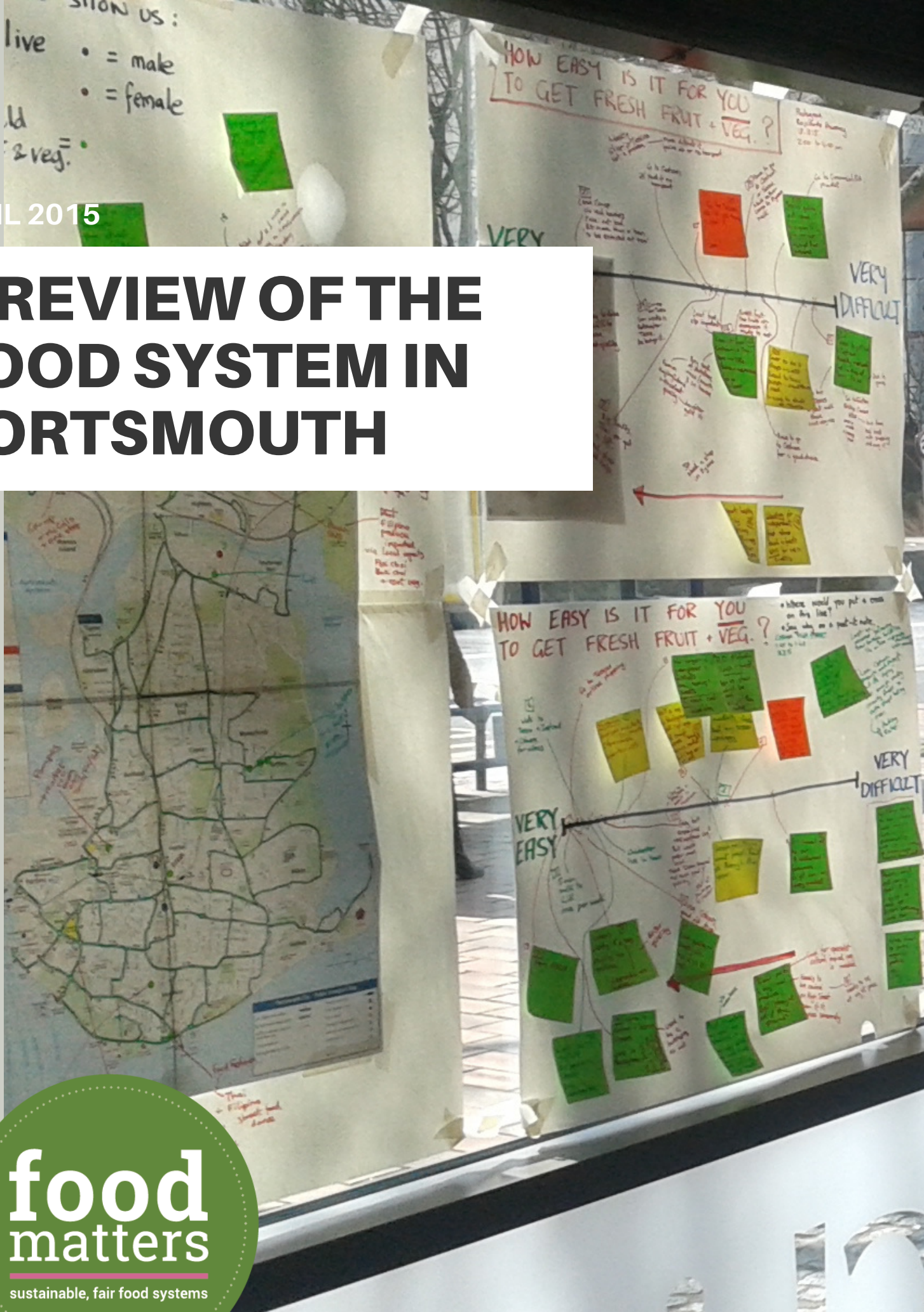


APRIL 2015

A REVIEW OF THE FOOD SYSTEM IN PORTSMOUTH



A REVIEW OF THE FOOD SYSTEM IN PORTSMOUTH

A REVIEW OF THE FOOD SYSTEM IN PORTSMOUTH

Contents

Summary	4
1. Introduction	9
1.1 Key Themes	9
1.2 The Research	10
1.3 Portsmouth – a snapshot	10
1.4 Challenges and Opportunities for the food system in Portsmouth	11
2. Food and Health Inequalities	13
2.1 The Policy Context	13
2.2 Early Years (pre-birth to 5years)	14
2.3 Obesity and overweight	15
2.4 Food Poverty	16
2.5 Delivering food work in the community	21
2.6 Summary and key points	22
2.7 Measuring and monitoring	
3. Food Industries and Business	24
3.1 The Policy Context	25
3.2 Employment in the food sector	26
3.3 Food Businesses	27
3.4 SMEs and Entrepreneurship	33
3.5 Public Procurement	33
3.6 Venues and Tourist Attractions	37
3.7 Major employers	38
3.8 Food Production	39
3.9 Fishing	39
3.10 Household spend on food in Portsmouth	40
3.11 Summary and key points	40
3.12 Measuring and monitoring	42
4. Green and Urban Spaces	43
4.1 The Policy Context	43
4.2 Allotments	45

4.3	Community Growing	45
4.4	Food Growing in Schools	47
4.5	Portsmouth in Bloom	48
4.6	Food and Planning Policy	48
4.7	Summary and key points	49
4.8	Measuring and Monitoring	50
 5. Cross Cutting themes		51
5.1	Education	51
5.2	Waste	53
5.3	Sustainability	55
 6. Conclusions		56
Appendix 1: Food Event March 25th Highbury College, Portsmouth		58
Appendix 2: List of fish on Sale in Portsmouth Fish Market and MSC Rating		67
Appendix 3: Food for Life Bronze Catering Criteria		69

A REVIEW OF THE FOOD SYSTEM IN PORTSMOUTH

Summary

1. Introduction

How we produce, process, procure, consume and dispose of the food we eat has implications for our environment, our health and our economy. Our current urban food systems are having a detrimental effect on public health and the environment. The first step to making change is to understand the food system of a city – without a clear picture of the current context, opportunities and challenges it is difficult to know where best to target action for the greatest impact. This review of Portsmouth's food system, commissioned by the newly established Portsmouth Food Partnership, will provide a baseline mapping exercise of key priorities on which to build a future programme of work.

As an island city, Portsmouth faces particular challenges when it comes to its food system given its geographical location, density of population and issues of deprivation, poor health inequalities and high instances of diet related disease. Food can be a positive tool for engagement across the City and can help address some of the city's pressing social and economic problems.

Portsmouth Food Partnership vision:

'To improve the health and wellbeing of the City, uniting and empowering the residents and organisations through a positive healthy food culture that is fair, resilient, and economically and environmentally sustainable'

2. Food and Health Inequalities

- An increase in linkages and networking between projects and organisations delivering food projects on the ground would be of benefit – allowing cross-fertilisation of projects and sharing of resources, knowledge and experience.
- Tackling the obesogenic environment across the city should be given more prominence –which is where the strength of working in partnership with businesses and all sectors across the food system is important. Whilst many issues might be out of the control of the local authority or partnership, lobbying at a national level for more upstream change is an important element of local food work.
- The current re-structuring process in public health allows for a strengthened approach with the move to locality working across the city as this is well suited to food work. The more interventions and food work responds to the needs of communities and individuals the more likely it is to have positive results. Involving community members in

the solutions is a key part of this in order to have a better chance of influencing behaviour change and this is the model shift Public Health Portsmouth in applying via their integrated wellbeing service and similarly key partners are also working towards delivering in this way.

- The creation of 'lifestyle' hubs in the new organisational structure can also lead to the creation of 'community food hubs' where projects and interventions are clustered, and as a result food is given a greater prominence and visibility.
- Ensuring that 'food' is made more explicit in all relevant policies in the city e.g. JSNA, Health and Well Being Strategy, mental health strategy would also help take advantage of the opportunities food offers but more importantly embed the food work approach in the longer term vision of the city and provide future sustainability. Many of these strategies are currently being re-drafted and there is an opportunity to influence their contents which needs to be taken advantage of.
- Focusing on good nutrition in early years is critical to create a strong foundation for future good health. Recipients of Healthy Start Vouchers are a target audience and there is a clear pathway to working with them. Adding value to the Healthy Start Vouchers is a good way of increasing access to fruit and vegetables..
- Setting up a dedicated cross sector group to work on Food Poverty under the Tackling Poverty work would help focus on the issue and identify work to address the range of issues which contribute to the issue – particularly focusing on upstream solutions such as ensuring that benefit delays are minimised. Food Poverty work can also link with work being undertaken on fuel poverty.
- Finding information and signposting for cookery courses, healthy eating information, community gardening opportunities is currently difficult, particularly for members of the public – a 'one stop shop' website for all things food in Portsmouth is urgently needed and can be provided by the Portsmouth Food Partnership
- Gathering further data on people's experience of food poverty is required to understand the issues better, and to monitor change. Including a question in the Health and Lifestyle Survey would help quantify this information.

3. Food Industries and Business

- As a contribution to economic growth, employment and skills and training, the local food economy represents a real opportunity for Portsmouth to develop what is already an emerging and potentially strong sector. Currently it is not recognized as either a growth sector or as a contributor to deliver a green economy and there is an opportunity for the city to lead a pioneering approach to supporting the local food economy which is both sustainable and integrated with other outcomes such as the delivery of good quality affordable food
- It can also provide additional benefits, adding to the unique distinctive characteristic of the city to increase the experience of tourists and visitors. 'Food Tourism' is a growing sector – ensuring that there is a food offer available within the city which is of good quality and exploits local characteristics – for example local oysters, if the oyster beds were to be re-generated, or watercress from Hampshire.
- More in-depth research on the value of the local food economy and where money is currently being spent, and the number of additional jobs it would be able to support, would

help develop the evidence base to support policy and direct investment towards this sector. Currently this information is not available either locally or nationally.

- A package of support would encourage new businesses to start up, and also allow work with existing food businesses in order to increase their sustainability. This could include:
 - Public sector procurement, whether it is schools universities, or in-house city council catering, can set a good example by pursuing sustainability outcomes through the procurement of good food and the development of healthy menus. A first step to do this would be to develop a more detailed sustainable food policy than currently exists. However, there are known barriers to sourcing locally produced food – notably issues of volume, quality and cost. Canvas Coffee, a small independent coffee shop based in the city, tells the example of purchasing their milk from Northney Farm on Hayling Island, but it just wasn't suitable to produce frothy coffee, so they now purchase from Dairy Crest (who source their milk all over the UK).
 - Portsmouth City Council can work more closely with Hampshire Fare and the Isle of Wight to bring producers and catering officers together to understand barriers and opportunities for local sourcing. A quicker win is to work with the private catering sector, particularly more high-end restaurants, where cost and volume are not such an issue. Hampshire Fare run 'meet the buyer' events, but often chefs and caterers are too busy to leave their kitchens, so a more hands on brokering approach is required.
 - Local markets are important places for both consumers to access affordable fresh food, and for businesses to reach the market without the capital outlay of premises. In addition they provide important social interaction, particularly for older members of the community. Across the country traditional street markets are suffering in the face of competition from the multiple retailers, and Portsmouth is no exception.
 - Food is an excellent vehicle for skills development, particularly for NEETS, or young people who are less confident at academic subjects. Using cookery to develop hard skills such as literacy and numeracy is as important as learning to cook on its own. Developing programmes which are more geared to this alongside soft skills would be beneficial.

4. Green and Urban Spaces

- There is a low level of activity around community growing in a city with the population of Portsmouth. A [recent survey](#) showed that over 58% of people who garden in Brighton and Hove felt significant improvements to their well-being, and 42% reported improvements to their diet as a result. A more in-depth evaluation of the reasons why some community gardens have closed down in Portsmouth over the past years would help inform how to support future community growing.
- One reason cited for some gardens closing down is the lack of volunteers to support the project. It is important when starting new community gardens that they are led in the first instance by community members and that robust consultation has been undertaken in order to respond to local needs, as well as to identify community members to become involved. This creates a sense of ownership within the community. Supporting staff and gardeners to work on projects is costly, and although some management support and

funding is always required, the best and most long lasting projects are those that are largely run by volunteers.

- One way of inspiring community members to get involved in food growing is to make food growing visible across the city, and this is often where investment from public health can be well spent. So, for example, planting beds in public spaces where there is passing footfall – beds in parks, planters on street corners, or on vacant land on housing estates – can act as demonstration plots which can inspire but also play a role in educating children about where food comes from. These plots can be temporary if funding doesn't allow for longer term investment. The [Incredible Edible](#) movement in Todmorden and now across the UK has been very successful in this approach.
- Community growing in Portsmouth is largely about the health and social benefits and not so much about producing food for more serious consumption within the city. The issue of scaling up so that community projects can also sell produce to benefit the wider community and provide revenue for future financial sustainability is challenging, as economies of scale mean that the real cost of any food produced would be prohibitive. City Herbs is an example of an attempt to develop a more commercial project, linked to the University as a market for the herbs. However the project relies heavily on volunteer support – on a daily basis in the case of a polytunnel, where produce must be watered and monitored etc.
- In depth mapping of the potential spaces across the city where food growing might be possible is a useful exercise – both to identify small demonstration sites but also the potential for a larger more commercial 'market garden' project on the peri-urban fringe where small amounts of land are available for the scale required to make this viable. Being creative with the spaces around buildings, particularly community venues etc, would help provide even small scale opportunities for food growing.

5. Conclusions

The Review has highlighted the diverse range of activity already happening across all sectors of the food system in the city, albeit it that in some areas this is low level and not necessarily perceived at this point as sustainable. The clear gap is in connecting and integrating this in order to maximize the opportunities for creating better social, environmental and economic outcomes. The solutions required to address health inequalities, to mitigate against the impact of climate change, to create a prosperous and resilient local economy, are the often the same when thinking about food. Therefore there is the opportunity to identify actions or projects using food which hit several targets, giving a greater return on the investment made. There are areas where a small investment of either funding or staff time could make a difference:

- **Networking:** all the priority areas could benefit from stronger networking opportunities e.g food business networking, community project networking etc. Through coming together ideas are exchanged and mutual projects identified
- **Community Engagement:** working in the localities to understand community needs and engage people in developing and co-producing solutions that work on the ground

- **Volunteering:** community projects, particularly food growing, rely heavily on volunteers, ensuring that Portsmouth Together and other volunteering organizations are able to sign post people to help on projects is important.
- **Policy:** ensuring that policy is 'food-proofed' to ensure that it includes references where ever appropriate to support food related work across the city
- **Communication and information:** a one stop shop on line for all things food in Portsmouth would help people engage with good food in a variety of ways.

The development of flagship projects in priority areas over the next few years would help raise the profile of food work and the emerging Portsmouth Food Partnership. A particular area of relevance to Portsmouth would be to work on the local food economy, where priorities to support SMEs and skills and training fit very much with the sustainable food agenda. Working to create community food hubs within the proposed lifestyle hubs would support grassroots behavior change outcomes with community members.

A REVIEW OF THE FOOD SYSTEM IN PORTSMOUTH

3 Introduction

How we produce, process, procure, consume and dispose of the food we eat has implications for our environment, our health and our economy. In today's cities, where over 70% of us in the UK live, we can feel particularly disconnected from how food arrives on our plates every day, and disempowered from the decisions that determine how this happens. As a result, our current urban food systems are unsustainable and are having a detrimental effect on public health and the environment.

However, things are changing. A new movement is emerging across the UK - cities and towns are recognising the value of using food to address a range of desirable public policy outcomes – from health to social inclusion, from the reduction of carbon emissions to better educational attainment. Cities and towns are bringing together partnerships of stakeholders from across all sectors of the food system and collectively developing food strategies and action plans as a vehicle for addressing the problems caused by our food system, and to start to identify solutions.

The first step to making real change in this process is to understand the food system of a city – without a clear picture of the current context, and opportunities and challenges it is difficult to know where best to target action for the greatest impact. This review of Portsmouth's food system will provide a baseline mapping exercise of key priorities and issues on which to build a future programme of work.

Portsmouth Food Partnership vision:

'To improve the health and wellbeing of the city, uniting and empowering the residents and organisations through a positive healthy food culture that is fair, resilient, and economically and environmentally sustainable'

1.1 Key Themes

The need for the review has been identified by the recently established Portsmouth Food Partnership, which has brought stakeholders together over the last year to identify key priorities in making change in the city's food system. Three major themes and three cross cutting issues have emerged:

- Food and Health Inequalities
- Food Industries and Business
- Green and Urban spaces

Cross cutting themes:

- Education
- Waste
- Sustainability

These themes form the basis for this review.

1.2 The research

For each of the key themes and cross cutting issues the following questions were asked:

- Why is this issue important? What are the problems and challenges?
- What current statistics and information is known about this issue? Where possible, information specific to Portsmouth is provided. If this is not available it is extrapolated from national statistics where possible
- What is already happening in this area in Portsmouth?
- What policy exists to support food work?
- What are the gaps and opportunities?
- What are the recommendations flowing out from this information?

