
Food poverty and its effect on food choice

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Presentation to the Food & Health Forum
23rd May 2006

The Food Poverty Project (FPP)

- The FPP is the only English network of community food projects tackling the underlying causes of food poverty. The FPP's network currently consists of about 300 food projects working with disadvantaged communities. Along with providing this network with information and advice, the FPP is developing policy recommendations to tackle the underlying causes of food poverty, to empower disadvantaged communities to ensure the food system works for them.
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What is Food Poverty?

- Includes a number of factors, not just linked to food
- Food Access – Access, Availability, Awareness, Affordability
- Dietary intake of nutritionally poor foods or lack of intake of adequate food
- Under-consumption of fruit and vegetables
- Social and physical environment
- Social capital & sense of community
- Income & employment
- Traditions/beliefs & influence of family

Food Poverty & Food Choice

- *Accessibility* –links directly to physical access, the presence of shops and an individuals ability to reach them. The biggest problem is often the lack of food shops in an area.
- *Availability* – The opportunities a person has to purchase healthy food. Local shops may not stock healthy options due to a shorter shelf life, lower profit, a perceived lack of interest or a shortage of storage options.
- *Affordability* – Actual and perceived
- *Awareness* – Lack of knowledge or skills required to cook foods from scratch, perceived affordability & misinformation

Solutions?

- Food Mapping
 - Tool kit – consisting of a range of resources to support community food projects (events, written information, contacts)
 - Assisting community food projects in being more linked to policy development and implementation in their areas.
 - Developing local, regional and national policy recommendations
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