THE FUTURE OF FOOD IN PLYMOUTH

2014 – 2031

An evidence-based document by Food Plymouth for Plymouth City Council’s local plan: The Plymouth Plan

www.foodplymouth.org  www.plymouth.gov.uk
What’s The Future......of Food?

The Plymouth Plan will be the overarching strategy document for the city as well as being a formal planning document. It will contain key strategic objectives and policies for food, showing how food interacts with other Plymouth Plan themes whilst also identifying the planning policies and proposals that will be necessary to underpin the broader objectives.

This paper expresses the policies that Food Plymouth recommends must be included in the Plymouth Plan to ensure that the complex and cross-cutting issues relating to food in Plymouth are adequately addressed. These recommendations are supported by evidence and discussion framed around five key food themes: Economy, Health & Wellbeing, Learning & Skills, Resilient Communities and Environment.

This paper has been authored by Food Plymouth members; Traci Lewis (Coordinator & Economy theme); Claire Pettinger (Health & Wellbeing), Ian Smith (Learning and Skills); Richard Price (Resilient Communities), Wendy Miller (Environment); in partnership with Jenny Coles of the Low Carbon City Team at Plymouth City Council. Other members of Food Plymouth, representing numerous organisations in and around the city, have contributed ideas and evidence to this paper. [www.foodplymouth.org](http://www.foodplymouth.org)
EXECUTIVE SUMMARY

The City of Plymouth is located within the rich agricultural hinterland of the Tamar Valley, Devon and Cornwall, and on the south coast with access to rich marine resources. However despite its advantaged location, very little food for the city population is currently sourced from this hinterland, or its port, which sees some of the biggest fish-landings in the UK.

This reflects national trends where, over the past decades, there has been steady erosion in our food culture. However from field to fork, the food system remains one of the biggest employment sectors in the South West. It is also one of the greatest single contributors to long term public health outcomes, as well as to carbon emissions, biodiversity and waste; and to skills development, community cohesion and resilience.¹

This is of importance to Plymouth where the good health of people is generally lower than the England average. Levels of obesity and other food-related diseases are continuing to rise, along with increasing levels of household expenditure on food. There is a difference in life expectancy of 11 years between the city's richest and poorest wards, and food poverty is evidenced by the steep rise in numbers of Plymouth residents who seek help from food banks.

Recommendation Summary:

Food Plymouth recommends the following headline policies are implemented:

**Economy:**
- Review all new supermarket planning applications to assess Social Return on Investment (SROI)².
- Redevelop and promote the City Market and West End as a vibrant and diverse ‘independents quarter’ and support the establishment of other local produce markets.
- Healthy and sustainable public procurement targets of 50% for Local Authority and other large scale public sector organisations, with silver Catering Mark standard also achieved.
- Make use of unused buildings for processing and distribution hubs for local producers and suppliers.
- Support new and existing local food businesses and social enterprises.
- Develop a quality ‘good food’ brand to support Plymouth as a food tourism destination.
- Develop and support the Plymouth Procurement Forum using the Sell2Plymouth website tool.
- Reconnect Plymouth with the fish market and local, sustainable seafood.

**Health and Wellbeing:**
- Refuse planning permission for any change of use applications to a fast food outlet, within 400 metres of a school, youth centre or park.
- Tighten up on food hygiene and trade waste regulations for fast food establishments.
- Achieve and maintain the UNICEF Baby Friendly Initiative (for breastfeeding) in all facilities that support families.
- Support and develop Healthy Weight Projects available to all who need them.

¹ Bristol Good Food Plan [http://bristolfoodpolicycouncil.org/](http://bristolfoodpolicycouncil.org/)
Lifelong Learning and Skills:
- Provide careers advice and training for young people; promoting all aspects of food production, processing, retailing and catering as a viable career option.
- Commission a ‘Food for Life’ School Programme and ensure all Plymouth schools achieve silver award, with ten gold award flagship schools.
- Ensure cooking, growing skills and farm visits are part of every child’s education.
- Utilise school kitchens out-of-hours for skills and enterprise development for the whole community.
- Support and further develop opportunities for adult food-related education in a range of settings.
- Plymouth to become one-of-the first three School Food Plan Flagship Cities.  

Resilient Communities:
- Make space available for markets, or independent food outlets, in all new housing developments.
- Establish and support pilot community kitchens as hubs to support food access and skills.
- Coordinate and deliver food poverty awareness training.
- Establish mobile fresh produce market stalls to provide affordable local food access.
- Support the establishment of community buying groups.
- Develop Community Supported Agriculture or ‘field scale’ growing schemes.

Environment:
- Make unused city land available to grow food via a ‘landshare’ and meanwhile leasing scheme.
- Relaunch a home composting scheme for garden and vegetable waste; collect and recycle organic waste from food businesses.
- Establish a per-head requirement of growing space for new developments, to be provided off-site if necessary.

Conclusion
It is time to reassess and redesign our food systems, which are creating serious negative impacts across our economy, environment, communities and health. We now stand at an important strategic moment around the future of our food system and collectively we can have significant positive impacts within just a few years. A cross-sector integrated approach, as being promoted through Food Plymouth, will help to support a vibrant and diverse food economy based on healthy and sustainable locally produced food.

Further support of the Food Plymouth partnership and delivery framework will provide opportunities to meet the aspirations of the Plymouth Plan in; economy, health, learning, community and environment. Whilst also developing a pioneering reputation in innovative urban planning and enhancing city pride.

This evidence-based paper sets out how the Plymouth Plan can facilitate important changes to the food system to ensure its sustainability at all stages of the food cycle. It provides an overview of food in the City, an outline of the key food-related issues in Plymouth - through the themes of the Plymouth Food Charter - and includes evidence of need and recommendations for action in the different sectors.

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3 Chapter 5, School Food Plan
PLYMOUTH: PLACE, PEOPLE & FOOD

Plymouth is located within a rich agricultural hinterland, with access to rich marine resources. The city has grown to 267,000, with wide disparities in population densities, and socio-economic profiles across neighbourhoods. Room for improvement is evidenced by the relative life expectancies and employment rates in other cities in the region and elsewhere in the UK.¹

Despite its advantaged location, very little food for the city population is currently sourced from its hinterland, or its port which sees some of the biggest fish-landings in the UK. The main supermarkets provide the majority of food consumed within the city, which is sourced globally. The Portas review identified that 97% of all groceries in the UK are sold through just 8,000 supermarkets. However, regional wholesalers also supply produce to many city restaurants and cafes, as well as public sector organisations, notably the Council’s award-winning school meals service⁵. Other routes for regional produce into Plymouth include the City Market, along with a few independent retailers.

PLYMOUTH’S FOOD OUTLETS⁶

The Public Food register shows 2228 food businesses registered in Plymouth of which 68% are in catering, 26.5% retail, 3% processors and manufacturers, and 1.5% wholesale/distribution. Main food outlets for the population include:

SUPERMARKETS: Tesco, Sainsbury, Morrisons, Asda, Waitrose, Lidl, Aldi, and Iceland. Around fifty branches of the Co-operative, fourteen branches of Spar, as well as neighbourhood outlets for the major supermarkets and chains such as Cost cutter.

INDEPENDENT RETAILERS: 2 greengrocers, 2 ‘world cuisine’ shops, 2 chinese food supermarkets, city market traders (4 fresh produce, 1 cheese, 1 meats, 1 whole/fairtrade food, 2 butchers, 1 fish), 3 wholefood, fish market.

FOOD SERVICE: 658 cafes/restaurants/takeaways/hotels and 430 public, educational and care premises.

Plymouth has a tradition of good restaurants, with the Tanner Brothers, and recently River Cottage, but chain outlets dominate the majority of foodservice. In recent years, the number of restaurants and cafes advertising themselves on the ‘new food agenda’⁷ (local, healthy, organic, fair) has increased, and represents a growing food culture within the city. These are linking with food initiatives across the hinterland, especially in the Tamar Valley.

A number of initiatives across the city are providing new sources of food, albeit in small quantities, for households at all income levels. These include the monthly food market at Royal William Yard, new food bank initiatives, local veg box schemes along with food grown on community gardens and allotments. These provide good food at low cost that connects growing, cooking, and eating activities, but health inequalities and lack of access remain.

Whilst food sector employment in Plymouth is largely within supermarket retail and foodservice, community centres within the city are showing the growth potential for jobs and enterprises at different stages of the food cycle; whether growing, selling, cooking or eating. Schools, community centres and care homes are involving greater numbers of people across the city in learning new cooking skills, leading to improved health and wellbeing.

¹ Plymouth Demographic Conurbations compared to other UK Cities (ONS 2012)
² Plymouth City Council School Meals Service won EDA Local Authority Caterer of the Year 2013
³ W Miller, Plymouth University, Nov 2013
⁴ W Miller, Plymouth University, Nov 2013 (ref. Kevin Morgan ‘the new food equation’)
From field to fork, the food system continues to be one of the most significant sectors for employment in the South West. This includes producers (farmers), processors, distributors, retailers and caterers. Furthermore, food is also one of the most important contributors to public health outcomes including obesity, diabetes and other diet-related disease. The food system is also a significant contributor to carbon emissions, biodiversity and waste as well as presenting huge potential for skills development, community cohesion and resilience.8

The following sections of this paper address the evidence of need in the sectors that can be influenced by food-related activities, and indicate strengths of current activity as well as further developments that could be supported through the Plymouth Plan.

WHY FOOD IS IMPORTANT FOR CITIES

There has been a steady erosion of our food culture over past decades, which has left our society in a vulnerable position. The impact on our health is now at epidemic levels with our diets largely responsible for the current obesity and diabetes crises.

