

The Sustainable Food Cities Award



The Sustainable Food Cities Award is designed to recognise and celebrate the success of those places taking a joined up, holistic approach to food and that are achieving significant positive change on a range of key food health and sustainability issues.

The Award is open to any place - be it a city, town, borough, county or district - which:

- has an established cross-sector food partnership in place;
- is a member of the Sustainable Food Cities Network; and
- is implementing an action plan on healthy and sustainable food.

There are three tiers to the award - bronze, silver and gold - each requiring an increasing level of achievement in terms of action and outcomes. Details on how to apply for the bronze and silver awards are presented below. The gold award will be launched in 2015. Applications will be reviewed on a six monthly basis by a national panel of experts. Places achieving an award will be able to use an award badge in their communications and marketing materials.



For each level of the award, a place must meet a number of minimum requirements relating to their: 1) food partnership, 2) action plan and 3) the extent to which healthy and sustainable food is embedded in local policy.

As well as meeting these minimum requirements, applicants will have to provide evidence of action and outcomes across six key food issues:

1. Promoting healthy and sustainable food to the public.
2. Tackling food poverty, diet-related ill-health and access to affordable healthy food.
3. Building community food knowledge, skills, resources and projects.
4. Promoting a vibrant and diverse sustainable food economy.
5. Transforming catering and food procurement.
6. Reducing waste and the ecological footprint of the food system.

BRONZE AWARD - for bronze you must meet the relevant minimum requirements and achieve three points for action/outcomes under each of the six key food issues.

SILVER AWARD - for silver you must meet the relevant minimum requirements and achieve six points for action/outcomes under each of the six key food issues.

The awards aim to recognise both the totality of food-related activity and continuous improvement year on year. So while a bronze award may be given based entirely on evidence of food related activity and achievements to date, silver and gold awards will only be given where there is clear evidence that such activity and achievements are building year on year.

We recognise that circumstances, challenges and opportunities differ between places and want to celebrate innovation, so **under each of the six issues you can score one of your three bronze points or two or your six silver points for actions that are not listed in the tables but that you believe are contributing to tackling that issue.**

To score a point, your action must be deemed 'significant' by the selection panel. So, for example, if you want to score a point for 'The public have a wide range of free opportunities to see, taste and learn about healthy and sustainable food - e.g. through demonstration, sharing and celebration events such as food festivals and town meals', you will need to show that you are doing a number of these things, not just one or two. There may also be a number of actions which contribute to tackling more than one issue. Where this is the case, you will only be able to cite this action under more than one issue if you can show that it is being done to a sufficiently significant degree to warrant the additional points.

To help places navigate the award process and to provide guidance on the relative significance of various actions, applications will be facilitated by a member of the Sustainable Food Cities Team. This will involve an initial discussion, reviewing a draft application, providing feedback on areas of weakness, attending a meeting of the local food partnership (at silver) and, should a final application go to the expert panel, acting as the advocate for that application. The selection panel's decision is final, but feedback will be given on both successful and failed applications.

A charge of £250 (this will be reviewed in 2016) will be made for each level of the award to cover the cost of the application process, including support from the Sustainable Food Cities Team. You do not have to achieve the bronze award before applying for the silver, but if you do apply direct for silver this will cost £500 to cover the additional facilitation work involved. Failed applicants will need to pay the relevant charge again for any future re-application.

To make the process as transparent as possible, one condition of receiving the award is that all successful applicants agree to make their application accessible to other members of the Sustainable Food Cities Network through a link to their 'shop window' on the Sustainable Food Cities web site. We will also expect applicants to provide short case studies on selected areas of their work. We will help you to identify the most suitable case studies during the application process, based on particularly innovative and inspiring initiatives that other members of the Sustainable Food Cities Network can learn from.

Each award is given for a two year period. If the award holder has not made an application for a higher award by the end of that period, they will be expected to stop using the award and to stop referring to themselves as awards winners in all communications and promotional activity or to reapply for their existing level award.

If you would like further information on the award or to discuss a prospective application, please contact Tom Andrews: email tandrews@soilassociation.org or call 07717 802 188.

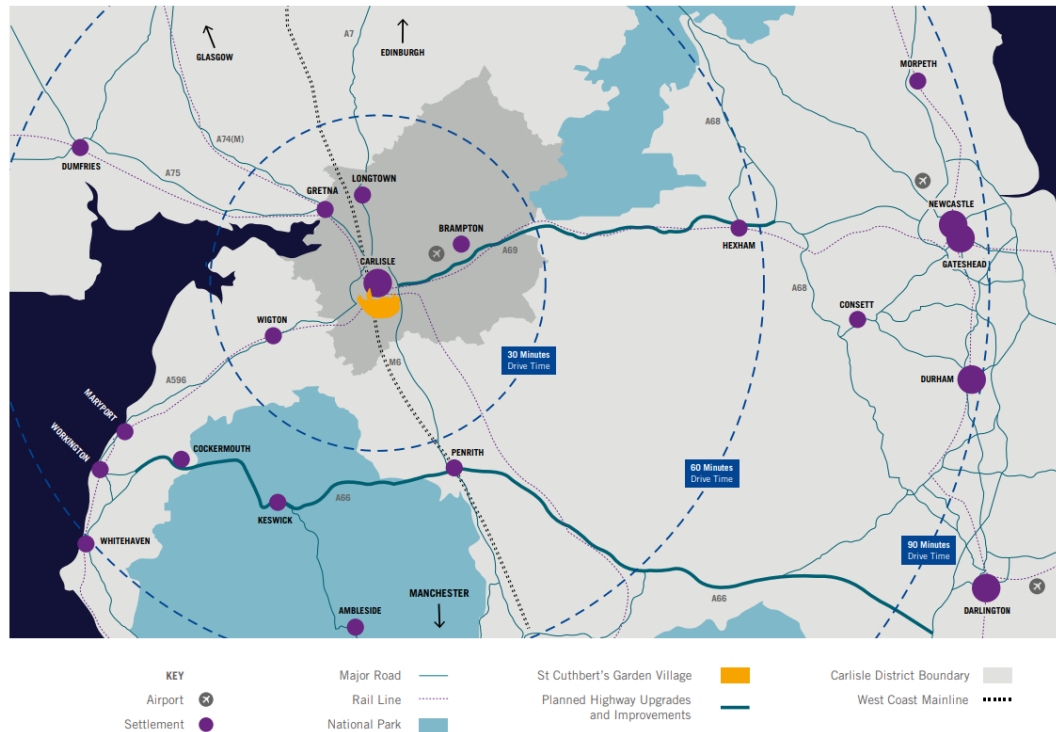
MINIMUM REQUIREMENTS RELATING TO FOOD PARTNERSHIP, ACTION PLAN AND POLICY:

Food Carlisle Good Local Food For All

In order to understand our work, we have provided some context about the area to further show that a significant amount of progress has been made, despite challenging times and the size and scale of our city and resource available.

Carlisle; ‘The Great Border City’

Considered the urban capital of the County of Cumbria, in the North West of England, Carlisle is based in the district of Carlisle; covering 402 square miles. The district has an estimated population of 108, 409 ([ONS, 2016](#); [Cumbria Observatory, 2018](#)) making the area predominantly rural in nature; though there is a gap between the visibility of farming and the makeup of the population.



History – [Carlisle's Story](#)

Carlisle benefited from its strategic location; just 10 miles from the Scottish border, Newcastle 58 miles to the east, Glasgow 96 miles to the north, Lancaster 68 miles to the south and the Irish Sea to the west. All of this helped the city to build on its newly established economic importance, which in recent times has encouraged the development of food processing, engineering and logistics sectors.

Examples of long running traditions/events:

- [The Cumberland Show](#): combines tradition and agriculture with a fresh, modern focus to create a real celebration of farming, food and countryside. There are a range of livestock classes; heavy & light horses; poultry classes; and vintage vehicle classes. The Countryside Area displays rural crafts and skills; a Home Industries Marquee; Craft Marquee; Country Living Arcade; Food Hall; a wide range of Trade Stands; and a variety of entertainment around the Show field, which all make for a great family day out.
- The [Covered Market](#) was built in 1889 and is one of the few covered Victorian markets remaining in the country. The market has been redeveloped in the 1990s and now houses a number of small retail units; including butchers, fresh fruit and veg, health food shops and restaurant/cafes.
- Today the district hosts 2 farmers markets, run by Sustainable Brampton; [Carlisle and Brampton Farmers' Markets](#), held on the first (in Carlisle) and last (in Brampton) Saturday of the month. They are popular markets, offering quality local produce, a great atmosphere and social meeting place.

Recent Challenges

Carlisle has and has faced a number of challenges in recent years and since the founding of Food Carlisle.

- 2005: The first of the 2 major floods to hit Carlisle. Terrible damage was caused to 1600 properties and led to the loss of 3 lives; with thousands more without power for several days.
- [2015](#): Carlisle faced the worst flooding in over 100 years. As a result of the effects of Storm Desmond, the flooding experienced in Carlisle was unprecedented. Approximately 2,100 properties were directly affected by the flooding; however, approximately further 1,450 properties were protected by the existing flood defences. Unfortunately, despite considerable resources being employed in the defence of Carlisle since the previous flood, the extraordinary amount of rainfall overwhelmed the measures in place. The effects of this event are still being recovered from now. Regrettably, many evaluations and evidence files for projects directly related to work that is listed in this award were also lost during this flooding.
- 2018: Emergency response was issued and coordinated for the district in response to Storm Emma and the worst snow forecast for 65 years.

These events have had a significant impact on communities, food production, food growing, education & schools, health, economy (all of our charter themes), as well as the staff involved in the Food Carlisle agenda. Farmers have lost livestock and battled through the severe conditions and in some cases are still recovering. However, as a resilient community we are re-focusing our work and efforts through our partnership working to support and revitalise our area. Our food partners have played a significant role in some of this work, despite the crisis fatigue and diversion of focus our communities and partners face.

Overview

- The district is predominantly white British (95%) - however the remaining 5% is made up of a range of diverse nationalities.
- 62% of the population within the district live in Carlisle city.
- An increasingly aging population with over 23.5% aged over 65; this is higher than the England and North West average and brings its own challenges – hence the importance of projects like [Fair Meals Direct](#) (Meals on Wheels Cumbria).

Carlisle faces a number of health issues: Examples include

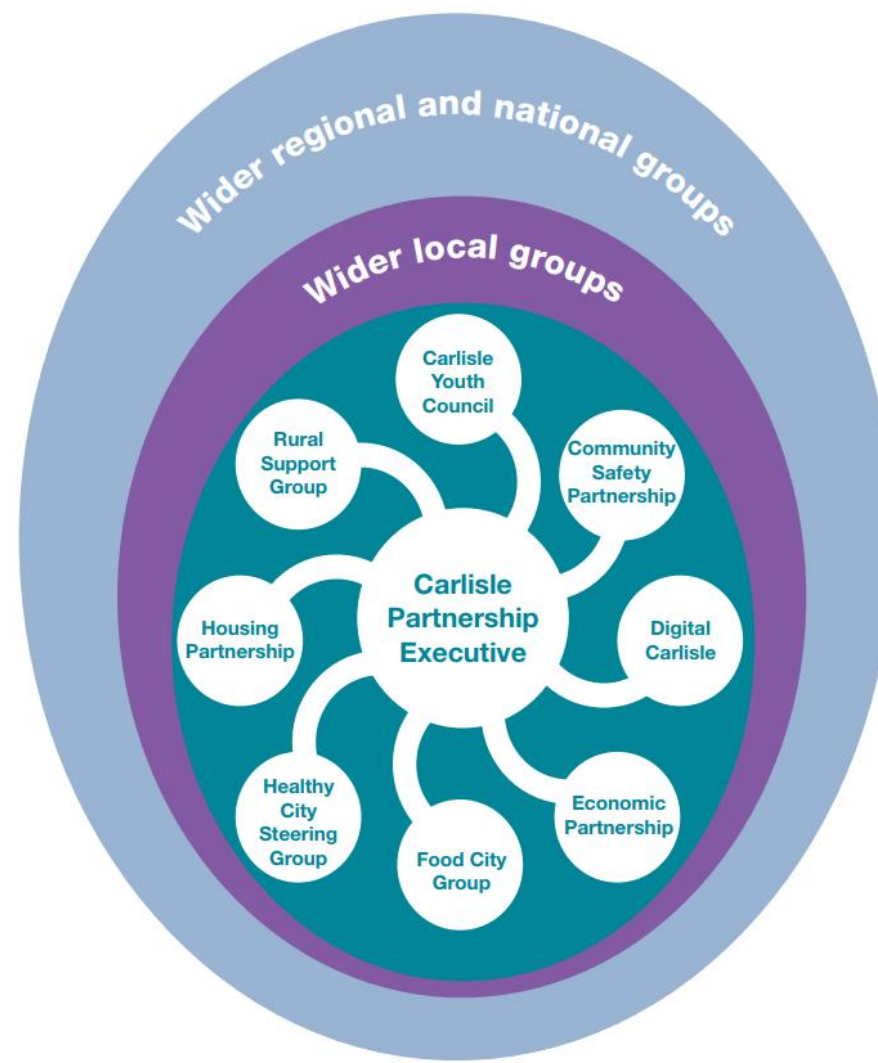
- Higher than average incidences of diabetes, significant oral health issues; especially in children – In 2014-15, 32% of five year olds had dental decay.
- Excess weight amongst adults in Carlisle district was recorded as 68% and rising obesity levels of year 6 children (35.5% in 2015-16) were recorded as overweight or obese due to poor diet.
- Carlisle also has higher than average mortality rate from cardiovascular disease.
- Levels of breastfeeding initiation are more than 10% lower in the Carlisle District than the England average; however the Carlisle and Penrith Maternity Services, North Cumbria University Hospitals NHS Trust have set out to tackle this by working towards achieving Baby Friendly accreditation. This accreditation is based on a set of interlinking evidence-based standards for maternity, health visiting, neonatal and children's centres services – More information can be found in Key Issue 1: 1a - [Baby Friendly Initiative](#) (BFI)