Initial desk research was undertaken to identify available statistics and information, existing strategies and basic information on current projects and initiatives . This was followed up with telephone and face to face interviews with key stakeholders, including city council officers, business representatives, and community organisers (see Appendix 1). The complexity and reach of the food system means that this research can only provide a snapshot of what is currently happening.

In addition, a consultation event was held with over 20 attendees, in which participants were asked a series of questions to inform the review (see Appendix 1). To hear the views of members of the public, two days of action research using participatory appraisal tools was undertaken at key community locations in Paulsgrove, Cosham High Street, Buckland and Commercial Road..

1.3 Portsmouth – a snapshot

Portsmouth is the UK's only 'island city', which gives it a unique sense of identity and geography. Historically Portsea Island was farmland and as the town grew around the dockyards a flourishing market garden economy was established until eventually the

growth of housing covered the whole island.¹ It is the most densely populated city in the UK after London, with a population of 205,000 occupying 15.5sq miles. The city can be defined as having four distinct areas – the west of the city comprises the commercial area with the city centre and major retail areas, the dockyards and ferry port. The east is more residential with larger areas of green and open spaces. The south of the city is characterised by the seafront, historic fortifications and Victorian housing, whilst to the north of the city stretching on to the mainland comprises more recent developments, including newer commercial sites.

The city has a rich natural environment with internationally protected harbours and nationally and locally protected sites. The maritime and naval history of Portsmouth is attracting a growing tourism industry with 7.6 million visitors a year spending £373 million and supporting over 7000 jobs. A recent study valued seaside tourism in Southsea alone as worth £58 million to the local economy and supporting 2,900 jobs².

Despite this Portsmouth suffers from pockets of deprivation which are some of the worst in the country, making it the 84th (out of 325) most deprived local authority, with approx. 15% of the population suffering income deprivation³. The health of Portsmouth residents is generally worse than the UK average. Adults in Portsmouth have lower than average levels of skills and qualifications, with approximately 21% of the working age population having no or low qualifications (NVQ1 equivalent)⁴.

1.4 Challenges and Opportunities for the food system in Portsmouth

Portsmouth faces particular challenges when it comes to its food system given its geographical location, surrounded by water on three sides and hills to the north, making available land for food production scarce. However, the city should not be seen in isolation from its hinterland, where agriculture and food production in Hampshire, Sussex and the Isle of Wight are some of the most productive in the south east of England, providing opportunities for greater connection between the urban and the rural.

The city is undergoing a renaissance, with inward investment focusing on key areas of regeneration across the city, providing an opportunity to give good food a prominence in new retail and catering settings. Sustainable and locally produced food contributes to the distinctiveness of place which makes it attractive to both visitors and residents.

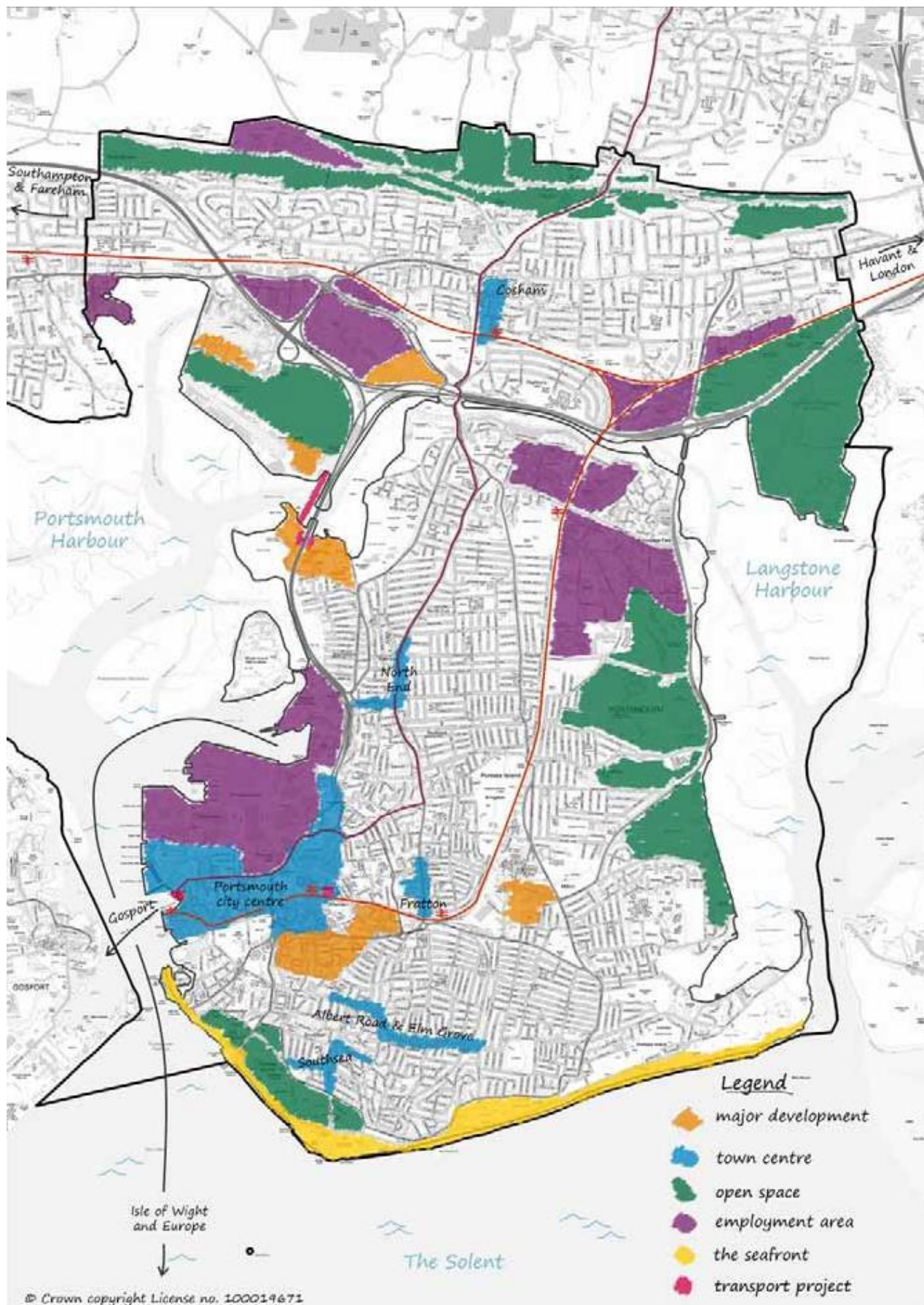
Food – growing it, cooking it, disposing of it - is a positive tool for both community and individual engagement which can help address some of the city's challenges relating to deprivation, health inequalities and high rates of obesity and diet related disease across the city. This review will show that there is lots of good food work already happening, providing a foundation to help give good food prominence and value to food work across the City.

¹ The Portsmouth Papers: Farms and Market Gardens on Portsea Island 1770-1880 *Portsmouth City Council (1993)*

² Shaping the Future of Portsmouth: a strategy for growth and prosperity in Portsmouth

³ Tackling Poverty in Portsmouth – Needs Assessment May 2011

⁴ [NOMIS Labour Market Profile Jan-Dec 2014](#)



2. Food and Health Inequalities

The key driver of a sustainable food system is good food for good health, and all policy decisions concerning the production and consumption of food should be seen through this lens. Our current food system is having a detrimental effect on our health, and the burden of diet related illness is shortening lives and putting our NHS service under strain. An estimated 70,000 premature deaths are caused by diet related disease which costs the NHS over £7 billion every year. Treating obesity alone is predicted to cost the NHS approx £6.4bn in 2015, and the wider economy approx. £20bn per year through lost productivity and sick days. It is estimated that 15.5 million sick days per year can be attributed to obesity⁵.

Some statistics⁶ on food and health in Portsmouth:

- Life expectancy of about 45,650 adults is reduced because of their weight, almost a third of the population
- Life expectancy is 9.4 years lower for men and 5.8 years lower for women in the most deprived areas of Portsmouth than in the least deprived areas⁷.
- Portsmouth has significantly higher rates of mortality that are considered preventable (mainly by changing lifestyles e.g. healthier eating)
- Approx. 58% of Portsmouth residents over 16 years are above normal or healthy weight
- 21.0% of children in Year 6 are classified as obese
- 25.1% of adults are classified as obese
- Heart disease is the most common cause of early death - half of all deaths are caused by heart disease, stroke, cancer and respiratory conditions – the first three in particular have contributory dietary factors
- Only 34% of men and 46% of women consume more than 5 portions of fruit and veg a day – with older men more likely to do so than younger men

2.1 The Policy Context

Policy and Priorities
<ul style="list-style-type: none">• Healthy Weight Strategy(2104)• Joint Strategic Needs Assessment (2014)
➤ Giving children and young people the best start in life
➤ Promoting prevention
➤ Supporting independence
➤ Reducing inequality

⁵ Healthy Lives, Healthy People, A call to Action on Obesity (2011) Dept. Of Health

⁶ All stats from [The Big Picture of Health and Well Being](#): JSNA Portsmouth Oct 2014

<ul style="list-style-type: none"> • Joint Health and Well Being Strategy
<ul style="list-style-type: none"> ➤ Improve outcomes for the pre-birth to 5 age group
<ul style="list-style-type: none"> ➤ Create sustainable healthy environments
<ul style="list-style-type: none"> ➤ Explore and develop lifestyle hubs
<ul style="list-style-type: none"> ➤ Tackle health related barriers to accessing and sustaining employment
<ul style="list-style-type: none"> ➤ Improve mental health and wellbeing
<ul style="list-style-type: none"> ➤ Implement the new Portsmouth Together model of high impact volunteering
<ul style="list-style-type: none"> ➤ Support the delivery of the 'effective learning for every pupil' strategy
<ul style="list-style-type: none"> • Tackling Poverty Strategy (currently in consultation)

Delivery of public health and other key city wide services are refocussing by taking a locality based approach in the North, Central and South areas of the city. Services will be more integrated, located closer to the community and respond more effectively to community needs.

‘Making every contact count’ (MECC) is a national NHS initiative which ensures that staff and community peer advisors have the skills and basic knowledge to support community members to make behaviour change in particular areas, including healthy eating, MECC is being implemented across the city.

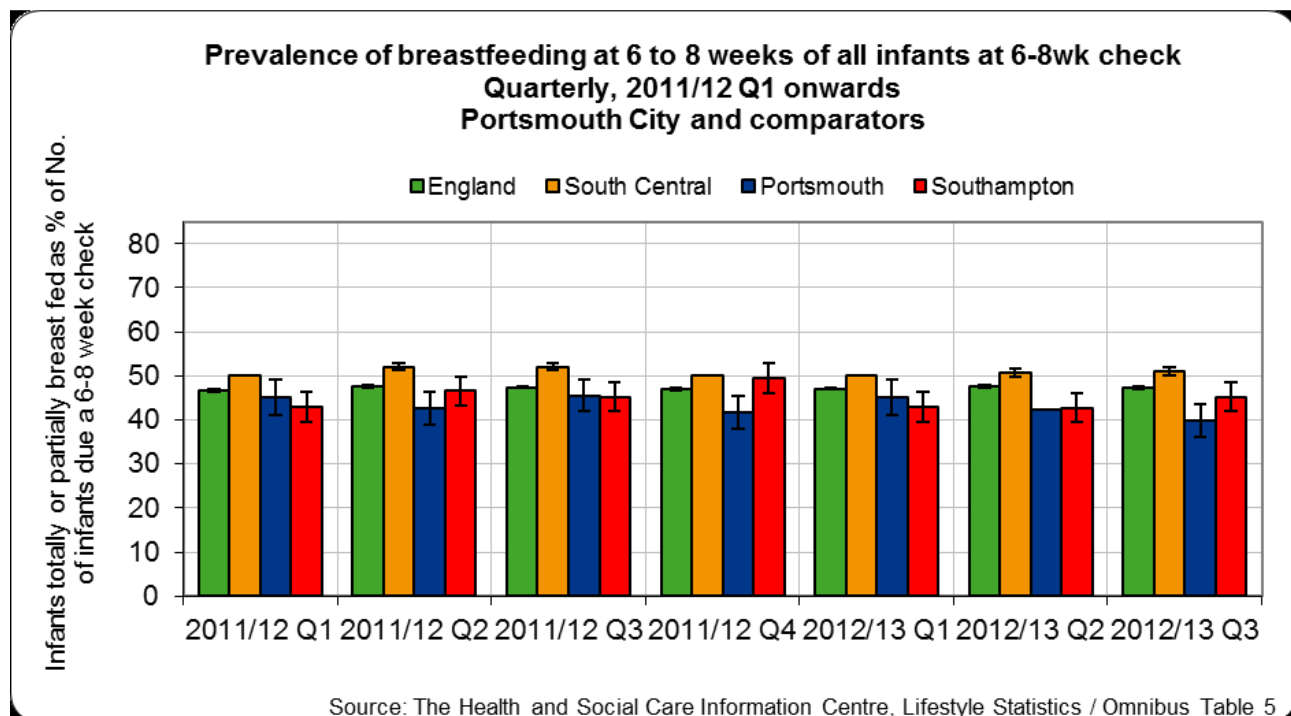
2.2 Early Years (pre-birth to 5years)

Good nutrition in the early years of a child’s life, and indeed the nutrition of the mother during pregnancy, is key to better health outcomes in later life. Breastfeeding gives children a good start in life, with a strong evidence base to show that breastfed babies are less likely to suffer subsequent ill health, and in particular will be less at risk of obesity growing up. Initiation rates for breastfeeding in the city start well with 74% of Portsmouth new mothers breastfeeding their babies, but only 42% are still breastfeeding 6-8 weeks later.

The Portsmouth Breastfeeding network offers support and training to both new mothers, and professionals who work with new mothers, to support breastfeeding. The Portsmouth Welcome Breastfeeding scheme identifies and awards locations around the city which welcome breastfeeding. Surveys suggest that there is enough information and awareness of the benefits of breastfeeding for new mothers across the city, so the shortfall perhaps occurs in support through direct contact and encouragement from professionals such as midwives, health visitors and GPs, in the first few months of a baby’s life. Solent NHS Trust recently acquired UNICEF ‘Baby Friendly’ accreditation recognising



the support for infant feeding across the city – the scheme offers an excellent pathway for professionals and facilities to address these issues.



Healthy Start Vouchers are available for pregnant women and mothers with children under four years old, if in receipt of benefits, and can be exchanged for fruit and vegetables, milk and vitamins. Ensuring maximum take up of these vouchers should be a priority, and information on where they can be exchanged made available to recipients. They also represent an excellent opportunity to reach a key target group with additional direct information and / or interventions with provision of recipes, weaning information, and other information. The nine children's centres in the city have a key role to play at this point. Ensuring that staff in children's centres and other relevant front line professionals have adequate basic training and awareness raising in nutrition, healthy eating, how to recognise signs of food poverty etc, is vital in making sure that 'every contact counts'. Food can be an entry point to talking about other health issues such as alcohol and substance misuse and mental health.

2.3 Obesity and overweight

People who are obese are at increased risk of associated health problems, in particular heart disease and stroke; diabetes and some cancers. In some cases the increased risk is stark. For example, obese women are 13 times more likely to develop Type 2 diabetes than women of healthy weight⁸. Although obesity rates are improving across the city, 23%

⁸ Statistics on Obesity, Physical Activity and Diet - England, 2011

of children are overweight or obese when they start primary school, and 36% are overweight or obese when they leave. Boys in both age groups are more likely to be overweight or obese than girls.

2.4 Food Poverty

Food Poverty and the rise of the food bank are hardly out of the news these days, and Portsmouth is no exception at having to deal with this issue. It is a complicated picture, not least because there is no shared definition of food poverty and no specific data is therefore collected at a local level to inform the situation. It is assumed that if people are living in poverty, then they are at risk from food poverty, as they will not have sufficient money to buy an adequate and nutritious diet. People have flexibility in their food spending, but not with fixed costs such as fuel and rent, so it is here that people cut corners and try to make savings. In Portsmouth, 22% of children live in poverty, and in one particular ward, Charles Dickens, this rises to 44%⁹. It is realistic to say that these children are therefore at risk of suffering from food poverty.

