The 2nd UK Research Conference on Food and Poverty: Evidence for Change

CONFERENCE PROGRAMME

23 and 24 June 2020

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KING'S College LONDON

The University Of Sheffield.

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WELCOME TO THE SECOND UK FOOD AND POVERTY CONFERENCE

I t goes without saying that when we started planning our second UK Food and Poverty research conference in the autumn of 2019, we could not have imagined that it would take place in the current context or in virtual form. The COVID-19 pandemic has touched all aspects of our lives and work, and even though we write this at a time when the UK looks to be easing lockdown, the 'new normal' seems abstract and distant.

Amidst this uncertainty we know one thing for sure: the current crisis has worsened food insecurity in the UK. Early research suggests the number of adults experiencing food insecurity in Britain quadrupled in just the first few weeks of the COVID-19 lockdown. Initial data are alarming: more than three million people in Britain reported someone in their household going hungry in the first three weeks of lockdown; 1.5 million people in Britain reported that someone in their household didn't eat for a whole day; and more than 200,000 children skipped meals because their family couldn't access sufficient amounts of food during lockdown.

At the same time, charitable food organisations are reporting unprecedented need for their services. The Trussell Trust reported an 81% increase in people needing support from food banks at the end of March compared with the same time last year, and the Independent Food Aid Network has also reported major rises in demand amongst their members in the first month of lockdown. The delivery of substitutes of free school meals has been problematic. Whilst ensuring access to food for children entitled to free school meals was a priority when the UK and devolved Governments announced school closures, the Food Foundation have reported that 31% of entitled children are still not getting a substitute, and problems with free school meal vouchers have also meant alternate provisioning have not translated to a secure supply of food to children.

Together, this early evidence suggests the crisis has profoundly affected food access, among other health, social, and economic harms.

The existing 'pre-pandemic' research base, about drivers, experiences, and consequences of household food insecurity, helps us understand the current situation. Among other examples, the roll out of voucher schemes to substitute free school meals and funding for redistributed food aid provision touch on existing debates about the effectiveness of food-focused versus income-based responses to food insecurity and about the utility of means-testing versus universal provision. Public funding and donations and funding from food retailers for food aid have been provided to help meet current levels of demand but this type of support has been questioned among researchers and the third sector.

In this context of rising food insecurity and debate about how to respond, what is the way forward? Perhaps an uncertain future is the time for desired changes to become a commitment rather than an aspiration. Low income, limited household financial resilience, and the fragility of the food aid systems have been put in the spotlight like never before. The theme for this year's conference, Evidence for Change, planned long before the current crisis, seems ever more pertinent at this critical juncture. It is imperative that we build understanding on how household food insecurity research can make a difference to policy, practice, and lived experience. We hope, therefore, that in amongst all the activity around food insecurity at this time, the conference will provide the opportunity to take stock, to share current data, to critically discuss, to envisage a future, and to reflect on how and what research evidence can be change-making.

To launch these discussions, our conference will begin with a discussion panel featuring some of the leading thinkers from across the third-sector to highlight their views on what is needed now to tackle food insecurity and how we may get there. To further inform these discussions, our keynote speaker, Professor Colleen Heflin, will share her applied policy research on food insecurity in the U.S. context – what has worked and what hasn't. Delegates can carry these reflections to the closing panel discussion, where panellists from across local and devolved government will discuss their work on food insecurity within their departments, their perspectives on available evidence and evidence gaps, and what research is needed to push food insecurity up the policy agenda.

Alongside these three key sessions we are pleased to offer a full programme which includes four special coordinated sessions on focussed topics and numerous research presentations, encompassing a range of academic disciplines, topics, and methods. We are delighted to welcome a wide range of delegates to the conference: researchers, practitioners and policy makers from across different sectors, and look forward to the constructive conversations that this mix of experience can bring. Whilst we are disappointed that we will not be able to meet in person this year, we hope that the new virtual format will still provide an enriching and challenging two days for all delegates.

Dr Rachel Loopstra, Dr Hannah Lambie-Mumford & Katy Gordon
Conference Conveners

PROGRAMME-AT-A-GLANCE

TUESDAY 23 JUNE, 2020

DAY ONE	
09.30–09.45	**Welcome**
09.45–10.55	**Panel discussion:**

Evidence-informed action to address food insecurity in the UK: third sector perspectives

Panellists:
Dan Crossley, *Food Ethics Council*
Kartik Raj, *Human Rights Watch*
Emma Revie, *The Trussell Trust*
Anna Taylor, *The Food Foundation*

10.55–11.10	COMFORT BREAK

11.10–12.20	**Workshop 1:**	**Paper Session 1:**	**Paper Session 2:**
	Immigration Policies: Enforcing Borders, Driving Hunger and Creating Destitution	**Drivers of food bank use and food insecurity**	**Experiences of food insecurity over the summer holidays**

12.20–13.30	LUNCH

13.30–14.40	**Paper session 3:**	**Paper session 4:**	**Workshop 2:**
	Food insecurity measurement	**Characterising food insecurity among different groups and responses**	**Questioning the role of religious faith in UK food provision**

14.40–15.00	COMFORT BREAK
15.00–16.15	**Keynote Speaker:**

Reflections on household food insecurity research from a U.S. perspective

Speaker: Prof Colleen Heflin, *Syracuse University, USA*

16.15–17.00	NETWORKING ROOMS AND VIRTUAL DRINKS

WEDNESDAY 24 JUNE, 2020

DAY TWO			
09.30–09.45	WELCOME AND REFLECTIONS FROM DAY ONE		
09.45–10.45	**Special session:** Food charity and food poverty across Europe	**Paper session 5:** [Food] interventions for older adults and families	**Workshop 3:** Local responses to food insecurity – working within wider constraints
10.45–11.00	COMFORT BREAK		
11.00–12.15	**Paper session 6:** How are communities responding to food insecurity?	**Paper session 7:** Food insecurity and health	
12.20–13.20	**Late breaking Call for Papers Session:** Food insecurity since the Covid-19 crisis	**ON THE GO LUNCH**	
13.25–14.55	**Paper Session 8:** Food Bank Research Pecha Kucha		
14.55-15.00	COMFORT BREAK		
15.00–16.15	**Discussion Panel:** Views on food insecurity from across UK and devolved governments. Panellists: Joanna Littlechild, *Department for Work and Pensions, UK Government* Mary Anne Macleod, *Social Justice Delivery Unit, Scottish Government* Sharon Polson, *Department for Communities, Northern Ireland Executive* Jamie Ralph, *Knowledge and Analytical Services, Welsh Government*		
16.15–16.30	CONFERENCE WRAP-UP AND CLOSING REFLECTIONS.		

PLENARY SESSIONS

TUESDAY 23 JUNE, 2020

KEYNOTE

Reflections on household food insecurity research from a U.S. perspective.

Time: 15.00–16.15

Chair: Aaron Reeves, *University of Oxford*

Working from the basis that having too little money underlies food insecurity in the UK, a question arises about the usefulness of conducting research focused on food insecurity rather than poverty more broadly. Aren't we just talking about poverty? And yet, research from other countries highlights that experiences of not having enough food impact health, social interactions, and educational attainment over and above associations found for income-based poverty measures, suggesting measuring this specific manifestation of poverty is important. So too, using food insecurity outcomes to monitor the impacts of policy and practice interventions on food insecurity suggest it is sensitive to some, but not all, poverty-reduction policy interventions, which suggest that the designs of these interventions matter—who is targeted, how, and in what context? This year's keynote speaker, Prof. Colleen Heflin, will address these topics, drawing from over 15 years experience of applied policy research on food insecurity in the U.S. context.

SPEAKER

Prof. Colleen Heflin, *Syracuse University, USA*

Colleen M. Heflin is a Professor of Public Administration and International Affairs and a Senior Research Associate in the Center for Policy Research. Prof. Heflin conducts policy-relevant research that sits at the boundaries of sociology, economics, public health, public administration, and women's studies. Prof. Heflin is regarded as a national expert on food insecurity, food assistance and welfare policy, and the well-being of vulnerable populations. Prof. Heflin's research has

helped document the causes and consequences of food insecurity, identify the barriers and consequences of participation in nutrition programs, and understand the changing role of the public safety net in the lives of low-income Americans. Prof. Heflin's research has appeared in leading journals such as the *American Sociological Review*, *Social Problems*, *The Journal of Health and Social Behavior*, and *The Journal of Policy Analysis & Management*. In 2014, her paper on community social capital was awarded the W. Richard Scott Award for Distinguished Scholarship from the American Sociological Association. Prof. Heflin's research has been funded by the U.S. Department of Agriculture, the National Institutes of Health, and the U.S. Department of Health and Human Services, among others.

Prof. Heflin participated in the 2013 National Academies Workshop on Research Gaps and Opportunities in Child Hunger and Food Insecurity, and was an invited speaker at the 2014 Congressional Briefing on the War on Poverty that was hosted by the Population Association of America. Prof. Heflin holds a Ph.D. in Sociology from the University of Michigan and an MPP from the Gerald Ford School of Public Policy at the University of Michigan.

PLENARY DISCUSSION PANEL

Evidence-informed action to address food insecurity in the UK: third sector perspectives.

Time: 09.45–10.55

Chair: Hannah Lambie-Mumford, *University of Sheffield*

PANELLISTS

Dan Crossley
Executive Director, Food Ethics Council

Dan Crossley is Executive Director at Food Ethics Council, an independent think tank whose mission is to accelerate the shift towards fair food systems that respect people, animals and the planet. Dan has worked on food sustainability issues for 15 years, leading work on a range of issues, from our relationship with meat to tackling household food insecurity to power dynamics in the food system. Dan chaired the Sustainable Food Supply Chains Commission and was a WWF LiveWell Leader in Europe.

Kartik Raj
Western European Researcher, Human Rights Watch

Kartik Raj is Western Europe Researcher at Human Rights Watch. He is the author of the organization's recent report on the U.K., 'Nothing Left in the Cupboards: Austerity, Welfare Cuts and the Right to Food' (May 2019). Prior to joining Human Rights Watch in 2017, he worked for several years at Amnesty International as a campaigner and researcher on the European Union team.

