



CASH

RIGHTS

FOOD

Mary Anne MacLeod
Research and Policy Officer







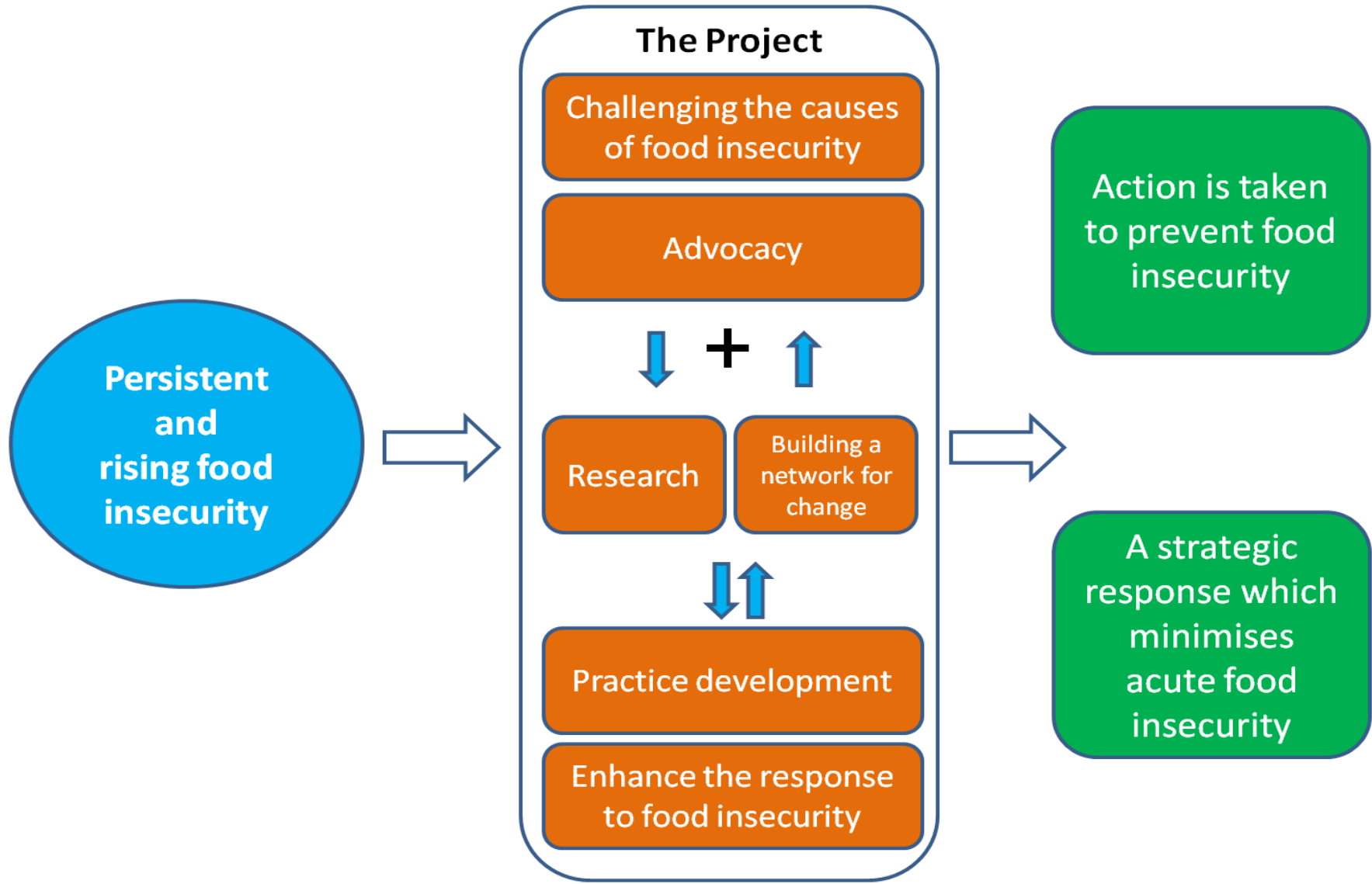


Figure 1: Project Overview

We want to prevent food banks becoming a permanent part of our social security system.

