### SFP Bronze and Silver Awards Application Form 2024

This form is for completing an SFP Bronze or Silver Award application. If you are considering applying for a Gold Award, please contact the SFP team at <a href="mailto:sfpawards@soilassociation.org">sfpawards@soilassociation.org</a> to discuss the process.



### Before starting your application, please fully read this form as well as the following documents:

- SFP Awards: Guidance for applicants: SFP Awards Guidance for applicants 2024.
- SFP Awards: Activity and Impact: <u>SFP Awards Activity and Impact 2024</u>

Please do not alter the formatting of this form or redesign it and only return as a Word document <u>not</u> a PDF. This is essential for you application to pass the initial eligibility check.

# **SECTION 1: Information about your partnership and your place**

Please complete the following (\*= mandatory):

Name of your partnership*:
Clarks Cond Food
Clacks Good Food
Name and contact details of person/people leading on this application*:
Stuart Guzinski (stuart@felscotland.org); Fidelma Guest (fidelma.guest@nhs.scot); Anthea Coulter
(anthea.coulter@ctsi.org.uk)
Geographic region which this award will represent*:
Clackmannanshire, Scotland
Award you are applying for*:
Bronze

Please provide us with background information about your place (not scored)\*: Advisory word limit: 400 words

This is to help the panel understand the context in which you are working. You may include (but not limited to): Population and demographic information, location/geography & economic and social challenges.

#### ANSWER:

Clackmannanshire is currently home to 51,500 people and, by 2043, the population of Clackmannanshire is projected to decline by 2.7%, to 50,005. The potential working age population in 2021 – aged 16-64 – was 31,900.

Clackmannanshire is also one of Scotland's smallest mainland local authorities, covering an area of just 61.5 square miles (159.2 km²). The county has one administrative area, with services to the council area being administered from the headquarters in Alloa. The area is bounded to the west by Stirling Council, the north by the majestic Ochil Hills and the local authority of Perth and Kinross, to the east by the "Kingdom" of Fife and to the south by the silvery River Forth and Falkirk Council beyond.

A number of joint working and partnership arrangements are in place for the provision of certain services, including the Clackmannanshire & Stirling Health and Social Care Partnership (HSCP) and the Stirling & Clackmannanshire City Region Deal (The City Deal).

Clackmannanshire ranks 8/32 in Scotland when using the SIMD 2020. This places Clackmannanshire in the top 10 nationally and top quartile for deprivation in Scotland.

Clackmannanshire has significant areas of deprivation, caused by low job density (0.49 jobs per person, in 2022), compounded by poor transport infrastructure and low levels of economic activity (69.2% of the working population are economically active: September 2023). This has contributed to the rise of food bank use in the area, to ensure that food remains available to the population even in times of personal economic distress. In 2022/23 25.9% of children were reported to live in poverty in Clackmannanshire against a national average of 24.5% - though indicators are that this is falling. According to its <u>community data profile</u> (Shaping Places For Wellbeing - May 2023), Alloa South and East, with a population of 4,400, has the highest levels of deprivation with 100% of its population classed as living in SIMD Quintile 1. Here, 36% of the population are in receipt of out of work benefits and 1 in 3 children live in poverty

In 2022, around 15% of the Clackmannanshire business base was engaged in agriculture, forestry & fishing (50, around 5%) and accommodation & food services (100, or just over 9%), demonstrating the importance of these sectors to the local economy. More than 1,500 people are employed in these sectors in Clackmannanshire.

Clackmannanshire has a critically important role to play in the success of the Scottish food and drink sector, through the brewing and distilling industries as well as the largest glass making plant in the UK, O-I Glass.

How have you considered equity, diversity and inclusion in the structure and work of your partnership (not scored)\*: ? Advisory word limit: 300 words

#### **ANSWER:**

Clackmannanshire's Mainstreaming Equality and Diversity report (2017) showed the population 'comprised predominantly of white Scottish ethnicity', with 'relatively lower levels of white other; Asian Scottish or Asian British or other ethnic group when compared with the national population'.

However, this picture has been changing, with multi lingual refugee groups from Ukraine, Syria, Afghanistan and other regions of the world impacted by conflict, settling in the county in recent years. Clackmannanshire Council and Central Scotland Regional Equality Council who work across Forth Valley, have been supporting resettlement for these residents using its social housing and wider UK Government grants. Previous New Scots like the Polish community are well established and have, for example, their own food speciality shops and restaurants.

Clacks Good Food was fortunate to secure a Participatory Processes Development (PPD) Grant from SFP which we used to engage with a number of groups, including collaborating with Forth Valley Welcome's conversation cafes. This helped to ensure voices of a multilingual multiethnic group of <a href="new settlers in Scotland">new settlers in Scotland</a> were included as part of the Food Partnerships approach. The partnership aims to continue to build on this relationship, along with existing relationships FEL has with Central Scotland Regional Equality Council (CSREC) and Friends of Scotlish Settlers (FOSS).

#### **SECTION 2: Local food activity and impact**

Please read SFP Awards: Guidance for applicants: <u>SFP Awards - Guidance for applicants 2024</u> before completing this section.

Please describe the activity and impact of local food work delivered in your place within the last three years against the relevant key issues (1-6) and action areas (A and B) below.

We advise that you keep answers to within 600 words for each action area (i.e. for each A and B under the key issues). Whilst you won't be penalised for going over this limit, this will help the panel focus on your main achievements. For sections C, 250 words is the mandatory limit.

For Bronze and Silver awards, there are <u>mandatory actions</u> for some key issues. These are laid out in *SFP Awards - Activity and Impact:* <u>SFP Awards - Activity and Impact.docx</u>. This document also provides a broad benchmark for each award, rationale for SFP's inclusion of each key issue, and example actions for each action area.

