### Arnside Lecture Series from the Future Places Centre

A series of talks from researchers from the Future Places Centre and Lancaster Environment Centre at Lancaster University and the UK Centre for Ecology and Hydrology

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FoodFutures
In and around Morecambe Bay
Rachel Marshall
The global food system is broken. The cost of the damage to human health and the environment is much greater than the profits made by the food and farming industry.”

Prof. Tim Benton
Chatham House
Environmental degradation from intensification
A system with waste and hunger built in

Over $\frac{1}{3}$ of all food produced globally goes to waste.

The UK throws away around 9.5 million tonnes of food waste in a single year – even though 8.4 million people in the UK are in food
The pandemic and Food Access

“During the start of the pandemic around half of people who used a food bank had never needed one before”

The Trussell Trust
Estimated weekly number of households using food banks and food clubs in Lancaster District pre- and post- Covid-19

Foodbanks (n=2)

Food Clubs (n=13)

Mar-20  Jul-20
Poor diets and coronavirus risk

“Malnutrition puts hundreds of millions of people around the world at increased risk from coronavirus.”

2020 Global Nutrition Report

Which Underlying Conditions Do COVID-19 Patients Have?

Share of hospitalized adult COVID-19 patients in the U.S. which had the following underlying medical conditions

- Hypertension: 56% with prevalence in the adult population of 25-45%
- Obesity: 52% with prevalence in the adult population of 42%
- Cardiovascular disease: 32% with prevalence in the adult population of 12%
- Chronic lung disease (COPD): 20% with prevalence in the adult population of 13%
- Renal disease: 14% with prevalence in the adult population of 15%
- Asthma: 13% with prevalence in the adult population of 8%


Source: CDC
“Increased buying was, in our view, not because of “panic” but largely a reasonable and predictable response.”

House of Commons Environment, Food and Rural Affairs Committee
Vulnerability of food producers

“Workers in agricultural supply chains among groups most at risk of COVID-19 infection”

Business and Human Rights Resource Centre
Pandemics are partly the result of our food system

“the novel ways in which modern farming forces humans, animals and microbes together increases chance of spillover (when a microbe jumps species)”

Time Magazine

https://time.com/5819801/rethink-industrialized-farming-next-pandemic/
Time to reimagine our food system

- Regenerates soils, air, waters, biodiversity, livelihoods, people
- Creates little or no waste
- Diverse, small-scale and resilient
- Integrates environmental, social and economic value-nested systems
- Connects people with food- and the people and landscapes that produce
- Communities are making this happen
How can we create a different food system?

‘**Food sovereignty** allows communities control over the way food is produced, traded and consumed. It could create a food system that is designed to help people and the environment rather than make profits for multinational corporations.’

Global Justice Now

FoodFutures strategy development 2018
FoodFutures: North Lancashire’s Sustainable Food Places partnership

• FoodFutures is North Lancashire’s award winning Sustainable Food Places Initiative ([www.foodfutures.org.uk](http://www.foodfutures.org.uk))

• We are a cross-sector place-based food partnership that works together to realise our shared vision: “a thriving local food system that is healthy, resilient and fair.”

• Part of a wider national+ network of ‘Sustainable Food Places’ ([www.sustainablefoodplaces.org](http://www.sustainablefoodplaces.org))
FoodFutures: A brief history

- Came out of Transition City Lancaster’s food group.
- SFC Lancaster was officially launched in 2014.
- 2018 got a coordinator grant = increased capacity.
- REFRESH event in June 2018. Rebranded to FoodFutures
- Quarterly partnership meetings & working draft action plan developed.
- Themed working group meetings.
- 2020-21: Development of Our FoodFutures: A community food strategy to guide the work of the partnership
FoodFutures: Our local sustainable food partnership

- Themed working groups
- Members from local institutions, business, policy, community groups, community projects
- Taking forwards strategic priorities from shared visions shared in FoodFutures community food strategy
- Common vision of a thriving local food system that is healthy, resilient and fair
Pandemic work: Developing a place-based food strategy

- Lancaster District Peoples’ Jury on climate change recommendations:
  - LDFPA Strategy
  - 5 themed strategy days
  - Focus groups with local farmer networks and procurement officers
  - 3 community conversations
  - Paint a picture of our future art activity: https://foodfutures.org.uk/paint-our-future/
- North Lancashire FoodFutures Survey
- Two feedback cycles
- Literature review
**2030 Food Visions for North Lancashire**

**Regenerative food economy and procurement.**
A thriving local food economy will be built around ecological and social values, supporting positive impacts for people and the planet. Local residents are food citizens, taking a keen interest in who produces their food, and the societal and environmental impact of their food choices. A growing network of agroecological farms and market gardens will supply a diverse array of produce to local residents, including veg, fruit, nuts, seeds, fibre, fuel and high-welfare animal products. They are supported by shorter supply chains and direct connections between producers, public institutions and communities. Careers pathways will be developed for all areas of our local food economy.

**The right to nutritious and sustainable food for all.** Healthy, nutrient-dense, sustainable food will be easily accessible for all and there will be many more community initiatives that share food with people of all ages and backgrounds. People will have quick and easy access to food in a crisis, but there will be ample support so they can move quickly out of a difficult situation. Where surplus food exists, it is distributed in ways which are equitable and fair for producers, and for those in need of support.