Emma Revie,
Chief Executive of the Trussell Trust

Emma Revie is chief executive of the Trussell Trust, a charity that supports a network of over 1,200 food bank centres to provide emergency food to people in crisis, offer additional support and campaign for change. Previously she was Chief Executive at youth charities Ambition and Landmark, and Head of Donor Services at international aid charity Tearfund. Emma joined the Trussell Trust in February 2018.

Anna Taylor,
Executive Director, Food Foundation

Anna joined the Food Foundation as its first Executive Director at the beginning of June 2015 after five years at the Department for International Development. At DFID Anna led the policy team on nutrition and supported the delivery of the UK's global commitments to tackle undernutrition. In 2014 she was awarded an OBE for her work to address the global burden of undernutrition. In May 2017 Anna became a member of the London Food Board to advise the Mayor of London and the GLA on the food matters that affect Londoners. She is a Board member for the Emergency Nutrition Network, the International Food Policy Research Institute based in Washington DC, Veg Power and Biteback 2030. She is currently serving as Chief Independent Adviser to Henry Dimbleby for the development of the National Food Strategy.

WEDNESDAY 24 JUNE, 2020

PLENARY DISCUSSION PANEL

Views on food insecurity from across UK and devolved governments.

Time: 15.00–16.15

Chair: Rachel Loopstra, *King's College*

PANELLISTS

Joanna Littlechild,
Head of Surveys, Department for Work and Pensions

Joanna Littlechild isHead of Surveys in Data as Statistics in DWP. Her team is responsible for a number of National/ Official statistics publications: Family Resources Survey, Households Below Average Income, Pensioners' Income Series, Income Dynamics, and Income-related benefits: estimates of take-up. The team seek continuous improvement and have introduced a number of developments in the last couple of years with more to come. Prior to joining this team, Joanna worked in a number of statistics roles across the Government Statistical Service. She was the Statistician supporting the Low Pay Commission and then the Pensions Commission.

Mary Anne Macleod,
Senior Policy Executive, Scottish Government's Social Justice Delivery Unit

Mary Anne is part of a small team within this unit which leads on food insecurity policy. (This team has been at the forefront of Scottish Government's food insecurity response during the coronavirus.)

Mary Anne has worked on food insecurity policy and research for over six years in both third sector and academic settings before joining Scottish Government in Autumn 2019.

Sharon Polson,
Head of Policy and Innovation in the Department for Communities Voluntary and Community Directorate, Northern Ireland Executive

On secondment from Invest NI, Sharon heads up a team responsible for investing in support for enterprise and innovation in the Voluntary and Community Sector. Specific initiatives include future regional infrastructure support; Community Asset Transfer (CAT); social innovation with DfC leading a Social Innovation Working Group; and Social Supermarkets. Sharon is leading on the Access to food Programme as part of the Covid 19 Emergency Response.

Jamie Ralph,
Statistician, Welsh Government

Jamie Ralph is the Food Industry Statistician at the Welsh Government. He uses statistics to support decision making related to food policy in Wales, with recent work focussing on how the Welsh Government is supporting people living with food insecurity during the coronavirus pandemic. He previously worked at the UK Parliament and Audit Wales.

WORKSHOPS AND SPECIAL SESSIONS

TUESDAY 23 JUNE, 2020

WORKSHOP 1
Immigration Policies: Enforcing Borders, Driving Hunger and Creating Destitution.

Time: 11.10-12.20

WORKSHOP LEADS:

Imogen Richmond-Bishop, *Right to Food Project Coordinator, Sustain.*

Sara Bailey, *Independent Human Rights Researcher*

Eve Dickson, *Policy Officer at Project 17 and Research Assistant at UCL*

Kimberly Garande, *Outreach Officer, We Belong*

Andy Jolly, *Research Associate, University of Wolverhampton Institute for Community Research and Development*

Jasber Singh, *Associate Professor, Coventry University's Centre for Agroecology, Water, and Resilience*

It is widely recognised that food poverty is a growing concern in the UK. Whilst the link between welfare reform and food poverty is well understood there is little research around the relationship between immigration policy and food poverty.

We propose that the right to food could be used to counter some of the effects of immigration policies that leave migrants unable to meet their basic needs. We have chosen to focus this session on one immigration policy, the 'No Recourse to Public Funds' (NRPF) condition. This condition restricts certain migrants from accessing most welfare benefits and social housing. In the case of undocumented migrants, this policy compounds destitution and exploitation caused by restrictions on the right to work. Although research shows that people with NRPF face food poverty, and that asylum seekers are disproportionally in receipt of food bank parcels, NRPF is little discussed within scholarship and policy discussions around food poverty.

In the workshop we will start by introducing the 'no recourse to public funds' policy as well as the broader context of recent immigration policies that were introduced as part of the hostile environment. We will then move on to discuss our research on the potentially detrimental impact of immigration policy on food security, and in particular our preliminary findings that show that a number of food aid providers do not have the adequate information needed in order to support clients who have NRPF.

Following on from this there will be an interactive element where we will work in smaller groups to identify the barriers that migrants might face in accessing services that are targeted towards people experiencing food insecurity. Then we will look at how people can become involved with work on tackling NRPF, including through conducting additional research, data collection, and what resources they will need in order to feel equipped to do so.

The workshop will be delivered by Imogen Richmond-Bishop, from Sustain: the Alliance for Better food and Farming; Jasber Singh, associate Professor at Coventry University's Centre for Agroecology, Water, and Resilience; Eve Dickson, Policy Officer at Project 17 and Research Assistant at UCL; and finally Andy Jolly, University of Wolverhampton's Institute for Community Research and Development.

Imogen, Eve, and Jasber have worked together on a number of briefings and publications on the right to food and No Recourse to Public Funds. Andy Jolly has researched and written about the experiences of food insecurity and access to welfare for families with No Recourse to Public Funds.

WORKSHOP 2
Questioning the role of religious faith in UK food provision.

Time: 13.30-14.40

WORKSHOP LEADS:

Stephanie Denning, *Coventry University*

Philomena Cullen, I*ndependent researcher with Church Action on Poverty/Catholic Centre for Social Thought and Practice*

Charlie Pemberton, *Durham University*

Maddy Power, *University of York*

Andy Williams, *Cardiff University*

This interactive workshop will examine the role of religious faith in UK food provision in response to poverty and food insecurity. Faith-based organisations have been key players in the response to UK food insecurity, but the role of religious faith in this action has often been left unscrutinised. A series of short research presentations will raise critical questions which will then be taken up and reflected on through group discussions. The workshop format aims to engage with the experience and reflections of all of the workshop participants to draw out convergences and divergences in thinking, research, and practice.

Moving beyond simple caricatures of faith-based responses to poverty, the workshop will reflect on the ambiguous place of religious faith in shaping the motivations and understandings of 'hunger', 'charity' and the 'Right to Food'. It will consider the ethical dilemmas regarding faith practices (offering prayer, notions of stewardship and rationing, use of church buildings) in a multi-faith and secular contexts, and the ways religious faith can inspire radical visions of mutual aid and food justice. Within these themes five researchers will give short presentations and lead interactive whole group discussion:

Motivations: Stephanie Denning will draw on the three year 'Life on the Breadline' research to raise questions on the varying implicit and explicit forms of faith motivation and action in food provision across foodbank, food kitchens, and food pantries.

Practices: Maddy Power on the influence of faith on food charity and food redistribution in the context of food insecurity more broadly. Andy Williams will reflect on the ethics of prayer, rationing, and shame.

Visions: Philomena Cullen draws on a year-long theological reflection process involving people with lived experiences of food poverty, local and national Christian practitioners and academics, to explore some of the broad intersections and tensions between theology, social action and social justice in relation to hunger and food poverty in the UK from an explicitly Christian faith perspective. Charlie Roding Pemberton on how the history of religious thought and food practices might contribute to a more sustainable and egalitarian food system, beyond the current redistributive foodbank system.

WEDNESDAY 24 JUNE, 2020

WORKSHOP 3
Local responses to food insecurity – working within wider constraints

Time: 09.45-10.45

WORKSHOP LEAD:

Chelsea Marshall, *Senior Project Officer, Nourish*

This workshop will draw on a range of research and practice change work carried out through the A Menu for Change project in Scotland. Within the context of rising figures of emergency food parcels distributed in Scotland and across the UK, increasing attention to the need to take a rights-based approach to food insecurity and

little change to the structural drivers of poverty and inequality, what can be done at local level? This workshop reviews some of the lessons from Scotland and will engage participants in a discussion about next steps.

The format will be a mixture of presentation of key findings, small group discussion and review of case studies from local pilot projects. The workshop will cover a range of inter-related material from the project and offer participants the opportunity to discuss and reflect on lessons from the project's activities to support local responses to food insecurity.

The A Menu for Change project, funded by the National Lottery Community Fund and delivered in partnership by Child Poverty Action Group in Scotland, Nourish Scotland, Oxfam Scotland and The Poverty Alliance, aimed to reduce the need for emergency food aid by improving local responses to food insecurity. Between 2017-2019, the project team worked with key stakeholders in Dundee City, East Ayrshire and Fife to identify and address challenges that people experiencing acute food insecurity face in accessing all the financial support and advice to which they are entitled. The project employed a cross-sectoral and multi-level approach in these three local authority areas, primarily through action learning sets and supporting a series of pilot projects developed by local stakeholders.

Alongside this practice development work, the A Menu for Change team conducted research to better understand challenges in accessing financial advice and support in a crisis, as well as good practice in delivering local responses. This included longitudinal research about the journeys people were taking through the system before, during and after an income and food crisis; a review of a local advice service to understand the role of shame in preventing access to support in a crisis; and a review of good practice in how local authority areas were administering the Scottish Welfare Fund, a key source of support for people in Scotland who are facing a financial emergency.

This participatory workshop will draw on key findings from the project's research reports (Found Wanting – Understanding Journeys In and Out of Food Insecurity: A Longitudinal Study, Addressing Shame as a Barrier to Advice Services for People Experiencing Food Insecurity, and The Scottish Welfare Fund – Strengthening the Safety Net: A Study of Best Practice), along with case study examples and lessons from pilots conducted in Dundee, East Ayrshire and Fife.

SPECIAL SESSION
Food charity and food poverty across Europe.