- **Food Banks and emergency food provision**

Trussell Trust run FoodBanks:	
Portsmouth Food Bank, King's Church, Southsea	Referrals only. Open Mon, Weds, Fri 12-2. Recipients receive three days worth of food
Paulsgrove Food Bank, Paulsgrove Baptist Church	Referrals only. Open Tues, Thurs 12-2. Recipients receive three days worth of food
Other Food Banks:	
North End: Family Church	In person, no referral needed.
Landport: Salvation Army, The Haven Community Centre	Every day, no referral needed
Southsea: Salvation Army, Lighthouse Community Centre	
Other Emergency Food Provision:	
Family Church Mobile Kitchen	Offering hot food, emergency blankets and clothing Monday & Friday available at: 7.30pm North End Post Office, Derby Road 8pm Craneswater Jnr. School (opposite Co-Op), Albert Road
FoodCycle at John Pounds Centre and St Peter's Church, Somerstown	Collect food from retailers that would otherwise be thrown away, volunteers cook it up into a tasty, healthy three course meal for those most in need
Double Soup Kitchen	For the homeless and those suffering from drug addiction: Breakfast and lunch served: Wednesday and Thursday morning 9 am until 1 pm Hot meal served: Thursday at 7pm - 9pm Serving cooked breakfast: Saturday 10 am - 12 pm

⁹ Children in low income families: HMRC Aug 2012

Central Point, Kingston Road	Daily hot meal for rough sleepers and homeless people
Buckland United Reformed Church, Kingston Rd	The Soup Kitchen provides tea/coffee followed by a hot sit down meal in the hall
Portsmouth Welfare Association, Carnegie Library	Some food available from donations but can offer help with clothing, bedding and household goods. No eligibility criteria for help, however appointments are required Monday, Wednesday & Friday 10am - 12pm
PUSH Drop-in	Tea, coffee and light lunch available, Weds lunchtime

There are five food banks in Portsmouth providing food for recipients to take home – usually a three day supply - and a range of other services offering emergency food in the more traditional sense e.g. a hot meal for rough sleepers. The busiest food bank in the city – the Trussell Trust run food bank in King’s Church - has seen a doubling of use in the last two years. Information provided by The Trussell Trust shows that the biggest reasons people attend food banks is because of delays in benefits payments, closely followed by people who are on a low income, i.e. in work but not receiving enough money to feed themselves or their families.

	2011	2012	2013	2014
Clients (adults + children) (includes re-visits)	3075	3924	6245	6574
Vouchers	1493	2065	3039	2881
Unique referrals (estimate)	901	1202	1762	1689
Average frequency	1.66	1.72	1.72	1.71

Benefit Changes	286	470	1011	1106
Benefit Delays	1147	1631	2492	2799
Child Holiday Meals	74	28	71	138
Debt	94	140	199	176
Delayed Wages	30	16	47	46
Domestic Violence	33	27	79	56
Homeless	110	150	179	122
Low Income	735	814	1412	1409
Other	257	284	456	517
Refused Crisis Loan	149	198	89	0
Refused Short Term Benefit Advance	0	0	3	6
Sickness	31	120	110	82
Unemployed	129	46	97	117

Benefit Changes	9.3%	12.0%	16.2%	16.8%
Benefit Delays	37.3%	41.6%	39.9%	42.6%
Child Holiday Meals	2.4%	0.7%	1.1%	2.1%

Debt	3.1%	3.6%	3.2%	2.7%
Delayed Wages	1.0%	0.4%	0.8%	0.7%
Domestic Violence	1.1%	0.7%	1.3%	0.9%
Homeless	3.6%	3.8%	2.9%	1.9%
Low Income	23.9%	20.7%	22.6%	21.4%
Other	8.4%	7.2%	7.3%	7.9%
Refused Crisis Loan	4.8%	5.0%	1.4%	0.0%
Refused Short Term Benefit Advance	0.0%	0.0%	0.0%	0.1%
Sickness	1.0%	3.1%	1.8%	1.2%
Unemployed	4.2%	1.2%	1.6%	1.8%

Single	55.1%	56.3%	52.9%	46.5%
Family	17.8%	14.7%	17.1%	21.0%
Single Parent	15.6%	14.2%	14.8%	17.2%
Couple	9.2%	11.0%	11.4%	11.4%
Other	2.2%	3.8%	3.8%	3.9%

Whilst emergency food provision offers an immediate solution to a crisis situation, working upstream to eliminate food poverty with residents having enough money to access an affordable and nutritious diet must be the desired goal of a sustainable food system. In addition, ensuring that the safety net which ensures that people don't fall into food poverty in the first place needs to be tightened – for example ensuring that free school meal uptake is increased, breakfast clubs are supported, community meals (meals-on-wheels) are safeguarded and that Healthy Start vouchers are taken up.

- **Free school meals**

Universal free school meals are now provided for all Reception, Year 1 and Year 2 pupils. The figures below related to a period before they were introduced (January 2014) – what this data shows is take-up of free school meals is lower than it could be – and this will undoubtedly still be the same today. Approximately 5,000 pupils in Portsmouth are eligible for free school meals. Increasing the uptake of free school meals will help ensure that those children most in need are in receipt of at least one good meal a day during school terms. The Children's Food Trust is working with schools within the ISS school meal contract – 14 junior and secondary schools – to support the increase of free school meals as part of the School Food Plan and Make School Meals Count programme – this involves a series of workshops with schools, making dining room improvements and marketing support.

Total meal numbers from Sep 2014 - Jan 2015 inc. (Primary)¹⁰

	Number	FSM Eligible		Meals Taken on Census Day	
School Name	On Roll	Pupils	%	Pupils	%
Admiral Lord Nelson School	1000	98	9.8	75	7.5
ARK Ayrton Primary Academy	343	155	45.2	n/a	n/a
Arundel Court Primary School	563	218	38.7	173	30.7
Beacon View Primary Academy	348	137	39.4	n/a	n/a
Brambles Nursery School	89	0	0.0	n/a	n/a
Charles Dickens Primary School	415	197	47.5	137	33.0
City of Portsmouth Boys'	462	91	19.7	88	19.0
Cliffdale Primary School	109	65	59.6	n/a	n/a
College Park Infant School	360	32	8.9	19	5.3
Copnor Infant School	271	44	16.2	25	9.2
Copnor Junior School	416	43	10.3	30	7.2
Corpus Christi RC (A) Primary School	315	33	10.5	27	8.6
Cottage Grove Primary School & Nursery	413	120	29.1	105	25.4
Court Lane Infant School	360	16	4.4	13	3.6
Court Lane Junior School	479	28	5.8	18	3.8
Craneswater Junior School	356	61	17.1	43	12.1
Cumberland Infant School	169	27	16.0	21	12.4
Devonshire Infant & Nurture Assessment Unit	179	50	27.9	36	20.1
Fernhurst Junior School	344	70	20.3	56	16.3
Flying Bull Primary School	458	162	35.4	110	24.0
Gatcombe Park Primary School	205	21	10.2	20	9.8
Goldsmith Infant School	175	35	20.0	23	13.1
Highbury Primary School	282	64	22.7	42	14.9
Isambard Brunel Junior School	237	64	27.0	44	18.6
King Richard School	663	227	34.2	132	19.9
Langstone Infant School	297	43	14.5	29	9.8
Langstone Junior School	309	62	20.1	42	13.6
Lyndhurst Junior	486	44	9.1	n/a	n/a
Manor Infant School	246	85	34.6	62	25.2
Mary Rose Special School	127	51	40.2	n/a	n/a
Mayfield School	1003	176	17.5	130	13.0
Medina Primary School	202	36	17.8	27	13.4
Meon Infant School	180	15	8.3	13	7.2
Meon Junior School	316	41	13.0	26	8.2
Meredith Infant School	254	67	26.4	43	16.9
Milton Park Infant School	181	40	22.1	31	17.1
Milton Park Junior School	195	67	34.4	54	27.7
Miltoncross School	886	160	18.1	103	11.6
Moorings Way Infant School	131	19	14.5	14	10.7
Newbridge Junior School	352	103	29.3	82	23.3
Northern Parade Infant School	272	47	17.3	34	12.5

¹⁰ Provided by Christine Matchett, School Services Officer Portsmouth City Council

Northern Parade Junior School	322	51	15.8	34	10.6
Penhale Infant School	263	66	25.1	53	20.2
Portsmouth Primary School	370	129	34.9	89	24.1
Portsmouth Academy for Girls	722	272	37.7	n/a	n/a
Priory School	1211	270	22.3	198	16.4
Redwood Park School	142	61	43.0	53	37.3
Solent Infant School	269	5	1.9	3	1.1
Solent Junior School	359	10	2.8	2	0.6
Southsea Infant School	184	27	14.7	19	10.3
Springfield School	1113	44	4.0	39	3.5
St Edmunds RC School	822	170	20.7	147	17.9
St George's Beneficial CE (C) Primary School	262	95	36.3	73	27.9
St Johns Cathedral Catholic Primary School	250	38	15.2	28	11.2
St Judes CE (C) Primary School	403	66	16.4	64	15.9
St Pauls RC Primary	381	73	19.2	51	13.4
St Swithuns RC (A) Primary School	316	12	3.8	12	3.8
Stamshaw Infant School	261	72	27.6	54	20.7
Stamshaw Junior School	238	64	26.9	51	21.4
Charter Academy	450	167	37.1	n/a	n/a
The Harbour Special School	100	83	83.0	25	25.0
The Victory Primary School	453	179	39.5	n/a	n/a
The Willows Nursery	58	5	8.6	4	6.9
Westover Primary School	321	13	4.0	9	2.8
Wimborne Infant School	207	22	10.6	18	8.7
Wimborne Junior School	319	41	12.9	23	7.2
LA Total	24244	5149	21.2	2976	12.3
National Comparison - FSM % January 2014			16.3		

• Breakfast Clubs

Breakfast Clubs are another way of reaching children most in need and providing a good start to the day, which evidence shows is important in prevention of obesity and other diet related disease. A quick review undertaken of Breakfast Club provision in schools and nurseries across the City showed that the majority of schools offer some breakfast provision, but not all. However a further review of the food on offer would be advisable as often this consists of high sugar cereals etc and not necessarily the most nutritious breakfast.

• Holiday Hunger

Breakfast Clubs and free school meals are only available during school hours and school terms, leaving periods of time where children may be vulnerable to the lack of a good meal. Holiday clubs and other services outside of school may be offering food, but it is harder to find out information about this. Further research on provision of food during these times

would be advisable in order to understand what the needs are and if gaps identified, potential solutions to address these.

2.5 Delivering food work in the community

- **Health Trainers**

Health trainers help people to develop healthier behaviour and lifestyles in their own communities and support essential behaviour change. The health trainer service is designed to tackle health inequalities in the most deprived communities and 'seldom heard' groups by increasing skills, knowledge and capacity for the promotion of health and wellbeing. They offer practical support to help people change their behaviour to achieve their own choices and goals - mainly covering smoking, healthy eating, physical activity, emotional health, and alcohol. In Portsmouth, 15 health trainers are working across neighbourhoods providing healthy eating and weight management advice.

- **You can Cook**

Under the healthy eating strand of Big Lottery Funding 'You Can Cook' delivers blocks of 3 week cookery sessions and provides healthy eating and budgeting advice across Portsmouth. Current venues include community centres, children centres and schools. The project also links with several local allotments and community growing projects promoting the benefits of growing fruit & vegetables and using fresh local produce when cooking. This project targets people from Black Minority Ethnic groups, teen parents, people with low-income, people with disabilities, substance misusing rehab clients and people who have medical conditions such as obesity, diabetes, stroke, heart disease. Volunteer cookery champions are also trained up as part of the project, who deliver their own cookery sessions once they are fully trained with long-arm support from Public Health Portsmouth.

- **Healthy Living Pharmacy**

Pharmacies across the city offer a range of services free to Portsmouth residents including weight management. 12 sessions are offered with advice on healthy eating, exercise and weigh-ins. This is available free to local residents who have a BMI of over 25 but aren't classed as complex obesity cases (a specialist service exists for those clients).

- **Integrated well-being service**

Offers 1-2-1 and group support, plus regular community events/workshops and drop-in sessions with a healthy eating and weight management focus. This is currently available in the South of the in the Somerstown neighbourhood with roll-out city-wide by Oct 2015.

- **Diabetic educational sessions**

Delivered by specialist diabetic nurses as one day structured educational events (DESMOND Diabetic Educational Session for Maturity Onset New Diabetics) - include advice on buying, preparing and eating food. Currently under review and may be developed and extended as currently known to be not accessed by all those who are eligible.

- **Introduction to solids**

Extensive programme run in all children centres (and Navy base) to support parents to introduce age appropriate nutritious food to their babies, between 6-8 months. City-wide rolling programme with all 9 children centres having 1 course (consisting of 2 consecutive weeks) per quarter, ensuring monthly coverage in North, Central and South locations.

- **1-2-1 targeted support**

Practical targeted support is offered to the city's most vulnerable children who are on child protection plan or similar for food related issues (predominately obesity, although malnutrition and specialist dietary requirements/diseases are also catered for) by specialist food workers in Public Health Portsmouth. A professional referral only service and usually offered as part of wider support provision for that child/family tailored to their complex needs.

- **Targeted cookery support**

Practical support for vulnerable groups e.g. carers, learning disability, cardiac rehab are run throughout the year from our careers centre. Ensuring healthy meals that support individuals with specific medical issues (low-fat for cardiac group etc.), plus general healthy eating and budgeting advice and cookery skills and confidence in the kitchen to cook meals from scratch.

- **Allotments**

Community allotments and growing sites run various group sessions, plus cater for individual referrals and also support local events promoting growing, eating healthy, nutritious food, seasonality etc. (see section 4 for more details).

2.6 Food and Health Inequalities work – summary and key points

- **Although there are pockets of good practice, projects and interventions happening across the city in terms of specific food and health work, these would benefit from a more overarching strategic approach which integrated food work across a range of areas of work – this can be provided by a food strategy, action plan and additional resources.**
- **More linkages and networking between projects and organisations delivering food projects on the ground would be of benefit – allowing more cross-fertilisation of projects and sharing of resources, knowledge and experience. For example a network of emergency food providers, or a network of community food workers. Cookery leader training requires a on-going support for community members to gain confidence and experience, and this can be provided through networking and peer-to-peer mentoring.**
- **Tackling the obesogenic environment across the city must be given more prominence –which is where the strength of working in partnership with businesses and all sectors across the food system is important. Whilst many**

issues, such as supermarket pricing, might be out of the control of the local authority or partnership, lobbying at a national level for more upstream change is an important element of local food work.

- The current re-structuring process in Public Health allows for a strengthened approach with the move to locality working across the city as this is well suited to food work. The more interventions and food work in particular respond to the needs of particular communities and individuals the more likely it is to have positive results. Involving community members in the solutions is a key part of this process – through engagement and community mapping – in order to have a better chance of influencing behaviour change and this is the model shift Public Health Portsmouth in applying via their integrated wellbeing service and similarly key partners are also working towards delivering in this way.
- The creation of ‘lifestyle’ hubs in the new organisational structure can also lead to the creation of ‘community food hubs’ where projects and interventions are clustered, and as a result food is given a greater prominence and visibility. This is starting to happen at the John Pounds Centre, with FoodCycle, Fresh Box and JPs Juice Bar, in addition to other healthy eating activities.
- Ensuring that ‘food’ is made more explicit in all relevant strategies and policies in the city e.g. Health and Well Being Strategy, mental health strategy, Children’s Trust strategy etc. would also help take advantage of the opportunities food offers but more importantly embed the food work approach in the longer term vision of the city and provide future sustainability. Many of these strategies are currently being re-drafted and there is an opportunity to influence their contents which needs to be taken advantage of.
- Focusing on good nutrition in early years is critical to create a strong foundation for future good health. Recipients of Healthy Start Vouchers are a target audience and there is a clear pathway to working with them. Adding value to the Healthy Start Vouchers is a good way of increasing access to fruit and vegetables – an example of good practice here is happening in London with the [Rose Fruit and Vegetable Voucher](#) project.
- Setting up a dedicated cross sector group to work on Food Poverty under the Tackling Poverty work would help focus on the issue and identify work to address the range of issues which contribute to the issue – particularly focusing on upstream solutions such as ensuring that benefit delays are minimised. Food Poverty work can also link with work being undertaken on fuel poverty.
- Finding information and signposting for cookery courses, healthy eating information, community gardening opportunities is currently difficult, particularly for members of the public – a ‘one stop shop’ website for all things food in Portsmouth is urgently needed and can be provided by the

Portsmouth Food Partnership. However ensuring that information is also available in community locations for those that don't have access to the web is important.

- **Gathering further data on people's experience of food poverty is required to understand the issues better, and to monitor change. Including a question in the Health and Lifestyle Survey would help quantify this information**

2.7 Measuring and monitoring: food and health inequalities

Measure	Availability of Data
Increase in breastfeeding rates – Initiation & 6-8 weeks	Yes
Increase in no of facilities with UNICEF 'Baby Friendly status'	Yes
Increase in take up of Healthy Start Vouchers	Yes
Weight of children Reception/Year 6	Yes
Decrease in obesity rates – children and adults	Yes
Increase in uptake of free school meals	Yes
Increased fruit and vegetable consumption	Question in Health and Lifestyle Survey
Number of families experiencing Food Poverty	Not currently – appropriate question to be included in planned Health and Lifestyle Survey
Reduction in number of referrals to food banks	Yes
Prevalence of diabetes and non alcoholic fatty liver disease	Yes

3. Food Industries and Business

The food and non-alcoholic drink sector is the biggest manufacturing sector in the UK with an annual turnover of £81.8bn, accounting for almost 16% of the total manufacturing sector, and employing nearly 17% of the workforce. No recent research has been undertaken at a national level to identify the scale and value of the 'local food economy' as distinct from the sector in general, by which we mean small scale independently owned businesses which form part of what is referred to as the 'local food web', comprising local suppliers and locally produced products.