**Healthy food and environment.** Agroecology will sit at the heart of food production across the region, ensuring food is produced in ways that build healthy people and soils, adapt to and mitigate climate change, build local resilience, grow local populations of pollinators, protect and restore our natural ecosystems, and minimise waste and pollution. Good nutrition will be linked to healthy soils. Our economy will become circular and a sharing network will act as an effective distribution model for times of surplus and scarcity. Food will become part of healing at all levels, from the highest quality food available in hospitals through to social prescribing, to community gardens and food forests for a range of physical and mental health issues.

**Community food skills.** Horticulture and ecology will be integrated into education settings as part of the Morecambe Bay Curriculum. Training and support will be available for everyone to develop key skills around food growing, meal planning, cooking for self and others preserving and making do and mend. Within a 20-minute walk from your home, you will be able to find support, buy locally grown food and/or visit a food hub, food club, community cafe, garden or allotment.

**Working in partnership.** Food Futures aims to become a thriving, resilient and well-recognised partnership in the local area that is valued by people and organisations across the food system. Our partnership’s core working groups are aligned with these 2030 food visions - enabling us to take forward elements of our region’s food strategy (as highlighted in the appendix). More joined up and strategic working will be supported through welcoming networking spaces, forums and collaborative working skill shares. By working in partnership, individuals, community groups, community organisations, businesses and policy makers are enabled to take forward elements of the food strategy in their work and lives.
A regenerative food economy: The Plot and Farmstart

LESS and FoodFutures set up an organic market garden just south of Lancaster: provides a organic box scheme whilst training new entrant market gardeners
A regenerative food economy: Northern Real Farming Conference

Our partnership set up and host the Northern Real Farming Conference - bringing farmers and food producers across the North of England and Scotland to share inspiration and knowledge around regenerative food production.

For video resources and previous sessions visit: www.northernrealfarming.org/video-resources/
A regenerative food economy: Telling producers stories

Morecambe Bay Chowder Co.

Robert Marshall (left) of Food Rangers ong with Pete Stephenson (DS), founder of Morecambe Bay Chowder Co to find out more about this community supported business.

RM: What do you think businesses can do to support local people in this cost of living crisis?

RM: How do you connect to other enterprises in North Lancashire?

RM: What is chowder?

RM: How important is sustainability to you and your business?

Photographs: Matthew Hollingworth

Find out more - www.foodrangers.org
Community Food Skills: into school curriculums and grounds

Turning educational establishments across Lancaster and Morecambe Bay into hubs that reverse climate change, biodiversity loss and food insecurity

Visit: https://foodfutures.org.uk/where-the-wildings-are/
Community Food Skills: cooking and growing skills for healthy people and planet

PLANT FUTURES by MADE IN HACKNEY

Calling head chefs, procurement managers, community groups and leaders in food service provision!

Want your workforce, clients and beneficiaries to eat healthier, more sustainable diets?

Join us for our FREE plant-based 3 hour workshop (worth £100)

Learn:
- How to create tasty, affordable and balanced plant-based dishes
- How to create chewy, meaty and fleshy flavours
- How to attract and hold diners
- How to source seasonally and sustainably
- Success stories from the sector

Made in Hackney is the UK’s first and oldest vegan cookery school. We have 10 years experience in plant based cooking, and educated over 100,000 people about the benefits of a plant based diet through thousands of cookery classes.

Go home with samples, a plant based toolkit and bag of inspiration!
**AIM:** to ensure all residents have access to affordable, nourishing food.

1. Raise the profile of food poverty as an issue
2. Design a food support pathway and create an information hub for food support services
3. Maximise food available to low income individuals and families
4. Tackle child hunger
5. Increase opportunities for community food
6. Provision for vulnerable and/or isolated groups
7. Maximise education opportunities
8. Monitoring and evaluation
Dr. Megan Blake, University of Sheffield
https://geofoodie.org/2019/06/19/food-ladders/
Emergency Support for the Food Support Network
• £50/week for food aid organisations in the Buying Co-Operative – to cover FareShare fees, provide guarantee of weekly income, and allow for flexibility with resources.

Evolving Understanding of Food Insecurity in the Lancaster District
• Co-design a database that all food aid organisations will use to record service use.
• Better proof of need & results for individual organisations – useful for funding & service monitoring.
• Ability to share information across the network & assess District-wide need, to allocate resources accordingly.

Unified Referral Pathway
• Anyone referred into the Food Support Network receives the most appropriate support for their situation
• Holistic assessment done within the Network at first point of contact
• Working with Community Connectors to strengthen relationships & build trust.
Healthy Food and Environment working grp

• Creating a zero waste district: reducing food waste, composting, campaigning on textile economy
• Getting healthy food on the menu
• Social prescribing
• Influencing local planning and supporting agroecological food production in Lancaster District
Worked with Lancaster University to map potential food growing spaces across the district. Explore these on the FPC Trails app.
The Closing Loops project: Turning waste into a valuable local resource and growing a regenerative local economy

- £1.5 million five year project funded by the National Lottery to support our communities to take action around climate change, waste and sustainable consumption

- North Lancashire Chef and Food Network- cooking demos, training and creation of a North Lancashire menu

- Gleaning to rescue surplus food currently going to waste

- Composting academy and demonstration sites

- REconomy feasibility work and community grant fund

- Markets, magazines, citizen journalism, connecting producers, crafters and other with food citizens
Seasonal markets and THRIVE

- Seasonal Markets held in Lancaster Market Square-
  - Spring market Friday 17th March
  - June, September and December
For more info:
rachel_CL@lessuk.org

Visit:
https://foodfutures.org.uk/

Claver Hill Community Food Project
Photo credit: Gina Frausin