Sept 2017 -August 2018 **ANNUAL REPORT** 



### **TRUSTEE STATEMENT**

The "food system" challenge has got more significant, demanding urgent action with a shocking increase in obesity in children, unacceptable family health inequalities and epidemic numbers of people with Type 2 diabtetes. The United Nation's Special Rapporteur on Extreme Poverty's report showing the depth and extent of food poverty and the significant rise of amputations due to diabetes are all indications that our food system is delivering the wrong outcomes.

The Food Foundation, always in partnership with others, has designed, developed and launched some exciting national initiatives that we hope will play a role in addressing the unprecedented health crisis that we face.

We set ourselves a goal of encouraging the food sector to sell more veg across their shops, in their processed food and through catering and food services through the Peas Please Pledge. We secured pledges from 40 leading businesses and local authorities to take action in line with our commitments framework.

While the "supply" of veg across the food sector is important, we have always been keen to encourage greater demand for veg. This year our Veg Power journey began with an advertising competition and a crowdfund, which has led to a nationwide TV campaign with ITV starting in January 2019. The leadership from Hugh Fearnley-Whittingstall, Jamie Oliver and Sir John Hegarty has been instrumental in delivering this for Veg Power.

However, there is clear and present action that government must take to ensure that the obesity strategy is delivered

in a timely and effective manner. We must start measuring food insecurity and understanding the implications. To this end we have been galvanising Parliamentarians to press government to measure the increases in family stress around food affordability.

In addition, we are about to publish the findings from the Children's Future Food Inquiry placing children centre stage to articulate the challenges that they experience in relation to food – its accessibility, its affordability and its nutrition.

Government took action to reduce car deaths by mandating seat belts, there are restrictions on children smoking or drinking; now government needs to take action to protect children from this growing obesity epidemic and the increasing food inequalities if we are not to condemn many kids to a future lacking opportunity and good health.

The Trustees of the Food Foundation could not be more proud of what the team, led by Anna Taylor, has achieved this year. For a very small, nimble and highly collaborative organisation, it has yet again exceeded our expectations. It combines robust research and engagement with policy makers with high profile actions to address the real problems that we face up and down the country in relation to food and its health outcomes. Well done Team!

Laweradys

Laura Sandys, Chair

### **TRUSTEES**



Laura Sandys (Chair)



**Baroness Rosie Boycott** 



**Tom Lindsay** 



**Professor Sir Charles Godfray** 



David Edwards



**Professor Sir Michael Marmot** 



Pat Biggers



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### **OUR TEAM**



**Anna Taylor,** Executive Director



**Jo Ralling,** Head of Communicatio



Pandora Haydon, Communications Manager



Dr Courtney Scott, Research and Policy Adviser



Will Nicholson, Project Lead: Plating up Progress



**Cat Kissick,** Research and Policy Advisor (Maternity Cover)

### **OUR EXPERT ADVISORS**

The Food Foundation's Expert Advisory Board is comprised of the most eminent specialists in the field, and provides quality assurance for our work by ensuring that our recommendations are evidence-based and reviewed by the best-informed authorities available.



Professor Corinna Hawkes, Professor of Food Policy, City University, London



**Dr Harry Rutter,** Professor in Global Public Health, Bath University



**Professor Martin White,** Professor of Epidemiology at Cambridge University



**Dr Tim Lobstein,** Policy Director for the World Obesity Federation



**Emma Coles,** Founder of Be Vitality



Dr Rachel Loopstra, Lecturer at King's College London

### WHY DO WE EXIST?

### The Unhealthy State of the Nation: our existing food system is failing to deliver sustainable outcomes for our health or our environment

- Childhood obesity figures continue to rise. The latest figures show that severe obesity among children aged 10 to 11 years increased by more than a third in just over a decade, while the gap in obesity rates across the most and least deprived areas continued to widen (NHS Digital 2018).
  - Our food environment is dominated by unhealthy food, often making the healthy choice the hardest. In the most deprived areas of the UK, access to fresh fruit and vegetables is limited, and communities are overrun by fast food outlets.
    - An estimated 4.1 million children live in poverty in the UK: we know this creates a growing food insecurity problem, but without a national measurement it's impossible to fully understand the problem and develop effective solutions.

#### Shaping a food system which supports the health and well-being of the UK public

Before the Food Foundation was established, there were very few voices in the UK bringing together the health and food agendas, or developing policies and building coalitions that reflected the need for an integrated approach. The health outcomes and inequalities across our food system must be addressed: the Food Foundation is working to find coherent, future-proof responses that support citizens and prioritise those facing socio-economic or life cycle risks.

