

# LancsCAN Forum 2024: Food and Climate workshop

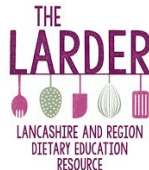
## Outline of the session

- > Intros to workshop facilitators
- > Short intro on Food, Climate and Partnership working (Rachel)
- > Short intro to Lancashire Food Charter (Kay)
- > Food and climate statements: exploring whether you agree, disagree
- > Pledges: from you and from your organisation

# Food, Climate and Working in Partnership



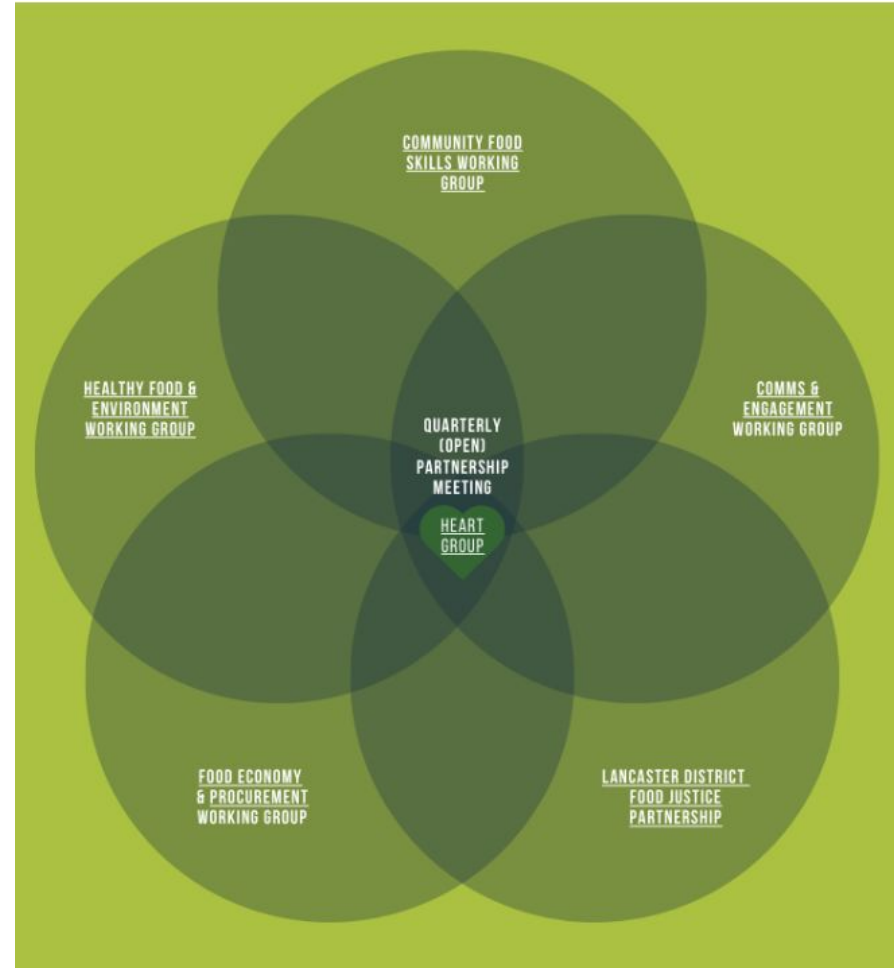
- Acting on food is a vital part of tackling the UK's biggest social, economic, and environmental challenges.
- From obesity, ill-health, and food poverty, to waste, climate change and biodiversity loss, our current industrial food system is causing some of our biggest problems.
- Taking a joined-up, systems based approach to food in a place - can bring benefits across human and planetary health, local economies, food access - and builds community.
- Requires partnership working to across different sectors, community groups and aspects of the food system - from local food economies, community food skills, procurement, food justice, dietary choices and more.....








West Lancs Food  
Partnership (newly  
formed)

# FoodFutures: North Lancashire's Sustainable Food Partnership

- Cross-sector food partnership covering Lancaster, Morecambe and wider Lancaster District - known as North Lancashire
- Priorities shaped by 'Our Food Futures' community food strategy and working group members
- Collaborative projects, 'Pots of Possibility' grant fund, strategy development and comms that celebrate local food stories
- All places are different and partnerships look different



# Food Sustainability in Lancashire

-  **2011**  
Foodlink North West  
TCL Food Group
-  **2012**  
Lancaster Event - SFP  
Sustainable Food Lancashire formed
-  **2013 - 2015**  
9 Charter Consultations held across Lancashire
-  **2015**  
SFL Charter launched  
The Larder established
-  **2018**  
BwD Food Alliance
-  **2024**  
West Lancs Food Partnership



Food plays a vital role in improving individual and population health and wellbeing; as well as dealing with some of Lancashire's most pressing social, economic and environmental problems.