However work undertaken by the Campaign to Protect Rural England¹¹ in locations across England, has estimated that the value of local food scales could currently be £2.7 billion a year, and support over 103,000 jobs (full-time and part time), of which over 61,000 can be attributed directly to local food sales. The research found that money spent in local food networks will be re-circulated within the local economy for longer, and could be contributing £6.75 billion to local economies. Spending in smaller independent local food outlets supports three times the number of jobs than in national grocery chains: outlets selling significant to high percentages of local food support on average one job for every £46,000 of annual turnover; by comparison at national chains one job is supported per £138,000 to £144,000 of annual turnover.

Definition of a local food web:

- the network of links between people who buy, sell, produce and supply food in an area and which depend on each other
- local food as raw food, or lightly processed food and its main ingredients, grown or produced within 30 miles of where it was bought.

Campaign to Protect Rural England: From Field to Fork: the value of England's local food webs

Additional social and related benefits also flow out of a thriving local food economy. Portsmouth is currently attracting and wishing to attract further inward investment from outside of the city, and is competing with many other cities for this investment. The more Portsmouth can offer that is unique and distinct to the city, in which food can play a key role, the more this will be attractive to investors looking for places that can offer a particular quality of life to their employees, customers and related services. Similarly the growing tourism industry in the city will benefit enormously from a wider choice of independent retail and catering outlets alongside the national chains, which can offer products and experiences that are unique to Portsmouth.

A diverse and vibrant food economy allows good quality food to gain visibility across a city, having a knock-on impact on the health of residents, children's knowledge and understanding of good food, and contributing to the social cohesion and general well being of the population.

3.1 The Policy Context

A search of relevant economic development policies and strategies for Portsmouth and the wider Hampshire area reveals a lack of any reference to food or the food and drink sector, a not uncommon finding across the UK in areas other than those which have large food manufacturers or a strong agriculture sector. However, an analysis of the priorities of key policies shows the role that food can play in achieving economic and regeneration targets.

Policy and Priorities	Relevance to food
<i>Shaping the future of Portsmouth: A strategy for growth and prosperity</i>	
• Build stronger links between	Food can be used in schools and further

¹¹ Campaign to Protect Rural England: [From Field to Fork: the value of local food webs](#) (2012)

education and enterprise <ul style="list-style-type: none"> • Improve educational attainment and raising aspirations 	education, as a learning tool and introduction to small scale enterprise; vocational training in food catering and related subjects supports the local economy;
<ul style="list-style-type: none"> • Provide low carbon and resilient infrastructure 	The local food web with shorter supply chains forms a key element of the city's infrastructure; short and sustainable food supply chains are low carbon;
<ul style="list-style-type: none"> • Develop the visitor economy 	Food tourism; food festivals; a 'unique' food offer;
<ul style="list-style-type: none"> • Strengthen retail opportunities for residents and visitors 	Support for independent shops and catering outlets providing opportunities to purchase good food distinct to Portsmouth for consumption both outside and inside the home;
<ul style="list-style-type: none"> • Improve the image of the city 	Good quality and distinctive and visible food with a local identity contributes to the image of the city
<i>The Portsmouth Plan: Portsmouth's Core Strategy</i>	
<ul style="list-style-type: none"> • Deliver 50,000m² of retail floor space 	Securing % for independent, 'artisan' food shops and catering outlets

3.2 Employment in the food sector

The table below shows the spread of employment across diverse sectors in Portsmouth. Figures do not exist for food and drink as a distinct sector. However this gives an indication of employment in the 'accommodation and food services', one of the largest sectors after health and education, and the sectors that is showing the highest growth. If a percentage from the retail and wholesale sectors, which include food businesses, was extracted and added to this, then this would rise significantly to show overall a large number of jobs in the food system of the city as a whole. We know from other sources that there is no employment in agriculture within the city.

As a city, Portsmouth is very dependent on the public sector for employment, currently vulnerable to austerity cuts, and also larger businesses – over 23% of the workforce is employed in just 0.2% of the businesses in the city – all employing over 1000 employees. This presents vulnerability in the local economy if businesses close or re-locate. The average food business in the UK employs 10 people or fewer, therefore the local food web, comprising a number of diverse food businesses across all points of the supply chain, spreads employment and risk across multiple businesses.

Employment and Growth of Employment across sectors in Portsmouth

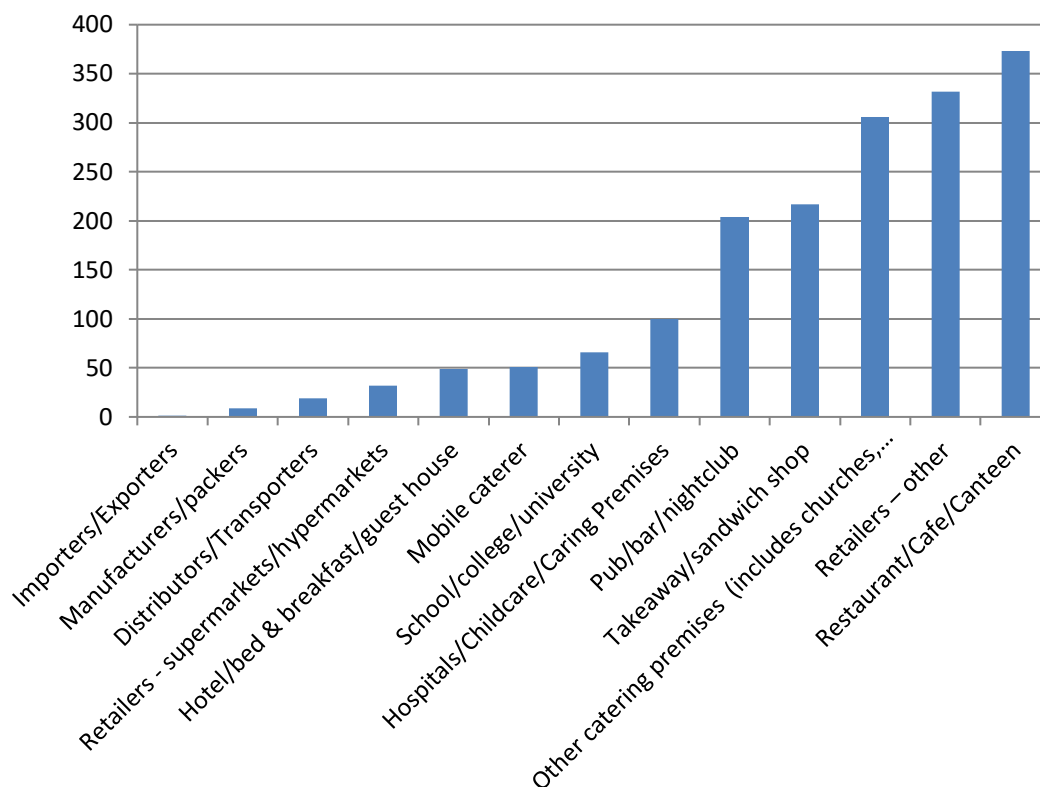
Sector	2013 Employee estimate	2012 Employee estimate	Absolute Change	% Change
1, 2 :Agriculture, Mining & Utilities (A, B, D & E)	1,200	1,400	-200	-12.2
3 : Manufacturing (C)	9,100	14,200	-5,100	-35.8
4 : Construction (F)	3,400	3,000	400	13.3
5 : Motor trades (Part G)	1,800	1,800	0	-1.2
6 : Wholesale (Part G)	3,000	2,800	200	7.6
7 : Retail (Part G)	10,700	10,800	0	-0.3
8 : Transport & storage (inc postal) (H)	3,700	3,600	100	3.0
9 : Accommodation & food services (I)	8,300	7,200	1,100	14.8
10 : Information & communication (J)	8,700	8,500	200	2.6
11 : Financial & insurance (K)	2,200	2,300	-100	-3.6
12 : Property (L)	900	1,200	-300	-24.2
13 : Professional, scientific & technical (M)	4,400	4,100	300	7.2
14: Business administration and support services (N)	7,800	7,400	400	5.2
15 : Public administration & defence (O)	7,100	7,600	-400	-5.7
16 : Education (P)	10,700	10,100	600	6.4
17 : Health (Q)	14,200	15,200	-1,000	-6.3
18 : Arts, entertainment, recreation & other services (R,S,T and U)	4,600	4,200	300	8.3
Total Employee Estimate	101,800	105,200	-3,400	-3.2

Source: Business Register and Employment Survey 2013 and 2012

3.3 Food Businesses

The food sector in Portsmouth is made up as follows:

Food Businesses in Portsmouth



- **National supermarket stores in Portsmouth (including local/express/petrol stations outlets):**

Supermarket	Total stores in Portsmouth
Aldi	1
ASDA	1 (major supermarket)
Co-operatives (incl. Southern and Northern)	30
Farm Foods	1
Iceland	5
Lidl	2
Marks and Spencer	1
Morrisons	3 (including 1 major supermarket)
Sainsbury's	6 (including 2 major supermarkets)
Spar	7
Tesco	17 (including 1 major supermarket)
Waitrose	1 (large supermarket)
Total	75

- **Food outlets and takeaways (national chains):**

There are approx. 217 takeaways and sandwich bars in Portsmouth. Some of the national chains represented include:

Brand	No. of outlets in Portsmouth
Burger King	2
Greggs	9
KFC	4
Krispy Kreme	2
McDonalds	4 (+1 recently closed)
Subway	11

A search for the word 'pizza' on the Scores on the Doors website reveals 22 outlets with pizza in the business name. Similarly 'kebab' brings up 15 outlets / vendors, 'cake' 33, 'burger' 8 and 'fish' (and chips) 23 (excluding three outlets selling wet fish).

- **International food shops**

According to a list compiled by Portsmouth University for the benefit of their international students, there are thirteen food stores in Portsmouth supplying Korean, Japanese, Mediterranean, Bangladeshi, Indian, Chinese foods. In addition international foods can also be found at local street markets.

- **Greengrocers and butchers**

There are six remaining independent greengrocers located across the city selling fresh fruit and vegetable and fifteen independent butchers. Two greengrocers sell locally grown fruit, vegetables and salad crops to retail and wholesale customers. Steve White proprietor of Ron Whites (on Marmion Road), grows a variety of herbs, vegetables, fruit and flowers which he sells in the shop. He estimates his own produce equates to approximately 10 – 15% of turnover. He sells to a handful of local cafes etc and would be happy to sell to more. Southsea Fruit & Vegetables on Albert Road have a shop front but most of their turnover comes from selling to ('about 40 or 50') restaurants in the city. They too have capacity for more wholesale customers.

- **Box schemes and buying local produce**

Riverford have a local franchise delivering seasonal organic fruit, veg and other products, to addresses in the city. The bulk of the produce comes from Riverford's farm in Sutton Scotney, in the west of Hampshire. Abel and Cole also deliver organic fruit and veg in the city. They have warehouses around the country (the closest to Portsmouth is in Andover) where they gather produce from local farmers and growers. Southsea Fruit and Veg on Albert Road purchases produce from a wholesaler in Shedfield (near Wickham, 10 miles north west of Portsmouth), who offer seasonal and local fruit and vegetables. Portsmouth Fruit and Flower Ltd, greengrocers on Eastney Road, buy excess allotment produce occasionally but mostly buy from a wholesaler in Titchfield – who buy mostly from one local farmer. Wayside Organics, a smallholding near Chichester also deliver their own produce through a small box scheme to householders in the city.

Waitrose in Southsea stock a range of local produce: 'A product is defined as 'local' if it is made within a 30-mile radius of the Waitrose branch where it is sold. Local products in Waitrose shops include sausages, bacon, ice cream, wines and cheese - all made largely from locally produced ingredients, free from unnecessary additives and are usually delivered straight to the branch by the supplier. At present more than 1,200 local products from 450 local suppliers are available in nearby branches.'

The Southern Co-operative also has a locally sourced range called 'Local Flavours' which sources produce from over 75 producers across the Hampshire area.

- **Markets**

Southsea Farmers' Market: runs once a month selling produce from Hampshire or 10 miles from the border. There are approx. 38 regular stalls, of which 98% sell food. It is one of the most successful farmers markets in the region. Run by Hampshire Farmers Markets, a second market was running in Cosham but closed as foot fall dwindled – the reason for this was cited as lack of publicity. There is interest in setting up fruit and veg markets outside our hospital sites at Queen Alexandra and St Mary's Hospitals

Cosham High Street: this has no food stalls to avoid competition with neighbouring traders.

Portsmouth City Centre Market: Held on Thursday, Friday and Saturday in Commercial Road. There are a total of nine food related stalls – five selling fresh produce and four hot food takeaway stalls. Like most city centre municipal markets, trade and the number of stalls operating has reduced over the past ten years – up until 1999 there were forty stalls selling fresh produce. The demographic has also changed – with 90% of customers non-white British and students. As a result more international and ethnically diverse produce is now on sale.

Portsmouth Fish Markets:

Below is a list of fish types typically on sale at Portsmouth fish market. The fish on sale are listed as being caught in the Solent / along the South Coast. The Marine Conservation Society¹² offer consumers, industry, chefs and retailers advice on the sustainability of the fish they may wish to buy. The rating advice provided is from their sustainable seafood guide¹³. The type of gear used to fish and individual stock sizes are scientifically analysed so a species may be fished sustainably if fished in one area or by one particular method but not in or by another. An assumption has been made that the species listed were wild caught and were not farmed, as some species can be e.g. bass, salmon, bream. The majority of fish on sale are rated towards the end of the scale ie fish to avoid (for a full list see Appendix 2). Ensuring that there is a better choice of fish at the lower end of the scale would help support Portsmouth's efforts to

¹² <http://www.mcsuk.org/information/About+MCS>

¹³ <http://www.fishonline.org/>

become a sustainable fish city. However this needs to be accompanied by education on how for the general public on how to prepare more unusual fish etc.

- **Pubs, bars and nightclubs**

There are approximately 150 pubs in the city. Scores on the Doors indicate there are 204 pubs, bars and nightclubs in Portsmouth, with the remaining 54 bars and nightclubs.

- **Wholesalers and distributors**

The following wholesalers serve the Portsmouth area, however most don't carry any locally produced foods particularly, apart from Axtons which will carry local fruit and vegetables when available, and most of the butchers will carry locally produced meat and meat products.

Wholesaler	Products	Postcode	Web address
A.G. Axtons and Sons	Fruit and Veg	SO32 2PY	http://www.agaxtons.co.uk/
AA Edwards and Son	Fruit and Veg	SO32 2HW	
All about tea	tea	PO1 1PJ	http://www.allabouttea.co.uk/
BB Quality Foods (Arun meat and livestock)	Meat	PO3 5HT	
Bellows Direct	Fruit and Veg	SO14 3AQ	http://www.sjbellowsdirect.com/
Booker	General	PO3 5SP	http://www.booker.co.uk/catalog/products.aspx
Brake Bros Foodservice Ltd	General	PO1 1NA	
Bryant Bros	Fruit, veg, salad		
City Bakers Ltd	Bread	PO3 5RN	
Colebream Ltd	Frozen	PO	
Concept Foods Ltd	Meat for food service	PO3 5HT	http://www.conceptfoodsltd.co.uk/
Cotswold Fayre	Premium produce	RG1 8HH	http://cotswold-fayre.co.uk/
Dennis Edwards	Industry Food	PO3 5JF	http://www.dennisedwards.com/
E. W Mcleod	Fish	PO4 8LS	
Fareham Wine Cellar	Wine	PO16 7BG	http://www.farehamwinecellar.co.uk/
Fruit Chief Catering Supplier	Fruit and Veg	PO7 6NU	
Hammonds Wholesale	Fish	PO3 5QL	

HopeLake	Oriental Food	PO6 1TT	http://www.hopelake.com/index.htm
Johnson's Enterprises Ltd	Fish	PO1 2JJ	http://www.johnsonsenderprises.com/
K 2 Frozen Food	Frozen	PO1 1JY	
Kenneth Langford	Fruit and Veg	PO61QN	
M and R frozen foods	Frozen food and fish	PO3 5RZ	
Matrix Food Ltd	Frozen	PO3 5JT	
Medina Dairy	Dairy, eggs, bakery	PO17 5AS	http://www.medinadairy.co.uk/#/home
Munneries	Fresh Produce and dairy	PO20 8DY	http://www.munneries.co.uk/
Nobility Foods Ltd	Frozen and chilled prepared	PO17 5DY	http://www.nobilityfoods.com/
Orange Food group	Fruit and Veg	PO3 5SF	
Premier Direct Marketing	Fresh Produce	PO2 7SP	http://www.premierdm.co.uk/index.html
Solent Butchers	Meat		http://www.solentbutchers.co.uk/
Solent Fish Ltd	Fish	PO6 1ST	http://www.solentfish.co.uk/
Southsea Trading	Fish	PO5 1SE	
TecFoods Ltd	Premium Fresh Meat and Poultry	PO3 5HT	http://www.tecfoods.co.uk/index.htm
The Fruit Basket	Fresh Produce		http://www.thefruitbasket.net/index.html
Towers Thompson	Meat	PO3 5HT	http://www.towers-thompson.co.uk/
Viviers	Fish	PO1 2JX	http://fishmarketportsmouth.co.uk/
W and A Stubbington	Fruit and Veg	PO17 6BP	
Weddel Swift Distribution	Meat	PO3 5JZ	

Portsmouth Port The port is owned and operated by Portsmouth City Council, which also owns MMD, a specialist fruit handling and distribution company. Approximately 100 people are employed at the port. Portsmouth imports 70% of the bananas eaten in Britain, as well as all the Moroccan citrus fruit. Almost 610,000 tonnes of fruit, salads and vegetables were imported on board the 224 ships (four or five times a week) calling at the commercial wharves in Portsmouth during 2010. The 22 acre site includes warehousing a pack house and storage space for up to 850 containers. Portsmouth is one of the UK's largest fruit-handling ports, with fruit arriving from the Caribbean, Central and South America, Morocco, South Africa, New Zealand and the eastern Mediterranean.