#### **Our mission**

The Food Foundation works to drive change in the food system to deliver better health outcomes for the public through promoting change in policy, regulation, industry action and consumer power. We:

- Inspire, encourage and cajole the public and private sectors to take action in support of accessible, healthy and sustainable diets.
- Develop initiatives and policies that:
  - rebalance the food environment by influencing marketing, planning, licensing and public food provision
  - » Incentivise and regulate the food supply chain by considering impacts on price, quality, provenance, perishability, safety and availability.
- Build unique coalitions of actors from the private, public sectors and involve citizens to put our policies into practice.

### HIGHLIGHTS AND KEY ACHIEVEMENTS

- PEAS PLEASE: We secured 40 pledges from major food businesses, local authorities and national organisations to take measurable action to help drive up our consumption of vegetables. This is the first step towards a food system-wide shift in favour of healthy and more sustainable diets.
  VEG POWER: We have created an advertising fund for vegetables to help drive up demand and use the power of advertising as a force for good.
- FOOD INSECURITY: We have helped secure more action to measure household food insecurity and are still striving for an annual national measure which can be used to inform new policies and programmes. If you can't see the problem, you can't solve it.
- CHILDREN MATTER: We have helped launch a national Inquiry into Children's Future Food, investigating the food experiences of disadvantaged children and have directly engaged them in the Inquiry through workshops across the UK. The Inquiry's conclusions and proposed actions will be reported in 2019.

LOCAL SOLUTIONS

**TO LOCAL PROBLEMS:** 

We have inspired city authorities in Birmingham and Pune, India to work together to solve some of the biggest nutrition problems these cities face through a new smart nutrition partnership. The partnership has the potential to reach four million people.



### **TACKLING DIETARY INEQUALITY**

Tackling dietary inequality has been a key priority this year: we've built widespread support for a national commitment to measure household food insecurity, and have launched the Children's Future Food Inquiry.

#### National measurement of food insecurity

This year we have continued our work to secure annual national measurement of household and children's food insecurity. New figures published by Food Foundation and the End Hunger UK Coalition at the start of 2018 showed that 23% of parents in the UK skip meals out of financial necessity. Factors such as rising health inequalities, increased food bank usage and a rise in food prices are contributing to the urgency of this issue. These findings built on 2014 data from the FAO's Voices of the Hungry project, which estimated that 8.4 million people in the UK live in food insecure households. These figures, among others, provide an indication of significant levels of food insecurity in the UK, but all are based on small, ad hoc surveys: they do not give us an in-depth understanding of household food security or who it affects. We need a regular national measurement so the problem can be monitored and policy responses evaluated.

#### WHAT HAVE WE DONE?

- In November 2017, the Food Foundation hosted a drop-in event in Parliament in support of Emma Lewell-Buck MP's Ten-Minute Rule Bill on the measurement of household food insecurity. The Bill asks the Government to regularly measure levels of food insecurity in the UK.
- The event was attended by 19 parliamentarians who all recognised the effect this issue is having on their constituents.
- The Bill was successful in its first reading and will progress to its second reading later in 2018.
- The Food Foundation continues to promote the Bill and raise awareness of household food insecurity through our membership of the End Hunger UK coalition.

#### WHAT HAVE WE ACHIEVED?

#### We have helped to secure the following actions so far:

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- The Food Standard Agency's Food and You survey measured food insecurity during 2016 and 2018 in England, Wales and Northern Ireland.
- The Scottish Government included three questions on food security in their 2017 Health Survey and is considering adding three further questions in the next survey round.
- The Office for National Statistics (ONS) is drawing on small national surveys conducted by the UN in order to report on food insecurity in the UK as part of their monitoring of the UK's Sustainable Development Goals implementation.
- The London Mayor will measure food insecurity in London as part of his London Food Strategy.

"If you can't see it, you can't solve it"

"Until now, the experiences and perspectives of children and young people have been largely absent from policy thinking and political discourse about food and poverty. The Inquiry will address this critical gap."

#### The Children's Future Food Inquiry

In November 2017, Sharon Hodgson MP launched a cross-party parliamentary inquiry to gather vital information on the issue of childhood food insecurity and to formulate practical and concrete actions to address this serious problem. The Inquiry has cross-party support from both the House of Lords and the House of Commons and will result in concrete policy recommendations generated by extensive consultation and witness hearings with children, adults and experts. The Food Foundation is coordinating the Inquiry, which is the first of its kind in the UK. Until now the experiences and perspectives of children and young people (aged 18 and under) have been largely absent from policy thinking and political discourse about food and poverty. The Inquiry will address this critical gap.