From obesity and diet-related ill-health to food poverty and waste, climate change and biodiversity, food is not only at the heart of some of the greatest problems, but also a vital part of the solution.

## WHAT WILL THE CHARTER ACHIEVE?

We can tackle this complex agenda by working together and committing to Lancashire's six Charter goals. Join us in our endeavour to:

### 1 PROMOTE HEALTHY AND SUSTAINABLE FOOD TO THE PUBLIC

- Ensure that the role and importance of healthy and sustainable food is communicated to every audience using clear, consistent messages that inspire people to act.
- Promote a positive and inclusive food culture by engaging the public with healthy, sustainable, ethical and local food while celebrating culinary and cultural diversity.

### 2 TACKLE FOOD POVERTY AND DIET-RELATED ILL HEALTH

- Support local strategies to tackle poverty and break the cycle of deprivation and enable Lancashire to be a place where everyone has access to affordable good food.
- Support food businesses to reduce the fat, sugar and salt content of food and increase the availability of healthier options.

### 3 BUILD COMMUNITY FOOD KNOWLEDGE, SKILLS AND RESOURCES

- Provide opportunities to grow, cook and eat good food by increasing knowledge and skills to all age groups.
- Promote passion for a positive food culture and food education across our community settings and create a space for information and resources to be shared.

### 4 PROMOTE A DIVERSE AND VIBRANT FOOD ECONOMY

- Celebrate, promote, and support Lancashire's food producers and land resources to keep value within our local economy and also to raise employer awareness of the importance of the 'living wage'.
- Engage consumers and food suppliers at local and regional levels to shorten the sustainable food supply chain.

### 5 TRANSFORM CATERING AND FOOD PROCUREMENT

- Inspire and enable all food settings to source and supply healthy, seasonal, locally and ethically produced food.
- Support and enable small scale local producers and other sustainable food businesses to access large scale procurement markets via cooperative marketing and supply initiatives.

### 6 REDUCE WASTE AND THE ECOLOGICAL FOOTPRINT OF THE FOOD SYSTEM

- Reduce food waste, food miles and unnecessary packaging and create opportunities to redistribute surplus food from the whole supply chain across Lancashire.
- Promote food systems that protect wildlife and support food produced with high animal welfare standards.

# Workshop format

- On your table you'll find a statement linked to food and climate
- Use the resources on the table and your own knowledge to discuss in your group whether you agree, disagree or neither agree or disagree with the statement. You'll have 10 minutes.
- Groups will be asked to put up card- either green (agree), red (disagree) or both
- We'll ask a few of groups to share their thinking (15 mins)
- Pledges

# Summary - 1

- Our food system currently has a substantial negative impact on climate - as well as biodiversity, land use, water resources, pollution and human health
- **What we eat, how it is produced and what we waste** are the areas where the most impactful changes can be made
- This includes reducing meat and dairy consumption, eating seasonally, supporting producers who regenerate the land (soils, waters and other beings), reducing food waste
- Local food with solidarity trading is good - food miles not always an large contributor to overall GHG but local increases resilience, transparency of supply chains, reduces offshoring of impacts (in particular water resource)
- Individuals can make changes but to happen at scale and to enable everyone to benefit it really needs a system shift - anchor institutions and business can use influence and spending power to shift systemic issues

