Good Food for London
2012

How London Boroughs can help secure a healthy and sustainable food future for everyone
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2012 really has been a year like no other. Not only have we celebrated the Queen’s Diamond Jubilee, we have also welcomed the Olympic and Paralympic Games to our capital city, which put into practice the first ever healthy and sustainable Food Vision for a major international sporting event.

So this is a good time to take stock and feel proud of how far we have all come. And in a time of recession and increasing evidence of climate change that will dramatically affect farmers and the food system on which we all rely, it is also time to plan for the future. Policy makers, food businesses and citizens will all need to make positive food choices if everyone is to play their part in achieving a healthy, ethical and sustainable food system for the benefit of everyone.

In 2012, this momentous year for London, we return to the Good Food for London borough maps, first published in 2011 by London Food Link, a network run by Sustain, the alliance for better food and farming, and itself celebrating ten years of action to improve the healthiness and sustainability of London’s food system. As a network, we are delighted that, once again, this report has contributions from many independent organisations that promote healthy and sustainable food, several members of the London Food Board and the London Food Board’s Chair, Rosie Boycott.

The Good Food for London maps of London’s 33 boroughs in this report reveal that some London Boroughs are showing real leadership on several food issues – particularly Islington, who is this year’s top Good Food Borough and also Merton, who has not only performed well overall, but which we have picked out for having made significant progress on last year. Other London Boroughs that we commend for their achievements are Camden, Enfield, Greenwich, Havering, Richmond, Sutton, Tower Hamlets and Waltham Forest. We congratulate them. The steps that they have taken are creating a positive legacy from London 2012 and its inspirational Food Vision.

The maps also challenge other boroughs to follow their good example and take more action to make it easier for their residents and visitors to eat healthier and more sustainable food. If all London Boroughs took the simple, affordable and effective action outlined in this report, it would significantly improve the health of Londoners, the livelihoods of the farmers and other food providers, and the sustainability of the food system on which we all depend.

For the first seven key food issues, we provide maps showing how London Boroughs are already making progress. Each of these issues is also supported by a programme or organisation that can help boroughs to implement change. This year, we have added a map looking at London Borough support for bee-friendly neighbourhoods. For other key food issues, we have not provided maps – either because there is no easily available data, or because it is not easy to represent existing data on a map.

We plan to repeat this process in 2013 to track progress. Given the recession, we will be looking in particular at steps London Boroughs are taking to help families living on a low income to buy healthy and sustainable food that is also affordable.

Download this report in pdf format at: www.sustainweb.org/publications

Acknowledgements: Report compiled by Ross Compton, summer 2012. Thanks to Kath Dalmeny and Ben Reynolds, and to the many people and organisations who contributed.
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Important note: The statements and opinions expressed in this report should not be attributed to any individual or organisation unless explicitly connected, “by quotation”, with that person or organisation. The report is a compilation of work of independent members of Sustain, London Food Link, Food Legacy and several members of the London Food Board.

More notes: The London Borough maps of action that are shown in this report are correct to the best of the evidence available to us at the time of publication. We have made every effort to ensure that we highlight good practice of London Boroughs. However, if things have improved in your borough, or if you think there is more food action that we have missed, we please let us know and we will update the maps and commentary. We further note that the City of London is a smaller borough than others, with different infrastructure and opportunities to promote good food. On some issues, the City of London may therefore be less able to act than on others.
## Which London Boroughs are showing leadership?

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**Key:** For each food issue, a symbol (e.g. carrot or heart shape) means the borough is leading the way on this issue, or has made a public commitment to do so. 1 point is awarded for achieving the top award for a food issue; the Food for Life Gold Award is an exception, receiving 1.5 points. A plain colour means the borough is making progress with action on this issue, scoring 0.5 points. 0.5 is also the score given to the Good Egg Award. Plain grey means the borough is not showing significant progress on this issue, scoring 0. For bees and honey, the lightest pink boxes in this column mean lack of data, hence the bee theme has not contributed to the overall score. Details of the meaning of each colour box are shown in the following chapters. Islington’s Gold Star is for a top score; Merton’s Silver Star is for making the most progress since 2011.

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Good Food for London: How London Boroughs can help secure a healthy and sustainable food future for everyone, September 2012
Community food growing

Public demand for food-growing space remains high. The Capital Growth programme was created in 2009, aiming to establish 2,012 new food growing spaces in London by the end of the year of the Olympic and Paralympic games. So far Capital Growth has helped set up over 1,800 projects across the capital. This is supported by the Mayor of London and the Big Lottery and run by London Food Link (a project of Sustain), working with the London Food Board and many other partners.

People need access to land (permanent and temporary), a clear process for getting agreement to use it, and some practical help to get started. London Boroughs can help by identifying suitable land and making it available to local communities, small-scale horticulturalists and – for larger areas of suitable land – to farmers. This has been recognised in the London Plan (Policy 7.22), with its commitments by the Mayor to encourage and support farming in London, particularly in the Green Belt. It also states that “use of land for growing food will be encouraged nearer to urban communities via such mechanisms as ‘Capital Growth’.”

The London Plan means that borough planners should prioritise support for farming and food growing nearer to urban communities, protect allotments and identify more space for commercial and community gardening.

“Gardening and food growing matter, because they provide us with the opportunity to get back in touch with the land and gain a vital ‘food awareness’ that will help us to begin taking control of our food supply. By providing land and other low-cost forms of support, London Boroughs can help local residents to lead happier and healthier lives.”

Myles Bremner, Garden Organic, also Chair of Capital Growth, and member of the London Food Board

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1 See information about the programme and community food growing sites at: www.capitalgrowth.org
www.london.gov.uk/priorities/planning/londonplan
What are London Boroughs doing for community food growing?

Borough committed to creating food growing spaces with Capital Growth
Borough making good progress towards a Capital Growth commitment
Borough not yet making significant progress towards a Capital Growth commitment*

* Let us know if you think things have improved in your borough. We will update the map as more action is taken.

Capital Growth is seeking a commitment from each borough that new community growing projects will be supported. So far 22 boroughs out of the 33 have signed up, with two more making good progress towards a commitment. To reach the 2,012 target, on average, each borough needs to commit to supporting 60 new spaces. We appreciate that for some this may be too many, in which case we work with the council to identify a more realistic target. However, some (such as Camden, Hackney, Islington, Lambeth, Southwark and Tower Hamlets) have already created over 70 community food-growing spaces each.

