



Leicester's Food Plan

2021-2026

Yearly Action Plan
2021-2022



Leicester's
**FOOD
PLAN**



Six Ambitions to make Leicester a Healthy and Sustainable Food City

AMBITION –		OUTCOME –
 1	Supporting Healthier Food Choices Making good food decisions throughout life for better health and wellbeing.	Reduction in numbers of children and adults identified as overweight More children choosing school meals, increased levels of breastfeeding in the city and More nurseries adopting good food standards
 2	Tackling food poverty Improving access to good food for all.	Improved collaborative, co-ordinated longer-term solutions Improved holiday food and activities programme reaching more children in need Increased uptake of healthy start vouchers
 3	Building food confident communities Connecting communities to understand and develop skills about good food .	More community-based food initiatives are connected and sharing good practice Increased knowledge and number of active community growing/cooking projects developed Improved co-ordination and strategic development across food growing resources
 4	Promoting a diverse, vibrant and responsible food economy Working with businesses to provide a good food offer for the city.	Increased number of businesses within the food and drink sector that provide good food offer Increased choice of good food offer provided by the food and drink sector of the city
 5	Transforming food procurement and catering Supporting organisations and businesses to make good food buying and production decisions.	Increased number of public sector organisations developing a good food procurement policy Improved food standards around health and sustainability
 6	Promoting Sustainable Food and Addressing the Climate Emergency Support a shift towards a sustainable food system which addresses the climate emergency facing us, along with declining biodiversity and food and packaging waste.	Reduced food waste in domestic refuse/commercial refuse - (Better food use and reduced food waste) Increase in food produced and procured locally (reducing food miles) Increased knowledge about the environmental impact of food decisions (what we eat, how it's packaged and how far it's travelled) by all



Supporting Healthier Food Choices

Making **good food** decisions throughout life for better health and wellbeing

Support people to make healthier and more sustainable choices across all stages of life – raising awareness about healthy eating, encouraging breastfeeding, promoting food growing and improving access to good food.

1.1 Improving healthy outcomes in early years and supporting early intervention particularly focused in areas of need.	1.1.1	Develop work on the Extend the “Food for Life” programme in schools to ensure that over 80 schools are enrolled on the programme, 50 have achieved the bronze award and 5 have achieved the silver award by 2022.	LCC Public Health/ Food for Life/ Schools.
	1.1.2	Continue delivery of the “Eat Better, Start Better” programme in nurseries and other early years settings to ensure that the majority of settings are achieving the Voluntary Nutritional Standards.	LCC Public Health/ LNDS/ early years settings.
	1.1.3	Increase knowledge and skills in food preparation and cooking in settings such as schools, communities and early years.	LCC Public Health/LNDS/early years settings/schools/Soil Association.
	1.1.4	Undertake a review on uptake of universal free school meals and free school meal to increase uptake across the city’s schools.	LCC City Catering/public health and partners.
	1.1.5	Using the recently completed needs assessment on infant feeding, continue to prioritise actions to increase breastfeeding rates by implementing the infant feeding strategy and action plan. which includes: <ul style="list-style-type: none"> • UHL achieving full UNICEF baby friendly accreditation • LPT maintaining UNICEF baby friendly accreditation • offering breastfeeding peer support. 	LCC Public Health and partners.
	1.1.6	Prioritise actions to improve levels of healthy weight in children and young people by implementing the 0-19 Healthy Weight Strategy and developing a whole systems approach to address healthy weight.	LCC with key partners.
1.2 Take a preventative approach to malnutrition.	1.2.1	Identify opportunities to integrate advice and support on diet and nutrition into work with people with disabilities and those living with long-term mental and physical health conditions.	LCC with key partners.
1.3 Support people to change lifestyles.	1.3.1	Further develop and promote the Integrated Lifestyle Service which offers support to people to change their lifestyles including healthy eating advice, weight management support, physical activity sessions, health walks and smoking cessation support.	LCC.
1.4 Share information with, and inspire, the public to make changes to their diets and to reduce their food-related ecological footprint.	1.4.1	Identify appropriate messaging to increase awareness of benefits of reduced meat and dairy consumption. Such as promotion of seasonal eating and increased consumption of plant-based foods.	LCC Public Health, Environment Team & Communications.
	1.4.2	Align where appropriate with national and develop local campaigns to address food, health and sustainability.	LCC Public Health & Sustainability Service.
1.5 Train and support people working in the community and in the health, social care and education sectors.	1.5.1	Identify opportunities to integrate food and nutrition training into courses for all relevant professionals including students in healthcare, social care and other related training courses.	LCC/ Universities/FE Colleges.
	1.5.2	Offer nutrition training for early years staff.	LCC/ LNDS.
	1.5.3	Identify opportunities to engage frontline staff working with vulnerable communities, in training around food and nutrition.	LCC/ Feeding Leicester/LCC LASALS.