Economically, the toll has also been severe, with the disappearance of small and medium sized farms, processors, wholesalers and retailers, as an ever increasing proportion of food sold in the region is imported from elsewhere in the UK or abroad. Our high streets, especially in the more disadvantaged parts, are dominated by empty shops, poor quality fast food, charity shops, betting shops and off licences. Since the UK’s first supermarket opened in 1951, the picture has changed from diversity and balanced competition to consolidation and monopoly. The impact on employment, from farm-workers to school cooks, is fewer jobs of lower value and status.9

This is due to food as a sector having ‘fallen between the gaps’ in urban policy objectives, but it is now being realised that it can help to meet multiple aspirations and targets. Cities worldwide are making provision for the growing number of food-related initiatives and partnerships within their boundaries.

This trend for activity around this ‘new food agenda’ has speeded up since the 2008 recession. The potential of urban food systems to provide niches for innovation and enterprises in ‘smart’ cities and regions is beginning to be recognised, often involving partnerships with multi-level authorities in surrounding areas. Increasingly, cities are competing on the basis of their urban food systems, e.g. Bristol, New York, Toronto, Malmo, and Amsterdam; as well as on enterprise, culture, sustainability, and vibrancy. Plymouth is in a good position to adopt this new food agenda through its cross-sector partnership network ‘Food Plymouth’, which is recognised both nationally and internationally for its work in this area, with Plymouth cited in a report on Urban Food Strategies as a city which ‘envisions change in its food system, and [...] strives towards this change.’10

Food Plymouth11 was set up to facilitate food-related activities that can help meet cross-cutting needs. It is a cross-sector partnership of the largest public sector bodies; Plymouth City Council, NHS Plymouth, Plymouth University, as well as many private and non-profit organisations in the city, and coordinated by the Soil Association. Along with over eighty signatories to the Food Charter, from a cross section of businesses and organisations, it draws on experience and expertise from across the food sector and city.

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8 Bristol Good Food Plan [http://bristolfoodpolicycouncil.org/]
9 Bristol Good Food Plan [http://bristolfoodpolicycouncil.org/]
11 [www.foodplymouth.org]
The Plymouth Food Charter which outlines ten ambitions around healthy and sustainable food was launched in February 2011, followed by an Action Plan to help achieve these aims. The Charter sets out how urban food partners can help to meet Plymouth’s Core Strategy objectives for health, jobs, skills, communities and the environment. As a result, Plymouth is now a founder member of the national Sustainable Food City network, a learning exchange developing and sharing best practice. The City aims to be amongst the first wave of accredited UK ‘Sustainable Food Cities’ through a new network, alongside Bristol, Brighton and Hove, Cardiff, London, Manchester and Sheffield.

**WHY TACKLING FOOD IS A KEY ISSUE FOR PLYMOUTH**

Cornwall and Devon were once famous for their horticulture - due to the microclimate and long growing season - producing top fruits, soft fruit, and perishable produce for market gardens. The Tamar Valley alone employed 8-10,000 people in its peak, supplying produce by river to the city and subsequently by rail and road. Nowadays, the UK imports 60% of its vegetables and 90% of its fruit, and horticulture represents just 8% of the total number of farm holdings in Devon, a share similar to national figures. Meanwhile, the region has become an exporter of meat and dairy products.

The decreasing number and size of horticulture holdings has benefited the livestock market, with cattle and sheep representing 27.9% and 37.4% respectively of Devon food production in 2006. 90% of South-West slaughtered meat is sold to processors, wholesalers and supermarkets out of the region. Dairy production in the South West represents 35% of national production, with 5,500 dairy farms selling their produce through three big national processors. In the South West, over 70% of the cereals grown are supplied to the livestock industry in the region.

Food production, process, distribution, consumption and waste have a huge impact on the environment. In the UK, from field to fork, food is responsible for up to one third of the greenhouse gas emissions. In addition, methane emissions from livestock make up 37% of all UK methane emissions, a great part stemming from the South West. Food transport has a major impact on CO2 emissions too, although logistics of big chains can create efficiencies in some scenarios. Associated refrigeration, packaging and waste also contribute significantly to emissions.

The most recent International Panel on Climate Change (IPCC 2014) report indicates the likelihood of negative impacts on food production resulting from climate change, concluding that all aspects of food security may be affected by climate change, but major rural impacts are expected in the near-term and beyond through impacts on water availability, food security, and agricultural incomes. Currently, the main

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12 [www.foodplymouth.org](http://www.foodplymouth.org)
13 [www.sustainablefoodcities.org](http://www.sustainablefoodcities.org)
16 Carey, J., “Who feeds Bristol?”, Towards a resilient food plan, march 2011, p. 46
21 IPCC WGII AR5 Chapter 7, 2014
threats are likely to be fluctuating and volatile prices as a result of disruptions in the production, transportation and distribution of imported foodstuffs; but future threats could be more systemic if availability of core foodstuff becomes threatened.\textsuperscript{22}

However health issues are an even more immediate problem in Plymouth, with half of the population either overweight or obese,\textsuperscript{23} and it has been observed that between the west and the east there is an eleven year gap in life-expectancy.\textsuperscript{24} The annual cost of the national obesity epidemic is estimated at £5 billion, for an average 25\% of the British adult population being obese,\textsuperscript{25} so it is clear that the cost of obesity in Plymouth is considerable.

Investing in a thriving local economy that fights social inequalities, whilst at the same time tackles the challenge of health and well-being, is a major priority.

**KEY THEMES**

This chapter introduces the five key food themes for Plymouth. Many of the themes, issues and indeed opportunities for Plymouth are cross-cutting in their expression and impacts, which goes some way to demonstrating the complex and far-reaching nature of food as a subject.

**Economy**

*Plymouth Food Charter:*

- Encouraging a greater number and diversity of food enterprises and jobs, making the most of Plymouth’s rich land and sea resources
- Sourcing healthy and sustainable food from local producers and suppliers, keeping value within the local economy

**Enterprise - issues and evidence**

<table>
<thead>
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<th>UK Food Facts</th>
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<tr>
<td>· Since 1970 employment in UK agriculture has more than halved</td>
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<td>· Approx 50 traditional food stores close every week</td>
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<td>· 2,000 independent food stores go out of business each year nation wide</td>
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<tr>
<td>· 90% of food is sold through supermarkets</td>
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<td>· One in every 10 of our high street shops now lies empty.</td>
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\textsuperscript{22} International threats and opportunities of climate change for the UK, PWC, 2013
\textsuperscript{23} Hearty Lives Conference, Intercontinental Hotel, 2\textsuperscript{nd} of May 2013.
\textsuperscript{24} Hearty Lives Conference, Intercontinental Hotel, 2\textsuperscript{nd} of May 2013. This is confirmed with the article “Difference in life expectancy between richest and poorest in Plymouth is 17 years”, 03/01/2012, available on [http://www.thisisplymouth.co.uk/Difference-life-expectancy-richest-poorest/story-14304900-detail/story.html?bbox2WGiKxPy](http://www.thisisplymouth.co.uk/Difference-life-expectancy-richest-poorest/story-14304900-detail/story.html?bbox2WGiKxPy)
\textsuperscript{25} [http://www.foodplymouth.org/?p=1353](http://www.foodplymouth.org/?p=1353)
Employment: Plymouth has long been dependent on a few major employers e.g. dockyard and public sector. The city’s growth agenda aims for 30,000 new jobs and the existing Core Strategy contains the objective of ensuring that opportunities for employment are provided within each neighbourhood. The ‘new food agenda’ indicates the potential for job-creation, providing a base for a distinctive, strengthened and recession-proofed regional economy.

According to Campaign to Protect Rural England’s food webs studies\(^{26}\), which quantified job benefits of local food systems, local food businesses are great sources of employment. Their study showed local food outlets are supporting over 103,000 jobs with over 61,000 directly attributed to local food sales nationally.

Supermarkets: Whilst supermarkets represent convenience and have captured the lion’s share of food retail in the UK, it has been demonstrated across numerous studies that they have a detrimental effect on local economies and do not represent good value for money.\(^{27}\) Local traders consistently report a decline in sales, regardless of any increase in ‘footfall’. Supermarkets close to town centres have also been demonstrated to draw footfall away from the centre itself. ‘By dominating food sales, they take away the choice to shop in traditional shops such as greengrocers and butchers; they make it hard for new schemes to start and expand; and by targeting non-food shops they could take away the choice to visit a thriving town centre. Several companies, in particular Sainsbury and Tesco, are also buying up independent convenience stores.’\(^{28}\)

It is important to note that whilst new supermarkets will provide jobs, compared to the market share of grocery retail, the number of jobs provided is very low.\(^ {29}\) New supermarkets will either create demand for products people didn’t previously know they wanted to buy, or they will take sales away from other retailers – who will likely have a higher staff to turnover ratio.

Catering: This sector represents the largest number of food businesses within Plymouth. Despite the large number of public caterers, private eating out businesses are the most prevalent. Food and drink has a major role in attracting tourists both from inside and outside Britain. When food and drink and tourism industries link up, the wider economic and cultural benefits are impressive.

Production: There is significant demand for local produce evidenced through a number of studies.\(^ {30}\) However, the capacity to meet this demand is currently inadequate, with volume and continuity of supply being the main limiting factors. In the Tamar Valley mid-scale producers are virtually absent, and local wholesalers rely on the very few remaining larger local producers, supplementing heavily with imports. These existing supply networks do not appropriately support new entrants into production, nor do they incentivise existing small-scale producers to scale up.

Local Food: In the absence of an independent grocery sector in Plymouth, farm shops, farmers’ markets, food coops, buying groups and other direct sales (veg boxes, mail order) provide an alternative route for food producers can sell direct to the public, increasing the availability of local food and deepening connections between producers and consumers. Markets and other food enterprises can be community-owned social enterprises, Local Authority run or mainstream businesses.

