



The Food  
Foundation

# Food Insecurity and Food Prices

Shona Goudie and Isabel Hughes

27<sup>th</sup> April 2022

[foodfoundation.org.uk](https://www.foodfoundation.org.uk)

 @Food\_Foundation  @FoodFoundationUK  thefoodfoundation  @food.foundation

# Measuring food insecurity

We asked three questions to assess whether people were food insecure.  
If they answered yes to any of these three questions, they are classified as food insecure:

**Did you/anyone else in your household:**

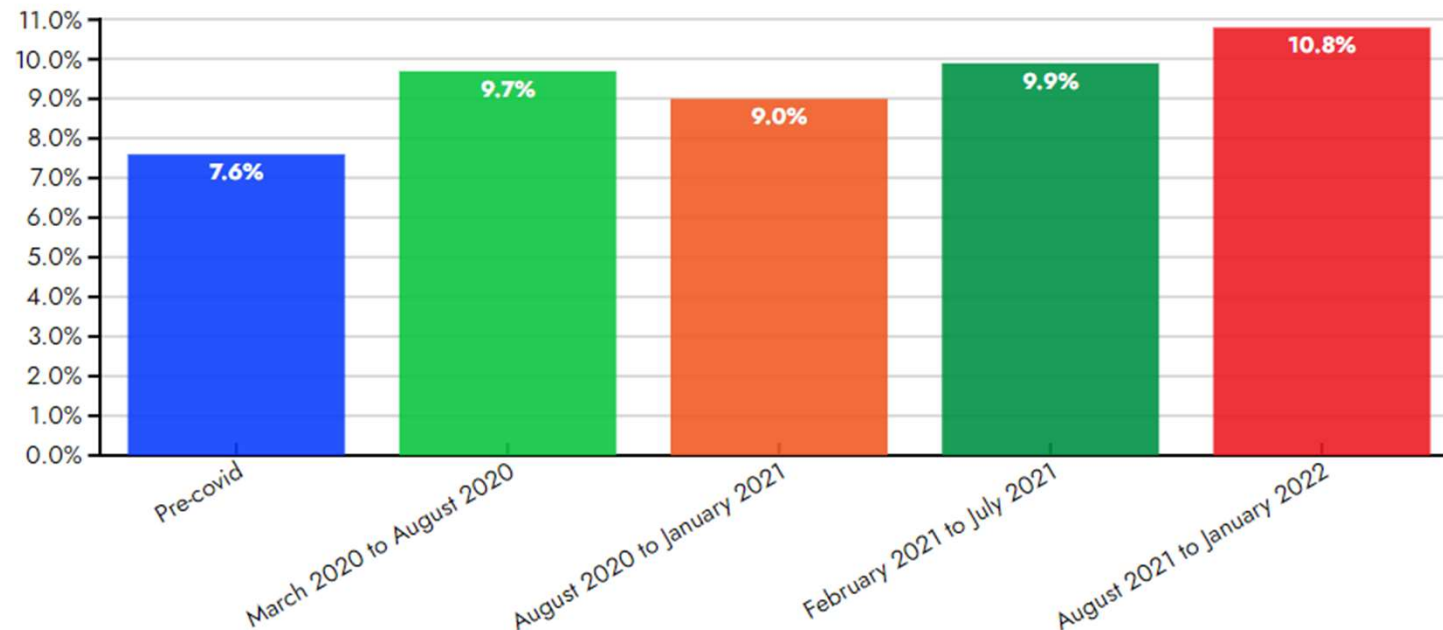
- 1. have smaller meals than usual or skip meals because you couldn't afford or get access to food?**
- 2. ever been hungry but not eaten because you couldn't afford or get access to food?**
- 3. not eaten for a whole day because you couldn't afford or get access to food?**

We asked them if they had experienced this in a) **the last month** and b) **the last 6 months**.

These questions are part of the United States Department of Agriculture's Food Security Survey module. This is a validated survey tool, used to measure and monitor household food insecurity in many high-income countries, including the UK. These questions capture **moderate and severe experiences of food insecurity**.

# Household food insecurity levels are rising, affecting 5.7 million adults in the six months up to January 2022

Percentage of households experiencing food insecurity\*:



\*Food insecurity during the pandemic (6-month recall period) compared with pre-Covid (12-month recall period).