What can London Boroughs do? Sign up to support Capital Growth. Contact Sarah Williams at Sustain, tel: 020 7837 1228; email: sarah@sustainweb.org; www.capitalgrowth.org
The Soil Association’s Food for Life Catering Mark recognises caterers who serve freshly prepared food which is free from controversial additives and is better for animal welfare and the environment. The Bronze Catering Mark ensures that the worst ingredients are off the menu. The Silver and Gold awards reward the use of organic, local and Fairtrade ingredients.

By summer 2012, over 500,000 Catering Mark accredited meals were being served across UK schools every day – over 96 million each year. More than 30 million of these meals are served in London, where over two thirds of London Boroughs now have Food for Life Catering Mark menus in the majority of their schools. The standards are also being taken up by hospitals, universities, early-years and in business settings.

The Food for Life Partnership builds on this work, enabling children to eat fresh and healthy food, and inspiring learning about good food through practical growing and cooking skills. This whole-school, whole-community approach builds links with other local food and health initiatives to facilitate food growing and animal rearing, farm visits, and opportunities for children to sell their produce. The programme is now being commissioned locally to address public health issues and improve school food culture. Opportunities to develop relationships with London Boroughs are welcomed.

Wider recommendations on school catering, including the continued monitoring of school meal take-up, particularly of free school meals, can be found in the ‘Further actions’ section.

Havering Council’s school meals service has been awarded the Gold Food for Life Catering Mark for serving fresh and healthy meals in primary schools.

16,000 Gold meals will now be provided every day, made with organic and locally produced ingredients, including organic meat and dairy products, which meet high animal welfare standards, and also Fairtrade food and sustainable fish.

Councillor Paul Rochford said, “Parents can know that their children are getting a choice of food from a wide range of healthy, fresh meals.”

In the 2011 edition of the Good Food for London report, we showed that 17 boroughs out of the 33 had by then achieved at least the Bronze Catering Mark.

A year on, there has been significant progress, with six additional boroughs having achieved a Catering Mark, and most commendably Havering and Kensington & Chelsea being the first to achieve Gold.
What are London Boroughs doing to improve school food?

Borough (either the Local Education Authority providing school catering in-house, or private catering contractors) who have achieved or applied for Gold for all or the majority of schools

Borough (either the Local Education Authority providing school catering in-house, or private catering contractors) who have achieved or applied for Silver for all or the majority of schools

Borough (either the Local Education Authority providing school catering in-house, or private catering contractors) who have achieved or applied for Bronze for all or the majority of schools

Borough (either the Local Education Authority providing school catering in-house, or private catering contractors) not yet achieving the Catering Mark or achieving it just for some schools*

* Let us know if you think things have improved in your borough. We will update the map as more action is taken.

Note: In some London Boroughs, responsibility for providing school meals does not lie with the Borough Council but with individual schools – for example, boroughs such as Brent, Harrow, Hillingdon and Southwark. Also, the Soil Association is working with the London Borough of Haringey on its commitment to signing up to the Catering Mark (not shown on the map).

What can London Boroughs do? Achieve a Food for Life Catering Mark for the borough’s catering, and commit to supporting the work of the Food for Life Partnership in schools. Contact Mike Bond, email: mbond@soilassociation.org, www.soilassociation.org/catering-mark
Fairtrade food

Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in poorer countries. The previous and current Mayor of London have both supported efforts to promote Fairtrade-certified products to London’s citizens and institutions.

To ensure a better deal for marginalised producers in poorer countries, the Fairtrade Foundation awards the FAIRTRADE Mark to products that meet international standards set by Fairtrade Labelling Organisations International (FLO), which guarantee farmers a fair and stable price for their products, extra income for farmers to improve their lives, a greater respect for the environment, and a stronger position in world markets.

The organisers of the London 2012 Olympic and Paralympic Games recognised the importance of Fairtrade in their catering standards. The London 2012 Food Vision committed the Games caterers to serve only Fairtrade-certified tea, coffee, bananas and sugar, and they also achieved Fairtrade chocolate, oranges and white and rosé wine in menus across all London 2012 venues. The same commitment has been taken up by the Greater London Authority and its functionary bodies – the Metropolitan Police, Transport for London, the Fire Brigade and City Hall.

Information about how to find Fairtrade suppliers is available on the Food Legacy website, supported by the Mayor of London, London Food Board, New Covent Garden Market Authority and London Food Link, see: [www.sustainweb.org/foodlegacy/fairtrade/](http://www.sustainweb.org/foodlegacy/fairtrade/)

Fairtrade food: tracking borough progress since 2011

In the 2011 edition of the Good Food for London report, we showed that 22 out of London’s 33 boroughs had by then achieved Fairtrade status. In 2008, this progress had gained London the remarkable status of the largest Fairtrade City in the world.

A year on we are delighted that Brent has now achieved Fairtrade status and that Harrow will also follow soon. Over the past year, many boroughs have also been working to renew and extend their commitments.
What are London Boroughs doing to promote Fairtrade?

- Borough having achieved Fairtrade status
- Borough where the council has passed a resolution and is making good progress towards Fairtrade status
- Borough where the council has yet to pass resolution and is not yet making significant progress towards Fairtrade status*

* Let us know if you think things have improved in your borough. We will update the map as more action is taken.

To achieve Fairtrade status, the local council passes a resolution to support Fairtrade and to serve Fairtrade products. A range of Fairtrade products are readily available in the area’s retail outlets and served in local catering outlets. Local workplaces and community organisations support Fairtrade and use Fairtrade products whenever possible. Media coverage and events raise awareness and understanding of Fairtrade. And a local Fairtrade steering group is convened to develop the work and gain new support.

**Olympic Gold:** The London 2012 organisers used only Fairtrade tea, coffee, sugar, bananas, oranges, and white and rosé wine, and ethically sourced chocolate, in catering for the 14 million meals served at the Olympic and Paralympic Games.

**What can London Boroughs do?** Pass a resolution to become a Fairtrade Borough. Contact Adam Gardner at Fairtrade London, tel: 020 7837 2272; adam.gardener@fairtrade.org.uk; www.fairtradelondon.org.uk
Sustainable fish

London Boroughs buy a lot of fish. This is used in catering mainly for schools, but also council offices, meetings and events, hospitals, care homes and other services such as meals-on-wheels and lunch clubs. Millions of pounds of taxpayers’ money are spent on such food every year. So London Boroughs are very well placed to make a significant difference to marine conservation with their fish-buying policies.