Premier Direct Marketing is a specialist supplier of fruit, vegetables and salads supplying a range of customers across the UK and Europe, located in Portsmouth International Port. They are involved in supplying produce direct to the Fresh Box project at the John Pounds Centre.

3.4 SMEs and Entrepreneurship in the food sector

Across the UK there is an emerging 'artisan' food sector driven by young (mainly) entrepreneurs setting up businesses which reflect the growing demand for quality, locally produced products and which offer something different from the homogenisation found on most High Streets and in national chains today. The food sector lends itself to new start ups as often the investment can be low – many successful products have started life in domestic kitchens – and often reflect the skills and knowledge of the owners who already have a familiarity with their products and their market. Because of their scale and the ethos underpinning their values, these businesses will often seek out local suppliers and run their operations with sustainability in mind, thereby creating a local food web of sustainable food businesses. There is a growing food culture developing in the City with new ventures such as Canvas Coffee, Bread Addiction, All About Tea, Irvine and Co, The Belle Isle which are mostly located in the Southsea area of the city due to the demographics of the area and the nature of the retail units in shopping centers such as Albert Road. Like any new businesses, the sector needs support and even incentives to flourish, but small investment can produce multi-benefits.

3.5 Public Procurement

The public sector spends over £2.4 billion on every year on procuring food and food services for school meals, adult social care, higher education, in hospitals and prisons – representing 5.5% of food sector sales. This provides an enormous opportunity to deliver good, sustainable, nutritious food for some of the most vulnerable members of our communities.

- **Responsible Procurement Policy**

Portsmouth City Council's Responsible Procurement Policy includes one mention of food:

- PCC aims to: Purchase goods that have a minimal impact on the environment both locally and globally for example locally sourced food.

- **School meal catering**

Portsmouth City Council is responsible for 67 schools in total: 52 primaries, nine secondary schools and five pupil referral units (PRUs). ISS cater for the majority of the schools maintained by the City Council. ISS is one of the world's largest catering service providers, with a market presence in over 50 countries in Europe, Asia, South America, North America, and Australia. ISS employs more than 520,000 people and also provide cleaning, security, technical and facilities services. They are currently responsible for catering at 50 primary schools, five special schools and most of the five PRUs. Two PRUs are not covered by the contract – one in Stamshaw (attendees are taught life skills so mostly buy and cook their own meals) and the other at St James' Hospital. Four secondary schools have individual contracts with ISS which mirror the main contract (for the other five secondary school catering arrangements, see below). The main contract began in August 2012, was extended in February 2015 and will end in 2019. Five secondary schools (below) have opted out of the main contract.

NB: 'In house' typically means the school has made its own arrangements to buy, cook and serve food. Kitchen / catering staff are typically employed by the school.

- Admiral Lord Nelson: in-house
- Priory: in-house
- Portsmouth Academy for Girls: in-house
- Charter Academy: in-house
- Miltoncross Academy: the school is a PFI and all facilities including catering are provided by MITIE Ltd.

One primary school, Northern Parade Infant and Junior has also opted out and is now catering in-house.

- **Food for Life Catering Mark**

Although the contract does not specify that the provider should, ISS Facilities currently hold the bronze Catering Mark awarded by the Food for Life Partnership. However there is currently no monitoring to determine to what extent this is being delivered in Portsmouth schools as achievement of the bronze standard it was not a requirement of the initial tender. The bronze standard covers a range of criteria such as no undesirable additives, eggs from cage free hens, seasonal menus – a full list is available in Appendix 3.

For more information see <http://www.sacert.org/catering>, and also see under 'Education' section for more information on Food For Life activity in Portsmouth.

Currently only four schools in Portsmouth have enrolled in the Food for Life programme, which involves adopting a whole school approach to food in schools (as below)¹⁴. Three,

¹⁴ For comparison purposes, Calderdale, an area with a very similar population size (204,200) to Portsmouth (205,400) has over 60 FFLP schools registered. Islington (pop.206,300) has over 50 and Luton (pop. 202,600) has over 20 schools registered. NB. 'registered' means schools are enrolled - they may not have achieved bronze level yet but they are working towards it.

Admiral Lord Nelson (secondary), Court Lane Junior and Portsdown Primary and Early Years are at bronze level and one, Lyndhurst Junior is at silver¹⁵. To achieve the bronze level, schools must provide evidence that they meet various criteria¹⁶ in these areas:

- Food leadership and school food culture
- Food Quality
- Food Education
- Community and Partnerships

- **Hospitals in Portsmouth**

By April 2015, NHS hospital trusts must make government hospital food standards a requirement of their commissioning contracts. This follows a report into hospital food commissioned by the Health Secretary in 2014. The required standards are:

For patient catering:

- 10 key characteristics of good nutritional care, Nutrition Alliance
- Nutrition and Hydration Digest, The British Dietetic Association
- Malnutrition Universal Screening Tool or equivalent¹ (BAPEN)

For staff and visitor catering (and applied as appropriate to patient catering):

- Healthier and More Sustainable Catering – Nutrition Principles (Public Health England)

For *all* catering:

- Government Buying Standards for Food and Catering Services¹⁷, HMG standards developed by the Department of Environment, Food and Rural Affairs.

Central government procurers are required to apply these standards directly or through their catering contractors. Others are encouraged to follow it. Government Buying Standards for Food and catering services impact on, amongst other areas: production standards, animal welfare, traceability, seasonality, nutrition (reducing fat, salt), resource efficiency, ethical trading including SMEs.

Queen Alexandra Hospital, Cosham: (run by Portsmouth Hospitals NHS Trust).

Catering is provided by a private facilities management company, Carillion, as one part of a 35 year contract (21 years are left to run). There is a kitchen on site where some food is freshly prepared for the staff canteen. However since 2007 all the patient meals are provided by Tiller Valley Foods in South Wales. The meals are all pre-prepared and then chilled and transported 155 miles to the hospital in re-fridgerated containers which are taken to the wards and then reheated before serving. This 'cook chill' (ready meals) method is popular with caterers who employ it on the basis that it is impossible to otherwise guarantee the food will be hot if it was served to the patient direct from the oven. Results

¹⁵ See <http://www.foodforlife.org.uk/whats-happening/find-a-school> for a map of where the Portsmouth FFLP schools are located and what they have achieved.

¹⁶ Please refer to <http://www.foodforlife.org.uk/~media/files/general/bronzecga416pp21aug2013web.pdf> for a breakdown of the criteria.

¹⁷

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/347129/GBS_for_Food_and_catering_services.pdf

from the 2013 Care Quality Commission inpatient survey¹⁸ show the quality of the food is rated at 5.3 out of 10 and Choice of food was scored 8.8 out of 10. The gross cost of in-patient catering services in 2013¹⁹ was £3,344,435.00. This will include staff costs, equipment, power costs etc as well as the cost of the food.

There is a kitchen on site where some food is freshly prepared for the staff canteen. However since 2007 all the patient meals are provided by Tiller Valley Foods in South Wales. The meals are all preprepared and then chilled and transported 155 miles to the hospital in refrigerated containers which are taken to the wards and then reheated before serving. This 'cook chill' (ready meals) method is popular with caterers who employ it on the basis that it is impossible to otherwise guarantee the food will be hot if it was served to the patient direct from the oven. Results from the 2013 Care Quality Commission inpatient survey²⁰ show the quality of the food is rated at 5.3 out of 10 and Choice of food was scored 8.8 out of 10. The gross cost of in-patient catering services in 2013²¹ was £3,344,435.00. This will include staff costs, equipment, power costs etc as well as the cost of the food.

Catering for visitors and staff: A Costa Coffee outlet and convenience store are sited in the hospital's reception area (installed in 2009 by Compass Group UK on a 7 year contract). There are two restaurants for staff and visitors, both managed by Carillion. The availability of healthy food for night staff is limited and currently under review.

Solent NHS Trust: Solent NHS Trust operates a broad variety of services in various locations across Hampshire. In Portsmouth these include facilities for service users with mental health issues, occupational therapy, drug and substance abuse, psycho-therapy centres etc. Some are inpatient facilities such as St James' Hospital, Milton and St Mary's (see below). St James' has a central production unit (CPU) kitchen where cook-chill food is prepared to serve the 19 wards within the 320 bed hospital. There is also capacity to supply other sites within the organisation, as well as other institutions in the region. A finishing kitchen which services a 140-seat function restaurant for staff and the public opened in 2010. The restaurant is open throughout the day, seven days a week, and it is supplemented by a relaxation area equipped with vending facilities for 24 hour service. St James' is surrounded by green space that was once the hospital's own farm, including a dairy and brewery. This is currently being considered for development.

St Mary's Treatment centre, Milton: For day cases and minor injuries and illnesses – run by Care UK, an independent provider of healthcare, on behalf of the NHS. The hospital has 100 beds. Food is prepared at St James' Hospital CPU (see above) and taken to St Mary's where it is reheated in the finishing kitchen.

¹⁸ <http://www.cqc.org.uk/public/reports-surveys-and-reviews/surveys/inpatient-survey-2013>

¹⁹ Health and Social Care Information Estate and Facilities Data 2013

²⁰ <http://www.cqc.org.uk/public/reports-surveys-and-reviews/surveys/inpatient-survey-2013>

²¹ Health and Social Care Information Estate and Facilities Data 2013

3.6 Venues and Tourist Attractions

Portsmouth Historic Dockyard Ampersand (a division of Charlton House) has delivered the catering within the Dockyard since 2009 – a contract worth £8m. The food on offer during the day is standard menu fare in various formats (grab and go in the Mary Rose café, sandwiches etc in Bouthouse 7 etc). At night, for events the offer can be bespoke to the client.

<http://www.historicdockyard.co.uk/dockyard-food-drink.php> Jonathan Mulgrew, the general manager for Ampersand at the Dockyard says they do buy local produce, mostly via their national supply chain but some direct from the producer. This includes flour from Eling Tide Mill, Hampshire Watercress, cheeses from Laverstoke Farm and Lyburn and pork reared in Hampshire. He also mentioned that the dockyard was about to start taking placements from the catering department at Highbury College. Finding suitably qualified staff he said was difficult, especially given the seasonal nature of the tourism industry and not necessarily being able to employ people all year round (they use zero hour contracts).

Guildhall The Guildhall is run by Portsmouth Cultural Trust ²². 235, 000 people visit the building every year to attend concerts, conferences and other special events. The café at the Guildhall serves breakfast, light meals, drinks and lunches. Catering is also provided to the other events taking place and there is a bar for major events. The chef tries to buy from local businesses but this is not portrayed on the menu which is very generic. The trust's board of directors includes people with great influence over the city's food including the chief executive of Southern Co-operative and the university's head of catering²³. Plans are afoot to improve the catering to make it more healthy, sustainable, local and exciting.

Portsmouth Football Club The club has a variety of restaurants and hospitality suites offering pre and post-match meals. <http://commercial.portsmouthfc.co.uk/match-day-hospitality>

As of last season fans in the stands can order food to be delivered to their seats via a phone app.

<http://www.portsmouthfc.co.uk/news/article/something-to-cheer-about-1147705.aspx> but most rely on the kiosks under the stands (selling standard fast food – chips, burgers) and local pubs for refreshment. Before the club outsourced its catering the club was renowned for the 'Pompey Pasty'.

Gunwharf Quays A wide variety of national chain and some locally owned restaurants are located here (as well as shops and the Spinnaker Tower). The site used to host French markets and similar to encourage football but visitor numbers are now so healthy the markets are now regarded as unnecessary. The marina used to host a farmers' market but

²² In October 2010, Portsmouth City Council created an independent Not for Profit Distributing Organisation or NPDO to take over the running of the Guildhall. In December 2010, the Portsmouth Cultural Trust was created. The Trust, managed by a Board of Directors, successfully registered as a charity in August 2013. - See more at: <http://www.portsmouthguildhall.org.uk/about-us/portsmouth-cultural-trust#sthash.GdhUQ8or.dpuf>

²³ <http://www.portsmouthguildhall.org.uk/about-us/our-board>

this has ceased and now the venue runs seasonal 'Waterside Markets' with some food sellers (mostly confectionery and cakes).

The Seafront Various privately owned concessions and restaurants are distributed along the seafront from Eastney to Old Portsmouth including the Coffee Cup café, Mozzarella Joes and Watkins & Faux. The majority use 3663, Brakes etc however Watkins & Faux's menu focuses on local, seasonal produce and all their dairy and meat is higher welfare. The D-Day Museum café (currently closed for the winter) was previously run by Yellow Kite (a social enterprise) but this arrangement has come to an end and the cafe has now reopened as the Courtyard café and restaurant run by a local catering company who also manage the adjacent champagne bar.

Southsea Castle The café was also previously run by Yellow Kite – will be run by Belle Isle (as of March 2015), offering tea, coffee, cakes etc during the day time and, possibly, a restaurant service in the evenings / for special events.

Spinnaker Tower (including the Waterfront café and Café in the Clouds) are managed by the owners of the tower, Continuum Leading Attractions.

The Pyramids The kiosk in the reception area of the health and sports centre sells cakes, chocolates, cookies, fizzy drinks, milkshakes, pre-packed sandwiches etc. A small choice of fruit and small cartons of orange juice are also available. The 'View' café / bistro is currently closed.

3.7 Major employers

The Royal Navy / Naval Dockyard The Royal Navy is part of the Ministry of Defence and as such all MOD staff are required to follow the Government Buying Standards²⁴. The catering contractor for the navy offices/training centre at HMS Excellent on Whale Island is Compass.

BAE In March 2014 foodservice company Elinor UK won a five-year contract with defence firm BAE Systems, at its Portsmouth Naval Base. Worth £25m, the contract began in April. The company serve around 5,000 people a day, including Royal Navy personnel. Catering areas include a wardroom, two "mess" rooms, two cafés, two shops, plus takeaway kiosks and mobile units. **IBM** IBM employees have access to a restaurant facility managed by Compass and can also eat at one of a number of restaurants and eateries in the Lakeside North Harbour campus (where a total of seventy five companies are currently based), including Starbucks and Subway. How many employees at Lakeside

²⁴https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/33587/pi0411_government_buying.pdf

3.8 Food Production

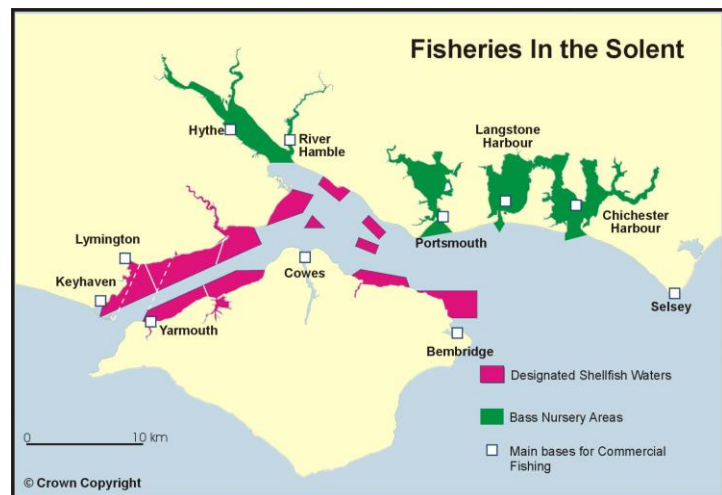
There is no agriculture or commercial growing within Portsmouth itself however the city is fortunate to be surrounded by a range of diverse producers in Hampshire and the wider region, and to the south on the Isle of Wight. This is demonstrated by the success of the Southsea Farmers Market which draws over 30 stalls of local producers from approximately a 30 mile radius.

3.9 Fishing

As a coastal city, surrounded by water, fishing should be a key element of Portsmouth's sustainable food system. However, as described above, much of the fish available in outlets across the city is not necessarily locally caught, or certified sustainable.

