

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