## Summary - 2

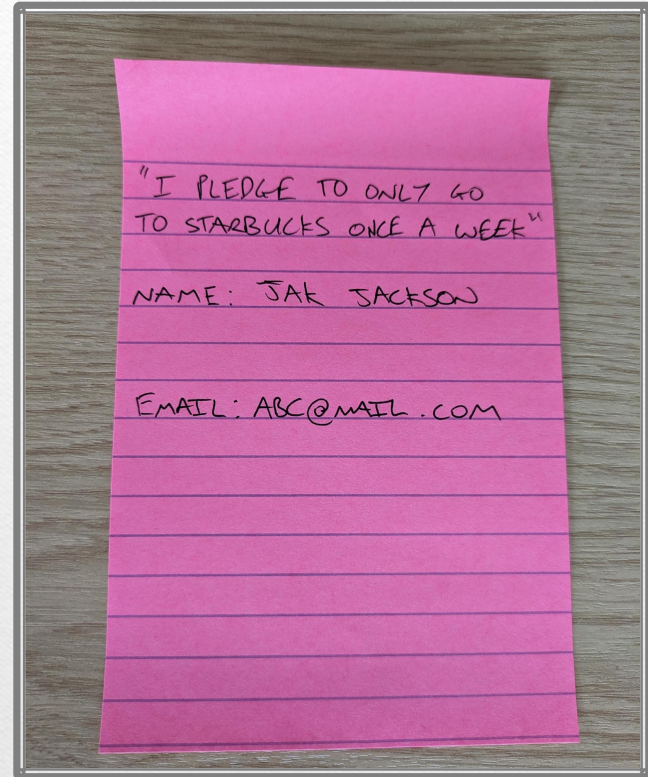
- Any changes will have trade-offs /unintended consequences - therefore it is important to take a systems approach to addressing food sustainability issues
- Context is important - importance of how as well as what is produced and the needs of the community the food system serves - cultural, nutritional and other
- Power, injustice and inequality - the need for partnership working, co-creation and stakeholder engagement.
- Scalability - which needs to consider points above - sustained implementation and scale-up in practice requires actions from across the system (i.e., the context or set of contexts within which an intervention takes place) and different actors (including policymakers, practitioners, retailers and others) - strengthen the system's preparedness to accept the change and reduce resistance by stakeholders.



# Getting involved

Pledge time...

- Remember keep
- Specific- what you intend to do
- Measurable-how you will do this
- Achievable- make it something you will do
- Relevant; to your life-style
- Time focussed- remember this is for 12 months

