GREATER MANCHESTER FOOD SECURITY ACTION NETWORK

Item	Enc	Time
Lunch	All	1-1:30pm
Welcome	lan Rutherford	1:30-1:40pm
Update from 3 Taskforce Groups	Co-chairs of the 3 x Taskforce Groups	1:40-2:10pm
Survey Results and local insights	David Ottiwell/ Jane Partington	2:10-2:30pm
Update and discussion with Magic Breakfast	Peter Whitehead	2:30-2:45pm
Breakout Session - GM Community Food Provision Charter	All	2:45-3:15pm
The Whole Food System discussion	Corin Bell	3:15-3:30pm
Comments from GM Mayor Andy Burnham	All	3:30-3:50pm
AOB and Close	lan Rutherford	3:50-4:00pm

Holiday Hunger Taskforce Group

Progress Update

Improving the offer for 11-16 year olds, including sustaining the Emergency Food Card offer

- HAF Leads have met in person and are sharing best practice and experience
- Pilot of Emergency Food Card and offer in Bolton throughout the summer holidays in 2022, harnessing the support of local shops, food retailers and café's,

Co-production and Co-design of HAF programmes & commissioning

• HAF leads have agreed to identify a couple of areas in Greater Manchester to trial the co-production and co-design of HAF activities and commissioning with a group of children and young people.

Ensuring all children and young people have fun with food during the school holidays

Building effective FSAN relationships to improve food for families

across Greater Manchester.









Doing More for Those that Miss Out

Co-chaired by:

Lily Axworthy – Greater Together Manchester

Gemma Foxcroft – Cracking Good Food

Lesley Lancelot – Manchester City Council

Income Maximisation

 Developing toolkit for "Income Maximisation Roadshows" – to be ready in Autumn 2022

Low-fuel cooking guide developed by Cracking Good Food

Food Affordability, Accessibility & Usability

- Food Pricing Index seeking funding from Local Authorities
 - If you are interested in funding this email Gemma!

Food Safety & Useability Workshops

- Seeking funding to develop a series of online webinars to engage partners across the network
- Create suite of materials and guidelines for best practice

Mapping of no cost and low cost food provision across GM

- Currently being updated quarterly by a volunteer from Coffee4Craig developed into a map on GTM's website
- Project to look at the gaps

Appropriate Food in Hotels for Refugees/Asylum Seekers

- Working with partners to highlight issues around nutritional value & need for cultural appropriate food.
- Gathering evidence from organisations working in hotels in GM
- Due to meet with reps from Home Office and Serco.
- Working alongside the Office for Health Improvement & Disparities and NW Regional Strategic Migrant Partnership

Additional Recommendations

- GM to support to FareShare to ensure they can continue to provide the VCFSE sector with the affordable food they need to support their communities
- Free school meals to be provided to children with NRPF ideally as part of a campaign for universal free school meals
- Bring together funders of food projects to support them to fund the VCSFE sector more strategically
- For GMFSAN to work to include smaller, under-resourced and diverse groups





Healthy Start Taskforce

GM Food Security Action Network

Co Chairs: Katie Merrick (NHS Manchester Integrated Care)
Katya Pursall (10GM)
Jane Partington(Bread and Butter)





Where is the scheme up to?

- Paper vouchers stopped being issued on 31 March
- Can still be used for about 6 months
- All new applicants are, therefore, now digital
- Some initial problems with the scheme ironed out but still too large a minority unable to apply on line
- Anecdotally, we know people are successfully applying but no longer have anyway of telling who is using the cards
- Uptake data for April has been published but widely challenged



Healthy Start Taskforce Actions



- Action 1: Education/Awareness
 - Monthly Taskforce is running—average attendees 15-20 and covering 5/6 boroughs
 - Training has been designed and presented circa 150 people have attended and course slides and notes have been provided to many other groups
 - Marketing materials designed and distributed
 - Citizens Advice GM support engaged with dedicated webpage
- Action 2: Campaigning and Lobbying
 - Have engaged with DWP one successful pilot is running in a local Job Centre need more
 - OHID presented at Taskforce and have done a report based on our input to take national
 - Key priorities for lobbying identified
 - National data on uptake of new scheme has been presented but seems inaccurate
 - Red book/universal credit journal/professional competencies are our moon shots
- Action 3: Handholding
 - Many groups around GM are supporting people to apply we have provided FAQs,/guides
 - Directly running pilots in 7 locations led by Manchester Central Foodbank and Bread and Butter Thing



Manchester Central Foodbank – NHS Link-Up



Weekly drop-ins at Wythenshawe and Saint Mary's Antenatal Clinics

- 1750 QR code clicks
- 100 people supported 1:1
- £29,000 cash in pockets



Grassroots Organising Successes



Local and personal relationships and networking

Persistence and determination – not taking NO for an answer

Smart Organizing Strategy

Job Centres

Libraries

ASDA







General resources for other organisations

- Business cards and posters with information on the scheme and QR code leading to Healthy Start Website
- Posters and business cards for NHS colleagues with information of drop-in times at hospitals
- Flow chart poster to find out if eligible for scheme