Time: 09.45-10.45

WORKSHOP LEADS:

Hannah Lambie-Mumford, *University of Sheffield (Chair)*
Rebecca O'Connell, *Thomas Coram Research Unit, University College London*
Tiina Silvasti, *University of Jyväskylä*
Holger Schoneville, *Dortmund University*

Countries across Europe have seen similar trends in recent decades relating to food experiences in the context of poverty, the rise of food charity systems and links to changing welfare states and structures. Yet the comparative research agenda is so far under developed. This workshop aims to bring together researchers, practitioners and policy makers who are involved or interested in comparative European research.

The session will begin with reflections from researchers involved in two recent comparative projects.

Rebecca O'Connell will speak about her experiences of leading the European Research Council project Families and Food in Hard Times, which explored what young people and their families eat in the UK, Portugal, and Norway, and how they manage in difficult economic times.

Tiina Silvasti will speak about recently published comparative research on food charity systems in Europe which resulted in an edited collection with contributions from researchers across seven European countries including Finland, Germany, Italy, the Netherlands, Spain, Slovenia and the UK (*The Rise of Food Charity in Europe*, Policy Press 2020 co-edited with Hannah Lambie-Mumford).

Holger Schoneville will then share his reflections on single country research from outside the UK. His work has analysed the emergence of food banks within the German welfare (state) arrangement, with a particular focus on the experience of poverty and the use of food banks.

Most of the session will be dedicated to wider discussion. We are keen to hear from delegates about research projects they are involved in (comparative European research or research in other country contexts). There will also be opportunities to explore the methodological challenges and debates around comparative work in this field.

RESEARCH PRESENTATIONS

TUESDAY 23 JUNE, 2020

Drivers of food bank use and food insecurity.

Chair: Dr Sinead Fury, *Ulster University*

Time: 11.10-12.20

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1. Quantitative evidence on determinants of food bank use in the UK: the contribution of the State of Hunger and a look ahead.

Filip Sosenko, *Heriot-Watt University*
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The main aims of this presentation are (a) to critically evaluate evidence collected in the first wave of the State of Hunger (SoH) study of food bank users commissioned by the Trussell Trust; (b) to present the author's assessment of the future of quantitative research into determinants of food bank use in the UK. The presentation is going to be divided into five sub-sections: Section 1 will briefly map key existing pieces of quantitative research into determinants of food bank use and will position SoH on this map. Section 2 will provide a brief overview of key quantitative findings on determinants of food bank use from Wave 1 of SoH, focusing particularly on results of statistical modelling of demand for food parcels at local authority level and results of the survey of people referred to Trussell Trust food banks. Section 3 will critically evaluate these findings, and will discuss scope for further refinement. Section 4 will briefly discuss what gaps in evidence have been filled by SoH and what gaps remain with regards to quantitative evidence on determinants of food bank use in the UK. Section 5 will provide a 'forecast' of the short- and medium-term future of quantitative research into determinants of food bank use in the UK, taking into account different research designs, practical barriers and ethical barriers.

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2. An exploration of the persistence of food insecurity among people who received help from Trussell Trust food banks in Britain

Rachel Loopstra, *King's College London*
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Whilst UK-based research has explored the lived experiences of people using food banks and triggers for use, few studies have explored if hardships persist following food bank use. This study trialled a follow-up survey to examine the persistence

of food insecurity and predictors of improvement following food bank use.

Using a large survey of people using Trussell Trust food banks (n=598) over 2016-17 as the sample frame, pilot research to follow-up with participants who gave re-contact details (n=238) was conducted 6-12 months later. Repeated measures of food insecurity and economic circumstances were collected. Multivariate regression analyses examined predictors of severity of food insecurity at follow-up, conditional on baseline severity score. Re-contact was made with 91 of the 238 follow-up participants, of whom 58% (n=53) participated in the follow-up survey.

Three-quarters of the sample were classed as severely food insecure at baseline and follow-up, though on the 10-point severity scale, 47% were less severely food insecure than baseline. Respondents who had problematic debt at baseline scored 1.78 points (95% CI: 0.04 to 3.53) higher on the severity scale at follow-up than households without problematic debt. Gains in household income were associated with lower severity scores: for every £100 increase in equivalised monthly income from baseline, food insecurity scores reduced by 0.37 (95% CI: -0.73 to -0.003).

This pilot study suggests a large proportion of people using food banks remain severely food insecure following food bank use, though increased incomes were associated with reduced severity. Problematic debt was associated with worsening severity. These findings, if corroborated in larger, representative samples, suggest interventions that improve incomes and provide debt relief may reduce food insecurity for food bank users.

3. Quantifying and contextualising impacts of food aid on living standards and food insecurity

Wolf Ellis, *King's College London and Evidence for Development*
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Food aid has become a high-profile component of the de facto UK welfare safety net over the past decade, alongside more widespread increases in food insecurity and poverty. This study provides new evidence of how different types of food aid and other support services affect people's living standards and food security in the context of their broader incomes and livelihood strategies, while also contributing to more comprehensive incomes-based analysis with relevance for food insecurity monitoring.

Semi-structured interviews were completed with 47 people visiting food banks or community meals in Southwark, covering baseline periods at different points between November 2016 and January 2019 and follow-ups a year later for some participants. The interviews piloted a hybrid approach bringing together ground-breaking 'household economy' methods developed in the Global South with questions on income and experiences of subjective food insecurity from established large-scale surveys, allowing for analysis of more informal incomes (including 'food income') and longer-term volatility. Minimum Income Standard budgets were used to consider the adequacy of the incomes recorded, and open-ended questions gave additional context and meaning.

Initial findings demonstrate the diversity of food services in London, variety in people's broader capabilities and usage

of the services, and consequently a range of potential impacts on living standards. Food aid can help to reduce essential costs to varying extents and sometimes involves additional emotional or practical support, but changes in income from benefits and jobs provided far more transformative impacts. With some exceptions and caveats (especially convenience and social contact), people using food aid services would generally prefer to receive cash assistance.

Methodologically, the more comprehensive income data can provide valuable information and may partly bridge gaps between measures of income and material deprivation, although some informal incomes are too socially unpalatable to count towards income totals used for wider poverty measurement.

4. Anticipated impacts of Brexit scenarios on UK food prices using structured expert judgement: implications for policies on poverty and health

Martine Barons,[1]* Willy Aspinal[2]
1 *Department of Statistics, University of Warwick*
2 *Aspinall and Associates and University of Bristol*
* martine.barons@warwick.ac.uk

Introduction: Food insecurity has been associated with increased risk for several health conditions and poor management of chronic disease. Key determinants for household food insecurity are income and food costs. Whereas short-term household incomes are likely to remain static, increased food prices would be a significant driver of food insecurity.

Objectives: To investigate food price drivers for household food security and health consequences in the UK under Brexit deal and no deal scenarios. To quantify the uncertainties by estimating the 5% and 95% quantiles of the price distribution.

Design: Structured expert judgement elicitation, a well-established method for quantifying uncertainty, using experts. Each expert estimated the median, 5% and 95% quantiles of changes in ten food categories under Brexit deal and no-deal scenarios. These were aggregated based on the accuracy and informativeness of the experts on calibration questions.

Participants: Ten experts with expertise in food procurement, retail, agriculture, economics, statistics and household food security.

Results: Expected changes in food costs varied between categories. When combined in proportions used to calculate CPI, median food price changes for Brexit with a deal are expected to be +6.1% [90% credible interval:-3%, +17%] and with no deal +22.5% [+1%, +52%].

Conclusions: The number of households experiencing food insecurity and the severity of food insecurity is likely to increase since the median food cost increases expected after Brexit are significant. The increasing burden on healthcare services is likely to increase sharply. Moreover, the uncertainty in food costs is skewed, making higher increases more likely than lower rises. The plausible worst case would entail severe impacts. The demand for health services in both the short and longer term is likely to increase due to the effects of food insecurity on disease incidence, management of chronic conditions, amplifying the involvement of physicians in referral to emergency food relief.

PAPER SESSION 2

Experiences of food insecurity over the summer holidays.

Chair: Stephanie Scott, *Newcastle University*

Time: 11.10-12.20

1. The Relationship Between Household Food Insecurity and Stress

Paul Stretesky,[1]* Michael Long,[2] Liesel Ritchie,[2] Duane Gill,[2] Greta Defeyter[1]

1 *Northumbria University*
2 *Oklahoma State University*

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A large and growing body of literature examines the relationship between food insecurity and mental health. Few studies, however, examine this potential association for summertime food insecurity among households with children. Therefore, the current research explores the association between summertime food insecurity and stress for a sample of 250 parents and caregivers in Northeast England. Summer food insecurity is measured with a modified and reduced version of the 18-item scale used in the Food Security Measurement Project and stress is measured using the Impact of Events Scale (IES). Preliminary results reveal a strong and positive association between food insecurity and stress. These findings suggest that while summer food insecurity produces significant negative impacts, those impacts may linger by increasing levels of stress among parents and caregivers in the months leading up to summer. Tackling food insecurity is critical, but the UK government must not consider the problem of summertime food insecurity in isolation. Instead, a comprehensive and consistent solution must be adopted.

2. "Constantly coping" to put food on the table. Low income UK parents' experiences of constantly coping to put food on the table during term time intensifies during the school summer holidays

Jacqueline Shinwell,* Greta Defeyter, *Northumbria University*

* jackie.shinwell@gmail.com

During the school summer holidays, pressures on the already tight budgets of low families are compounded, particularly when the safety net of free school meals is removed. However, whilst research has highlighted those areas where cost increase for low income families during the summer, no research has investigated how families juggle the competing demands and pressures for their limited finances during the summer and how this changes compared to term time. In this study, a total of 21 parents (N= 20 Female, N= 1 Male) whose children attended summer holiday clubs during summer 2017, were interviewed about how they cope with the extra demands and expense of the school summer holidays to buy food, and how this changes compared to term time.

In the absence of a framework on how low-income parents in UK cope with the need to buy more food during the summer holidays, data were analysis in

accordance with principles of grounded theory of Strauss & Corbin, (1998). The analysis found that parents were constantly coping and seeking ways to make food last during term time, but busy routines and free school meals, meant that food lasted longer.