Schools & Education

Number of schools within the district:

Infant & Primary Schools	Primary and Secondary Schools = 2	Colleges = 1
- Academy 3 – 11 years = 5	Secondary Schools	Universities = 1
- Academy 4 – 11 years = 2	- Academy 11 – 18 years = 5	Pupil Referral Unit = 1
- Infant School 3 – 7 years = 2	- Secondary School 11 – 18 years = 1	
- Infant School 4 – 7 years = 1	Special Schools = 1	
- Junior School 7 – 11 years = 1		
- Primary 3 – 11 years = 22		
- Primary 4 – 11 years = 14		
<i>(Total</i>		
<i>= 47)</i>		

The *Food Carlisle* journey began in late 2012, with a vibrant exploratory meeting with passionate key partners who recognised the changes, challenge and need for action based on the above. As a result, on Friday 8th March 2013, due to the appetite of the topic Carlisle Partnership, Carlisle College and Carlisle City Council held a Sustainable Food City conference engaging



more than 80 delegates to explore the ideas of developing Carlisle as a sustainable food city; from this our steering group was established. As a result of this event, our vision was set and charter developed (See Key Issue 1: 3a). In addition, our steering group was formed from a wide range of organisations and individuals. It was exceptional for the area in that the new focus on food brought people and organisations together who had not worked in partnership before. This included community groups, the local college, local authority, public health and private organisations. All network members have signed up to the Food Carlisle Chartered, meet formally (quarterly) and take part in projects and task group meetings in-between. Carlisle was one of the 13 founding members of the Sustainable Food Cities (SFC) Network 2013. Being involved in steering and shaping this exciting work, locally and nationally to date.

Our Mission and Vision:

Food Carlisle’s mission is to co-ordinate and support the development of Carlisle as a Sustainable Food City, promoting and encouraging “good local food for all” within the Carlisle District, addressing through food; health and wellbeing, local economic prosperity, environmental sustainability, resilient communities, and fairness throughout the food chain.

The group’s vision for Carlisle is that it will become the most sustainable ‘Food City’ in the Region and a beacon of good practice, nationally inspiring others; particularly smaller cities, towns, and counties, to learn from our work.

	BRONZE	Achieved?
Partnership	Terms of reference for partnership in place with list of member names and organisations. Terms of Reference/Constitution – See Link on website	Yes
	Cross-sector (public sector, business, NGO, community group) membership of partnership. The Partnership: Food Carlisle are a Partnership of over 20 different partners with representation from private industry (Pioneer to Wild & Fruitful), public sector (Carlisle City Council, Cumbria County Council, University of Cumbria, Carlisle College) and the third sector (Brampton Food Network, Sustainable Carlisle); operating under the larger umbrella of the Carlisle Partnership. One of our strengths is the diverse range of partners we have involved. We believe in working with our food producers, suppliers, transporters and local food establishments to make Carlisle a recognised high quality food city.	Yes
	Food Carlisle Partner Organisations:	Yes

	<p>Private / Local Food Business</p> <ul style="list-style-type: none"> • Pioneer Food Services (Local Food Retailer founded in 1879 in Carlisle’s Greenmarket) (Director) • Wild & Fruitful (Director and Chair – Jane Maggs) • Cows & Co (Director) • Local Chef <p>Research</p> <ul style="list-style-type: none"> • Jardine Thomas & Co (Vice Chair – Keith Jackson) <p>Education & Skills</p> <ul style="list-style-type: none"> • UOC (Researcher) • Carlisle College (Chef Lecturer / catering manager) • PhunkyFoods (Engagement and development coordinator ECC Cumbria) <p>Health</p> <ul style="list-style-type: none"> • Public Health (Locality Public Health Manager) <p>Community</p> <ul style="list-style-type: none"> • Sustainable Carlisle (Director) • Fair Mails Direct (Director) • Carlisle Food Bank (Chair and Founder) • Rotary (Board member) • Lovers Lane and Brampton Food Network (Coordinator) <p>Public Authority</p> <ul style="list-style-type: none"> • Carlisle City Council (Various) • Cumbria County Council (Various) <p>Economic</p> <ul style="list-style-type: none"> • Brampton Food Network / Economic Partnership (Board Member) <p>We also regularly work with schools, other local Food businesses (Cranstons, Off the Wall, Bruce and Lukes), NFU, Cumbria Partnership NHS, Riverside Housing Association, Food Producers, Food Distributors, Food and Hospitality outlets, Cumbria Chamber of Commerce, Local farms, as examples within project work.</p> <p>Partnership has met at least 4 times <u>spanning</u> the last 12 months and evidence that meetings are leading to implementation.</p> <p>Partners meet quarterly; as well as events, projects and task group meetings: For Example, Local Food Show, Carlisle</p>	
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Ambassadors, FareShare task group. This has led to action and implementation as evident in the projects featured on our website

Food Carlisle is a priority subgroup of the strategic Carlisle Partnership, which hosts an executive group of key stakeholders across the Carlisle District and a full forum of over 90 different partners; (Public, Private, Voluntary and Community). Food Carlisle insures that food at its broadest level is represented and links with this group allows this to happen.

Membership composition:

- Brampton Economic Partnership
- Brampton and District Business Association
- Brampton Food Network
- Carlisle City Council (various departments)
- Cumbria County Council (various departments)
- Sustainable Carlisle
- Cumbria Public Health
- Cumbria NHS Partnership
- Pioneer Food Service
- Carlisle College
- Groundwork
- University of Cumbria
- Food link NW
- UK Healthy Cities
- National Allotment Society
- Riverside Housing Association
- Carlisle Foodbank
- National Farmers Union Cumbria
- Food Producers
- Food distributors
- Food/hospitality outlets
- Cumbria Chamber of Commerce
- Independent Chefs

	<ul style="list-style-type: none"> • Apprentice Farmers • Dieticians/nutritionists • Independent Volunteers 	
Plan	<p>Action plan outlining key objectives for at least one year ahead. It does not matter if the action plan is in draft form, but it should be available for interested parties to read and reflect the six key issues listed previously.</p> <p>Our ending 3-year food action plan is available here – Our 2018 onwards Action Plan is in development and is being advanced based on the learning and gaps outlined from completing this award and the health check.</p> <p>The Food Carlisle Action Plan is the product of a wide range of stakeholders brought together by a shared passion to rejuvenate and grow Carlisle’s food culture. Key priorities and actions were identified via an exploratory event held at Carlisle College in 2013; engaging with over 80 partners, to consider the agenda, current activity, opportunities and gaps. Alongside this the Carlisle Food Charter was also agreed; which can be seen in KEY ISSUE 1: 3a.</p> <p>Both the Charter and Action Plan mark the start of Carlisle’s journey towards its vision of becoming the most sustainable Food City in the Region. We believe in working with our food producers and distributors, and with all local food outlets, to make Carlisle a recognised, high quality Food City. We want to create a City where good food flourishes and where we work in partnership to empower change towards a vibrant and inclusive food culture. We want every setting - school, nursery, college, hospital, care home, cafe, restaurant and workplace - to serve healthy, sustainable, delicious food.</p> <p>We are starting a local food revolution - Find out more about us here.</p>	Yes/No
Policy	<p>Evidence that healthy and sustainable food is ‘recognised/referred to’ in city policies and strategies.</p> <ul style="list-style-type: none"> • Carlisle Plan (Carlisle City Council) <i>The city has built on its established economic importance and encouraged the development of food processing, engineering and logistics sectors.</i> • Carlisle Plan on a page See: Priorities and Healthy City Programme under key actions/project - Carlisle Plan 2015-18: Plan on a Page November 2016 - March 2018 <p>Further develop sports, arts and cultural facilities to support the health and wellbeing of our residents: <i>Continue to support and develop the Food City Partnership: Local Healthy Eating Options; Carlisle Food</i></p>	Yes/No

Charter; food sector supply chain development; food skills; education and tourism.

- [Cumbria Health and Wellbeing Delivery Plan](#) *Expansion of Public Protection work with food businesses to provide healthy options to promote breast feeding friendly premises.*

- [Carlisle District Local Plan 2015-2030](#)

- Healthy Communities
- Food & Drink
- Health Impact assessment
- Heritage/culture

- [Cumbria Healthy Weight Declaration](#)

- Food Act:ive: [Cumbria announces county-wide declaration on Healthy Weight](#)

- [Cumbria County Council Public Health 5-19](#)

- [PH 5-19 Pathways](#) to support healthy weight with emphasis on education around healthy food choices.

- From [CUMBRIA MINERALS AND WASTE LOCAL PLAN 2015 to 2030](#)

8.5 In December 2009, Cumbria County Council and Natural England commissioned an analysis of the Bassenthwaite catchment area as a case study¹²⁹ in the role of ecosystem services and green infrastructure in economic development, regeneration and growth in Cumbria. The results of the study are applicable to all of Cumbria's rural communities, not just Bassenthwaite. **For example, more effective relationships between tourism infrastructure and environmental projects could deliver higher value activity, such as quality hotels, shops, food and drink, and experiences that are capable of sustaining higher value employment.** The economic challenge for landscape and biodiversity is to turn these assets into experiences that people want to take part in and spend money on.

- [The Borderlands Inclusive Growth Initiative: 'A Framework for Unlocking our Potential'](#)

- [St Cuthbert's Garden Village](#)

- Link to Carlisle City Council's policies and documents [HERE – Carlisle South](#)

- [Cumbria Local Enterprise Partnership](#) (LEP)

- Across England's 39 LEP areas, Cumbria has the second highest proportion of its population living in rural areas, the second highest proportion of adults working in agriculture and the second highest proportion working in the tourism sector.

- **Rural & visitor economy**

Cumbria is one of the UK's most popular destinations, providing accessible recreation and leisure resources, attracting over 41 million visitors per year and supporting 34,000 jobs. The county's internationally-renowned visitor offer, coupled with strengths in the agri-food sector and food and drink provenance, has massive potential to grow and add value.

	<ul style="list-style-type: none">• Cumbria LEP has produced a Rural and Visitor Economy Growth Plan, developed in consultation with its partners, representative organisations and rural businesses. It identifies ways to extend the ‘adventure’ experience, support events, enhance attractions and experiences linked to food, drink and culture, influence access into Cumbria and travel within the county, and maximise the benefits from emerging digital opportunities. Another key target is the application of new technology in agriculture, food production and rural specialist manufacturing sectors to encourage economic growth.• Making the dream a reality - The Tourism Strategy For Cumbria: 2008–2018• This strategy recognises that 16% of Total Expenditure relates to Food and Drink; and looks at ways to support local Food and Drink businesses.• Report and Update 2008 A Community Plan for Carlisle:	
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Healthy Communities and Older People Priority Group (HCOP)

The Healthy Communities and Older People Group (HCOP) has supported eight projects with Communities for Health (CFH) programme funding from the Department of Health. These are: Smoke Free Carlisle; Income Maximisation for Older People; Active Carlisle; Healthy City; Keep Warm; Lifestyle on the Road; Worthwhile Days and On Your Bike. A showcase event to raise awareness of the HCOP Group and to celebrate the work of our partners in delivering these projects was held in March 2008. Details of these activities are featured in the 'Communities for Health Programme Summary Report', available from the Carlisle office of Cumbria Council for Voluntary Services.

