growing, cooking, sharing and education opportunities, including estate-based approaches, to support community cohesion.

2.3 Develop food support provision to better link with associated services such as income maximisation, money management and skills/ employment services.

3. Access: Design services and information that make it easy for people to access the support they need. Ensure that people have good physical access to nearby sources of affordable, healthy food.

3.1 Develop an accessible referral pathway for food support services.

3.2 Raise awareness about local food initiatives and services for the general public.

3.3 Promote food security at key points in the life course when people may be more vulnerable, including: pregnancy and early years; children, young people and care leavers, the middle-age and pre-retirement years (50-65), older adults and people affected by ill health.

3.4 Acknowledge the barriers to access facing other vulnerable groups.

3.5 Address geographical gaps in access. Encourage food businesses to create a more affordable, healthy food offer.

4. Joining the dots: Adopt a more strategic, collaborative, coordinated and streamlined approach. Encourage partnerships, cross-organisational working and the creation of networks

4.1 Strengthen the range of partners involved in the food security agenda.

4.2 Have a coordinated approach to key schemes that improve food security.

4.3 Encourage key stakeholders to share information and intelligence to ensure that services and pathways are sensitive to future needs.

5. The bigger picture: Use infrastructure, policy and advocacy to address the wider issues that affect food insecurity.

5.1 Plan healthy places using regeneration, promotion of economic wellbeing and working with housing providers to improve food security.

5.2 Advocate on wider issues that affect food security.

5.3 Provide input to planning for the Brexit transition period on food security.

The full action plan for food security in Southwark 2019-21

The main body of the action plan that follows provides a case study for each section, illustrating some of the amazing work already happening in the borough, and shows that we have a strong foundation of work on which we can build.

Further detail is also provided under each basket of actions and key delivery partners are indicated, though it should be noted that this is a live document and new partners are encouraged to come on board as the work develops.

All actions are subject to the capacity and continued resourcing of the delivery organisations indicated.



Basket 1:

Wellbeing

Case study: More than just food.

Holiday provision for food insecure families over the school holidays.



The art above was created by primary-school-aged Southwark children who attended a targeted holiday club run in summer 2018 for food insecure families. Without free school lunches, many low-income families struggle financially over the long summer break. Mercato Metropolitano and the Central Southwark Community Hub who ran this pilot (with funding from Guys and St Thomas' Charity) put on a very holistic programme offering cooking classes, yoga lessons, time for parent-child bonding and day trips to the seaside and Parliament.

The evaluations conducted both during and after the programme by Southwark Public Health showed how the benefits of the programme went far beyond receiving a healthy lunch every day. Both the carers and children blossomed and benefited from being part of a supportive community. All of the carers interviewed said that the children would stay at home if they were not on the programme. All of the children interviewed said that they had made new friends.

The programme particularly helped tackle social isolation. One programme director reflected on an attendee who is unable to socialise outside of school because she is the registered carer for a family member. The family support worker (who attended with her) said that the programme "had enabled her to be a child again and make friends with other children". The other programme director spoke of how her volunteers worked to meet the needs of an autistic boy. "He felt a part of all that was going on. The mum said it was the first time they've been able to use a facility like our club as she can't afford to pay for activities for her children."

Basket 1: Wellbeing

Take a person-centred, holistic approach to food security, to support emotional, social and physical wellbeing.

1.1 Put respect and empowerment of the individual at the heart of what we do.

1.1.1	Promote the 'Dignity Agenda', as adopted by the Scottish government in their food work. Its four principles include: (1) Involve in decision-making people with direct experience. (2) Recognise the social value of food. (3) Provide opportunities to contribute. (4) Leave people with the power to choose.	SFAA with partner organisations
1.1.2	Empower those who are, or have been, food insecure to find their voice as 'experts by experience' and be involved in mentoring, advocacy, service design and playing an active role in their food organisation.	SFAA with partner organisations
1.1.3	Encourage movement from being a food-aid recipient to engaging in activities that can improve wellbeing and provide access to healthy, affordable food. Ensure that opportunities for this are shared on the referral pathway.	SFAA with partners, e.g. food-aid providers
1.1.4	Explore, as part of Southwark's upcoming Loneliness Strategy, what the current offer is around social eating for older and isolated people in the borough including intergenerational opportunities.	Council

1.2 Provide nourishing food at foodbanks and community cafes/ meals.

1.2.1	Have a nutrition policy in place at foodbanks and community cafes to ensure that food is culturally and religiously appropriate, supports health needs (e.g. suitable for those with diabetes or coeliac disease), is nutritionally balanced and contains fruit and vegetables. Make providers aware of the First Steps Nutrition guidance around formula milk and foodbanks.	Council, Evelina London and partner food organisations
1.2.2	Fizzy, sugary drinks should not be available in line with the borough's support for Fizz Free February and Sugar Smart campaigns.	Council and partner food organisations

1.3 Move away from traditional foodbank models, encouraging dignified solutions that enable people to contribute towards their food costs when possible, and that promote mental wellbeing and positive engagement in the community.

