

Published 17/7/23

Bristol Good Food 2030: Eating Better 2024 Action Plan

Vision for Bristol Good Food 2030: As well as being tasty, healthy, accessible and affordable, the food we eat should be good for nature and the environment, good for workers, good for local communities, good for local businesses, and good for animal welfare. This is what we mean by Good Food. **Eating Better** considers how food knowledge and skills can be developed amongst citizens of all ages, to support healthy and climate friendly diet choices. It also considers mechanisms for implementing healthier, climate friendly diets, such as catering standard accreditations.

This plan has been put together by Bristol Food Network, created by the Bristol Good Food Partnership and supported by Bristol City Council (BCC). Bristol Food Network has taken on leadership of this project, following the successful Going for Gold project that made Bristol one of the first cities to win the Sustainable Food Places (SFP) Gold Award.

The purpose of the Action Plans is to describe, in detail, the improvements we want to see in the food system up until 2024, how those changes will be achieved and by whom. The actions are described using the structure provided by the Milan Urban Food Policy Pact, to which Bristol has made a commitment.

This Action Plan is just one part of Bristol Good Food 2030 (BGF2030). As well as the other Action Plans for the other themes, another, high level plan will be published - [the 2030 Framework for Action](#). The Framework for Action outlines the broader, ambitious goals that Bristol hopes to achieve by 2030. The Action Plans, once successful, will have created the foundations on which delivery of the Framework for Action's goals can be built.



Target Outcome: desired direction of travel, overall changes we want to see	Specific desired changes - to be measured	By when	Planned Actions - how the desired change will be achieved – & Action Owners
<p>Learning on climate-friendly, healthy diets and the development of skills to cook, grow and choose good food are in place and consistent throughout Bristol's schools, helping to improve health outcomes for young people.</p>	<p>Engagement with schools and additional support for them is delivered by the BCC's Healthy Schools Award scheme.</p> <p>The Children's Kitchen & Feeding Bristol continue their Early Years Programme.</p>	<p>2023</p>	<p>Bristol Healthy Schools Award team reengage schools with the award.</p> <p>The Eating Better Working Group recommends Bristol Healthy Schools Award is expanded to include recommendations that schools teach shopping skills as well as cooking.</p> <p>Food Environment Specialist award is expanded to include teaching at least 5 meals to secondary school children and at least 2 to Primary school children.</p> <p>The Children's Kitchen continues to run their educational sessions with pre-school children aged 2-4 and continue to develop the approach to food in the early years sector through Bristol Early Years.</p> <p>Bristol Education Partnership supports member schools to provide better food education.</p>
<p>Community-based opportunities for developing skills on sustainable, healthy diets (cooking, growing and choosing good food) are available and taken up across the city, supporting citizens to make healthier, greener food choices.</p>	<p>New food growing courses result in more people with these skills. (Urban Growing)</p> <p>New community food skills programmes are planned in several areas of the city for the coming years.</p> <p>Environmental Health Officer (EHO) guidance is improved to</p>	<p>2023</p>	<p>'Grow, Cook, Eat - Lawrence Weston' Pilot is launched as part of Ambition Lawrence Weston's Community Climate Action Partner work. This is linked into Climate Action work done by Lockleaze Neighbourhood Trust and Heart of BS13</p> <p>Lockleaze Neighbourhood Trust launches new growing and healthy eating sessions for various ages.</p> <p>Square Food Foundation continue to run cooking lessons.</p> <p>Ambition Lawrence Weston begins educating people on finding healthy choices when eating out.</p>