As the holidays approached, parents began "provisioning", storing food and trying to save money in anticipation of children being at home all day, bored and constantly hungry. However, food did not last and parental food acquisition habits became more intense. Parents downgraded food brands and did more shopping on-line to reduce "pester power", but more importantly, so they could monitor spending and remove items from shopping baskets.

When they did visit shops, they shopped strategically, hunting for bargains and buying "oopsie" reduced price items of food that were then stored in the freezer. Food feeding strategies changed and feeding children was prioritised. Thus, parents self-sacrificed, buying food that children would eat and padded meals out with cheaper foods such as hot dogs and noodles. Attendance at holiday club helped make food last, but if an acute incident occurred, such as a relationship breakdown, parents visited foodbanks. However, once school resumed, parents returned to their less intense, but constantly coping approach to food shopping.

3. Examining the Relationship Between Child Holiday Club Attendance and Parental Mental Wellbeing

Michael Long[1]*, Paul Stretesky[2], Margaret Anne Defeyter[2], Eilish Crilley[2], Zeb Sattar[2]

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In this paper, we report some results of an evaluation of 17 holiday clubs located throughout North East England that ran during the summer of 2017 to help reduce child and household food insecurity (referred to a "holiday hunger"). While the complete evaluation covered multiple aspects of holiday clubs (e.g. household food insecurity, nutrition), this paper focuses on the findings from a questionnaire administered to parents/caregivers whose children attended one of those 17 holiday clubs to measure their mental wellbeing. We first compare our measure of parental wellbeing, Warwick-Edinburg Mental Wellbeing scale scores, between last summer when the child did not attend a holiday club and the current summer when they did. Each wellbeing value significantly increased from last to this summer. In multivariate analyses, we find that after a summer of attending a holiday club, the most important factor associated with higher parental wellbeing scores are the relationships that the parent and their children build while children attend holiday clubs. Our results suggest that reducing social isolation for parents and families during summertime is a likely a latent function of holiday clubs. These are important findings in that the benefits of holiday club appear to extend beyond access to food and reductions in household food insecurity.

4. Exploring the factors that influence what and how food is provided to children in holiday club settings

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An increasing number of holiday clubs are incorporating food into their club provision in order to alleviate hunger in children during the holiday periods

(holiday hunger). To date, little research has been conducted to explore the factors that influence what foods holiday clubs provide and how they go about feeding children. This study addresses this gap by exploring holiday club staff perspectives of the factors that influence what and how staff go about feeding children within the holiday club. This study adopted a qualitative design by conducting nine interviews and four focus groups during the 2019 summer holidays, with a total of 27 holiday club staff. A total of nine holiday clubs engaged in the study across four cities within the UK, which were run in a variety of community settings.

The findings revealed a variety of factors influencing the foods offered and the feeding practices staff use with children. These were children; parents; peers; staff roles; staff experiences and perspectives; safeguarding; the values, provision and structure of the clubs; club resources, funding and food availability. The findings reveal a number of factors which can facilitate or limit the extent to which staff provide food and promote healthy eating with children in holiday clubs. The findings emphasise the importance of developing training resources for holiday club staff to raise awareness of a number of methods in which to feed children and how to implement them, while working with the resources, constraints and influencers in holiday clubs. These findings also highlight considerations for the funding sources and funding bodies underpinning holiday clubs.

PAPER SESSION 3
Food insecurity measurement.
Chair: Richard Bridge, *FSA*

Time: 13.30-14.40

1. What are the key constituents to a robust national food insecurity measure?

Richard Bridge, *Food Standards Agency*
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Whilst there has historically been no single, nationwide Government measure for hunger in the UK, there are currently a number of food insecurity measures being collected within the United Kingdom, which include data from Food and You (Food Standards Agency), Family Resources Survey (Department for Work and Pensions) and the Food and Agriculture Organisation (FAO). Further estimates are provided by others including the Food Foundation, Trussell Trust and the Survey of Londoners. DWP will not provide initial results for the FRS fieldwork conducted in the year ending March 2020 until March 2021. Data from Food and You is available for fieldwork in 2016 and 2018 – it is expected new data from fieldwork in summer 2020 will be reported before 2021. A recent food insecurity roundtable held at ONS heard however that policymakers and moreover the public may be confused by the likely

differences in reported prevalence through different survey vehicles, and how findings may be presented. The issues relate to differing time reference periods, differing methodologies employed (which may result in social desirability bias and differing selection effects), differing sample sizes, differing speeds of reporting, differing regional coverage and potentially differing codings and interpretations of what constitutes 'food insecurity'. As food insecurity will be a key metric within the forthcoming National Food Strategy, it is argued that a uniform and robust national food insecurity measure will assist policymakers in understanding the trends and prevalence of food insecurity and which demographic groups are the most severely impacted.

2. Comparing Food Insecurity Prevalence Using Existing Indicators

Sinéad Furey[1]*, Emma Beacom[1], Ursula Quinn[1], Dawn Surgenor[1], Chris McLaughlin[2]

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Background: Food insecurity – inability to afford or access enough food in socially acceptable ways – was afforded the highest priority by the global community by committing to achieve a hunger-free world by 2030. With much to be done before the Zero Hunger Sustainable Development Goal is achieved, progress is complicated by the multiple approaches that exist to measure food insecurity. Without an agreed indicator, its prevalence remains unknown. This study aimed to investigate inter-reliability of three existing food insecurity indicators to support (inter)national efforts for its measurement.

Methodology: An online survey, supplemented with paper surveys (September-November 2018) measured food insecurity experiences using three existing indicators (EU Survey on Income and Living Condition's; FAO's Food Insecurity Experience Scale; and USDA's Household Food Security Survey Module). Ethical approval was granted, and informed consent sought.

Results: There were 944 respondents. Most (78.7%) were full/part time or self-employed and one in twelve (8%) had a total household income <£10,000. One in three (34.4% and 35.7%) experienced at least one measure of food deprivation using the EU-SILC and FIES indicators respectively, while one in five (21.1%) reported experiencing at least one food insecurity symptom concerned with worry about running out of food or not eating enough (HFSSM).

Discussion: This research compared agreement between various food insecurity scales. Between one in five and one in three people in Northern Ireland reported experiencing at least one symptom of food insecurity, with good agreement between the indicators as each scale identified (generally) the same people within each classification for food insecurity. Its appropriate measurement is critical for informing cross-sectoral government policy. These data highlight the merits of various food insecurity scales in advance of the UK government reporting on its prevalence (April 2021). However, the measurement of food poverty should be supported with parallel action to achieve Zero Hunger.

3. Reforming the Modelling and Prediction of Food Insecurity in the UK via Machine Learning and Food Sharing Networks

Georgiana Nica-Avram*, John Harvey, James Goulding, Benjamin Lucas, Gavin Smith, *University of Nottingham*
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Food insecurity is a persistent problem in the UK. Due to logistical challenges, national food insecurity statistics are unmeasured by government bodies - and this lack of data leads to any local estimates that do exist being routinely questioned by policymakers. Despite long-standing theoretical links between social graph topologies and physical neighbourhoods, prior research has not considered dimensions of geography, network interactions and behaviours in the digital/analogue space simultaneously. In this paper we propose a data-driven approach to address this issue. We examine the relationship between food sharing and deprivation generally. We then derive national-level estimates of food insecurity via a combination of supervised machine learning with network analysis of user behaviour extracted from the world's most popular peer-to-peer food sharing application (OLIO). We demonstrate that data from food sharing systems can help quantify a previously hidden aspect of deprivation among technology-assisted food sharing donors, volunteers and recipients. More importantly, we find that predictions based on this novel approach show agreement with recent destitution estimates in London constituencies. This, in turn, substantiates the case for a reformed approach to modelling food insecurity that involves combining insights from on-the-ground surveys with novel data sources and methodologies to help improve the accuracy of real-time monitoring of the prevalence of food insecurity across the UK.

PAPER SESSION 4
Characterising food insecurity among different groups and responses.
Chair: Michael Long, *Oklahoma State University*

Time: 13.30-14.40

1. The Free Food Places

Kate Haddow, *Teeside University*
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Since 2010 we have witnessed a huge surge in the amount of three-day emergency food parcels distributed by the Trussell Trust. Foodbank use is a phenomenon that has gained precedent over the last ten years and has been subject to much media attention and a growing body of academic research. This paper presents findings from research that took place in Middlesbrough from October 2017-July 2018, with a predominantly all male group about their experiences of navigating food insecurity and the use of 'hidden forms' of food aid, mainly by using faith-based charities.

By employing both ethnography and semi-structured interviews with service users, volunteers and stakeholders this research has drawn on the narratives of those who are permanently food insecure and who are hidden from the current statistics concerning food insecurity. This paper is not just confined to the issue of food insecurity but also other wider issues of social exclusion. This research provides a contribution to what 'hidden' localised forms of food aid look like, beyond the national network of large franchises such as the Trussell Trust. This research also explores the particulars of men's accounts of austerity, something largely unexplored in the literature on this fast-growing topic. The findings indicate that food insecurity is a growing problem, particularly regarding the lack of overarching cohesive data gathering covering all types of food aid.

2. Food insecurity among men in Scotland

Kathryn Machray, *University of Glasgow*
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In Scotland 23 percent of single men (who neither have nor live with a partner) under 65 were found to have experienced food insecurity according to the 2018 Scottish Health Survey. Lived experiences of food insecurity has been explored through ethnographic research in food banks and has been found to be associated with shame. Lived experience of food insecurity among this particular group is not well understood, despite food insecurity being linked to psychological distress in single males. Additionally, previous work has determined that single men may not have access to the social support and other non-financial resources present in marriage and long-term partnerships, which can help individuals during periods of financial stress or uncertainty.