1.3.1	Encourage the development of models that support the dignity agenda, such as Community Pantries, Community Co-ops and Community Fridges, all of which promote choice and engagement.	SFAA with partners e.g. food-aid providers
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1.3.2	Move towards the Mayor of London's vision of establishing food hubs in deprived areas where a range of food activities can take place on one site (e.g. community café, community gardening, cooking classes and a distribution drop-off point for surplus food).	SFAA and Council
1.3.3	Scope potential links between food hubs and primary care including the social prescribing model being developed by local care networks.	Council, CCG
1.3.4	Work with local health partners to see what support can be offered to: <ul style="list-style-type: none"> • Those who develop mental and/or physical health problems due to the stress and anxiety caused by being food insecure • Those who have pre-existing mental health conditions (who are at a greater risk of becoming food insecure) 	Council and CCG, SLaM
1.3.5	Food aid providers to ensure that they have a policy for supporting people with mental health problems. This includes knowing how to signpost people who need mental health support, and providing the appropriate training and support for volunteers and staff.	Food aid providers



Basket 2:

Resilience

Case study: Creating cheap, tasty meals.

Community food workers run cooking courses for young families.



Evelina London's Community Children's Nutrition and Dietetics Service runs six-week Cook and Eat Well courses with families in Southwark's Children's Centres.

"We use cheap, basic ingredients to make tasty, nutritious meals. The photo on the left shows examples of typical recipes we make during a course, a homemade pizza and rainbow salad. The photo on the right shows a recipe we were testing for the course: a vegetable pasta soup. We made 80 portions of this to donate to the Albrighton Community Fridge.

One of the aims of the course is to increase the participants' knowledge and confidence in preparing healthy family meals on a budget. Discussing the cost of food and the use of budgeting underpins each week of the course. Families who attend a course are often living on a low income and may receive food from foodbanks or community fridges. These families benefit from the course as we are able to teach them how to use the foods they may often receive."

Adopt a long-term, preventive approach to strengthen people, communities and food systems.

2.1 Build a strong, local food network and develop a co-ordinated plan for the use of surplus food.

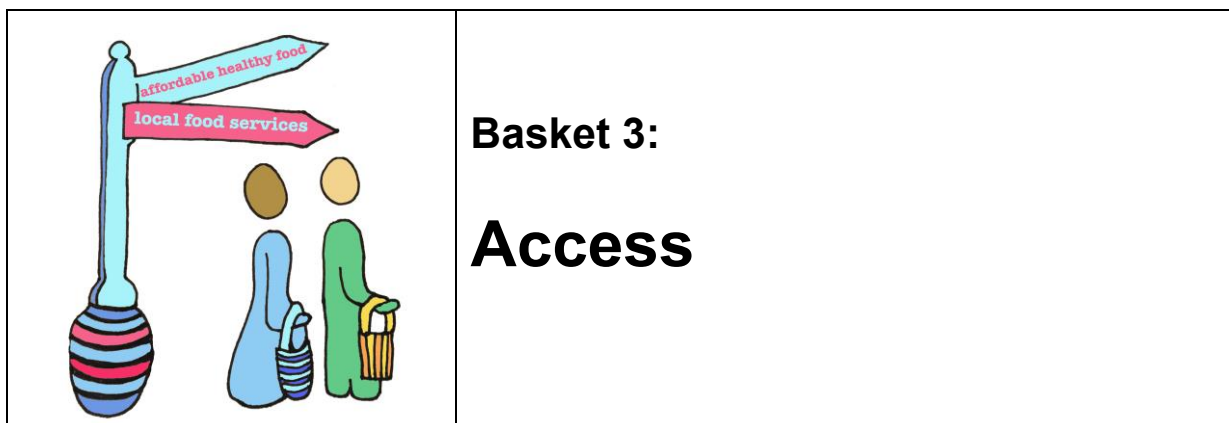
2.1.1	Continue to build a strong, local food network through the Southwark Food Action Alliance, seeking more sustainable funding and co-ordination capacity.	SFAA, Council and partners
2.1.2	Become a Sustainable Food City member and start the accreditation process towards Bronze status.	SFAA and Council
2.1.3	Regularly monitor progress on the Action Plan. Start planning the follow up plan/ food strategy (for 2021 and beyond) in June 2020.	SFAA and Council
2.1.4	Audit what key organisations in the borough are doing around both donating and using surplus food. Identify opportunities for a more networked approach, e.g. school breakfast clubs..	SFAA, Council and surplus food organisations
2.1.5	Hold a sustainable food networking fair to introduce companies, trusts and charities in the borough to surplus redistribution organisations and apps with the aim of increasing both donations and use of surplus.	SFAA, Council and surplus food organisations
2.1.6	Work with surplus food organisations to explore establishing redistribution hubs in the borough.	SFAA, Council and surplus food organisations