Target Outcome: desired direction of travel, overall changes we want to see	Specific desired changes - to be measured	By when	Planned Actions - how the desired change will be achieved – & Action Owners
	<p>support more organisations using Community kitchens.</p> <p>Public Health and BeeZee Bodies’s new online information helps citizens reach a healthy weight and improve their diet</p> <p>Citizens in lower income areas can access wholefoods through community buying groups.</p> <p>A new map of hireable kitchens helps community food teachers to find facilities. (Crossover with Infrastructure)</p>		<p>Eating Better Working Group brings our requests for greater clarity to Environmental Health and ask that they improve their guidelines.</p> <p>BeeZee Bodies work with Public Health to deliver online nutrition and food training/coaching to support healthy weight.</p> <p>BeeZee Bodies work with Public Health to map what services are available for promoting healthy weight, including food and nutrition advice. Webpages will be developed to signpost and communicate available help.</p> <p>Feeding Bristol trial local buying cooperatives in disadvantaged wards.(Crossover with Infrastructure)</p> <p>Kitchens across the city are mapped using online form completed voluntarily. (Crossover with Infrastructure)</p>
<p>Catering, retail and hospitality and settings citywide offer healthy and climate-friendly food, and these are a popular choice. There has been an increase in the number and type of establishments with BEBA or FFLSH accreditation, and</p>	<p>Small and Medium sized Enterprises share best practice with other businesses and through connections with community organisations support care leavers with food education and training opportunities.</p>	<p>2023</p>	<p>BOX-E restaurant share their best practice with other restaurants including how to showcase seasonal, local and sustainable produce and how to keep waste to an absolute minimum with a zero-to-landfill policy championing reusables and single-use plastic-free deliveries. (Link to Food Waste)</p> <p>BOX-E restaurant continue to develop their work with the SquareFood Foundation, Caring in Bristol and FareShare South West, using their skills and connections to support care leavers with food, food education and apprenticeship opportunities.</p>

Target Outcome: desired direction of travel, overall changes we want to see	Specific desired changes - to be measured	By when	Planned Actions - how the desired change will be achieved – & Action Owners
an increase in those achieving the highest-level award.	<p>Academic research on increasing the uptake of climate- friendly diets informs BEBA development.</p> <p>BEBA and FFLSH accreditations increase in the private and public sector due to promotional Activity. (Procurement and Infrastructure)</p> <p>Increase in availability of Climate-Friendly menu options in University of Bristol catered halls.</p> <p>Bristol City Council sets out a position statement on low carbon diets.</p>	2024	<p>Bristol Eating Better Award support a number of settings to achieve the early years award.</p> <p>SNEAK project researches behaviour change approaches for plant-based* diets (University of Bristol/Bristol Food Network)</p> <p>University of the West of England (UWE) support PhD research on transition to plant-based* diets.</p> <p>University of Bristol increase the number of “climate-friendly” menu items in their catered halls.</p> <p>Bristol Food Network promotes Bristol Eating Better Award (BEBA) and Soil Association food for life award. (Crossover with Procurement)</p>
Support mechanisms for parents on early years nutrition are increased, resulting in more children receiving good nutrition in the first four years of their life	<p>Support for parents who are breastfeeding is included in the West of England Combined Authority (WECA) Good Employment Charter and work continues to engage organisations in the Breastfeeding Scheme</p> <p>The provision of infant nutrition classes grows.</p>	2023	<p>Support for parents who are breastfeeding is recommended for inclusion in the WECA Good Employment Charter</p> <p>With Funding, CF Nutrition expands their subsidised, practical infant nutrition classes.</p> <p>Infant feeding support will be enhanced as part of the Family Hubs and Start for Life programme. There will be significant additional investment over the next 2 years.</p>

Target Outcome: desired direction of travel, overall changes we want to see	Specific desired changes - to be measured	By when	Planned Actions - how the desired change will be achieved – & Action Owners
	Infant feeding support is enhanced as part of the Family Hubs and Start for Life programme.		Initial plans have been devised for 2023/24 with a focus on ensuring those who most need support, receive it.
	Follow on milk is no longer advertised on Bristol's billboards. More local shops accept Healthy Start vouchers.	2024	Bristol City Council ban adverts for Follow on Milk on Billboards across Bristol. Public Health works with local services and retailers to promote the Healthy Start scheme to beneficiaries and expand the acceptance of Healthy Start Cards and the provision of Healthy Start Vitamins.

* We recommend plant-based vegetarian and vegan unprocessed foods, like vegetables, whole grains and legumes over processed foods made from non-animal proteins. Though evidence on the healthiness of processed plant-based alternatives varies, the healthiness and sustainability of vegetables and wholegrains is well evidenced.