



East Lothian Good Food Charter

Nourishing an interest in healthy and sustainable food

Our Mission

The East Lothian Friendly Food Network believe that every person in East Lothian should have access to healthy, affordable, and good nutritious food. This food should be local and sustainably sourced where possible. This partnership led initiative works closely together and aims to promote dignity in practice and harness people's voices to impact real change. By working in partnership to build strong relationships we can address food inequalities and tackle issues that affect food insecurity and food poverty to make a difference.

Our Charter

Good food is vital to the quality of our lives. We believe that the food we eat should be good for people, good for East Lothian and good for the planet. This Good Food Charter is designed to bring communities and organisations together to create a thriving, food-resilient county. We can achieve our sustainable food mission by working together and committing to their seven charter goals.

All partners share a vision to transform East Lothian into a thriving food-resilient county. You can join us free as an individual or organisation by emailing elfriendlyfoodn@gmail.com
Partnership led initiative supported by:



Volunteer Centre
East Lothian





Our Goals

1. Promote healthy and sustainable food to the community

- Communicate the importance of healthy and sustainable food to all populations using clear, consistent messages
- Celebrate culinary and cultural diversity while promoting a positive and inclusive food culture
- Train local people and use peer led approach. Working alongside local and strategic partners to implement the councils East Lothian Food Growing Strategy

Actions

- Develop a nutrition programme working alongside partners from QMU and Pennypit Trust including cooking skills via education and community settings
- Develop promotional material that can be distributed across East Lothian about sustainable and healthy food
- Promote work of Friendly Food Network and how we can provide guidance for good practice
- Engage and build relationships with East Lothian Food and Drink Ltd
- Work in partnership with VCEL and Connected Communities learning programme to upskill volunteers with training and employment opportunities
- Develop appropriate communication platforms and representation of people in East Lothian carrying these messages are key to shape/develop strategies to tackle inequalities

2. Tackle food poverty and food insecurity

- Support services to tackle poverty and build resilience, promote inclusion, improve health and wellbeing and employability in communities
- In line with Scottish Government approach, we base our values on a human rights approach to tackling food insecurity. We aim to provide a rights based approach to accessing good nutritious food founded on the principles of dignity and respect

Actions

- Share experiences of good practice and policy. Work with providers to ensure effective governance and collaborate with partners who will enhance service provision. Collect data to inform impact, differences and challenges. Provide evaluations to demonstrate evidence based impacts
- Offer access to dignity in practice training to provide guidance for new and existing food provisions including volunteers.
- Involve service users to participate in service development using a number different methods, ensure they feel valued and their views and voices are heard

3. Tackle diet related illness and health

- Increase the availability and accessibility of healthier food options, while supporting food businesses to reduce the fat, sugar and salt content of food
- Engage with children and young people to produce promotional healthy eating information to share with businesses the importance of healthy food options and the health benefits of reducing salt, sugar and fats

Actions

- Promote work of East Lothian Friendly Food Network and the food charter to education
- Engage with education providers and have children and young people design and promote healthy eating materials



Our Goals

4. Build community food knowledge, skills and resources

- Promote local food initiatives, increase accessibility and opportunities to grow, cook and eat good food
- Promote existing activities – expand education opportunities to help people have a healthy relationship with food.
- Create meaningful connections by developing intergenerational learning opportunities and knowledge exchange
- Help more people access and understand good food

Actions

- Encourage food initiatives to provide open days that will engage local communities in food tasting, growing and cooking.
- Increase access to cooking groups across East Lothian and work in partnership with existing projects to share good practice
- Build connections with Queen Margaret University to interlink learning opportunities. Liaise with QMU and connect with nutrition students to provide placements and learning opportunities tackling food inequalities
- Collaborate with food provisions that work with older people such as OCK, FCK, Dunbar Basics, bite and blether and Lunch with the bunch to develop an intergenerational programme that is meaningful and fun
- Work with food providers that have access points to target food insecurity (community pantry and foodbank) - share good practice to ensure dignified approach to offering good nutritious and fresh food
- Signpost households that lack cooking skills and equipment

5. Promote a diverse and vibrant food economy

- Celebrate, promote, and support local food producers and land resources to keep value within our local economy
- To raise awareness of the importance of the National Living Wage to employers across East Lothian
- Engage consumers and food suppliers at local and regional levels to shorten the sustainable food supply chain.

Actions

- Host yearly Friendly Food Network open day and invite third sector, stakeholders, QMU, East Lothian Council, East Lothian food and drink and service users to promote the good work tackling food inequalities
- Support organisations to become a living wage employer or work towards accreditation and provide information on living wage foundation

Our Goals

6.Transform catering and food procurement

- Inspire and enable all food settings to source and supply healthy, seasonal, locally and ethically produced food.
- Support and enable small scale local producers and other sustainable food businesses to access large scale procurement markets via cooperative marketing and supply initiatives.

Actions

- Encourage all food providers to join soil association and work towards accreditation
- Develop a good food manual that supports food needs and work with local organic and ethic food projects in East Lothian for guidance.
- Work with Volunteer Centre East Lothian(VCEL) to understand procurement process and provide training in procurement

7.Reduce waste and the ecological footprint of the food system

- Reduce food waste, food miles and unnecessary packaging and create opportunities to redistribute surplus food and increase recycling from the whole supply chain across East Lothian.
- Promote food systems that protect and enhance wildlife

Actions

- Work with the Council, agencies, producers and third sector to develop practices to reduce food waste, reduce unnecessary packaging and improve sustainability
- Work with the Council and local producers in East Lothian to support and encourage the food journey being local and sustainable
- Work with relevant agencies and producers to support food produced with high animal welfare standards
- Work with the Council, agencies and local producers in East Lothian to support protecting wildlife and enhancing local biodiversity through food production
- Promote East Lothian Fareshare Hub membership
- Promote redistribution of surplus foods initiatives

It's great getting texts from parents with photos of the food they have cooked from scratch at home. Shows the great confidence they have gained from attending our cooking groups 🍷

😊 #rewarding #cookingfromscratch