ABBREVIATIONS USED IN THIS ACTION PLAN:

LCC = Leicester City Council.

FFL = Food For Life partnership.

LNDS = Leicestershire Nutrition and Dietetic Services.

LASALS = Leicester Adult Skills & Learning Service.

BID = Business Improvement District.

LLEP = Leicester & Leicestershire Enterprise Partnership.

TCV = The Conservation Volunteers.



Tackling food poverty

Improving access to **good food** for all

Work towards the reduction and mitigation of food poverty – improving access to good, affordable food for all, whilst seeking to influence the underlying causes.

2.1 Support collaborative approaches to addressing food poverty.	2.1.1	Support and maintain multi-agency collaborative approach to address food poverty in the city via the Feeding Leicester Steering Group.	LCC/Feeding Leicester Partners.
	2.1.2	Continue to prioritise actions and develop a co-ordinated approach to tackling food poverty, develop initiatives and take forward collaborative actions.	LCC/Feeding Leicester Partners.
2.2 Ensure anyone can access immediate food and advice to support need.	2.2.1	Maintain emergency food provision for those in immediate need and crisis.	LCC/Action Homeless.
	2.2.2	Build on and develop understanding of need and share information across the partnership.	LCC/Action Homeless.
	2.2.3	Identify options to develop the successful ‘food bank plus’ pathways out of poverty model offering bespoke advice, support and advocacy within food aid settings.	Reaching People/Feeding Leicester.
	2.2.4	Continue to improve the quality of surplus food (including nutritional value) across the food aid network.	Action Homeless/Emergency Food Partnership/FareShare Midlands.
	2.2.5	Provide support to those in fuel poverty and identify approach to address longer term debt issues related to fuel poverty.	LCC/Charity Link. Reaching People.
	1.3.1	Further develop and promote the Integrated Lifestyle Service which offers support to people to change their lifestyles including healthy eating advice, weight management support, physical activity sessions, health walks and smoking cessation support.	LCC.
2.3 Low cost food for vulnerable groups.	2.3.1	Work across the partnership to develop and better understand sustainable models of need to reduce dependence on food bank provision.	FareShare Midlands & Feeding Leicester Partners.
	2.3.2	Support the implementation and development of 3-4 food pantries aiming to provide a more sustainable, longer-term provision of low-cost, healthy food.	Together Leicester/Feeding Leicester Partners.
	2.3.3	Support the implementation of a Community Shop development in the Stocking Farm area of Leicester.	LCC /Feeding Leicester Partners.
	2.3.4	Work in partnership to organise an event to share good practice and support projects to develop collaborative work where appropriate.	Feeding Leicester partners.
	2.3.5	Develop collaborative funding bids to access funding opportunities to further develop work of Feeding Leicester.	Action Homeless/LCC/FareShare Midlands.
2.4 Protecting People from Hunger.	2.4.1	Support the development of the DfE funded Holiday Food Programme, building on success of previous Holiday Food Programmes in the city.	LCC & partners including FareShare Midlands, Reaching People, Emergency Food Partnership
	2.4.2	Maintain and increase, where possible, food provision to projects, incl. adventure playgrounds all year round.	FareShare Midlands/Playfair.
	2.4.3	Monitor changes to healthy start vouchers and vitamin vouchers to increase uptake, knowledge, and awareness of the schemes.	LCC.
2.5 Building Food Security – developing resilience in across communities.	2.5.1	Share learning and good practice from the Food for Life work to upskill schools and communities developing sustainable cook and eat programmes.	Food for Life Programme, Soil Association/LCC Public Health.
	2.5.2	Support community to develop social eating, food growing and/or cooking skills in community provision.	Feeding Leicester Partners.



