

Item 4: Some Contributions of Cambridge Sustainable Food to local wellbeing

CSF's Sustainable Food Charter includes the following aim: "ensuring all people have access to affordable, nutritious, sustainably produced and tasty food, prepared to high hygiene standards, regardless of income".

Examples of our work for this aim

- **Cookery workshops with low-income families and other vulnerable groups**

Focusing on buying and cooking low-cost healthy meals, with emphasis on increasing vegetable intake. 84 workshops run during 2016/17 (40 of these per year funded by City Council with Anti-poverty Strategy money, ongoing for next 2 years).

- **Sugar Smart Campaign** due to start July 2017 (till July 2018).

Aims to increase public awareness about the adverse effects of sugar on health and enable people, particularly in low income areas, to buy, prepare and cook healthy food, with awareness of the need to reduce sugar consumption and its impact on health, and minimise excess sugar consumption by promoting informed choices at the point of sale/consumption

- **Work funded by Sustainable Food Cities to include:**

Sugar Smart stalls at events in low-income areas, working with Cambridge United to run healthier lifestyle workshops and working with Cambridge Health at Work (Addenbrooke's staff), including promoting water as the drink of choice on wards. These projects involve partnership working with a number of public and community organisations.

- **Sustainable Food Pledge/Award Scheme for food Businesses**

Includes points for signing up to Councils' Healthier Options Scheme (reduced fat, sugar, salt)

- **Stalls at public events**

These often focus on reduced meat and dairy consumption, on the grounds of health and environmental sustainability. This year people can sign up to the World War 2 Rationing Challenge, which focuses on reduced meat, dairy, fats and sugar and increased consumption of vegetables.

- **Supporting the development of a Food Hub**

The Food Hub will be for the benefit of everyone in Cambridge: we all need good food. The creation of the Food Hub will result in a thriving local food economy, a reduced burden on the local health service through better diet, and a paradigm shift towards sustainability in our food system.

- **Supporting the local Love Food Hate Waste campaign**

Bev Sedley

Chair, Cambridge Sustainable Food

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WHY RATIONING?

This summer Cambridge Sustainable Food will be looking to the past to learn some lessons in sustainability.

Rationing in Britain was in place between 1940-1954 and despite the reduced availability of food people were actually healthier and followed a more sustainable diet than we do today.

This challenge will give participants the opportunity to experience rationing for themselves. Whether you join for a week or a month, you will learn all about sustainable consumption and the importance of wasting less.


THE CHALLENGE

All participants will receive their own WWII ration book along with access to our tips and recipes online.

Our launch event on the 12th June will be full of interesting insights into rationing and sustainable diets during this period. At the event, you will also have the opportunity sign up to the Challenge and collect your ration book.

CAMBRIDGE CARBON FOOTPRINT PRESENTS

THE WWII RATIONING CHALLENGE



RATION BOOK

Consumer's Name

Address

.....

.....

Challenge Start date:	Serial Number of Book
Challenge End date:	KP 070306

FOOD FROM THE PAST, FOOD FOR THE FUTURE

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CAMBRIDGE SUSTAINABLE FOOD
PRESENTS



THE WWII RATIONING CHALLENGE

FOOD FROM THE PAST, FOOD FOR THE FUTURE

JOIN THE RATIONING CHALLENGE

20 June - 18th July 2017

Explore life in the 1940s and 50s and the realities of rationing

Discover the links between the rationing of the past and a healthy, sustainable diet for the future

INVITATION

WWII RATIONING CHALLENGE
LAUNCH EVENT

MON 12th JUNE, 7 - 9PM
St Luke's Church, CB4 3DZ

An evening taking you back to the 40s with talks, displays, short films and food tasters! Prepare yourself for the challenge and pick up your very own ration book.



TO SIGN UP AND FIND OUT MORE, VISIT
www.cambridgesustainablefood.org

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