Only submit additional documents for food action plans and strategies related to Key Issue 1 mandatory criteria. All other additional documents will not be assessed. You may add links to online documents but always check the links and permissions as we will not be requesting changes from you after submission.

### **Key Issue 1 Mandatory Criteria Checklist**

NB failure to provide Key Issue 1, Action area B mandatory criteria will result in rejection at the eligibility stage.

- > Bronze applications require a one year action plan
- Silver applications require a three year action plan

### 1. Have you submitted a <u>current</u> food action plan or food strategy with an action plan?

- Yes / No
- 2. How are you evidencing this action plan?
  - o Attachment as a Word, PFF, Excel document? Yes
  - Link to an only document? Yes
  - o If a link place here as well under Key Issue 1
  - Action Plan link:

https://docs.google.com/spreadsheets/d/1UmkhoVE62EGbPO-H-Y4gCq8GpEjV7tdV/edit?usp=drive link&ouid=118057793500691405740&rtp of=true&sd=true

### 3. Has the action plan less than 6 months to run?

- Yes
- If less than 6 months to run what is happening after the action plan expires?
   (100 words)

May 2024: CGF partners are now working with colleagues from the Scottish International Environment Centre (SIEC), alongside the other two food partnerships (Falkirk and Stirling) to evaluate our progress to date and to facilitate the development of a Regional and Local approach.

Key Issue 1: Taking a strategic and collaborative approach to good food governance and action

Action area A: Establish a broad, representative, and dynamic local food partnership

### Partnership:

<u>Clacks Good Food</u> has a board consisting of Twelve individuals representing the following eight organisations and initiatives:

- Clackmannanshire Council (Energy & Sustainability)
- NHS Forth Valley Public Health Nutrition Team
- NHS Forth Valley Public Health & Health Improvement and wider strategic direction
- Clackmannanshire Third Sector Interface (CTSI)
- Alloa First (Business improvement District)
- <u>FEL Scotland</u> (Environmental Charity)
- The Gate Charity (Emergency food provision, dignified pantry and support)
- Forth Valley College (<u>FVC</u>)
- Shaping Places for Wellbeing Programme (Alloa)
- Clackmannanshire Education Support Service
- <u>Associated partners</u>: Scottish International Environment Centre and Stirling University

In addition, the partnership is strongly supported and engaged with by non-board members including, but not limited to, Hawkhill Community Centre, Sauchie Active8, Tullibody Community Garden and Forth Valley Food & Drink Network.

Clacks Good Food was founded following a set of <u>recommendations</u> set out in "Understanding sustainable and dignified solutions to food insecurity in Forth Valley: A food system needs assessment" This piece of research was commissioned by NHS Forth Valley to examine the status and needs of the local food system following the Covid-19 Pandemic. This paper proposed "route map …that sets out resources, activities, outputs and outcomes for a Sustainable Food Places framework for Forth Valley"

Structurally, Clacks Good Food sits as a subgroup of the Tackling Poverty Partnership (itself part of The Poverty Alliance, Scotland's anti-poverty network), and is tasked with

contributing to its target to increase opportunities to address food insecurity and improve the nutrition, engagement and confidence of parents and carers. This supports one of the 3 key drivers for reducing child and family poverty - that of reducing 'Cost of Living'.

This allows CGF partnership to work within the wider 'poverty mitigation' work within the Community Planning Partnership (CPP), in particular to report and raise any delivery risks to the most senior board for the CPP.

### **Board meetings:**

A ToR is in place (with a re-draft currently in progress). In 2022-23 the board met 6 times a year, and from 2023-24 four times a year. The role of Chair rotates between partners.

### **Policy Landscape:**

- The Clackmannanshire Local Outcome Improvement Plan (LOIP) has a strong emphasis on reducing food poverty and reliance on food banks. Our LOIP (2017-27) is currently being refreshed to create a Wellbeing Economy LOIP, with Community Wealth building at its heart.
- The Tackling Poverty Partnership, in its Local Child Poverty Action plan (LCPAR), seeks to address food insecurity and improve the nutrition, engagement and confidence of parents and carers. There are also strong alignments with the Local Employability Partnership for programmes that support young people, parents and adults into employment.
- Clackmannanshire Council Climate Change Strategy (Draft) seeks to "Work with Clacks Good Food Partnership to set out targets to reduce food waste .. and for communities to learn green skills".
- Clackmannanshire Council Food Growing and Allotment Strategy (Draft) has emphasis on increasing the amount of food grown in communities to reduce food poverty
- <u>Shaping Places for Wellbeing, Alloa report</u> recognises that pervasive food and fuel poverty can be a barrier to engagement on place, wellbeing and Climate
- Health & Social Care Partnership Plan 2023-2033 considers developing community-owned assets that seek to mitigate food related inequalities. There has for example been associated work between NHS, Local Authority & food aid providers, to develop an emergency pathway for providing infant formula to families.

- The <u>Community Wealth Building Strategy</u> 2023 update shows progress towards a local wellbeing economy, including supporting communities to transform land to grow food.
- Local Policy Innovation Partnership (LPIP). Clacks Council is endorsing a recently funded project to drive sustainable and inclusive economic growth and reduce regional disparities, by optimising outcomes from raising water levels in the Forth basin and to unlock capacity of the LPIP partners to create new, innovative opportunities to promote sustainable, inclusive growth, including in the Food & Drink sector
- The Good Food Nation Act and Draft National Food Plan ensures Scottish
  Government views, through a food lens, the impacts of current and future policies
  relating to food such as health, wellbeing, social and financial equity, the
  environment, and economic development. Local Food plans will be required of
  Health boards and Local Authorities twelve months from the publication of the
  finished national food plan.
- Stirling and Clackmannanshire City Region Deal

The Clacks Good Food Plan will align with the outcomes of the Good Food Nation act at a local level.