This PhD aims to explore the range and diversity of single men's experiences of food insecurity in Scotland intending to answer the following questions:

1. What are men's perceptions and experiences across the spectrum of mild to severe food insecurity?

2. How do men mitigate or cope with food insecurity and how does this affect their social interactions?

To explore the range and diversity of single men's experiences photo elicitation interviews, underpinned by a narrative approach, have been undertaken across Scotland with men who either do not have, or do not live with a partner, who are aged between 18 and 65 and live in Scotland. Participants have all experienced food insecurity in the previous 12-month period, screened using *The Food Insecurity Experience Scale Survey Module*. Data has been collected across Scotland with participants from Glasgow, Aberdeen, Edinburgh, Lanarkshire and East Kilbride. Recruitment began in May 2019 and will run until mid-April 2020. Currently, initial coding is being undertaken. Early analysis indicates a number of key inter-related themes around relationship breakdown, debt, chronic health conditions and social isolation.

3. Exploring Food Environments with People in Prison and Prison Catering Staff

Stephanie Scott[1*], Michelle Baybutt[2], Emma Giles[3], Amelia Lake[3], Maggie Leeses[3], Shelina Visram[1], Kevin Williamson[4], James Woodall[5]

1 *Newcastle University*
2 *UCLAN*
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People in places of prescribed detention (PPD) tend to be from the poorest and most marginalised sections of society. The 'whole-prison approach' sees contact with the criminal justice system as a public health opportunity. Yet, nutrition and food security remains understudied in the prison setting, and underserved in policy and practice. Further, there are clear challenges in prison to providing a healthy food environment, such as budgetary constraints, staff shortages, and a diverse demographic. Thus, for a budget of approximately £2 per PPD per day, catering managers are required to source ingredients for three meals that can be described as "wholesome, nutritious, well prepared and served, reasonably varied and sufficient in quantity".

Recent UK research has demonstrated that young men aged 18-21 in young offender institutions (YOIs) balance their need for 'comfort' with their need to remain healthy, and are frustrated with the quality and quantity of food on offer in prison. Nevertheless, this work did not focus exclusively or centrally on nutrition or food security. A significant gap is the lack of understanding of the extent to which PPDs have access to sufficient and safe foods that meet their nutritional and social food needs, and how experiences of food insecurity could be captured in these contexts.

This presentation will outline preliminary findings from a collaborative pilot research study in the North of England (with NHS England, HMPPS) which aims to:

- Explore the adequacy and acceptability of meal provision to PPDs across one case study Category C prison.

- Examine the perspectives of catering managers regarding their role in diet quality and diet improvement in this setting.

- Work with PPDs, prison staff, those recently released from prison (up to one year post-release) and community partners to map priorities for the improvement of prison food standards, food environments and diet quality.

4. The Last Resort? Exploring family life, social relations and forms of support in a context of food insecurity

Alison Briggs, *University of Manchester*
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Continuing austerity policies and welfare reform, alongside low-paid, precarious jobs have led to increasing numbers of households in the UK experiencing a significant decline in income. Consequentially, food insecurity and hunger have become common place across the country where in response, charitable foodbanks have become a familiar sight in cities and towns. The terms 'food poverty' and 'food insecurity' have been used

interchangeably to describe the situation of being unable to acquire or consume a sufficient quantity of affordable and adequate quality food in socially acceptable ways.

However, not everyone experiencing low income or food insecurity accesses food aid provision, which is largely contingent upon assessment and referral from external agencies. Furthermore, the embarrassment, shame and stigma associated with foodbank use means that the decision to use one is often taken as a last resort. The literature on food insecurity demonstrates that low-income households draw upon family members and kin in order to put food on the table. Informal networks are often important in providing material and financial help, as well as care and support in times of hardship, but there is limited understanding of how support is negotiated, and of the ways in which food insecurity can reconfigure personal relationships. My PhD project involves researching low income households in order to explore this issue through the relational spaces of family, friendships and other social relations.

An ethnographic approach is enabling me to explore the intricacies of the lives of people experiencing food insecurity in Stoke-on-Trent, involving a variety of creative methods such as participant diaries, photography and emotion maps to facilitate in-depth conversations.

Early findings indicate the importance of kin networks and local charities in providing much needed assistance to those in need.

WEDNESDAY 24 JUNE, 2020

PAPER SESSION 5
[Food] interventions for older adults and families.
Chair: Andrea Gibbons, *University of Salford*

Time: 09.45-10.45

1. 'Something to be proud of': applying lessons learnt from meal delivery services from abroad to tackle food insecurity and loneliness in older adults in the UK

Morven Oliver-Larkin*, Simon Shaw*,
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An estimated 1.3 million older people are malnourished in the UK. This situation has multiple drivers including practical or physical difficulties in accessing food or preparing meals, motivational barriers, social isolation, loneliness, inappropriate public health guidance, and individual financial pressures. The scale and complexity of this issue requires concerted attention and action, yet in recent years less, not more, is being done. In 2018 over two thirds of councils supported meals on wheels provision, dropping to under half by 2018. Many have also cut back or ended support for lunch clubs. Our research explores ways

to counteract this downward trend in provision and aims to provide a starting point for action, including in response to the Covid-19 outbreak and its aftermath.

In 2019 the first phase of the research involved visiting meals on wheels services in France, Italy and South Korea and conducting interviews with those commissioning and delivering meals on wheels services. The research led to a set of lessons for UK policy and practice, focused on ensuring providers can take an 'enterprising' approach. This includes providing the right funding and policy environment; adopting a shared framework across services; sharing experiences and learning and building a shared case for support and launching public competitions or calls for proposals to address shared challenges.

The second phase researches how the recommendations from this international research could be applied to a UK context. We are conducting qualitative research with commissioners, providers and service users in London. We are aiming for the results to indicate what role policy makers, funders, local authorities, campaigners and others can play in establishing, maintaining and enhancing meals on wheels services. We will also take into account the response to Covid-19 and implications for the future of meals on wheels delivery.

2. Food insecurity in later life: A new dynamic model to aid understanding and guide interventions

Angela Dickinson[*], Wendy Wills, *University of Hertfordshire*
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The older population is particularly susceptible to food insecurity, one possible outcome of which is malnutrition, which affects at least 1.3 million people aged 65+ in the UK. The term vulnerability is frequently used in relation to the older population but rarely explored in relation to food security.

We operationalise practice theory to explore everyday food practices of older people in three empirical studies which explored kitchen practices in relation to food-borne illness, food-security in later life and older people's experiences of meals on wheels. We draw on data from these studies, to develop and extend a model of vulnerability developed by Schroeder-Butterfil and Marianti adding Newall *et al*'s work on cumulative trivia.

All three studies used a multi-method ethnographic approach with households, comprising interviews, observation and visual methods to explore everyday food practices. These studies have revealed the assets that older households draw on to protect themselves from threats to food security. Structural factors within the food environment, such as supermarket design, moved them towards food insecurity as did declining health particularly health issues affecting mobility or visual acuity. In addition, smaller everyday 'trivia', e.g. lack of seating and accessible toilets in supermarkets, accumulated to shift people towards vulnerability. Vulnerability, is a dynamic, relational, socially-constructed state, thus, people move towards and away from vulnerability.

 This paper will present our new model that incorporates this fluidity, the concept of 'cumulative trivia'. We postulate how ideas of 'aggregation of marginal gains' adopted from elite sports, could be used by policy-makers and those working in public health to support older households

to counter-balance and address these threats. The model highlights where interventions could be made to support households to achieve food security.

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3. 'Teaching parents how to cook' (and parent): exploring the intersection between children's food and family intervention policies in England

Francesca Vaghi[*], *University of Edinburgh*
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The notion that parents ought to be taught 'how to parent' – especially working class and minority ethnic background parents – has been central in English policy discourse, particularly since the New Labour years (1994 – 2010). Prominent at this time was the setting up of services aimed to address perceived deficiencies in the home environment, such as Sure Start children's centres.

With the retraction of welfare provision under subsequent Conservative governments, linked to ongoing austerity measures, such services in areas of high deprivation across England have begun to disappear. Nonetheless, the legacy of past policy aims continues to guide existing policies and interventions. Based on 12-months ethnographic fieldwork conducted at a London nursery, this paper will assess how family intervention policy rationales have informed children's food policy, focusing in particular on a 'healthy cooking' intervention provided to low-income families.

First, following a post-structural policy analysis framework (Bacchi and Goodwin 2016), I will address how

'problems' related to children's diets have been linked in official discourse to 'inadequate' parenting practices – contributing to the idea that lack of knowledge and skills continue to be barriers to adequate nutrition for low-income families.

Second, and focusing on the micro-scale of my fieldsite, I will discuss how moralised notions of what constitutes 'good' parenting and 'healthy' food shape interventions on the ground. The paper will show that entrenched class (and other forms of) prejudice in policy-making leads to unintended consequences, such as contradictory public health messaging and arbitrary policy intervention design.

PAPER SESSION 6
How are communities responding to food insecurity?
Chair: Angela Dickinson, *University of Hertfordshire*
Time: 11.00-12.15

1. Exploring the position of Scottish Local Authorities towards food insecurity

Claire Perier,* *University of Edinburgh*
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The Food and Drink system has been a prominent element of public strategies in Scotland for many years. Whilst the Government's historically focused on the sector's economic contribution, more recently the public debate has shifted towards a systemic approach that incorporates environment, public health and social justice. The recent rise in food poverty across the country has driven many third sector organisation but also public bodies like the Scottish Human Rights Commission to advocate for the incorporation of the right to food in Scots law. Given the structure of Scotland's governance, many aspects of food poverty and insecurity actually fall under the remit of Local Authorities. Indeed, Scottish councils are responsible for the provision of social care, education (including school meals), but also tackling inequalities and promoting inclusion.

My research examines the level of engagement of Scottish Local Authorities with the Food and Drink system, including food insecurity issues, and how this relates to their relative demographic and geographic conditions. Through extensive analysis of publicly available data and documents, I have built a database of metrics allowing the comparison and visualisation of Scottish councils' profiles. This exercise also fostered an in-depth reflexion around the relative merits of existing metrics, their origin and limitations. In the next stages, I plan to examine the way selected Local Authorities engage with Food and Drink issues at the micro-level through interviews with relevant stakeholders. By working with Councils and third sector organisations, I would like to improve the database and develop a meaningful set of measures that can support and drive change in the Scottish Food and Drink system.