2.2 Use food growing, cooking, sharing and education opportunities, including estate-based approaches, to support community cohesion.

2.2.1	Develop an 'eat together' philosophy at the neighbourhood level which supports better social cohesion and integration. Map the kitchen, café spaces that could be used on estates and in housing associations to run activities like community cafes, cooking groups and shared spaces for batch cooking.	SFAA, Community Southwark, SGTO, TRAs
2.2.2	Support sustainable food growing projects and healthy cooking skills classes, particularly on housing estates, with at-risk communities and in areas where there is currently little provision. Identify community assets such as allotments and community gardens that can support estate and neighbourhood activity.	Council, SFAA and including Southwark Growers
2.2.3	Community Southwark to support the further development of the Community Fridge model (currently sited on Albrighton Estate and St George the Martyr Church) and to explore potential additional sites.	Community Southwark
2.2.4	PECAN to share its learning from the Pantry Model as it develops a more community-based way to work with those who are chronically food insecure.	PECAN
2.2.5	Explore what support can be offered to different housing providers including TRAs and Housing Associations, as well as landlords in the private rented sector, to maximise their potential to build food resilience among their residents.	Council

2.3 Develop food support provision to better link with associated services such as income maximisation, money management and skills/ employment services.

2.3.1	Assess and promote the best ways for food aid / food support services to provide wraparound services or links to other services such as the Council's Local Support team, Citizens Advice, Southwark Works and DWP, that can support people with income maximisation, money management skills, employability skills and finding good quality work opportunities. See 1.3.1.	SFAA, Council, Food-aid providers,
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Case study: Companionship and groceries for older adults

A volunteer service helps those who struggle to do food shopping



Food2You is an exciting, new grocery delivery service, run by Age UK Lewisham & Southwark with volunteers at the heart of it. Food2You calls customers every Monday to take their order and then delivers the groceries three days a week. Michelle is a Food2You Delivery Volunteer. She takes the food into the customer's home, unpacks it, puts it away and collects payment for the groceries. Michelle will chat with the customer, helping to combat social isolation and check in on their wellbeing. Michelle told us: "I have met and worked with great people, and have enjoyed the opportunity to meet the clients we support first-hand."

Basket 3: Access

Design services and information that make it easy for people to access the support they need. Ensure that people have good physical access to nearby sources of affordable, healthy food.

3.1 Develop an accessible referral pathway for food support services.

3.1.1	Establish and promote a pathway of food aid and food support services for self referral and professional referrals (e.g. benefit advisors / education staff / primary care staff / social workers). Include information about services that offer support during evenings, weekends and school holidays.	Council, CCG, Community Southwark, and partners
3.1.2	Develop a supplementary training offer for frontline staff on how to pick up on food insecurity and how to refer. Ensure that the Southwark Wellbeing Hub and Disability and Older People's Hubs are included in these developments.	Community Southwark, Council
3.1.3	Continue to develop an understanding of the different challenges and service journeys that being food insecure has for particular at-risk groups to inform service development. E.g. disabled person, low-income family with children, older person, migrants with NRPF.	Council, SFAA