1:1 Resources

- Template for receiving calls and inquiries about Healthy Start
- Call handling response template for follow up calls
- Excel sheet for compiling this data and calculating money families will now receive from support given

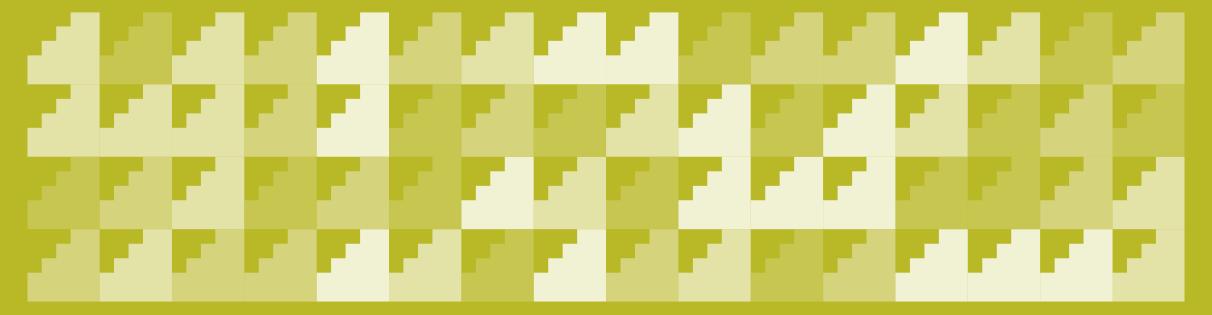




Food Security Bulletin

GMCA Research Team July 2022



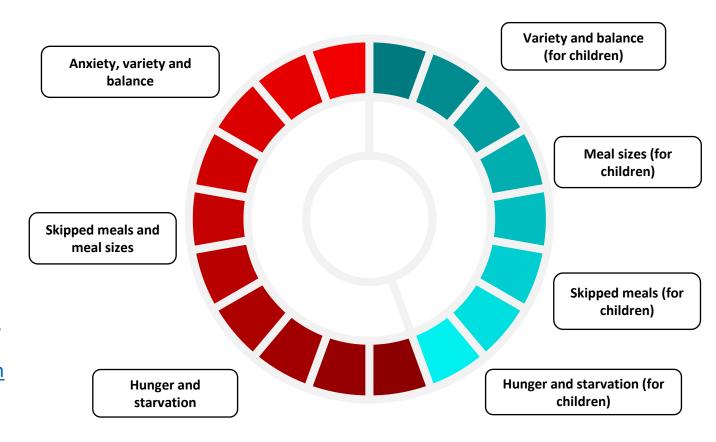


Food security and the cost of living crisis

- Households across Greater Manchester, as elsewhere across the country, are facing a cost of living crisis. The Office of Budget Responsibility now forecasts that a combination of inflation, projected growth in earnings and tax changes mean "real living standards are set to fall by 2.2 per cent in 2022-23 their largest financial year fall on record and not recover their prepandemic level until 2024-25."
- We know, from research such as that from the Centre for Progressive Policy, that the rising cost of household essentials bills, energy, groceries and consequent food and fuel poverty is hitting the North of England particularly hard, because of the pre-existing context of low wages, high economy inactivity and high levels of deprivation.²
- We already know that, within Greater Manchester:
 - Over 300,000 GM residents are in receipt of Universal Credit payments to help with living costs and over 100,000 GM are claiming out of work benefits (Job seekers allowance plus the number of Universal Credit claimants who are required to look for work)
 - 1 in 5 jobs pay less than the real living wage (£9.50 per hour)
 - 180,000 children aged between 0-19 live in households with an income below the poverty line
 - 26% of children are eligible for free school meals, compared to 21% across England³
- But until very recently, we haven't had a direct measure of levels of food insecurity within Greater Manchester specifically. This is measured nationally in a few places for example by the Department for Work and Pensions in its Family Resource Survey, and by the Food Foundation through regular polling undertaken by YouGov. This bulletin provides the first insights from new survey work commissioned by the Greater Manchester Combined Authority, which over the course of February April 2022 asked over 2,500 GM households about their experiences and the challenges they are facing.