2. Reflections on action to address household food insecurity in the Royal Borough of Greenwich.

Nicola Nzuza, *Public Health, Royal Borough of Greenwich*
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Drawing together evidence from national research, national and local level data, local food access mapping and stakeholder interviews, the Greenwich Food Poverty Needs Assessment (2016) concluded that household food insecurity is a significant and increasing problem in the borough. A partnership of organisations joined to develop an action plan to address some of the

findings of the research. Our Food Poverty Action Plan (FPAP) includes action to address income maximisation, improve physical access to affordable and healthy food, increase food-based knowledge and skills and to increase meal provision for vulnerable groups.

Whilst Greenwich already has a range of relevant advice and support services, the FPAP has been an opportunity to raise the profile of an often-hidden problem and the importance of these services to address underlying causes of food insecurity. It has also provided an impetus to develop new action to address these drivers of food insecurity.

This has been particularly difficult at a time when funding cuts have resulted in limited resources for new project development. Whilst the problem of food insecurity is increasingly recognised in the borough, the kind of systemic change required to effectively address an issue of this scale is proving to be a challenge.

In addition to reflecting on these challenges, this presentation will include some of the FPAP achievements between 2017–19, including expansion of holiday meals provision and Healthy Start-registered community fruit and vegetable stalls, working with schools to support families experiencing food insecurity and establishing and evaluating a FareShare pantry. It will also touch on plans to address further increases in food insecurity caused by Covid-19.

3. The Institutional Logics Perspective: exploring the motivations and activities of community food organisations

Katy Gordon*, Juliette Wilson, Andrea Tonner, *University of Strathclyde*
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Institutional theory is a useful lens to explore the non-profit sector as it seeks to understand organizational behaviour beyond economic-driven motivations. The institutional logics perspective suggests the seven institutional orders of family, religion, state, market, professions, corporations and community influence organisations (Thornton et al, 2012). Yet much of the scholarly interest focusses on those that are associated with the market. Community food organisations engage with the market order to differing extents: from minimal influence, such as the informal distribution of donated food parcels; to significant influence, such as social enterprises funding food aid through profit making activities.

By applying the institutional logics perspective to community food organisations the aims of this research are twofold. Firstly to better understand the motivations and activities of a range of these organisations. Secondly, to extend the institutional logic scholarship by moving beyond the typical focus on the orders of market, and more latterly, community and State.

The research uses a quasi-ethnographic approach undertaking interviews with managers, observations of activities, and reviews of associated web, press and social media of 21 community food organisations. These organisations represent a range of activities and forms. Data collection took place in the central

belt of Scotland from April 2018 – March 2019.

The findings suggested, in line with existing literature in different fields, that logics of the market, State and community influence and inform community food organisations. However, it also demonstrates that the currently understudied orders of family and religion are inherent to many of these organisations who prioritise logics of care, compassion and a sense of duty to help. Such findings help address the gap in institutional logics scholarship which largely neglects these orders. Furthermore, highlighting the underpinning logics of these organisations provides insight into the motivations, activities and decisions: foregrounding of the family logic influenced day to day operations and future plans.

4. What is the role of community fridges in the UK? An exploratory mixed methods study

Shelina Visram*, Eimer Brown, *Newcastle University*

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There exists a global paradox in terms of resource management, whereby more than one-quarter of the world's population is experiencing severe or moderate food insecurity, yet one-third of all food produced is lost or wasted. As part of efforts to address this issue countries such as Spain, Germany and the UK have introduced community fridges, a 'public space where organisations and households can make perishable foods that would have been wasted available to the community'. By reducing food waste community

fridges make a positive environmental impact, but they may also play a role in addressing food insecurity. The UK is home to the world's first national community fridge network, currently involving 90 operational fridges and another 30 that are yet to launch. The existing fridges redistribute 25 tonnes of food per month, equivalent to approximately 50,000 meals. This is an area ripe for research, given the potential for community fridges to promote sharing and social cohesion but also the risks in terms of stigma, hygiene and food safety. Our study involves ethnographic observations of a community fridge project (completed), an online survey to gather insights from community fridge organisers across the country (completed, n=47 respondents) and telephone interviews with a purposively selected sample of respondents (due to be completed by end of March, n=8). Data are being gathered on who uses these fridges, why they use them, the types of food distributed (and their nutritional contents), the perceived benefits and challenges of providing this service, and the anticipated long-term impact. Three main themes have emerged from analysis of the data gathered so far: reducing food waste; helping those in need; and a sense of community. This paper will present findings from across all strands of this exploratory study.

PAPER SESSION 7
Food insecurity and health.
Chair: Dave Beck, *The University of Salford*
Time: 11.00-12.15

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1. Food insecurity, general health and mental health in Scotland: secondary analysis of the 2017 Scottish Health Survey

Mary Anne MacLeod[*1], Flora Douglas[2], Lindsey Masson[2]

1 *University of Glasgow*
2 *Robert Gordon University*

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Background and Aims: The Scottish Health Survey included questions about food insecurity for the first time in 2017. Therefore, we aimed to explore the relationship between food insecurity and indicators of health and mental health in a nationally representative sample in Scotland.

Methods: The Scottish Health Survey 2017 dataset was accessed from the UK Data Service Data. Food insecurity was measured using three questions based on the United Nation's Food Insecurity Experience Scale and addressed mild, moderate and severe food insecurity respectively. Mental health and wellbeing was assessed via the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), general health questionnaire 12 (GHQ-12), and Revised Clinical Interview Schedule for symptoms of depression and anxiety. Data was analysed in Stata/SE 11.2 using survey commands for complex survey data. Risk of experiencing food insecurity was assessed by logistic regression to compute adjusted odds ratios (OR) and 95% confidence intervals (CI).

Results: Risk of severe food insecurity was increased in those with a limiting longstanding illness versus no longstanding illness (OR=2.98; 95% CI: 1.64, 5.42), low versus average mental wellbeing based on WEMWBS score (OR=3.90; 95% CI: 2.22, 6.85), and signs of a possible psychiatric disorder versus psychological wellbeing based on GHQ-12 score (OR=4.01; 95% CI: 2.24, 7.21). Individuals with two or more symptoms of depression or anxiety were also more likely to experience food insecurity.

Conclusion: Individuals with poor general health and mental health are more likely to be food insecure than those with good general health and mental wellbeing. This is the first evidence from a nationally representative survey of an emerging public health concern in Scotland. While more research is needed to better understand the directional nature of their relationship, the co-existence of food insecurity and poor general and mental health requires urgent attention from both policy makers and health professionals.

2. A qualitative investigation of health condition self-care in the context of food insecurity

Flora Douglas[1*] Emma MacIver[1], Chris Yuill, *Robert Gordon University*

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Background: The 2017 Scottish Health Survey found that 18% of people with a limiting longstanding illness in Scotland are also living with food insecurity. International evidence indicates that food insecurity is a risk factor for many long-term health conditions, and adversely affects health condition management. Food insecurity is therefore not only a serious social concern in the UK, but is also a healthcare issue requiring attention.

Methods: A qualitative investigation of lived experience of health condition management was undertaken with food insecure people living in north east Scotland. The study aimed to explore the challenges facing food insecure people in terms of, i. their self-care condition management practices, ii. disclosing and discussing the experience of managing their condition with a health care professional, and iii. notions of the support they might wish to receive from them. Interview audio recordings were fully transcribed and thematically analysed.

Results: Twenty individuals living with a wide range of self-reported health conditions, and being supported by a local poverty alleviation social enterprise took part. Four main themes were identified i.e.: 1. food practices, trade-offs and compromises, that relate to economic constraints and lack of choice; 2. illness experiences and food as they relate to physical and mental ill-health; 3. experiences of (in)visibility in the context of health care consultations in terms of participants' economic vulnerability; and 4. perceptions and expectations of the health care system.

Conclusions: Our findings indicated that individuals' health condition management endeavors and aspirations were undermined by the experience of food insecurity. They also indicate a range of practical and ethical questions for health care policy, practice and research associated with the risk of intervention-generated health inequalities that were evident here. There is need to understand the extent to which experiences of household food insecurity and existing ill health are impacting health and health care use across the UK.

3. A Feasibility Study of a Brief Intervention for Food Insecurity in Dietetic Practice

Alexandra Harper*, Anne Coufopoulos, Andy Turner, Deborah Lycett, *Coventry University*

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Introduction: One in ten people within the UK are food insecure. Food insecurity is not having physical access to enough nutritious food to eat well for good health. Food insecurity can lead to negative health and wellbeing outcomes; for example, obesity and depression. There is little investigation of screening for food insecurity in dietitian led clinics, and no trial to test this has been conducted in the UK. The aims of the research are to test the feasibility and acceptability of implementing a brief intervention for food insecurity in dietetic practice and to explore the experiences of administering the intervention from a dietitian and client perspective.

Methods: A feasibility study with mixed methods design. All clients attending clinic where the brief intervention is being tested are invited to participate utilising purposive sampling. The dietitian screens for food insecurity using a US validated 2-item screening tool that uses the first two questions from the 18-item US Household Food Security Survey. If food insecurity is detected, the dietitian advises why acting on food insecurity is important for health, wellbeing and the clinical outcomes of treatment. They then provide advice, signpost to help and refer to a local foodbank if appropriate. A semi-structured interview is completed with the clients via telephone and a focus group is completed with the dietitians to assess the acceptability of the brief intervention. Feasibility will be measured by recruitment to the study, the number of completed brief interventions, the number of clients identified as food insecure and adherence to the study protocol. Acceptability will be explored by analysing the interviews using thematic analysis, exploring the opportunities and barriers.

Results: Trial results will be available at the time of the conference.