Multiplier Effect: According to the New Economics Foundation (NEF), each pound spent with a local retailer selling local produce puts three times more money back into the local economy than a pound spent in a national multiple; this is known as the local multiplier effect.\(^ {31}\) Other NEF research showed that those local

\(^{26}\) CPRE: file://C:/Users/TLewis/Downloads/From_field_to_fork___The_value_of_Englands_food_webs%20(1).pdf


\(^{28}\) Good Neighbours? Community impacts of supermarkets, Friends of the Earth, 2005.

\(^{29}\) In 2005, whilst supermarkets accounted for 80% of grocery retail sales, they only accounted for 50% of the sectors jobs – the other 50% accounted for by local retailers.

\(^{30}\) Tamar Grow Local: Feasibility Study for a Tamar Valley Producers Growers Cooperative & Growers Land Trust

\(^{31}\) http://www.neweconomics.org/issues/entry/local-economies
GOOD PRACTICE

FOOD TOURISM

Visit Heart of England Food & Drink in Tourism Project: The most comprehensive study of the relationship between these two industries and their potential. This 3 year pilot project was led by Visit Heart of England, with (former) English Tourism Council funding (now Visit Britain) and several other regional agencies. The project promoted the distinctive character of the region through its food and drink culture and heritage whilst maximising visitor spending.

Taste of Lincolnshire: A successful EU funded programme that uses a quality mark to encourage tourism businesses to source local food and drink. It offers assurance to visitors who want to try local produce and also benefits tourism businesses which can operate under the successful Taste of Lincolnshire banner and become part of a larger promotional campaign.

INDEPENDENT RETAIL

‘Bristol Independents’: This campaign targeted specific high streets, including North Street in the areas of Bedminster and Southville, which has made a remarkable turnaround in the last ten years. It hosts a diverse range of independent food shops, cafés, bars, restaurants, charity and second-hand shops, salons and barbers, etc. Traders, community groups and the local Neighbourhood Partnership have worked together to make actual physical street improvements and improve the level of activity and bustle.

MARKETS

Leicester City Market: A very large city centre market, selling a full range of products. The market has over 270 stalls - the largest outdoor covered market in Europe - and is 700 years old. It holds a monthly farmers market, specializing in locally-produced organic meat, fruit and vegetables. A £7million investment plan to develop the market is underway, involving the replacement of the 1970’s Indoor Market, which will make the historic Corn Exchange building the market’s focal point. It is now one of the most highly regarded markets in the UK due to footfall and economic benefits.

Bristol Markets: Bristol City Council have combined the four city centre markets, which they operate, with another ten markets, from community to wholesale, which operate around the city. This is a successful example of cooperative working between Council, private and third sector, for the benefit of the local economy.

Queens Market, East London: A NEF study found that the market provides twice as many jobs per square foot of retail as supermarkets, and that the combination of low overheads and flexible business rates mean that the market serves as a nursery in which a diverse range of enterprises can start, flourish and grow. Market jobs are also more varied than those at a superstore, involving a richer skill set and greater opportunities to start a business and to acquire business knowledge. A ‘shopping basket’ exercise found that items bought at the market were on average 53 per cent cheaper than at a local ASDA Wal-Mart supermarket. The market also offers particular benefits to low-income customers not available at supermarkets – such as informal bargaining. This process climaxes at the end of the day when produce is reduced or given away free rather than left to waste.
ENTERPRISE SUPPORT SCHEMES

**Food entrepreneurship workshops, Leicester:** Leicester Market created the Food Enterprise Workshop to facilitate food businesses starting up in the city including new traders at the market and Leicester Food Festivals. Since March 2012 they have helped over 160 people progress food business ideas. On day 1 participants learnt about key aspects of starting a business such as marketing, business planning, legal requirements and food hygiene in a purpose built unit in the indoor market. On day 2 participants had the chance to sample their food idea and get feedback. This one year project surpassed its target and directly supported 10 new food businesses.

**The Kindling Trust, Manchester:** The Kindling Trust facilitates many innovative social enterprises such as *Feeding Manchester*, a series of events looking at practical and strategic ways to increase access to sustainable food, including a website which provides extensive information about buying, growing, cooking, eating (and loving) local fresh produce for Greater Manchester. In addition, a pilot project explores ways to establish volunteers to support local organic growers. Manchester has benefitted from this strong local food network and pioneering model.

**Tamar Grow Local (TGL), Tamar Valley:** A ‘not for profit’ Community Interest Company (CIC) set up on co-operative principles for the benefit of the community promoting sustainable local produce in the valley. The structure allows trading and has the ability to create a number of specialist co-operative ventures under its umbrella to meet demand. TGL have developed local markets for their producer members through Community Supported Agriculture (CSA), cooperatives, food hubs and a cooperative market stall. They now have eight customer collection hubs in the valley, plus two in Plymouth. Through the Food Plymouth network TGL have joined up with ethical cooperative food stall Fairport which trades in the Pannier Market, helping them to increase their local product range as well as lending them their first display fridge, thus enabling them to sell ethical chilled goods.

Enterprise - Plymouth opportunities

**Employment:** The Local Economic Strategy explores sectors with opportunities to create jobs. It supports its strategy with the Baker Associate’s study findings, advising to create 8,500 jobs in the Retail and Distribution sector and 4,250 jobs in the Hotels and Catering sector by 2026 in Plymouth. In order to support employment within the city area it is essential to encourage the development of these local food businesses, and build a strong market demand in order for them to be sustainable.

**Independents & Markets:** Redevelopment of the City Market and West End could help to revitalise this area of the city into an ‘independents quarter’. Other open air food markets could then be situated around the city on Sundays, or in neighbourhoods not in easy access to the City Market. Licenses could also be made more readily available to street vendors who serve local and healthy food, to encourage new enterprise and enable community access to fresh food.

**Food Tourism:** Plymouth to be renowned as a good food tourist destination with restaurants actively sourcing and promoting healthy and sustainable produce. Develop ‘Eat Plymouth’ good food branding to support product integrity and encourage local businesses to buy locally produced food and drinks.

**Social Enterprise:** Support new community food enterprises e.g. Pop-up shops, food coops or buying groups, especially in areas with little access to fresh produce. This will also help further Plymouth’s aspirations as the UK’s leading Social Enterprise City and Cooperative Council. A new social enterprise to coordinate city centre food vendors could ensure that healthy and local options are made available.

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Processing & infrastructure: Develop efficient processing, distribution and storage networks and facilities to facilitate a sustainable local food system. Distribution of local and regional foods could be enabled through food ‘hubs’ i.e. physical places for buying and selling that serve both retail and wholesale.

Local Production: Develop relationships and supply links to support increased production. There are a number of umbrella organisations e.g. Tamar Grow Local, Love Food and Drink Devon, Cornwall Food and Drink, whose members need to be engaged to ensure a sustainable production and supply chain, is developed to meet this new and growing local market demand.

Public procurement – issues and evidence

‘Perhaps the most powerful food policy that cities have at their disposal is their very own procurement policy. The power of purchase has been shown to be very effective when it is part of a healthy public food provisioning programme.’

There are substantial economic and social benefits to be gained from public procurement practices which focus on a sustainable agenda around seasonal and local produce. Aside from an impact on food miles (and so carbon emissions), benefits to the local economy and community from increasing purchasing of local food can be estimated using the Local Multiplier measure. A comparison of benefits from participation in Food for Life (FFL) programmes found that, in Nottingham, £3.11 benefit for the local economy was generated for every £1 spent, and in Plymouth, £3.04 for every £1 spent [NEF 2011].

With consideration of wider benefits, using the Social Return on Investment (SROI), the East Ayrshire programme calculated that every pound spent on serving Food for Life standard school meals created six pounds’ worth of economic, social and environmental benefits. In other words, for the additional 12.9p spent per school meal (a total of £70,838 in the year), East Ayrshire Council returned £500,000 to their local community.

Appendix 1 presents these findings applied to urban areas in the South West.

GOOD PRACTICE

Nottingham University Hospitals NHS Trust (NUH): The first NHS hospital to achieve the Soil Association’s Gold Food for Life Catering Mark for serving fresh, healthy meals – made with local, seasonal and organic ingredients. 77% of NUHT’s raw ingredient spend is now on local ingredients, with meat, fresh produce, bakery products and milk all sourced locally ensuring security for local suppliers and benefitting the local economy. Independent evaluation of FFLCM menus has shown that for every £1 spent on Catering Mark menus, the social, economic and environmental return on investment for the Local Authority is £3.

Food for Life East Ayrshire: An evaluation of the participation in the Food for Life (FFL) programme in East Ayrshire found that food miles per meal were reduced from 330 for a ‘standard’ meal to 99 for a FFL meal, a significant reduction.

Plymouth School Meals Service: PCC achieved the Gold Catering Mark in 2012, and is now serving circa 8,000 school meals to 70 schools across Plymouth daily. The scheme has achieved no overall price increase and a 30%+ increase in meal take up. The mark is a recognizable sign of good quality.

35 Morgan and Sonnino, 2010
36 http://www.foodforlife.org.uk/ a network of schools and communities across England committed to transforming food culture
37 New Economics Foundation (NEF), 2011, The benefits of procuring school meals through the Food for Life Partnership
38 http://www.foodforlife.org.uk/
Public procurement - Plymouth opportunities

Local Procurement: The value of the public sector procurement in Plymouth is estimated to be around £500K annually - a sizeable and consistent spend of which much more could be directed into local purchase. The Food for Life Catering Mark\(^{39}\) is a valuable benchmark for caterers to embed commitment and to reflect progress and achievement.

Universal Free School Meals (UIFSM): Funded by the Government and representing a real benefit of £380 per child per family per year to support household income, UIFSM are being introduced in primary schools, for pupils up to age seven from September 2014. This will increase the number of meals served by around 3,500 per day and thus increase minimum volume and market size in Plymouth. This represents an opportunity to supply this new market through local procurement and will increase the viability of Plymouth School Meals Service.