#### Action area B: Develop, deliver, and monitor a food strategy/action plan

In 2022, Clacks Good Food developed and published a <u>Clacks Good Food Charter</u>. The 5 visions as presented in the charter build on 6 key local priorities as originally identified from a programme of community conversations held with over 200 people in April 2021.

A food action plan has been developed. Importantly, this incorporates views and ideas from over 300 engagements with our communities between April 2022 and March 2024. Engagements have been recorded from conversations with groups working on food initiatives, workshops with targeted audiences, and an inaugural food summit which was open to all. The plan sets out short term actions and longer term goals to take the partnership forward into the future..

https://docs.google.com/spreadsheets/d/1UmkhoVE62EGbPO-H-Y4gCq8GpEjV7tdV/edit?usp=drive link&ouid=118057793500691405740&rtpof=true&sd=true

200 people are engaged online in support of Clacks Good Food

• Over 1000 people follow CGF via social media channels

**C: Other information: Other activities and context** (Please see Section 2 above for guidance) (Mandatory word limit: 250).

Clacks Good Food has been regularly represented at Tackling Poverty Partnership (TPP) meetings where we have engaged with a cross-sector network of anchor organisations, emergency services, Local Authority and wider services (e.g. Citizens Advice Bureau) focussed on income maximisation and cash first approaches.

### Key Issue 2: Building public awareness, active food citizenship and a local good food movement

**NB at Silver** we require evidence that your food partnership has catalysed, influenced or delivered activity. That the food partnership has created additionality. At Silver simply mapping activity is not sufficient. The 'value added' of the partnership must be demonstrated.

### Action area A: Inspire and engage the public about good food

Clacks Good Food actively engages with communities in a number of ways both online and in person. It has grown engagement from a zero base since 2021. An overview of our digital engagement includes the following.

- <u>Website</u>: ForthValleyFoodFutures.org is an online resource that supports close collaboration with neighbouring food partnerships in Stirling and Falkirk. It includes a
  - Sustainable Food Map for the wider Region and each area
  - Directory
  - Stories / case studies
  - Resources & links
  - Noticeboard
  - Charter and Newsletter sign-up

Newsletter: 131 subscribers

Private Facebook group: 176 members

X: 482 followers

Instagram: 536 Followers

Clacks Good Food has also been active in growing awareness by placing positive <u>PR in local press</u> on several occasions. This has included an article to invite groups to engage in the Participatory Processes Development funded workshops and more recently, a story

about Clacks Good Food's collaboration with Forth Valley College hospitality students to deliver networking events themed around affordable nutritious and sustainable food.

Additionally Clacks Good Food has promoted a wide range of free opportunities for people to learn about, share and enjoy good food in person.

Examples of our in-person community engagement include:

- Official partnership <u>launch event</u> in 2022 brought together 30 people to network and discuss their role in making Clacks 'a place where food does good'
- In 2022 Clacks Good Food collaborated with Nourish Scotland on research towards the 'Our Right To Food' <u>report</u>. We supported and provided a way of giving expenses to several volunteers who participated as citizen researchers in their local grocery stores
- The Participatory Processes Development Grant from SFP enabled Clacks Good Food to host workshops with 58 people across 5 targeted audience groups. Where appropriate to the audience, soup or snacks were served. These workshops all looked at a different vision-statement from the Good Food Charter and used a variety of tools from the 'Leapfrog tool kit' to draw out what each particular vision meant to each audience, in what ways it felt relevant to their lives, and how they could engage with it. This was powerful insight that tested the wording and enabled the partnership to take forward the charter as an interactive communications tool to continue to engage people and to grow a food movement.
- Gather around Good Food Clackmannanshire a first <u>Food Summit</u> was held in 2023 with 48 people attending and coming together over a day of speakers, lively discussion, and 6 more PPD workshops along with a long-table lunch.
- Ongoing 'Growing A New Future' workshops have engaged over 230 people. This
  has included a <u>stall at the street market</u> in Alloa, workshops at community events,
  including those held by Community Councils, and <u>workshops in schools</u> with
  healthy Pizza making and seed planting activities
- Growers Networking day brought together 20 growers with a view to refreshing the draft Clackmannanshire Food Growing and Allotment Strategy

Action Area B: Foster food citizenship and a local good food movement

Clacks has always had a strong community ethos which is demonstrated through community meals and community growing in particular. Clacks Good Food has encouraged this good food movement by, for example:

- 295 people have attended 14 in-person Clacks Good Food hosted events showing a growing level of engagement and interest across communities.
- a minimum estimated 50 people have been involved in new types of training around food including gardening, growing and cooking skills. Almost without fail this has led to feedback that people feel more confident in their food awareness and skills.
- Nine out of the ten communities across Clacks are involved in some way now in food growing and have a community garden/space. This is an increase of 60% in two years. Some communities like Alloa & Alloa South and East now have several new community garden/growing spaces developed within the last two years.
- 25 settings are listed on the Forth Valley Food Futures sustainable food map showing the interconnectedness of the good food movement across Clackmannanshire..
- Together with Partner Clackmannanshire Council, held a <u>Growers networking day</u> with 21 attendees to support a review of the draft "Food Growing Strategy". (Ref section 1A above). This supported communities to connect and discuss ways to increase participation in existing and develop new, community growing spaces. It better connected them for future knowledge and resource sharing and greater collaboration
- Together with FEL Scotland supported the delivery of a 'Gardeniser' (Garden Organiser) training course led by Social Farms & Gardens for 3 clacks based volunteer community gardeners. This local network and knowledge base has been tapped into for events, including the food summit, and a graduate of the course has been advising the lead of Hawkhill Mini-farm on developing the grounds, and organising local volunteers.
- Forth Valley Food & Drink network has delivered annual <u>Food Festivals</u> to celebrate the region as place for Good Food
- Clacks Good Food Partner NHS Forth Valley Nutrition's team of Community food Development workers have:
  - Hosted a Food Champion networking event with 12 organisations and 23 people
  - Led REHIS Elementary Food & Health held at The Gate (Foodbank) with 19 participants successfully completing the course
  - Supported 2 Organisations to become REHIS Elementary cooking presenters, including the Clacks School Support Service
  - Led 'How to Run a Cooking Group' course at Tullibody Community Garden

- Run a "How to run a cooking group" for support for learning assistants,
   Barnardos X 2 sessions
- Funded for Barnardo's to run cooking groups and training to become a REHIS centre
- Led Mini Steps Training Barnardo's Stirling/Clacks
- Led Make & Taste Training Homestart Clacks 8 staff & volunteers

Clacks Good Food partners have also supported local community food initiatives through small grants programmes and access to training and resources.