Conclusion: If successful, trial results could make the case for progressing to a future definitive randomised control trial**.**

4. Food insecurity and poor food habits amongst college students in the North East of England

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Poor food habits and food insecurity have recently been reported amongst University students in the UK. However, no research has investigated the food habits of college students aged 16-17 years, as they undertake a period of transition from the support of school-based food interventions to the independence afforded by higher education/employment. To address this knowledge gap, the current study aimed to investigate the food habits and food security status of college students aged 16–17 years. Eighty-three students from two colleges based in the North East of England completed online questionnaires reporting on their food security status and food intake on one weekday. Students were also asked whether they were entitled to access support in the form of free college meals. Results showed that 41% of students were classed as food insecure and only 5% reported entitlement to free college meals. Eighty-seven percent of students reported no entitlement to free college meals and 8% did not disclose this information; no students reported that they did not know whether they were entitled to free meals. Consideration of students' food habits showed that 28% met or exceeded the five-a-day recommendation for fruit and vegetable intake, while 16% reported consumption of no fruit and vegetables at all. Moreover, the majority of students

consumed two or more foods high in fat/salt/sugar. Comparison of food habits between food secure and food insecure students showed no significant difference between groups in terms of fruit and vegetable intake (p>.05), but food insecure students reported consuming significantly more high fat/salt/sugar items than food secure students (p=.009). Overall, findings demonstrate low access to free college meals against a backdrop of poor food habits and food insecurity amongst 16-17-year-olds. To counteract ongoing dietary issues, further investigation is needed into specific dietary support required by college students before moving into higher education/employment.

LATE BREAKING CALL
Food Insecurity since the COVID-19 crisis in the UK.
Chair: Katy Gordon, *University of Sheffield*

Time: 12.20-13.20

1. The impact of COVID-19 on food systems and practices in the East of England

Claire Thompson*, Angela Dickinson, Rosalind Fallaize, Laura Hamilton, Elspeth Mathie, Samantha Rogers, Wendy Wills, *University of Hertfordshire*

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The coronavirus pandemic has brought health and social inequalities into sharp focus. Measures to control the spread of COVID-19 are impacting upon food systems, household food practices, and organisations supporting vulnerable people. Local councils are putting together regional multi-sector working groups to support those at risk and make sure they have enough food. It is crucial that the lived experiences of and local responses to COVID-19 in relation to food are documented in order to: inform targeted interventions throughout the crisis period and beyond; and contribute to the evidence base on health inequalities and social justice.

This qualitative study aims to understand how COVID-19 is affecting local food systems, household food practices across the life course, and efforts to mitigate dietary health inequalities in the East of England. This diverse region includes a mixture of both wealthy and deprived populations, coastal, urban and rural settings. The lessons learned in this study will be useful for other regions.

In order to address this aim we started conducting in-depth telephone and video call interviews in May 2020 with

i) 80–100 East of England residents. We are focusing on: those with infants and young children; those aged 70 years+; those on a low income; families eligible for free school meals; households including people self-

isolating due to a health condition; and households including key workers.

ii) 40–60 East of England based actors providing support around dietary health in a paid or voluntary capacity working with the above groups.

We will present preliminary data on household food strategies to mitigate the impact of COVID-19, perceived changes to diets, and how systems are working to mitigate dietary and other inequalities. The findings of this ARC East of England funded study will inform adaptations to organised efforts to support vulnerable people and identify gaps in provision.

2. Co-curating creative responses of food issues during the COVID-19 lockdown

Clare Pettinger[1]*, Lisa Howard[2]
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Food insecurity remains a shameful reality in the UK and the number of adults who are food insecure is estimated to have quadrupled under the COVID-19 lockdown. Given the lack of current standardized food insecurity measures, this 'crisis on a crisis' calls for more creative approaches, which can give voice to perspectives on food issues, to capture the lived experience of food (in)security during this current crisis and beyond, so that a stronger foundation can be built on which to develop future research and action.

The Plymouth Food Equality project is a relatively new grass roots community project (funded by Food Power) which aims to get communities talking about food insecurity so that local people are involved in co-creating shared solutions. Using ongoing creative methods as tools for engagement and conversation, the project has recently responded to the COVID-19 lockdown by asking all members of its various target vulnerable communities to share their insights into how the lockdown has affected the food they eat. The project seeks photos, video clips, drawings, poems or any other creative narrative inquiries to build a local 'documentary food picture' of how COVID-19 is affecting lived experiences.

Analyses are ongoing, with preliminary (observational) findings (using curated creative outputs from several key members of communities serving vulnerable individuals during COVID-19) exemplifying the complex and often polarized nature of food issues across the socio-economic spectrum. The lived experiences in communities show heightened challenges being faced by altered working patterns (furlough); disability (compromised access) and family (home schooling) circumstances. The process and utility of the creative approaches will be critiqued as tools to uncover powerful food narratives and recommendations made for future research to pay more attention to the lived experience of food insecurity.

3. Resilience and Health under COVID-19

Sunila Lobo[1]*, Sabine Mayeux[2]
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The COVID-19 pandemic and the UK lockdown has hit Sadaka, a Reading charity providing hot meals for the homeless, and its service users hard. The closure of all Reading's public buildings from 17 March 2020 has seriously

affected Sadaka's regular sit-down meal service. For health reasons, some Sadaka volunteers have stepped away from the frontline. Consequently, Sadaka has had to make major adaptations to its food service and mode of delivery, with few resources. Using auto-ethnography as the methodology, this research examines the adaptability of the charity, at organisational, volunteer and service user levels, drawing on the resilience literature in the face of a "Black Swan" event. Sadaka has switched to an outdoor takeaway service and has implemented social distancing of the remaining volunteers and increased service users, as well as use of basic PPE. Sadaka has also developed plans to move to delivery only, should its current outdoors service be curtailed by local authorities.

Sadaka provides hot fresh meals offering additive-free balanced nutrition, recognising that many of its service users were malnourished, with weakened immune systems. Today, this means greater susceptibility and risk of serious outcomes from a SARS CoV2 virus infection. Sadaka is increasing focus on nutrition.

Following the lockdown, the council housed 69 rough sleepers, providing them with cooked meals; however it emerged that the composition of such was not satisfactory to service users and to maintain health. Following Sadaka and other local charities' representation, the council reviewed its food provision, offering food parcels with ingredients like milk, eggs.

Preliminary results as of 14 March 2020 are that service users appreciate the service, aware of the challenges. This has had a positive impact on their mental health, winning pandemic-specific funds has made it possible for Sadaka to sustain its service through the crisis and charities, business and government are collaborating as never before to provide for increased numbers in the most vulnerable. Further collective action is needed for resilience and to rebuild, post-pandemic.

4. Emergency Food Provision: Dignity during COVID-19

Diana Garduño Jiménez*, Margaret Mitchell, Chelsea Marshall, Irina Martin, *Nourish Scotland*
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The Dignity in Practice project, delivered by Nourish Scotland in partnership with the Poverty Truth Communities, has shown that responses to food insecurity can either enhance or further undermine dignity. During the Coronavirus pandemic, many people working in the third sector have found themselves at the frontline of emergency food provision, even if this had never been a core part of their work. This has raised important questions about how existing community food initiatives have adapted to their new role, and how organisations who are new to community food can use the Dignity Principles during this extraordinary time.

Before the crisis, many community food initiatives in Scotland were working to put dignity at the centre of their practice by building spaces that reduced loneliness, provided places for people to interact, improved social capital and promoted overall wellbeing. Government lockdown measures forced many of these initiatives to substantially change their engagement with communities and become key players in emergency food provision.

As community food initiatives took on this new role, we began exploring

with a core group of 'Dignity Peer Network' members how this would impact the work they had been doing to enhance the dignity of community members through growing, sharing and preparing food together. Through our regular engagement with community food initiatives and people with lived experience of food insecurity, we have found that many groups have developed creatives ways of promoting dignity in their newly adapted services and as part of their emergency responses. These methods have been successful in continuing to build and strengthen communities throughout the crisis.

With the numbers of people experiencing food insecurity likely to increase as we move through this crisis, these findings offer an opportunity to learn from best practice and build alternative models of emergency food provision that centre on dignity.

5. Food poverty and food aid in north London and west Wales: anthropological approach

Pat Caplan*, *Goldsmiths University*
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Struggling for food in a time of crisis: responsibility and paradox

Responsibility is a useful lens with which to examine the current state of food poverty in the UK in the context of the COVID-19 crisis, noting that this concept contains a number of paradoxes. Currently it appears to involve the voluntary sector, the food industry and the state, a situation which I have been exploring for the last 5 years in an ethnographic study of food poverty and food aid in the UK (Caplan 2020a) .

Food aid organisations, especially food banks, have mushroomed during the period of austerity. This is the first paradox: namely, that the existence of food banks conveys the message that 'something is being done', but in actuality this is very far from being sufficient to meet the needs of the 'old' and 'new' food insecure.

The second paradox is that at the onset of the crisis, a government which had been responsible for inflicting austerity on the country for 10 years, dramatically reversed some of its policies but predictably this did not change either already existing or 'new' food poverty (Caplan 2020b).

The third paradox is that invoking rhetorically the two world wars has not resulted in lessons being learned, notably the creation of a Ministry to deal with food and rationing as in World War II.

The final paradox relates to Brexit and its likely deleterious effects on food security particularly if no 'deal' is achieved with the EU. The voluntary food aid sector, try as it may, cannot possibly assume responsibility for the long-standing and now hugely increased problems of food security. That belongs to the state.

In this session Pat will provide reflections on the research previously presented as well as her own anthropological research.

PAPER SESSION 8
Food Bank Research: Pecha Kucha.
Chair: Rachel Loopstra, *King's College London*
Time: 13.25-14.55

1. A survey of food banks operating independently of The Trussell Trust food bank network

Rachel Loopstra [1*], Sabine Goodwin[2], Hannah Lambie-Mumford[3], Andrew Williams[4], Jon May[5], Barbara Goldberg[6]

1 *King's College London*
2 *Independent Food Aid Network*
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The number of food banks operated by The Trussell Trust rose from fewer than 400 in 2011 to more than 1,200 in 2019. However, recent work to explore how many food banks operate independently of this network has documented over 800 operating.

Whilst Trussell Trust food banks operate according to nationally set guidelines, little is known about how independent food banks operate. We conducted a representative survey of independent food banks operating in England to document when they started emergency food parcel distribution, their operating characteristics, and indicators of strain.

Of food banks approached and eligible to participate, 71% took part in the survey (n=114). 75% of food banks opened over 2010-2019, and many required referrals from a third-party agency, though 40% operated without a referral system. The number of times people could receive

help varied dramatically, with 44% of food banks imposing no restriction on the number of times people could receive help, whilst 30% restricted access to food bank help to six or fewer times in a 12-month period. Though very few food banks reported times when they could not provide food to people in need, one-third reported at times reducing food parcel contents because they were short on food supplies, and two-thirds of food banks had times when they had to look for ways to boost food supplies because they were worried they would not have enough food to distribute.

