

The research reflects the experience of single men and young mums in a disadvantaged community

Most worked hard to maintain a “coping face”, managing on insufficient means with ingenuity and creativity, budgeting tightly, using freezer and store cupboard, not buying fresh food to avoid waste.



All skipped meals or cut back on food eg. not having breakfast, only eating when hungry, not eating to make sure children and partners ate, food was just “fuel.”



All valued eating together at community meals for the social aspects, otherwise people could not afford to eat out or buy take-aways.



"It's no' Gordon Ramsay."

What's needed?

**AFFORDABLE, CONVENIENT
HEALTHY FOOD**

**A POSITIVE FOOD CULTURE OF
COOKING AND HEALTHY EATING**

**MORE OPPORTUNITIES TO COOK AND
EAT TOGETHER AS MEMBERS OF A
CARING, MUTUALLY SUPPORTIVE
COMMUNITY**



Food security was a live and holistic issue for everyone.

**Borders Healthy
Living Network**

Healthy Living Networks (HLN) is a team within NHS Borders Public Health Improvement Team. It works in disadvantaged neighbourhoods of the Borders.

Activities include health education programmes, eg. healthy eating on a limited budget, plus collaborative initiatives with other health and community partners.