We would like to see all London Boroughs adopt sustainable fish-buying policies. The Greater London Authority, Metropolitan Police, Transport for London, City Hall and the London 2012 Olympic and Paralympic Games have already done so, as well as lots of London’s universities, businesses and restaurants, together serving over 100 million meals a year. The same standards have also been adopted by central government (and in guidance for catering for the NHS). These organisations have committed to taking the simple steps set out in the Sustainable Fish City pledge:

- **Avoid the worst**: Removing endangered species from menus and catering: those rated as ‘fish to avoid’ by the Marine Conservation Society: www.fishonline.org/fish-advice/avoid
- **Promote the best**: Serving sustainably managed fish: MSC-certified fish, and those rated as ‘fish to eat’ by the Marine Conservation Society: www.fishonline.org/fish-advice/eat
- **Improve the rest**: Helping suppliers serve only sustainable fish with help from organisations such as Good Catch: www.goodcatch.org.uk and the MSC: www.msc.org

We also want to see sustainable fish promoted in schools, to help children learn how they can help save the world’s oceans, see the MSC Fish & Kids programme at: www.fishandkids.org

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**Sustainable fish: tracking borough progress since 2011**

In the 2011 edition of the Good Food for London report, we showed that 17 out of London’s 33 boroughs had by then taken at least one step to support sustainable fish, of which four boroughs had taken at least two steps.

In 2012, we are delighted to report that 26 boroughs are now taking at least one step, of which 11 are taking two significant steps – all adding up to great progress towards making London a Sustainable Fish City!
What are London Boroughs doing to promote sustainable fish?

Borough taking at least two significant steps to support sustainable fish

Note: Havering is highlighted as a ‘big fish’ for leadership, helping other boroughs buy MSC-certified sustainable fish cost-effectively through collaborative contracts

Borough taking one significant step to support sustainable fish

Borough taking none of the significant action below on sustainable fish*

* Let us know if you think things have improved in your borough. We will update the map as more action is taken.

The three simple and significant actions we rated London Boroughs on are:
(1) Running the MSC Fish & Kids project with primary schools, which is free of charge, see: [www.fishandkids.org](http://www.fishandkids.org); (2) Improving school meals with the Food for Life programme, which at Bronze award level means excluding endangered fish, and at Silver level, caterers may also be serving MSC-certified fish, see: [www.foodforlife.org.uk](http://www.foodforlife.org.uk); and (3) Achieving MSC chain of custody certification for fish bought by the borough, see: [www.msc.org](http://www.msc.org).

**Olympic Gold:** The London 2012 organisers used only demonstrably sustainable wild-caught fish in catering for the 14 million meals served at the Olympic and Paralympic Games.

**What can London Boroughs do?** Sign up to at least two of the actions above and become a Sustainable Fish Borough. Contact Jon Walker, tel: 020 7837 1228; fish@sustainweb.org; [www.sustainablefishcity.net](http://www.sustainablefishcity.net)
Animal welfare

Since launching in 2007, Compassion in World Farming’s Food Business Team has worked in partnership with the food industry to improve the welfare of farm animals. Compassion’s mission is to put animal welfare at the heart of the food industry. Compassion continues to improve and achieve enforcement of farm animal welfare laws in UK and Europe, and is spreading across Europe and beyond. It now has offices in The Netherlands, France and Italy; and representatives established in the United States, South Africa and China.

Through Compassion’s Good Farm Animal Welfare Awards – which include the Good Egg, Good Chicken, Good Dairy and Good Pig Awards – hundreds of millions of farm animals are set to benefit as a result of winners’ commitments to change. Many major companies now report on animal welfare as part of their corporate social responsibility and sustainability programmes.

The Good Egg Award celebrates companies that buy cage-free eggs. To achieve a Good Egg Award, eggs must be purchased only from cage-free production systems, and preferably from free-range or organic production systems. Winners to date include The London 2012 Olympic and Paralympic Games and several London Boroughs (as the map on the next page demonstrates). This year we are delighted that Islington has added to its Good Egg Award by becoming the first London Borough to achieve the Good Chicken Award. We hope that more boroughs will be inspired to follow Islington’s lead, and commit to serving chicken from higher welfare systems such as the RSPCA’s Freedom Food, organic or free range.

“"The Good Farm Animal Welfare Awards make it clear that food business is turning its back on battery cages. It would be wonderful to see more London Boroughs adopting a cage-free egg policy. By doing so, they will be using their influential buying power to help create a more compassionate world. Consumers are showing that they care by buying higher welfare animal products. Boroughs can too."

Philip Lymbery, Compassion in World Farming, and supporter of the Food Legacy programme inspired by the London 2012 Food Vision

Animal welfare: tracking borough progress since 2011

In the 2011 edition of the Good Food for London report, we showed that nine out of London’s 33 boroughs had by then received a Good Egg Award.

Although unfortunately this year we have not seen additional boroughs achieve the Good Egg Award, we are encouraged by Islington’s great progress, being the first borough to receive a Good Chicken Award, adding to its existing Good Egg Award.
What are London Boroughs doing to support animal welfare?

- Borough having achieved a Good Chicken Award and a Good Egg Award for buying higher welfare chicken and cage-free eggs
- Borough having achieved a Good Egg Award for buying cage-free eggs (Note: Camden also serves higher welfare food for schools, in a collaborative contract with Islington, but has not received a Good Farm Animal Welfare Award)
- Borough not having achieved a Good Farm Animal Welfare Award*

* Let us know if you think things have improved in your borough. We will update the map as more action is taken.

**Olympic Gold:** London 2012 organisers used only free range shell eggs in catering for the 14 million meals served at the Olympic & Paralympic Games, and in some venues used pork and chicken certified as higher welfare by the RSPCA’s Freedom Food.

**Note:** Some London Boroughs have made commitments to using food produced to higher standards of animal welfare in school meals, such as through the Food for Life Catering Mark, which promotes the RSPCA’s Freedom Food and organic standards for animals and farmed fish. Details are shown under the school food and sustainable fish chapters in this report.

**What can London Boroughs do?** Adopt a cage-free egg policy and apply for a Good Egg Award, and work towards other Good Farm Animal Welfare Awards.

Contact the Compassion Business Team, tel: 01483 521950; www.compassioninfoodbusiness.com
Healthier catering

London Boroughs have an important role to play in helping their residents enjoy delicious food that is also good for their health. The Healthier Catering Commitment scheme is being promoted by environmental health teams in participating boroughs throughout London to help improve the diets of Londoners. This scheme has been designed by environmental health teams in London Boroughs with support from primary care trusts, the Chartered Institute of Environmental Health and the Greater London Authority.