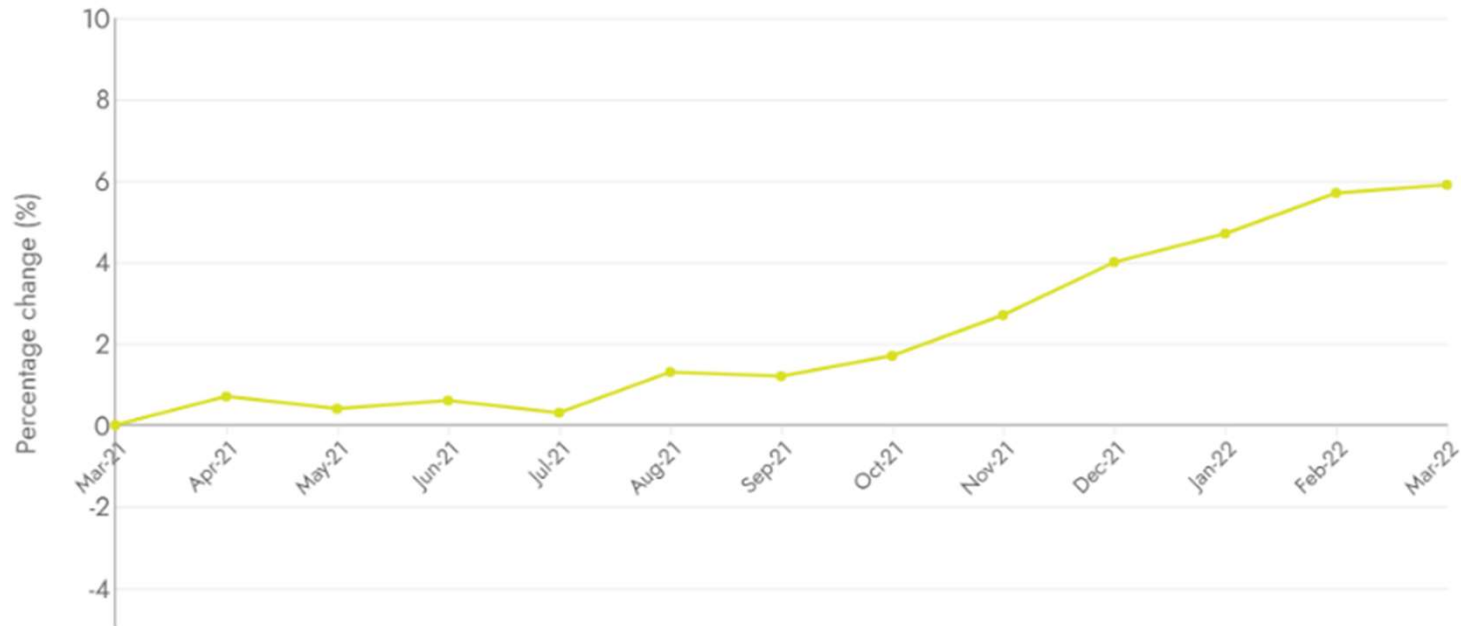
Pre-covid source: Food Standards Agency, Food and You Survey 2018. Re-analysed to allow direct comparison.



# Food prices in the UK have risen 5.9% in the past year

The average percentage change in CPI retail food price indices for all foods compared to March 2021

■ All Food & non alcoholic beverages



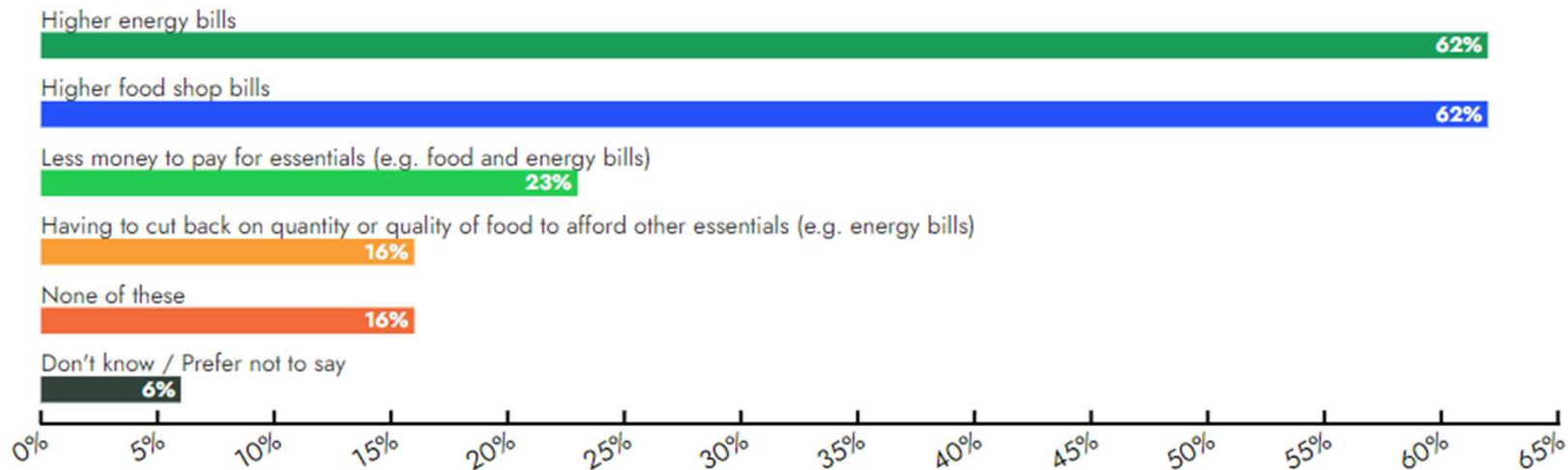
Source: [ONS, Consumer price inflation tables](#)



# The cost of living crisis is forcing people to cut back on quantity and quality of food

16% of all households have had to cut back on quantity or quality of food to afford other essentials (e.g. energy bills) over the winter

Percentage of households reporting experiencing\*:



\*not mutually exclusive



## What needs to happen

- Increase benefits in line with inflation
- Ensure employers are paying all employees at least the real living wage
- Strengthen nutrition safety net schemes such as Free School Meals

For further info please see:

The Food Foundation's Food Insecurity Tracker:  
<https://www.foodfoundation.org.uk/initiatives/food-insecurity-tracking>

The Food Foundation's Food Prices Tracker:  
<https://www.foodfoundation.org.uk/initiatives/food-price-tracker>



[foodfoundation.org.uk](https://www.foodfoundation.org.uk)

[@Food\\_Foundation](#) [@FoodFoundationUK](#) [thefoodfoundation](#) [@food.foundation](#)



# Why is Our Food System Unsustainable, Unhealthy, Inequitable and Excessive?

Professor Corinna Hawkes, Director, Centre for Food Policy, City, University of London; Distinguished Fellow, George Institute for Global Health  
@corinnahawkes

