BUILDING RESILIENCE

Food Cardiff's Five Year Food Security Plan

2018 - 2023
Being food secure means being sure of your ability to secure enough food of sufficient quality and quantity to allow you to stay healthy and participate in society.

To date, Food Cardiff’s work has led to the development of the award-winning School Holiday Enrichment Programme, Food and Fun. The programme supports families during school holidays through the extension of free school meals, nutrition education, enrichment activities, and physical activity in schools. Our work has led to Welsh Government investment in school holiday provision across the country.

We are fortunate to have a number of assets in the city of Cardiff supporting families and individuals experiencing food insecurity. These include a network of food banks, charities supported by Fareshare Cymru, Cardiff Council’s Welfare Reform and Money Advice Team, Housing Associations, and the Families First and Flying Start teams, among others.

We now need to build on this work and develop our networks in order to extend our reach across both the life course and the city of Cardiff. This will ensure that services and support are as integrated and working as collaboratively as possible.

As the challenge of food insecurity grows, our plans to mitigate its effect will need to increase in ambition. This plan forms part of Food Cardiff’s broader Food Strategy for the city and as a key commitment in Cardiff’s Wellbeing Plan.

Katie Palmer, Food Cardiff

Katie Palmer
Photo: Suzie Larke, Wasteless Suppers

We’ve served over 14,000 Food and Fun Cardiff meals since our initial pilot in 2015. Sixteen Welsh Local authorities are set to deliver in 2018.
An active network of pantries serving their local communities with healthy, affordable food across the city.

People and families in Cardiff are able to access a healthy, affordable meal when they need it (whether through Meals on Wheels, community cafes, school meals, or community events).

Individuals and families accessing training (food, fuel, financial, digital inclusion), advice and appropriate benefits facilitated through a network of Hubs in the city (Council, Community, Health and Wellbeing).

Children do not go hungry during the school holidays, in either body or mind, as they are able to access the School Holiday Enrichment Programme or other supported holiday provisions in the city.

All food retailers pay staff the living wage and support initiatives to maximise household income, e.g. Healthy Start

We understand the extent of food insecurity in Cardiff, we are able to measure it, respond to it, and monitor the impact of our actions.

Children and Eggseeds at Millbank School.

Photo: Cardiff and Vale UHB
Over 60,000 people in Cardiff live in the 10% most deprived communities in Wales. 27% of children in Cardiff are living in Poverty (PHW Observatory 2018). Reception-age children in Wales are significantly more likely than the Welsh average to be obese, if they live in areas of higher deprivation. The gap between obesity prevalence in the most and least deprived quintiles has increased from 4.7% in 2015/16 to 6.2% in 2016/17.

Men living in the least deprived communities can expect to live on average 11 years longer than those who live in the most deprived areas, while the gap is 9 years for women. There is a clear correlation between areas with a young age profile and the level of deprivation. The areas of Cardiff that are considered the most deprived, tend to have the highest proportions of the population under the age of 15.

27% of children in Cardiff are living in Poverty (PHW Observatory 2018). 27% of residents in Cardiff earn less than the National Living Wage. 27% of people in Wales are worried about running out of food.

A fifth of people in Wales are worried about running out of food. 40% of those interviewed for Cardiff’s local wellbeing assessment were very concerned or fairly concerned with being able to afford food. 19.7% (nearly in 1 in 5) in Cardiff East reported that money worries had stopped them inviting their friends or their children’s friends for a meal once a month.

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26% of 16-34 yr olds surveyed in Wales ran out of food in the past year.
Cardiff has the second largest Trussell Trust foodbank network per population in the UK. Cardiff Foodbank provided enough food for a minimum of three meals a day for three days to 11556 people in Cardiff last year. More than a third of these were children. All food - 134 tonnes, was donated by the general public and redistributed to those in crisis.

Across the UK, Trussell Trust Foodbanks reported an average of 19% of people visiting having a disability, 23% of people having a long-term health condition and 38% of people suffering from mental ill-health.

35% of children attending the school holiday enrichment programme reported skipping at least one main meal on the day they did not attend the club.

Nearly a quarter (23.8%, 33,060) of households are estimated to experience fuel poverty.

Cardiff Food Bank has over 150 voucher holders across the city who issue foodbank vouchers to those in crisis, and over 200 regular volunteers who help with distribution, warehouse support, van driving, fundraising and administration.
We acknowledge that food insecurity is a consequence of broader issues such as low pay, inflation, reform of the welfare state and the introduction of Universal Credit. It is inextricably linked to fuel poverty.