The HCOP Group will continue to support our Smoke Free Carlisle, Income Maximisation for Older People, and Healthy City projects into 2008/09.

The group is reviewing what our health statistics are telling us about Carlisle. We still continue to have higher than average levels of smoking, premature death and other significant health inequalities. There is now a wealth of evidence to link these health issues with wider inequalities - such as income, housing, low skills and aspirations. The HCOP Group is keen to address some of these wider causes of poor health in the coming year by working towards the World Health Organisation 'Healthy City' accredited standard.



Priority for action	Contributing elements	New Targets	Lead group	Lead partner
Smoking	Cumbria Stop Smoking Service	Reinforce front line advisory staff and increase four week quitters to 825 for 2008/09 (2007/08 target 779 - achieved 371)	HCOP	Cumbria Primary Care Trust
Obesity	Active Carlisle; Lifestyle on the Road; Worthwhile Days; On Your Bike	Increase participation especially amongst families and hard to reach groups	HCOP	Carlisle Leisure Ltd; Carlisle MENCAP and Impact Housing
Reduce health inequalities	Healthy City Network	Roll out further initiatives to community centres, into rural areas and via the media	HCOP	Cumbria Council for Voluntary Service
Maximise income	Outreach and referral programme	Increase uptake in rural area 08/09 (£500,000 additional benefits claimed 75% urban 25% rural 07/08)	HCOP	Age Concern Carlisle and District

- [Cumbria Public Health Strategy 2015 - 2018](#)
- [Cumbria Health & Wellbeing Strategy 2016-19](#)
- [Waste Prevention Programme 2016 - 2019](#)
- [Cumbria Strategic Waste Partnership; Joint Municipal Waste Management Strategy 2008 – 2020](#)

THE TABLES BELOW LIST THE SORTS OF ACTIONS/OUTCOMES WE WOULD EXPECT TO SEE UNDER EACH OF THE SIX KEY FOOD ISSUES:

KEY ISSUE 1: PROMOTING HEALTHY AND SUSTAINABLE FOOD TO THE PUBLIC		
1	Healthy eating campaigns - such as breastfeeding, healthy weight, 5-a-day, Eatwell, cook from scratch, and sugar, salt and fat reduction - that aim to change public behaviour, particularly among hard to reach audiences, are being delivered.	1 point
1a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p>Carlisle was designated a World Health Organisation (WHO) Healthy City in 2008 and is currently one of 8 UK flagship Healthy Cities for Phase VI. This recognises a process and commitment to health improvement through the wider determinants of health. At the 2014 European WHO international conference Carlisle was commended for its work to date and presented with a Certificate of Gratitude for commitment. Building on this work we were invited to present on the work and development of Food Carlisle in 2015 to over 305 delegates. This session led to UK wide sign up of cities towards the Sustainable Food Cities agenda.</p> <p>SUGAR SMART Carlisle (SSC) is an awareness raising project covering Carlisle district; joining the SUGAR SMART UK movement to educate on hidden sugars and in making informed food and drink choices.</p> <p>86 people attended the January 2018 SSC Summit; which, following its success, attracted significant social media and press coverage, there have been substantial developments:</p> <ul style="list-style-type: none"> • Our survey resulted in pledges from 65 people/organisations • 21 organisations pledged from Eventbrite • 12 organisations have used our resources at their own events • 44 participants are active in the Carlisle section of the national website • 7 action pledges have been made • 15 pre-registrations <p>Examples of activity include:</p> <ul style="list-style-type: none"> • Development of a SSC awareness video, now used as best practice nationally; • Primary Schools Council meeting (11 schools) focused on Sugar, encouraging schools to create presentations, resources and activities • Social media campaign engaging with hard to reach audiences 	Yes

Baby Friendly Initiative (BFI): The most recent quarter showed a breastfeeding initiation rate for CIC (Cumberland Infirmary) were 62% of mums – meaning 62% of our mothers started breastfeeding within the first 48 hours after delivery.

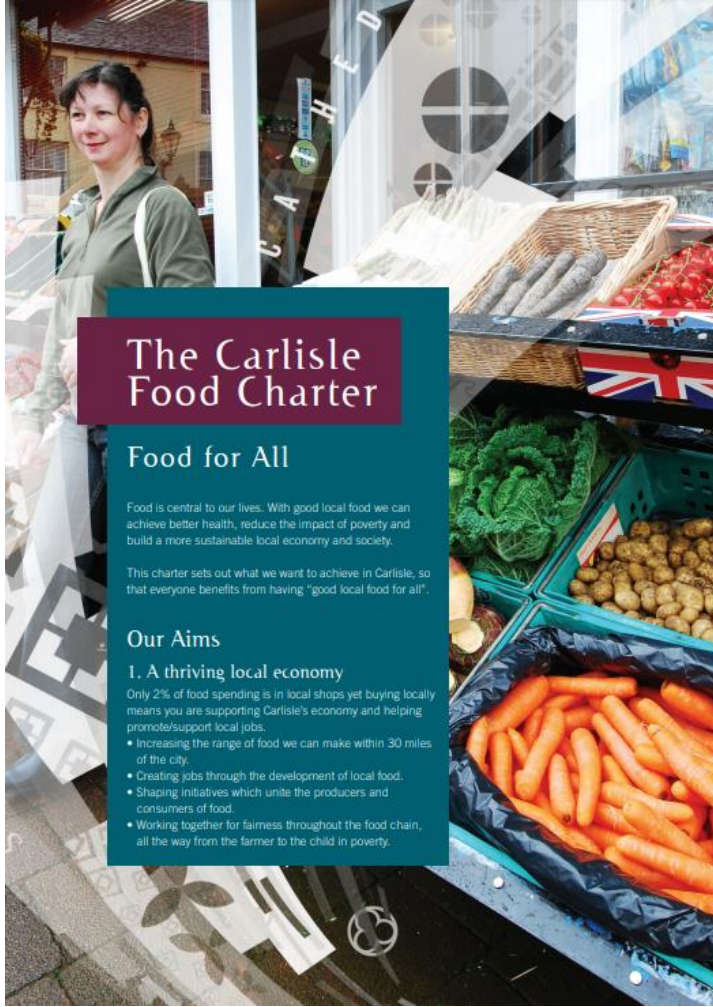
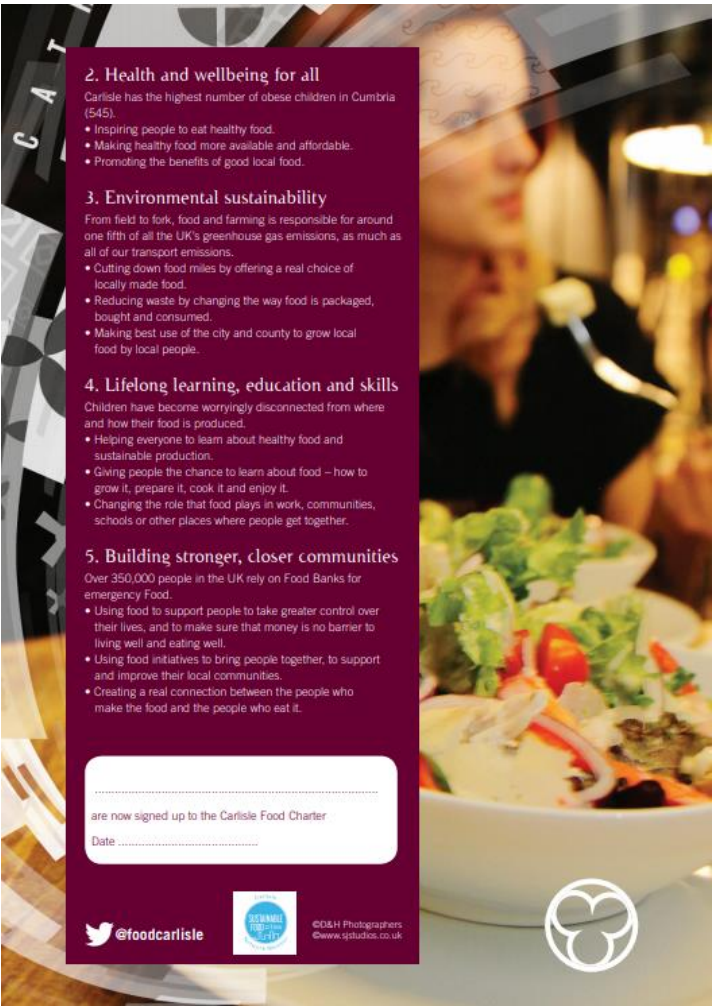
Work started towards BFI across the whole North Cumbria Hospital Trust in 2015.

Stage 1 was awarded ‘Outstanding’ in 2016; this is around policies, guidelines, curriculums and project plans.

CIC was awarded **stage 2** in November 2017. Hospital staff are interviewed on-site over two days by a team of UNICEF BFI assessors. During this visit 30 staff were interviewed; plus 3 Paediatricians– HCAs, Midwives, NNU nurses, and paediatric Consultants. All staff were delighted to pass, achieving overall 80% or higher. Across the Trust over 350 members of staff, of all grades, have undertaken this rigorous training.

Stage 3 looks at the care delivered to mothers and babies; the team revisit and talk to mothers to discuss the care they received, whether standards were implemented, experience of care when pregnant and newly delivered. Change and improvement has already being seen in the way care is delivered, resulting in increased numbers of visits breastfeeding mothers get, and following care pathway to ensure consistent care and advice across the Trust.

Cumbria Partnership Trust led a campaign during **Dietetics week** (June 2014), which focused on improving diet, promoting the **Eatwell plate** and promoting dietician services; due to rising dietary related ill health. 20 Hospital staff’s food diaries were analysed and anonymously displayed, alongside charts indicating their nutritional value in relation to the Eatwell plate; Helping raise awareness to members of the public, promoting healthier changes to diet.

3	<p>A food charter or equivalent that encapsulates the food ambitions/vision for your city/place has been developed and a range of organisations have pledged/committed to taking specific practical actions to help achieve those ambitions.</p>	<p>1 point</p>
3a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p><u>Food Charter</u></p> <div style="display: flex; justify-content: space-around;">   </div> <p>We began the “Food Carlisle” journey in late 2012, with an initial vibrant exploratory meeting with key stakeholders. In March</p>	<p>Yes/No</p>

2013 - Carlisle Partnership, Carlisle College and Carlisle City Council held a [free event](#) to explore the ideas of developing Carlisle as a Sustainable Food City. The event was attended by over 80 people, including The Principal of Carlisle College, Leader of Carlisle City Council (who gave an inspiring speech on Carlisle's Food history), Tom Andrews and many others. During the event, presentations were given on best practice and workshops explored various topics – which resulted in the language and terminology of the Charter.

The charter contains 5 key principles: A thriving local economy; Health and wellbeing for all; Environmental sustainability; Life-long learning, education and skills; and Building stronger, closer communities. Individuals and organisations are asked to support these by [signing the Food Charter](#) and following these examples to help make a difference in our area:

Individuals -

- Try to support local, affordable, independent food retailers who sell fresh, seasonal and local food.
- Cook fresh meals for yourself, family and friends.
- Try growing your own food at home or on an allotment.
- Get involved with one of our projects

Businesses / Organisation -

- Encourage people to take part in activities that further support the Food Charter.
- Encourage your employees to cook, eat and enjoy healthy fresh food.
- Procure and offer healthy sustainable food for employees, customers, patients and pupils.

As a result of the event, registered interested names formed the steering group established in May 2013 and in August 2013 Carlisle was recognised as a founding member of the Sustainable Food City movement). Steering group members committed to various roles (as outlined in the partnership section at the start of the award and the constitution) and the development of projects and exploration of priority projects. As an outcome a number of positive projects around food have emerged within the City through the Charter themes. Including [Fair Meals Direct](#) (Meals on Wheels Cumbria) and the [Local Healthy Options Awards](#).