The Solent is a mixed sea fishery with the inshore waters having an important role as a nursery area for bass, with specific areas identified for protection, and for a range of other fin-fish and shellfish. Shellfishing is one of the main types of fishery in the Solent. The most significant shellfishery is for the native oyster which represents the largest self-sustaining stock in Europe. However this fishery has been in decline for the last ten years and for the last couple of years has only been open for a couple of weeks a year in an effort to re-build stocks. Commercial clam digging for the Manila Clam also takes place throughout the year. The local shellfish industry is worth £500,000 a year with about 50 locally registered vessels. See notes above re Solent Oyster regeneration project

There is only a small amount of fishing activity within Portsmouth Harbour itself due to the naval activity, but the harbour does support a fleet of in-shore fishing vessels which target oysters, bass, mullet, clams, sole, plaice and flounder. There are also oyster beds located in Portsmouth Harbour. Langstone Harbour supports a small fleet of five vessels which trawl for finfish in the outer harbour catching mainly flatfish, sole, plaice, mullet, bass, cuttlefish, mackerel and eels. Langstone Harbour is important for clam beds which are dug commercially, in addition to bait such as ragworm and lugworm within the inner harbour which are dug both commercially and by recreational collectors.



There is currently a project to explore the possibility of regeneration of the Solent Oyster beds which up until 1978 employed over 700 people with up to 450 boats making a living from catching the native oyster *Ostrea edulis*. However by 2013 the catch dropped from 200 tons to 20 tons over five years and the fisheries were closed. This collapse is thought

to be due to a number of reasons including overfishing, loss of protected broodstock, a loss of habitat and habitat degradation due to channel dredging and invasive slipper limpet.

3.10 Household spend on food in Portsmouth

Although there is no specific data at the local level for household spend on food in the city it is possible to extrapolate from national figures²⁵ to provide an approximate picture. The average weekly spend on food in Portsmouth's 79,000 households is £54 a week which amounts to approx. £4.2 million pounds a week. Approximately 95% of this is spent in national supermarkets chains. If just 5% of this was redirected and spent in local independent shops this would be additional spend of £202,635 circulating in the local economy. However, research by the New Economics Foundation²⁶ shows that money spent in locally owned businesses has a multiplier effect of 2.5 its value –so resulting in as much as an additional £500,000 value to the local economy per week. Could put these figures in a highlight box?

3.11 Food Industry and Businesses – summary and key points

- **As a contribution to economic growth, employment and skills and training, the local food economy represents a real opportunity for Portsmouth to develop what is already an emerging and potentially strong sector. Currently it is not recognized as either a growth sector or as a contributor to deliver a green economy – but this is not unique to Portsmouth. There is an opportunity for the city to lead a pioneering approach to supporting the local food economy which is both sustainable and integrated with other outcomes such as the delivery of good quality affordable food**
- **It can also provide additional benefits, adding to the unique distinctive characteristic of the city to increase the experience of tourists and visitors. 'Food Tourism' is a growing sector – ensuring that there is a food offer available within the city which is of good quality and exploits local characteristics – for example local oysters, if the oyster beds were to be re-generated, or watercress from Hampshire.**
- **A further understanding of the local supply chains, particularly in reference to international food supply for ethnic communities, would help identify gaps and opportunities for support.**

²⁵ National average spending on food and drink per household, 2013 (Office of National Statistics)

<http://www.ons.gov.uk/ons/rel/family-spending/family-spending/2014-edition/rft-table-a1.xls>

²⁶ <http://www.neweconomics.org/publications/money-trail>

- **More in-depth research on the value of the local food economy and where money is currently being spent, and the number of additional jobs it would be able to support, would help develop the evidence base to support policy and direct investment towards this sector. Currently this information is not available either locally or nationally. The Campaign to Protect Rural England and Food Matters have produced a [toolkit](#) which supports local groups of volunteers to ‘map’ their local food supply chains, a first step in providing more local and relevant information on these issues.**
- **A package of support would encourage new businesses to start up, and also allow work with existing food businesses in order to increase their sustainability. This could include:**
 - **a programme of workshops (see the [CREATE](#) programme delivered by the Lambeth Food Partnership) for start-ups;**
 - **identification / creation of incubator units for start ups and /or the identification of empty buildings/ shops for pop-up businesses (retail and processing);**
 - **development of a commercial kitchen which can be used by a variety of new businesses on a day booking basis;**
 - **support a peer-to-peer mentoring service for entrepreneurs / new businesses;**
 - **provide information on sustainability issues to existing businesses via Environmental Health Officers;**
- **Public sector procurement, whether it is schools universities, or in-house city council catering, can set a good example by pursuing sustainability outcomes through the procurement of good food and the development of healthy menus. A first step to do this would be to develop a more detailed sustainable food policy than currently exists – such as has been produced by [Brighton and Hove City Council](#). However, there are known barriers to sourcing locally produced food – notably issues of volume, quality and cost. Canvas Coffee, a small independent coffee shop based in the city, tells the example of purchasing their milk from Northney Farm on Hayling Island, but it just wasn’t suitable to produce frothy coffee, so they now purchase from Dairy Crest (who source their milk from all over the UK).**
- **Portsmouth City Council could work more closely with Hampshire Fare and the Isle of Wight to bring producers and catering officers together to understand barriers and opportunities for local sourcing. A quicker win is to work with the private catering sector, particularly more high-end restaurants, where cost and volume are not such an issue. Hampshire Fare run ‘meet the buyer’ events, but often chefs and caterers are too busy to leave their kitchens, so a more hands on brokering approach is required.**
- **Local markets are important places for both consumers to access affordable fresh food, and for businesses to reach the market without the capital outlay**

of premises. In addition they provide important social interaction, particularly for older members of the community. Across the country traditional street markets are suffering in the face of competition from the multiple retailers, and Portsmouth is no exception. Developing a strategy for supporting street markets is critical – one such strategy is the ‘Love Your Market Fortnight’ which Portsmouth will be taking advantage of this year – but other towns and cities have taken more radical approaches and invested in creating new spaces which more readily respond to the needs of 21st century shoppers, for example [Sheffield](#) and [Brighton](#), where new indoor spaces have been created to house the markets, but in addition offer the potential for events and interaction with the community.

- Food is an excellent vehicle for skills development, particularly for young people who are less confident at academic subjects. Using cookery to develop hard skills such as literacy and numeracy is as important as learning to cook on its own. Developing programmes which are more geared to this alongside soft skills would be beneficial.

3.12 Measuring and monitoring: Food Industry and Businesses

As we have seen there is a lack of relevant data currently for the local food economy of a city – and what there is often not in a format that is useful. Consequently monitoring progress in this area would require further research.

Measure	Availability of Data
Sustainability KPIs in procurement contracts	Not currently – possible when new contracts are developed
% of locally produced / seasonal food in procurement contracts	Not currently – need to identify baseline and monitor
No of new food business start ups	Environmental Health & Trading Standards database
Employment figures in food sector	Yes- economic data
Footfall increase and number of stalls selling fresh produce increase in Commercial Rod	Yes

4. Green and Urban Spaces

The physical space of a city plays a critical role in its food system, most particularly because it is the means by which food can become visible in a variety of different ways. Strategic spatial planning is important to ensure that the infrastructure required for a sustainable food system, whether that is land for production, or buildings for processing and retail, are safeguarded and included as key components of forward planning.

The importance of green and urban space is particularly relevant in a densely populated city such as Portsmouth, where there are only 3.6 hectares of land available per 1000 population, in comparison to Southampton, which has 4.7 hectares, or Plymouth which has 5.1. Land is precious, and has to accommodate a diversity of uses in today's challenging environment and with a growing population – including housing, industry, amenity, conservation etc.

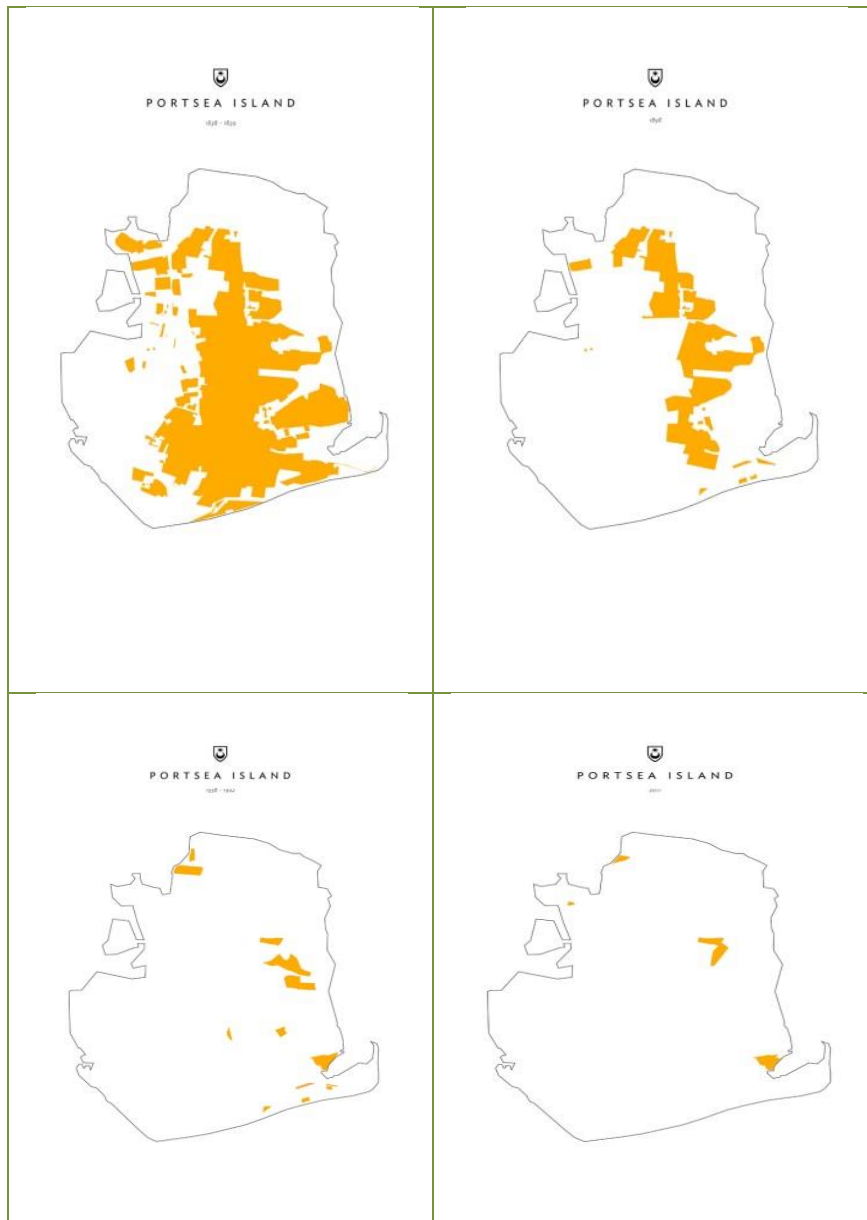
Access to green spaces is integral to the physical and mental health of the community, as well as helping support bio-diversity and mitigate against climate change. The benefits of growing food are well documented²⁷, producing multiple benefits to health and the social fabric of a community. Although land use is precious and under pressure, food growing can tick several desirable boxes – it improves both physical and mental health outcomes, if undertaken sustainably ie using organic methods, it can enhance conservation and bio-diversity, and it provides leisure and amenity opportunities for community members. Vacant and disused spaces which are eyesores, and worse provide opportunities for anti-social behaviours, can be transformed by community growing, and can restore a sense of pride in communities where otherwise the external space is characterless and uninviting.

4.1 The Policy Context

Policy and Priorities	Relevance to food
<i>The Portsmouth Plan: Portsmouth's Core Strategy</i>	
<ul style="list-style-type: none">• Deliver 50,000m2 of retail floor space	Securing % for independent, 'artisan' food shops and catering outlets
<ul style="list-style-type: none">• Work to create a healthy city and improve the health and well being of its residents	
<ul style="list-style-type: none">• Protecting open spaces	
<i>Parks and Open Spaces Strategy</i>	

²⁷ [*The Benefits of gardening and food growing for health and well being: Sustain and Garden Organic 2014*](#)

A study into the contraction of arable growing space in Portsmouth, 2011



Land available for growing on Portsea Island has shrunk drastically in the last two hundred years – the small amount available during the last war has been more than halved in the time since. The four maps illustrate the space available for food growing in 1838-39 (top left), 1898 (top right), 1839-1942 (bottom left). The 2011 map (bottom right) shows allotments but does not show community gardens etc.

(Note the maps do not show Paulsgrove, Cosham, Farlington and Drayton – the first two maps pre-date those wards being administered by Portsmouth City Council. There is a small, privately owned farm at Farlington, next to the A3M/ A27 junction but the land is not currently farmed). <http://www.spacetogrow.org.uk/>

4.2 Allotments

There are 1774 allotment plots in Portsmouth spread over eight sites, with a current waiting list of 394 people. Due to the size of plots being halved over the past years, the waiting list is reducing, although it is still possible to be waiting for an allotment for anything from ten months to three years, depending on the site. Although over the last five years interest in obtaining an allotment has increased, numbers of new people joining the waiting lists have now stabilised suggesting that interest is not increasing as much as previously and demand is being met. The cost of an allotment plot in Portsmouth is £60, making them some of the most expensive allotments in the country. The allotment service within the council runs at a loss and there is pressure to look at ways of reducing this cost to the council.

4.3 Community Growing

In 2008 Healthy Pompey supported the development of 11 community growing projects over four years, most of which are still operating, but others have closed due to the day centres they were located within closing down. Funding also provided 5,500 growing kits for Portsmouth residents to use at home.

The sites included:

- **Headway** (St James' Hospital) – a polytunnel and raised beds for the benefit of the charity's service users. The charity has since had to leave the site and the site is no longer in use.
- **Frank Sorrell Centre** (Highland Road) – the centre is a resource for people in the area with a physical disability. A polytunnel and community garden were built with an emphasis on ensuring the space was a peaceful place for users to come. Herbs and salad leaves were sold from a stall – this activity is now run by 'City Herbs' a small group including the head of catering at the University of Portsmouth.
- **Beneficial Foundation** (Anson Road) – an 'example garden' was created, the same dimensions as a typical Portsmouth garden, showing what could be grown in it. The polytunnel is still used by trainees (who have disabilities, are disadvantaged or have learning difficulties) who are learning horticultural and garden maintenance skills. BF also run a 'Let me think'- training module; 'Trainees learn new/enhance existing skills within areas of Budget, Cooking, Healthy Eating, Health and Hygiene, Growing Food to Eat, as well as build self-esteem and confidence, thereby enhancing their independence'. The manager of the site is



keen to grow and sell plants commercially.

- **Landport Community Garden 'Growzone'** (Arundel Street) The garden was established in 2000 (and is therefore Portsmouth's oldest community garden). The Growzone includes several raised beds, growing veg. A full time community gardener works here.
- **Community allotment** (within Milton Piece Allotments) The community allotment is a council project that has been running since 2002 and has made an important contribution to improving the health and wellbeing of many Portsmouth residents, particularly pre-school and school children, the vulnerable and those with disabilities (for example patients from nearby the St James hospital brain injuries unit).

The community allotment has four plots (with disabled access), two poly tunnels and a training room the 'Pompey Pod'. For over ten years this community project has offered training, confidence building, volunteering opportunities, a therapeutic environment and a shared appreciation of growing things. Portsmouth residents can get involved in the community allotment themselves - health and social care departments can also make referrals. Community or school groups can access the allotment for visits and learning workshops.

Further information on the last ten years of the community allotment can be found [here](#).

- **Stacey Centre Community Orchard** Wasteland adjacent to the Stacey Centre community centre in Baffins was transformed into a community orchard in 2010, funded by Healthy Pompey. The organically managed orchard / permaculture garden has local varieties of apple and pear trees, plum trees, a peach tree, a vegetable growing area and herbs interwoven amongst shrubs and flowers. The orchard is approximately 30 metres x 12 metres and includes a shed for storage, composting facilities and a seating area. It has paved paths allowing full disabled access. The orchard regularly hosts visits from schools and groups who are encouraged to sniff, taste and get their hands dirty. Local residents are also welcome to come and join the group of volunteers who maintain the orchard, overseen by a PCC community gardener.



- **Stamshaw Community Adventure Playground** The playground is popular with local children and the Healthy Pompey money was used to incorporate food growing into the play structures – so children can play and pick and eat tomatoes at the same time. The plants are tended by the site managers.
- **First Wessex** (Horsea Lane) Small community allotment.
- **Alexander Lodge** (Hilsea) NOW CLOSED.

- **Vanguard Centre** (Paulsgrove / Cosham) NOW CLOSED. A major investment was made to establish a fully accessible vegetable and flower garden for service users with physical disabilities to enjoy. The garden was used for a few months before the centre closed and the garden was pulled up.

Other growing sites across the city include:

- **Southsea Greenhouse Community Garden:** <http://southseagreenhouse.co.uk/>
“The Southsea Greenhouse Community Garden has gone from strength to strength since we opened in April 2013. Starting as a derelict strip of land, completely overgrown and full of old masonry, we have created a gloriously colourful garden full of flowers, food and fun. Volunteers can spend time planting, digging or pottering”.