This research corroborates research on The Trussell Trust network that food banks are predominantly a post-2010 phenomenon. As food banks continue to be embedded within systems of local welfare support, referral requirements, limits on the help received, and limited food supplies raise concerns about the ability of food banks to meet the needs of people experiencing severe food insecurity and highlight how limited charitable responses are for addressing this problem.

2. The food poverty industry; dominance and challenging structures

Dave Beck*, *University of Salford*
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Examining the role of three providers of emergency food aid, this paper seeks

to address the provision of food aid and how this is currently being delivered; strengths, weaknesses and challenges. Critically, this paper questions whether food aid providers are tackling food poverty or becoming complicit in maintaining this new *status-quo*.

Acknowledging the prominence of the 'food bank' model as a key source of food aid, this paper discusses the potential implications of the food bank in becoming the 'standard' for food aid provision. The paper will present qualitative empirical evidence of the challenges that food aid providers face (i.e. geographical locale, provider dominance; and their relationship with local supermarkets) and questions the moral role of this as evidence points towards this becoming an embedded and competitive industry.

Further, the paper will also examine how different and divergent café-based providers of food aid are meeting the food poverty crisis; navigating away from competition and providing a different experience. In this approach, empirical evidence will be discussed that points towards an alternative in food aid provision. Provided through a case study, evidence of one such organisation that works on tackling the structural issue of food poverty in north West Wales will be presented as an argument against the status-quo of the food bank.

Based on completed doctoral research, this paper questions the efficacy of three types of providers; the Trussell Trust Foodbank, an Independent food bank and 'Te a Cofi' café in Caernarfon.

3. Statistical insights into food poverty: analysing food bank usage in Morecambe

Daniel Clarkson[*], *Lancaster University*
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Food poverty across the UK is becoming an increasingly important and prevalent issue. A record number of emergency food parcels were distributed in 2019 according to the Trussell Trust.

Current analysis of food poverty data - in particular foodbank data - primarily focuses on summary statistics, such as the total number of foodbank clients each year. By applying statistical techniques to the detailed datasets available, further insight into foodbank usage behaviour both now and in the future can be gained. Here, we demonstrate three examples of applications of statistical techniques to data from the Morecambe Bay Foodbank: change-point analysis to identify timings of increased foodbank use; predicting future use using regression techniques; and GIS analysis to identify food deserts.

From this, we aim to gain a clearer picture of food poverty in the Morecambe area, in addition to showing the benefits of modelling data using statistical techniques to food poverty charities and policymakers alike.

4. Surviving the permanence of precarity, when security is no longer a right

Andrea Gibbons[1*], Morven McEachern[2], Caroline Moraes[3]
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This paper explores how the lived experience of independent food bank users challenges mainstream discourses of emergency, short-term provision and the need to avoid food 'dependency', a common theme in the foodbank literature. It situates twenty-five in-depth qualitative interviews undertaken across a number of independent food banks and pantries in Birmingham and Greater Manchester within a wider context of social security reform that has, for the first time since the founding of the welfare state, divorced findings of need from the provision of government support.

The Trussell Trust's requirements for appraisals of need and strict limitations on parcels distributed to individual households to limit 'dependency' are underpinned by a rhetoric of 'emergency relief' and a need for temporary support for households briefly run afoul of austerity-driven changes to welfare policies or other situations of personal emergency. While many of the interviewees point to a single point of emergency, resulting often in extreme hunger and deprivation which precipitated the first visit by a household to a food bank, almost all respondents were in fact surviving situations of indefinite and often extreme precarity, in which few could foresee a future free of food poverty.

This paper questions the underpinnings of often hard and fast rules around accessing food relief and the focus on short term emergency given that many are experiencing long-term deprivation, where the intersection of Universal Credit with various punitive austerity policies require multiple strategies for survival. It also looks to the breadth of benefits that respondents found in accessing foodbanks and pantries, and explores the experience of food, community and resistances large and small, that might contribute to deeper kinds of change and how these might connect to the wider movement for a 'right to food' in the UK.

5. Coping practices of those living in food poverty

Marwa Alsubeih, *University of Warwick*
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This research explores the trend in food bank usage between 2015 and 2018 and the implications of Universal Credit (UC) roll out on food insecurity in Coventry, Evesham and Bridgnorth, representing a city, town and village respectively. This has been achieved through extensive desk-based research and secondary data collection to explore the growth in their use and the implications of UC.

The food bank data over 2015-18 period have shown a slight increase in food aid demand; with the usage becoming highest during the Christmas season and summer school holiday. In 2018 the food banks in Coventry, Evesham and Bridgnorth provided food parcels to 6%, 6% and 12% of their population, respectively; indicating that people in rural areas could be more affected by food insecurity. However, the food banks figures may well include double

counting or more for the same users. The UC has been rolled out gradually in the region from 2015. Since then, the number of people on UC has been increasing. The association between number of people who got food bank vouchers and people on UC has been applied and showed a positive correlation in Coventry, Evesham, and Bridgnorth. However, assumption has been applied to get this association.

The findings suggest that food insecurity is a result of structural socio-economic context and that food banks are trying to take the responsibility for fulfilling the Right to Food for people in need. The existing UC system has influenced the people's food security status especially who are experiencing poverty or working with low wages. Therefore, there is a need for in-depth investigation about UC claimants and food bank usage in order to establish a correlation. Finally, it is important to examine aspects of food poverty at a rural level and observe the differences between urban and rural settings.

6. Coping practices of those living in food poverty

Angela Brannigan*, Stephen Fallows, Lynne Kennedy, *University of Chester*
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Background: Over the past decade, food poverty has emerged as a serious, growing public health problem in the United Kingdom.

Study Aim: The aim of this qualitative interview-based study was to explore the lived experiences and coping practices of those living in food poverty.

Methodology: This paper reports on forty-two semi-structured interviews with struggling householders conducted at food banks, food pantries and community centres in Greater Manchester between May and October 2018.

Findings: Study participants described severe economic hardship and food poverty experiences. Many reported difficulties in paying for basic essentials such as housing, utilities, and food, as well as spiralling debts, fear and anxiety over their financial situation. Whilst, the depth and severity of food poverty experiences varied amongst participants, many reported eating less food than they should, and in some cases, frequent hunger and going entire days without food was described. To lessen the effects of money and food shortfalls, participants relied on multiple food, financial and help seeking strategies such as, resourceful shopping practices, extreme food budgeting, eating fewer meals, juggling bills, borrowing food and money, and going to food banks.

Conclusions: Despite employing multiple and often simultaneously coping practices many participants experienced severe levels of food insecurity putting them at high risk of becoming malnourished.

Implications and contributions: By sharing the challenges of those living with food poverty and experiencing hunger, this research advances food poverty knowledge and informs policy and practice aimed at alleviating food poverty.

7. Food Poverty and Overcoming the Stigma: The role of social identity dynamics in promoting positive food bank helping transactions

Mhairi Bowe*, Juliet Wakefield, Blerina Kellezi, Niamh McNamara, Lydia Harkin, Rosie Jobling, *Nottingham Trent University*

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Due to their increasingly politicised nature it is easy to forget that, at their simplest level, foodbanks involve helping transactions. However, the meanings attached to this help can be stigmatising, potentially inhibiting help-seeking and exacerbating food poverty. We firstly sought to understand the reasons for foodbank use and then explore the processes involved in food-aid helping to identify conditions that can promote positive helping transactions.

Interviews with 18 clients and 12 volunteers at two Nottinghamshire foodbanks showed the primary reasons for foodbank use were experiences of extreme poverty, benefit delays and sanctions, low income, ill-health, and relationship changes, and that there is a common experience of resistance and stigma-consciousness associated with initial help-seeking. Thematic analysis using a social psychological perspective then identified two primary themes relating to helping interactions: 'Here to Help', where clients and volunteers experience foodbank volunteers as benevolent 'helpers' whose ethos contrasts sharply with government service staff, and 'The Legitimate Recipient', where clients claim membership of a 'legitimate recipient' identity, distancing themselves from the stereotyped 'scrounger'.

These processes allow clients to overcome stigma-consciousness. This research shows how group dynamics and behaviours are integral to foodbank helping interactions has it has informed reports to the United Nations and UK Parliament on poverty and welfare. By moving beyond the typical focus on help-seeking barriers, it reveals how such obstacles may be overcome, promoting client experiences that facilitate the delivery of food aid where it is most needed. Implications for practice and reductions in extreme food poverty experiences are discussed.

8. Canny Cooks: challenging myths about foodbank users through food conversations

Alison Atkinson-Phillips[1]*, Silvie Fisch[2]

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Foodbank Histories is a collaborative public history project that began with a basic premise: poverty has a past. Media reports often suggest that foodbanks have appeared suddenly in austerity Britain, but the poverty and inequality driving foodbank use have longer roots. By listening to, and sharing, the stories of clients, volunteers and supporters of Britain's busiest foodbank, we aimed to challenge myths about food poverty and to understand more about its historical and social context. This paper focusses on a project within a project: the Canny Cooks cookbook.

Foodbank Histories is a three-way collaboration between the Oral History Unit & Collective, Northern Cultural Projects (NCP) and Newcastle West End Foodbank (NWEF). From March to

October 2018, oral historians recorded interviews with clients, volunteers, and supporters of NWEF, aiming to raise awareness of food poverty and generate income for the foodbank.

In 2019, we received funding from Newcastle University's Social Justice Fund for a series of creative workshops, aimed offering offered alternative ways for clients to engage with the research. These workshops, which were led by Silvie Fisch in her role as director of Northern Cultural Projects and with the Time Bandits, used a 'heritage' food experience to facilitate conversations about food security with clients and volunteers.

In May 2019, materials generated from these workshops were published as Canny Cooks, a small cookbook that included some of the recipes and stories of Foodbank clients, along with excerpts from the previous oral history interviews. As co-produced research, Canny Cooks challenges prevailing myths around foodbank users' lack of knowledge and ability around food preparation.

This paper outlines the approach of this micro-project, and the benefits we have found in an asset-based approach that delivers accessible outputs.

ACKNOWLEDGEMENTS

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