We recognise that by just addressing food we are not going to solve underpinning challenges. But we also recognise that food is a powerful tool in bringing people together and helping to break through barriers and reframe challenges.

ACE Money Advice:

Each year, ACE help around 300 families in crisis access emergency food parcels from foodbanks linked to a range of other projects running out of the Dusty Forge Centre, including 1-1 advice to help maximize income, save money on utility bills, access essential household appliances and increase financial resilience by building skills and confidence. ACE support a community run clothes bank from the Centre which also provides food from FareShare Go to low income families.

We can work across the city to optimise household income by ensuring people access benefits that they are entitled to either through signposting, training, or educating and supporting service providers. The partnership can assist Cardiff Council with its ‘Homelessness strategy’. We can also ensure that food is in the forefront of the minds of decision makers through publicising the challenges and the successes of our work.
The city can support those on a low income by increasing the access of healthy affordable food. Listening to the challenges of those experiencing difficulty and supporting individuals and communities to develop the skills and resources to overcome these challenges will be key. This will require support from the private sector as well as charities and the public sector.

The actions in this report will build on experience from friends in other Sustainable Food Cities and will aim to reduce the need for foodbanks through developing a network of Pantries, holiday provisions, community cafes/social meal provision – all underpinned by evidenced-based community food and nutrition training (including Nutrition skills for Life, Love Food Hate Waste, Food Hygiene) and social enterprise.

Cardiff Salad Garden

Run by Sophie and Fissha (pictured), Cardiff Salad Garden is a social enterprise in Bute Park which works with volunteers and supplies local businesses and charities with delicious, fresh salad grown in the centre of the city.
We continue to live in uncertain times so we need to be able to capitalise on opportunities as and when they arise. The last 18 months has seen significant changes in Welsh Government Policy with consequences for resources on the ground. We don’t yet know what Brexit will bring. This action plan has therefore been developed to be flexible enough to react to opportunities, challenges and changing circumstances whilst delivering on the City’s Wellbeing Plan.

For this reason, it does not pin down actions too specifically but provides the “space” for ideas and partners to emerge along two common themes; **access to healthy affordable food** and **optimising household income**.

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**Millbank Primary School**

*By April 2016 all secondary schools under Cardiff Council Education Catering had a cashless payment system for school meals. This is now being piloted in 4 primary schools in Cardiff.*
We want to ensure that our work builds a picture of the extent of food insecurity in the city to help inform future policy.

We will record those things that we have done that have worked, and those that have not, whilst continuing to advocate for a National measure of food insecurity.

We will therefore be working closely with Cardiff University and the broader Food Power network in Wales to develop and use tools to monitor and evaluate our impact and contribute to the Wales and UK Food Poverty Alliances.

Food Cardiff is part of the Food Power network – both as a member and as a mentor to emerging Food and Poverty Alliances in Wales. Food Power works with local communities across the UK to strengthen their ability to reduce food poverty and tackle its root causes.
This Action Plan was co-produced by Food Cardiff’s Food and Poverty Group (Appendix 1), informed by members of the Food Cardiff Partnership, the Cardiff and Vale Population Needs Assessment (2017) and Cardiff’s Local Wellbeing Assessment. It was consulted upon across the Food Cardiff Partnership.

Delivery of the action plan will be carried out in partnership with Food Cardiff’s Food and Poverty Group and wider Food Cardiff Partnership and overseen by the Food Cardiff steering group (Appendix 2). It will be reviewed annually and refreshed after 3 years.

In delivering the actions in this plan, partners will adopt the principle of co-production by engaging, consulting and working directly with community members to design effective and sustainable solutions to the challenge of food and poverty.

The Pentrebane Zone

“I recommend a visit to Pentrebane Zone to see how this amazing community group feeds its community. Learning to cook, growing their own veg & fruit, keeping chickens, learning skills for life. A terrific sense of community commitment. It can be replicated across the city”

Cllr. Fenella Bowden.
Objective: Develop a network of pantries

Key Actions

- Pantry feasibility study and local consultation
- Assessment of potential to develop network, including sites and partners
- Link to growing projects/enterprises, fruit and vegetable cooperatives, and allotments
- Utilise Nutrition Skills for Life training for volunteers and members

Delivered in partnership with

- Cardiff Council via Hubs
- Cardiff and Vale UHB
- Cardiff University Business School
- Church Action on Poverty
- Housing Associations
- Community Centres (e.g. Pentrebane Zone, Dusty Forge)
- Fareshare Cymru
- Nutrition Skills for Life Programme and Cardiff and Vale UHB Public Health dietitians