A volunteer-led project on a very small and narrow piece of land next to Cumberland House and Canoe Lake, and about to celebrate its fifth birthday. Current Southsea Greenhouse projects include:

- Portsmouth in Bloom – worked with the City Council to run this well-established and well-loved competition last year, which includes awards for food growing spaces.
- Skillsshops funded by the European Social Fund – a series of workshops for people looking to get back into the workplace and to help increase people’s confidence and skills – workshops will be both crafts and gardening.
- **Portsmouth Interaction Allotment** Run by Portsmouth City Council (as part of Cultural Services), Portsmouth Interaction (PI) provide opportunities for participation and personal development in a range of sports and leisure activities for people experiencing mental health problems. To build confidence, self esteem, and support service users integration into community life. Because the PI team recognise the importance of good food for those suffering with mental health issues, the PI team also signpost service users to basic cookery skills classes as and when they are advertised in the city.

4.4 Food Growing in Schools

Over the last few years, particularly through the eco-schools movement, more and more schools have created growing spaces²⁸. Of the 45 schools surveyed recently below, 85% of schools questioned below reported that they have some food growing provision. Since the survey was undertaken however it is believed that many of the projects have ceased.

In Portsmouth, the **Grow to Eat Well Project** ran between 2008 and 2012 and all Portsmouth council maintained schools were actively encouraged to participate in the project, funded by the Big Lottery and Healthy Pompey. The project was originally run by Portsmouth Friends of the Earth Association (now dissolved) and then handed over to the Country Trust. Funds were available to equip any interested school with any equipment required (planters, soil, tools, gloves etc) to give children (at any key stage) the opportunity

²⁸ <http://www.growingschools.org.uk/news/3>

to grow their own food. Members of the local community (parents, teachers, local residents) were also encouraged to be involved. Later, the project also included cookery sessions, farm visits, playground farmers' markets and visits from local farmers. Despite vigorous efforts to sign schools up, at no cost to them, uptake amongst schools was not as much as hoped for – approximately six were actively involved and another 15 had some, more limited involvement. The children (generally KS2) were very keen but head teachers (whose support is key) were very difficult to engage, even when asked to nominate a contact member of staff, and encouraging the school to look after their plots / growing veg when the project staff were not on site was nearly impossible.

4.5 Portsmouth in Bloom

Portsmouth in Bloom is now coordinated by Southsea Greenhouse on behalf of Portsmouth City Council. Under Southsea Greenhouse's administration new categories have been added. Five of the fifteen categories – highlighted in green – specifically recognise and reward food growing.

- House frontage
- Front garden
- Mews and courtyards
- Balcony
- Sustainable garden
- Hanging basket or wall container
- Public or community premises
- Business premises
- Gardens in sheltered housing or apartments
- Eat My Street
- School decorated with flowers
- School environmental project
- School garden cultivated by children
- Eat My School
- Allotment

Eighteen schools, approximately seventy private residents and twenty businesses / local community groups entered the 2014 competition. According to Sue Stokes (founder of Southsea Greenhouse), this represented a 60% increase in applications from the previous year.

4.6 Food and Planning Policy

Planning policy determines the use of space and the nature of the built environment in the city, and is fundamental to supporting both better health outcomes and a sustainable food system. The current National Planning Policy Framework, although encouraging healthier communities, is not prescriptive in how this can be achieved. The Portsmouth Plan recognises the need to provide and conserve green spaces, allotments and areas for growing food, although there is scope to strengthen this in the overall thrust of policy. Policy is being developed which will encourage food growing spaces to be incorporated

into new developments, and will encourage land to be used for community food growing. Many cities are looking at planning policy to limit the number of fast food take-aways, particularly in the vicinity of schools or children's centres. Recent research from the University of Hertfordshire²⁹ for the Food Standards Agency in Scotland has suggested that controlling the food environment outside the school gate is likely to have limited impact on obesity and children's health. The research found a complicated picture of factors influencing where food was purchased, but that young people were prepared to travel further than 800m to find what they wanted to eat. The most concerning finding was the consumption of carbonated energy drinks – which of course can be purchased in a variety of outlets such as newsagents and supermarkets.

A more effective planning policy in this area might be to limit the no of takeaways across the city as a whole. Birmingham has adopted a policy to [limit the no of fast food takeaways](#) to no more than 10% of units in any shopping area.

Many of the new development sites across the city include designation for retail space. Ensuring that some of this is allocated to smaller locally and independently owned units would be desirable, and mechanisms to do this should be explored. As mentioned in the Business section, there is an advantage to the local economy and inward investment if Portsmouth maintains its unique identity and characteristics as much as possible.

4.7 Green and Urban Spaces: summary and key points

- **There is a low level of activity around community growing in a city with the population of Portsmouth. Because of the known benefits to health, it is a worthwhile investment. A [recent survey](#) showed that over 58% of people who garden in Brighton and Hove felt significant improvements to their well-being, and 42% reported improvements to their diet as a result. A more in-depth evaluation of the reasons why some community gardens have closed down in Portsmouth over the past years would help inform how to support future community growing.**
- **One reason cited for some gardens closing down is the lack of volunteers to support the project. It is important when starting new community gardens that they are led in the first instance by community members and that robust consultation has been undertaken in order to respond to local needs, as well as to identify community members to become involved. This creates a sense of ownership within the community. Supporting staff and gardeners to work on projects is costly, and although some management support and funding is always required, the best and most long lasting projects are those that are largely run by volunteers.**

²⁹ [The influence of Deprivation and the Food Environment on Food and Drink Purchased by Secondary School Pupils Beyond the School Gate](#), Food Standards Agency Scotland, April 2015

- One way of inspiring community members to get involved in food growing is to make food growing visible across the city, and this is often where investment from public health can be well spent. So, for example, planting beds in public spaces where there is passing footfall – beds in parks, planters on street corners, or on vacant land on housing estates – can act as demonstration plots which can inspire but also play a role in educating children about where food comes from. These plots can be temporary if funding doesn't allow for longer term investment. The [Incredible Edible](#) movement in Todmorden and now across the UK has been very successful in this approach.
- Community growing in Portsmouth, but also in other cities across the country is largely focused on the health and social benefits, and not so much about producing food for more serious consumption within the city. The issue of scaling up so that community projects can also sell produce to benefit the wider community and provide revenue for future financial sustainability is challenging, as economies of scale mean that the real cost of any food produced would be prohibitive. City Herbs, a project which took over the redundant polytunnel at the Frank Sorrell centre, is an example of an attempt to develop a more commercial project, linked to the University as a market for the herbs. However the project relies heavily on volunteer support – on a daily basis in the case of a polytunnel, where produce must be watered and monitored etc.
- In depth mapping of the potential spaces across the city where food growing might be possible is a useful exercise – both to identify small demonstration sites but also the potential for a larger more commercial 'market garden' project on the peri-urban fringe where there are small amounts of land available for the scale required to make this viable. Being creative with the spaces around buildings, particularly community venues etc, would help provide even small scale opportunities

4.7 Measuring and Monitoring: Green and Urban Spaces

Measure	Availability of Data
Amount of land available for food growing	Yes
No of community members involved in food growing	Yes
No of new developments in the city which include food growing	Not applicable yet, but would be if policy was developed in future
No of volunteers working on community growing projects	Yes
Weight of food produced from community gardens	No – would only be relevant in larger projects where food production is the outcome
Allotment use?	Could estimate amount of

5. Cross Cutting themes

5.1 Education

Education and awareness-raising underpins work to re-connect people with food and how and where it is produced. The promotion and advocacy of good food is crucial to counteract the prevalence of unhealthy and unsustainable food which is heavily promoted everywhere you turn across cities and towns today.

- **Food for Life Partnership (FFLP)** The FFLP award scheme brings schools and their wider community together around the core ethos of healthy, tasty and nutritious food. The programme is about more than just food on the plate: it considers where food comes from and how it's grown, cooked and experienced. FFLP provide practical advice and support enabling schools to achieve bronze, silver and gold awards, rewarding and celebrating success. Through a range of resources, advice and support FFLP guide schools to make changes step-by-step through adopting a whole school approach. Schools which achieve awards are growing their own food; organising trips to farms; sourcing food from local producers; setting up school farmers' markets; holding community food events; providing cooking and growing clubs for pupils and their families; serving freshly prepared, well-sourced meals and providing an attractive dining environment so lunchtimes are a positive feature of the school day.

Currently only 4 schools in Portsmouth have enrolled as a FFLP school³⁰. Three, Admiral Lord Nelson (secondary), Court Lane Junior and Portsdown Primary and Early Years are at bronze level and one, Lyndhurst Junior is at silver³¹. To achieve the bronze level, schools must provide evidence that they meet various criteria³² in these areas:

- Food leadership and school food culture
- Food Quality
- Food Education
- Community and Partnerships

³⁰ For comparison purposes, Calderdale, an area with a very similar population size (204,200) to Portsmouth (205,400) has over 60 FFLP schools registered. Islington (pop.206,300) has over 50 and Luton (pop. 202,600) has over 20 schools registered. NB. 'registered' means schools are enrolled - they may not have achieved bronze level yet but they are working towards it.

³¹ See <http://www.foodforlife.org.uk/whats-happening/find-a-school> for a map of where the Portsmouth FFLP schools are located and what they have achieved.

³² Please refer to <http://www.foodforlife.org.uk/~media/files/general/bronzecga416pp21aug2013web.pdf> for a breakdown of the criteria.

- **Food Festival and Events**

Local events and festivals, the purpose of which are often to celebrate local culture and distinctiveness, can provide opportunities for visitors and residents to sample a range of healthy, sustainable and local food offers, as well as presenting new routes to market for local businesses – producers, processors and catering outlets. Often there is an emphasis on the ‘foodie’ aspect of food consumption, and often may not appeal to a wide range of residents. However, they can also provide a platform to promote and provide information on a range of food related issues – including cookery, healthy eating, buying local, waste issues etc. Currently there is no specific focus on the above in the following events, and being able to provide this does depend on the presence of a strong local food supply chain and resources to support.

- **Southsea Food Festival** The annual Southsea Food Festival is organised by the Town Centre Managers Team with the aim of celebrating Southsea and South Hampshire as a vibrant culinary destination showcasing the diverse food culture of the region and supporting the local food economy with around 100 stalls trading each day. The aim of this event is to provide a fun, family day out for local residents, shoppers and visitors to the Town Centre and to celebrate and show off all that is good and great about Southsea restaurateurs and the south coast. The event takes place over two days and features events such as: kitchen theatre with cooking demos; master classes; "meet the farmyard animals" zone; Local/Continental and Hampshire Farmers' Market stalls; local traders and food related businesses. Live music stage, and plenty of opportunity for shoppers/visitors to sample a wide range of foods and food related products.
- **Thai Food Festival** An annual celebration of all things Thai at Castle Fields, Southsea. Predominantly food stalls – presenting an opportunity for the public to taste and purchase a range of authentic Thai foods.

Other events in Portsmouth which have a food offer and have the potential to showcase locally sourced produce:

- **The Camber Development, Old Portsmouth:** This new development, the base for Ben Ainslie's America's Cup challenge team is due to begin operations from May 2015. An event management company will provide catering during sailing events.
- **Picnic in the Park, Fratton:** A local community event designed to bring neighbours out to eat and spend time together in Kingston Park. Food stalls will be one site.
- **Victorious Festival, Southsea** Primarily a music festival the event, also hosts food and drink stalls. The festival is organised by Belle Isle who own bars in Southsea and Chichester.
- **Local community events/fayres:** Often food is served/provided/sold across the city via locally organised events, fetes, fayres.

5.2 Waste

Avoidable waste from the food system – organic matter and packaging - is a 'hot spot' in the food system – in other words action on food waste can really make a big difference in terms of sustainability. Throwing food away is a waste of the water, energy and natural resources that have gone into its production, and ultimately the money it has cost to purchase the food and the money it then costs local authorities such as Portsmouth City Council to dispose of it.

Some facts on food waste³³:

- the average family in Portsmouth is spending around £60 a month on wasted food
- 50% of the total amount of food thrown away in the UK comes originates in the home and more than half of this is food and drink which could have been eaten
- almost 1.4 billion hectares of land are used annually to produce food not consumed – an area larger than Canada and India together – 28% of the world's agricultural land
- water used to produce food and drink which is then wasted represents 6% of the UK's water requirements
- every person in Portsmouth is wasting 243 litres of water a day on food wasted –the equivalent of one and a half times their average daily water usage
- avoidable food waste contributes to 3% of the UK's annual greenhouse gas emissions – the equivalent of emissions from 7 million cars a year
- the most significant contributors to avoidable carbon emissions from the food system are milk waste, coffee waste and wheat products (bread, cake etc.)
- the UK hospitality sector could save £2.5 billion a year on wasted food.

- **Household and business food waste**

There is currently no separated food waste collection provided by Portsmouth City Council for either households or businesses, although consideration is currently being given to introducing a kerbside food waste collection for households. If food waste is to be separated from ordinary household waste, it must be disposed of in an environmentally efficient way otherwise there is no point in separation – for example taken to an anaerobic digestion plant where it can be used to create energy, or an in-vessel composting plant which will turn it into soil conditioner.

In Portsmouth, weekly household waste is on average 10kg, or the equivalent of two black sacks – and as much as a third of this can be food waste. If a weekly food waste collection was introduced this would potentially reduce the cost of current incineration by £200,000 a year. Where kerbside food waste collections have been introduced, recycling rates have been shown to increase by as much as 5% - and food wasted per household is reduced, presumably as people have a more visible reminder of how much food they are throwing into the bin. As Portsmouth recycling rates are some of the lowest in the country a food waste collection service would help with this.

³³ Statistics from WRAP

A number of private operators are currently contracted to take food from various businesses and operations in the city, including pubs, restaurants and the university. One contractor [Eco Food Recycling](#) would not disclose who their clients are, but were able to say that they remove up to ten tons of food waste from a major shopping complex in the city each week in the summer. It is likely that the majority of business food waste is currently going to incinerator or land fill.



- **The University Of Portsmouth**

The University of Portsmouth's waste scheme aims to achieve a 70% (on average) recycling rate with zero landfill. Their average recycling rate has increased from 41% in 2011 to 82% in 2014. Most waste put in the bin will be recycled - food waste goes into split bins and food caddies. Food bins are available for any uneaten food, fruit skins and cores, office plant trimmings, used napkins and tissues. Food waste is anaerobically digested. Green space and general waste bins have microchips allowing weight data per bin to be provided on a monthly basis.

- **Composting**

Composting is encouraged for those residential areas which have enough space and or gardens – but in a densely populated city such as Portsmouth this is not an option for many households. Portsmouth City Council currently provide a service of offering compost bins at

a discounted price – but sales of these have tailed off over the last year – which may be due to lack of promotion.

There are currently no community composting sites in the city. Community composting is a natural addition to community growing sites, but also can be sited in parks or open spaces in residential areas. They can be a low cost investment to set up as they can be run by volunteers with a low level of management. It is important to that sites are linked in with community gardens which can use the compost produced – which is why siting them on or near existing gardens is a good starting point. A city the size of Brighton and Hove now has [30 community composting](#) sites – but this has been established hand in hand with the growth of community gardens, a natural development.

- **Food Waste and food surplus projects**

In recognition of the twin issues of food surplus in the system, and food poverty, various initiatives have been set up over the past few years, both in Portsmouth and across the UK, to bring the two together, and redistribute surplus food which would otherwise be wasted to people in need.

FoodCycle: Food that would otherwise be sent to waste by food retailers is used by FoodCycle, a national charity with two Portsmouth hubs, working to reduce food poverty and social isolation by serving tasty, nutritious meals to vulnerable people. FoodCycle delivers three course hot meals from the John Pounds Centre every Tuesday and, also bring delicious dinners to St Peters Church in Somerstown every Thursday evening from 6pm. It also provides opportunities to volunteer and learn new skills. A recent survey of guests showed that the most important aspect of Food Cycle for them was ‘the chance to socialise and meet the community’, and also that it is helping both guests and volunteers throw away less food than before.

<http://foodcycle.org.uk/location/portsmouth-hub/>

The Real Junk Food Project: The 'pop up' Waste Not Want Not Cafe Nights at The Art Lodge, Victoria Park started in April 2015 every Tuesday evening using food donated by supermarkets and other suppliers. The cafe is run on a ‘pay as you feel’ basis and anyone unable to pay for whatever reason is can volunteer to help on the project.

https://www.facebook.com/therealjunkfoodprojectportsmouth/info?tab=page_info

5.3 Sustainability

Sustainability runs through the work of creating sustainable food system by its very nature.

6. Conclusions

The Review of Portsmouth's food system has highlighted the diverse range of activity already happening across all sectors of the food system in the city, albeit it that in some areas this is small scale and not necessarily perceived at this point as sustainable. The clear gap is in connecting and integrating this in order to maximize the opportunities for creating better social, environmental and economic outcomes. The solutions required to address health inequalities, to mitigate against the impact of climate change, to create a prosperous and resilient local economy, are the often the same when thinking about food. Therefore there is the opportunity to identify actions or projects using food which hit several targets, giving a greater return on the investment made.