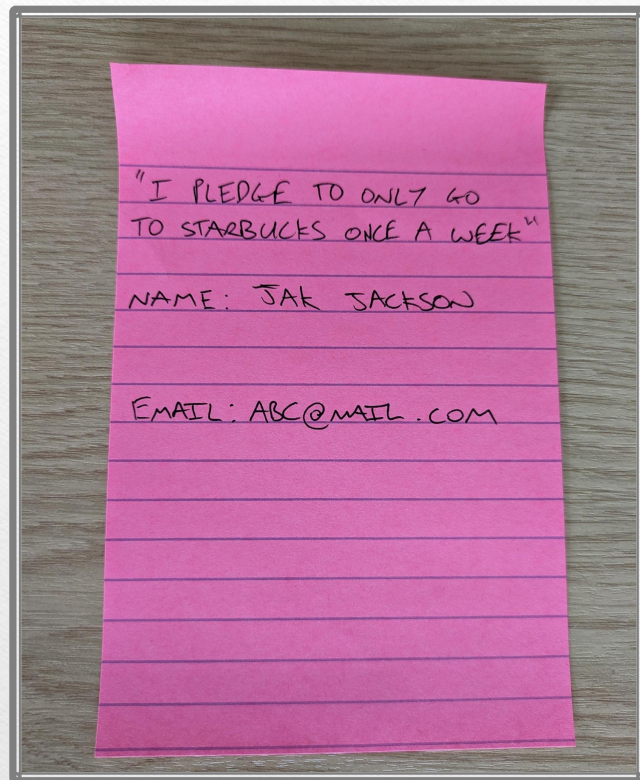




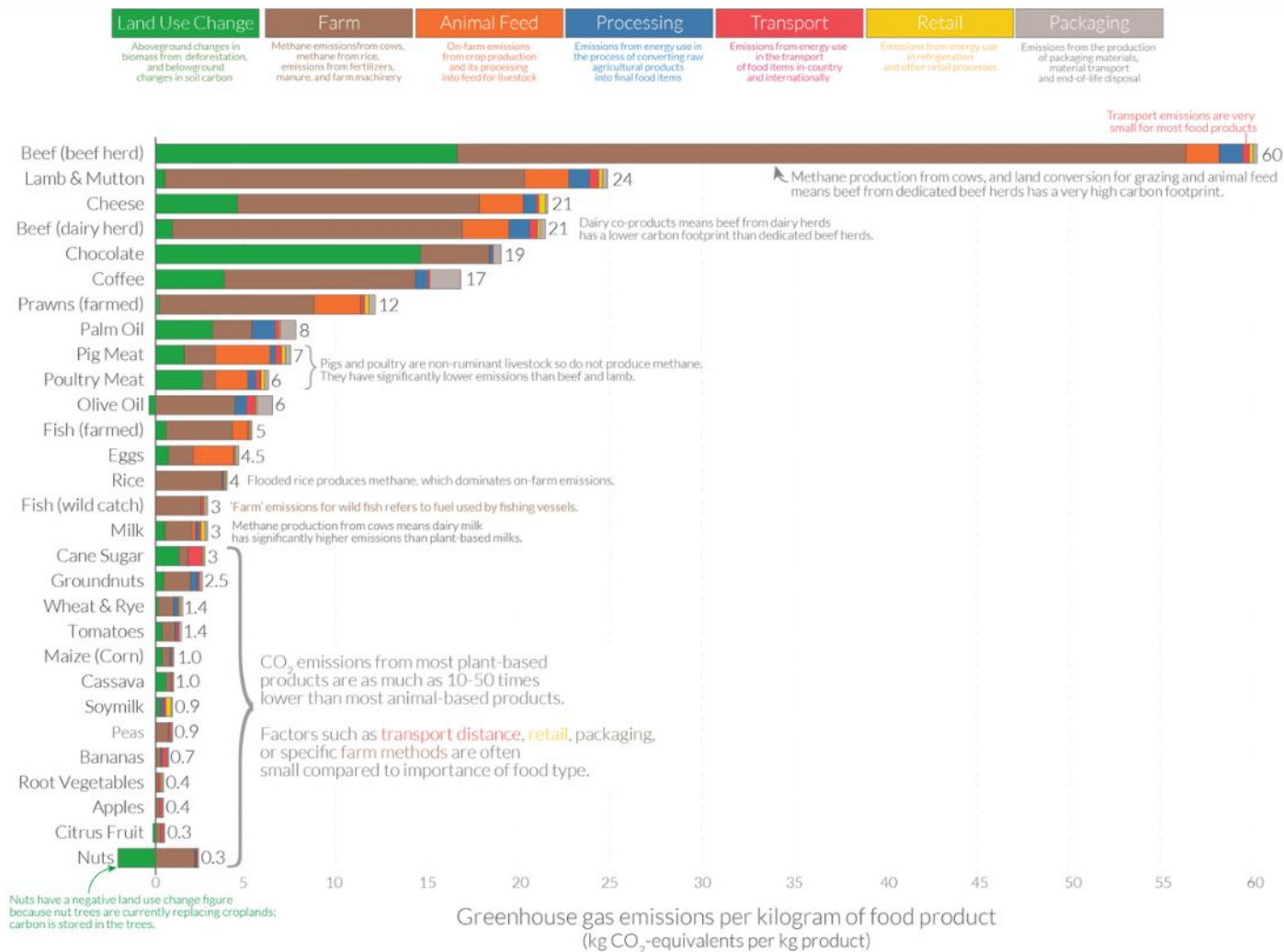
# Getting involved

Pledge time...

- Please include your name and email address
- Hand them back to us
- Don't include your contact details if you wish to remain anonymous
- We will contact you soon to confirm your pledges and we will contact you in six months and a year to check on your progress with them.



Buying locally produced food is best for reducing environmental impact of your diet



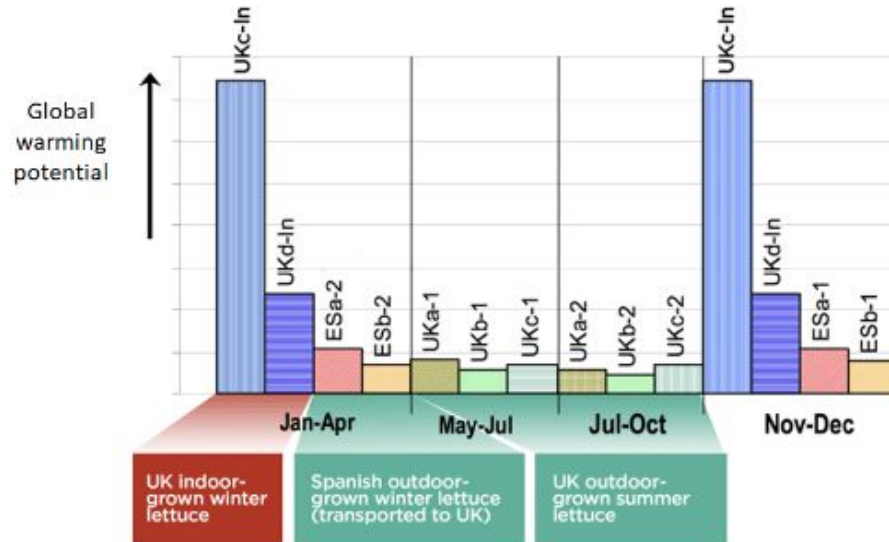
**Figure 4.4: Mean GHG emissions, land use and water use values of different foods providing 100g of protein<sup>35-37</sup>**

These are average values based on a combination of data sets from around the world, therefore there will be significant variability depending on country of origin and practices used<sup>38</sup>. See table below.