Understanding food security amongst households within Greater Manchester

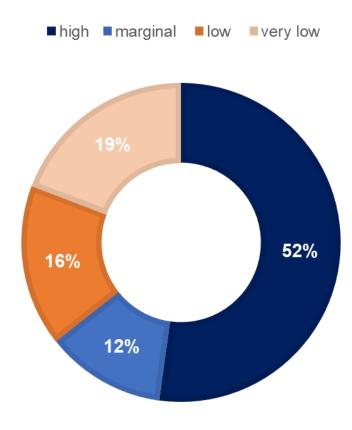
- The GM Residents' Survey categorises respondents into one of four categories on a food security scale.
- **High food security** means there is no indication of food access problems or limitations.
- Marginal food security suggests there may be indications that there is food insufficiency or shortage in a household, but this may typically reflect feelings of anxiety rather than changes to food intake or diet.
- Low and very low food security describes a situation when quality of diet is affected. More specifically, those with 'very low' security display multiple indications of eating patterns being disrupted and amounts of food being reduced.
- This scale is based on an approach developed and refined over a number of years by the <u>US Department of Agriculture</u>. There have subsequently been adaptions to the approach and typology within the <u>Department of Work and Pensions in its Family Resources Survey</u>.



Nb. The food security status of a household is determined by a ten-point scale, or an eighteen-point scale in the case of households with children. Points are allocated based on responses to a range of questions about diet and lifestyle. Households with a lower score are deemed to be 'food secure', and are considered to have sufficient, varied food to facilitate an active and healthy lifestyle. Households with a higher score are 'food insecure', and have a risk of, or lack of access to, sufficient, varied food. Approaching food (in)security in this manner not only allows for a rounded view of its impacts; it improves our ability to benchmark and compare.

35% of households have experienced low or very low food security in the last 12 months

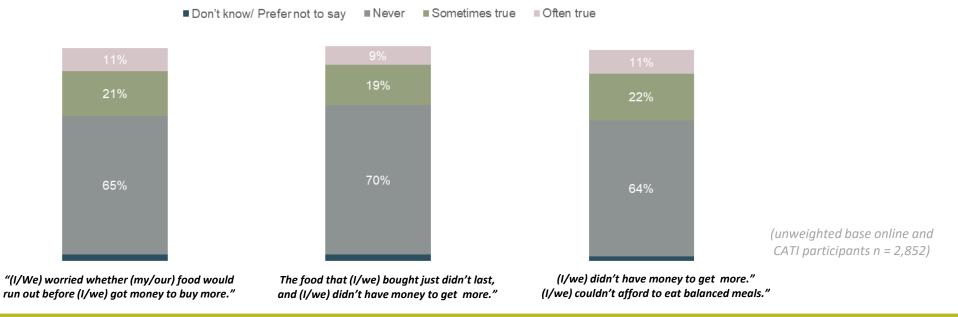
- 35% of all respondents who answered the survey had a food security level classified either as 'low' or 'very low' and have therefore experienced food insecurity in the last twelve months. While the remainder of the responding sample were classified as food secure, a further 12% of respondents have only marginal food security, and are at risk of becoming insecure.
- Assuming that this sample is representative of the wider Greater Manchester population, this is equivalent to approximately 400,000 households across the conurbation having reported experiencing some form of food insecurity during the last 12 months (low or very low food insecurity). If households with marginal food security are also included, this figure rises to ~550,000.
- Only 52% of households in Greater Manchester have faced no changes to their diet, meal size or anxiety towards food security.



(unweighted base online participants n = 2,340)

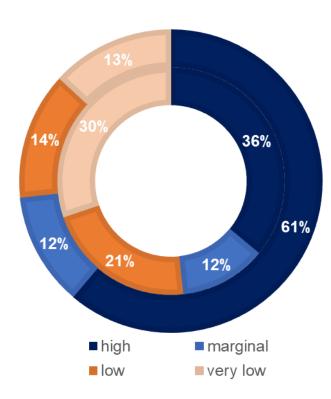
A third of those surveyed have been worried at some point in the last 12 months that their food would run out before they got money to buy more

- The first trio of questions in the survey explore some of the fundamentals of food security whether the food people bought lasted; whether people can afford to eat nutritionally balanced meals; and the broader question of whether people are worried about food running out.
- 32% of respondents said that within the last 12 months they had worried whether their food would run out before they got money to buy more. Similar results were found for the other two questions.
- Out of those who answered that they often or sometimes felt worried about food running out, 77% said more broadly that their mental health was a big concern / difficulty or somewhat of a concern. This compares to 44% of those without the same worries about food lasting.



Households with children are almost twice as likely to experience food insecurity

Outer Circle is households without children (n = 1,758) Inner Circle is households with children (n = 698)



- The GM Residents' Survey allows food security to be calculated both for households with and without children. Once an initial trio of questions are asked, all participants are invited to complete a further bank of questions, with an additional question bank being asked to the respondents who indicated they have children living in the household.
- Surveying of GM residents since February suggests important differences in experience and a particular set of impacts on children for many households.
- Respondents living in households with children are approximately **twice as likely** to report food insecurity over the last 12 months (52% as compared to 27%).
- More specifically, 30% of households with children are classed as having **very** low security, which is more than twice the figure in households without children (13%).
- If the findings from the survey are representative of wider experience in the GM population, this suggests that +175,000 households with children have experienced food insecurity in the last 12 months (low and very low food security), along without +225,000 households without children.