3.2 Raise awareness about local food initiatives and services for the general public

3.2.1	Have a local offer guide for the general public (both online and a more basic printed version). Identify services in it offering help outside of standard office hours. Ensure it contains practical nutrition information (e.g. how to access dietitians and online resources).	Community Southwark, SFAA
3.2.2	Map all services in the borough onto an online platform and keep updated.	Community Southwark
3.2.3	Have communications in place to help people avert crisis at key trigger points (e.g. transfer to Universal Credit, having difficulties paying rent).	Council, SFAA
3.2.4	Develop messaging that is non-stigmatising as part of a communications plan that supports the dignity agenda (see 1.1.1). Involve people with lived experience of food insecurity where possible.	SFAA, Council

3.3 Promote food security at key points in the life course when people may be more vulnerable:

3.3.1 Pregnancy and early years

3.3.1.1	Health visitors, midwives, the Community Children's Nutrition and Dietetics Service, nurseries and Children's Centres, are in a good position to pick up on potential food insecurity and should have clear policies in place to signpost and support people (including NRPF families).	Health visitors, midwives, Evelina London, nurseries, Children's Centres
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3.3.1.2	Counter the negative impact that formula and commercial baby foods can have on family food budgets by: <ul style="list-style-type: none"> Ensuring new mothers know where to access expert, practical support on breastfeeding and formula feeding. Making young families aware of workshops that they can access in Southwark Children's Centres on introducing solid foods to their babies. 	Evelina London, Health visiting, Breastfeeding team, Community children's nutrition and dietetics service
3.3.1.3	Strengthen the connection between Early Years providers (e.g. Children's Centres) and the SFAA to ensure that this priority group is represented and supported in future development of models of food aid and food resilience building.	Early Years / Children's Centres, SFAA
3.3.1.3	Develop a measure to monitor food insecurity among nursery school students and their families as part of the ongoing evaluation of the Council's roll out of free, healthy nursery school meals.	Council
3.3.1.4	Train professionals in different maternity/ early years settings to be Healthy Start champions. Research the barriers to uptake for Healthy Start vouchers (using focus groups). Use findings to inform the work of the Healthy Start Task and Finish group.	Healthy Start Task and Finish Group/ Council

3.3.2 Children, young people and care leavers

3.3.2.1	Southwark Council should continue to play its important role in providing a safety net for those who are food insecure through the universal provision of free, healthy school meals for primary school students.	Council
3.3.2.2	The London Food Strategy recommends that schools play a key role in identifying students and families who may be at risk of food insecurity and refer accordingly. This needs to be translated into local guidance / action.	Southwark schools, Healthy Schools Board
3.3.2.3	Continue to develop an understanding of the borough's needs and offer related to 'holiday hunger'. Strengthen a more networked approach to delivery across the borough, including communications and referral mechanisms. Encourage providers to share practice on: <ul style="list-style-type: none"> Resilience building opportunities Building wraparound services that support access to advice on: housing, benefits, youth violence/gangs, immigration and health. 	Council, Holiday Provision Network
3.3.2.4	Develop further understanding about whether there are gaps locally in access to food support for care leavers, who are identified as a vulnerable group.	Council

3.3.3 The middle-age and pre-retirement years: 50-65

3.3.3.1	Further research needed on food insecure people in this age group and the potential role of employers, DWP, Southwark Works and GPs to help them access support. Pressures could include employment difficulties, benefit changes, long term health conditions, relationship breakdown, caring responsibilities and bereavement.	SFAA, Council, GSTC
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3.3.4 Older adults

3.3.4.1	Work with nutrition and dietetics services to increase awareness among key health and care workers of the extent and impact of food insecurity and malnutrition in the elderly population and improve staff confidence to provide an effective, brief intervention/ referral to the appropriate service.	Council, GST and Kings
3.3.4.2	Use flu jab season and holistic assessment appointments to promote food support services appropriate for the elderly.	Council, CCG
3.3.4.3	Appraise food support options and identify gaps for elderly people across the system to inform future development of the food support pathway. Consider alternative models for meals on wheels delivered by social enterprises.	SFAA, Council, Adult Social Care
3.3.4.4	Continue to develop innovative responses from food support services as well as the business community to support elderly people, who may be less able to get to shops, afford a healthy meal, have the inclination or ability to cook and may not have the opportunity to eat with others.	SFAA, Council, local businesses
3.3.4.5	Map with local businesses what their 'silver pound' attractions e.g. telephone ordering service, delivery service, in-store packing helpers, trolley-push services, older-adult friendly cafes and social events. Communicate this information via older people's services and networks like COPSINS.	Community Southwark, SFAA