Sell2Plymouth (S2P)\(^{40}\): To promote greater usage of this existing e-procurement portal by both buyers and suppliers. High-level buy-in and resourcing for further development and maintenance of the portal to explore further opportunities will be highly desirable.

Plymouth City Procurement Forum: To develop opportunities for more collaborative local and sustainable purchase from Plymouth’s public sector, using Sell2Plymouth as a vehicle to support this.

Relevant National planning policy for economy\(^{41}\):

Health and Wellbeing

Plymouth Food Charter:
- Raising awareness of the importance of a nutritious, balanced diet and improving the availability of affordable healthy food
- Providing a wide range of community growing and other food-related activities to improve physical and mental health for people of all ages.

Issues and evidence

The good health of people in Plymouth is generally lower than the England average and this includes levels of ‘healthy eating’ \(^{42}\)

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\(^{39}\) http://www.sacert.org/catering

\(^{40}\) Sell 2 Plymouth \([http://www.sell2plymouth.co.uk/]\) is the e-portal for public sector contracts of under £25,000 total value in the city of Plymouth, and was established in June 2009. It is a partnership between Plymouth’s public sector buyers and local support agencies, as well as both the Chamber of Commerce and the Federation of Small Businesses. Sell 2 Plymouth is intended to be a one-stop ‘shop’, or e-marketplace, facilitating SMEs to sell to the public sector in Plymouth. Over 2,000 suppliers are registered on the site but it is not yet being widely used by food suppliers.

\(^{41}\) Planning sustainable cities for community food growing, Sustain, 2014.
Health and wellbeing is a major aspiration for the future development of Plymouth. The Public Health Outcomes Framework under section 31 of the Health and Social Care Act 2012 states the objectives that local authorities must have in regard to their public health functions:

- increased healthy life expectancy
- reduced differences in life expectancy
- healthy life expectancy between communities.

With around 11 year’s difference in life expectancy between certain geographical areas in Plymouth, the issues of health inequalities are a priority.

**Obesity** is a major concern with half of the UK adult population now classified as overweight or obese.\(^{43}\) Obesity and associated diet-related diseases such as diabetes and cardio-vascular disease are significantly more prevalent in Plymouth’s areas of high deprivation. The Government’s call to action on obesity includes a commitment to providing data at a local level to achieve a downward trend in excess weight in adults by 2020. The Plymouth Healthy Weight Strategy Group (PHWSG) was set up in 2012 as the strategic level executive group to lead on achieving and maintaining Healthy Weight across Plymouth.

**The Food Environment** has an enormous influence on the development of food preferences, food behaviours and food culture. Food choice is determined by availability and access. In areas of high deprivation the poor range of shops means poor access to healthy, fresh foods and a high density of fast food outlets, exacerbated by powerful advertising for ‘junk’ food items. Such reliance on convenience foods has led to subsequent de-skilling of food and cooking activities.

Similarly, Plymouth has a growing number of public events throughout the year, where visitors can access a large number of food and drink mobile traders. However, it is noticeable that the majority of these are traditional, less healthy fast food options offering mainly chips, burgers, sweets and fizzy drinks.

**Fast Food Outlets**: Local evidence has shown that these are located within easy walking distance (800m) of all secondary schools in Plymouth, exposing children to obesogenic\(^{44}\) food environments and contributing to the problems expressed above. The exposure is greater in more deprived neighbourhoods and for schools close to district centres.\(^ {45}\) *Food for Thought* identified all junk food catering outlets around the university, highlighting the vicious circle of fast foods surrounding students, and feeding a culture of unhealthy diets.\(^ {46}\)

**Cooking skills** interventions are demonstrated to be successful in having positive effects on food choice and confidence in food preparation\(^ {47}\), particularly in areas of high deprivation and marginalized community groups. Cooking skills programmes are run in Plymouth, but their coordination is somewhat fragmented and, consequently, they remain vulnerable or unsustainable. Compulsory cooking has also been added to the National Curriculum in schools across England with effect from September 2014 for 7 to 14 year olds.

**Lifecycle stages** are known to affect unfavourable health outcomes such as the disease patterns outlined above. Each lifecycle stage brings challenges for nutritional health interventions and associated adverse health outcomes are strongly associated with socio-economic status. See Appendix 2 for further detail.

\(^{42}\) Plymouth health Profile, 2013

\(^{43}\) Hearty Lives Conference, Intercontinental Hotel, 2\(^ {nd}\) of May 2013.

\(^{44}\) ‘the sum of influences that the surroundings, opportunities, or conditions of life have on promoting obesity in individuals or populations’ (Association for the Study of Obesity, 2010)

\(^{45}\) Plymouth University student project 2009


\(^{47}\) Wrieden et al 2007
GOOD PRACTICE

LIFE-STAGE PROGRAMS:

Breastfeeding awareness: Bristol City has adopted the recommendations from the UNICEF baby friendly initiative, which means the whole city, supports and promotes breastfeeding. Cafés, community centres, shops and buses have joined a published list of ‘breastfeeding friendly’ places in order to support and promote breastfeeding.

Phunky Foods, Harrogate: An early years and primary programme of healthy lifestyle activities, lesson plans and resources. It was formed as a subsidiary of a specialist nutrition consultancy and is supported by public and private funding. This example uses a community development approach to enhance participation in food projects and foster engagement, based on NICE Guidelines on Community Engagement ⁴⁸. Asset-based community development (ABCD) is a methodology that seeks to use existing strengths within communities for sustainable development.

Food is Fun, Plymouth: A broad food education program which is tailored for all ages and focused on enjoyment. The programs use demonstrations and hands-on activities to engage people of all ages in cooking, food and nutrition.

COMMUNITY HEALTH PROGRAMS:

Community Food and Health, Scotland: An example of how community food initiatives can be built into policy and practice can be seen through: ‘A feast of knowledge – a wealth of learning’, Community Food and Health in Scotland. ⁴⁹ CFHS demonstrates how knowledge and experience can be built upon through a consistent approach to data gathering, learning and evaluation. CFHS is a part of NHS Scotland and is a Government funded organisation.

Community Engagement Team, Plymouth Dental School: A new social enterprise working in dental health. The impact evaluation of this novel approach to engaging communities in dental health is enormous. There is tremendous scope to develop this particular team to extend it to include other areas of health and wellbeing, such as food related health improvement.⁵⁰

10% Club, Plymouth: A community based lifestyle-focussed approach to weight management. There are other dedicated obesity services locally, including services for morbidly obese individuals, with a very high demand for this service.

THE FOOD ENVIRONMENT:

Takeaways near schools ban: Waltham Forest was the first council to ban new fast food outlets opening near schools. They have used a Supplementary Planning Document (SPD) which stipulates that hot food takeaways will not be granted planning permission within 400m of a school, youth facility or park. In its first year of enforcement, five new outlets were refused. A further 12 were closed down due to increased enforcement of environmental health and waste regulations, which were introduced in conjunction with the ban.

FOOD RESEARCH:

‘Food Cultures Project’, Plymouth: A successful food project that underwent robust evaluation in partnership with Plymouth University. The importance of project evaluation cannot be underestimated – this ensures consideration of evidence-based methodological and ethical aspects and has potential to lead to subsequent funding and other developmental processes e.g. commissioning, social enterprise modelling; which can enhance sustainability of food projects, vital to their long term success.

⁴⁸ http://www.nice.org.uk/PH9
⁴⁹ http://www.communityfoodandhealth.org.uk/
⁵⁰ http://www5.plymouth.ac.uk/schools/peninsula-school-of-dentistry/community-engagement-team
Plymouth opportunities

Healthy Weight Projects: Such programmes should be further developed and potentially commissioned to allow integration of primary care with other services offering lifestyle and wellbeing support, including dietetic referral, healthy eating (shopping, cooking) and physical activity, as well as psychological support around self-esteem. Evaluation, strong leadership and coordination of such a development would be paramount.

Fast food ban near schools: Plymouth should follow the lead of many other LA’s with an SPD to refuse planning permission and prohibit change of use to fast food outlets within 400m of a school, youth centre or park in order to stop young people being encouraged to eat unhealthy food. Combining this with a food hygiene and trade waste crackdown would extend its impact.

Healthier event catering: It is suggested that a broader range of traders are engaged for events in order to ensure a healthier and more diverse mix are available to locals and tourists alike.

Leadership for nutritional health: Evidence would support a new part-time Public Health Dietetic post that could lead on skills training of community support workers in cascading essential nutrition and food skills to improve the interface between nutritional health and wellbeing. This would address the issue of service fragmentation.

Breastfeeding friendly Plymouth: The City would welcome breastfeeding in all its public areas and facilities, thereby sending a clear message to mothers that the city supports this healthiest choice. By law, breastfeeding mothers cannot be discriminated against, but being welcoming is entirely different.

Food education program in schools: As cooking has recently becoming compulsory in schools, childhood obesity is a significant problem and school meals are clearly on the agenda, an opportunity presents itself to respond to curriculum change with a Plymouth-wide program of food education which re-engages young people with growing, cooking and nutrition.51

Workplace: Support projects that reach into workplaces to promote healthy eating options, and encourage employers and employees to engage in physical activities. Larger employers can be encouraged to review catering contracts and to procure more local and fresh produce.53

<table>
<thead>
<tr>
<th>Relevant National planning policy for Health and wellbeing52:</th>
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<tr>
<td>• The Planning Practice Guidance to the NPPF for England advises that access to healthier food could be considered through the plan-making and decision-making processes.</td>
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</table>

51 http://www.schoolfoodplan.com/
52 Planning sustainable cities for community food growing, Sustain, 2014.
Learning & skills

Plymouth Food Charter:

- Giving everyone the opportunity to learn about good food – how to grow it, how to cook it, how to eat it and how to enjoy it
- Inspiring and enabling organisations such as schools, hospitals, businesses and other caterers to transform their food culture.

