

# The (Food) poverty landscape

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Dr Sarah Hanson

Associate Professor in  
Community health

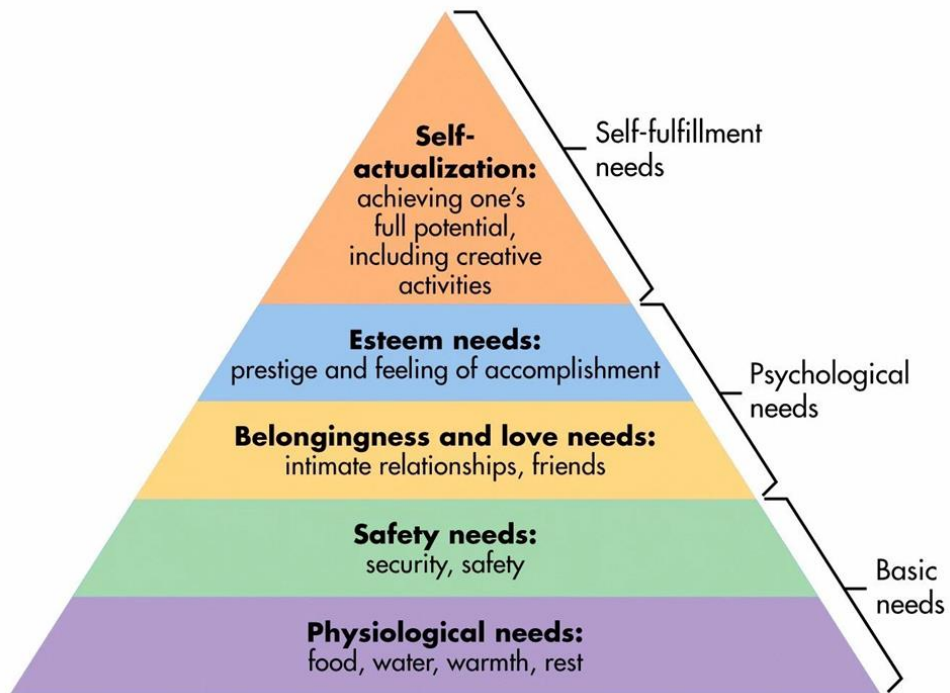
Suffolk Food summit





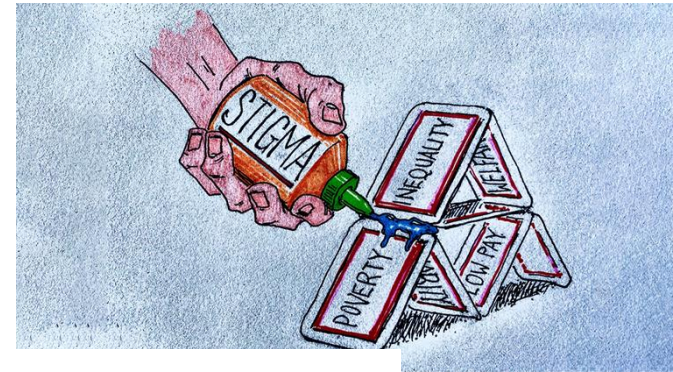
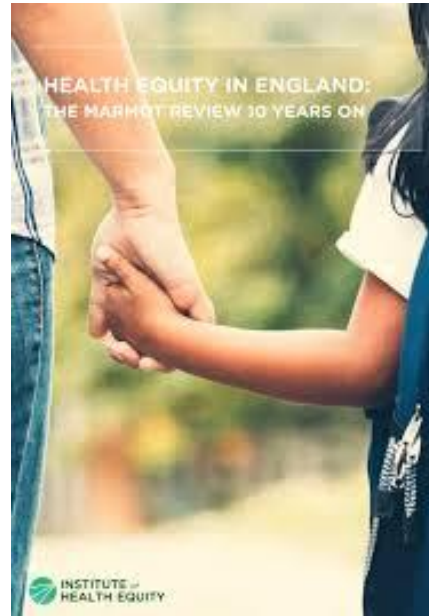
Research partnerships

# Barriers to a good life





# Food and poverty – the landscape



## **‘Children have bowed legs’: hunger worse than ever, says Norwich school**

Headteacher in one of England’s most deprived areas says cost of living crisis is having acute effect on pupils’ health



## **HUNGER IN THE UK**



JUNE 2023



BY RACHEL BULL, CHARLOTTE MILES, EMMA NEWBURY,  
ADAM NICHOLS, THOMAS WEEKES AND GRACE WYLD.