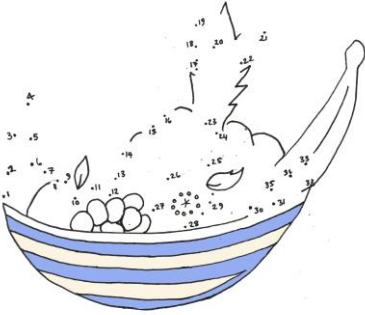
3.4 Acknowledge the barriers to access facing other vulnerable groups

3.4.1	Acknowledge lower literacy levels, language barriers and digital exclusion of some at-risk groups. Identify where advocacy and support is required to help with form filling, payment methods, translation or accessing advice digitally.	Community Southwark and partners
3.4.2	Further work is needed to understand and develop what food support is available for low-income people with NRPF during times of crisis and beyond, including through community networks and faith groups.	Council, SFAA, Faith networks
3.4.3	Further work is needed to understand differences in how food insecurity manifests for key ethnic groups in the borough as some appear to be over or under-represented in their use of food support services. Key groups of interest would include Eastern European, West African and Latin American residents.	Council, SFAA, Faith networks
3.4.4	SFAA to engage mental health services and the Wellbeing and Disability Hubs to explore tailored interventions that could support people with mental health conditions e.g. those who find it difficult to leave the house for food shopping or who do not have the	SFAA, IAPT, Council and partners

	inclination to cook meals. Options could include online delivery, community cooking sessions, community cafes, food growing projects and healthy microwave cooking.	
3.3.5	Establish a clear understanding of the food support procedures in place across local hospital trusts when patients are discharged from hospital, and explore options to ensure that they can access adequate nutrition.	Council, Kings, GST, SLaM, CCG

3.5 Address geographical gaps in access. Encourage food businesses to create a more affordable, healthy food offer.

3.5.1	Further investigate potential food desert areas in the borough (where nearest supermarket is more than 500m away) e.g. Kingswood Estate, and parts of Bermondsey South, Old Kent road, Camberwell Green and Faraday wards. Carrying out a shopping basket comparison study is recommended, as well as mapping community food projects in the area.	Council, SFAA
3.5.2	Develop a Good Food Retail Plan for Southwark. Test a model of working with convenience stores and markets in a small area to stock and promote a commercially viable, affordable line of healthy meals/ingredients for different user groups, including older adults.	Council, Rice Marketing
3.5.3	Work with the Collaboration for Healthier Lives led by the Consumer Goods Forum, to test what can work at a supermarket level to promote healthier, affordable food as part of a year-long campaign. Test uptake of offers in areas of higher need.	Collaboration for Healthier Lives, Council
3.5.4	Work with Guys and St Thomas' Charity (GSTC) to support their work with SHIFT and JUST EAT to develop a range of affordable, healthy options for home delivery that work for low-income families and older people.	Council, GSTC
3.5.5	Guys and St Thomas' Charity (GSTC) to share learning from the pilot of Alexandra Rose vouchers in East St Market and support the wider roll out and promotion of the scheme.	GSTC, Council, Alexandra Rose



Basket 4:

Joining the dots

CASE STUDY: GROWING PARTNERSHIPS.

Social housing residents learn home-growing skills



The photo above is taken on a sunny autumn day at Gibbings House, SE1, where residents learnt about winter growing and composting thanks to a pop-up initiative run jointly by Garden Organic and the Walworth Community Garden Network (WCGN). The collaboration planted the seeds for more joint working. In 2019, the Gibbings House residents will develop their own communal garden.

Food growing in spaces linked to social housing sites allows residents on lower incomes to access sustainable, affordable and completely fresh produce all year round. Funding for the communal garden is from the Council's Cleaner, Greener, Safer team. Garden Organic is providing volunteer Master Gardeners to mentor the residents in growing skills, while WCGN will use the site to pilot a Sustainable Watering Initiative. Growing groups in the borough have expressed a desire for more joined-up approaches to working e.g. training, funding and sharing resources.

Basket 4: Joining the dots

Adopt a more strategic, collaborative, coordinated and streamlined approach. Encourage partnerships, cross-organisational working and the creation of networks.