The guidance offers practical advice and describes straightforward changes for menus and the way caterers and food businesses prepare food, which will help make food healthier. Simple and affordable steps that a business can take include: changing cooking oil to healthier alternatives; reducing salt; using more fruit and veg in recipe dishes; and promoting healthier options.

Caterers and food outlets that adopt healthier ingredients and cooking practices can – if they wish – display a Healthier Catering Commitment sticker in their window. In participating boroughs, they can also receive get advice from their environmental health team or primary care trust (PCT), to turn practical ideas into action.

In autumn 2012, the London Food Board and Chartered Institute for Environmental Health will be publishing a guidance document for London’s local authorities on tools for addressing the public health effects of fast-food takeaways, particularly in areas around schools. Find out more about the London Food Board at: www.london.gov.uk/london-food/general/london-food

“Healthier catering: tracking borough progress since 2011

In the 2011 edition of the Good Food for London report, we showed that 18 out of London’s 33 boroughs were by then working with the new Healthier Catering Commitment that had been launched that year, and Tower Hamlets had developed its own scheme.

A year on we are pleased to report that Barnet is now taking part in the programme and that Kingston-upon-Thames is exploring participation.

Tay Potier, London Regional Policy Officer, Chartered Institute of Environmental Health (CIEH)
What are London Boroughs doing to promote healthier catering?

Borough that is participating in the Healthier Catering Commitment scheme or has developed its own healthier catering scheme for businesses (noting that Tower Hamlets has its own healthier catering scheme so is also in this category)

Borough that is currently exploring participation in the Healthier Catering Commitment

Borough not yet participating in the Healthier Catering Commitment scheme*

* Let us know if you think things have improved in your borough. We will update the map as more action is taken.

What can London Boroughs do? Promote the Healthier Catering Commitment to London’s food businesses. This is already being promoted by environmental health officers and others in some London Boroughs, and has been designed by them in conjunction with the Chartered Institute of Environmental health and the GLA. Contact Tay Potier at CIEH to find out more, tel: 020 7827 6306; email: t.potier@cieh.org.
Bees and honey

Bees are essential to pollinate many essential crops and the ornamental landscapes of our parks and gardens. Yet it is widely acknowledged that our bees are struggling to survive as they face continued risks from pesticides and from habitat loss. However, the urban environment is proving to be a unlikely yet welcome haven for bees due to our love of all seasonal flowers, some areas of reduced pesticide use, and the presence of wild land such as railway lines, meadows and brownfield sites.

To protect and expand this urban haven for our city bees Capital Bee is supporting community beekeeping in London, and campaigning for a pesticide-free, forage-rich capital. Protecting urban bees also means protecting all pollinators that contribute to local food production and encouraging people to grow bee-friendly plants. It is increasingly recognised that overusing pesticides in agriculture is unsustainable and contributes to the destruction of biodiversity. As efforts to increase urban agriculture in London are intimately linked to the health of our bees, it is clear that we need to nurture bees in our city. By providing the right environments and habitat for bees and other pollinators, we are not only protecting a haven from a sometimes hostile agricultural environment in the countryside, but also preparing our capital city for a future in which local urban food production flourishes.

Many cities, such as Paris, Seattle, Tokyo, and Toronto have already made explicit policy decisions to make their cities pesticide-free because of the risks to bees, water contamination, and other public health issues. London can join these world cities in taking this lead. We are asking boroughs to reduce their pesticide use overall, and stop using neonicotinoid insecticides – the ones most closely linked to risks to bee health.

The map on the next page represents what we currently know from communications with boroughs and from published reports such as Biodiversity Action Plans. There are encouraging but inconsistent signs that boroughs are broadly moving in the right direction by reducing pesticide use, and increasing the amount of habitat being created and bee-friendly forage being planted. We would welcome all London Boroughs to join in.

As a minimum, we would like to see all boroughs make a public pledge not to use neonicotinoid pesticides – in some cases this may simply reflect their current practice, but this is still worth stating in policy to ensure longevity of this important commitment.

Capital Bee (www.capitalbee.org) is supported by The City Bridge Trust and the Patagonia Trust. It was formerly part of Capital Growth (www.capitalgrowth.org), the campaign for 2,012 new food growing spaces in London by the end of 2012, which is a partnership initiative between London Food Link, the Mayor of London, and the Big Lottery’s Local Food Fund.
What are London Boroughs already doing to support bees and honey?

Borough engaged with the Capital Bee Campaign and is already implementing bee-friendly practices

Borough having made a commitment to engage with the Capital Bee Campaign in the future and/or is already implementing bee-friendly practices

Borough not yet engaged in the Capital Bee Campaign and/or campaign has not been able to identify necessary information on borough’s provision for bees*

* Let us know if you think things have improved in your borough. We will update the map as more action is taken.

Unlike all the other maps in this report, we have not included the data on Bee Friendly Boroughs in the overall borough league table and scoring system provided at the front of this report, as Capital Bee is a relatively new campaign. In 2012, this map serves as an invitation to boroughs to engage with Capital Bee, if they are not doing so already. We will continue to update the map and include the information in future Good Food for London reports.

What can London Boroughs do? Make a public pledge to enforce a strict ban on all neonicotinoid pesticides on public open land, to encourage bees, biodiversity and public health. Commit to becoming a Bee Friendly Borough and work with the Capital Bee Campaign towards achieving this. Contact Mikey Tomkins at Capital Bee, tel: 020 7837 1228; www.capitalbee.org
In this Olympian year of 2012, I am pleased to see so much progress on important food issues in London, with impressive action being taken across the capital to improve our food system.

Food matters, and not just because it is the very stuff of life. In London, food generates many billions of pounds for London’s economy and employs hundreds of thousands of people. One in four businesses in London sells food, and food is London’s second-largest manufacturing sector. In our capital city you can find every diet and cuisine, something we can all be rightly proud of.

Yet these impressive statistics are not without their shadow. The food system is directly responsible for nearly 19 million tonnes of London’s annual greenhouse gas emissions, and well over half of adults in London are overweight or obese. In 2007 obesity accounted for 9,000 premature deaths as well as £4.2 billion healthcare costs to the NHS and £15.8 billion in losses to the wider UK economy.

We throw away a shocking third of all the food we buy, even while much of it is still edible. While many people in our city do not have access to a healthy diet or sufficient food, contributing to health inequalities. These are among the issues that the London Food Board was set up in 2004 to address, and which I now chair. A great deal of excellent work has been done. But the issues, and the challenges, have arguably become greater than ever.