# The unrealistic nature of guidelines

- For households with children in the bottom two deciles, earning less than £15,860, 42% of after-housing disposable income would have to be spent to meet the Eatwell Guide costs



## “Taking from Peter to pay Paul”: The experience of people in receipt of fuel and food vouchers from a UK foodbank

Sarah Hanson  | Pippa Belderson | Emily Player | Anne-Marie Minihane  |  
Anna Sweeting

People are compromising on the essentials; nutritious food purchasing, the use of household appliances for cooking and washing (themselves and clothes) and warmth in their homes and have a sense of ‘missing out’ on enjoyable and sociable eating practices.

- *I can't invite people over for dinner anymore. Whereas in the past, I'd say, come over for dinner, I'll do a starter, main course and all that. Now I can't even invite my family, because I wouldn't be able to feed them. And that does hurt.*
- *Poverty, it sticks with you. No matter how old you get. I think shame is a killer isn't it, it's the embarrassment.*



# The 'Making a difference' project with Norwich Foodbank

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A collaboration with Shelter, Citizen's Advice and British Red Cross across their network of foodbanks

- *"You try and sort it out there and then because then that's the best thing for the clients. They don't have to tell this story about five times to different organisations, it can re-traumatise them to think about things they don't want to think about"*
- *"It feels like our service is a good way to access really vulnerable people that might not come otherwise (to CAB)"*



# Evaluation of Nourishing Norfolk

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- 26 food hubs
- Network – ‘greater than the sum of its parts’
- Reaching rural communities
- Collaboration with Norse – logistics and warehouse
- Each has its own ‘essence’
- What are the long-term challenges?
- What is the wider social value?

*“Please stop asking me what I ate and ask me have I eaten?”*





# Five points to ponder

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# 1. Grassroots response and the role of volunteers

- Grassroot response from communities
- “A nation of small shop keepers”
- Dignity and compassion
- Give it their heart and soul – “restores your faith in humanity”
- Much more than ‘lock up and leave’
- Mental health frontline role?
- How are volunteers being supported? (vicarious trauma etc.)?
- “Sometimes I hear stories, like around domestic abuse, and I wonder what happened to that person.”
- Safeguarding
- The potential for inadvertently widening inequalities

## 2. Eating practices

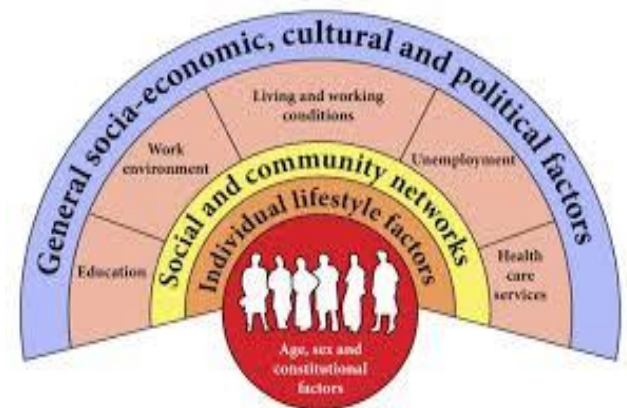
- Outputs: tonnage
- Outputs: purchases
- In the UK around 60% of daily energy comes from ultra processed food
- What is your responsibility?
- Provisions to make a meal
- Vegetables and fruit
- Cooking and growing classes etc.
- “Ready, healthy, eat” initiatives





# 3. Food hubs and the wider determinants of health

- Building on pre-existing assets – better for sustainability and reaching those most at need?
- Public health role – loneliness, low level mental health support (touch points), maximising income and debt relief, referral to other services
- Reaching people that health professionals struggle to reach – e.g. vaccine hesitancy work
- Building supportive communities



## 4. Relationships with food growers and suppliers

- Sustainability – for the whole supply chain
- Reducing waste
- Supporting smaller farmers and growers
- Linking up suppliers and hubs (These are very new conversations and relationships)

Gleaning (e.g. work of the Real Farming Trust)

Pay it forward: win-win for farmers and food hubs

Community cafes (pay what you can) – bridging social divides

- Real opportunities in the East of England





## 5. The longer-term landscape?

- Part of the solution to reducing the need for food banks?
- Part of the fabric of community shopping? (e.g. co-operatives)
- Addressing (hidden) rural poverty
- Putting the heart back into communities (loss of Post Offices etc.)
- Who is missing out? Young working families? Diverse cultures and inclusion

**Solutions in your workshops today!**