#### HOW IS THE INQUIRY WORKING?

- The Inquiry is being implemented over a fourteen-month period and will involve in-depth consultation with more than 300 children across the UK, as well as reviewing submissions from a further 100 children and adults.
- To gain a comprehensive understanding of all the issues; we have commissioned a national poll to gather representative data on children's experiences as well as an academic literature review, led by the National Institute of Health Research.
- We will complete a policy review in December 2018.
- The Inquiry Committee will be joined by a youth panel to hear expert evidence from people working with children and young people in all four UK nations



These elements will feed into a report due to be published in 2019. Characteristically, the Food Foundation is working in close partnership with a number of other organisations to deliver the Inquiry: stakeholder consultations have taken place in each for the four UK nations, and we're collaborating with Fixers, The Children and Young People's Commissioner in Scotland, Children in Wales, Children in Northern Ireland, the Child Poverty Action Group and Leeds Beckett University.



### **DRIVING UP VEGETABLE CONSUMPTION**



A national initiative to change the food system to help us eat more vegetables

In October 2017, Peas Please held its first Vegetable Summit at City Hall. The summit was a celebratory event to showcase trailblazing pledges from businesses and organisations across the supply chain who are doing their bit to increase vegetable consumption in the UK.

#### Peas Please secured 40 pledges from

- Retailers
- Restaurants
- Caterers
- Manufacturers
- Growers

that will drive changes in the food system to make it easier for everyone to eat more vegetables. The event received extensive broadcast, print and online media coverage and was attended by business, civil society, academic and Government representatives.





"What an inspiration you have all been and what fantastic work you are doing. It's energised us, it's engaged our people, it's addressing an important topic for the health of everyone in the UK and you should be proud of what you have achieved and are working towards".

> BRIDGET JACKSON, HEAD OF CORPORATE SUSTAINABILITY PWC

#### **PLEDGES INCLUDE THE FOLLOWING:**

- 1. Greggs committed to selling an additional 17 million portions of veg between now and 2020
- 2. Sodexo committed to increasing the amount of veg they use by 10%
- 3. Lidl committed to ensuring all of their ready meals include **a portion of veg** in the recipe or a veg serving suggestion
- Birmingham City Council pledged to drive up uptake of healthy start vouchers from 72% to 85%, serving two portions of veg in school meals benefitting 70,000 pupils, and developing a growing scheme in 300 schools.



# VEGPOWER

Born of the Peas Please initiative, Veg Power is an exciting new venture developed to address the very low advertising and marketing spend on vegetables.

To draw attention to this challenge we launched an advertising competition in collaboration with Sir John Hegarty and Hugh Fearnley-Whittingstall. The winning ad went on show in 5,000 locations across the country including all Co-op stores, in a street art display located alongside the Principality Stadium in Cardiff and in a projection onto the City Chamber in Edinburgh as well as in thousands of school canteens across the UK. We are now working with Sir John and Hugh to pilot the idea of a permanent advertising fund for vegetables – we're calling it the 'Veg Power' fund.

Our vision is to create an independent brand manager for vegetables which uses the full range of marketing techniques to increase the UK's consumption of vegetables.



"I believe this is a real chance to use advertising for good". **SIR JOHN HEGARTY, ADVERTISING EXECUTIVE**  VEGETABLES MAKE UP ONLY

OF FOOD AND DRINK ADVERTISING SPEND IN THE UK

#### THE MARTIMES

# We're going to make vegetables sexy, says Levi's ad guru

Matthew Moore, Media Correspondent May 5 2018, 12:01am.

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The Times





The Lew's laundry scene was created by Sir John Hegarty

Sexy advertising could do for vegetables what Nike has done for running, according to the British advertising guru recruited to improve their image. The "eat your greens" message has backfired by causing children to regard eating vegetables as a chore, said Sir John Hegarty, who created the Levi's launderette advert in 1985, in which a man strips to his underwear. Sir John, 73, also created the Flat Eric advert for Levi's.

He said: "What we have to do is move vegetables from being the poor cousin. 'Eat your greens' became a terrible thing you had to do as a kid. We've got to change that."

Sir John is backing a new campaign, "Veg Power", aimed at using the creative

Following the success of the initial campaign, Peas Please convened a multi-disciplinary steering group to evaluate the options for creating a national marketing board for vegetables. We sought to raise funds through a combination of major donors and a public crowdfund to finance the initial proof of concept phase. The crowdfund campaign launched on May 3rd and received positive media support in The Times, BBC, Sky News, Daily Mail, The Telegraph and The Sun as well as in food, farming and retail trade press.