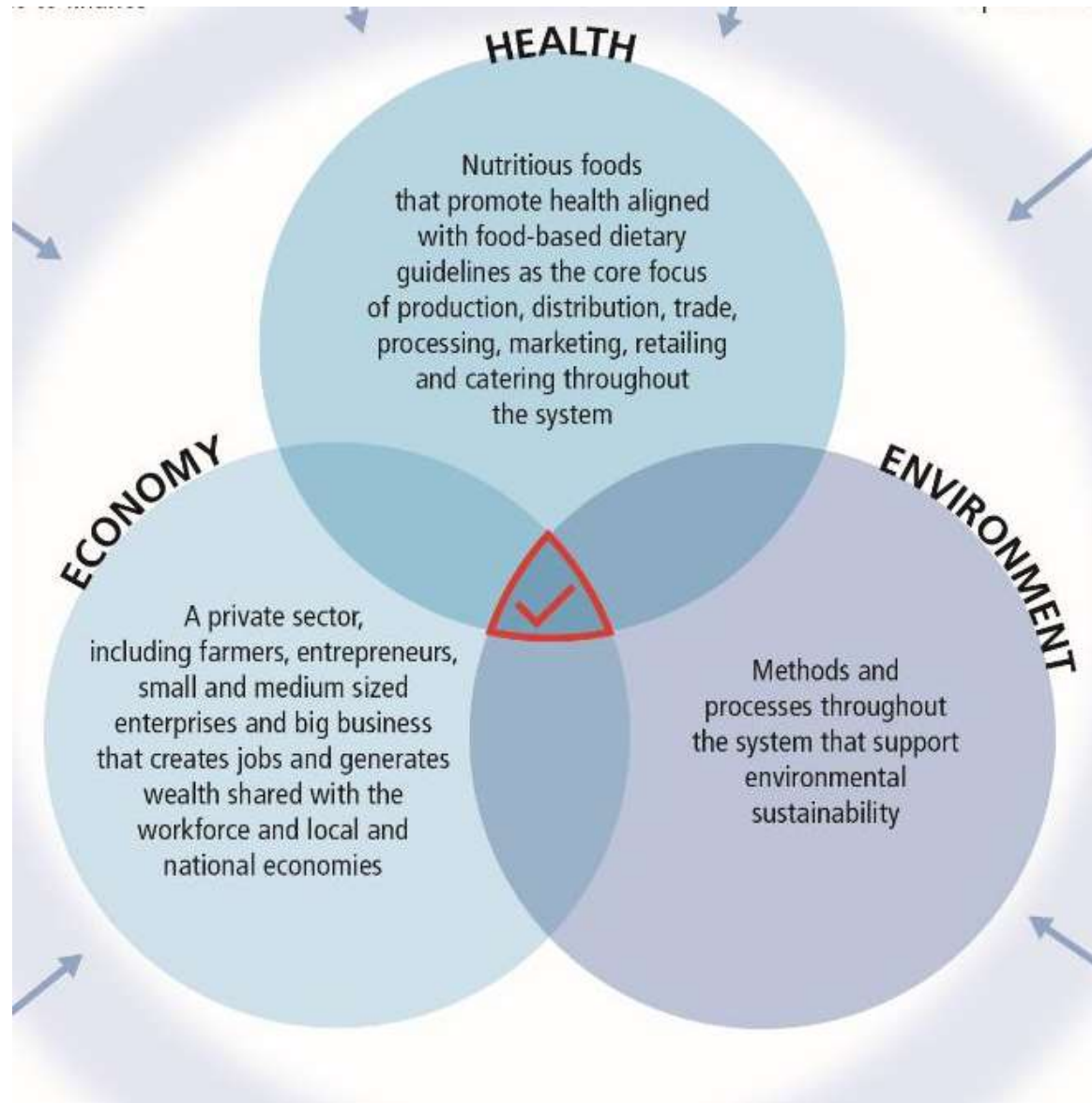
27 April 2022

[www.city.ac.uk](http://www.city.ac.uk)

**Centre for  
Food Policy**  
Shaping an effective food system



# The food systems sweet spot



Source: Parsons and Hawkes, 2018. *Connecting Food Systems for Co-benefits*. WHO EURO

# How did we get here? Core drivers



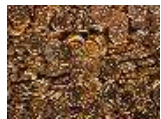
Calories



*Production of food driven by goal of productivity (yield)*



**Environmentally unsustainable**



Cash



*Imperative for businesses/nations to grow, create wealth*



**Unhealthy**



Competition



*Imperative to cut costs (ingr'd, labour) & maintain status quo*



**Inequitable**



“Consumers”