1. We want more people to have money to buy food, rather than them having no option but to seek emergency food aid.
2. People should be able to feed themselves healthily and with dignity which means ensuring adequate incomes, access to rights and entitlements, choice, and control.

A project in four parts

1. What can be done now and locally in Dundee, Fife and East Ayrshire?
2. What are the short and longer-term outcomes for people experiencing acute food insecurity?
3. What best practice can be shared across Scotland and the UK?
4. How can we use all the learning, analysis and evidence to change government policy and practice?

Action Learning Sets

What can be done now and locally?

- 12 people
- Dundee, East Ayrshire, Fife
- Service providers and people with lived experience
- Using Action Learning Sets to identify local solutions to local problems
- 12 – 18 months
- Developing best practice and piloting new ways of working

Lived experience research project

To understand:

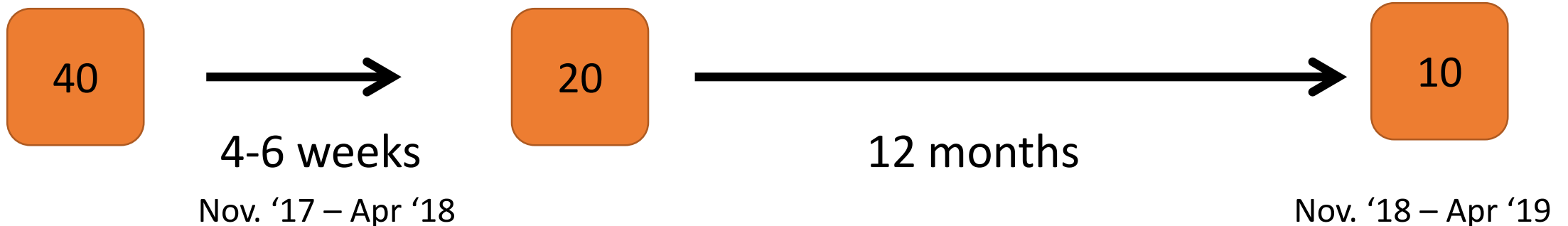
- **the journeys which lead people to experience acute food insecurity**
 - *existing studies located at the food bank and focused on short-term changes*
- **their short and longer term outcomes following crisis**
 - *Insight into experiences of: “Recovery”; chronic food insecurity; deeper fall into poverty*
- **factors which may have prevented or exacerbated (repeat) crisis**
 - *need to improve preventative approaches and challenge ‘short-term’ response*

Recruitment:

Fife, East Ayrshire and Dundee: food banks, advice services, SWF, other support services

Participants:

- Recent experience of food crisis (inability to afford food over past 2 weeks)
- Target sample: gender, age, ethnicity, household composition and employment status



My story (Brian, East Ayrshire)



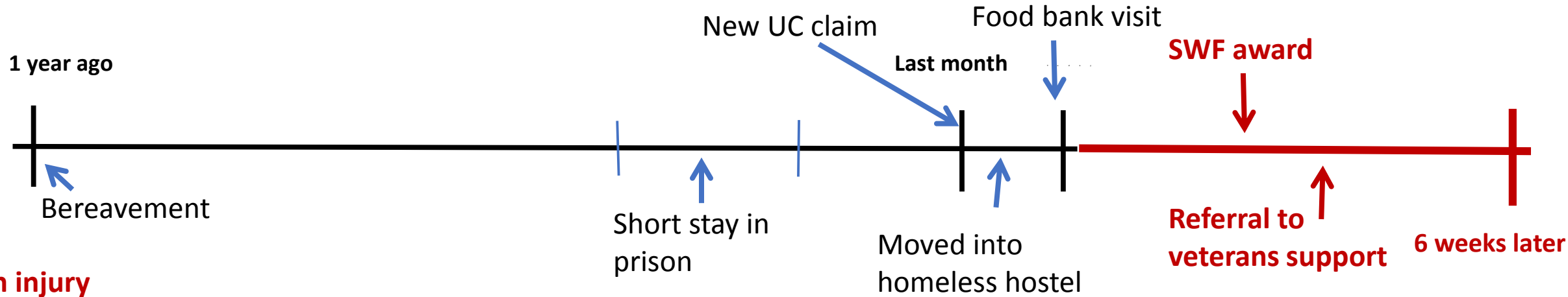
"I don't know when the next time I'd be eligible to get another, ken, food bank thing. So it'd be a case 'o, starving, until the next sheet o' paper, to get tae the food bank"