In July 2014, Food Carlisle was featured at the [Carlisle Partnership AGM](#), where we launched the [Food Carlisle Food Charter](#) and [video](#). To date there are 85 signatories; it continues to be actively promoted via a range of communication tools (social media, website, newsletters, events). Key signatories include included a mix of individuals, organisations, food producers and food businesses. For example: [Lakeland Mues](#), [Com-For-T](#) and [Cumberland Honey Mustard](#).

The Food Charter and aims are also supported in the councils priorities under the Healthy City Programme which can be found in the [Carlisle Plan 2015-18: Plan on a Page](#) which states that the City Council continues to support and develop the Food City

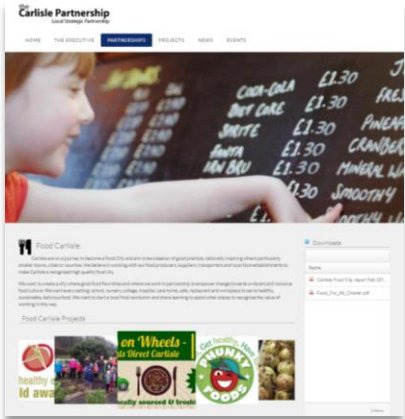
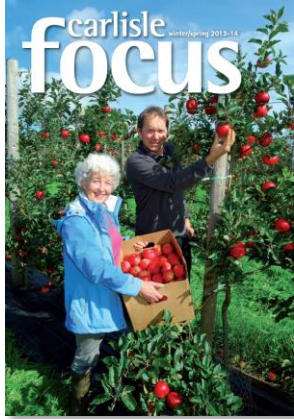
Partnership: Local Healthy Eating Options; Carlisle Food Charter; food sector supply chain development; food skills; education and tourism.

5 Public understanding of food, health and sustainability issues is being raised through a variety of communication tools including web sites, social media, magazines, film shows, radio and press pieces, talks and conferences.

1 point

5a Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.

Yes/No



Food Carlisle use a variety of communication tools to share information. We engage with local papers and media stations, utilise the diversity of backgrounds and outreach of our stakeholders and collaborate with partners; to both employ new technologies and engage with as much of the public as possible.

Local papers [The Cumberland News](#) and the [News & Star](#) regularly cover food and [health related stories](#) including in depth [coverage](#) of [partnership projects](#). A good example is the recent work [SUGAR SMART Carlisle \(SSC\)](#) has been doing, benefiting from a breadth of coverage to help raise awareness. In the run up to the official launch, this hot topic has been the subject of heated debate; for example the [SSC primary schools council](#) in November 2017. Covered by [ITV Border News](#), led by the Mayor of Carlisle and attended by the leader of Carlisle City Council and the portfolio holder for Health and Wellbeing - twelve primary schools from across the district presented their case. Three of these schools later presented at the [SSC Summit](#) in January 2018.

SSC has also been featured on [CFM Radio](#) and [That's Cumbria](#), where the director of public health, and students from Newlathes Infant School were interviewed on the subject.

Many of our partnership projects have also been featured in local magazines, such as [Carlisle Living](#) and the [Carlisle Focus magazine](#). This double page 'Focus Feature' about [Eva's Organics](#), [Best of Carlisle food market](#), [Fairtrade in Carlisle](#) and the food partnership in *Carlisle Focus* for example had a print run of roughly 55,000 copies.

Focus Feature

“We supply organic fruit and vegetables to 150-200 local homes per week, all year round with no charge for delivery. We are pleased to provide produce for Fair Food Carlisle and fully support the Food City Carlisle initiative.”

Mike and Debbie Simpson, Eva's Organics

Home Grown Success

Debbie and Mike Simpson run Eva's Organics Fruit and Veg Box Scheme. They are supported by three part-time staff and have been growing organic vegetables at Low Luchins near Carlisle for ten years.

In the winter of 2010/11, they planted a 600-tree organic orchard at Gooling Side, Houghton. The first substantial apple harvest started this autumn with a bumper crop of apples and pears.

Over the years they've worked out the most effective ways of growing a wide range of food crops in North Cumbria where the weather is always a challenge. Their constant and nine polytunnels are efficient devices for trapping heat and oxygen as well as sequestering climate-changing carbon dioxide from the atmosphere. What's more, all their crops are grown without the use of artificial fertilisers or pesticides. Visit www.evasorganics.co.uk for more information.

Eva's Organics are one of the suppliers to Fair Food Carlisle, a local business based at the Enterprise Centre. Fair Food Carlisle is a partnership between Sustainable Carlisle and Enterprise Food Network. It links local food producers with local people so that they can buy directly and enjoy good quality food, at prices fair to all.

Best of Carlisle

As part of the Carlisle Festival celebrations, a Best of Carlisle open-air market was held in Carlisle city centre this August. The overall programme was sponsored by Story Homes.

Organised by Carlisle City Council, in partnership with Food Carlisle, the open-air market aimed to promote local businesses, producers and traders. More than 20 traders took part. As part of the event, The Sweet Dream Company, a local business based in Carlisle, built a replica of Carlisle Castle using custard cream and also an Old Town Hall cake, in celebration of the building's recent restoration. The Old Town Hall cake continues to be on display in the Tourist Information Centre.

For further information, visit www.carlisle.gov.uk/pageant

Supporting Fairtrade

Carlisle first became a Fairtrade City in March 2005, since then, the number of city centre shops, cafes and businesses providing a range of Fairtrade products has grown every year. Look out for the Fairtrade Mark on products and labels and in shops and cafes. There are now more than 1,000 high quality products available in the UK. Many of the major high street stores as well as the smaller independent retailers are now stocking Fairtrade products.

There will be events taking place in Carlisle to celebrate Fairtrade Fortnight (28 February - 8 March 2014). To find more, visit www.fairtrade.co.uk and follow Carlisle Fairtrade on Facebook and Twitter @FairFoodCarlisle.

Food City Carlisle

Work is underway to develop the concept of Carlisle as a sustainable Food City.

A partnership of organisations, including Carlisle City Council, the NHS, Cumbria County Council, Carlisle College, Fair Food Carlisle and other businesses, have bid to the Sustainable Food Cities Network to receive national funding.

They are developing a partnership Charter and Action Plan which includes issues such as sustainable supply chains, food enterprises and food poverty and access.

Food City Info

www.carlisle.gov.uk/foodcity

Follow FoodCarlisle on Twitter @foodcarlisle

Whole world given taste of Carlisle's 'food city' projects

Delegates from across globe hear about city's sustainable ethos

BY ANABELLA MCGOWAN

EFFORTS to make Carlisle a food city are thriving, with some projects receiving international attention.

As a result of its success, Carlisle has recently chosen to be part of the high-profile Quilburn international event in France.

Emma Dixon, partnership manager at Carlisle City Council, was among 1,200 delegates who travelled to Paris for the event.

Here she gave a presentation about the Food Carlisle initiative, including a range of planning projects.

They include the Phoenix scheme, to promote healthy eating in schools across the district; Cheshire, Fair, Paris, in partnership with other international and city organisations, that year focusing on collaborative eating.

Emma said: "It was completely out of the blue. They sent someone to prepare the Food City network at a city level.

"The only way to describe it was it was very modern and diverse, and suited and suited. It was very Mark Zuckerberg."

Emma was leading one of the panel discussions alongside project leaders from Harrogate, Spain, and Jeddah, USA.

The entire 16-minute session was filmed and streamed online, ending with debate and criticism.

Thinking part in the conference has also strengthened Food Carlisle's efforts to secure funding for future projects.

The recently received £100k from Sustainable Food Cities to support a local food partnership network.

Anna Bridge is now focusing on expanding the existing work to promote Carlisle as a sustainable food city.

This includes promoting the Phoenix scheme, which promotes healthy eating in schools through peer-to-peer learning.

It also links to with local food businesses.

Houghton Primary School is among those now involved, with seven of its pupils being named Phoenix Food ambassadors.

Other community projects will include work to tackle food poverty and promote local growers and producers.

Carlisle was one of the first to join the food cities network, which has grown to include over 30 locations across the UK.

As a result, successful schemes in Carlisle have been hailed as best practice and are inspiring work in other cities.

The next project will be to launch a Super Smart Carlisle health awareness campaign. Emma said there are keen to hear from individuals, groups and businesses that want to get involved.

Email anna.dixon@carlisle.gov.uk or call 01275 812328.

Emma Dixon: "It was an amazing experience."

Leading the way: Dylan Jayker, left, and Griffin Kirkman-Evans, year 5 pupils at Houghton Primary School, who have become Phoenix Food ambassadors.

[Go Lakes](#) also produce a [Food & Drink Guide](#) for residents and visitors including a section on [farmers markets](#) and [foodie events](#).

The use of online platforms is essential to making contact with a large range of residents, visitors and businesses. Baring this in mind, it is important to utilise a variety of platforms, ensuring finding information as easy as possible. Food Carlisle share information through social media tools such as Twitter ([@FoodCarlisle](#) 2,064 followers); for example the promotion of the [Local Food Map](#) which boosts the sign up of roughly 248 businesses and has had over 3190 visits.

We have collaborated with partners, such as Carlisle College to create a number of [YouTube videos](#) to feature on the [Carlisle Partnership](#) website showcasing [partnership projects](#); [Fair Meals Direct](#), [SUGAR SMART Carlisle](#), [Local Healthy Options Award](#).

Information can be found online to broaden public understand on all food, health and suitability issues. For example food waste digesters are promoted on [Carlisle City Council's](#) website and on Cumbria County Council's [Resource Cumbria](#) website; which also

	<p>promotes the 'Love Food Hate Waste' WRAP campaign. – (See KEY ISSUE 6)</p> <p>The partnership has held conferences and been asked to take part in a number of talks, presentations and symposiums. Examples include the Partnership AGM, Local Food Show and Foodies Fest; where a variety of masterclasses and talks (“building corporate food identity through business branding”, “linking local food to local people to make it a personal journey” and the use of social media to build and promote your product.</p>	
	TOTAL POINTS AWARDED	

KEY ISSUE 2: TACKLING FOOD POVERTY, DIET-RELATED ILL HEALTH AND ACCESS TO AFFORDABLE HEALTHY FOOD		
2	The living wage is being promoted through Local Authority policy commitments and/or via campaigns to raise employer awareness of the impacts of paying low wages and the benefits of raising them.	1 point
2a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p>Carlisle City Council is committed to paying the real living wage in-line with the recommendations of the Living Wage Foundation.</p> <p>Carlisle City Council brought in living wage payments in April 2013. It is thought to be one of the first authorities in the country to upgrade to the new rate. <i>Les Tickner, councillor with responsibility for finance, said: “It reinforces our pledge to support it. “We’d encourage our partner organisations and big employers to do the same,” he added. Council leader Colin Glover tweeted that paying a living wage was a step towards becoming an anti-poverty employer. www.cumberlandnews.co.uk.</i></p> <p>This commitment is reflected year on year in the City Councils Pay Policy and Arrangements for all c432 employees (including agency contracts).</p> <p>The City Council continues to actively encourages Carlisle employers to adopt the living wage as can be seen in its Procurement and Commission Strategy (2017-19)</p> <p><i>(6.3) Local Economic Responsibility - The council is one of the largest spending organisations in the city and the sub-region, and the more money that is spent locally, the greater positive impact this will have on the local economy, particularly for small and medium sized businesses. The council can legitimately support locally based businesses, by:</i></p>	Yes/No

	<p>1. <i>encouraging suppliers to adopt the Living Wage, secure apprenticeships and delivering training</i></p> <p>There are currently 12 businesses in the Carlisle area that are registered living wage employers;</p> <ul style="list-style-type: none"> • Lush • Oxfam Book Shop • Barclays Bank • Nationwide Building Society • Pearson PLC • Lloyds Bank • Santander Bank • A-Plant • Majestic Wine • Barclays • Story Contracting • Nestle UK <p>Members of Food Carlisle are actively supportive of the agenda by encouraging partners and/or their organisations to become members.</p>	
5	A range of healthy weight services and initiatives are being provided, from dieting and nutrition advice and support to exercise programmes and facilities.	1 point
5a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p>As part of Carlisle's WHO Healthy City Status, in partnership we are working to address the inequalities that exist within Carlisle. Investing in the health of Carlisle means investing in the future, and requires strong political will and a commitment to sustainability, equity, capacity building, community involvement and close collaboration between partners.</p> <p>The Community Health Mela is a festival style day with a wide range of Health & Wellbeing activities. There were 46 stalls covering;</p> <ul style="list-style-type: none"> • Health Advice and support • Listening Therapies; Complementary Therapies • Healthy Food and Cooking; Gardening; Exercise 	Yes/No

- Entertainment and Music

A [key element of the 2017 Mela](#) was the “*Health Olympics*”- an opportunity for 2000 visitors to have a Health MOT (run by Lloyds Pharmacy) with appropriate advice and signposting. 79 People took part in a full health MOT, with 19% of those seen being referred for further investigation. Feedback from the MOT was positive, with 88% saying it was worthwhile. Feedback from the event stated that 94% thought it was a worthwhile event and that 50% would make lifestyle changes; this is higher than at previous events.