*Imperative to compete via low-prices & marketing*



**Excessive**



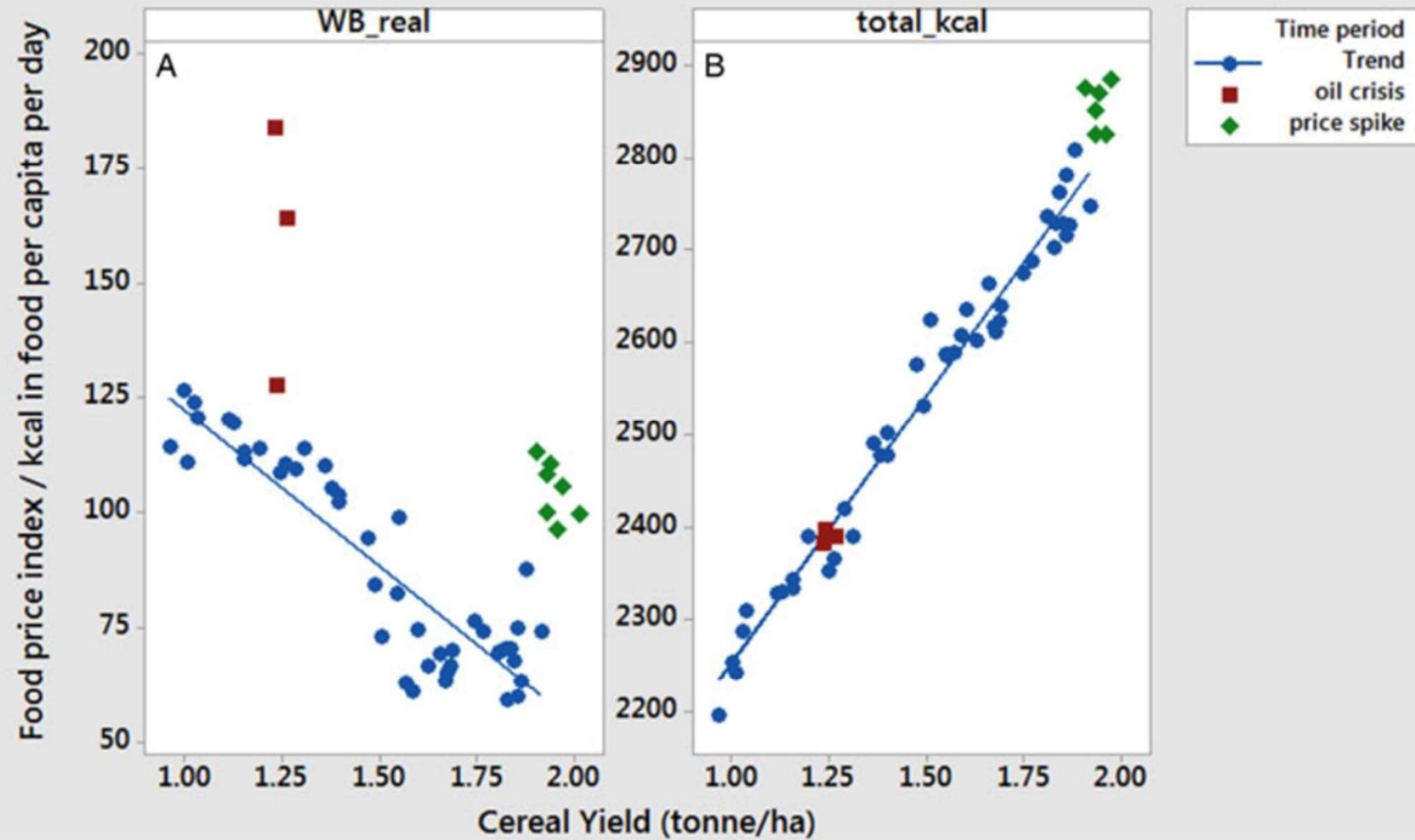
Capitalism



*Current model codifies economic theory that consumer welfare (lower prices, preferences) & economic growth is enhanced by economic efficiency, which is maximised by markets working freely and competitively*



## Lower food prices and greater availability of food are associated with larger yields



Source: Benton TG, Bailey R (2019). The paradox of productivity: agricultural productivity promotes food system inefficiency. *Global Sustainability* 2, e6, 1–8.

# How did we get here? Core drivers



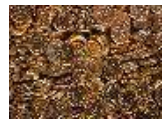
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# Redesigning food systems for sustainability, health, and equity



Calories



**Nourishment**

Nutritious, health-promoting foods as the core focus of production, distribution, trade, marketing, retail...



Cash



**Circular regeneration**



Competition



**Cooperation, solidarity**



..produced by methods & processes that sustain nature



“Consumers”



**Citizens**

..from a private & public sector that creates jobs, value & prosperity shared with workforce and local & national economies



Capitalism



**New food economy**

...co-created with vested & engaged citizens

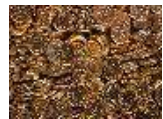
# Redesigning food systems for sustainability, health, and equity



Calories



Nourishment



Cash



Circular regeneration



Competition



Cooperation, solidarity



“Consumers”



Citizens



Capitalism



New food economy

Role of local food partnerships – *opportunity spaces to test out new models, recognising limits*

# Role of “food policy” – connect for coherence



Calories



Agricultural, health policy



**Nourishment**



Cash



Industrial strategy, environmental policy



**Circular regeneration**



Competition



Competition law



**Cooperation, solidarity**



“Consumers”



Health, social policy



**Citizens**



Capitalism



Economic policy



**New food economy**

# The policy challenge from #CostOfLivingCrisis



Calories



*Imperative for productivity in food production*



Cash



*Imperative to create growth, wealth for business/nations*



Competition



*Imperative to cut costs (ingredients, labour)*



“Consumers”



*Imperative to compete via **low-prices**, “preferences”*



Capitalism



*Current model codifies economic theory that consumer welfare (**lower prices**, preferences) & economic growth is enhanced by economic efficiency, which is maximised by markets working freely and competitively*

#CostOfLivingCrisis represents a failure of the system **on its own terms** (high prices)

Policymakers will try to “fix” price rises by reinforcing *current* approach, not by redesigning the system





# Thank you

## Find out more:

- **Food Policy MSc**
- **Nutrition and Food Policy BSc**

<https://www.city.ac.uk/prospective-students/courses/postgraduate/food-policy>

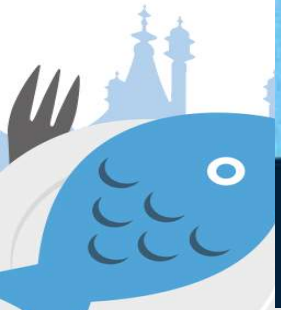
<https://www.city.ac.uk/prospective-students/courses/undergraduate/nutrition-and-food-policy>