Issues and evidence

The lifelong learning and skills agenda is closely linked to the city’s economy. As city aspirations are for a well-educated workforce, yet increasing policy attention is being paid to the 50% for which there is need for skills development outside intellectual or academic curricula. There remains the need to promote economic inclusion through support of investment in all kinds of learning infrastructure.

Youth unemployment: The national crisis around unemployed 16–25 year olds has been slow to respond to economic recovery.\(^54\) It is particularly acute in Plymouth’s Moor View and Sutton constituencies which contain the city’s most disadvantaged neighbourhoods.

Deprivation: Indices of deprivation clearly identify a crescent of deprivation and disadvantage - with associated deficits in knowledge, skills and confidence - running from the north west of Plymouth, down the western side of the city, into the south west, through to the south east and tailing off in the north east (see figure 1, page 20).

GOOD PRACTICE

Food for Life Partnership:\(^{55}\) A national network of 4,500 schools working to a ‘whole school approach’ programme. Currently twenty eight Plymouth schools have signed up; however a commissioned support programme would ensure their delivery and progression through the Award scheme.

Greenwich ‘A Taste of Health’, Community Cookery Classes:\(^{56}\) NHS cookery clubs to increase skills and healthy eating. Evaluation suggests they are successful at achieving both of these.

Scotland: A new qualification for Scottish youngsters in food and drink has been launched by the SQA, to give them a better idea of how food gets from field to table and to explore career opportunities in the sector.\(^{57}\)

South Africa: The Eduplant initiative encourages and supports the development of school gardens. This enables learning about growing fresh produce and also fosters practical enterprise - which helps to generate funds and therefore aids sustainability.\(^{58}\)

\(^{54}\) www.ippr.com

\(^{55}\) http://www.foodforlife.org.uk/

\(^{56}\) http://greenwich-cda.org.uk/gcda/a-taste-of-health/

\(^{57}\) http://www.bbc.co.uk/news/uk-scotland-scotland-business-26353033

\(^{58}\) www.wcrf.org
Macedonia: Education, training and resources for pre-school and school staff as part of a national nutrition action plan.  

Feeding Britain’s Future: Research and training charity the Institute for Grocery Distribution (IGD) coordinates an industry-wide initiative aimed at tackling youth unemployment which enjoys the proactive support of leading organisations, including the Co-operative Farms, all working in partnership with Jobcentre Plus.

Parent support advisor ‘nudge model’: A positive model, proven to be effective within Plymouth’s nationally recognised programme, is to start with people’s existing skill level and then add to these through ‘nudging’ techniques. Plymouth Community Healthcare also has a record of providing food awareness and basic cookery skills in the libraries of more disadvantaged areas.

Plymouth opportunities

Education, learning and skills efforts should focus in the crescent of deprivation highlighted above, whilst remaining mindful of achieving appropriate levels of consistency within a city-wide perspective.

School meals service: To create additional links with the multi award-winning Plymouth School Meals Service – including engaging with the numerous learning, health and economic benefits around high quality local food and catering highlighted in the national School Food Plan (2013). Expand on the opportunity for extending food education in light of the UK government’s free school lunch initiative for reception, year 1 and Year 2 pupils. Additional benefits and synergies could be achieved by opening school kitchens to provide nutritious lunches during holiday periods (an initiative also recommended by the Plymouth Fairness Commission) and opening micro-scale social enterprises / community cafés / family and community learning opportunities (under appropriate supervision) during what would otherwise be kitchen downtime.

School Curriculum: Promote food activities through parent and child after-school clubs, focusing on growing and cookery. This could be encouraged by a local Eduplant scheme and informed by the South African model. Engage with opportunities around Year 6 to 7, whereby ‘edible education’, mainly practical knowledge and skills, around growing and cooking; could transform attitudes and behaviours. Link to advanced learning and employability skills in secondary schools, including: biology, food technology, design & technology, and cross-curricular projects. Explore opportunities to work creatively around local food and nutrition, with the new free schools in and around Plymouth.

Commissioned food delivery programmes: Encourage primary and secondary schools to deliver whole-school food education and engagement programmes, including growing, cooking and farm visits. Increase school meal uptake through policy support and commissioning of proven delivery programmes; e.g. Garden Organic’s Growing for Life initiative; Natural Connections Learning in the Natural Environment (LINE), an informal learning initiative for schools; Food For Life Partnership (FFLP), a ‘whole school approach’, which is proven to significantly increase school meal uptake, parent healthy-eating behaviours and five-a-day consumption.

Educational and other Institutions: Significant opportunities for fostering further connectivity with growing and food exist around education, learning and skills initiatives in Plymouth. Explore options to work with the existing deliverers, including the Plymouth Children’s University, which enjoys strong links.

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Sources:
- [wrcf.org](http://www.wrcf.org)
- [www.igd.com](http://www.igd.com) and [www.co-operativefood.co.uk](http://www.co-operativefood.co.uk)
- [www.schoolfoodplan.com](http://www.schoolfoodplan.com)
- [http://www.plymouthfairnesscommission.co.uk/](http://www.plymouthfairnesscommission.co.uk/)
with Plymouth University and the National Marine Aquarium. Opportunities also exist for adult education, working with colleges or other training deliverers.

**Focus on marginalised groups:** Fostering connectivity with growing and food education in other settings to optimise engagement of marginalized groups (older adults, unemployed youth, ethnic minority groups).

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<thead>
<tr>
<th>Relevant National planning policy for Lifelong learning and skills&lt;sup&gt;64&lt;/sup&gt;:</th>
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<tr>
<td>The Core strategy has the objective: <em>SO9: Delivering Educational improvements: enable the city to excel at all levels of educational provision and achievement.</em></td>
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**Resilient Communities**

**Plymouth Food Charter:**
- Promoting and celebrating the food and culinary traditions of all cultures through a variety of public events, such as Plymouth’s Flavour fest
- Supporting local and city-wide food initiatives that bring communities together and help them to improve their neighbourhoods.

**Issues and evidence**

**Neighbourhood regeneration:** Development initiatives are largely dependent on central Government financing but are seen as key to attaining vibrant cities.

**Food Poverty:** In Plymouth there is a strong underlying link between social, economic and health deprivation and class. The overlay of Government welfare reform has intensified the already existing patterns of deprivation in Plymouth. Some areas of the city are considered ‘food deserts’<sup>65</sup> – where access to food of any kind, but in particular fresh and affordable food, is highly restricted. Not surprisingly, there is a strong correlation between class, affluence, location within the city and access to fresh food, which goes some way to explaining the additional correlation with health outcomes.

**Green space strategy:** This recognises the multiple values of food-related activities within the city. “Providing space and guidance for people to grow their own food gives residents the opportunity not only to grow their own healthy food but also for socialisation, to tackle isolation and physical activity.”<sup>66</sup>

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<sup>64</sup> Planning sustainable cities for community food growing, Sustain, 2014.

<sup>65</sup> http://www.foodplymouth.org/?p=2455

<sup>66</sup> GOSW, 2010, Plymouth in brief
Figure 1: Indices of multiple deprivation, 2010

**Food banks:** These are the main emergency food assistance initiatives, which help people who go short of food for reasons including redundancy, receiving an unexpected bill, or are on low or static incomes. The Plymouth Foodbank (at Oasis Café) and the Devon and Cornwall Food Association\(^\text{67}\) distribution of food parcels, and other end of shelf life food items (see Appendix 3, table 1), shows a conformity with the areas of deprivation in Plymouth’s Index of Multiple Deprivation (see Figure 1). It also shows the types of crisis driving this surge in people approaching emergency food assistance for help, and reflects concerns expressed by national charities e.g. Trussell Trust, Food Share and Oxfam (Appendix 3, table 2). Plymouth’s Foodbanks have reported people returning food when they cannot afford the fuel to cook it. Similarly, homeless people struggle to access healthier foods as many hostels have little or no provision for cooking or food storage. These issues go some way to explaining why many vulnerable people choose low-quality fast food. This implicates the need for improved community cooking activities and facilities, with urban food growing to link with this.

**Urban food initiatives:** These often start up as a result of grassroots or regeneration projects which aim to connect communities and address problems associated with wider issues of deprivation. However, there remain inequalities between neighbourhoods and high levels of isolation in many communities. Successful community-building initiatives in Plymouth include; Efford, Devonport and East-End, which all include food-related activities, and demonstrate the potential for further community development across the city. These projects, which address food poverty, food security, isolation, community cohesion, health issues and up-skilling, rely on funding to be sustainable, and other areas across the city remain without funding streams to facilitate this kind of work.

Whilst it is clear that Plymouth cannot become self-reliant for food, producing food through urban growing and local agriculture would help secure Plymouth’s future food supply, in particular perishable produce which is difficult to transport.

\(^{67}\) http://www.devonandcornwallfoodassociation.org/
GOOD PRACTICE

COMMUNITY GROWING:

Little Patch of Ground, Efford, Plymouth: A creative growing project in Efford between April and July 2013. The initiative contributed to ‘Grow Efford’, a social enterprise which has acquired a community allotment where regular groups meet to grow together. This, together with other related projects such as fruit tree planting and event, has made the project a successful example which could be replicated in other areas.

