

KNOWLEDGE / SKILLS AWARENESS

ISSUES

- Lack of cooking skills/knowledge
- Education around food lacking
- Seeing connections between food and where it comes from
- Lack of confidence in home cooking
- Options for healthy food might not be obvious – particularly when under stress – difficult when living in chaotic environment

DRIVERS

- Lack of time in everyday life
- Lack of funding for community initiatives

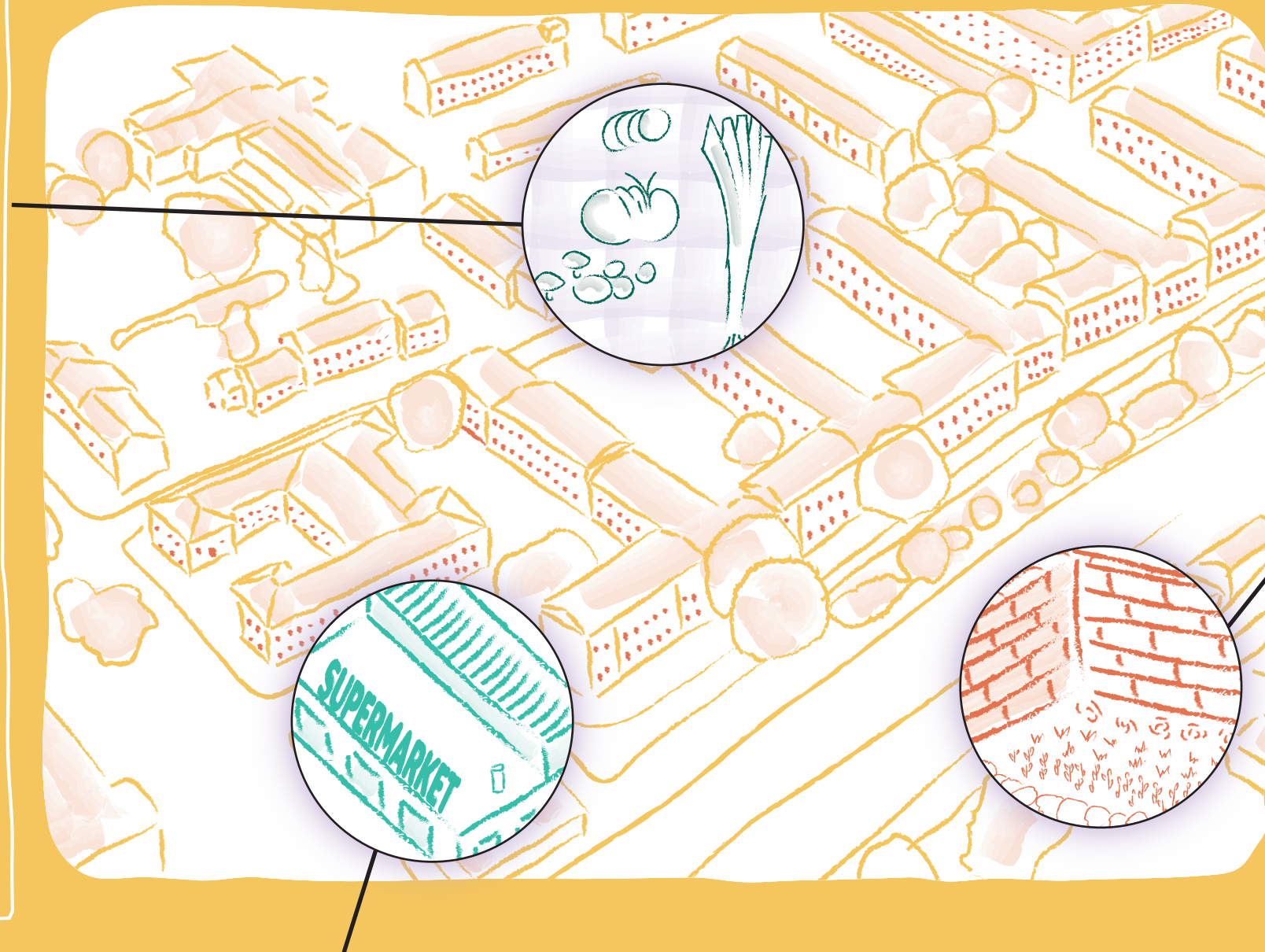
CONDITIONS FOR ACTION

- Making accessible archives of existing knowledge
- Not having fast food within a certain distance of schools – controversial, racialised – regulations can be seen both ways

WHAT CAN REDESIGN DO?

- Workshops bring people together – increase confidence in those who are presenting
- Deliver and improve on training – add in different trainings to appeal to local people
- Provide welcoming space to give people confidence to do things they might continue to do at home
- Maybe do workshops on different days to widen reach
- Providing better access to what information already exists – via some kind of accessible resource that gives information on what is available
- Create group to take on co-operative – pay people for training or their time?
- Create a club with a specific focus e.g. reducing your food bill – make information accessible for people – to develop further e.g. to buy in bulk – so group there for specific reason
- Hydroponics workshop for growing culturally popular foods?
- Aim to increase coverage

TEVIOT LIVING LAB PROBLEM MAP



AFFORDABILITY OF QUALITY FOOD

ISSUES

- Quality of food that is affordable
- Organic food expensive
- Lack of vegan choices
- Lack of fresh produce available
- Lack of 'real food' outlets
- Food deserts
- Affordability of food
- Lack of choice in food offer locally
- Lack of healthy fast food
- Food expensive: cheap food is really unhealthy
- Price of food reduces communal cooking
- Needing to go out of one's way to find good, affordable food

DRIVERS

- Global supply chain logistics
- Convenience culture
- Insecure housing/expensive rent
- Fake news
- Austerity
- No fair trade
- Benefits cuts/threat of cuts to PIP and more

CONDITIONS FOR ACTION

- Healthy Start scheme
- Physical issues that allow you to do the shopping you'd like – e.g. can't use a trolley to do a large shop
- Frozen vs. fresh food – sharing space for frozen produce – food might be accessible, but you might not be able to access it
- Produce sharing between residents
- Local co-operation town co-op – local level – residents pool money to buy – nonprofit short supply chains
- Alexandra Rose Vouchers for fresh produce locally – subsidising healthy produce

WHAT CAN REDESIGN DO?

- REDESIGN will show how food can be grown locally
- Project will supply school kitchen with food and local co-op
- Project will investigate local food regs for selling from the garden

DOMINANCE OF SUPERMARKETS

ISSUES

- Convenience of supermarkets undermines better food choices
- Supermarkets consider local area and offer food appropriate to residents
- Fast foods convenient and tasty but unhealthy
- Fast food seeming cheaper but actually more expensive than home cooked
- Big food companies – science based – deliver products that the body should not eat but can digest and are addictive
- Concentration of fast-food outlets selling the same products

DRIVERS

- Cheap
- Time effective
- Convenience
- Capitalism

CONDITIONS FOR ACTION

- Investigate whether there is a lack of retail spaces
- Local plan for 2031 – could bring in local policy to address these issues
- Planning by changing life of business tenancies

WHAT CAN REDESIGN DO?

- Need to address space issues
- Strengthen partnership with the local co-op
- Subsidising high quality food etc.
- Food from project is healthy, more nutrient dense
- But can't be cheaper than supermarkets, unless subsidised
- Better access to knowledge – better quality, cheaper food – provide good alternative to supermarkets
- Could set up food co-op – tie in with existing co-op centre



Co-funded by
the European Union

The project has received funding from the European Union's Horizon Europe Research and innovation programme under Grand Agreement No. 101182261