# Brighton & Hove Food Partnership

Helen Starr-Kedde





## Emergency Food Network

- 44 organisations (21 pre-pandemic)
- Over 5870 beneficiaries
- Fundraising / Food sourcing / Volunteers
- Connections / Communications / Influence



# Brighton & Hove Food Projects call on Government to respond to Cost of Living crisis



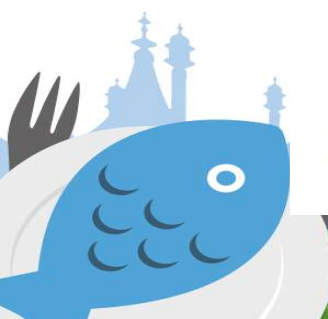
We are a coalition of 44 community organisations supporting people in poverty who rely on us for food. We are the Brighton & Hove Emergency Food Network.

In 2022, Food Foundation national research tells us that food insecurity is the highest it has ever been, this echoes our local data and the experiences of those volunteering in the city's food banks, social supermarkets and meal projects.

We have seen the need for food support increase year on year. Our citywide network has grown from 6 organisations providing 220 weekly parcels in 2013, to 37 organisations supporting 5870 people with 1430 parcels and 2650 meals weekly in 2021.

"The amount of people that come to use our services has increased week on week. The stress levels of the families and individuals are so high. The feeling of always having to compensate and never having enough and not having the basic feeling that everyone should have of feeling fed, safe and warm in their own home."

*Reyna, Old Boat Community Centre*



## Emergency Food Network feeding into policy

- Food cell approach
- Risk escalation
- Adapt policy to meet needs
- Prioritise support
- Working with energy & advice
- Reviewing food risk management across council strategies



## Good Food Standards

- Updated last year
- Extended to council owned premises, street-food traders and events
- More specific



Improving access to healthy sustainable food for those experiencing ongoing food insecurity



**Brighton & Hove Food Partnership**  
 Providing networking support, peer learning, development advice and strategy  
**Brighton & Hove City Council**  
 Providing funding, premises and support with the Food Strategy Action Plan

Brighton & Hove  
**FOOD**  
 Partnership  
 Supported by  
**Brighton & Hove City Council**





*“The quality of the food is fantastic; I am trying things I’ve never tried before. The bread that the bakery donate is the nicest bread I have ever had, I would never be able afford to buy it. The eggs from local farms are such a treat.”*

BrightStore member.



*"The cost of living has gone up - food is more expensive, and I am expecting fuel bills to rise by 50%. My salary will not rise by 50%. So things will be even tighter. Veg and meat are more expensive than convenience food. It's much cheaper to shop at Iceland and fill your freezer with unhealthy food"*

Chomp Lunch Club family





[www.bhfood.org.uk](http://www.bhfood.org.uk)

 @btnhovefood

 /btnhovefood



# Hull Food Partnership

**Sustainable food on a budget: the role of public procurement and local campaigns**



## Hull's approach to the cost of living crisis and sustainable food

- The importance of procurement to secure good food on a budget
- Can we go back? Hull's past experience with universal free school meals and a whole school approach to food via "Eat well, do well" - renewing interest in universal free school meals
- Developing a Food Strategy for Hull – ensuring access to good food for all is included
- Campaigns and activities to ensure access to vegetables to those on low incomes



# Procurement – good food on a budget


**28 LOCAL SCHOOLS**  
 ARE ENROLLED WITH FOOD FOR LIFE IN HULL, WORKING TOWARDS PRESTIGIOUS SCHOOL AWARDS - THIS MEANS FOOD FOR LIFE HULL IS REACHING  
**11,723 PUPILS**

That's ¼ of all school aged children in Hull, costing just **£5 per year per child** beneficiary.



**School Farmers Markets** have proved a great way for schools in Hull to engage their community in the healthy food culture they are creating, and to actively involve pupils in a practical enterprise project which celebrates local food producers. At a School Farmers Market, pupils do the work: planning, organising with local producers to come and sell in the school, promoting the event to parents, and growing and cooking their own produce to sell. The project is also designed to create some revenue for schools to re-invest in their food work.








 "WE HAVE HAD INVOLVEMENT FROM LOCAL PRODUCERS SELLING AT OUR MARKET AND THEY COME BACK YEAR AFTER YEAR AS THEY ENJOY IT SO MUCH."  
 Teacher


 As a result of our work with schools and caterers in Hull, **50 schools** (of the total of 93 schools in Hull) receive school meals that are **certified by Food for Life Served Here** – a certificate of food quality, health and animal welfare. (48 schools catered by Hull Catering and 2 by ISS).

**THE COUNCIL-RUN CATERING SERVICE, HULL CITY CATERING, HAS ACHIEVED FOOD FOR LIFE SERVED HERE SILVER ACCREDITATION.**

**Food for Life Served Here Silver catering accreditation evidences that Hull Catering:**

-  Only uses **free range eggs** in their meals.
-  Uses no fish on the Marine Stewardship Council's **Fish to Avoid** list.
-  Uses **local suppliers** that support local jobs and economic benefit, as well as reducing the impact on the environment.
-  Uses a minimum **5% organic produce**, supporting ecosystem diversity, and farming for the future.
-  Goes **above and beyond** the mandatory School Food Standards, and are taking steps to make healthy eating the easy choice.
-  Is providing **freshly prepared meals**, reducing the use of processed ingredients that are typically high in bad fats, salt and sugar.