#### For example:

- A Public Health Nutrition NHS Forth Valley small grant helped Alva Nursery (72 children age 2-5) to develop a growing garden and a sensory garden, with a tasting the produce session
- A grant from FEL's Climate Hub pilot project has been awarded to fund Alloa in
   Bloom to plant vegetables, and pilot a small project (part modelled on Incredible Edible) in Alloa town centre, and for use by local restaurants. Clacks Good Food is
   facilitating a link to the 'Growing a New Future' project, so that seedlings grown in
   Aeroponic conditions can be used by planted out by this project (see section key
   issue 6A)

**C: Other information: Other activities and context** (Please see Section 2 above for guidance) (Mandatory word limit: 250).

### Key Issue 3: Tackling food poverty and diet related ill-health and increasing access to affordable healthy food

**NB at Silver** we require evidence that your food partnership has catalysed, influenced or delivered activity. That the food partnership has created additionality. At Silver simply mapping activity is not sufficient. The 'value added' of the partnership must be demonstrated.

### Action area A: Tackle food poverty

Tackling Poverty with a dignified approach is a key priority in Clacks. Clacks Good Food reports into the <u>Clackmannanshire Tackling Poverty Partnership</u> (TPP), which is made up of multiple agencies from across Third Sector, NHS, Pubic Health, Police, Scottish Fire and Rescue Service, Social Security Scotland, Department for Work and Pensions, Skills

Development Scotland, Forth Valley College and several Council Services. The creation of the Clacks Good Food partnership as a working group of the TPP, has been a way to Scope 'initial actions across 6 themes which supports a whole food system approach to addressing food insecurity'.

- The 22/23 Local Child Poverty Report Highlights actions (p15-16) to:
  - Maximise income through Best Start (Food) grants
  - Provide practical food and cooking skills for children, young people and families
  - Run Food activities, including for young food ambassadors by NHS FV, during school holidays
  - O Set up Supper Clubs
- In December 2023 A One-Stop-Shop event at Alloa Academy supported households to maximise income
- TPP has delivered:

Challenge Poverty Week Conference (2022)

- Clacks Good Food delivered one of four workshops to a stakeholder audience
- O Report and recommendations were made to Clackmannanshire Alliance
- Challenge Poverty Week events programme (2023)
  - Clacks Good Food delivered a workshop on the <u>right to food</u> as part of a consultation around Scotland for the human rights bill
- In February 2024, Clacks Good Food members helped create a targeted invitation list to a Dignity Dialogues programme hosted by Nourish Scotland. This culminated in a session where Clackmannanshire decision makers across agencies were able to come together and hear the lived experiences of people around food poverty. TPP and Clacks Good Food member organisations supported the recruitment of stakeholders to the event. This was funded by The Food Insecurity Team at Scottish Government with the aim of co-investigating possible interventions to prevent and respond to food insecurity. The process will support stakeholders in ensuring dignity remains at the heart of crisis food provision at all levels. Key themes of 'equity',' linking of services' and 'cost of living', were highlighted to decision makers. The Community Researchers' stories will be utilised within further planning for our next Child Poverty Action plan (2024-27), alongside ensuring alignments are made across our CGF action plan. Report here
- An 'emergency infant formula pathway' has been agreed. This work follows
   Scottish Government directive and NHSFV public health nutrition team, Public

Health department support alongside 3rd sector and Council teams, to consider more dignified approaches to emergency first stage formula provision. Guidance was provided to local foodbanks and pantries on best practice processes for stock & distribution.

- A pre-school breakfast service is provided in all Clackmannanshire primary schools and is free to <u>pupils eligible for free school lunches</u>. Some provide afterschool childcare and holiday provision which includes a cooked meal for children attending.
- Clackmannanshire School Support Service won the Magic Breakfast 'Best School Breakfast Award 2022-23'.
- In March 2024 Clacks Good Food Partnered with Forth Valley College on delivering
  a <u>'Cooking on a Budget' themed networking event</u>. The event was delivered and
  catered for by Hospitality students at Alloa campus undertaking 'Work Based
  Challenge Units' set at SCQF L5, designed to support the delivery of 'Skills for
  Work'.
  - this event provided a valuable networking opportunity for people in clacks working on food poverty issues
  - O A <u>recipe book</u> was provided to each attendee to be shared within their projects and networks to support more affordable cooking from scratch
- <u>The Community Shop</u> at Hawkhill Community Centre provides an affordable way to shop with dignity. For an annual membership fee of £5, local families can purchase kitchen essentials and fresh produce at subsidised prices.
- Sauchie <u>Active8</u> supports families with a range of cooking and growing activities to mitigate food poverty.
- Ochil Youth Community Improvement (OYCI) have learned more about food banks, with Tillicoultry Community Larder, and inspired by the food items they regularly provided, produced their own 'Magic Meals' cookbook of healthy, budget-friendly recipes. OYCI are taking over the garden at Ben Cleuch centre to start growing vegetables.
- The Gate, in Alloa, provides emergency food parcels and operates a pantry where
  clients can top up their provisions. They recently also started a hot meal service
  via their 'G-Ate' van. The Gate takes a proactive longer term view on alleviating
  poverty, by regularly welcoming in services including CAB to support their clients.
  When funding has allowed them to over the past two years, it has and has for

example, delivered cookery classes, budgeting classes and handed-out air-fryers to reduce fuel bills from cooking. It also distributes surplus food through a network of other food banks across Clackmannanshire.