The London Food Board represents a wide range of expertise and organisations, who are all passionate about creating a healthier and more sustainable food system. With these maps of progress made by London Boroughs, we join with London Food Link and Sustain in celebrating what has already been done and call on more of London’s Boroughs, businesses and citizens to join in. We are working towards creating a food system that is better, healthier and more environmentally sustainable, and which will help prepare London for a fair, resilient, and secure food future. We look forward to working with you.

Find out more about London Food and the work of the Greater London Authority Food Team at: www.london.gov.uk/london-food/general/london-food

When London Boroughs adopt a healthy and sustainable food procurement policy for schools and other institutions in the borough, they are helping to create a positive food legacy from the London 2012 Olympic and Paralympic Games. London 2012 was the first major international sporting event to adopt a healthy and sustainable catering policy, called the London 2012 Food Vision. This report illustrates progress on important elements of the food legacy.

Find advice on how to write and implement a healthy and sustainable food policy at: www.sustainweb.org/goodfoodpublicplate/ and www.foodforlife.org.uk
Further actions for good food by London Boroughs

In this section, we explore further issues where action by boroughs could significantly improve the health and sustainability of London’s food system. For these, we have not provided maps – either because data is not easily available, or because it is not easy to represent the existing data on a map.

1. Improving health: promote healthier food

London Boroughs can take significant steps towards improving the health of Londoners by increasing access to fresh, healthy and affordable food, including the following:

- **Promote the Healthier Catering Commitment** to London’s food businesses (see healthier catering map, above). This is promoted by environmental health officers and others in some London Boroughs, and has been designed by them in conjunction with the Chartered Institute of Environmental Health (CIEH) and the GLA. Contact Tay Potier at CIEH to find out more, tel: 020 7827 6306; email: t.potier@cieh.org.

- **Ensure there are sufficient pitches for fruit and vegetable stalls in street markets.** Some boroughs also subsidise these stalls to ensure that fruit and vegetables are available, at affordable prices, to local residents. To find out more, contact Krys Zasada, Policy Development Manager, National Association of British Market Authorities, www.nabma.com, tel: 01691 680713, email: kryszasada@googlemail.com.

- **Help address childhood obesity.** This could include, for example:
  - Running the Food for Life programme in schools (see Food for Life map, above), signing up to Capital Growth (see community food growing map, above), incorporating good food into local planning policy (see section 11, below), controlling fast food outlets and fast food promotion near schools and school bus-stops, and installing and maintaining drinking water fountains in parks (see www.sustainweb.org/childrensfoodcampaign/waterinparks/)
  - Providing universal free school meals, so that all children benefit from healthier and more sustainable food. London Boroughs such as Islington, Southwark and Newham have already committed to doing so.

- In autumn 2012, the London Food Board and Chartered Institute for Environmental Health will publish a guidance document for London’s local authorities on tools for addressing the public health effects of fast-food takeaways, particularly in areas around schools. Find out more about London Food at: www.london.gov.uk/london-food/general/london-food

“There is so much that local councils can do to promote a better food environment, and indeed I see it as their duty to do so, for the benefit of the people they represent. Whether it’s good planning decisions to improve access to healthy food, nutrition standards for school meals and hospital catering, or promoting healthier catering in local businesses, bit by bit we can improve health prospects for everyone.”

**Professor Tim Lang of the Centre for Food Policy at City University London, and member of the London Food Board**
2. Supporting farmers: buy local and seasonal food

Much of the action outlined in this report will help to secure a better livelihood for the farmers and food producers on whom we all depend. London Boroughs can help to improve the prospects for farmers and food producers by, for example:

- Supporting Capital Growth (see Capital Growth map, above), and integrating food growing into local planning policies (see section 11, below). This will create food-growing spaces for community food growing, and also support larger plots for commercial food production. Many London Boroughs also look after Green Belt land, so boroughs can help farming businesses to thrive by protecting that land for food growing and allowing sensible infrastructure development to support farm viability.

- Adopting Food for Life standards for school meals (see Food for Life map, above). At a Bronze level award this means serving Red Tractor farm assured food, with increasing support for local, seasonal and sustainably produced food as the borough works towards a Silver or Gold award.

- Buying food produced to higher standards of animal welfare (see animal welfare map, above). This supports those farmers who comply with higher standards and have made the extra effort to produce more ethical food.

- Diverting at least some food waste to animal feed where possible (see section 3, below). As well as helping British producers reduce the rising costs of raising livestock, this will also reduce waste and cut environmentally damaging animal feed imports.

- Promoting farmers’ markets (see section 10, below). This creates opportunities for food producers to connect directly with their urban customers, leading to greater appreciation of where food comes from and more loyal support for sustainably produced food. And by buying locally produced food for local authority catering at a London wholesale market, boroughs can help to secure reliable markets for more local and sustainably produced food. It would also be helpful if boroughs could commit to making prompt payments, which will also help farmers and other food producers remain viable.

3. Reducing food waste: promote the Food Waste Pyramid

In the UK, households throw away a shocking 8.3 million tonnes of food every year, most of which could have been eaten. Globally, an estimated one third of all food produced is wasted. For the 2011 edition of this mapping report, we produced a map of the action being taken by London Boroughs to help householders reduce their food waste. We have not included this in 2012 as the available data had not changed. Also action to reduce food waste through, for example, household collections of food waste, can entail significant investment, which takes time. Nevertheless, the issue of reducing food waste remains a very important factor in food sustainability. London Boroughs can help to reduce food waste created in their boroughs by:

- Providing comprehensive kitchen food waste collection services for households.
- Promoting WRAP’s Love Food, Hate Waste: www.lovefoodhatewaste.com and the Feeding the 5,000 Pledge to help residents reduce food waste: www.feeding5k.org
- Promoting the Sustainable Restaurant Association’s Too Good to Waste campaign, to local food outlets, see: www.toogood-towaste.co.uk
- Engage with the Food Waste Pyramid for London programme, promoting this to local businesses. To find out more, see the website, www.feeding5k.org/businesses.php
4. Maintaining school food standards: monitor school meal uptake

At a time when local authorities’ budgets are being squeezed, recent central government policies on school food provision give cause for serious concern that school food standards could be undermined as a result. Particularly worrying changes are the removal of the responsibility of Ofsted to “take account of the uptake of school meals and selection of healthy food”, coupled with the decision that it should no longer be compulsory for local authorities to complete the School Food Trust Annual Survey on School Lunch Uptake. Without monitoring and inspection of school meals and the ring-fenced school lunch grant, the nutritional quality of food in some schools may fall, and children from low-income families may lose the chance of a healthy school meal, without the public being aware of this.