Community Supported Agriculture (CSA), Tamar Valley: Tamar Grow Local is working with a number of farmers and other producers in the Tamar Valley to provide opportunities for communities to connect with the food they eat, to know exactly where it comes from, and to understand the conditions under which it is grown. The relationship here is one of mutual support, as communities also support local producers by providing reliable income, often set in advance.68

MOBILE GROCERIES:

Herbi mobile green grocer, East Manchester: Set up by MECi to provide affordable, fresh fruit and vegetables to residents with poor access to fresh foods. Herbi is a mobile greengrocer and customers can walk on board and choose from a good range of affordable fresh produce. They also supply boxes of fruit to schools and work closely with sheltered housing, churches, health clinics and resident groups to ensure they reach as many people as possible within the local community.

Real Food Wythenshawe, Manchester69: Wythenshawe is a district within the Manchester conurbation suffering from considerable food poverty, with 40% of its children in food poverty and 11 food banks. “Real Food Wythenshawe” is an ambitious five-year multi-agency project, aiming to reach across the entire community to tackle some of these issues by enabling local people to grow, cook and eat their own food. Examples of interventions include:

- Workshops in growing skills and the distribution of plants.
- Healthy takeaways.
- Cooking demonstrations at a local food hall market.
- Thermal cookers are being purchased for poorer households, and for older people, who cook for their neighbours. Thermal cookers are 80% cheaper to run than conventional cooking technologies.
- Funding 400 “basic larders” to help poorer households start off with a pack of basic ingredients for healthier cooking. People become eligible by attending the project’s cookery classes.
- Basic cooking lessons targeting larger families i.e. those with 6 or more children.

Plymouth opportunities

Urban growing: There are many different possible approaches to urban food production (others are discussed in the following chapter) with a myriad of associated community benefits. As well as allotments and private gardens, others include Community Supported Agriculture (CSA), community or city farms, community bees and chickens, and many others. There is potential for such projects all over the city, but particularly in conjunction with new housing developments. Cross-boundary working may be needed in order to maximise the potential of Plymouth’s hinterland.

68 http://tamargrowlocal.org/community-supported-agriculture
69 www.realfoodwythenshawe.com
Community kitchen: This would provide a space for people to cook for themselves, alleviating the need to pay for fuel. Staff could be on hand to provide; advice, informal cookery lessons, health advice and opportunities to interact across age and cultural groups. Such a facility could complement both a community garden and food bank.

Mobile farmer’s market stall: To address the problem of ‘food deserts’, by bringing fresh, local, affordable produce to areas where a shop may not be economically viable. If successful, this could pave the way for a more substantial farmer’s market in some neighbourhoods. It could also supply schools and community facilities which would provide regular customers during the start-up phase.

Community buying groups: To help marginalised communities access local produce, establishing local delivery hubs will enable easier collection.

Relevant planning policy for Resilient Communities

- Planning Policies for community cooking and shopping facilities reflect the NPPF policy for places which promote community interaction, safe and accessible environments and high quality public spaces. (NPPF 2012, DCLG, paras 69 – 78)

Core Strategy objectives include:

- SO3 Delivering sustainable linked communities: provision for people to meet and interact; ensure many daily needs can be met within walking distance.
- SO4 Delivering the quality city: promote distinctive neighbourhoods.
- Sustainable Neighbourhood Assessments (in progress).

Environment

Plymouth Food Charter

- Supporting food production that protects wildlife and nature, reducing food miles, packaging and waste, and increasing composting and recycling
- Maximising the use of green space and brownfield sites in and around Plymouth to produce food for local people.

Issues and evidence

The city has existing strategies for the local environment, in the areas of biodiversity, climate change, and green space, waste and recycling.

Carbon Reduction: Carbon emissions relate to the whole food production cycle and are not just due to ‘food miles’. Local food can also reduce emissions through wastage reduction. Plymouth is already achieving national recognition for its carbon accounting actions under the UK Carbon Plan. ‘Eco-footprints’ incorporate the impacts and demands on environmental resources, acting as a measure of a city’s sustainability. Plymouth is jointly credited with Newport by the World Wildlife Fund as having the lowest ‘eco-footprint’ nationally. A 2005 report found that food represented 25% of Plymouth’s eco-footprint, ahead of housing (23%) and transport (18%).

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70 Plymouth City Council Parks Department, April 2009, Plymouth’s Green space Strategy 2008-2023
Green space: Plymouth’s Green Infrastructure Plan identifies 14 priority projects required to support the growth agenda and details the environmental, social and economic benefits of green space. Local food, active lifestyles and biodiversity are three of the five themes, with the vision that:

‘Local food production will be increased to supply an enhanced demand from Plymouth and the surrounding areas. This demand will be led by the large public sector organisations but opportunities to increase consumer demand will be investigated’

Biodiversity: On the 35 allotment sites and numerous other school and community projects across the city, not to mention residential gardens, biodiversity is increased, especially for the species most at risk – bees and other pollinators. Examples include Grow Efford and Freedom Fields, as well as Pennycomequick, which has been used as a release site. A new allotment site at York Road has provided individual and community plots on previously unused land. There are now also many school food growing projects, including the Diggin’ It outreach projects. All these activities provide habitats for pollinators, as well as enhancing soil fertility and a means of carbon sequestration.

GOOD PRACTICE

RHS, Soil Association and National Allotment Society: These organisations provide guidance on growing food, whilst also encouraging wildlife. These practices are increasingly observed on allotments, community and school gardens throughout the city, as recognised in the Plymouth in Bloom awards. They include areas where hedgehogs and other species can be left undisturbed.

Orchards, Central Park, Plymouth: This and other parks through the city provide access to free, fresh fruit for residents, as well as increasing the range of urban trees in public spaces.

Severn Project CIC, Bristol: A social enterprise which produces and supply’s top quality organic salad leaves commercially across the city. Their urban farms also provide employment and training opportunities to socially excluded groups. It is one of the most productive urban horticultural projects in England, utilising city brownfield sites for their food production, on 12 acres of land across three different locations.

Sailtrade, Tamar Valley: A sailing boat, working in partnership with Tamar Grow Local, to bring fresh, local food into the city down the River Tamar. An example of a location-specific, zero-carbon initiative which can benefit both local producers and environment.

Plymouth in Bloom Competition: Recognises the achievements across many sites, with examples of ‘bug hotels’, composting and recycling initiatives.

East London Community Recycling Partnership: Award winning community composting scheme, boasting 85% participation in one estate, even the lowest participation rates are still an impressive 55%. A small team collect compost from doorsteps (using a special system which eliminates smell and flies) and processes it at a local depot which they can walk to, using trolleys.

Plymouth opportunities

Plymouth has already shown itself to be a pioneer in these areas. The potential now exists to progress this agenda in Plymouth through minimal resource allocation, matched by voluntary commitment and grant funding, to enable city aspirations to be met.

Urban food production: Increase availability of growing sites in the city, by making use of the national provision for ‘meanwhile leases’ on sites that enable planners to release land temporarily, whilst maintaining options for its future use. Temporary planters or beds are being increasingly used, so that if or when the land is required, the soil and plants can be easily re-located.

71 PCC / Natural England, 2010, Green Infrastructure Delivery Plan, p.70, Section 4.4
**Allotments**: Setting up new allotments is a long-term commitment of land and initial capital investment (albeit minimal annual expenditure compared to other leisure activities), but the potential exists to allocate land on a temporary basis in smaller sites, in alliance with community groups, with resultant benefits of both fresh food supplies, increased biodiversity and reduced waste. The potential for further use for green space in Plymouth for food-related activities is indicated by existing land allocations.\(^{72}\)

**Establish community composting schemes**: Schemes could be linked with allotments or other local growing initiatives, in areas where there is a demand.

**Bio-diverse gardens, roofs, window boxes**: Develop a scheme which links up with local allotments or community gardens and focuses on householders, could promote home and community composting as well as maximising the environmental benefits of private gardens.

**Pre-planning application**: Questionnaires to include: Allocation of green space for food growing; ‘Building for Life’ assessments on pre-applications could include green space and allotments.

**High quality agricultural land**: To be protected from the threat of development.

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<thead>
<tr>
<th>Relevant policies for Environment</th>
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<tr>
<td>• Sustainable Development Principle 10 – “meeting the challenge of climate change, flooding and coastal change”. NPPF, DCLG 2012. (Paras 93 – 103).</td>
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<table>
<thead>
<tr>
<th>Current Core Strategy objectives include:</th>
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<tbody>
<tr>
<td>• <strong>SO1</strong> working towards carbon neutrality, safeguarding natural resources and seeking new opportunities for enriching the city’s biodiversity.</td>
</tr>
<tr>
<td>• <strong>SO11</strong> Delivering a sustainable environment. To preserve and enhance a variety of environment assets, and to protect the carrying capacity and qualities, of both the local and global environment. Recognise the importance of providing a ‘multifunctional green infrastructure’ that delivers a broad range of quality of life benefits (education, access, amenity, recreation, biodiversity).</td>
</tr>
<tr>
<td>• <strong>GSS18</strong>: Promoting the Health Benefits of Green Space. To work with health partners to investigate, assess and promote new and existing ways in which green spaces can be used to improve the health and well-being of Plymouth’s communities.</td>
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<tr>
<td>• <strong>GI Plan objective</strong>: New opportunities and activities in natural spaces.</td>
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**OVERALL STRATEGIC APPROACH: TOWARDS A SUSTAINABLE FOOD CITY**

**Our vision for Plymouth in 2031**

Good Food is vital to the quality of people’s lives in Plymouth. Healthy and sustainable food is a key part of the thriving food economy within the city, improving health and wellbeing for all and helping to create a connected, resilient and sustainable city, with distinctive and thriving neighbourhoods.

Plymouth is a city with fresh, seasonal, local and regional, organic and fairly traded food staples available at affordable prices in all local shopping centres, restaurants, cafes and shops. It has a vibrant and diverse food culture which exists with readily available fresh, local produce. This growing food movement is driving an increase in the number and diversity of enterprises and jobs, making a significant contribution to Plymouth’s economy. Local food producers are sustained by Plymouth markets, creating new jobs in food production, processing, retailing and catering.