In 2023 remodelling work of the The Gate's main building, created a fit-for purpose space to meet demand with a welcoming layout that <u>fully integrated the</u> need for dignity and discretion for individuals in the space.

- in 2023 two organisations delivered community classes on cooking combined with budgeting:
  - 1. Tullibody Community Garden worked with from <u>Clacks Families Support</u>
    <u>Services</u> living in postcodes that fall into SIMD 1 & 2 (high deprivation). Before the course participants self-reported a lack of skills and confidence around preparing food and thought vegetables to be both expensive and difficult to cook. Some used food banks. 22% sent children to school without breakfast; 60% had food shops delivered as they do not have transport and believed it cheaper and easier to buy online; 43% of our candidates were buying microwavable meals for at least 4 meals a week; and many ordering takeaways at least once a week.

    After the course participants self-reported they had "tools and knowledge to make better choices", could plan meals and make shopping lists to save money and eat healthier. As a result more children go to school having eaten breakfast, and families reported saving money.
  - 2. Forth Valley College held 'Healthy Eating on a Budget' cooking classes with 26 parents and carers participating from Clacks. Everyone who attended made 2 x 2 portions of healthy and tasty dishes per session. As part of the class they discussed food budgeting and all the different meals that could be used using all ingredients from a typical shopping basket to eliminate waste of money/food. verbal feedback from participants included: "I have loved these sessions, it has given me confidence to cook for my children healthy meals that I know they will eat"; "I have learned new skills and cooked with ingredients I have been too scared to cook with before"; "It is great being part of a class and sharing our family's favourite meals, I have so many more ideas of what to make for breakfast/lunch/dinner"; "I have learned how to make nutritious meals and hide vegetables in each dish so I know my kids will eat well, without knowing"; "I know now how to budget for each day's meals and how to use all of the fruit/veg that I buy so there is no waste".

The issues of healthy diets and poverty are often closely linked in Clackmannanshire, and contribute to health inequalities. A survey in part of Alloa has shown that over half of families in the areas questioned used 'fast food' more than 5 times a week.

Clackmannanshire School Support Service won the Magic Breakfast 'Best School Breakfast Award 2022-23'. They also hold the 7th Eco School Flag https://sites.google.com/cl.glow.scot/clacks-sss/our-school/achievements

- NHS Forth Valley's Public Health Nutrition team is active in promoting healthy
  eating to children and families Initiatives delivered or supported in partnerships
  with community groups include:
  - Why Weight a programme for young people and their families. This provides a range of practical programs looking at well-being, activity and nutrition to engage families and support behaviour change. For example, the 'Cooking at Home Challenge' encourages families who aren't already doing so to cook one main meal, once a week for 6 weeks
  - O Vitamin D campaign
  - Family cooking sessions at Bowmar Centre, Alloa have offered elementary cooking skills and introduced themes of food, health, budgeting, eating and sharing together, and food waste.
  - O NHS Forth Valley Health Improvement Service provided funding to Clackmannanshire Primary School to introduce a healthy snack initiative for Primary 1 pupils. The aim of the initiative was to combat the sugary snacks that were being eaten and to encourage healthy eating habits. The school was keen to improve oral health, educate learners about healthy foods and improve engagement and learning at the same time. This work also linked in with the 'Setting the Table' Guidance, in that it encouraged children to develop a taste for healthy foods in preference to fatty, sugary and salty foods.
  - o Banchory Early Learning Centre and Primary School in Clackmannanshire and St Serfs (Alloa) took part in the Drink more Water Pilot along with 7 early year settings from across Forth Valley. The aim was to encourage children to drink more water instead of unhealthy sugary drinks from their new reusable water bottles, to help improve their oral health. The pilot was initiated and facilitated by the Health Improvement Service to improve learning around the types of food and drinks that help children to have a

healthy teeth and mouth. Key oral health messages for toothbrushing and visiting the dentist regularly were also promoted.

- o Breastfeeding peer support groups meet in Clacks, with one of these at Clacks Family Support Services also offering support with healthy cooking.
- Weight management class in Tullibody started with six week programme of support including cooking
- Clacks Good Food has <u>promoted breastfeeding</u> (and signposted local support) as part of its <u>charter</u> and during national awareness campaigns.
- In 2022 Clacks Good Food Collaborated with Nourish Scotland on research towards the 'Our Right To Food' <u>report</u>. This work explored access to and affordability of a balanced healthy food basket including fresh fruit and vegetables.
- Across Scotland 22% of adults eat 'Five-a-day'. The amount of Fruit and veg is, by all accounts, lower still among those accessing food banks, due to the relative expense of fresh produce and in some cases lack of skills or confidence in preparing it. In 2022 The opportunity of sharing the time of a Public Health Student on work placement with the NHS Public Health Nutrition team provided an opportunity to research practical ways of increasing uptake of vegetables in local foodbanks and make recommendations. The student spent time in foodbanks, including at The Gate in Alloa, to better understand practical challenges to them distributing more fresh produce, the challenges to clients in taking produce. Lack of knowledge and skills was one issue, while others left produce for those who 'needed it more', including families with children among whom uptake of fruit remained higher.

The report's final recommendations were presented to the Clacks Good Food Partnership at a board meeting. recommendations included sourcing funding for daily prepared salads and fruit pots, and adding portions of veg to meals clients like to make from jars or tins (such as adding spinach to curry sauce). The final report was also shared, initially with food banks who participated in the research, and more latterly, through word-of-mouth, is being requested by other food banks and pantries.