4.1 Strengthen the range of partners involved in the food security agenda.

4.1.1	Ensure that the work has a wide reach and links with a wide cross-section of stakeholders, including (but not limited to): the SFAA, key Council departments and initiatives (public health, planning, regeneration, markets, housing, financial inclusion, social care, NRPF, early years, education, economic wellbeing), Children's Centres, schools, local businesses, community and voluntary organisations, faith groups, the CCG, GP practices, Kings Health Partnership, GSTC, SLAM, Tenants and Residents Associations, SGTO, people with lived experience and the Department of Work and Pensions.	SFAA and organisations listed in 4.1.1
4.1.2	Reach out to corporate partners in the borough who may be able to support food insecurity projects with funding and volunteering.	Community Southwark, SFAA, Council
4.1.3	Hold two stakeholder workshops per year (to include a launch event in 2019)	SFAA, Council

4.2 Have a coordinated approach to key schemes that improve food security.

4.2.1	Commit to coordination of the SFAA (at 3 days per week minimum for 3 years) to provide capacity to take forward the action plan.	SFAA, Community Southwark, Council
4.2.2	Establish a more coordinated approach to sharing learning and rolling out the Alexandra Rose and Healthy Start voucher schemes together to help low-income pregnant women and families with young children access free, healthy food. Cross-promote the schemes whenever possible to double the volume of vouchers that eligible recipients will gain.	Healthy Start Task/ Finish Group, Alexandra Rose Steering group
4.2.4	Link up growing groups in the borough to create a more coordinated and networked approach both to each other as well as to community food projects. that could partner for a 'seed to plate' arrangement. This is to support the sustainability of local projects, share expertise, increase the through-flow of volunteers and give access to training and resources for longer-term community engagement. Consider appointing a co-ordinator. <ul style="list-style-type: none">• Map community gardens and allotments on an online platform (e.g. Capital Growth) to make it easy for residents to find local projects• Map foraging spaces.	SFAA, local growing groups inc Southwark Growers, Council

4.3 Encourage key stakeholders to share information and intelligence to ensure that services and pathways are sensitive to future needs.

4.3.1	Have a more joined up way of sharing intelligence, mapping and knowledge with all to include an information-sharing platform for key stakeholders.	SFAA, Council
4.3.2	Map where food is available from faith groups, especially those with little connection to statutory services to ensure that information is available for them to understand what additional support people can access (e.g. income maximisation/ Healthy Start vouchers).	Community Southwark, Faith networks, Council
4.3.3	Scope options for a collaborative, strategic approach to future commissioning of the food support pathway, with consideration of a financially sustainable approach over time.	Council, SFAA, Community Southwark
4.3.5	Refine foodbank monitoring to improve the understanding of use by at-risk groups (e.g. using a more detailed menu to select age, ethnicity, and type of disability).	Food aid providers and Council



Basket 5:

The bigger picture

CASE STUDY: A market response to bolster food security.

A win-win: local sellers boost trade, families receive free, fresh produce.



The Alexandra Rose Charity's voucher scheme uses the local economy to improve food security for low-income pregnant women and young families. The scheme launched as a pilot in East Street Market in May 2018. It works with 1st Place Children's Centre, to distribute free vouchers to local families on low incomes, to be spent on fresh fruit and vegetables. The scheme supports the local economy as the vouchers can only be redeemed with traders at the market. To date, the scheme is supporting over 135 local families each week to access a healthier diet. In February, 2019, 1,617 vouchers were redeemed at the market, resulting in £4,800 extra income for local traders signed up to the scheme.

Alexandra Rose Charity CEO Jonathan Pauling says: "There needs to be a response from the wider food system including retail and manufacturers to food insecurity. You can't leave the voluntary sector to solve it. We need to make the retail of healthy, affordable food profitable in low-income areas."

Basket 5: The bigger picture

Use infrastructure, policy and advocacy to address the wider issues that affect food security.

5.1 Plan healthy places using regeneration, promotion of economic wellbeing and working with housing providers to improve food security.

Regeneration

5.1.1	Use planning and regeneration tools such as Place Plans to consider the potential impact of regeneration on food security through including measures such as: community spaces, community kitchens, water fountains, community growing spaces, proximity to affordable shops and markets and easy walking/cycling routes providing connectivity to affordable shopping areas.	Council and developers
5.1.2	Invite key stakeholders, including Trees For Cities, to explore the potential for a more edible landscape in Southwark (e.g. orchards, edible paths, cycleways and playgrounds).	Council
5.1.3	Map meantime spaces and unused community spaces that groups can use for food activities. Share these resources through the SFAA.	Council, SFAA

