

# Creating a Healthy Food City Forum

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(Update Nov 2022)



**Birmingham**  
City Council

# The Birmingham Food System Strategy

- Draft Food System Strategy written
- Consultation over summer 2022
- Currently re-writing
- Expecting to publish May 2023
- Local Food Legends story capture – in development
- Action groups in early 2023

## Vision

**Create a bold, fair, sustainable and prosperous food system and economy, where food choices are nutritious, affordable and desirable so all citizens can achieve their potential for a happy, healthy life.**

## Key Principles

Three principles are key to the development of this strategy and action plan:

### Collaborate

Strengthen partnerships and build on existing good practice.

### Empower

Remove barriers and facilitate solutions.

### Equalise

Focus actions where they are needed most to reduce inequalities.

# The Childhood Obesity Trailblazer Programme

- The Food System Team has now submitted the final evaluation report for the Childhood Obesity Trailblazer Programme (COTP) to the Local Government Association and the ICF.
- Our approach to the project evolved over time, with a shift from a collection of single projects to three work streams. The three work streams are as follows:
  - **Work Stream 1** Integrate Public Health into Built Environment Processes
  - **Work Stream 2** Capture Food System Insights and Data
  - **Work Stream 3** Embed Health Literacy Development: Identify Barriers and Enablers to Implementation and Practice.



# Food Justice & Insecurity Work

- Food System Team is leading on the Cost of Living emergency food provision response and feeding back to CHFC forum
- Food Justice pledge signed by the leader, the Cabinet Member for Health and Social Care and the DPH in July 2022
- Suite of work in this area including projects supporting affordable food models, shame and stigma review and supporting the HAF programme
- The CHFC has written a letter to central government urging them to mitigate the cost of living crisis' impacts

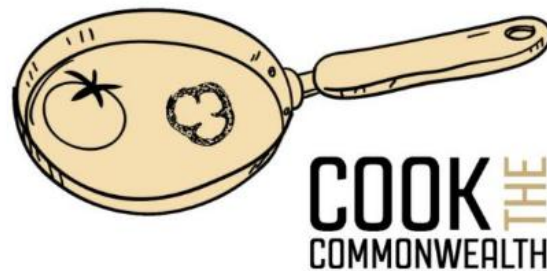


# Culturally Diverse Healthy Eating Guidance

- These resources will provide tailored and easy to follow healthy eating guidance that is culturally diverse, demonstrating ingredients and diets from around the world.
- Considering geographical diets of Eastern European, African, Middle Eastern and North African, South Asian, East Asian, South American, and The Caribbean.
- Received research findings and food lists from the initial commissioned project from the Diverse Nutrition Association.
- Currently working with a designer to scope what the guides could look like.
- Conducting focus groups in the coming months to further develop the guidance and will publish resources in summer 2023.

# Cook the Commonwealth

- Cook the Commonwealth was part of the council's 2022 Commonwealth Games legacy work.
- We captured 800 recipes from the 72 different Commonwealth Countries and shared them on a free app called Whisk.
- We ran a social media campaign and attended a number of events over the summer.
- Cook the Commonwealth communities were viewed 39,000 times.





# Creative Dinners

- We are working with UCB to put on a series of 'Creative Dinners' tackling big food issues in Birmingham.
- The first is on the 28<sup>th</sup> November on the Cost of Living Crisis.
- There will be dinners hosted focusing on different topics during 2023.



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# INVITATION

You are invited to attend our Creative Dinners event on  
**MONDAY 28 NOVEMBER**

The event brings together a diverse, inspiring and innovative collection of individuals to have much needed conversations and recognise the 'lived' experiences of the impact of the cost of living crisis on the food system in Birmingham.

**6PM - ARRIVAL, COOKING DEMONSTRATIONS AND WELCOME**  
**7PM TO 9.30PM - DINNER, KEY SPEAKERS AND DEBATE**

We welcome discussion from:

**Councillor Mariam Khan**, Cabinet Member for Health and Social Care, Birmingham City Council

**Dr Anne Coufopoulos**, Executive Dean (School of Health, Sport and Food), University College Birmingham

**Andrew Forsey**, National Director of Feeding Britain

**Professor Deborah Lycett**, Director of the Centre for Intelligent Healthcare, Coventry University

**Dr Justin Varney**, Director of Public Health, Birmingham City Council

A three course meal will be prepared by students at University College Birmingham (in collaboration with The Active Wellbeing Society), designed and costed within reference to a universal credit budget.

## Creative Dinners

Inspiring new ideas and approaches, sharing knowledge, and provoking discussion around how households are experiencing and managing with the increasing pressure of putting food on the table.



Location: University College Birmingham, Restaurant, Summer Row, Birmingham B3 1JB



# National and International Work

- We are involved in a number of international partnerships including the Milan Urban Food Policy Pact, Food Cities 2022, the DELICE network and the BINDI partnership.
- In October 2022, we attended the MUFPP conference in Rio de Janeiro, Brazil.
- The Food Justice Pledge has been signed by cities from South Africa, Malawi and India.
- Planning on applying for a Sustainable Food Places award next year.
- We are currently in the process of renewing The Food Foundation contract.
- We are working with the Mandala Consortium who are conducting a large scale food system research project in Birmingham to create synergies.



# Next steps

- Rewrite the Birmingham Food System Strategy based on the consultation feedback
- Set up strategy action planning groups and write action plans
- Capture stories and best practice from the Local Food Legends
- To make the COTP final evaluation report accessible, in line with Birmingham City Council's accessibility standards, so that it can be published on the Food Systems Team's section of the council website.
- To continue the project management and supervision of the two remaining projects which were funded from the COTP grant (Young People Developing Food System Assessment Tools and East Birmingham Food System Exploration).
- Continue to work on the food provision element of the cost of living response.
- Work with graphic designer and run focus groups to co-create the culturally diverse healthy eating guidance.
- Host and evaluate the first of the Creative Dinners (on the cost of living crisis).
- Prepare to apply for Sustainable Food Places award in 2023.



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