14% of respondents answered that they have lost weight during the last 12 months because there wasn't enough money for food

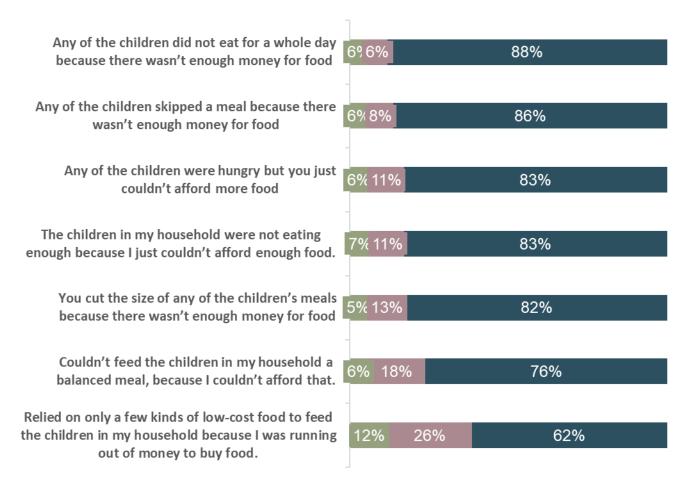
- Following initial questions relating to general worries, balanced meals, and food lasting, all respondents are then asked additional questions to provide a more in-depth analysis into the experience of having low food security.
- The chart shows the percentage of those who responded that they had experienced each of the listed symptoms of food insecurity.
- The most common symptoms recorded by respondents included that they ate
 less than they felt they should because there wasn't enough money for food,
 and that meal sizes had been cut or skipped. 26% of respondents answered
 that they themselves or 'someone else' in their household has experienced
 either of these.
- Losing weight because of not having enough money to afford food is an example how this cab impact upon GM residents this, 14% of respondents from households without children having experienced this within the last 12 months. A similar proportion can recall occasions in the last 12 months when they, or someone in their household, didn't eat for a whole day.



(unweighted base online participants n = 2,340)

38% of households with children said that they have relied on low cost food to feed their children at some point within the last 12 months

- Those who answered that they have children in their household were asked a further seven questions. These questions cover a range of the experiences that are a result of food insecurity, and whether these have been experienced often, sometimes or never.
- 24% (6% often, 18% sometimes) said that they couldn't feed the children in their household balanced meals because they couldn't afford to do so.
- More specifically, the survey found that 38% (12% often, 26% sometimes) of respondents said that they relied on a few kinds of low cost food to feed the children in their household.



(unweighted base online participants n = 698)

People with disabilities, young adults, households with young children 0-4 years, and households within racially minoritised communities are all over-represented groups when describing food security within GM

- Analysis of the survey results across a number of questions and sub-topics consistently identifies certain demographic groups* as being significantly more likely to have challenges relating to food insecurity.
- Groups identified as particularly vulnerable include:
 - People with disabilities respondents who considered themselves to have a disability.
 - For example, when the household reference person said they have a disability, they reported food insecurity 42% of the time (compared to 27% across the survey as a whole)
 - Young adults respondents aged 16-24
 - Respondents from householders aged 16-24 reported food insecurity in 35% of instances (compared to 27% across the survey as a whole)
 - Households within racially minoritised communities
 - Ethnicity of the household reference person correlates with higher levels of reported food insecurity across a number of domains
 - Households with children aged 0-4
 - Food insecurity was consistently over-represented for respondents with children 0-4 in the household this relates to general challenges and impacts on children themselves.
- Outside of the above, there was some, less strong/recurrent evidence of disproportionality in relation to: householders reporting
 mental ill health; carers; householders out of work due to illness or disability; householders concerned about losing their job in the last
 12 months; and householders for whom English is not the first language.

^{*}It is important to remember that, for some demographics, this reflects the person completing the survey for the household (the "household reference person") and not necessarily the broader household.



TBBT Survey Insights

July 2022



Making life affordable.





- Bread and Butter members live in more than 60 communities in 11 local authorities across the North West and North East of England.
- Working with them every week, we see the issues they are facing both long and short term. Periodically, we send out a survey giving them the chance to tell us directly how life is for them.
- In June 2022, we asked about the impact on them of the cost of living crisis. 5,000+ people replied across all the locations providing valuable insight into our communities.
- 2,350 of these were in GM. Replies were received within 24 hours showing the depth of feeling.
- These slides set out the key insights from the GM survey data and also bring in information from our regular annual survey in November 2021.