Building food confident communities

Connecting communities to understand and develop skills about **good food**

Increase the food growing space within the city and bring people together through food projects developing inclusive, resilient communities sharing, knowledge, experience and skills in growing and cooking.

3.1 Support the development of Food Growing across the City and support more people/communities and schools to 'grow their own'.	3.1.1	Undertake a review of food growing activity and achievements. Explore options to build on good practice and further develop Leicester's Community Food Growing Programme.	LCC/TCV and other partners.
	3.1.2	Identify opportunity to develop food growing strategically including linking across the city and county.	LCC/Leics County Council/TCV.
	3.1.3	Provide opportunities to increase knowledge, skills and food growing in schools through programmes including Grow Your Own Grub, pumpkin growing competition, Trees for Cities 'Edible Playgrounds' and Learning through Landscapes 'Polli:Nation'.	LCC Sustainability Service/LCC Public Health.
3.2 Encourage urban food production.	3.2.1	Consider how to support the emerging urban farming sector and encourage the use of urban space for food growing e.g. vertical growing.	LCC/County Council with partners.
3.3 Deliver inclusive and affordable allotments.	3.3.1	Develop and implement Leicester's Allotment strategy to maintain support to allotments, increase engagement and support development and links to communities they serve.	LCC.
3.4 Develop and promote social eating opportunities.	3.4.1	Map out existing social eating opportunities in the city e.g. those run by faith organisations/ community groups and ensure that these are promoted to those most in need.	Feeding Leicester.
3.5 Champion community food projects	3.5	Support food projects to identify and access potential funding opportunities and in-kind support e.g. transfer of land for community growing.	TCV/LCC.
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Promoting a diverse, vibrant and responsible food economy

Working with businesses to provide a **good food** offer for the city

4.1 Develop a measured approach to identify opportunities to engage across the business sector.	4.1.1	Develop a city and county focus group to address, oversee and monitor progress re: health and sustainability work with businesses.	LCC/Leics County Council/ LLEP/LCC Economic Development/ Food and Drink Forum/ Better Business for All.
	4.1.2	Continue the successful delivery of Leicester Food Park and explore further development opportunities to deliver business support to food and drink manufacturing business to enable food business growth.	LCC Economic Development/Food and Drink Forum/LLEP.
	4.1.3	Explore the development of further sustainable food grade premises.	LCC/LLEP/Food and Drink Forum.
	4.1.4	Build on initial work with universities to support engagement with businesses looking at route and technical innovation in the product to market to address health and sustainability.	LCC/Leics County Council/ Knowledge Transfer Partnership/ Universities.
	4.1.5	Support and encourage local food retail and businesses to offer good quality food including vegan, organic, provenance and using local products to enhance healthy sustainable options.	LCC/BID.
	4.1.6	Identify opportunities to reduce food waste in businesses and raise awareness through communications and education projects.	LCC and partners.
	4.1.7	Conduct research/ diagnostics with food businesses to identify growth challenges and opportunities.	LCC/Leics County Council, Chamber of Commerce/Food and Drink forum.
	4.1.8	Develop a programme to create opportunities to highlight business benefits for adoption of health and sustainability approaches.	LCC/Leics County Council/ Food and Drink Forum.
	4.1.9	Assess feasibility to take forward a plan to develop a Sustainable Food Toolkit for food and drink businesses which is tailored appropriately for complex business sector needs.	LCC/Leics County Council/Food and Drink Forum.
	4.1.10	Develop links with the food industry to improve redistribution of surplus food to reduce unnecessary waste.	FareShare Midlands/Feeding Leicester/Markets.
4.2 Foster a vibrant independent food sector.	4.2.1	Support and highlight businesses developing good practice around health and sustainability.	Chamber of Commerce/BID/LLEP/ LCC.
	4.2.2	Develop a strategic approach to encourage independent restaurants and retailers to support community food projects e.g. social eating projects, community cafes etc.	Feeding Leicester and partners.
	4.2.3	Understand the impact of outreach market stalls and explore potential to develop this in areas of the city with poor access to fresh food.	LCC.
4.3 Promote, celebrate and increase availability of good food in the city.	4.3.1	Publicise and promote businesses selling healthy and sustainable food.	LCC/BID.
	4.3.2	Enable a good food offer to be part of Festivals and Events organised across the city and work with organisers of large- scale events to encourage healthy options and reduced food waste and packaging.	LCC/BID.
	4.3.3	Identify process to engage with food eateries to develop good practice on food, health and sustainability.	LCC/Food Safety Team.
4.4 Ensure easy access to free tap water.	4.4.1	Make free drinking water readily available across the City through rollout, promotion and evaluation of the Refill scheme.	LCC/Severn Trent Water.
4.5 Encourage food industry employers to commit to the Living Wage and fair working conditions.	4.5.1	Encourage large organisations/ caterers to take a lead around workforce development and towards becoming Living Wage employers.	LCC.
4.6 Promotion of Leicester's Market.	4.6.1	Work with Leicester Market to develop opportunities to highlight and increase access to good quality, low cost food.	LCC.



