

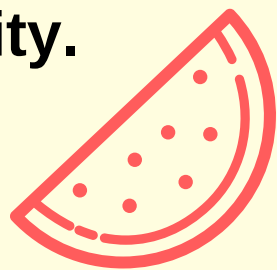
CWIN

Central & West Integration Network



What they found out from their 28 research participants

Eating healthy food is the cultural norm for most and a key part of their identity.



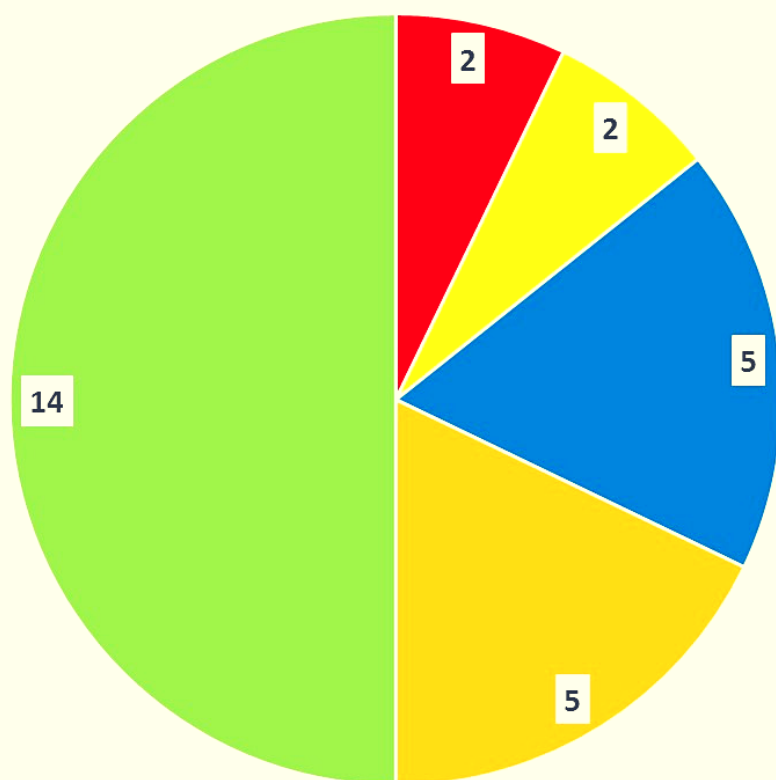
People know they are not eating healthily but there is no real choice.



People do not want to admit to having difficulties, they can self-identify as OK and yet live on tight budgets, experience limited food choices or ask others to send them culturally appropriate food.

Food insecurity scale

- Crisis ie food bank
- Severe eg skipping meals
- Moderate eg compromising on quantity or quality
- Mild eg worried or anxious about food
- OK



CWIN seeks to ensure that all refugees, asylum seekers, migrant workers and BME communities in central and west Glasgow have full and equal access to resources including food, assists in alleviating poverty, improving their standard of living and promoting their settlement and integration within the wider community.