Who are Our Members



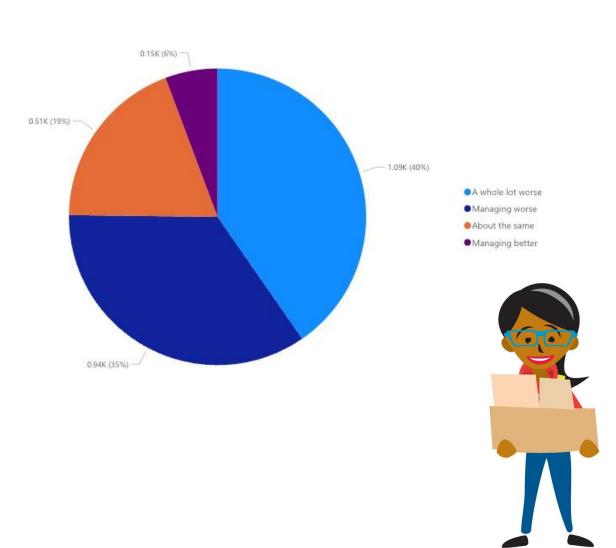
- TBBT provide deeply discounted food locally every week. We charge for our food and most people will buy family shops. On average each person who comes is feeding 3 others as well as themselves.
- 80% of them are female and 60% have at least one child. 30% of them have other caring responsibilities.
- 41% have some form of employment, but only half of these are full-time and two thirds are also on benefits
- 46% are not in paid employment, 80% of these are on benefits, principally universal credit, job seekers allowance or disability
- Around 51% are housed by a housing association or local authority.
- 81% identify as white British which mirrors the national picture. The ethnic makeup varies considerably by location.

Rising Costs – Comparison to Last Year

Demand is increasing in all areas as families are feeling a squeeze with rising costs.

- An increasing number of families are looking for ways to make their money go further. The number of people joining Bread and Butter each week has more than doubled since December 2021. Prior to that date, new members in GM contacted us at a rate of around 500 each month, this is now over 1,000.
- Our members saved £2.9million in 2021 through shopping with us and we expect that to be higher this year.

We asked our members how they were managing in comparison to last year. The chart shows that 75% are doing worse or a lot worse than last year showing how badly the current crisis is hitting.



Impact on Health

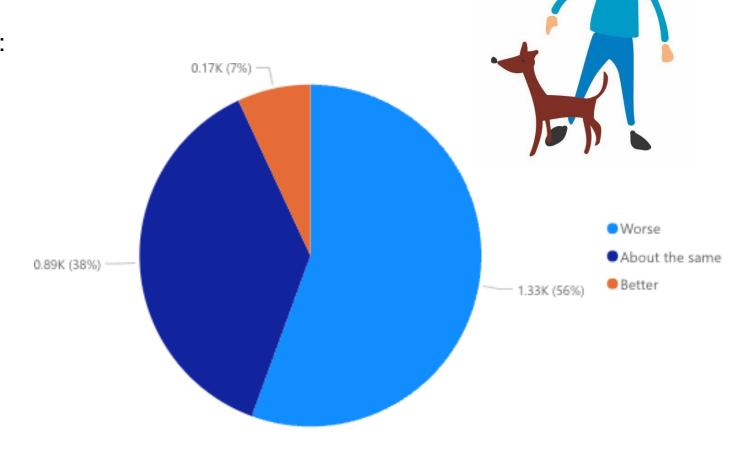
Health issues are growing in our members:

- 56% of them are living with a long-term health problem which affects their daily activity.
- However, only 33% of these are on disability benefit.

Last November and then again in June, we asked everyone how their health had been over the last 6 months.

- In November, around half said that their health had been good or fairly good.
- In June, this figure had fallen to 40%.

This is confirmed by the graph showing how people are feeling now compared with 2021.



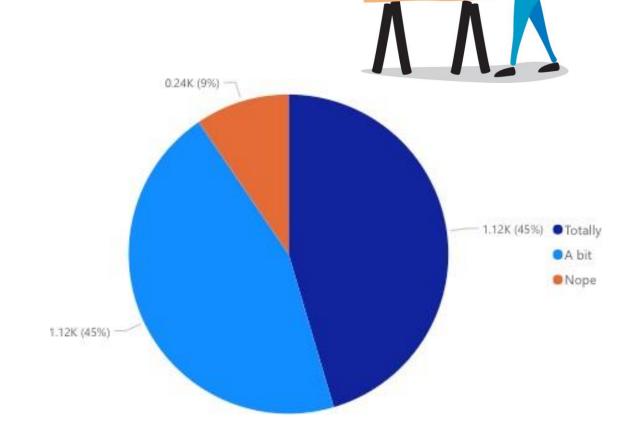
How is your health compared to last year?