[Public health 5-19 – pathways](#) promote a whole school approach to prevention, early intervention, targeted support for health and wellbeing for young people; including [healthy eating](#), [healthy weight](#) and [eating issues](#). These pathways also include resources, for example; [childhood obesity](#), [lunch pack workshops](#) and [physical activity](#).

[Nicola Storey – Lead Community Dietitian](#) (presented at SSC Summit) - The [Dietetic Department](#) provides a comprehensive, up to date, evidence based service for the nutritional management and treatment of disease for the patients and staff of North Cumbria University Hospitals NHS Trust and the NHS Cumbria areas.

Dr Robert Westgate - [Carlisle Healthcare](#) also gave a presentation on [Health, Diabetes and local pathways](#) at the SSC Summit.

[Walking for Health](#) offer a variety of different [free walks](#) that can be accessed dependent upon current health levels; including [Tuesday Trundles](#) and [Wednesday Walking for Health](#). These walking programmes offer both the opportunity to improve health and fitness and also to enjoy the company of likeminded people. Walks usually include groups of 30 or more people; with the extra walk program Summer 2017 seeing 120 people taking part, and 2090 attendances over the last year alone.

There are [downloadable maps](#) that can be easily accessed by residents who prefer to walk in their own time and information flyers to promote the programme.

[PhunkyFoods](#) (*Key Issue 3:5a*) also recommend the “[Phunky 15](#)” exercise programme, run alongside a healthy eating curriculum at over 40 schools, roughly 926 students, throughout Carlisle. This programme promotes series of 15 minute physical activity ideas that can be done in the classroom with no apparatus.

Due to open in May 2018, Carlisle’s first [outdoor gym](#) situated in a city centre park. The gym encourages residents to download an accompanying app for a virtual trainer to help use the equipment to best effect.

[Active Cumbria](#), the Sport and Physical Activity Partnership is one of [44 County Sports Partnerships](#) in England and is hosted within Cumbria County Council’s Health, Care & Community Services Directorate. Active Cumbria has facilitated many

	measurable and positive outcomes contributing to an increase in participation in sport and physical activity.			
7	More healthy options are being made available in supermarkets, convenience stores, takeaways, vending machines and/or catering settings such as nurseries, schools, hospitals, care homes and workplaces.	1 point		
7a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p>The Local Healthy Options Award scheme is a Carlisle City Council initiative developed with Cumbria County Council and Healthy City Carlisle. It aims to encourage local cafes, restaurants and takeaways to provide healthier food options, whilst supporting the local economy and showcasing our fantastic local food on offer. The award is given to businesses that have a good Food Hygiene Rating and provide healthier food choices, techniques and use locally sourced ingredients wherever possible. This opportunity has now been taken up by 16 businesses, with 11 gold awards and 5 standard awards being achieved so far. Businesses that are open to the public also benefit from a listing on the Discover Carlisle website, meaning both residents and visitors to the city can easily locate establishments that offer healthier and local options. This scheme is also promoted through the Carlisle City Council's environmental health team and due to be reviewed in 2018 to further develop and strengthen the scheme.</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p>Gold Award:</p> <ul style="list-style-type: none"> • Brambles Bistro • Carlisle College refectory • Coconut Thai • Deli-Gate • Food @ Broadway • Lanercost Tea Rooms • Off the Wall Coffee Shop • Old Hall Cafe • Penny Farthing • Sandwich Club • Walby Farm Park. </td> <td style="vertical-align: top;"> <p>Standard Award:</p> <ul style="list-style-type: none"> • Kingstown Chef • Mammass Fish Restaurant • Morton Community Centre • Nestle Cafeteria • Prior's Kitchen </td> </tr> </table> <p>Carlisle College has been awarded the Gold Standard for Local Healthy Options Eating Award, meaning that healthy options are made available for the 2,800 students. Examples include using only semi or skimmed milk in the coffee shop, fresh fruit always being available, lower calorie chocolate/treat bars are available, a wide range lower and zero sugar drinks are available at all times. Slush drinks are sold, but these are School Food Approved, at only 40 calories per serving with no added sugar or artificial colourings. Vending machines have low calorie/low sugar options; including quinoa bars and items branded as low calorie etc. Click to view the Local Healthy Option Award - feat Off The Wall Café video</p>	<p>Gold Award:</p> <ul style="list-style-type: none"> • Brambles Bistro • Carlisle College refectory • Coconut Thai • Deli-Gate • Food @ Broadway • Lanercost Tea Rooms • Off the Wall Coffee Shop • Old Hall Cafe • Penny Farthing • Sandwich Club • Walby Farm Park. 	<p>Standard Award:</p> <ul style="list-style-type: none"> • Kingstown Chef • Mammass Fish Restaurant • Morton Community Centre • Nestle Cafeteria • Prior's Kitchen 	Yes/No
<p>Gold Award:</p> <ul style="list-style-type: none"> • Brambles Bistro • Carlisle College refectory • Coconut Thai • Deli-Gate • Food @ Broadway • Lanercost Tea Rooms • Off the Wall Coffee Shop • Old Hall Cafe • Penny Farthing • Sandwich Club • Walby Farm Park. 	<p>Standard Award:</p> <ul style="list-style-type: none"> • Kingstown Chef • Mammass Fish Restaurant • Morton Community Centre • Nestle Cafeteria • Prior's Kitchen 			

[Fair Meals Direct](#) is a [Meals on Wheels](#) service cooking healthy local food at an affordable price – and delivering to anyone in our community. Fair Meals Direct is a not-for-profit scheme set up to ensure that nutritious meals are available to people in Carlisle, and many of the surrounding villages who are not able to make such food for themselves.

The service currently delivers between 50 – 60 meals a day, with growing demand, and around 50 volunteers.

Click to view the [Fair Meals Direct - Meals on Wheels Carlisle video](#)

North Cumbria NHS Trust has been [recognised for its commitment to staff health and wellbeing](#) with a Bronze level [Better Health at Work Award](#). The scheme provides tangible benefits for everyone involved, with employees benefiting from access to a wide range of health support services and wellbeing initiatives in their local area. An example includes the successful launch of £5 [locally sourced vegetable boxes](#) available to staff at the CIC in Carlisle. Furthermore they have started a fresh fruit and vegetable stall with a local supplier in the hospital atrium to encourage healthier options and healthier vending being made more readily available.



TOTAL POINTS AWARDED

KEY ISSUE 3: BUILDING COMMUNITY FOOD KNOWLEDGE, SKILLS, RESOURCES AND PROJECTS

3	Developers are incorporating food growing into existing and new developments through the creation of roof gardens and/or growing spaces in residential housing and commercial developments.	1 point
3a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <div data-bbox="228 395 1995 667" data-label="Image"> </div> <p>Photos: GrowAlotMore project by Harrison Homes/CH Group - development in Harraby - “Children and families should understand the importance of soil” – CH Group</p> <p>GrowAlotMore is a community allotment project in the Harraby Green area of Carlisle. GrowAlotMore offers growers a safe and friendly community to grow produce, learn new skills, enjoy the outdoors and make new friends. Chris Harrison (Harrison Homes/CH Group housing developers) has created a unique place where first time ‘allotmenters’ alongside experience gardeners, can come together to grow their own fruits and vegetables. The pretty plots are reminiscent of an Edwardian kitchen garden. This initiative was set up in 2012; working in collaboration with Border Timber, each plot boasts its own unique garden shed. Harrison Homes have created a beautiful and peaceful environment to allow ‘allotmenters’ to work together in harmony and share a passion for growing and eating their own food.</p> <p>Currently, there are 30 large plots and a shared orchard space on the Harraby Green development site. In time Harrison Homes plan to build covered communal potting areas, and a community run café on site to encourage community togetherness.</p> <p>“Our greatest wish is to bring people together to foster a new community spirit.” – CH Group</p> <p>This project is held in high regard by the Food Carlisle group and will be used as an example of best practice in the coming development of 10,000 new homes at the ‘St Cuthbert’s Garden Village’. Furthermore a workshop was held on 21st March 2018 to develop healthy living principles to feed into the concept planning / framework. Key recommendation included consideration for the food environment: allotments / micro allotments, locally produced food markets, the importance of involving people, community and children in food</p>	Yes/No

	<p>production and crating community cohesion through quality food environments.</p> <p>Story Homes are also developing plans for an eco-village development at Crindledyke in Carlisle. The site is within the ‘Carlisle Urban Area’ and the location provides the opportunity to develop a new sustainable community. Green build characteristics of this development include allotments.</p>	
4	<p>Community food growing is increasing through increased allotment provision and/or the development of edible landscapes in parks, borders and verges and through city-wide food growing initiatives such as <i>The Big Dig</i> and <i>Incredible Edible</i>.</p>	1 point
4a	<div data-bbox="219 432 1003 975" data-label="Image"> </div> <p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p>Community food growing has become increasingly popular over the last few years. Currently, Carlisle City Council has 777 resident allotment plots on 67 sites. Some sites have as many as 60 individual plots while others have as few as two. A list of currently available allotment plots can be found on their website or via the allotment map.</p> <p>Big Dig There are several local initiatives that get involved with Big Dig days throughout Carlisle in order to better interact with their neighbours and communities:</p> <p>Garden Life, work with disadvantaged people of all ages who want to try out gardening to increase skill sets, for fitness, for mental health, rehabilitation or just for fun. Largely with young people from the Young Offenders Service and a local specialist school, Garden Life encourage older local residence to work alongside these young people to build stronger community bonds.</p> <p>Over the course of the year Garden Life run a variety of seasonal projects; for example - small garden based construction works using recycled and up-cycled materials; straightforward gardening; garden maintenance and the growing of fresh organic produce - of which a large part is donated to causes such as the Foodbank and local schools.</p> <p>Garden Life host a ‘Big Dig Day’ as part of the national event aiming to get as many people as possible involved in preparing their local community garden for the new growing season.</p> <p>Garden Life are also in the process of undertaking an Incredible Edible project in the planters outside Carlisle City Council.</p>	Yes/No

	<p>Carlisle Cares aim to support unpaid carers in the area. Working in partnership with the local Green Spaces Team, they have taken on an allotment at a reduced rate. Carlisle Cares want to build a safe and supportive area for carers to visit; David Little - Volunteer Coordinator for Carlisle Carers states <i>“Being able to get away to the allotment for even an hour would mean a lot to quite a few of them. We will encourage carers to grow their own produce and learn to cook healthy meals using fresh ingredients. The effect on their Health and Wellbeing should be noticeable...”</i></p> <p>The site was launched in November 2017 with the help of John Stevenson MP, Carlisle City Council and Cumbria County Council. They have also enlisted the help of the ‘Ice Cold Chef’, also a Carer, who champions healthy eating and cooking healthily using fresh ingredients.</p> <p><u>Lovers’ Lane - Dig for Dinner</u></p> <p>Lovers’ Lane is a community garden project run by volunteers.</p> <p>The vision for the community garden is a broad audience, in particular encouraging families. With this in mind the organisers applied for support for the <i>Dig For Dinner</i> project through the NHS Healthy Choices funding. Working in partnership with Brampton Primary School, a chef was invited to do food demonstrations at a school assembly; which really excited the children who then went home and persuaded parents to apply for a place on the project. Lovers’ Lane then invited the families to take part in the project on site.</p>	
5	<p>Primary and secondary schools are adopting holistic school food education and engagement programmes - such the <i>Food for Life Partnership</i> - including growing, cooking, farm visits and improvements to meals and dining culture.</p>	1 point
5a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p><u>PhunkyFoods</u></p> <p>Since 2014, funded by Nestlé Healthy Kids UK, and rolled out locally with support from the Carlisle Partnership (Food Carlisle and the Healthy City Steering Group), the PhunkyFoods Programme has been working with over 40 (out of 47 – roughly 1500 students) Carlisle primary schools to help educate children and their families on living a healthier lifestyle. As part of the Nestlé Healthy Kids funding a local PhunkyFoods Engagement and Development Coordinator (EDC) has been employed in Carlisle. The EDC has been able to work closely with each school to help create a culture and ethos of healthy living by embedding the PhunkyFoods Programme throughout the school.</p> <p>PhunkyFoods unique offering incorporates three important pillars of success:</p> <ol style="list-style-type: none"> 1. Capacity building by training existing school staff in delivering healthy lifestyle messaging for children and their families. The training ensures sustainability of the approach 2. The award-winning cross-curricular healthy eating and physical activity classroom resources and lesson plans for a sustainable universal approach across all school year groups 	Yes/No