Local economy

5.1.4	Strengthen links between the SFAA and both the Local Economy Team and Business Improvement Districts to support future collaboration around the wider determinants of food insecurity, as well as potential to find enterprising solutions to support more affordable food options locally.	SFAA, Council, BIDS
5.1.5	Encourage employers we work with to support a sustainable food environment through: procurement; surplus food policies; a commitment to provide affordable offers for the local community; pay London Living Wage; and reduce zero-hour contracts.	SFAA, Council
5.1.6	Encourage solutions to accessing affordable healthy food in a culturally appropriate way from private retail and social enterprise.	Council, BIDS
5.1.7	Continue to work with Exchequer Services, the DWP and the Universal Credit Forum led by Community Southwark to support residents switching to Universal Credit. Include access to food support during waiting times as part of the pathway.	Council, UC Forum, DWP, SFAA
5.1.8	Keep the minimum council tax payment of 15% for vulnerable residents and protect the borough's Hardship Fund.	Council

Housing providers

5.1.9	Engage housing providers, including the Council, housing associations and PRS landlords, as partners in this work through communications, training and workshop opportunities.	SFAA, Council, Housing Associations
5.1.10	The above partners to share best practice and cross-promote	As above

	solutions to food insecurity as well as fuel poverty which residents may also be struggling with.	
5.1.11	The Council to map areas of the borough where people are in precarious housing situations (e.g. in temporary accommodation after being made homeless). Use the map to help understand where local food support interventions may be most needed.	Housing providers
5.1.12	Ensure housing staff and landlords are aware of when and where they can direct people for emergency financial support for white goods or for cheap cooking appliances, such as electric hotplates, slow cookers, rice cookers and microwaves.	SFAA, Housing providers, Council

5.2 Advocate on wider issues that affect food security

5.2.1	Gather case studies and evidence for advocacy work. Advocate for at-risk groups, such as those with NRPF or those transferring to Universal Credit.	SFAA and partners, Council
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5.3 Provide input to planning for the Brexit transition period on food security

5.3.1	Support local plans to prepare for Brexit in terms of understanding the food-support landscape. This is to help in the event of food shortages, problems with supply, inflation in food costs and access to food aid.	Council
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How to get involved in the plan

Everyone who works in, lives in or cares about Southwark can get involved.

For individuals:

- Help isolated and less mobile neighbours with shopping or by cooking an extra portion of a tasty, home-cooked meal for them.
- Invite people over for dinner who may be a little isolated or cash strapped.
- Start a local 'Casserole Club' to connect people who like to cook, with elderly neighbours who may not be able to cook for themselves. casseroleclub.com



- Bake cakes for families who are unable to provide birthday cakes for their children. freecakesforkids.org.uk
- Donate unwanted food via Olio olioex.com or sign up to claim someone else's unwanted food and stop surplus from going to waste.
- Sign up to purchase high quality surplus from food stores and restaurants at a fraction of the cost. toogoodtogo.co.uk
- Donate your home grown fruit and vegetables to a food aid organisation in the borough (see p2) or via Olio.
- Volunteer with a food project. Contact Community Southwark to be matched. communitysouthwark.org
- Join the End Hunger UK campaign and other campaigns addressing the root causes of food poverty. endhungeruk.org

For organisations, businesses, faith and voluntary groups:

- **Join the SFAA! If your organisation, business, community group or faith group wants to become part of the Southwark Food Action Alliance, please contact sfaa@communitysouthwark.org**
Membership is free. Bi-monthly meetings include guest speakers and promote network collaboration to create a more food secure Southwark.
- Make food security part of your CSR programme e.g. with a financial donation or releasing staff time/ skills to help community food projects build capacity.
- Become a London Living Wage employer and only use other contractors who pay the London Living Wage.
- Help your lower-paid staff. Create a food sharing table or fridge shelf where people can bring in their surplus food. Offer free meals at work as a perk.



Running a food drive for the Southwark foodbank in the Southwark Council lobby.

- Use an app or food rescue organisation, such as Olio, Food Cloud, Too Good To Go or Plan Zheroes, to stop your food surplus from going to waste.
- Many of our food organisations struggle with getting surplus delivered to them as they lack drivers and vehicles. Can you supply free driving or van hire?
- Do you have space that a food organisation can use for free for meetings, food storage or cooking sessions?
- Use food surplus redistribution organisations, such as, FareShare, FareShare Go, City Harvest and Plan Zheroes, to deliver food to you if you are an organisation who works with people at risk of food insecurity.