Dietary Diversity – Access and Affordability is Key

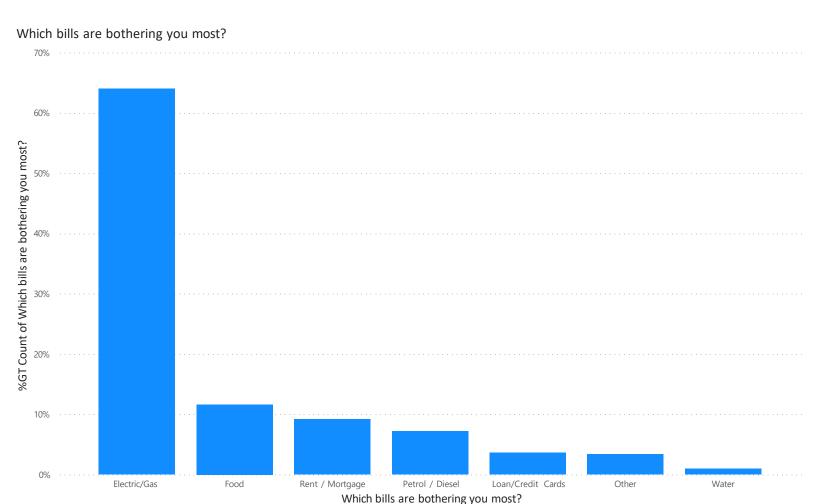
Our members are feeling the pinch of rising prices. We asked if the cost of living rise meant they were struggling to feed their family - graph. Nearly half said that costs for them had gone up by more than 30%.

However, they do recognise the importance of eating healthily and value it when it is made possible.

- 82% of the people who come to us tell us they sometimes struggled to afford fruit and vegetables locally before we came
- 76% are now eating more fruit and vegetables and 71% are now eating more healthily
- 88% agree that they have tried new foods



Money Worries

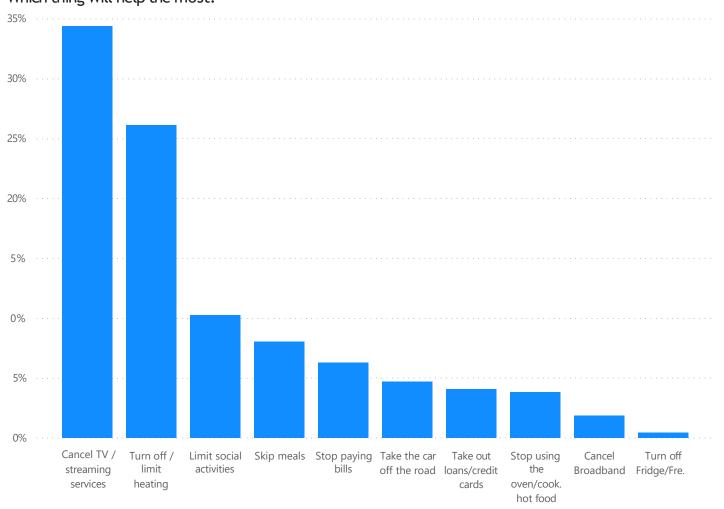




This is a sample of people who are already shopping with TBBT. In this population, energy is by far the most worrying cost.

Saving Money

Which thing will help the most?





- People are working hard to save money and we asked them what they thought would help them the most.
- We also asked what else they were doing to save money and the most popular item not on this list was not washing clothes/using their tumble dryer.

Unfilled Demand - More is Needed





Most people (79%) who come to us do so to save money and re about being able to afford enough food.

Our survey tells us that regular access to healthy affordable food stress and income pressure.

- 96% told us that they worry less about being able to afford food since shopping with us.
- 79% tell us they now have money left to afford more than the basics
- 67% said that the TBBT service means they never have to use a foodb

However, the new increase in need has out-stripped current cap had unfilled demand in a few locations but we are now regularly more than 1,100 families each week spread across most of our c

More needs to be done to ensure that these families are able to



Digital Exclusion

We see that more and more cost-saving opportunities and support services are primarily available on-line. We want to raise the voice of our members who are excluded from this help. Our survey looked at access and capability.

Access:

• 6% of our members have no regular access to the internet at home. However, we want to highlight that another 17% have access via their phone data which limits their ability to fully engage this way. That means only 77% have regular broadband access at home.

Capability:

- We asked if they felt confident using the internet, just 38% of our members said yes.
- We then specifically asked about accessing services through the internet. 76% said they could manage what they needed. However, 18% said it was tough and 6% said they just didn't bother.

Impact:

• There is a correlation with other results. For example, we asked about energy worries. 79% of the people who were confident on the internet said they were worried. In the population who were not confident on the internet this rose to 90%.







Energy costs are unsurprisingly a significant issue for our members. There is a clear link between food insecurity and energy worry. In June, 40% of our members told us they are on a prepayment meter

- 85% of our members said they were worried.
- 47% said they would cut down on energy use.
- 38% worry they will not be able to pay their bills. The populations who are most likely not to be able to pay are those in zero-hours contract jobs or on benefits.
- The more children a family has, the more they do not know how they will cope. 25% of families with no children said they would not have enough money but this rises to 34% in families with 3 or more children.
- Lack of confidence on the internet is also linked to energy worry. People who lack internet confidence are 1.5
 times more likely to not have enough money than the average.