20 out of the 33 London Boroughs responded to the School Food Trust’s most recent 2011 to 2012 Survey. The response was as follows:

- **London Boroughs that completed the survey**: Barnet, Bexley, Brent, Camden, City of London, Enfield, Hackney, Haringey, Havering, Kensington & Chelsea, Lambeth, Lewisham, Merton, Newham, Tower Hamlets, Waltham Forest and Wandsworth.

- **London Boroughs from whom only partial data was received or where there had been concerns over the quality of data**: Islington, Kingston-upon-Thames and Sutton.

- **London Boroughs that did not complete the survey**: Barking & Dagenham, Bromley, Croydon, Ealing, Greenwich, Hammersmith & Fulham, Harrow, Hillingdon, Hounslow, Redbridge, Richmond-upon-Thames, Southwark and Westminster.

One reason given by local authorities for not responding was that changes in personnel meant that the survey contact had changed, or that there was no-one with designated responsibility for completing the survey.

We strongly recommend that boroughs should continue to collate this data and contribute to the School Food Trust’s annual survey: [www.schoolfoodtrust.org.uk/partners](http://www.schoolfoodtrust.org.uk/partners). Those boroughs that have not completed the 2011–2012 survey are encouraged to do so and in cases where this data is not currently being recorded, we advise boroughs to put measures in place to ensure the data is collected in the future.

**Other measures boroughs can take to ensure high standards of school meal services include**:

- Provide universal free school meals, so that all children benefit from healthier and more sustainable food. London Boroughs such as Islington, Southwark and Newham have already committed to doing so.

- Maintain local authority support for school food services. Removing local authority support puts schools at a negotiating disadvantage with school food suppliers, which can have a knock-on effect on nutrition and sustainability standards and lead to higher prices.

- If your local authority has withdrawn, or is considering withdrawing support services, explore funding a post to manage and negotiate school catering contracts which could be paid for by a levy on schools which opt in to this source of expertise. Although this is not as good as a free service for schools, by providing the security of trusted catering advisors, schools will not have to rely on the unknown expertise of private consultants, who may also be expensive.
Encourage schools to get involved with the Food for Life Catering Mark accreditation scheme (see school food map earlier in this report). Given the positive impact Food for Life has on improving food quality, sustainability standards and increasing school meal uptake, your local authority could commission Food for Life Catering Mark and Partnership programmes in your local area to meet your health and well-being objectives. Independent evaluation has indicated that for every £1 invested in Food for Life menus, the economic, social and environmental return for the local authority is over £3.  

- If you have in-house catering, increase your purchasing power and the health and sustainability of your food by joining the ‘London Cluster’ buying group (see section 5, below).

Find out more about economically viable ways of providing good quality school meals in the 2012 Sustain report ‘Providing good food in schools... How to do it with, or without, local authority help’, developed as part of the Good Food on the Public Plate project, supported by the London Food Board, see: www.sustainweb.org/publications/?id=217

5. Saving money: help institutions and residents buy good food cost-effectively

The ‘London Cluster’ buying group is a public-sector grouping of in-house caterers who buy food and light equipment collaboratively and professionally. The collaboration includes London Boroughs, schools, universities and care services based in London or on the outskirts. The objective of the London Cluster is to pool individual purchasing powers so that members can buy good food – tasty, healthy and sustainable – at a fair price. Together the organisations involved already buy over £15 million a year of food and light equipment.

“We have been piloting a collaborative approach to food purchasing that could be beneficial to many more local authorities. If you would like to get involved, we would be pleased to hear from you!”

Gerry Clinton, Head of Catering Services – Havering Council, and member of the London Food Board

The collaborative London Cluster buying group is funded by a 0.5% charge on all food and goods bought under the group’s contracts, which is incorporated in the costs and paid by the suppliers, meaning minimal paperwork. The charge funds a professional food buyer accountable to the members and working on their behalf. Agreements run for four years and comply with EU procurement law. All suppliers go through a rigorous competitive tender process which includes compliance with all health, safety and other legal requirements.

The London Cluster has been facilitated by Gerry Clinton, Head of Catering Services at Havering Council and a member of the London Food Board. The programme was originally piloted by the Good Food on the Public Plate project (now ended), supported by the Mayor of London and London Food Board, run by Sustain: The alliance for better food and farming. Further details on the London Cluster, including a full list of active agreements can be found on the Good Food on the Public Plate webpage, www.sustainweb.org/goodfoodpublicplate, with details at: www.sustainweb.org/resources/files/reports/GFPP_InHouseCaterers.pdf. If you are interested in joining the consortium contact Gerry Clinton at the London Borough of Havering: gerry.clinton@havering.gov.uk

3 Good food for all: The impact of the Food for Life Partnership, summary of research by University of the West of England Bristol, Cardiff University, NFER and the New Economics Foundation, 2011
London Boroughs can help residents to buy good food affordably by supporting local food co-ops. See www.foodcoops.org, which has a Food Co-op Finder and a detailed Food Co-ops Toolkit. This initiative was funded by the Big Lottery as part of the national Making Local Food Work programme.

6. Promoting bakers: be a Real Bread Borough

The majority of industrial loaf production entails use of artificial additives and can involve unnecessary added fats or sugar, and perhaps more salt or yeast than strictly necessary. Undeclared added enzymes and a spraying of an anti-fungal agent, such as calcium propionate, may also be used. The Real Bread Campaign wants to avoid these unnecessary additives and defines Real Bread as made using simply flour, water, yeast and salt. Other additional ingredients are permitted providing they are natural.

A local loaf of Real Bread represents true value for money and making Real Bread on site could represent a cost saving to a borough. The raw ingredients are inexpensive and as cooks are free to carry out other tasks during mixing, rising and making, labour time is relatively short. Baking Real Bread on site or nearby adds skills and further job satisfaction and even offers opportunities for new employment, benefiting local business and the local economy.