**HULL CITY CATERING SERVES 48 SCHOOLS, REACHING 16,519 PUPILS EVERY DAY**

Food for Life believes that **working in partnership is the best way to create solutions that change places for the better for the longest time.** In Hull, we work alongside many organisations within the city such as **The Healthy Lifestyles Team, Sustainable Food Cities** and the **Hull Food Partnership.** FFL has an important role within the ongoing Council-led Childhood Obesity Conversation and will continue to do so in 2020.

One of the partnerships that Hull benefits from by investing in Food for Life is the **Food for Life Get Togethers Programme.** This is a national, **Big Lottery Community** funded programme, which seeks to create meaningful, long lasting intergenerational connections through cooking, growing and eating food together. Food for Life Get Togethers has brought an additional **£10,450** into local community groups and schools in 2019, including Pickering & Ferens Housing Association.

Food for Life Hull – Impact Report 2022: <https://www.foodforlife.org.uk/commissioners/current-commissions#Hull>

## Can we go back? 'Eat Well, Do Well' – 2004 to 2007

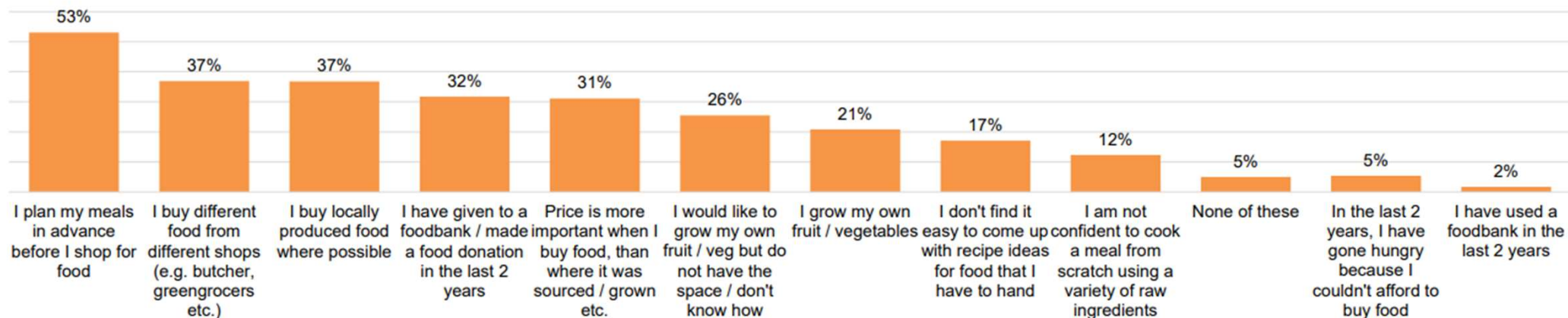
**Since the introduction of the free healthy school meals scheme I trust the council to ...**

	More than before %	Less than before %	About the same %
Make the right choices for children's health	56	4	40
Make the right choices for children's education	26	8	65
Put the interests of Hull people first	24	12	63
Listen to the views of Hull people	25	13	61
Solve problems in innovative ways	19	10	70
Manage finances	11	26	63
Make children a priority	50	5	45

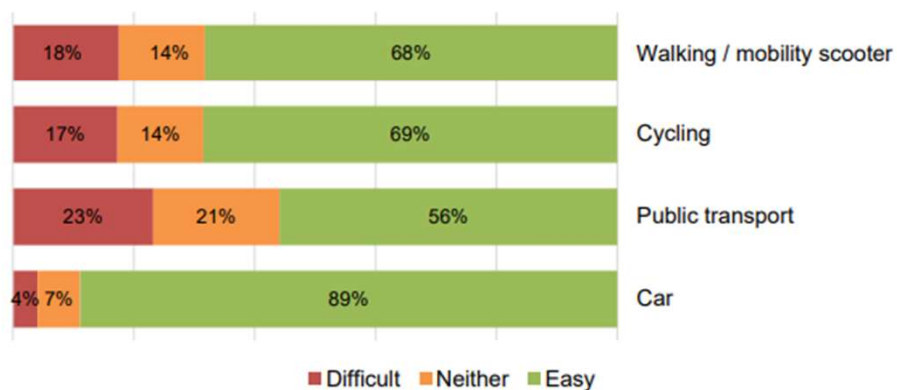
Evaluation of Eat Well Do Well, Kingston upon Hull's School Meal Initiative.  
 Centre for Educational Studies, Institute for Learning, University of Hull - January, 2008.  
 Professor Derek Colquhoun, Nigel Wright, Jo Pike, Lisa Gatenby.

# Developing a Food Strategy for Hull – ensuring access to good food for all is included

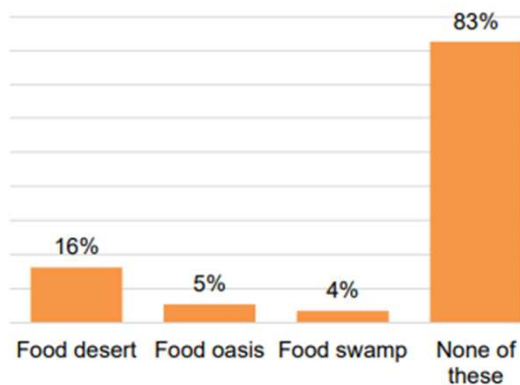
Which of the following applies to you?