The impact on many families is likely to be an increase in debt

- 1 in 4 of people who will not be able to afford their bills say they will borrow money to pay.
- People who are still skipping meals despite TBBT or who are on zero hours contracts are 3.5 to 4.5 times more likely to have to borrow than our members as a whole.

Any questions?





The bread and butter thing.

Making life affordable.

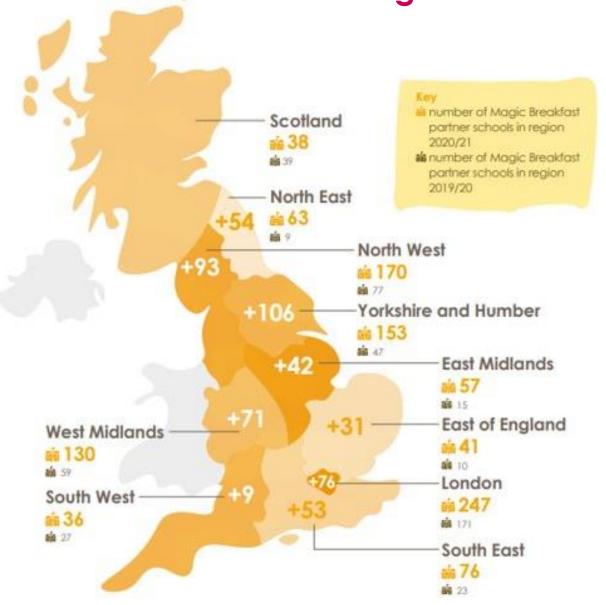


Regional Headlines – Hidden Hunger

Approximately 215,000 pupils each day access Magic Breakfast's breakfast provision in communities across Scotland and England.



fuel for learning



We want to build on our evidence base that breakfast can unlock children and young people's learning and potential.





Breakfast at Key Stage 1 can lead to 2 months additional progress for pupils over the course of an academic year¹



At GCSEs, students who regularly eat breakfast achieved nearly **two GCSE grades higher**²



For every £1 invested in breakfast provision now, this can generate **£50 in economic returns** in the future³



¹ Education Endowment Foundation, 2019

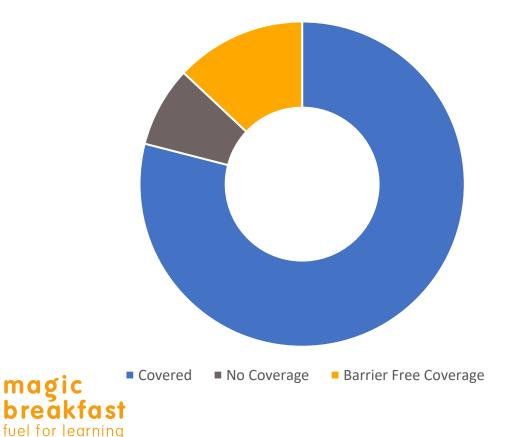
² Leeds University, 2019

³ Pro Bono Economics, 2021

Hartlepool

% of schools in Hartlepool with school breakfast provision

Percentage of Provision



Magic Breakfast works with 4 schools in the city.

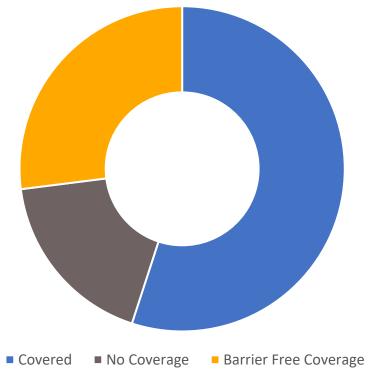
""We have many families who are suffering severe hardship, as a consequence one meal that is often missed out is breakfast. The bagels that our children eat are essential to their well-being and their ability to concentrate in the morning."

Teacher, North East

North West

% of schools in the North West with school breakfast provision

Percentage of Provision



"With [Magic Breakfast's] help we are able to ensure most of our children start the school day on time and with a full tummy. Added to this, the [breakfast] club gives the opportunity for children to talk to adults if they need to, and at times problems arising the night before at home can be unpicked and sorted out prior to the start of the school day. It is, without a doubt, one of the best things I have ever had for my school"

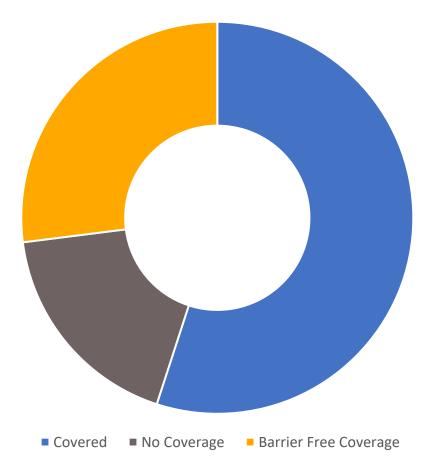




Greater Manchester

% of schools in Greater Manchester with school breakfast provision

Percentage of Provision







How do we change this?