	GHGe as kg CO <sub>2</sub> eq per 100g of protein	Land use m <sup>2</sup> per 100g of protein	Stress weighted water use 1000s litres per 100g of protein
Nuts	• 0.3	• 7.9	140.8
Peas	• 0.4	• 3.4	12.6
Other pulses	• 0.8	• 7.3	10.5
Peanuts	• 1.2	• 3.5	23.6
Tofu	• 2	• 2.2	3.2
Eggs	• 4.2	• 5.7	16.2
Poultry meat	• 5.7	• 7.1	8.2
Fish (farmed)	• 6	• 3.7	18.2
Pig meat	• 7.6	• 11	41.3
Cheese	• 11	• 40	81.9
Dairy cattle (milk)	• 17	• 22	60.7
Shellfish (farmed)	• 18	• 2	86.2
Sheep meat	• 20	• 185	70.9
Beef meat	• 50	• 164	17.4

"Water stress" considers several physical aspects related to water resources, including water scarcity, water quality, environmental flows, and the accessibility of blue (stored) water for human consumption. Therefore a product with high stress weighted water use, implies it is using blue water (storage water) for irrigation due to dry conditions which is depleting water stores that could be used for human consumption in an area whose overall water levels are already scarce. Crops relying more on rainfall will utilise more 'green' water, thus their stress-weighted water use will be lower.

# Reducing our food system impact: Eating with the seasons



- Use of fossil fuel to heat glasshouses can have higher GHG impact than transport costs
- Depends on transport type- air freighted produce has high climate impact
- Eating with the seasons is key: reduces GHG emission related to production and transport
- Eating with the seasons reduces reliance on imports from water scarce countries



# Fruit and veg related carbon emissions

## **GHG intensive fruits and vegetables include:**

- Air freighted produce: Typical examples include US berries and cherries, African green beans and peas, and pre-prepared salads produced outside Europe;
- Unseasonal Mediterranean style produce: Grown either in heated greenhouses in the UK or under protection (sometimes heated) overseas. Examples include tomatoes, courgettes, aubergines, peppers and salads;
- Pre-prepared, trimmed or chopped produce: Examples include salad bags and bowls, fruit salads and cut pineapple
- Fragile or highly perishable foods: These foods are prone to spoilage, which represents a waste of the energy embedded in their production, transport and storage

Air freight is an area of particular concern. Around 1.5% of imported fruits and vegetables travel by air but this 1.5% accounts for around half of all emissions associated with fruit and vegetable transport, excluding travel to the shops. Including shopping trips, the air freighting stage accounts for two fifths of transport emissions.

## **Here's the carbon footprint of 1 KG of tomatoes in the UK:**

- **0.4kg CO<sub>2</sub>e - Organic, grown locally outdoors in July**
- **1.2kg CO<sub>2</sub>e - Canned tomatoes**
- **9.1kg CO<sub>2</sub>e - Average tomatoes in a supermarket**
- **50kg CO<sub>2</sub>e - Organic, on the vine, commercially grown in a local greenhouse in March**

**So tomatoes can be both very low carbon and very high carbon; it's all about the source and the season.**

# Buying locally produced food is best for reducing environmental impact of your diet

- Food miles - **how** food is transported rather than **how far** most important
- Eating seasonally important for reducing emissions
- **What you eat** and **how it is produced** generally contribute more to environmental impacts

But

- Local supply chains have a range of benefits for planetary and societal health including:
  - Increased transparency in production methods
  - Connection between communities, food producers and how food produced
  - Reduces offshoring of resource footprint



Meat-free Mondays should be rolled out across schools, hospitals and public institutions

# Meat-free Mondays campaign

## At work

### Make it a policy

Encourage your company to implement Meat Free Monday into its Corporate Social Responsibility policy.

### Treat a co-worker

Buy a colleague a meat free lunch or suggest a meat free pot-luck each Monday.

### Make the switch

Normalise sustainable diets by making business events automatically plant-based, with staff to opt in for meat and dairy

## Trial it

Suggest a trial Meat Free Monday so staff get a chance to try the food and discuss the issues. Check out how Novo Nordisk staffers in Denmark went about it.

## Implement it

Create a varied and exciting menu that staff members will enjoy. Check out how London Heathrow Marriott Hotel introduced Meat Free Monday.

Find out more at [meatfreemondays.com](https://meatfreemondays.com) and calculate the impact of going meat free here: <https://meatfreemondays.com/calculator/>

# WE SUPPORT



Meat Free Monday is a fun and easy way to improve your health and reduce your carbon footprint.

Yes ... One day a week can make a world of difference!