	<p>3. The regional Engagement and Development Coordinators (EDCs) offer vital support and in-school advice around the whole school approach to healthy lifestyles. From facilitating audits of existing activities and advising on dining room issues, to developing strong community links by delivering parent/carer workshops and running cook and eat sessions; our EDC's facilitate a range of sustainable solutions to support the food in schools agenda dependent on individual school need.</p> <p>Students are also encouraged to take part in a number of activities, such as becoming a 'Phunky ambassador' – peer delivery of a topic, such as SUGAR SMART within schools, or the 'Phunky 15' – encouraging a minimum of 15 minutes exercise per day. This is all great stuff but might be good to bring out the food as opposed to wider/more generic health aspect even more. Click to view the Phunky Foods at Newlathes Infant School video</p> <p><u>Food For Life - The Croft (Gosling Sike Farm)</u> The Croft is a 40-hectare organic farm; rearing pedigree Longhorn cattle, sheep and poultry, along with a walled garden growing fruit and vegetables. The farmer Susan Aglionby, along with the Cumbria Wildlife Trust, hosts over 300 primary and secondary schools and community group visits a year and is a Soil Association demonstration farm. Susan is CEVAS trained.</p> <p>The farm offer walks and a range of activities, which can be tailored to suit the needs of the group, from harvesting vegetables, cooking to felt making, animal husbandry, egg collecting and lambing. Students wanting work experience prior to studying veterinary science or agricultural related subjects are welcomed. https://www.susansfarm.co.uk/</p>	
	TOTAL POINTS AWARDED	

KEY ISSUE 4: PROMOTING A VIBRANT AND DIVERSE SUSTAINABLE FOOD ECONOMY		
1	Retail, tourism, planning and economic development strategies, policies and services actively promote and support the development and long term success of healthy and sustainable food businesses.	1 point
1a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p>Carlisle District is working hard to promote a vibrant and diverse sustainable food economy which can further enable food related activity.</p> <p>The Carlisle District Local Plan 2015 - 2030 includes a significant amount of work, undertaken by Food Carlisle, to ensure that the</p>	Yes/No

Plan was “food proofed”. As a result we were the first Council’s in the country to have a pioneering sub strategic policy which considered **Healthy and Thriving Communities** (Policy SP 9).

The [green infrastcture strategy](#) recognises the importance of areas for food growing and how it can benefit the food economy, but also health and wellbeing. There is reference (3.92) to Carlisle being a founding member of Sustainable Food Cities and the importance of the food agenda. As a result Carlisle now has a monthly farmers market, as do one of our rural towns – aiding local food businesses.

The [Local Plan](#) is peppered with further references to food. Within **Valuing our Heritage and Cultural Identity** (Policy SP 7) the distincted identity of Carlisle is highlighted, the need to safeguard it and exhance it: “8. Key cultural assets encompassing... local food and drink and local customs and traditions”. A recent “[Cracker Packer](#)” statue was unveiled outside Mcvitttes to celebrate our food heritate and the role women have play in the industry.



[Sub Policy EC 8 Food and Drink](#) seeks to facilitate the creation of a vibrant and viable food and drink offer across the District. The need to do so reflects national policy and the need to support the vitality of City, District and Local Centres through diversifying

	<p>their offer and encouraging competition and a greater provision of customer choice.</p> <p>Food Carlisle are engaging with the cross-border Borderlands Inclusive Growth Deal. Food and drink is identified as a key sector and opportunity for growth via the rural economy and post brexit opportunities and benefits from LEADER funding. Enhanced tourism and links with the Borders Food Network bring opportunities to showcase high quality produce and to connect with cross-boder food and drink trails.</p> <p>Carlisle has been awarded Garden Village status, which will see 10,000 houses being built across the south of the city. Work has begun around ensuring the “Healthy Environment” is recognised within the scoping and viability of the development. Through partnership discussion the importance of food and growing spaces was recognised. The learning from the workshop will be used to feed into the scope of the development.</p> <p>Support for Food Businesses:</p> <ul style="list-style-type: none"> • Thomas Jardine & Co offer start up advice for new food businesses via a hub, The Guild building, where businesses can get advice from graphic design to businesses planning. • Cumbria Business Growth Hub has a Supply Chain Development Manager driving forward opportunities available for local businesses; through the Supply Chain Gateway, one-to-one help from advisers, and programmes such as the Subsidy Scheme. They run regular webinar sessions; ‘Food & Drinks Supply Chain: From Field To Fork’ and access to free workshops on topics such as Food Labelling and Food Safety & Shelf Life. 	
3	<p>Shops, restaurants and markets selling healthy and sustainable food are being promoted to the public using a range of communication tools, such as marketing and branding initiatives, directories, ‘restaurants weeks’ and food awards.</p>	1 point
3a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p>Carlisle boasts multiple markets and food shows throughout the year and region, in order to promote the array of locally produced food, drink and retailers. Food Carlisle’s social media and partnership directories have been key in promoting, engaging and involving local producers and the public.</p> <p>Below are a few examples:</p>	Yes/No



The **Carlisle Foodies Fest** started in [2016](#), organised by [Carlisle City Council](#), and is supported by Cumbria County Council and the Cumbria Local Enterprise Partnership.

Local food traders and producers set up stalls spread across the city centre at the two-day food festival, with traders giving food demonstrations or presentations to promote their products (a call to action came via food map directories, charter contacts and social media). There were also free food demonstrations by two celebrity chefs; Michael Caines and Sean Wilson.

Residents and visitors alike were invited to socialise in the 'Pints and Prosecco' yurt, or visit the Kids' Zone marquee with 'have a go' activities and children's entertainment.

This popular event was back in [2017](#), celebrating all that's great about Cumbrian food and drink. Still promoting the anticipated series of cookery demonstrations, this year saw exhibitions from butchery master classes to cocktail making lessons, and was joined by multi-Michelin star chef Jean-Christophe Novelli.

Established in 2010 [Taste Cumbria](#) is an [annual food & drink festival](#), that sees local shops, restaurants, chefs and foodies join forces for a weekend long culinary [celebration](#). Since its inception, Taste Cumbria has broadened its [calendar to include a number of events](#) throughout the year.

The [Best of Carlisle Market stalls](#) showcase their local produce as part of the Carlisle Pageant/Fringe events, seeing roughly 20,000 visitors.

Best of Carlisle Markets

Sunday 17 August – Wednesday 20 August
Carlisle City Centre
Stall holders for each day are listed below

www.carlisle.gov.uk

The 'Best of Carlisle' open-air market is organised in partnership with Food Carlisle, in support of local businesses, producers and traders. As part of the event, The Bakehouse will be creating a Carlisle Cathedral Pageant cake.

Sunday 17 August

- Accent on Bears
- Bookcase
- Bruce and Luke's Coffee
- Carlisle College
- Carlisle Tourist Information Centre
- Carlisle World Shop
- Carwinley Preserves
- Cumbria Wildlife
- English Heritage
- G & A Trading "Arcadia"
- HDM spice Shop
- Jill's Jams
- Maisie Sunshine Candyfloss
- Sustainable Carlisle
- The Bakehouse
- The Regency

Monday 18 August

- Accent on Bears
- Bookcase
- Carlisle College
- Carlisle Tourist Information Centre
- Carwinley Preserves
- Cumbria Wildlife
- English Heritage
- G & A Trading "Arcadia"
- Goodbye Norma Jean
- Hadrian Organic
- HDM spice Shop
- Hello Toys
- Jill's Jams
- State Management
- Sustainable Carlisle
- The Bakehouse
- The Regency

Tuesday 19 August

- Accent on Bears
- Bookcase
- Carlisle Tourist Information Centre
- Carwinley Preserves
- Crown Hotel
- English Heritage
- G & A Trading "Arcadia"
- Goodbye Norma Jean
- HDM spice Shop
- Hello Toys
- Jill's Jams
- Recycle for Carlisle
- State Management
- Sustainable Carlisle
- The Bakehouse
- The Regency
- Tullie House Museum & Art Gallery
- University of Cumbria
- Very Vintage Affairs

Wednesday 20 August

- Accent on Bears
- Bookcase
- Carlisle Events
- Carlisle City Centre Development Framework consultation
- Carlisle Tourist Information Centre
- Carwinley Preserves
- Crown Hotel
- English Heritage
- G & A Trading "Arcadia"
- Goodbye Norma Jean
- HDM spice Shop
- Hello Toys
- Jill's Jams
- Recycle for Carlisle
- Sustainable Carlisle
- The Bakehouse
- The Regency
- Tullie House Museum & Art Gallery
- University of Cumbria
- Very Vintage Affairs

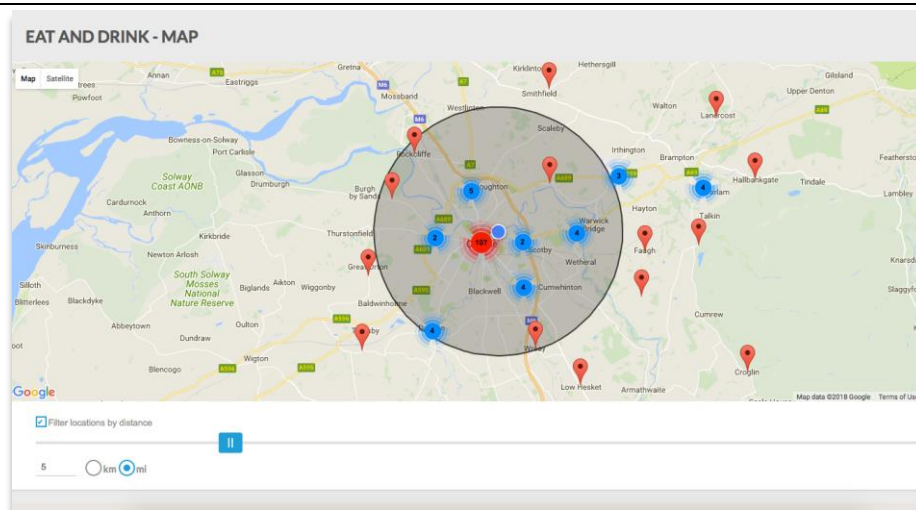
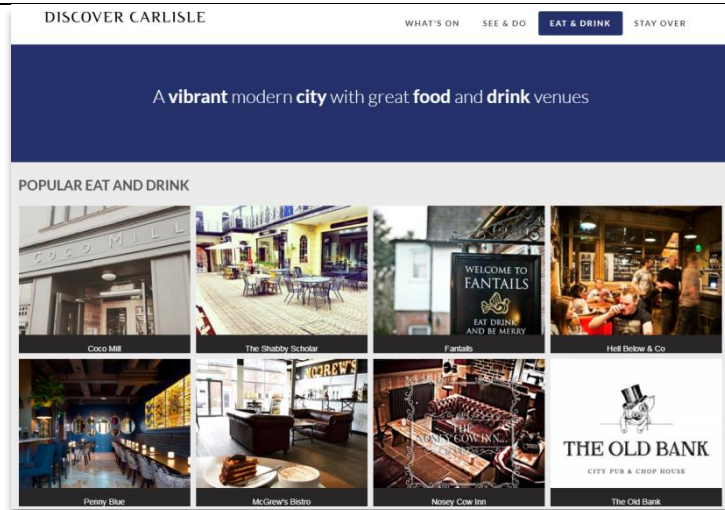
* All details correct at time of print and may change*
 For further information on the stalls, visit www.carlisle.gov.uk/pageant
 To find out more, visit www.carlisle.gov.uk/pageant
 Follow us on Facebook and Twitter #citypageant

Images courtesy of www.igstudio.co.uk

Totally Locally: Carlisle – is an award-winning social enterprise and shop local movement. They support independent retailers with a free branding and marketing campaign for their town. Teams of volunteers use the campaign to promote the value of local shopping, celebrate their high street, create community events, and ultimately lift their local economy. Currently there are [5 local businesses](#) advertising using this service.