For more information on how your borough can put Real Bread on the menu in public sector institutions, including a set of Bread Procurement Criteria, visit the Real Bread Campaign webpage www.sustainweb.org/realbread/on_the_menu or contact Chris Young, tel: 020 7837 1228; email: chris@sustainweb.org

Real Bread on the menu in Kensington & Chelsea

The Royal Borough of Kensington & Chelsea has become the first London Borough, to our knowledge, to put Real Bread on the menu, where it is served at 21 primary schools, three nursery/children’s centres, and two secondary schools in the borough – a total of 26 sites. The bread is organic, has reduced salt levels and no added sugar.

The contract to supply the Royal Borough of Kensington & Chelsea’s schools is held by the education catering specialist Alliance in Partnership, which works with Aston’s Organic Bakery, based seven miles from the borough. Alliance in Partnership’s Group Development Chef Amy Teichman said, “I will admit that is was hard at first to get people on board with the organic bread. People are so used to eating loaves with so many chemical additives, they seem to have forgotten what Real Bread tastes like. We worked really hard in conjunction with the Borough Council to educate people about the realities of the industrial loaves they had been eating, and now it’s working really well. Children are enjoying great Real Bread and so it’s been worth the effort.”

Find out more about the Real Bread Campaign at: www.realbreadcampaign.org
7. Reducing poverty: pay the Living Wage

London relies on many people providing essential functions every day, often invisibly – from office cleaners and catering staff to care-workers in social services. If all London’s Boroughs paid at least the London Living Wage this would make enormous progress towards reducing child poverty in London. It is particularly important in the catering sector, which relies on many part-time employees, and a large number of women and low-income parents. This has the backing of the GLA, which pays the London Living Wage to thousands of its own contractors, such as via contracts from Transport for London and the London Metropolitan Police. Find out more at: www.citizensuk.org/campaigns/living-wage-campaign

8. Building skills: train catering staff

Training is essential to provide procurement and catering staff with the skills to buy, prepare and serve healthy and sustainable food. London Boroughs can help by training their catering staff in these skills. This is especially important for local authority staff who feed vulnerable groups, such as school children, children in care, hospital patients, care home residents, prisoners and people in mental health institutions. Helpful training programmes include:

The Academy of Culinary Arts, which runs apprenticeships and awards, and Chefs Adopt a School, which teaches primary school children about food, from plant to palate, in a fun and informative way. See: www.academyofculinaryarts.org.uk

Good Food Training for London is offered by a social enterprise run by Greenwich CDA, with a wide range of short training courses in healthy and sustainable food. See: www.greenwich-cda.org.uk/seten/good-food-training-and-feast-centre/

The training providers listed above all cover food safety in their training. For specialist food safety training towards recognised qualifications, see the courses offered by the Chartered Institute for Environmental Health: www.cieh.org/training/food_safety.html

9. Protecting consumers: ensure food safety

London Boroughs are pivotal in promoting food safety, to protect citizens’ health and food business viability. They can, for example:

- Through environmental health officers, develop good relationships with local food businesses to help instil safe food management, staff training, regular reviews of safety practices and detailed advice on handling high-risk items.

- Promote staff training to make food safety routine. For specialist food safety training towards recognised qualifications, see the courses offered by the Chartered Institute for Environmental Health, from a network of 10,000 registered trainers: www.cieh.org.

- Promote food safety accreditation for food suppliers to a recognised scheme such as for larger producers: BRC www.brcglobalstandards.com, EFSIS www.saiglobal.com; for larger and smaller food producers: Farm Assurance www.redtractor.org.uk; for smaller food producers: SALSA www.salsafood.co.uk.
10. Promoting local shopping: support local shops and markets

Some people in London do not have easy access to good quality, affordable and healthy food, either due to a lack of food shops, or because of poor quality and/or high prices in local shops. At the same time there are often excessive numbers of hot-food takeaway outlets concentrated in poorer areas of London, contributing to health inequalities.

Initiatives such as Buywell and Change4Life have worked successfully with neighbourhood food retailers to advise them on stocking and selling more and better quality fresh fruit and vegetables, often with the assistance of local health authorities. Activities have included improving store layout, creating attractive produce displays, and running events with local schools. This kind of business support should be offered by more boroughs.

A number of local authorities, including Waltham Forest and Barking & Dagenham, have also taken steps to control the numbers of hot food takeaways through the planning system (see www.sustainweb.org/localactiononfood/policies_affecting_local_action_on_food). This provides welcome support for teachers and parents in helping children eat good food. In autumn 2012, the London Food Board and Chartered Institute for environmental Health will publish a guidance document for London’s local authorities on tools for addressing the public health effects of fast-food takeaways, particularly in areas around schools.

Local authority support for street markets, wholesale markets and farmers’ markets is also beneficial, to ensure a diversity of outlets, including opportunities for farmers to provide food to urban outlets and customers. Farmers’ markets provide a vital opportunity for people to connect with where their food comes from (see the London Farmers’ Market website: www.lfm.org.uk). Street markets make cheap food accessible and are also a low-cost way for food producers to test their products and get direct feedback from customers, so can help develop small businesses (See the National Association of British Market Authorities website: www.nabma.com). Wholesale markets are also a valuable customer and distributor for farmers, as the Business Development Manager project has shown, creating millions of pounds’ of new opportunities for British farmers and sustainable food producers.

Helping markets to promote better access to fruit and veg

An easy way for London Boroughs to promote healthier food is to make better use of something they already do – licensing street markets and street-trading pitches for the sale of fresh fruit and vegetables. Promoting access to – and consumption of – affordable fruit and vegetables is a key way to help more people achieve their target of consuming at least five portions of fruit and vegetables per day, and hence help improve diets and health.

Surveys carried out by the National Association of British Market Authorities (NABMA) show that the stalls that shoppers most commonly use and value are those selling fruit and veg. The quality is good, the price is good, and people don’t have to drive miles to find them. This helps achieve both health and transport objectives of local authorities, as well as fitting with the London planning agenda of lifetime neighbourhoods (see planning section, below).

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5 Details are in the report of the Buywell Retail Project: www.sustainweb.org/buywell/buywell_shops/
6 Change4Life Convenience Store project - www.change4lifewm.org.uk/resources/C4L_Convenience_Stores_-_Taking_Current_Success_to_a_National_Stage.doc
The ‘Boroughs Fruit & Vegetable Pitch-days Project’ coordinated by NABMA, has developed a method of comparing London Boroughs with regards to their support for fruit and vegetable pitches in street markets. It takes what most boroughs are already doing and uses a simple formula to help compare access to fruit and vegetables across London Boroughs. All each participating borough has to do is count how many days their fruit and vegetable pitches trade over a year. NABMA then calculates how many fruit and vegetable pitch-days are available across the borough per 10,000 head of population. Currently data is not yet available for all boroughs and NABMA invites London Boroughs to work with them on the project, which could lead to a fruit and vegetable access indicator for London. The table below shows the results of the ten boroughs already involved in the project.

