

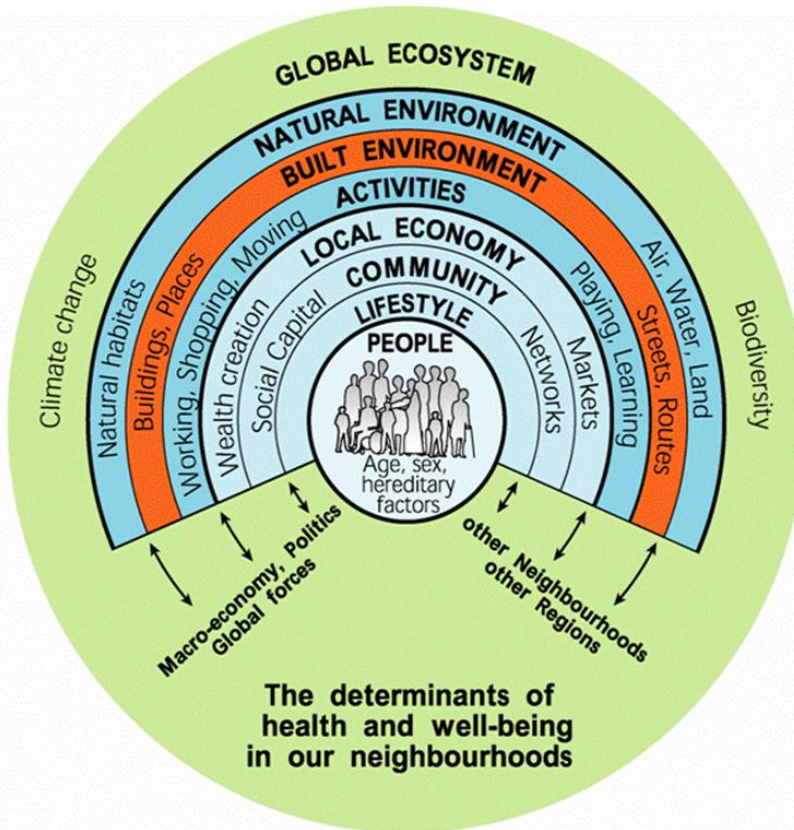
Sustainable Food in Nottingham

- The importance of sustainable food for health and well being
- Progress in Nottingham
- What next?

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Why is sustainable food important to our health & wellbeing?



- **Obesity:** eat more fruit & vegetables and take more exercise
- **Mental health:** benefits of nature to health and healing, physical activity and social aspects
- **Local food economy:** growing your own or buying food from local sources helps local food growers and increases awareness of where food really comes from
- **Healthy environment:** reduction in food miles & use of pesticides and fertilisers

The Health Map. Barton & Grant 2006

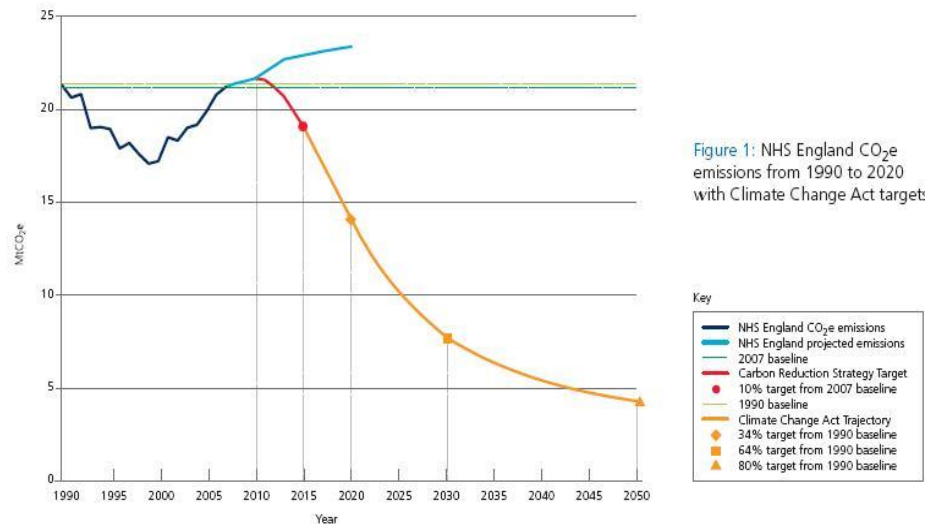
Based on a public health concept by Whitehead & Dahlgren. The Lancet 1991

Sustainable Development in Public Health and the NHS

We must align, integrate and co-ordinate a whole system approach to health and care which ensures the future is more environmentally, financially and socially sustainable.”

Duncan Selbie PHE and Sir David Nicholson NHS January 2013 at the Launch of the Sustainable Development Unit's Sustainable Development Strategy

NHS England Carbon Footprint



Sustainable Food in our Hospitals



East Midlands NHS Sustainable Development Network: rolling out good practice



Aim of the EM NHS CRP food pilot:

To develop a Sustainable Food standard for adoption by the East Midlands NHS Sustainable Development network.

The network decided to adopt the Food for Life Standard which was already being developed and met the criteria

The partnership supported Nottingham University Hospitals NHS Trust to achieve Gold – a first for hospital food



Sustainable food in 40 of our Nottingham Schools: A Whole School approach to Food



Foodshare in Nottingham



Typical supplies found in Foodshare's fresh food banks

Supporting people in dire need of fresh nutrition
Educating a new generation of food growers
Integrating fresh food production and education

Contact: Penney Poyzer

What next?

Over the next 12 months we will support the development of a Sustainable Food Region in the East Midlands.

We aim for high level commitment to an East Midlands partnership which will champion and celebrate affordable, locally grown, sustainable and healthy food for all our population.

Watch this space!

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