GM Community Food Provision Charter

- What are the basic minimum standards e.g.
 Food Safety; record keeping.
- What added value could Community Food Providers offer to improve the customer experience e.g. welfare advice; access to digital equipment.
- What support is required to enable all Community Food Providers to achieve this standard and how can members of GM FSAN support this?



A Vision for a "Good Food" Future for Greater Manchester

Good Food Greater Manchester Who are we?

Good Food Greater Manchester is a network of interested and experienced people who represent organisations, issues and areas of expertise across all sectors in food. Together we represent a holistic approach towards a "good food" future.

Membership of Good Food GM includes representatives of the public, private, community and academic sectors.





Good Food Greater Manchester What do we do?

Good Food Greater Manchester exists to imagine and drive a holistic good food future for everyone in our city region.

A "good food future" brings together theory, policy and best practice around the issues of food sustainability, food security, health and accessibility, a thriving and positive food economy, food citizenship and food democracy, and equality and participation in our food system.

Good Food GM aims to work with organisations, groups and individuals across the city-region to make the vision for good food a reality.





Good Food Greater Manchester How do we go about it?

- Develop a vision for "good food" in Greater Manchester that brings together the threads of food sustainability, food security, health and accessibility, a thriving and positive food economy, food citizenship and food democracy, and equality and participation in our food system and much more.
- Use this clear vision document as a vehicle to engage and influence policy makers to set clear targets towards our good food future.
- Work with a much wider range of stakeholders to embed good food policy in a way that supports practical action.
- Act as an influencing body in areas where a stronger focus on food issues can lead to better policy or action - facilitate, coordinate and support groups across Greater Manchester to champion good food.
- Analyse gaps and lead on new workstreams where needed.
- Build a good food movement for a range of stakeholders. Inspire others to action.
- Support locality action by assessing what can best be driven forward at the city-region level.



Holistic approach to food security, food sustainability and food economy

Food Insecurity

Short term / front line: Need to provide food to people who are experiencing food insecurity.

Food Economy

Can lead to: Buying the cheapest food we can find, supporting poverty wages for farmers in other countries, child labour, and big food retailers offering poor employment in Greater Manchester, leading to more in work poverty.

Food Sustainability

Can lead to: No consideration of sustainability in food supply to those in need (local, seasonal, sustainably produced), leading to climate change impacts that will affect us all.

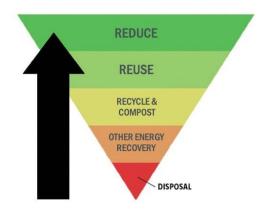
Good Food Greater Manchester Hope to act as a companion to a range of workstreams around food to ensure that a holistic but practical approach is taken, and that all projects around food consider people and planet in the broader sense.





Breaking the false link between food waste & food poverty.... Moving beyond redistribution

Redistribution is a sticking plaster not a solution environmentally.....



Diverting food that would otherwise go to waste to feed people makes it less likely that food will be nutritionally dense or culturally appropriate.....



A quick note on language - Donation Vs Interception



Pulling together workstreams around food to create a "good" future

Work around food security and food sustainability can feel like they are pulling in different directions.....

Food Insecurity Food Sustainability Basic staples need to get more Food needs to be cheaper (so expensive (to make it viable to that people on limited incomes make a living as a farmer in the can afford to eat well). UK, and to make growing sustainably viable) We need to access more food We need to stop food waste from that will otherwise go to waste (to happening in the first place to reduce its HUGE carbon footprint support people with little or no and effect on our climate. income).



Pulling together workstreams around food to create a "good" future

Food Democracy

A steady shift beyond our very limited relationship to food as a "consumer" and become a "food citizen".

Consumers have one "Act" in relation to food, they buy, and the less money they have, the fewer choices they have. Citizens create and participate.



Non-economic activity around food spaces across greater Manchester for community shared growing.

Food Hubs - spaces where communities can grow together, cook together and eat together.

Not about making money or about poverty - just a normal part of neighbourhood and community life.



Economic activity around food (commercial) that is local, sustainable, independent, creates decent stable jobs, keeps wealth in Greater Manchester, and creates nutritious food.



Good Food Greater Manchester Priorities for action 2022-2023

Following gap analysis of existing workstreams;

- Increasing commercial sustainable food production
- Increasing community sustainable food production
- Ending the need for food banks (connecting the short term need with long term ambition)
- A positive, fair, healthy and sustainable food economy





Good Food Greater Manchester