Plymouth’s schools, colleges, university, hospitals and care homes buy and cook delicious and sustainable local, seasonal, organic, fresh and fairly traded food. The city has met and exceeded ambitious sustainable

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\(^{72}\) See Appendix 4 – Land Allocations in Plymouth.
sourcing commitments for at least 50% of all public sector food purchases. Producers, suppliers and caterers work together to ensure a sustainable and fair food supply for this produce is met.

Food is visible throughout the city with regular neighbourhood markets, food growing around the city in parks, allotments, community gardens and other unused public and private land. Weekly cookery classes take place across the city for all age groups to learn and cook together, enabling people to cook from scratch in their homes and communities.

Good food is regularly celebrated in the City through a diverse calendar of food events and festivals, with Plymouth’s Flavour Fest a leading national food event, also with other regular community celebrations across the city. Local food heroes champion the food and culinary traditions of all cultures.

Plymouth is the UK’s leading Social Enterprise City with a highly developed network of community food enterprises working at scale throughout the food supply chain from production, processing, distribution, retail and catering. Plymouth is a leading innovator in this field and the cooperative food movement has been revitalised within the city, with this spirit of collaboration defining it.

Young people are engaged with good food and a new generation of passionate and healthy adults are coming of age. All schools are involved in an educational campaign about where food comes from and its impacts. Older people link with the young to share skills and tell stories, keeping our culinary traditions alive.

Plymouth is proud to be a Fairtrade City with fairness evident throughout the food system. Foodbanks are only for emergency use and food workers are paid a living wage. Community kitchens are hubs of activity and ensure everyone has access to fresh, healthy food with the skills and resources to prepare and enjoy it.

Food Plymouth is a leading collaborative, cross sector, urban food partnership with equal representation and commitment from; Local Authority, Dept. of Health, Plymouth University and other key public, private and third sector organisations and businesses across the city. All these stakeholders work together to achieve a shared vision of the Plymouth Food Charter, Strategy and Action Plan, to ensure healthy and sustainable food for all.

Plymouth has achieved and exceeded the Gold Sustainable Food City Award. There is city wide pride and engagement with this work and a wide and diverse partnership and network is involved in delivering and maintaining the Award and the high level which this represents. Plymouth is renowned nationally and internationally for innovative urban agriculture, diverse local food system and enterprises.

The Food Plymouth Partnership

This paper has aimed to outline how food related actions can help to meet the needs of the city and its population, as well as multiple policy targets. Plymouth already has a head-start in this area through its Food Plymouth partnership. The city could make further headway by supporting this collaborative, cross sector approach to meet policy objectives in health, economy, skills, community and environment.

- **Partnership:** Support and develop the collaborative city-wide cross-sector group ‘Food Plymouth’ to drive and steer the programme.
- **Advocacy:** Develop an advocacy and food policy leadership role for Food Plymouth with a clear strategy to create a positive step-change in next five years.
- **Action Plan ‘Theme’ groups:** Resource and enable different groups to lead on the themes according to their expertise.
- **Marketing & PR:** Raise profile of Food Plymouth and the ‘new food agenda’ with all stakeholders.
- **Capture learning and best practice:** Disseminate to relevant individuals and organisations.
- **Governance:** Robust and dynamic governance systems to ensure continued transparency and sustainability of the partnership. ‘It is important to realize that cross-sectoral collaboration is
generally emergent and therefore requires flexible and adaptive governance structures that can work across multiple levels and systems.\textsuperscript{73}

- **Monitoring and Evaluation**: Robust evaluation systems to assess impact and outcomes.

Examples from cities notably in Europe and the US are showing how this new urban food agenda holds the potential to further multiply aspirations and policy objectives through food-related policies.

Plymouth has already shown itself to be a pioneer in these areas. The potential now exists to progress this agenda in Plymouth through minimal resource allocation, matched by voluntary commitment and grant funding from all streams, to enable city aspirations to be met.

**Key strategic issues and opportunities**

**Economy**: To support new and existing jobs and business.

- **Enterprise**
  - Support new and existing local food businesses and social enterprises, review and restrict new supermarket planning applications to halt and reverse decline of independent businesses.
  - Develop and promote the City Market and West End as an ‘Independents Quarter’.
  - Market Plymouth as a food tourism destination; develop a quality ‘good food’ brand to support this.
  - Support local food production and supply chains to ensure sustainable growth to meet this new market demand.
  - Support efforts to reconnect Plymouth with the fish market and locally caught and produced sustainable seafood, particularly through Plymouth Seafood Festival and wider Ocean City Festival.

- **Public Procurement**
  - Set ambitious sustainable procurement targets for all public sector food purchases.
  - Develop and support the Plymouth Procurement Forum, using the Sell2Plymouth vehicle, to increase collaborative purchase of local, sustainable, organic and fairly traded produce.

**Health and Wellbeing**: To tackle the most significant and growing nutritional health problems in our communities.

- Support and develop Healthy Weight Projects, to promote healthy eating and lifestyle.
- Ban Fast Food outlets opening up and operating near schools, to halt and reverse rise in childhood obesity.
- Stricter controls on Fast Food establishment by food hygiene and trade waste agencies.
- Achieve and maintain the UNICEF Baby Friendly Initiative for breastfeeding, in all facilities that support families.

Lifelong Learning and Skills: To ensure communities have the skills to grow and cook food.

- Involve every school in a ‘whole school approach’ to ensure cooking, growing skills and farm visits are part of every child’s educations (*School Food Plan and Food for Life offer these opportunities*).
- Open and utilise school kitchens to develop new cooking skills and enterprises after-school hours, and during holidays, for the benefit of whole community.
- Support and develop opportunities for food-related adult education in a range of settings.

Resilient Communities: To ensure access to fresh food in all of our cities neighbourhoods.

- Community Kitchens in Plymouth neighbourhoods.
- Mobile Farmers market stall to provide fresh produce across Plymouth.
- Community buying groups.
- Community Supported Agriculture or ‘field scale’ growing schemes.

Environment: To utilise public and private land for food growing and home composting.

**Urban Food Production**

- Make unused public and private land in the city available for food production.
- Establish a per-head requirement of growing space for new developments, to be provided off-site if not possible in the immediate vicinity.

**Food Waste**

- Set up a food waste collection and home composting scheme to encourage more recycling of garden and vegetable waste.

Proposed policies

This chapter lists the planning policies and strategic policies and proposals which Food Plymouth consider are needed in order to make Plymouth a sustainable food city.

**Planning policies**

- **Fast food near schools policy:** Planning permission to be refused for any change of use applications to a fast food outlet within 400 metres of a school, youth centre or park.

- **Planning permission restrictions on new supermarkets:** Review of all new supermarket planning applications to assess Social Return on Investment (SROI)\(^4\).

- **Unused Land for Food Production:** Make unused land around the city available to grow crops, fruit and vegetables via a landshare and meanwhile leasing scheme.

- **Space for markets or independent food outlets** to be made available in all new housing developments.

Strategic policies/proposals

- **Food Plymouth Partnership, Strategy & Action Plan**: Support a sustainable food partnership to ensure development and delivery of Food Strategy and Action Plan.

- **Independent Retail & Markets**: Redevelop and promote the City Market and West End as a vibrant and diverse ‘independents quarter’.

- **Support the establishment of outdoor local produce markets**: On Sunday’s and in other neighbourhoods not in easy access to the City Market.

- **Breast feeding friendly Plymouth**: City policy and programme to welcome breastfeeding in all its public areas and facilities.

- **Local food supply chain support**: Find opportunities to make use of unused buildings for processing and distribution hubs for local producers and suppliers.

- **Community Kitchens**: Establish and support pilot kitchens as ‘community hubs’ to support food access, skills and preparation.

- **Public Procurement Targets**: Healthy and sustainable procurement targets, of 50%, for Local Authority and other large scale public sectors, with silver Catering Mark standard also achieved.

- **Whole School Food Education**: Commission a ‘Food for Life’ School Programme, for all Plymouth schools to achieve silver award, with ten gold flagship schools.

- **Food & Farming Careers & Skills**: Provide careers advice and training for young people which promotes all aspects of food production, processing, retailing and catering as a viable profession.

- **Food Waste**: Relaunch a home composting scheme to recycling 50% of all garden and vegetable waste; collect and recycle organic waste from 50% of food businesses.

- **Food poverty**: Coordination and delivery of food poverty awareness training.

**EVIDENCE BASE**

The information we have on this subject include the following documents and reports.