"I was my dad's carer. Constantly, twenty-four seven. And then when I lost my dad, and I just went in tae depression, and everything just kinda fell in"



My story (Brian, East Ayrshire)



Brain injury from time in military



Household Food Insecurity Questions

In the past 12 months, were these statements often, sometimes or never true for you?

- **Q1: I worried about whether my food would run out before I had money to buy more.**
- **Q2: The food I bought didn't last and I didn't have money to get more.**
- **Q3: I couldn't afford to eat balanced meals**
- **Q4: In the last 12 months did you or any other adult in the household ever cut the size of your meals or skip meals because there wasn't enough money for food?**
- **Q6: In the last 12 months were you ever hungry, but didn't eat because there wasn't enough money for food?**
- **Q7: In the last 12 months, did you lose weight because there wasn't enough money for food?**
- **Q8: In the last 12 months did you ever not eat for a whole day because there wasn't enough money for food?**

Q2: I couldn't afford to eat balanced meals

"Cause that's the reason why my cholesterol has increased because some of the tinned foods contain sugar and doesn't contain the right stuff sometimes" (Amanda, Dundee)

Q4: In the last 12 months did you or any other adult in the household ever cut the size of your meals or skip meals because there wasn't enough money for food?

"obviously my main priority's making sure my kids are fed. And if it's the difference between me getting fed or them getting fed, then it's them obviously" (Kerry, East Ayrshire)

Q6: In the last 12 months were you ever hungry, but didn't eat because there wasn't enough money for food?

"I mean you maybe have porridge in the morning. 85p for a bag of porridge. And then you have porridge at dinnertime, and you start feeling light-headed if you don't eat" (Alistair, East Ayrshire)

Q7: In the last 12 months, did you lose weight because there wasn't enough money for food?

"I'm actually about two stone overweight, but it is 'cause I'm not eating properly and healthy. With having fibromyalgia... causes stomach problems as well. When I'm able to eat properly, healthy, and regular, the bloatedness kinda disappears and bladder and bowels are slightly better. But when you're having to...If it's noodles for lunch and tea, it's noodles for lunch and tea" (Amanda, Dundee)

Do you have a message for people in power?

- *“the politicians sit in their big high offices and get to drive their big cars and I bet you they’ve never struggled to go to the shop to buy bread or milk or anything like that”* **Sharon, Dundee**
- *“I've come across people who think they know what they're talking about. But they've never lived the reality, they've never come close... they've never had to hunt for a pound for a loaf o' bread.”* **Andrew, Fife**
- *“I know that it’s important, so irrespective of the voucher, it’s important for you to get all the information from people, because although it was about me, it’s more about the children, because how can you promote healthy eating, healthy living...”* **Amanda, Dundee**



menuforchange.org.uk

Email: info@menuforchange.org.uk



[@menuforchange](https://twitter.com/menuforchange)



[/menuforchangescot](https://www.facebook.com/menuforchangescot)

Questions?

- An opportunity to update on current food insecurity research in Scotland
- An opportunity for group discussion:
 1. What research are you currently involved with?
 2. What is your experience of doing or using research to inform policy/practice?