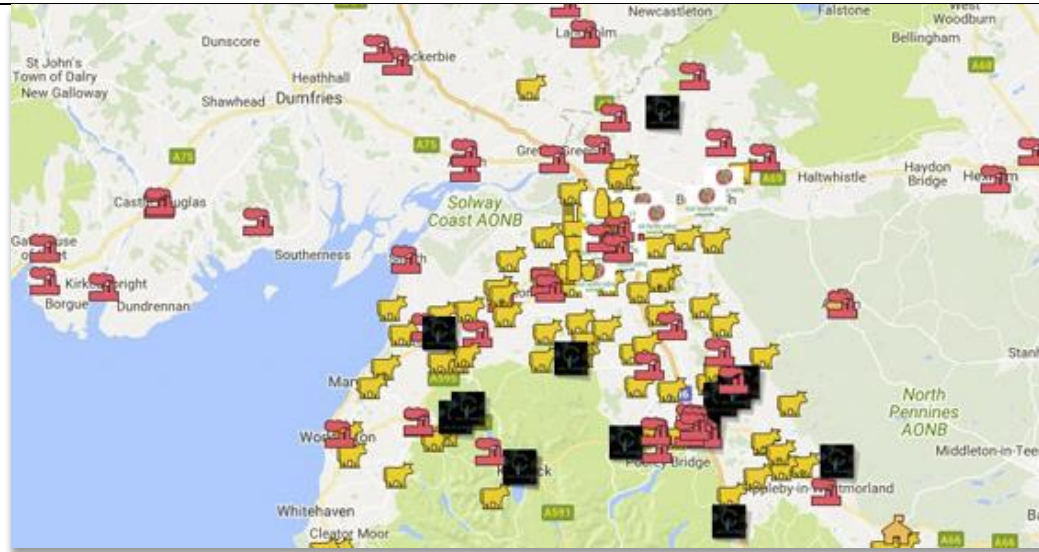
[Discover Carlisle](#) (see photo below) features an array of food businesses to help direct locals and visitors, and includes businesses that hold a [Local Healthy Option Award](#) (KEY ISSUE 2: 7a).

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Also see [Food Map & The Local Food Show](#) (KEY ISSUE 4: 7a)

7	Local producers can connect direct with <u>consumers</u> and/or better access <u>wholesale and retail markets</u> through events, on-line tools and cooperative marketing and retailing initiatives.	1 point
7a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p>In 2015 Food Carlisle commissioned research into the challenges and opportunities in the Local Food Chain of Carlisle. The findings from this research indicated that the overall issues relating to the use of local food revolved around availability, awareness and suitability. The research also produced an initial map of the local food supply chain.</p>	Yes/No



In 2016 Food Carlisle looked at how local food producers (both farmers and manufacturers) could increase the awareness of their products and ensure that these products were available and suitable for local food buyers (both retailers and caterers). This work allowed us to add to the map developed in 2015; currently the Food Map boasts roughly 248 businesses; including markers for businesses with Local Healthy Option awards.

The research then helped with the development of the [Local Food Show](#) and dinner, which was held in 2017. This event showcased a delectable assortment of [local food and drink producers](#) from a 50-mile radius of Carlisle, displaying what our region has to offer and how it can benefit other local businesses.

There were wide ranges of stalls, with 40 local businesses displayed their goods, impressing the 300 members of the public, service and businesses who attended. The variety spanned from homemade jams, muesli, milkshakes and coffee to local cheese and meat suppliers, and even homemade marshmallows.

Attendees were also treated to cooking demonstrations by Luke Whittle from The Forest Side, who illustrated how local produce can be used to create exemplary dishes and make a delightful difference to any menu. Places were also available to book onto a number of [master classes](#) with other local practitioners.

The Local Food Show was followed by a dinner event, which was attended by a wide range of local stakeholders and sponsors.

The dinner menu was created and served by [Carlisle College](#) students, using locally produced ingredients, with support from the chefs at [The Shepherd's Inn](#).

In collaboration with [Cumbria Life](#), the [Taste Cumbria](#) festival team have released the [Taste Cumbria magazine](#). The magazine includes places to eat and drink, recipes, chefs; tips and interviews with producers of the county's most fabulous food. Issue 1 of the Taste Cumbria magazine was released for July 2017. They have also produced mini festival guides to direct consumers to their closest festivals, markets or events with all their favourite local producers.

[Yum! Cumbria](#) podcasts showcase everything from local artisan producers to cafés, restaurants and homemade jam makers from a market stall. Each month they travel the length and breadth of the county to meet the real people behind Cumbria's thriving independent food and drink scene and tell their stories.

[Pioneer foodservice](#) hold an annual [Food Show](#) open to those working in the catering and hospitality trade. With over 1,300 visitors attending, this event is a popular way for local producers to meet wholesale and retail clients.

An emphasis on food and drink at the [North West Hospitality Show](#) was promoted at the [Carlisle Ambassadors](#) meeting in September 2017, also focusing on [Food and Drink](#) in the area and how to enhance connections.



[Fair Food Carlisle](#) is a local food cooperative, established at the beginning of 2013. This partnership between [Sustainable Carlisle](#) and [Brampton Food Network](#) works to link local food producers with local people or buying groups in workplaces, community centres or neighbourhoods; so that they can buy directly and enjoy good quality and environmentally sensitive food, at prices fair to all. Members can place an order for any of the products available from the 14 different producers on the website. The system is designed to allow a high level of flexibility in the quantity and frequency of the orders so that it can match member's needs.

	<p>Fair Food Carlisle encourage members to place recurring orders – this really helps out the producers they are working with, by allowing them to plan ahead. The food is delivered weekly to the workplace or an agreed address at a specific time. They offer vegetables, eggs, meat and salad, plus special items such as strawberries in season, beer, preserves and cakes.</p> <p>This platform has been shared with workplaces and partner organisations to encourage local food within their procurement framework.</p>	
	TOTAL POINTS AWARDED	

KEY ISSUE 5: TRANSFORMING CATERING AND FOOD PROCUREMENT		
4	<p>Public sector organisations and large private caterers have <u>achieved</u> quality, healthy, sustainable and/or ethical food accreditation, such as the <i>Food for Life Catering Mark, Sustainable Fish, Good Egg</i> and other awards.</p>	1 point
4a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p><u>James Rennie School</u> is the only maintained day special school for students aged between 3-19 in Carlisle and North Cumbria and has 141 pupils. It serves a menu that has been awarded a Gold Food for Life Served Here award and all food is prepared fresh on site by local chefs. The Gold award means that the menu served meets all of Food for Life’s Bronze criteria plus the school has taken steps to focus more on ethical, environmentally friendly and local ingredients and make healthy eating easier. James Rennie School and its caterer have gone even further in all of these areas and exceeded the expected levels for a Silver award to earn a Gold Food for Life Served Here award. They have been recognised as one of the highest achieving of Food for Life award holders.</p> <p><u>Carlisle College (the only college in the area)</u> have achieved the Good Egg Award and are committed to using cage-free eggs or egg products within their refectory. In 2016 Carlisle College took over the catering from a private contract; with an aim to use more local, healthy and sustainable food. They work with local food suppliers (Pioneer – who also have BRC accreditation for Food and Caterite) who support, encourage and promote local food.</p> <p><u>University of Cumbria</u> (the only university within the County) are supplied by Baxter Story who hold multiple awards including Food for Life Catering Mark. The University of Cumbria has 5 food outlets and is also committed to a Fairtrade policy, offering better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. The University of Cumbria have a Fairtrade Steering Group which created a number of goals. Examples include:</p>	Yes/No

	<ul style="list-style-type: none"> - Fairtrade foods are made available for sale in all campus shops - Fairtrade foods are used in all cafes, restaurants, bars on campus, - Fairtrade foods are served at all meetings hostel by the university and student union 	
7	Small scale local producers and other sustainable food businesses are better able to access large scale procurement markets via cooperative marketing and supply initiatives and via on-line tendering databases.	1 point
7a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <p>Pioneer foodservice hold an annual Food Show open to those working in the catering and hospitality trade. The show sees long-established products mix alongside new product innovation, with over 55 suppliers showcasing their product ranges; including Pioneer’s own farm-assured meats. With over 1,300 visitors attending, this event is a popular way for local producers and food businesses of all sizes to meet wholesale and retail clients.</p> <p>Pioneer is also renowned for supporting and promoting local entrepreneurs and business owners. Products such as ice cream from English Lakes Ice Cream and cheese from Appleby Creamery are regulars at the show, where suppliers are able to enticing customers with samples of their delicious products.</p> <p>Produce from all sized food businesses are available through Pioneer’s website, they also regularly produce printed brochures and promote ‘products of the month’ through social media and in pride of place within their stores.</p> <p>September 2017 saw a focus on food and drink at the Carlisle Ambassadors meeting, with an emphasis on local produce and businesses, and how to enhance connections. The meeting itself showcased 15 fantastic local food and drink businesses on stalls at the venue, alongside talks from Joanne Hunter - Grasmere Gingerbread; Peter Sidwell – TV chef, author & founder of Simply Good Food TV (based in Cumbria), Jonathan Nagle – CN Magazines, Nick Hood – North West Hospitality Show and Jane Meek – Economic Development - Carlisle City Council. The event discussion strongly revolved around supporting and promoting small scale local producers and food businesses, and ways to bolster these businesses and help them to access large scale procurement markets. One of the main aims behind Carlisle Ambassadors is to work with multiple key sectors to best support local businesses and champion the Carlisle area. As a result of this, the North West Hospitality Show expanded their event to highlight small scale local businesses.</p> <p>Local food businesses can also benefit from other trade shows, such as The Lakes Hospitality Trade Show. Jonathan Rob, Senior Sales Manager, Hawkshead Relish Ltd says about the show: <i>“The Lakes Hospitality Trade Show offers a great opportunity to meet buyers from the Hospitality Industry across Cumbria, North Lancashire & Yorkshire. The recent move to J36 allows easy access for buyers from all areas and provides a great showcase to expand the opportunities for Hawkshead Relish Food Service Range.”</i></p>	Yes/No

These events are a great networking opportunity for small scale producers and greatly anticipated throughout the year.

[Thomas Jardine & Co](#) specialise in family operated food business and food entrepreneurs, seeking to put family businesses and regional food heritage on the map. They work collaboratively with academic institutions, public sector bodies and business to bring the importance of family held food businesses to the fore.

They have recently bought [The Guild](#) building, to house a Food Producer and provide co-working space for desk based businesses who can add value to Food Businesses; a Hub in the making.

In partnership with Food Carlisle they have [mapped our regions foodie businesses](#) and actively promote these through their website, at events and via social media.

8 Restaurants and other small scale catering businesses are sourcing more healthy, sustainable, ethical and locally produced ingredients. 1 point

8a Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this. Yes/No

Being the largest city in an agricultural county, local resident’s pride of place has strong connections with locally produced food. This is evident in the menus of restaurants, catering businesses and lists of local suppliers.

Pioneer Foodservice – *“With a passion for food and the desire to provide our customers with the best possible service, we are one of the most successful foodservice companies in the north of England and southern Scotland.”*

Established in 1878 in Carlisle’s Greenmarket, [Pioneer](#) now have over c200 regional suppliers.

They have c400 catering accounts in the Carlisle District across a wide spectrum; from Cafes, Restaurants, Golf Clubs, Schools, Care Homes, Sandwich Shops and more. They also have 3 local shops where residents can purchases an extensive range of local products and produce. They actively look for more local suppliers to enhance their current range and support local businesses – of which no business is too small.

All sold through Pioneer Foodservices:



Local Veg



[The Carlisle Brewing Company](#)



[Bruce & Luke's Coffee](#)



Many of the local restaurants, cafes and other catering businesses pride themselves on sourcing local, healthy produce. For example [The Queens](#) historic country bar/restaurant (est. 1752), uses 'the very best' of local Cumbrian produce; serving food 7 days a week from 12 noon. Their extensive menus cater for all appetites, including [vegan](#) and [gluten free](#). The picture to the left shows a large blackboard wall in The Queens bar room, showing customers where in the county the food on the menu has come from.


