

The Missing Ingredients

what we are learning and what we need to do about food health and homelessness in Scotland

On Thursday 25 June, CFHS and Edinburgh Cyrenians co-hosted this event in Edinburgh.

70 people attended from a wide range of organisations working with people affected by homelessness, Local Authorities, Health Boards, Scottish Government and the Care Commission. There was a buzz of energy about the morning and a focus on making the links between what is happening on the ground and wider policy and strategy.

The morning started with a series of presentations on the history, scale and reach of work on food health and homelessness. Blake Stevenson gave a report on its recent research. This described an explosion of activity across the country that is still often fragile and not well recognised at a strategic level. Volunteers from the Cyrenians Good Food Programme described the changes to their lives as a result of being involved in food work.

Presentations were followed by four parallel discussion themes

- **Food for all**
Aberdeen Foyer led a discussion on access to healthy food for people living in temporary accommodation.
- **Cooking for health – social inclusion – confidence building**
Edinburgh Cyrenians shared learning from its Good Food programme.
- **Growing the menu**
The Oasis Project, Clued Up, and Fife Community Food Project looked at the role that growing food can play in work around food and health with young people affected by addictions and homelessness.
- **Having your place at the table**
Dundee Women's Aid looked at the role eating and cooking together plays in creating a space for socialising and information sharing.

At the end of the morning each group brought back the two vital ingredients that they agreed should be added to the mix to make sure that work around food is recognised in future strategies around homelessness.

These are being written up and will provide the basis for ongoing work to ensure that people affected by homelessness have access to a healthy nutritious diet and the wider social benefits of being involved in food work.