- We reached over 10 million people on twitter with 236,000 actively engaging
- We recruited a substantial influencer network on social media including:
  - » Celebrities such as Jamie Oliver, Hugh Fearnley-Whittingstall and Dr Rangan Chatterjee
  - Industry groups such as the Food & Drink
    Federation, NFU, British Dietetics Association,
    Love British Food and the Consumer Goods Forum
  - » Key chefs, food writers and nutritionists
  - » NGOs and campaigners
- The crowdfund reached its target of £100,000 including support from businesses across the food chain.

#### **PUBLIC OPINION**

"This is a positive approach that will help and inspire the next generation to enjoy eating more fresh colours every day." **STEVEN ROBERTS** 

"I want a better food environment for my child growing up and wholly support what you're trying to do here." **WENDY ARMSTRONG** 

"Fantastic initiative, thanks for leading the way!"

MARIE BRADLEY



Crowdfund contributors were rewarded with The Truly Epic Book of Veg Power, which inspires people to grow, choose, cook and eat vegetables together. For kids it is a fun journey into veg and for parents it will be the definitive manual for getting more veg into their children. We have secured a stunning list of contributors including celebrities, Michelin star chefs, food writers and those with great expertise in children's health, nutrition, weaning and engaging kids and families.

We have also worked to set up Veg Power as a separate Community Interest Company exclusively focused on promoting vegetable consumption.

#### Influencing agriculture policy

The Food Foundation is working hard to ensure agriculture policy supports increased vegetable consumption, too. On 22nd November 2017, we launched two policy briefings at a Parliamentary reception: Farming for 5-A-Day and Eating Better for Less. The briefings instigated discussions on how to secure the future of the 'five a day' through better agricultural policy with a panel of MPs including Neil Parish MP, Chair of the EFRA Committee. Farming for 5-A-Day considers the impact of Brexit on the cost of our favourite 50 fruits and vegetables and considers what scope there is for the Agriculture Bill to support British horticulture and drive up demand for fruit and vegetables. Eating Better for Less documents the USA's experience in implementing Nutrition Incentive Schemes as part of its Farm Bill, and how this experience might apply in the UK.



#### HELEN WHATELY MP, CHAIR OF THE APPG ON FRUIT AND VEGETABLE FARMERS

"This event brings together health and agriculture. Yes, I want to see British people eat more fruit and veg, for the country's economy and for our health. The report brings together data which have not been brought together before and is very helpful."

"This is a moment of opportunity with Brexit and the Agriculture Bill to seize the moment for the economy and for the health of our country and the population and to bring together what we do in agriculture and food for the good of us all."

#### JACK WARD, BRITISH GROWERS

"I have been working with the Food Foundation on this project and I don't think in the last 30 years of working in agro-politics have I ever seen such a measure of unanimity and agreement around the sense of what we're trying to do here... You present the machinery of government and we now need DEFRA to come forward and do something positive and say something proactive to make this happen. How do we make sure that in six months' time we have made some tangible progress?" This work preceded the introduction of the Government's new Agriculture Bill which will set the framework for future food production in the UK. Following the research conducted on Farming for 5-A-Day, the Food Foundation brought together an Alliance of small and large fruit and vegetable producers, producer organisations, trade associations, and health and food charities with a common voice to inform the design and implementation of the Bill. Through joining forces, members of the Fruit and Vegetable Alliance aim to collectively make the case for supporting the production and consumption of fruit and vegetables in the UK to support the UK's public health.

A selection of Alliance members will meet three times a year with DEFRA ministers to discuss the production of fruit and vegetables in pursuit of making the UK population healthier. In July 2018, the Food Foundation, as part of the Fruit and Vegetable Alliance, organised a Parliamentary reception hosted by Helen Whately MP with guest George Eustice, Minister for Agriculture, Fisheries and Food in order to launch the Alliance.

### EMERGING WORK

#### Sustainable and Healthy Food Systems (SHEFS)

In 2017 we began work on the Sustainable and Healthy Food Systems research project (SHEFS), a research consortium in the UK, South Africa and India led by a team at the London School of Hygiene & Tropical Medicine and funded by the Wellcome Trust. The project will inform policy makers by providing novel, interdisciplinary evidence on the ability of the food system to sustainably



and equitably provide healthy foods. We have worked with the team to develop the programme of policy research, define our research methods and plan for community and policy maker engagement – the latter of which we will be leading.