Funding

Initial funding for pilot through partner agencies

Target and Timescale

- Pilot up to three sites across Cardiff by 2020
- Extend Model to up to ten sites by 2023 according to feasibility
Objective: Support development of community cafés and lunch clubs

Key Actions
- Provision of Nutrition Skills for Life Training to café and lunch club employees
- Develop a resource mapping provision

Delivered in partnership with
- Cardiff and Vale UHB (Dietetics)
- Fareshare Cymru
- Cardiff Council

Funding
- Cardiff and Vale UHB

Target and Timescale
- 20 cafés with a minimum of 1 person trained by 2023
- Café and lunch club provision mapped and resource developed by 2020
Objective: Social meal provision

Key Actions

- Work with Cardiff Council to expand and develop social meal provision
- Research potential to develop a social enterprise utilising surplus food to generate healthy meals

Delivered in partnership with

- Cardiff Council
- Nutrition Skills for Life Programme Cardiff & Vale UHB Public Health dietitians
- Wrap Cymru
- Wasteless Cardiff Network

Funding

- Existing resources
- Funding bid

Target and Timescale

- Develop and optimise service in line with need by 2022
Objective: Optimise Free School Meal uptake through cashless payment

Key Actions
- Pilot cashless system in primary schools

Delivered in partnership with
- Cardiff Council

Funding
- Cardiff Council

Target and Timescale
- Pilot 4 schools in 2018 with the ambition to extend to all primary schools in Cardiff by 2022 (based on pilot evaluation).
Objective: Expand school holiday provision

Key Actions

- Increase the number of children accessing the School Holiday Enrichment Programme (SHEP), including those with special needs, and link SHEP with Children First’s model in Ely and Caerau.
- Map and support other holiday provisions through training and signposting, including development of a resource package for provision of health food through redistribution.

Delivered in partnership with

- Cardiff Council
- Cardiff and Vale UHB
- Sport Cardiff
- ACE
- Nutrition Skills for Life
- Fareshare Cymru

Funding

- Welsh Government
- WLGA
- Cardiff Council
- Third Sector
- Business

Target and Timescale

- 650 children in 2018, 750 in 2019, and 1000 in 2020
- By summer 2022, all primary-aged FSM children will have access to holiday food provision
Objective: Living Wage Campaign

Key Actions
- Campaign to encourage large food retailers to pay their staff the real living wage.

Delivered in partnership with
- Living Wage Foundation
- Wales Retail Consortium

Funding
- N/a

Target and Timescale
- Major food retailers to pay all staff the living wage by 2023
Objective: Optimise Healthy Start

Key Actions
- Work with retailers to promote vouchers.
- Pilot retailer scheme to boost voucher value.
- Work with Welsh Government to optimise scheme.

Delivered in partnership with
- Welsh Retail Consortium
- BITC
- Peas Please
- Flying Start
- Nutrition Skills for Life Programme and Cardiff and Vale UHB Public Health dietitians

Funding
- Sustainable Food Cities (Veg Cities)

Target and Timescale
- 50% of retailers make commitment on Healthy Start by 2023.
Objective: Optimise uptake of benefits

Key Actions

- Develop a “Optimizing Household income checklist” to support money advice services to assess whether households are accessing Health Start, Free School Meals (lunch, breakfasts, SHEP), whether they have cooking equipment.
- Utilize survey in money advice sessions across Cardiff and carry out focus group work with ACE in conjunction with “Warm and Safe Homes” work.

Delivered in partnership with

- Cardiff Council Welfare Reform
- ACE

Funding

- Food Power

Target and Timescale

Objective: Money Advice and Digital Inclusion

Key Actions

- One-to-one support for families in crisis—referred from foodbank and Money advice services
- Situating Cardiff Council Money Advice Service in foodbanks and additional community hubs.

Delivered in partnership with

- ACE
- Cardiff Council
- Cardiff Foodbank
- Community Centres/hubs

Funding

- Scottish Power Energy People’s Trust
- Natwest Skills and Opportunities Fund

Target and Timescale

- 600 clients supported by March 19. Further targets depend on continuation of funding.
- All foodbanks and community hubs are aware of service and are able to secure advice for their community.
FOOD CARDIFF—Food and Poverty Group

With thanks to the following organisations who co-produced this plan:
APPENDIX 2

FOOD CARDIFF Steering Group
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This document is available in Welsh / Mae’r ddogfen hon ar gael yn Gymraeg