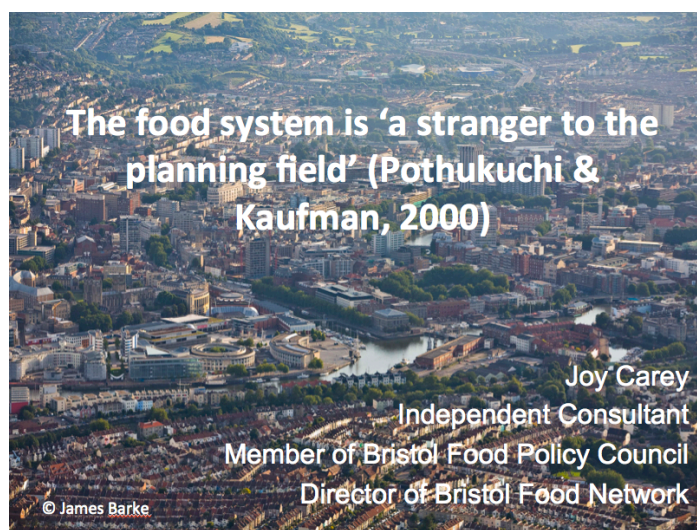


## Building a healthy city: Festival of the Future City & Healthy City Week 2017

Joy Carey (local food systems consultant and director of Bristol Food Network) explores Bristol's food journey and approaches to transforming city food culture.

**Brief for the event:** What are the existing programmes for change to make Bristol a healthy city and how effective are they? A series of short presentations will highlight local projects and programmes of work that are creating a healthier and more environmentally sustainable future city. The speakers examine elements of change already manifesting in the city and ask why it matters, where it could lead and what purpose and values are needed to foster it.

### Opening slide



17 years on, this quote still stands. The food system is still not considered in city planning and development processes.

### But we must talk about food



- Food supply and prices are affected by global climate changes

- We're counting the cost of our poor eating habits causing diet-related ill health
- Increasing numbers of people can't afford to feed their families;
- One in ten jobs is related to food and drink in Bristol – the local economy
- Urban areas are important for pollinators and bee diversity is higher in urban areas than farmland
- Eating out or eating pre-prepared meals is increasingly part of daily life; fewer of us are cooking for ourselves

## Silver



In 2016 Bristol became one of just two cities in the UK to be given a silver level 'sustainable food city' award. Thanks to the collective efforts and innovation of over 120 organisations and hundreds of people all around Bristol who are deeply committed to transforming the city's food culture.

## Bristol Good Food Plan



Now in 2017 we are starting to consider what a 'gold' level sustainable food city might look like, building on the Bristol Good Food Plan to develop areas of food excellence.

Food related activity has outcomes in all these areas:

- Mental health
- Physical health
- Social connections & cross-cultural learning
- Healthy pleasant community spaces
- Nature & biodiversity
- Additional nutrition from fresh food locally produced
- Jobs & income

Here are some practical initiatives that are already going on, and where collectively we can do even better. **Food waste**



- Roughly half of household food waste is collected from the kerbside and redirected to anaerobic digestion. As yet this does not happen for commercial food waste.
- Last year FareShareSW redistributed around 30 tonnes of food per month, equivalent to about 71,000 meals.
- Various events take place around the city to raise awareness of food waste – this is Feeding 5000 event in 2013.
- If we want to achieve Bristol's 'towards a zero waste strategy', we need to reduce food waste. We also need to find ways to turn food waste into both energy and compost for...

### Urban food growing





- A small number of commercial urban agriculture enterprises sell to shops and restaurants. Here Severn Project growing salads, during their temporary lease on what is now the arena site.
- Our 6000 allotment plots could potentially produce 5% of the city's annual fruit and veg requirements. Not enough to feed ourselves but diets could be nutritionally enhanced.
- Over 50 community gardens and orchards involve several hundred volunteers each week; anecdotally many report the value of social connections and the positive impact on their sense of wellbeing.
- We need to safeguard land for food and value urban food growing for all its many benefits

### **Cooking from scratch**



- Bristol is home to a number of inspirational chefs, many of whom are sharing their skills and teaching us how to cook;
- To highlight just a few – Barney Haughton and his team at the Square food foundation in Knowle, Jo Ingleby and the staff at the Redcliffe childrens centre; city farms and community gardens that run outdoor cooking activities.

### **Learning & eating together**





- 91 Ways, uses the uniting power of food to bridge the gaps between Bristol's 91 language communities

## Transforming public spaces



Bristol's now iconic Bearpit is a great example of a previously troubled public space transformed by a committed group of artists, entrepreneurs and supporters; with new food enterprises, attractive Incredible Edible Bristol gardens and all sorts of community art activities through the year.

## Public sector catering



- Public sector food procurement contracts can enable local businesses to expand and create new jobs.
- More importantly good quality tasty nutritious food needs to be part of all patients' recovery.

## Bee the change



Change requires shared values and collaboration summarised in the Bristol Good Food charter: we need a food system that is good for people, places and the planet.

## And finally, our shared future



Depends on integration integration integration .....

i) **Integrated food and health education** for the younger generation including inspirational 'taste, see and experience' types of learning opportunities.

ii) **Integrated food policy**, so food issues are embedded within a range of local government departments – public health, planning, economic development, climate change and resilience.

iii) **Urban-rural integration**: cities are not bounded entities so we need a West of England food strategy that nurtures mutually beneficial two way exchanges between the rural and built up areas.