# Schools

## Checklist for school lunches

It is expected that schools will use this checklist in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services. Below is the checklist for meat and other sources of protein.

### Meat, fish, eggs, beans and other non-dairy sources of protein

Please indicate if the standard has been met (Yes or No)

	Week 1	Week 2	Week 3
A portion of food from this group every day			
A portion of meat or poultry on 3 or more days each week			
Oily fish once or more every 3 weeks			
For vegetarians, a portion of non-dairy protein 3 or more days a week			
A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, (applies across the whole school day)			

#### Get support

Discuss Meat Free Monday with the Senior Leadership Team, Citizenship Coordinator and Governors and get support for the idea.

[Use the MFM schools pack](#) →

#### Involve the students

Talk about Meat Free Monday with the Student Council and gauge interest.

#### Consult parents

Write to parents explaining the school's position on Meat Free Monday – you could even arrange a 'faster' evening so parents are able to taste the food and ask questions.

[Use our sample letter](#) →

#### Link up

Get advice from a school which already does Meat Free Monday. Drop us a line and we'll try to connect you.

[Get in touch](#) →

#### Deliver a school assembly

An assembly is a great way to inform students about Meat Free Monday and spark their interest. Let students know that the school would be joining a whole network of individuals, organisations, schools, groups and celebrities who are doing their bit to protect the planet.

[Screen our lyric video](#) →

#### Contact the caterers

Most external caterers can offer a Meat Free Monday menu if schools request it. You might even find that your caterer already has one! If your school has in-house caterers then arrange a meeting to discuss the options.

[https://assets.publishing.service.gov.uk/media/627b9b55d3bf7f5c0c1c7049/Checklist\\_for\\_school\\_lunches.pdf](https://assets.publishing.service.gov.uk/media/627b9b55d3bf7f5c0c1c7049/Checklist_for_school_lunches.pdf)

# Hospital food standards: minimum protein (higher for nutritionally vulnerable)

## Protein

The minimum protein content for any main meal, i.e., a starter, dessert and a main course, that is based on meat, fish, eggs, cheese, pulses, or other plant-based proteins, must reach a total of 15g protein. On a menu where some desserts such as fruit or jelly may contribute negligible protein, the 15g minimum protein level will therefore need to be provided by the rest of the components for that mealtime.

Dietitians must exercise judgement about the menu capacity for nutritionally vulnerable patients to ensure that suitable higher energy and protein choices are available to provide targets of at least 27g of protein for a complete meal.

Hospital acquired malnutrition: studies report that between 10-65% of patients experience nutritional decline while in hospital

<https://onlinelibrary.wiley.com/doi/pdf/10.1111/jhn.13009>

# Meat-free Mondays should be rolled out across schools, hospitals and public institutions

- Any changes will have trade-offs /unintended consequences - therefore it is important to take a systems approach to addressing food sustainability issues
- Context is important - importance of how as well as what is produced and the needs of the community the food system serves - cultural, nutritional and other
- Power, injustice and inequality - the need for partnership working, co-creation and stakeholder engagement.
- Scalability - which needs to consider points above - sustained implementation and scale-up in practice requires actions from across the system (i.e., the context or set of contexts within which an intervention takes place) and different actors (including policymakers, practitioners, retailers and others) - strengthen the system's preparedness to accept the change and reduce resistance by stakeholders.

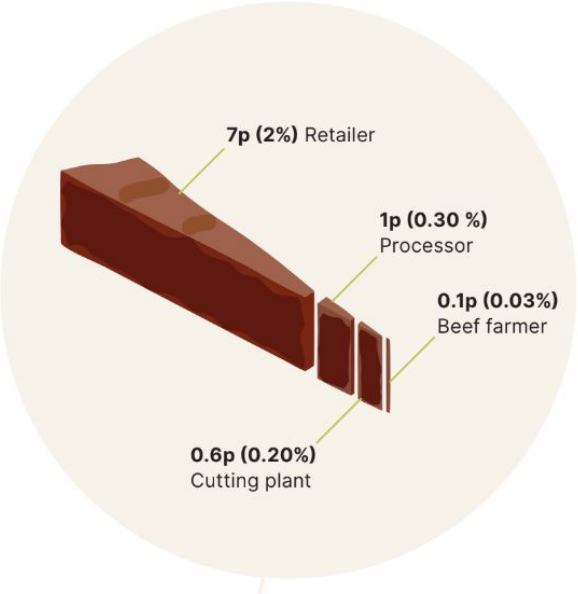
Food should be cheaper in the UK

Profit margins on food are small - UK farmers are often left with far less than 1p profit of the food they produce

### 3.2 Beef burger

The percentage of retail price of each stage in the supply chain of four quarter-pounder beefburgers (450g) – typical retail price £3.50.