**C: Other information: Other activities and context** (Please see Section 2 above for guidance) (Mandatory word limit: 250).

#### Key Issue 4: Creating a vibrant, prosperous, and diverse sustainable food economy

**NB at Silver** we require evidence that your food partnership has catalysed, influenced or delivered activity. That the food partnership has created additionality. At Silver simply mapping activity is not sufficient. The 'value added' of the partnership must be demonstrated.

### Action area A: Put good food enterprise at the heart of local economic development

Clackmannanshire is often overlooked in favour of neighbouring Stirling, Fife and Perthshire which are seen as more 'foodie' destinations. Its size (as the 'Wee County') coupled with its high levels of poverty and deprivation have created challenges in developing more of a sustainable food culture, however, there are a range of economic strategies and organisations and initiatives that are increasingly using food to deliver positive social and economic outcomes.

- Alive with Local Food: An Economic Strategy for the Forth Valley & Lomond Local Food and Drink Sector was researched and published by Forth Valley & Lomond LEADER (now Forth Valley & Lomond CLLD) in 2019 and was one of the stepping stones to the formation of Clacks Good Food.
- Local Policy Innovation Partnership (LPIP). Clacks Council is endorsing a recently funded project to drive sustainable and inclusive economic growth and reduce regional disparities, by optimising outcomes from raising water levels in the Forth basin and to unlock capacity of LPIP partners to create new, innovative opportunities to promote sustainable, inclusive growth, including in the Food & Drink sector
- Clackmannanshire Council and the Clackmannanshire Alliance have prioritised the
  delivery of a wellbeing economy for Clackmannanshire and Community Wealth
  Building is a key economic approach. A <u>progress report</u> on community wealth
  building was published in March 2023, which includes a case study of Wimpy Park
   an abandoned walled garden transformed into a social space with sensory
  garden, community orchards, sports pitches and raised beds allocated to local
  community groups for food growing.
- Forth Valley Food & Drink Network:
  - Has maintains a Food & Drink Trail on their website
  - Has delivered annual Food & Drink Festivals
  - Hosted a programme of <u>events to bolster businesses</u> and highlight the produce on the region's doorstep.
- CTSI paid for seven Businesses to join the Forth Valley Food & Drink membership and directory to increase Clacks exposure and share best practice

- <u>Clacks First</u> and Alloa First Business Improvement Districts (BIDs) operate in the county to support businesses and attract inward investment
- Alloa First:
  - Promotes the Clacks Good Food Charter with businesses
  - Supported the Clacks Good Food Business Breakfast event, and brought businesses along to the Clacks Good Food Summit in 2023

### **Good Food Economy**

Clacks Good Food in partnership with food partnerships in Falkirk and Stirling (Under the Forth Valley Food futures Umbrella) Forth Valley Food & Drink Network, secured an SFP Good Food Economy grant to demonstrate, measure, record and celebrate the positive impact food businesses have on staff, local communities and environment. The project has developed a means of auditing businesses to bring to light the ways they deliver community and climate-friendly benefits and measure the impact.

### The Project has delivered

- A bespoke auditing process, piloted with 4 X Businesses
- 2 X detailed audit reports with Clacks Based food businesses (4 in total)
- 1 X short film featuring a participating business (3 in total)
- design of a self-audit questionnaire to support more businesses to measure and record their their own impact
- 2 X Workshops
- 25 X Business Engagements

The ongoing aim of this project is to build an evidence base towards the development of a Good Food Economy 'Declaration' which can further support the council in delivering economic strategies to maximise their support for businesses by better understanding the value of the community and environmental benefits they bring

### Action Area B: Promote healthy, sustainable, and independent food businesses to consumers

- Clacks Good Food maintains a Sustainable Food Map and business directory
- Forth Valley Food & Drink Network:
  - Has produced a Food & Drink Trail
  - Has delivered annual food & Drink festivals
- Alloa First:

- '<u>Took-over</u>' Clacks Good Food Instagram channel to promote food businesses and social enterprises signed-up to the Clacks Good Food Charter
- O Hosts an online marketplace with local business food & drink section
- O Delivers a monthly street market
- O Promotes some local produce from the Alloa Hub
- Promotes Scottish Food & Drink Fortnight
- <u>Discover Clackmannanshire</u> Promotes local Food & Drink businesses as part of its focus on attracting tourism. In 2023 Clacks Good Food gave a presentation at its AGM to grow awareness of the good Food Charter among its membership.

**C:** Other information: Other activities and context (Please see Section 2 above for guidance) (Mandatory word limit: 250).

### **Key Issue 5: Transforming catering and procurement and revitalising local and sustainable food supply chains**

**NB at Silver** we require evidence that your food partnership has catalysed, influenced or delivered activity. That the food partnership has created additionality. At Silver simply mapping activity is not sufficient. The 'value added' of the partnership must be demonstrated.

### Action area A: Change policy and practice to put good food on people's plates

Clacks Good Food has engaged with leads for Soft (SFM) and Hard Facilities Management (HFM), and made these teams aware of the food partnership and ambitions around supporting more sustainable procurement. Food For Life was signposted in this discussion.

In September 2022 Clacks Good Food extended an invitation to these teams to represent Clackmannanshire at a national online forum called *The changing landscape of public food procurement in Scotland.* A recording of the discussion was also supplied. This was followed up with a further invitation to the 'Scottish Public Food Forum' in March 23.

Clacks Good Food has met with Food For Life and they have also presented at one of our board meetings. However their offer to support a 'no obligation review of food procurement and budget' in Clacks is pending while a long-term vacant position is filled and can be contacted to take this forward.

Neighbouring Stirling Food Partnership has a Silver Food For Life award. The head of catering in stirling has made an open offer to peer support Clacks as and when it is able to review its food procurement processes to seek to include more sustainable food.