It is clear that the current economic and political context, with substantive reductions in public sector budgets, requires a more creative and collegiate approach to finding solutions to challenging issues. Food lends itself to partnership working and direct engagement and with community members

There are some clear areas where a small investment of either funding or staff time could make a difference:

- **Networking:** all the main themes – health, business, community growing - could benefit from stronger networking opportunities e.g food business networking, community project networking etc. Through coming together ideas are exchanged and mutual projects identified
- **Community Engagement:** working in the localities to understand community needs, community assets and engage people in developing and co-producing sustainable solutions that work on the ground
- **Volunteering:** community projects, particularly food growing, rely heavily on volunteers, Ensuring that Portsmouth Together and other volunteering organizations are able to signpost people to help on projects is important.
- **Policy:** ensuring that policy is 'food-proofed' to ensure that it includes references wherever appropriate to support food related work across the city
- **Communication and information:** a one stop shop on line for all things food related in Portsmouth would help people engage with good food in many different ways.

If funding is available, flagship projects in the priority areas over the next few years would help raise the profile of food work, and the emerging Portsmouth Food Partnership. A

particular area of relevance to Portsmouth would be to work on the local food economy, where priorities to support SMEs and skills and training fit very much with the sustainable food agenda, and it is an area which would be of interest to other cities. And working to create community food hubs within the proposed lifestyle hubs would support grassroots behavior change outcomes with community members.

Summary of Key Recommendations:

- **Develop a food strategy /action plan which brings together existing and potential food work in one place. The plan will reflect current activities and potential new actions to be taken by a variety of partners and stakeholders across the City.**
- **Increase opportunities for networking across all sectors which helps identify collaborative opportunities thereby increasing efficiencies**
- **Explore the creation of ‘community food hubs’ building on the proposed ‘lifestyle hubs’**
- **Set up a dedicated cross sector group to explore solutions to addressing food poverty**
- **Gather further date on resident’s experience of food poverty – include a question in the Health and Lifestyle Survey**
- **Develop a website to provide information and cascade information out via community centres and other opportunities to ensure it is accessible to all community members**
- **Undertake more research and data gathering on the local supply chain in and out of Portsmouth – undertake a more detailed mapping exercise of local food businesses to understand the economic value of the local supply chain.**
- **Develop a package of support for new and emerging sustainable food businesses**
- **Engage with Hampshire Fare and the Isle of Wight to increase connections and local private sector caterers and local producers**
- **Explore the feasibility of small micro / mobile food markets which can ‘pop-up’ in residential areas where fresh food shops are absent**
- **Develop a programme using food as a vehicle to provide skills and training for un employed young people**
- **Develop a volunteering programme or ensure that existing programmes include opportunities to work on food projects**
- **Develop a demonstration growing project in a publicly visible space to introduce new people to food growing**
- **Map potential new spaces for food growing on estates and parks.**

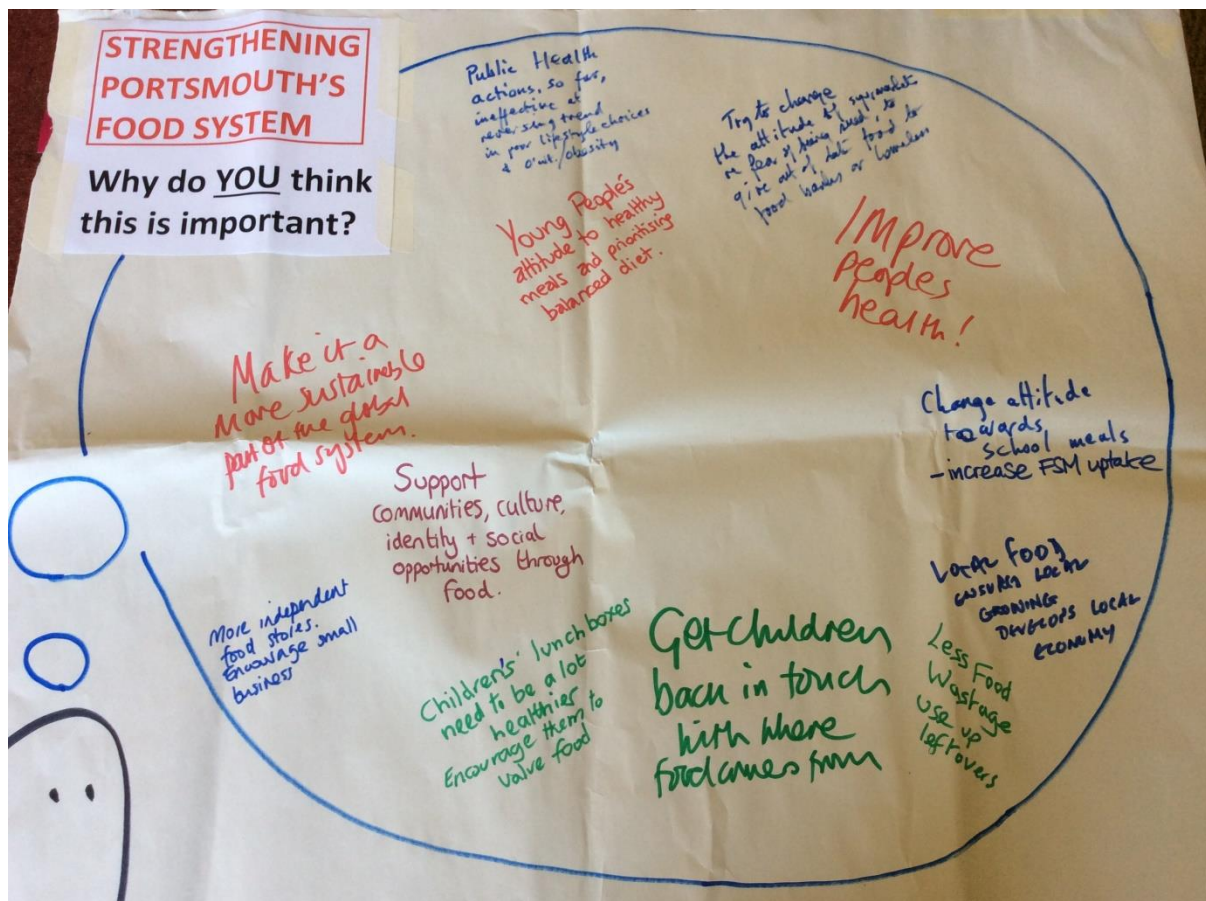
APPENDIX 1: Food Event March 25th Highbury College, Portsmouth

1. Introductory Questions:

- **Strengthening Portsmouth's Food System – Why do YOU think this is important?**

Responses:

- Public Health actions, so far, ineffective at reversing trend in poor lifestyle choices and obesity
- make it a more sustainable part of the global food system
- More independent food stores, encourage small businesses
- support communities, culture and identity and social opportunities through food
- Children's lunch boxes need to be a lot healthier, encourage them to value food
- Get children back in touch with where food comes from
- Less food wastage – use up leftovers
- Improve people's health
- Young people's attitude to healthy meals and prioritising balanced diet
- Change attitudes to school meals – increase Free School Meal uptake
- Local food ensure local growing develops local economy
- Try to change attitudes of supermarkets re fear of being sued, to give out of date food to food banks or homeless



- **What one thing would you do to help strengthen Portsmouth's Food System?**

- First thing is you need to want to change what is there at present and know why
- give Portsmouth Food Partnership a brand and identity for community members to recognise
- knowledge about what help and guidance is available
- work with workplace health co-ordinator to make PCC a good example
- I have written to 117 city GPs challenged them to take up 20 free Pyramids Gym membership (GPs as exemplars to patients). I would challenge anyone in public service to set an example from leader of council, chair of Health & Wellbeing Board and two of today's speakers
- I have contacted Bristol City Council to meet with them about their Bristol £ scheme – people can buy Bristol £s and spend them in local outlets that sign up to the scheme – these businesses can then use Bristol £s to buy from local suppliers in Bristol or to pay their business rates. Good marketing proposal that also supports local businesses – maybe we could have a Pompey and IOW £?
- Queen Alexandra to review cook/chill contract and re-introduce cooking and local sourcing
- Raise the issue of 'living wage' with councillors as part of procurement which would directly impact on wages and ultimately food poverty (all our contractual suppliers to adhere)
- Establish as CSA – Community Sustainable Agriculture
- Engage with University of Portsmouth who have experience of community engagement
- make an initiative a student project masters within School of Architecture
- Establish a collaborative to regenerate the Greenhouses in Victoria Park into a community food training centre
- Conference on Urban Agriculture in Portsmouth with WIT in Sept 2016

2. Emerging themes – digging deeper

- **Education**

Comments

- get links to curriculum 18mnths in advance for teacher year planning otherwise too late
- There have been growing in schools initiatives but without key staff/project workers they drop off as teachers have no time
- some culture changes follow changes in the law e.g. seatbelts; drink driving –what's the equivalent?
- Fairtrade –difficult to get into schools and be involved – have to make sure every 2 yrs that P'mouth is maintaining FT status

- difficulty of getting in to schools with initiatives – schools v busy and focused on results, not easy to get them doing new things, don't deviate from Year Plan
- Home economics in schools should be compulsory also basic life skills covering budgeting, shopping, cooking from scratch, avoiding food wastage & provenance. Children not choosing it as it is too science based, too much written work and not enough practical work
- Parents have no cooking skills – free cooking lessons

Activities

- Lyndhurst School did have growing project

Opportunities

- Breakfast Clubs most schools have them – are they just cheap childcare or feeding hungry kids? are there healthy options? Affordable? Engaging kids with food?
- Food Banks for fruit and veg with recipes and training to cook
- Set up baking workshops in empty shops for the community supported by artisan bakers
- community sign up to a 'million pounds' weight loss (Oklahoma City) 98,000 people overweight 10lbs = 1 million
- health and well being service community dev work – city wide in Oct could add numeracy and literacy skills in cookery courses

Waste

Comments

- tackle industry rather than residential
- put more value on food – change our throw away habits
- supermarkets – BOGOF produce more waste – reduce to half price instead, or put second item in trolley for food banks

Activities

- Food Cycle
- Junk Food Cafe Portsea & Somerstown

Opportunities

- Support an 'out of date' shop / restaurant
- food use strategy rather than food waste
- educate pupils about recycling /increase what is being recycled
- separate food waste from regular waste
- social supermarket
- central worm casing centre to recycle food waste

- a van to collect used oil from restaurants in the city to create bio-fuel
- work with cleaner / greener team to help community composting scheme

- **Food Business and Industry** ---

Comments

- Demonstrate the £ value to local decision makers including councillors

Activities

- start up Portsmouth project - Summit is 9th May 10am-2pm University Business School
- Report being prepared looking at demand for incubator space for start ups – sector specific e.g. arts, food, digital – idea for a food hub (ERDF funding)
- working on a 'Grow' project for SMEs – reach out to existing businesses and help them develop growth strategies (would have helped baker respond to UoP need for bread rolls)
- Business Growth and Skills action plan identifies 'Quality of Life' and 'Place' as factors in economic growth – delivered by creative industries, retail, leisure & visitor economy

Opportunities

- rent free pop ups
- get good presentation on food economy to key players on LEP
- generate conversations at every opportunity – schools/parents/gov/business/community groups
- Get PCC planning and estate management on board – light touch
- Establish network of SMEs and Soc Enterprises for mutual support, problem sharing as well as collaboration
- Nick Leech (UoP) proud of 3 kitemarks – is there mileage in a City Partnership 'locally sourced' kite mark to award shops and influence national chain supermarkets?
- get more large employers to improve contract caterer requirements to include sust sourcing & fresh seasonal produce
- new food venues on seafront – take advantage of tourist trade
- create list of local food suppliers
- Leonardo project with France and Germany to develop toolkit for SMEs to consider exporting/exchange/apprenticeships
- Interreg project with Caen to enhance capacity of tourism industry – addressing soft skills gap; tourism/leisure enterprise hubs – could focus on food



Green and Urban Spaces

Comments

- don't worry about Portsmouth lack of open space —think Greater Portsmouth

Activities

- Somerstown community garden at Omega Centre
- southsea Greenhouse

Opportunities

- engage private planners / landscape architects with development team
- improve green corridors
- create green infrastructure policy/strategy /action plan
- encourage Guerilla (sic) Guerilla Gardening in the City

- use school outdoor areas
- re-use roof space and lost space in city to grow food
- Garden Share allotments – using private gardens
- Roof top garden at the Civic offices – wasted space
- Use university students to map spaces for food and other activities
- share access fruit e.g. Moss cider project
- work with surrounding areas across Solent
- allow 10% of open space to be used for food growing
- plant fruit trees and bushes in municipal spaces

• **Food and Health**

Comments

- prevention is key, once trend of overweight/obesity is set in childhood it continues hence rate rise with age, so from birth – breastfeeding, intro to solids, healthy family meals etc
- look at cities round the world for inspiration
- people need to have a reason to change their habits – people aren't sufficiently unhappy to change

Activities

- food bank floating support worker employed by Roberts Centre & based at Salvation Army – offering support to tackle root causes
- working with planning and others to deliver healthy weight strategy

Opportunities

- make parents responsible for their children's diet
- Need for community kitchens for parents lacking time, space, facilities to cook together, bring together to share resources
- remove access to disability benefits (e.g. disabled badge) for those who are obese – unless engaged in weight loss programme
- better understand the barriers to fresh fruit and veg
- need to get councillors on the journey
- communicate benefits of growing and cooking good food to schools – educate and inform parents
- better links across health and wellbeing and economic regeneration
- brand the partnership for all food initiatives under it



Attendees

Name	Signature	Email address (where stated)
Alison Fowler	DNA	
Alison Hesselberth	Attended	
Andrew Williams	Attended	andrewwilliams@waitrose.com
Andrea Wright	Attended	
Andrew Mason	Attended	
Barry Walker	Attended	
Ben Food Matters	Attended	
Christine Matchatt	DNA	
Clare Devereux	Attended	
Elizabeth Donegan	Sent apologies	
Janet Maxwell	Attended	
Jasmine Fletcher	DNA	
Katie Carew-Robinson	Attended	
Lin Atkinson	Attended	

Mark Sage	Attended	
Matt Mason	Sent apologies	
Megan Saunders	Attended	megan.saunders@highbury.ac.uk
Michail Bitzios	Attended	michail.bitzios@port.ac.uk
Nick Leach	Attended	nick.leach@port.ac.uk
Rachael Eddy	Attended	rachael.eddy@portsmouthcc.gov.uk
Rimple Poonia	Attended	
Sally-ann Krzyzaniak	Sent apologies	
Tara Fisher	Attended	tara.fisher9@gmail.com
Vicky Piper	Sent apologies	
Sue Stokes	Attended	
Carly Butler	Attended	foodbank@kingschurchportsmouth.co.uk
Paul Hutchins	Attended	
Pravin (Canvas Coffee)	Attended	
Catherine Teeling	Attended	catherine.teeling@port.ac.uk
Carmen Hunot	Attended	carmenmognzalez@us.es

Appendix 2: List of fish on Sale in Portsmouth Fish Market and MSC Rating

Fresh Fish on sale in Portsmouth Fish Market	MCS Rating Fish to Eat are rated 1 and 2, Fish to Avoid are rated 5. Ratings 3 and 4 mean don't eat too often.
Anchovies	2-3
Black Bream	3-4
Brill Small/Medium	3-4
Cod Fillet	5
Coley Fillet	2
Dover Sole	2
Grey Mullet	4-5
Gurnard	3
Haddock Fillet	2-3
Halibut	5
Herring	1
Huss	4
Jellied Eels Small Bowl	5
Lemon Sole	3-4
Mackerel	2-4

Monkfish	4
Pink Bream	?
Plaice	3-4
Red Mullet	4
Salmon Fillets	5
Sea Bass	4-5
Skate	5
Snapper	?
Sprats	3
Cockles	2-3
Crabs	2-3
Mussels	Wild stocks are awaiting rating – being assessed. ‘1’ if farmed.
Oysters	Awaiting rating by MCS – stocks being assessed. (NB: The Inshore Fisheries and Conservation Authority (IFCA) has temporarily banned the fishing for oysters in the Solent area (including harbours) during the 2014/15 season in an effort to boost their numbers ³⁴ .)

³⁴ <http://www.southern-ifca.gov.uk/news>

Appendix 3: Food for Life Bronze Catering Criteria

- Contains no undesirable additives e.g. MSG, particular sweeteners, colourings, preservatives or trans fats
 - At least 75% of dishes on the menu are freshly prepared (on site or at a local hub) from unprocessed ingredients
 - All meat is from farms which satisfy UK welfare standards
 - Eggs are from cage free hens
 - Menus are seasonal
 - Catering staff are supported with skills training in fresh food preparation and the Catering Mark
 - No GM ingredients are used
 - Free drinking water is prominently available
 - No fish are served from the MCS 'fish to avoid' list
 - Information is on display about food provenance
 - All suppliers have been verified to ensure they apply appropriate food safety standards
 - Catering in all schools and academies, early years and residential care settings and hospitals can demonstrate their compliance with national standards or guidelines on food & nutrition
 - Menus provide for all dietary and cultural needs
-