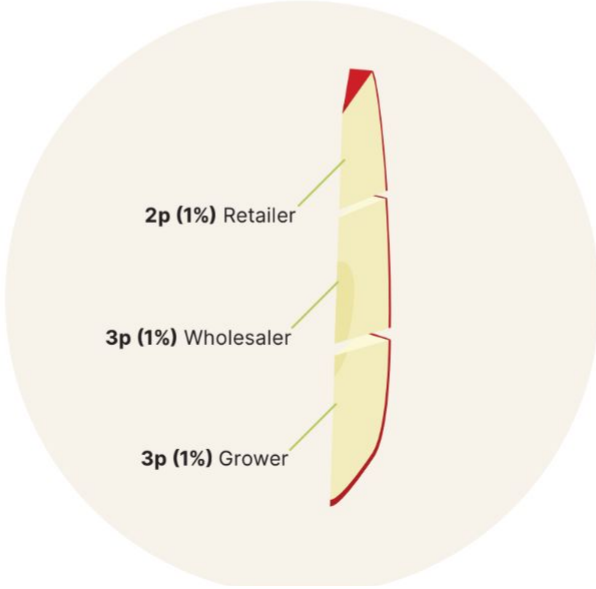
**Profit**  
(8.7p / 2.53%)



### 3.5 Dessert apples

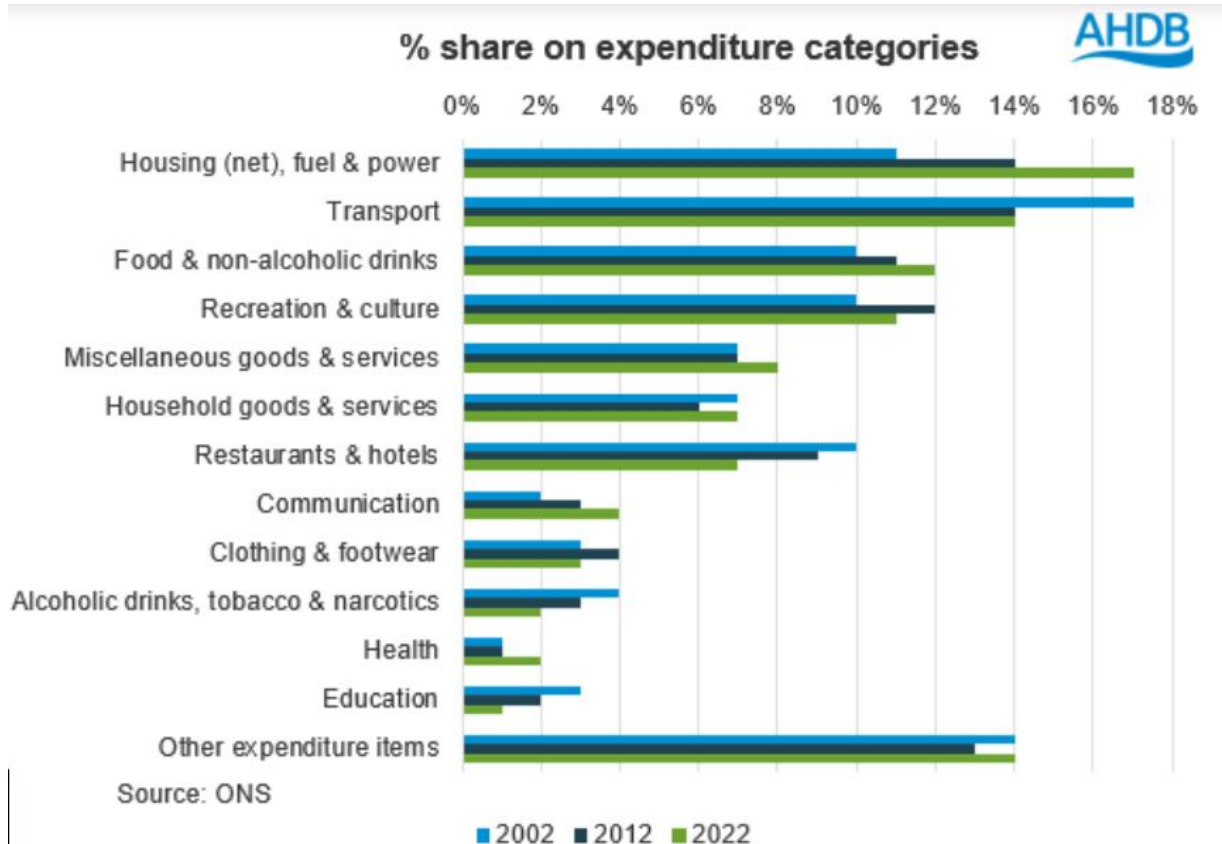
The percentage of retail price of each stage in the supply chain of one kilogramme of dessert apples (eating apples – approx. 6 apples) purchased in a supermarket, for a retail price of £2.20.