Many food businesses, such as [Totally Scrumptious Henri's](#), advertise not just homemade and locally sourced food but also suggestions to customers how to make food choices healthy by trying alternatives to standard menus. This is promoted through posters and marks on the menu within the premises.

[Carlisle Fairtrade](#) - The Fairtrade City Steering Group has played a leading role in the successful campaign to make Carlisle a Fairtrade City since March 2005. A team of dedicated volunteers oversees the running of this campaign (which includes better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world) and the renewal of Fairtrade city status every two years; awarded by the Fairtrade Foundation. Since 2005, the number of city centre [shops](#), [cafés](#) and [businesses](#) providing a range of Fairtrade products has grown to more than 160.



A great example of one of our Fairtrade establishments is [Dove's Café](#). Run by the Mencap charity, [Dove's Café provides opportunities, alongside food, for people who might normally struggle to find work.](#)

	Also see: <ul style="list-style-type: none"> • The Local Healthy Options Awards (KEY ISSUE 2: 7a) encourage local restaurants and catering businesses to produce and source healthy local options for their menus. • The Local Food Show (KEY ISSUE 4: 7a) 	
		TOTAL POINTS AWARDED

KEY ISSUE 6: REDUCING WASTE AND THE ECOLOGICAL FOOTPRINT OF THE FOOD SYSTEM		
1	City-wide campaigns to raise public awareness of food waste and how to reduce it are being delivered - such as <i>Love Food Hate Waste, Feeding the 5000, The Pig Idea and Disco Soup.</i>	1 point
1a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <div style="display: flex; align-items: flex-start;">  <div> <p><u>Love Food Hate Waste (LFHW)</u></p> <p><i>Love Food Hate Waste aims to raise awareness of the need to reduce food waste and help us take action. It shows that by doing some easy practical everyday things in the home we can all waste less food, which will ultimately benefit our purses and the environment too. - www.lovefoodhatewaste.com</i></p> <p>In June 2008 the Love Food Hate Waste campaign was launched in Carlisle City Centre at the Recycle week/World Environment Day. The weeklong event toured the region and featured local chef John Crouch, who held cookery demonstrations with leftover food and offered practical advice and tips. Free leaflets with information on cooking the right amount to avoid waste and with tasty recipes to make with leftovers were also available. Residents unable to attend the event were encouraged to download John Crouch's Rescue Recipes at home and have a go cooking with leftovers.</p> <p>The LFHW team regularly attend many of the relevant food related shows in the area, featuring at a number of roadshows, Health Melas, international and farmers markets, agricultural shows, supermarkets, community centres and more across the district. For example the Dalston Show, which see thousands of people attend every year.</p> <p>Free courses are offered to both public and organisations designed for cascade training to help spread the information further. Training covers topics such as; Fresher for longer packaging, It pays to plan – the benefits of shopping lists, Know your dates,</p> </div> </div>	Yes/No

Lovely leftovers – recipes, Perfect portions, Savvy storage – including how long different foods will keep in the fridge, and The freezer is your friend – foods that can be frozen.

Funding for this campaign has also provided a number of freebies for residents, such as fridge thermometers, spaghetti measurers and rice measuring spoons, all designed to reduce food waste.

[Recycle for Cumbria](#) use [facebook](#) and [twitter](#) feeds to get messages out about trying to cut down on food waste.

One of the key objectives in the [2016-2019 Waste Prevention Programme](#) is to encourage an additional 6,000 households to treat their food waste at home. In order to accomplish this, Cumbria County Council's [Waste Prevention](#) officers regularly promote ways in which residents can reduce food waste, for example [offering discounts](#) on food waste digesters as incentive. This commitment to the reduction of food waster is also supported in the [Joint Municipal Waste Management Strategy 2008 – 2020](#).

The [Cumbria Minerals and Waste local plan 2015 – 2030](#) also looks anaerobic digestion as a means of tackling food waste, climate change and achieving a source of renewable energy. This is particularly important to consider in our area due to the [agricultural nature](#) of the county. Many farms or groups of farms run small anaerobic digesters.

We are also finding that the use of [surplus food sharing apps](#), such as [Olio](#), are operational in the area and becoming more popular.

6	Home and community food composting is being promoted through awareness and education campaigns and through the provision of composting tools, demonstrations, materials and sites for communities to use.	1 point
6a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p>  <p>In July 2015, following a successful bid to a Government Community Fund, the reduced priced of food waste digesters to the public was introduced. Over 540 units have been sold to residents in Carlisle district through this scheme; allowing them to home compost their food waste, thus diverting food waste from the residual waste stream and subsequently providing residents with nutritious soil for their gardens.</p> <p>Marketing and promotions have been carried out to ensure residents have access to information, including a number of leaflet distributions (example images above) and adverts for the units placed in the local Council magazines to promote the scheme – which dually helps to inform residents about this great offer they can access, as well as raised awareness.</p> <p>Units can be seen on display, for example displays in the Library for Recycle Week in September, and trained staff can offer practical advice on their use at numerous roadshows over the last couple of years. Displays are accompanied by a number of facts and useful information about food waste; how to minimise it, how to store food waste correctly etc. This scheme is backed up by the Love Food Hate Waste campaign noted in KEY ISSUE 6: 1a; teams often collaborate to spread information.</p>	Yes/No

Upcoming events include:

- Upperby Gala – 28th May 2018 – attracts 5,000 people
- Cumberland Show – 16th June 2018 – attracts 8,000 people
- Dalston Show – 11th August 2018 – attracts 5,000 people



Order yours at www.recycleforcumbria.org

Carlisle City Council has given out free home composters to many community groups over the years – schools in particular have benefitted from these. There are also many groups in Carlisle that promote community home composting sites. Examples include:

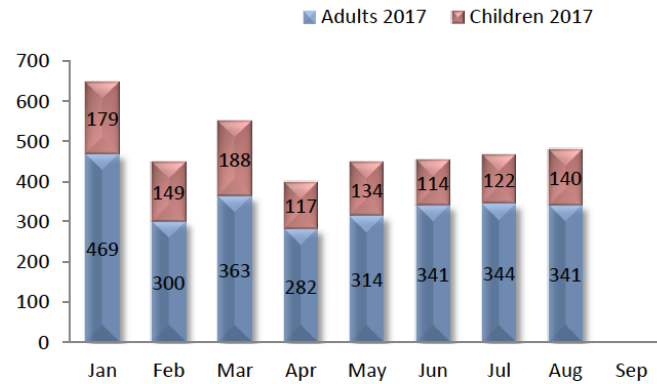
- [Lovers Lane community garden](#)
- Harrison Homes / CH Group – housing developers (also see Key Issue 3: 3a)
- Brampton Community Centre

The Cumbria County Council's [Waste Prevention](#) officers also offer training to volunteers to become [Master Composters](#) including how to pass on their home composting skills.

A spokesperson from Carlisle City Council's Neighbourhood Services states *"Both composting and food waste reduction are part of a 'wider campaign' as we are constantly promoting sustainability in the home by reducing, reusing and recycling as part of our kerbside schemes and at events. We are committed to these schemes!"*

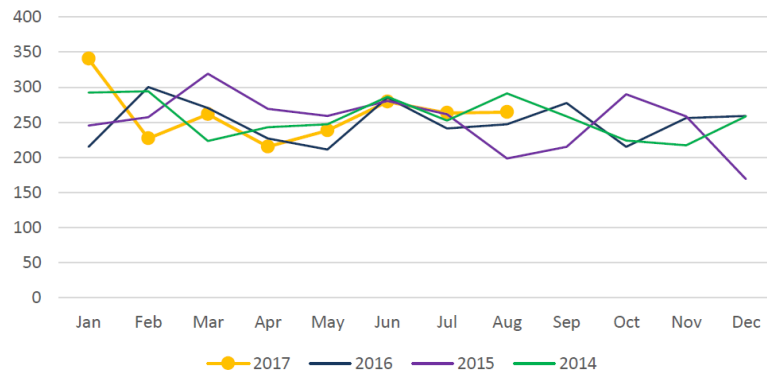
8	Local charities and social enterprises are collecting consumable surplus food and redistributing it to organisations feeding people in need, while working to raise the nutritional standards of the food aid being offered.	1 point
8a	<p>Summary of action/outcome: There is strict maximum limit of 500 words for each answer. Please do not exceed this.</p> <div data-bbox="241 245 600 443" data-label="Image"> </div> <p>Members of Food Carlisle continue to work in innovative ways to encourage food redistribution, reduce food waste, feed people in need and raise the nutritional standards of the food aid being offered.</p> <p><u>Carlisle Foodbank</u> The main role of Carlisle Foodbank is provision of emergency long-life food to those in short term crisis. It is increasingly apparent that problems are more deep rooted and of longer duration. Since 2012, new legislation and benefit rules have highlighted that problems are more deep rooted and of a longer duration. This, added to the levels of supermarket waste becoming more apparent, led to Foodbank Plus, also called Carlisle Food Initiative (CaFi). Surplus food is now collect from Marks and Spencer, Greggs, Bookers and Pioneer amongst others which are used to cook wholesome food or fresh fruit and vegetables are provided instead of tins to those who prefer the healthier alternative.</p> <p><u>Foodbank Plus</u> <i>“Using surplus and donated food and support activities to meet the needs of our community”</i> Collecting surplus food from Marks & Spencer, Greggs, Pioneer and Caterite the Foodbank provides a conduit for waste and surplus foods to increase the range, variety and nutritional value to those referred. Negotiations are underway with other major food retailers. Heathlands and Glenmore Trusts and Botcherby Community Centre have now start cooking lessons using donated food and providing the Foodbank with freshly cooked alternatives to tinned meals.</p>	Yes/No

**Carlisle Foodbank
Total Food Parcels 2017
average 487 /month**

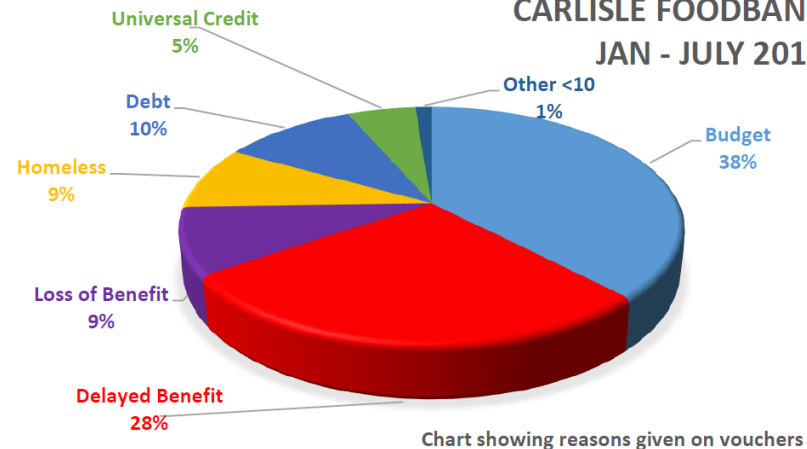


Carlisle Foodbank in collaboration with [Carlisle One World Centre](#) run a Food Voucher Scheme, whereby relevant referral agencies, provide a voucher to secure a hot meal to the value of £7 for people experiencing severe hardship. Reasons for accessing this scheme and numbers in receipt can be seen below:

Carlisle Foodbank
Vouchers August 2017



**CARLISLE FOODBANK
JAN - JULY 2016**



Water Street Community Garden

Sustainable Carlisle runs [Water Street Community Garden](#) at the rear of the Women’s and Family Hostel. The garden is primarily for growing vegetables and fruit; and is run on organic principles. The garden provides the opportunity to both grow vegetables

	<p>and learn how to grow them by practical experience in a supported environment. The gardening sessions are a social occasion for all involved and gardeners take home all the produce. Anyone and everyone is welcome, no distinction is made for age, ability or skill levels; hostel residents are particularly encouraged to get involved. There are also links to and referrals from NHS mental health services and mental health charities. Water Street send surplus produce to the Carlisle Foodbank and/or Fair Meals Direct (KEY ISSUE 2: 7a)</p> <p>Garden Life (KEY ISSUE 3: 4a) also donate surplus produce to the Foodbank and local residents.</p>	
	TOTAL POINTS AWARDED	