Clacks has examples of organisations making changes to offer more sustainable food and shorten supply chains.

- CTSI continues to work on community benefit and supply chain initiatives.
   Community benefits are part of the tendering and procurement process that many local statutory and large businesses include when awarding contracts to suppliers.
   The benefits, which are aimed at any local third sector organisation, derive in two forms financial; by way of direct grants, and secondly non-financial; by way of materials and/or equipment, professional support including mentoring, and training opportunities.
- Forth Valley College has been awarded a Taste Our Best Award for which they had
  to demonstrate sourcing food with short supply chains and local provenance from
  local producers. This has positive impacts for the local community and
  environment and is discussed in a case study for CLacks Good Food's 'Good Food
  Economy' project funded by SFP.

#### Action Area B: Improving connections and collaboration across the local supply chain

Clacks has examples of organisations making changes to offer more sustainable food and shorten supply chains.

- The Sustainable Food Map (Ref section 4 b) includes places to shop for or access good food across the Forth Valley. Clacks Good Food and partners promote and champion this at events and gatherings, and it appears on our pull up banner, to grow awareness. In October 2023 a gathering of senior decision makers from Clacks and across Forth Valley were given a tour of the website including map to increase awareness of ways to include local producers in events
- <u>Forth Valley Food & Drink Network</u> connects food businesses and encourages knowledge sharing and collaboration
- Alloa First (Business improvement district) provides opportunities for producers and Food Businesses to connect regularly. They also champion the Clacks Good Food Charter with their network.
- Clacks First, supports local food businesses and the Alloa Hub, under their new 'Made in Clacks banner', sell local food from producers.

- Clacks Good Food briefs caterers it engages for its events to locally source food and works with caterers who have sustainability at heart. This policy has inspired people at its events to think differently about catering their own events. For example:
  - O Catering by <u>Turnip The Beet</u>, was a big hit among attendees at the food summit, April 2023, and very different to the food they might expect from other events they attend. The experience prompted at least one attendee to reach out to the caterer with enquiries around their own event.
  - October 2023, was similarly inspirational and demonstrated to the caterers themselves the value of <u>reaching out to local growers</u> for seasonal produce in addition to their use of Fareshare food. In a note left for attendees they shared that they had reached out to farmers and growers and were overwhelmed by the response (as were the folk at lunchtime!)
- Growing A New Future is a project to transform post industrial, vacant and derelict council owned land on the River Forth. Aeroponic food growing will be piloted to test its ability to deliver environmental and community benefits, including supporting greater local food resilience with a direct short supply chain of local produce to local communities. To support community engagement FEL is managing the installation of 9 Hydroponic growing towers into some schools and community hubs which will also increase access to produce for local food projects and hospitality businesses.
- Alloa in Bloom's recently funded pilot project to develop a veg/food and flower growing project in Alloa town centre to serve the local restaurants will benefit from the Growing A New Future project. Seedlings grown hydroponically in participating Schools could be grown-on in the Alloa in Blooms new polytunnel and then be planted out in the town centre before being harvested for use in local restaurants and businesses. The project aims to demonstrate more sustainable food systems can be delivered in urban settings
- Examples of community Cafes that grow some of their own produce to showcase local collaboration and home grown grown seasonal produce include St Mungo's Community Cafe (where Clacks Education Support Service pupils lent were one of a number of groups to come together to build raised beds); Hawkhill Community Centre Cafe and Mini-farm is (in development) is an example where Clacks Good Food has used it network to link the project in with gardening volunteers from Forth Valley College and a Gardeniser trainee to for a mentoring session.

**C: Other information: Other activities and context** (Please see Section 2 above for guidance) (Mandatory word limit: 250).

FEL delivered an online farmers' market (Stirling NeighbourFood) between 2017 and 2020, and ran a programme to support and mentor communities to set up their own farmers markets between 2019 and 2021. FEL has a deep understanding of the benefits of local and sustainable supply chains and has built strong relationships with farmers, growers, and producers across the region. This knowledge of local food businesses is now embedded in its food partnership work.

### Key Issue 6: Tackling the climate and nature emergency through sustainable food & farming and an end to food waste

**NB at Silver** we require evidence that your food partnership has catalysed, influenced or delivered activity. That the food partnership has created additionality. At Silver simply mapping activity is not sufficient. The 'value added' of the partnership must be demonstrated.

## Action area A: Promote sustainable food production and consumption and resource efficiency

Clackmannanshire Council has unanimously <u>declared a climate emergency</u> and recognised climate change as one of the most serious challenges facing communities here in Clackmannanshire and across the world. The Council also brought forward its net zero targets to 2040 at the latest and set an area-wide target of net zero by 2045. As a result a programme of Climate Forums was delivered in 2022 and a Climate Change Strategy (2023) has been written.

- The Climate Change strategy notes (P.55-56) "While agriculture is not directly within Clackmannanshire Council's remit, it is still a significant source of greenhouse gas emissions that the Council can influence. We can aim to do this through engaging with businesses to support decarbonisation in conjunction with supporting sustainable consumer behaviours. In line with this, the Council has worked with partners to help to create a Good Food Charter to promote healthy and local eating. The Council is also reviewing its Community Food Growing and Allotment Strategy to identify ways of facilitating community food growing."
- Clackmannanshire was highlighted in Sustain's <u>Every mouthful counts report</u> for considering the role of food, community food growing and targeting food waste reduction, to help achieve its Net Zero goals within its Climate Change Strategy.