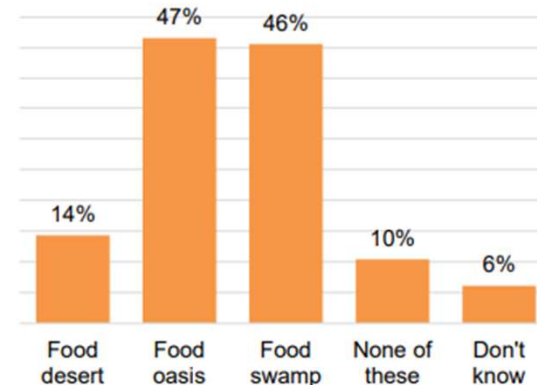
How easy is it to get from your home to the nearest supermarket / shop that sells fresh meat, fruit and vegetables at an affordable price using the following modes of transport?



Are you familiar with the following terms?



Which describes where you live?



Hull City Council Insight Team (The People's Panel) December 2021 – January 2022.



# The realities of poverty – how far can you stretch £20?

https://twitter.com/BootstrapCook/status/1516358354611888131/photo/1

**WEEKLY PLANNER**

MONDAY 13TH      TUESDAY 14TH      WEDNESDAY 15TH      THURSDAY 16TH

FRIDAY 15TH      SATURDAY 16TH      SUNDAY 17TH

**NOTES**

FRIDAY 22ND:  
 BREAKFAST: Cornflakes (taken) + 5p  
 Lunch: Sausage Pantry + 2p  
 Dinner: Mac and Cheese with Bacon + 3p  
 £1.27

MONDAY 13TH: EP 10p, Plum 10p, Radishes 12p, Banana 11p, Cereal + milk 10p, Cheese, cucumber + mushroom soup 2.99p, Herbal Spiced pea + bean spaghetti 2.49p

TUESDAY 14TH: Breakfast: EP 10p, Apple 12p, Cereal + milk 10p, Banana 11p, Lunch: Kitchen + Black Bean Soup 4.00p, Bread 3p, Dinner: Cannellini beans + pork pie 4.30p, Mash 20p, Spring greens 12p, Drinks: Herbal tea + lemonade 5p, Squash 2p

WEDNESDAY 15TH: Breakfast: Plum 10p, EP 10p, Apple 12p, Cereal + milk 10p, Banana 11p, Lunch: Cheese, cucumber + mushroom soup 2.99p, Dinner: Sausage + white casseroles 2.50p, Mash 30p, Spring greens 12p, Drinks: Herbal tea + lemonade 5p, Squash 2p

THURSDAY 16TH: Breakfast: Plum 10p, EP 10p, Apple 12p, Cereal + milk 10p, Banana 11p, Lunch: Cereal + milk 10p, Bread 3p, Dinner: Sausage + mushroom + string + peas + 100g green beans = 15p, Mash 20p, Spring greens 12p, Drinks: Herbal tea + lemonade 5p, Squash 2p

FRIDAY 15TH: Breakfast: Apple 12p, Banana 12p, Plum 10p, Lunch: Kitchen + Black Bean Soup 4.00p, Bread 3p, Dinner: Mash, Spinach, Broccoli, Zucchini, Pork Belly 4.67p, Cannelini + Bacon Beans 3.99p

SATURDAY 16TH: Breakfast: Apple 12p, Plum 10p, EP 10p, Lunch: Kitchen + Black Bean Soup 4.00p, Bread 3p, Dinner: Mash, Spinach, Broccoli, Zucchini, Pork Belly 4.67p, Cannelini + Bacon Beans 3.99p

SUNDAY 17TH: Breakfast: Apple 12p, Plum 10p, EP 10p, Lunch: Kitchen + Black Bean Soup 4.00p, Bread 3p, Dinner: Mash, Spinach, Broccoli, Zucchini, Pork Belly 4.67p, Cannelini + Bacon Beans 3.99p

**TOTALS:**  
 TOTAL MEALS: 43    TOTAL SNACKS: 21    TOTAL DRINKS: 12    TOTAL SPEND: £18.58    TOTAL SPEND MEALS ONLY: £18.84    AVG/MEAL: 57p

MONDAY: £1.59 (£7.31)    TUESDAY: £4.66 (£9.96)    WEDNESDAY: £2.60 (£12.66)    THURSDAY: £2.89 (£15.45)

FRIDAY: 10    SATURDAY: 11    SUNDAY: 11

FRUIT + VEG: 2    FRUIT + VEG: 11    FRUIT + VEG: 11

TOTAL MEALS: 1    SNACKS: 3    TOTAL MEALS: 7 (8)    SNACKS: 3 (6)    TOTAL MEALS: 4 (12)    SNACKS: 0 (6)