**Local evidence:**


National evidence:

- School Food Plan (2014): www.schoolfoodplan.com
- The future of UK household security, Elizabeth Dowler, University of Warwick, 2012

International evidence:

Sustainable food planning evidence:
- Environmental Programme for the City of Malmo (2009-2020):
- Who feeds Bristol, Bristol City Council (2011):
- Totnes Local Economic Blueprint (2012):
  http://www.transitiontowntotnes.org/groups/reconomybusinessnetwork/economic-blueprint/
- Urban Food Strategies, Food Links (2013):
- Planning sustainable cities for community food growing (2014):
  http://www.sustainweb.org/news/apr14_planning_sustainable_cities/

APPENDICES

APPENDIX 1: Potential impact of public sector local food procurement in the South West

<table>
<thead>
<tr>
<th></th>
<th>Population</th>
<th>Public sector 'headcount'</th>
<th>Est market spend (1)</th>
<th>Benefit to local economy (2)</th>
<th>SROI (3)</th>
<th>Food miles saved (4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP</td>
<td>400,000</td>
<td>95,981</td>
<td>5,029,404</td>
<td>15,289,389</td>
<td>9,520,355</td>
<td>22,171,611</td>
</tr>
<tr>
<td>BR</td>
<td>551,000</td>
<td>200,936</td>
<td>10,529,046</td>
<td>32,008,301</td>
<td>19,930,842</td>
<td>46,416,216</td>
</tr>
<tr>
<td>CPR</td>
<td>40,000</td>
<td>33,062</td>
<td>1,735,755</td>
<td>5,276,695</td>
<td>3,279,420</td>
<td>7,637,322</td>
</tr>
<tr>
<td>EX</td>
<td>112,000</td>
<td>60,297</td>
<td>3,159,563</td>
<td>9,605,071</td>
<td>5,980,859</td>
<td>13,928,607</td>
</tr>
<tr>
<td>GC</td>
<td>235,000</td>
<td>86,740</td>
<td>4,545,176</td>
<td>13,817,335</td>
<td>8,603,741</td>
<td>20,036,940</td>
</tr>
<tr>
<td>PL</td>
<td>249,000</td>
<td>104,953</td>
<td>5,499,537</td>
<td>16,718,593</td>
<td>10,410,288</td>
<td>24,244,143</td>
</tr>
<tr>
<td>SW</td>
<td>196,000</td>
<td>57,634</td>
<td>3,020,022</td>
<td>9,180,866</td>
<td>5,716,716</td>
<td>13,313,454</td>
</tr>
<tr>
<td>TA</td>
<td>61,400</td>
<td>21,086</td>
<td>1,104,906</td>
<td>3,358,915</td>
<td>2,091,520</td>
<td>4,870,866</td>
</tr>
<tr>
<td>TO</td>
<td>64,000</td>
<td>22,152</td>
<td>1,160,765</td>
<td>3,528,725</td>
<td>2,197,257</td>
<td>5,117,112</td>
</tr>
<tr>
<td>Total</td>
<td>682,841</td>
<td>35,784,175</td>
<td>108,783,891</td>
<td>67,730,999</td>
<td>157,736,271</td>
<td></td>
</tr>
</tbody>
</table>

Source: Urban Centres Research report; DSFC project, Wendy Miller 2011

APPENDIX 2: Life Cycle stages: key health challenges

Particular lifecycle stages are known to affect unfavourable health outcomes such as the disease patterns outlined above. The most significant lifecycle stages and the associated health challenges are outlined here:
- Reproductive age, infant feeding and weaning: There are low breastfeeding rates in the most deprived areas in Plymouth. For example, intention to breastfeed at delivery ranges from 32.1% in North
Prospect to 90.7% in Peverell\(^75\). Breastfeeding is free, sustainable (with the right support) and has no carbon footprint, not to mention the significant health benefits\(^76\), and yet those who would benefit most are not successfully supported to do so.

- Good pregnancy nutrition: is vital for long term health but obesity is also on the increase in this group. Evidence suggests\(^77\) the critical age for acquisition of good eating habits is early childhood. Families and reproductive age women are, therefore, vital target groups for nutrition interventions.

- Pre-school children: Obesity rates are at 25.1% for children in reception year across Plymouth (NCMP 2011\(^78\)), however in Devonport this rises to 32.5%. Demand for healthy eating support locally has been highlighted amongst parents of pre-school children, especially those from lower socio-economic groups\(^79\).

- Primary school age: 33.7% of Plymouth children in Year 6 were classified as overweight or obese (NCMP 2011). Following the launch of the new School Food Plan in July 2013 along with the announcement of universal free school meals for 4 – 7 year olds from September 2014, there is now a unique opportunity to support increase uptake of school meals, and increased health awareness.

- Secondary school age: This is a more challenging age group due to complex relationships in teenage years. There is an adolescent obesity service ‘SHINE’ in Plymouth, but more needs to be embedded in the curriculum. Cooking skills classes in primary and secondary schools have been made compulsory in the recent changes announced in the National Curriculum\(^80\) and also in response to the Department for Education’s ‘School Food Plan’\(^81\).

- Adults: Obesity rates are high at 31.9% in Devonport as is cardiovascular disease mortality (rate per 10,000 of popn) at 9.2%. The ‘cooking skills transition’\(^82\) is apparent in Plymouth, as per other UK areas. There are various cooking skills training courses being offered in local communities, although these are somewhat fragmented and in need of streamlining as part of a lifestyle intervention approach.

APPENDIX 3: Plymouth Food Bank statistics

Table 1:

<table>
<thead>
<tr>
<th>Ward</th>
<th>Adults</th>
<th>Children</th>
<th>Total No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Peter and the Waterfront</td>
<td>1459 (82.48%)</td>
<td>310 (17.52%)</td>
<td>1769</td>
</tr>
<tr>
<td>Devonport</td>
<td>592 (74.47%)</td>
<td>203 (25.53%)</td>
<td>795</td>
</tr>
<tr>
<td>Sutton and Mount Gould</td>
<td>399 (79.64%)</td>
<td>102 (20.36%)</td>
<td>501</td>
</tr>
<tr>
<td>Stoke</td>
<td>341 (79.3%)</td>
<td>89 (20.7%)</td>
<td>430</td>
</tr>
</tbody>
</table>

\(^{75}\) Plymouth City Council 2008.


\(^{77}\) from the Earlybird study in Plymouth (Gardner et al, 2009).

\(^{78}\) The National Child Measurement Programme

\(^{79}\) (Hayter, 2012).


\(^{81}\) [http://www.schoolfoodplan.com/](http://www.schoolfoodplan.com/)

\(^{82}\) Caraher & Lang, 1999

\(^{83}\) Plymouth Food Bank, 2013
<table>
<thead>
<tr>
<th>Location</th>
<th>Adults</th>
<th>Children</th>
<th>Total No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budshead/Whitleigh</td>
<td>205 (54.09%)</td>
<td>174 (45.91%)</td>
<td>379</td>
</tr>
<tr>
<td>Efford and Lipson</td>
<td>242 (68.95%)</td>
<td>109 (31.05%)</td>
<td>351</td>
</tr>
<tr>
<td>St Budeaux</td>
<td>223 (65.4%)</td>
<td>118 (34.6%)</td>
<td>341</td>
</tr>
<tr>
<td>Honicknowle</td>
<td>166 (58.25%)</td>
<td>119 (41.75%)</td>
<td>285</td>
</tr>
<tr>
<td>Ham</td>
<td>156 (65.55%)</td>
<td>82 (34.45%)</td>
<td>238</td>
</tr>
<tr>
<td>Compton</td>
<td>142 (80.68%)</td>
<td>34 (19.32%)</td>
<td>176</td>
</tr>
</tbody>
</table>

Table 2:

Plymouth Foodbank – Main crisis types for the period January – October 2013

<table>
<thead>
<tr>
<th>Crisis</th>
<th>Adults</th>
<th>Children</th>
<th>Total No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefit Delays</td>
<td>1847 (77.02%)</td>
<td>551 (22.98%)</td>
<td>2398</td>
</tr>
<tr>
<td>Benefit Changes</td>
<td>846 (72.12%)</td>
<td>327 (27.88%)</td>
<td>1173</td>
</tr>
<tr>
<td>Low Income</td>
<td>649 (72.35%)</td>
<td>248 (27.65%)</td>
<td>897</td>
</tr>
<tr>
<td>Debt</td>
<td>376 (71.62%)</td>
<td>149 (28.38%)</td>
<td>525</td>
</tr>
<tr>
<td>Refused Crisis Loan</td>
<td>224 (79.43%)</td>
<td>58 (20.57%)</td>
<td>282</td>
</tr>
<tr>
<td>Unemployed</td>
<td>157 (74.41%)</td>
<td>54 (25.59%)</td>
<td>211</td>
</tr>
<tr>
<td>Homeless</td>
<td>147 (86.47%)</td>
<td>23 (13.53%)</td>
<td>170</td>
</tr>
<tr>
<td>Delayed Wages</td>
<td>43 (64.18%)</td>
<td>24 (35.82%)</td>
<td>67</td>
</tr>
<tr>
<td>Sickness</td>
<td>43 (78.18%)</td>
<td>12 (21.82%)</td>
<td>55</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>32 (59.26%)</td>
<td>22 (40.74%)</td>
<td>54</td>
</tr>
<tr>
<td>Child Holiday Meals</td>
<td>12 (37.5%)</td>
<td>20 (62.5%)</td>
<td>32</td>
</tr>
<tr>
<td>Refused STBA</td>
<td>4 (100%)</td>
<td>0 (0%)</td>
<td>4</td>
</tr>
<tr>
<td>Other</td>
<td>346 (74.57%)</td>
<td>118 (25.43%)</td>
<td>464</td>
</tr>
</tbody>
</table>

APPENDIX 4: Land allocations in Plymouth

<table>
<thead>
<tr>
<th>Land allocations in Plymouth</th>
<th>Land area (ha)</th>
</tr>
</thead>
<tbody>
<tr>
<td>New land brought into allotment cultivation 2010</td>
<td>1</td>
</tr>
<tr>
<td>Allotment land requirement for waiting list (half plot size 125m²)</td>
<td>12</td>
</tr>
<tr>
<td>Current allotment provision (2012)</td>
<td>23</td>
</tr>
<tr>
<td>Allotment land requirement for waiting list (full plot size 250m²)</td>
<td>25</td>
</tr>
<tr>
<td>Employment land requirement identified in Core Strategy (PCC 2007)</td>
<td>62</td>
</tr>
<tr>
<td>Parks Department managed green space</td>
<td>950</td>
</tr>
<tr>
<td>Domestic gardens</td>
<td>1,764</td>
</tr>
<tr>
<td>Plymouth land area of green space (except domestic gardens) – 42%</td>
<td>3,528</td>
</tr>
<tr>
<td>Plymouth land area</td>
<td>7,930</td>
</tr>
</tbody>
</table>

84 Plymouth Food Bank, 2013