**Profit**  
(8p / 3%)





# Average household expenditure in UK by category



# Ethical Consumer Report: Produce of Exploitation

## Uncovering the widespread abuse of migrant workers in the Spanish regions of Huelva and Almeria

### Report headline findings

- At least six out of every 10 strawberries in the UK between January and March are likely to be sourced from Huelva
- During the winter months of December to February, one in every six tomatoes eaten in the UK is likely to be from Almeria
- Eight of the nine basic workers' rights championed by UK supermarkets are routinely violated in southern Spain
- All nine major UK supermarkets are failing to adequately address the risk of serious violations in their supply chains and meet their commitments as members of the Ethical Trading Initiative (ETI)

*“For years, authorities and employers in southern Spain have been content to sit back and watched as migrant workers endure the most horrific, inhumane working conditions.*

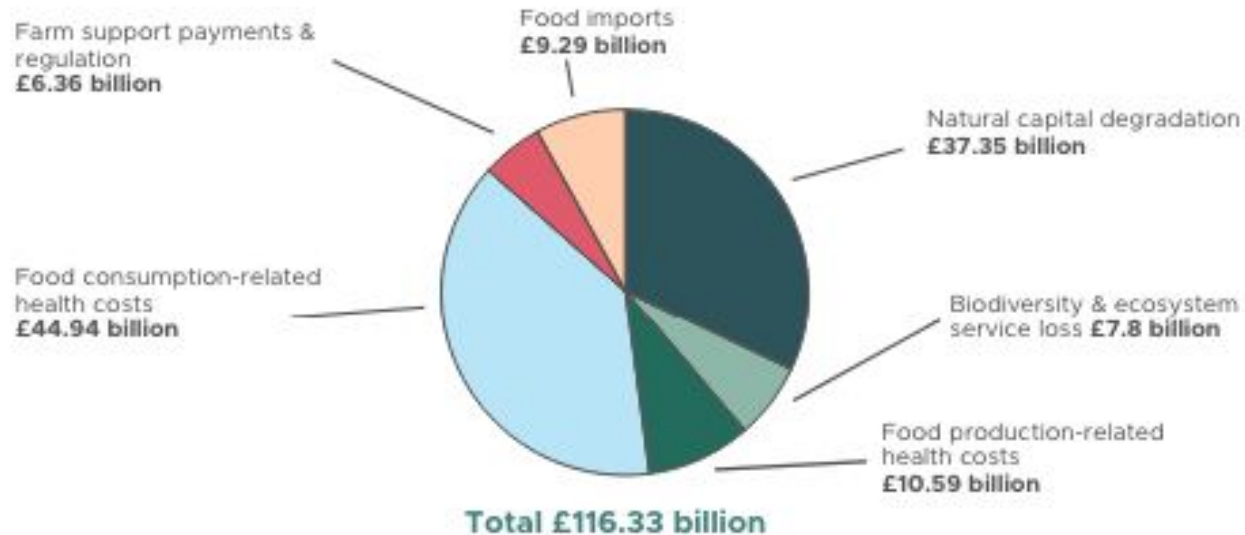
*“Abuse of migrant workers is rife throughout food systems – the incessant search for bigger profits pushing down standards to ever lower levels. I urge supermarkets to end their complicity in this abuse and address the issue head on using this report as their guide.*

UN Special Rapporteur on extreme poverty and human rights, Olivier  
De Schutter

<https://research.ethicalconsumer.org/research-hub/spain-workers-exploitation>

# True costs of food

## costs in 2015



[https://sustainablefoodtrust.org/wp-content/uploads/2022/01/Website-Version-The-Hidden-Cost-of-UK-Food\\_compressed.pdf](https://sustainablefoodtrust.org/wp-content/uploads/2022/01/Website-Version-The-Hidden-Cost-of-UK-Food_compressed.pdf)

# Food should be cheaper in the UK

- Currently we produce enough food to feed the global population - we waste between a quarter and a third
- The way we distribute food and it's commodification has lead to food insecurity
- Many farmers experiencing food poverty despite producing food
- External social and environmental costs not incorporated into the current cost of food
- Wider economic and social system reasons why food poverty exists