

Food Matters Theory of Change

The Problem

Many of us in the UK cannot access healthy, sustainable food and are unable to change the food system that shapes our lives.

Our Aim

Ensure everyone can access healthy, sustainable food and has the opportunity to help shape a better food system.



PROCESS

Championing a collaborative, inclusive & structured approach to fixing our food system

Activities

- Consultation, evaluation & facilitation services for food organisations & authorities.
- Training for staff & volunteers including:
 - Participatory facilitation.
 - Understanding the food system.
- Developing food strategies, mapping & frameworks.



Short-Term Outcomes

- Organisations:
 - Develop effective & inclusive strategies.
 - Establish accountable governance, representative of their communities.
 - Engage with their communities & partners.
 - Develop stronger partnership working.



Long-term Outcomes

- Organisations make decisions based on the opinions & experiences of people in their communities.
- Organisations improve access to healthy & sustainable food.



PEOPLE

Developing the skills & confidence of people to access healthy food, improve their wellbeing and influence the wider food system

Activities

- Courses on:
 - Diet, nutrition, cookery & wellbeing.
- Facilitation of focus groups & meetings.
- Educational materials:
 - Toolkits, health & wellbeing magazines, social media content



Short-Term Outcomes

- Participants:
 - Can make informed food choices to improve their health.
 - Have the skills to eat well.
 - Show understanding of, confidence participating in & ability to influence their local food system.



Long-term Outcomes

- People can access food that:
 - is good for their health & wellbeing.
 - is sustainable.
- People have the skills, confidence & knowledge to actively transform their food system.