- Clackmannanshire Council held a programme of Climate Forums in each of the Five wards of Clackmannanshire to hear community views, spark engagement on climate, and in particular to hear from more young people
- There was a desire to take forward an action from Climate Forum discussions around providing schools with "home composters and food waste digesters to produce a useful by-product (compost or digestate) while reducing the amount of waste that goes to landfill".
  - The Council had Compost Bins and Food Waste Digesters to provide to schools and community hubs. This prompted the creation of a small short life working group facilitated under Clacks Good Food (led by FEL, The Council's Climate Change Strategy lead and The Conservation Volunteers (TCV)) to review what wraparound support or resources could be combined with the composters to support more sustainable food growing in schools.
    - Redwell Primary School, Alloa, expressed interest in a composter and digester to support pupils with food growing in their school garden.
    - O Ultimately the working group was able to signpost Redwell School to the Eco-Schools programme (led by <u>Keep Scotland Beautiful</u>) for its helpful resources and guidance, and connect them for peer support to neighbouring schools with experience of the programme, Including Clackmannanshire School Support Service.
- Clackmannanshire School Support Service has worked closely with Tullibody
   Community Garden and was recently awarded its 7th Eco-Schools Green Flag
- Clackmannanshire Council's <u>Climate Change Strategy</u>: Notes the benefits of promoting and supporting community food growing (P.16) (as the Council does including through the Clacks Good Food Partnership)
  - O In October 2023 a Food Growers Gathering was hosted by Clacks Good Food to bring together representatives from allotments and community gardens as part of a post-covid review of the council's Food Growing Strategy.
- Clackmannanshire has a thriving and active community garden scene
  - Menstrie Community Garden recently received funding to make the garden more accessible to all
  - Tullibody Community Garden has been funded to employ a Community
     Gardener to, jointly with a sessional cook, run a <u>Grow & Cook</u> Programme

of events

- Wimpy Park has thrived since its transformation with help from the <u>TV</u>
   <u>programme Beachgrove</u> and one volunteer who participated Gardeniser

   Training has since supported other new gardens with advice
- Hawkhill Mini-farm is a new project benefiting from <u>Climate Forth</u> funding and developing food growing to feed into Community Cafe and sell via its Community Shop
- Ochill Youth Community improvement (OYCI) have recently been funded to develop <u>raised and accessible veg beds</u> to grow food for their community. Clacks Good Food's event the Food Growers Gathering enabled the connection that led to funding.
- Growing A New Future is a project to transform post industrial, vacant and derelict council owned land on the River Forth. Aeroponic food growing will be piloted to test its ability to deliver environmental and community benefits. It is planned that Community food projects will see increased access to, for example, microgreens, salads and leafy greens along with baby veg that they can grow to maturity in community gardens and polytunnels.
  - This is a partnership project led by University of Stirling, Scottish International Environment Centre (SIEC) and Clacks Council. Aside from growing consistent and predictable yields, this method of growing is reported to reduce water consumption by 90% making it resource efficient.
    - FEL has employed a <u>Community Engagement officer</u> to grow awareness of the project and to maximise opportunities for community benefit. this has delivered 200+ engagements including seed planting and healthy pizzamaking <u>workshops in high schools</u>
    - FEL is installing hydroponic growing kits in schools, college, and community hubs across Clacks to <u>promote and spark greater community</u> <u>engagement</u> around climate adaptation, food growing, and community resilience
    - O There is an opportunity to link this project with Alloa in Bloom's recently funded project to develop a veg/food and flower growing project in Alloa town centre to serve the local restaurants. Seedlings grown hydroponically in participating Schools could be grown-on in the project's new polytunnel and then be planted out in the town centre.

### Action Area B: Reduce, redirect, and recycle food, packaging, and related waste

- Clackmannanshire Council's Climate Change Strategy includes actions to:
  - Recommend implementation of the food waste hierarchy, raising awareness of waste and the redistribution of good nutritious food from all stages of the supply chain
  - An action to provide community groups and schools, upon request, with home composters and food waste digesters to divert food waste from landfill and produce compost
  - Establish links with businesses, residents, schools, community groups and other partners to reduce waste and increase recycling rates – particularly through the Curriculum for Excellence and the EcoSchools Programme - An audit of schools' recycling has been undertaken and is being collated by the Waste Team
- in March 2023 Clacks Good Food ran a social media campaign for to raise awareness and promote actions linked to Good Food Charter thematic areas including:
  - O Businesses redistributing edible end of life food
  - Health distributing nutritious surplus through foodbanks and pantries
  - Planet Promoting food caddy use to divert food waste from landfill and reduce greenhouse gas emissions.
- Multiple foodbank and pantry projects in Clacks source surplus food to redistribute to local communities either directly from local stores or through Fareshare.
  - These include the Community Shop at Hawkhill, and The Gate, which provides community meals via its new 'G-Ate' hot meal van service.
  - Volunteers at Village Kitchen in Dollar produce community meals and deliver a meals on wheels service with particular focus on elderly residents with donated food and Fareshare
  - o Forth Valley College has implemented its own 'Good to Go' (talked about in the video at 1min 4 secs) scheme that sees all surplus food from its refectory and events carefully bagged and labelled (with heating instructions and allergen info) at the end of each day and placed out to be taken for free. Coupled with its 'no questions asked' free breakfast and lunchtime soup offering, this means the Alloa Campus can ensure students

and staff at risk of food poverty can access three meals a day.

- Free Breakfast uptake is approx. 15/20 students per day
- Free lunch (Soup & Roll) uptake is approx. 25/30 students per day
- Good To Go Meals uptake depends on what food is left over approx. 3/4 bags per day

**C:** Other information: Other activities and context (Please see Section 2 above for guidance) (Mandatory word limit: 250).

### **Climate Action Hubs**

<u>FEL</u> has been funded by the Scottish Government to be the Climate Action Hub for the Forth Valley region, including in Clackmannanshire. The project offered seed grants of between £250 and £1,500 to community organisations whose projects are focused on tackling climate change.

6 Clackmannanshire based projects were awarded funds, 3 of which will support community food growing and preparation of hot meals from food otherwise going to waste