TOTAL SPEND: 96p    TOTAL SPEND: £4.19 (£5.15)    TOTAL SPEND: 57p (£5.92)    TOTAL SPEND: £3.13

FRUIT + VEG: 2    FRUIT + VEG: 11    FRUIT + VEG: 11

**Jack Monroe** @BootstrapCook

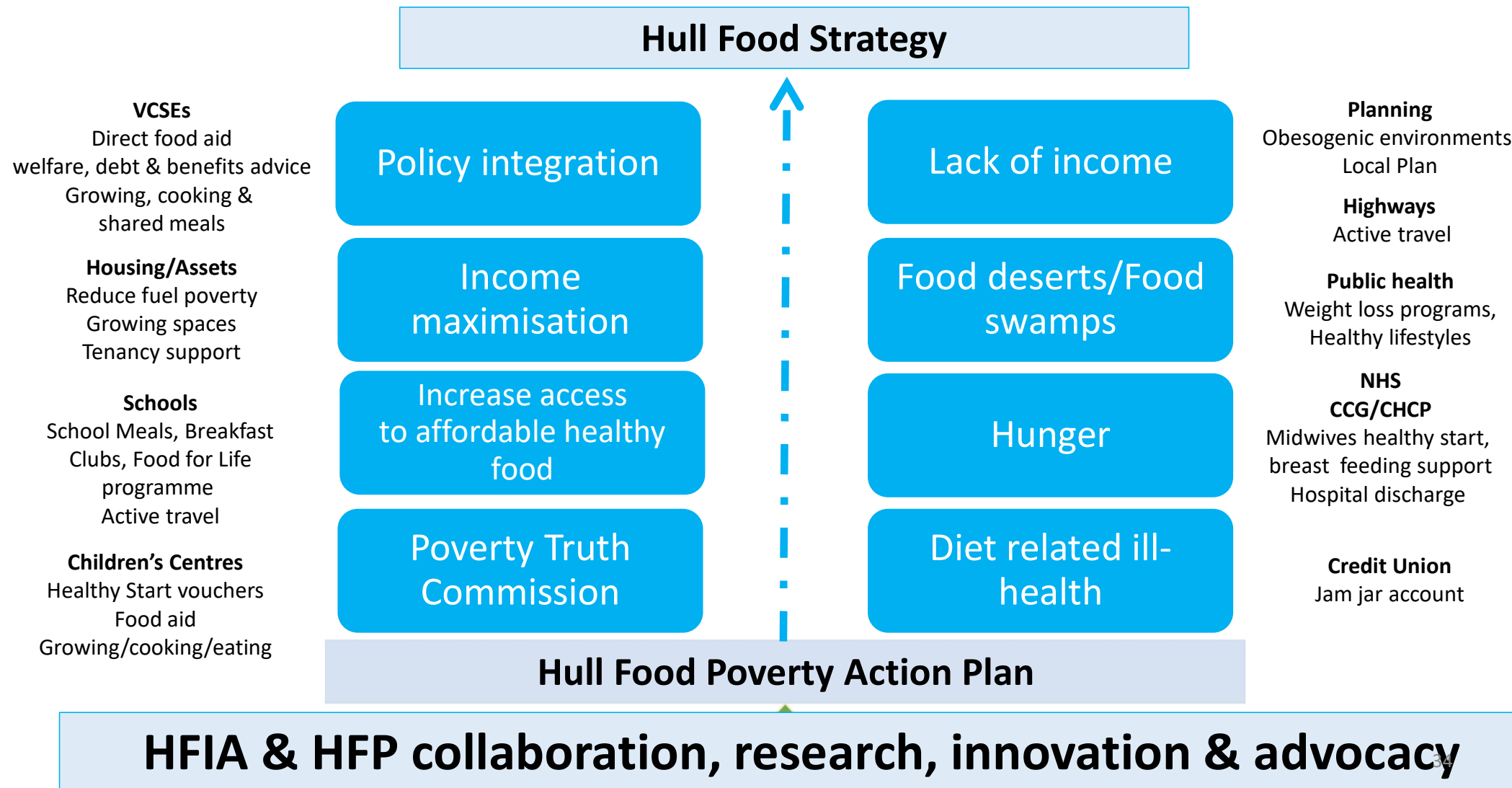
We rarely talk about the mental, physical, organisational and emotional labour, and the sheer amount of time and energy that being careful with money takes. This meal plan, based on my £21.23 shop, was a solid four hours work, and six rewrites. And I've been doing this 10 years.

11:09 am · 19 Apr 2022 · Twitter for iPhone

1,040 Retweets    128 Quote Tweets

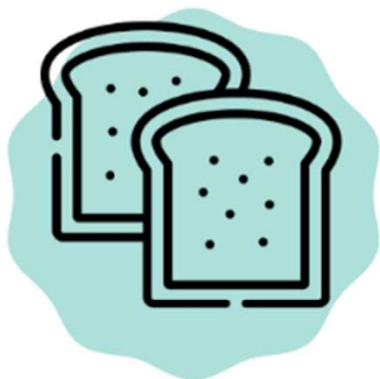
8,345 Likes

# Developing the Hull Food Poverty Action Plan





## WHY ARE WE DOING THIS?



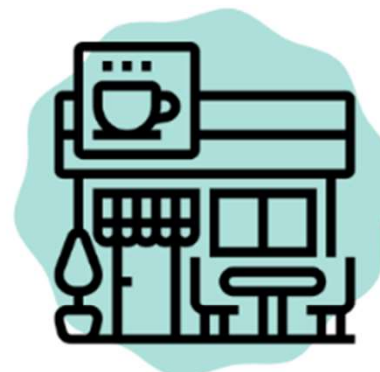
BREAK BREAD TOGETHER

[find out more](#)



INFLUENCE FOOD POLICY

[find out more](#)



SUPPORT & ENJOY LOCAL  
SUSTAINABLE FOOD

[find out more](#)

## On the horizon:

- The need for emergency food support is not going away, therefore growing the Hull Food Inequality Alliance to incorporate organisations from out of area such as FoodCycle
- Linking with national campaigns to increase the eligibility for benefits such as Healthy Start
- Pushing the Right to Food and Food Justice agendas – specifically engaging with young people
- Moving the narrative away from one of resilience and towards that of resistance



**website:** [www.hullfoodpartnership.org.uk](http://www.hullfoodpartnership.org.uk)

**email:** [hullfoodpartnership@gmail.com](mailto:hullfoodpartnership@gmail.com)

**facebook:** [www.facebook.com/hullfoodpartnership/](http://www.facebook.com/hullfoodpartnership/)

**twitter:** @FoodHull

**instagram:** @hullfoodpartnership

**Anna Route – Development Officer:** [Anna@rootedinhull.org.uk](mailto:Anna@rootedinhull.org.uk)

**Hilary Hamer – Chair:** [hilary@rootedinhull.org.uk](mailto:hilary@rootedinhull.org.uk)