#### Plating up Progress

In June 2018, we started a year-long project funded by the Carasso Foundation and Children's Investment Fund Foundation (CIFF) called Plating Up Progress. The project, which we are conducting in partnership with the Food Climate Research Network, aims to scope a set of metrics that can be used to assess food industry performance in terms of contributing to sustainable and healthy diets, and to build a multi-stakeholder partnership to advance their uptake. The project has been through three rounds of feedback on the proposal for metrics (internal, NGO/ academic, and investors). Further reviews are now scheduled with very targeted groups of investors, and with businesses themselves in the coming months.

"SHEFS will inform policy makers by providing novel, interdisciplinary evidence on the ability of the food system to sustainably and equitably provide healthy foods."

### **INSPIRING LEADERSHIP AND INFORMING ACTION**

The Food Foundation has also worked to inspire others to take action, particularly those in a position to make a significant difference to the food system.

#### BINDI – Nutrition Smart Cities: the Birmingham-India Nutrition Initiative

Over the past year we have been working to inspire leadership on food policy in two major world cities – Birmingham, UK and Pune, India. We secured support from the Department of International Development (DFID) and Tata Trusts to develop a city to city partnership between these two cities to share learning and experience on smart nutrition policies. This partnership was launched in 2018 and we hosted visits from officials from Pune to Birmingham and vice versa. A platform will be created to enable joint learning, experience sharing and piloting of specific initiatives. We all also engage citizens in both cities to determine the priority actions for work across the partnership.



#### Tools to support policy makers

In the past year, the Food Foundation produced a guidance note on food system approaches to nutrition and ran a series of five policy guidance webinars on nutrition-sensitive food systems and obesity for the Food and Agriculture Organisation of the United Nations (FAO). Taking a comprehensive food systems approach, the guidance note and webinars informed the work of the five FAO regional offices on food systems' impact on consumers' diets and nutrition outcomes.

The webinars highlighted specific examples and policy lessons from the Food Foundation's work – including the Force Fed report and the Peas Please project – and discussed the potential for future application of a food systems approach to diet. We highlighted the policy opportunities that could successfully incentivise the consumption of healthier, more sustainable foods. This approach, when tailored to each region, could inform food systems policy and practice and therefore improve diets, tackle obesity and reduce the risk of diet-related disease.

In addition to the work for FAO, we completed a project for Big Society Capital and the Guy's and St Thomas' Charitable Trust, in partnership with the London School of Hygiene & Tropical Medicine, which investigates market opportunities for developing healthy food offerings for those on a low income. This work will be published in November 2018.



#### HANSARD QUOTES

The Minister said that Brexit would not have much impact on prices. I suggest that he speak to his former Conservative colleague Laura Sandys, the head of the Food Foundation, which has said that Brexit could mean an increase of £158 a year in what the average family spends on fruit and veg. Will he ensure that the horticultural sector, which has been much neglected by successive governments, is given the priority that it deserves in the agriculture Bill? I agree with what the hon. Lady said about some of the work of the Food Foundation. Horticulture often has been overlooked, and we have an opportunity to address that. I attended the launch of the project that she highlighted.

#### GEORGE EUSTICE, MINISTER OF STATE AT THE DEPARTMENT FOR ENVIRONMENT, FOOD AND RURAL AFFAIRS (DEFRA)

KERRY MCCARTHY MP

### **COLLABORATION & PARTNERSHIPS**



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### **OUR FUNDERS**

We are hugely grateful to our funders without whom our work would not be possible. During 2017-18 the following organisations provided funding for our work



### FOOD FOUNDATION CIC STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDING 31 AUGUST 2018

	2018 £	2017 £
Incoming resources	365,173	239,634
Cost of sales	(34,397)	-
Gross profit	321,762	239,634
Administrative expenses Other operating income	(330,212) 7,196	(242,078) 1,608
Operating loss	(1,240)	(836)
Loss on ordinary activities before taxation	(1,240)	(836)
Tax on loss on ordinary activities	-	-
Loss for the financial year	(1,240)	(836)

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## FOOD FOUNDATION CIC

### REGISTERED NUMBER: 09162855 BALANCE SHEET AS AT 31 AUGUST 2018

No	tes		<b>2018</b> £		<b>2017</b> £
Fixed assets			700		
Tangible assets	2		702		2,077
Current assets					
Debtors	3	18,501			
Cash at bank and in hand		111,173		70,346	
		129,674		70,346	
Creditors: amounts falling due within one year	4	(129,755)		(70,562)	
Net current liabilities			(81)		(216)
Net assets			621		1,861
Capital and reserves					
Profit and loss account			621		1,861
Shareholders' funds			621		1,861

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

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#### Laura Sandys, Director

Approved by the board on 10 December 2018



### Food Foundation CIC

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