5

Transforming food procurement and catering

Supporting organisations and businesses to make **good food** buying and production decisions

5.1 Large organisations adopt Good Food procurement.	5.1.1	Develop a good food procurement policy across large organisations in the city starting with LCC (as part of Social Value Charter and Guidance).	LCC Procurement & Public Health/ Leics County Council.
	5.1.2	Identify opportunities and resource to work with UHL to develop a good food procurement policy and practice in partnership with Leicestershire County Council.	LCC and County Public Health/UHL/ Universities/FFL.
5.2 More large organisations to achieve externally accredited catering awards.	5.2.1	Build on existing good practice within LCC City Catering following achievement of the Silver “Food for Life Served Here” catering award for their school meals.	LCC City Catering.
	5.2.2	Support other public sector organisations e.g. Universities and UHL to achieve “Food for Life Served Here” catering awards demonstrating healthy and sustainable food provision.	LCC and County Public Health.
	5.2.3	Provide good food within vending machines, starting with provision in City Council premises.	LCC.
5.3 Workplace Health.	5.3.1	Work across all sectors to develop, implement and evaluate a Workplace Health and Sustainability Charter.	LCC.



Promoting Sustainable Food and Addressing the Climate Emergency

Support a shift towards a sustainable food system which addresses the climate emergency facing us, along with declining biodiversity and food and packaging waste

6.1 Aligning action on food and climate.	6.1.1	Carry out an annual process to identify new actions on food and sustainability to feed into either the council's Climate Emergency Action Plan or the Food Plan and ensure the Plans are complementary and properly integrated.	LCC Sustainability Service/ LCC Public Health.
6.2 Provide advice on sustainability for council projects.	6.2.1	Provide advice on the climate implications of decisions around food-related projects and programmes to inform work across the Ambitions.	LCC Sustainability Service.
6.3 Reducing food and packaging waste.	6.3.1	Signpost residents and businesses to guidance on reducing the environmental impacts of their packaging choices.	LCC Waste Services/Residents/ Businesses.
	6.3.2	Investigate signing up to WRAP's UK Plastics Pact initiative on creating a circular economy for plastics in the UK.	LCC Waste Services.
	6.3.3	Encourage residents and businesses to reduce food waste through participation in national campaigns including WRAP's Love Food, Hate Waste project, providing subsidised home compost bins to residents and supporting actions to redistribute surplus food (see actions under Ambition 2).	LCC Waste Services/Residents/ Businesses.
6.4 Sustainable food and drink production.	6.4.1	Support food and drink businesses to become more resource and energy efficient and reduce their environmental impacts by referring them to national and local support including the Green BELLE energy efficiency grant.	Member Organisations on Food Plan Board.
6.5 Local and seasonal food promotion.	6.5.1	Reduce food miles and support producers in and around the city - raising awareness of local and seasonal products and encouraging their use by the public, food businesses and institutions.	LCC/BID.
	6.5.2	Encourage occupancy by local traders and incentivise local sourcing at Leicester Market as part of major development work. Hold monthly farmers markets and vegan markets with local traders and promote local healthy eating and provide recipes through Market social media channels.	LCC/Leicester Market.
6.6 Provide information on sustainable food choices to the public.	6.6.1	Share messages around the benefits of reduced meat and dairy consumption and seasonal eating through council communication channels, including campaigns linked, where appropriate, to Sustainable Food Places.	LCC Public Health, LCC Sustainability Service & Communications/FFL/ LNDS.
6.7 Participate in campaigns on food and climate.	6.7.1	Become a Signatory of the Glasgow Food & Climate Declaration and participate in partner events and knowledge-sharing sessions.	LCC Sustainability/LCC Public Health.