<table>
<thead>
<tr>
<th>London Borough</th>
<th>Fruit and vegetable pitch days per 10,000 population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bromley</td>
<td>118</td>
</tr>
<tr>
<td>Camden</td>
<td>243</td>
</tr>
<tr>
<td>Croydon</td>
<td>48</td>
</tr>
<tr>
<td>Hammersmith &amp; Fulham</td>
<td>276</td>
</tr>
<tr>
<td>Havering</td>
<td>132</td>
</tr>
<tr>
<td>Kensington &amp; Chelsea</td>
<td>408</td>
</tr>
<tr>
<td>Lewisham</td>
<td>359</td>
</tr>
<tr>
<td>Merton</td>
<td>52</td>
</tr>
<tr>
<td>Southwark</td>
<td>315</td>
</tr>
<tr>
<td>Westminster</td>
<td>364</td>
</tr>
</tbody>
</table>

For details or to get involved in the ‘Boroughs Fruit & Vegetables Pitch-days Project’, contact Krys Zasada, Policy Development Manager, National Association of British Market Authorities, www.nabma.com, tel: 01691 680713, email: kryszasada@googlemail.com

“If people want to eat cheaply, eat healthily, cut down on their travel costs and support their neighbourhood, I can’t think of a better way of doing it than buying fresh fruit and vegetables from their local street market. The London Boroughs should be doing all they can to improve access to fresh produce via their markets and street trading pitches.”

Krys Zasada, National Association of British Market Authorities

11. Planning ahead: promote good food planning

The London Plan, published in July 2011, provides the framework for the capital’s development up to 2031. London Boroughs’ local plans need to be in “general conformity” with the London Plan, and its policies guide decisions on planning applications by councils and the Mayor of London. London’s planning team worked with the Mayor’s food programme and London Food Board to integrate opportunities for healthy and sustainable food into the London Plan. This resulted in specific commitments and opportunities that could benefit Londoners, including use of land for growing food nearer to urban communities “via such mechanisms as ‘Capital Growth’.” In addition, “Boroughs should protect existing allotments,” and should “identify other potential spaces that could be used for commercial food production or for community gardening, including for allotments and orchards”.

Further, London Boroughs are encouraged to support diverse and thriving food retail, including support for affordable shop units suitable for small or independent retailers. Also, thriving high streets and neighbourhood amenities, “constructed and managed in ways that improve health and promote healthy lifestyles to help to reduce health inequalities”.

Good Food for London: How London Boroughs can help secure a healthy and sustainable food future for everyone, September 2012 26
London Food Link (www.londonfoodlink.org) is a network run by Sustain: The alliance for better food and farming (a registered charity, number: 1018643). London Food Link runs a network with over 150 organisations and individuals ranging from farmers to food writers, caterers to co-op managers, bread-makers to borough health and sustainability officers, who all share our aims. We publish a quarterly magazine, The Jellied Eel, which reports on the activities of this network and other goings-on in the capital’s sustainable food scene.

The benefits of joining London Food Link include:

- Our forum email digests sent two to four times a week, an essential source of news, jobs, funding, information and events from the Capital’s food scene. You will be automatically signed up (you can unsubscribe at any time). To send a message to other members with news, events and queries send an email to londonfoodlinkforum@yahoo.com
- Regular networking events, sometimes described as a ‘speed dating service’ but for food, with lots of short presentations from the wide and wonderful array of ethical food initiatives around London along with great food and drink
- A quarterly magazine The Jellied Eel (www.thejelliedeel.org) delivered to your doorstep
- Discounted rates on events, including Capital Growth training and Ethical Eats events, publicised via our email digests
- Help and advice from our project officers on a broad range of local food issues – call or email us. Our current campaigns, projects and networks include:
  - Capital Bee: www.capitalbee.org
  - Capital Growth: www.capitalgrowth.org
  - Ethical Eats: www.ethicaleats.org
  - Food Legacy, inspired by the London 2012 Food Vision: www.foodlegacy.org
  - Sustainable Fish City: www.sustainablefishcity.net
  - City Harvest, Urban Agriculture: www.sustainweb.org/cityharvest
- London Food Calendar (www.sustainweb.org/foodcalendar). Find interesting events and easily add your own
- London Food Link Members’ Directory – for a list of all our members
  www.sustainweb.org/londonfoodlink/members_directory
- Influence on London’s policy making processes through London Food Link’s extensive contacts and policy development experience

Download the Good Food for London report online at:
www.sustainweb.org/londonfoodlink/good_food_for_london

Published by London Food Link and Sustain, September 2012. Contact Ross Compton or Ben Reynolds, 020 7837 1228; ross@sustainweb.org and ben@sustainweb.org
Other healthy and sustainable food publications

Good Planning for Good Food (2011). Spatial planning directly affects the food system. This report explores how local authorities and communities can use planning policy and decisions to create more local and sustainable food systems.

Good Food on the Public Plate: What we have done and what we have learned (2009). How London’s public sector can buy and serve healthier and sustainable food, for the benefit of London residents and food producers.

Growing Round the Houses: Food production on housing estates (2008). Shows how social housing providers and their tenants can work together on their estates to grow food, and the many benefits that this brings.

Sustainable Fish Legacy 2012 - how the Olympic Games are helping transform fish buying (2012) Charts the remarkable commitments made by caterers that serve well over 100 million meals a year, which have adopted London 2012’s sustainable fish standard.

Roots to work: Developing employability through community food-growing and urban agriculture (2010) From City & Guilds, working in partnership with Sustain's Capital Growth project, this report shows urban food growing is a good route to employability.

Providing good food in schools... How to do it with, or without, local authority help (2012). Provides information to schools and local authorities about economically viable ways of providing healthy and sustainable school food.

The Good Food for Festivals Guide (2012). Advice for festival and event organisers for reducing food’s enormous effect on the environment and on our health, showing that food served is a vital part of becoming a truly green festival.

A Growing Trade (2011). A guide for community groups that want to grow and sell food in urban areas, with inspirational case studies of groups earning money from their food growing, lifting the ambitions of those involved. See more at: www.capitalgrowth.org/publications/

All of these Sustain publications offer practical advice and inspiration to those seeking to help create a healthy and sustainable food system: www.sustainweb.org/publications