Multi-disciplinary research conference on food and poverty in the UK: Taking stock, moving forward.

CONFERENCE PROGRAMME

16 and 17 April 2018
King’s College London
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Over the past eight years, household food insecurity has emerged as a critical public and policy issue in the UK. The rising numbers of people turning to food banks and other community projects for help with food has sparked a heated public debate, played out in the media and amongst politicians of all parties. Recognition of the problem has, in part, been driven by statistics on the numbers of people using food banks provided by The Trussell Trust Foodbank Network, but there is also growing awareness of experiences of food poverty not captured in these data. It is now reported that as many as 8.4 million people do not have adequate access to food in the UK. With rising food and fuel prices, stagnating incomes and continued welfare reform, this situation is unlikely to improve in the immediate term.

The growth in the number of food banks operating in the country has raised a series of questions that the growing evidence base has sought to answer. For example, what is driving need for food bank provision, how do people experience receiving food charity, and how do managers of food banks describe need and manage their responses to it? With recognition of wider experiences of food insecurity, there is also new survey data available enabling analyses of risk factors and vulnerability. At the same time, alternative responses to food insecurity and research exploring practice and policy interventions are increasing.

Thus, we find ourselves at a critical juncture. In the face of persistent year-on-year increases of emergency food provision and data pointing to the stark realities of food insecurity levels in the UK, it is vital that we take stock of the growing amount of research focused on food and poverty, and evaluate how this research can inform the development of policy and practice going forward. Questions of the best ways forward for future policy and practice should be at the forefront of the next stage of the research agenda and will be a running theme throughout our conference.

This growing field of research today should also be placed in context. The conference begins with insights from two critical perspectives. First, Emeritus Professor Elizabeth Dowler will share insights going back to the recognition of hunger in the pre-Beveridge era. She will discuss where access to food has featured and where it has been ignored in social policy. Second, Professor Valerie Tarasuk will share insights from Canada, where food banks have been established for over 30 years and measurement of food insecurity has featured on national surveys for over 20 years. In this body of work, we can look for parallels in how responses and research are developing in the UK.
Reflecting on how experiences of food inform definitions of poverty and social exclusion is critical for ensuring a focus on social rights is maintained in our research and responses to food insecurity going forward. On the second day, in his plenary session, Professor Donald Hirsch will highlight how food features in the development of Minimum Income Standards for the UK.

We are delighted with the breadth of research that is featured in the conference programme. We received submissions from a range of academic disciplines, including sociology, social policy, health, nutrition, geography and theology. Food insecurity research is multidisciplinary, and different disciplinary approaches can offer unique insights into the problem. We encourage all attendees to move across sessions to learn how research is approached in different fields.

Unfortunately, not all submitted abstracts could be presented over the conference days. To enable you to learn about these projects as well, where possible, we have included these abstracts in the “Reserved Abstracts” section of this programme.

We hope you will find the conference days enriching. We look forward to moving this field of research on with you and to working together towards ending food insecurity in the UK.

With best wishes,

Dr Rachel Loopstra &
Dr Hannah Lambie-Mumford
Conference Conveners
## Conference Programme
### At a Glance

**Monday, 16th April 2018**

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| 10.15-11.45   | **Plenary session:** Looking back, looking forward: research from other times and other places to inform the present  
with: Prof Valerie Tarasuk, *University of Toronto*  
Prof Elisabeth Dowler, *University of Warwick*    |
| 11.45-12.45   | Lunch                                                                   |
| 12.45-14.15   | **Paper Session 1:** Exploring drivers and characteristics of food bank use  
**Paper Session 2:** Food insecurity, diet, and health |
| 14.15-14.30   | Comfort Break                                                            |
| 14.30-16.00   | **Paper Session 3:** Lived experiences of food insecurity by different groups  
**Paper Session 4:** Interventions and evaluation |
| 16.00-16.30   | Coffee/Tea                                                              |
| 16.30-18.00   | **Plenary panel:** Multi-disciplinary approaches to exploring the (re) emergence of hunger and rise of food banks in the UK  
with: Dr Andrew Williams, *Cardiff University*  
Dr Rebecca O’Connell, *University College London*  
Dr Kayleigh Garthwaite, *University of Birmingham*  
Dr Rachel Loopstra, *King’s College London*    |
| 18.00-20.00   | Drinks Reception                                                          |
## TUESDAY, 17\textsuperscript{TH} APRIL 2018

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<td>9.00-9.45</td>
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| 9.45-10.45 | **Plenary session:**<br>The role of food in Minimum Income Standards  
with: Prof Donald Hirsch, \textit{Loughborough University} |
| 10.45-11.00 | **COMFORT BREAK**                                                        |
| 11.00-12.00 | **Paper Session 5:**<br>Impacts of heat and housing costs on food insecurity  
**Paper Session 6:**<br>Policy analysis and engaging with policymakers  
**Paper Session 7:**<br>Developing and supporting local responses to food insecurity |
| 12.00-13.00 | **LUNCH**                                                               |
| 13.00-14.30 | **Pitch Session 1:**<br>Examining the potential of local food projects  
**Pitch Session 2:**<br>Dilemmas in food redistribution and food charity  
**Pitch Session 3:**<br>Exploring the need for targeted interventions |
| 14.30-15.00 | **TEA/COFFEE**                                                            |
| 15.00-16.30 | **Plenary session:**<br>Use of research for informing policy and practice to address food insecurity in the UK  
with: \textit{End Hunger UK (Oxfam/CAP); The Trussell Trust; The Food Foundation; Sustain} |
| 16.30-16.45 | **COMFORT BREAK**                                                        |
| 16.45-17.15 | **CONFERENCE WRAP-UP AND CLOSING REFLECTIONS.**                          |
Monday April 16th, 2018

PLENARY SESSION

Looking back, looking forward: research from other times and other places to inform the present.

Time: 10.15–11.45    Location: Great Hall
Chair: Anna Taylor, The Food Foundation

SPEAKERS

Professor Emeritus Elizabeth Dowler
University of Warwick

BIOGRAPHY

Although now retired, Elizabeth continues with research and advocacy work on the social and policy dimensions of food and human nutrition. She works in collaboration with colleagues from different disciplines and sectors in the UK, elsewhere in Europe and the global South. Current areas include food and poverty, household food security, food rights and justice, both nationally and internationally; local food initiatives; evaluating policy intervention at local and national levels; practice of food ethics. She also explored consumer identities and perceptions of risk and trust in relation to food and new technologies, and the implications of negotiated new relationships with producers and the food system.

She has given expert advice to national commissions and research on food poverty based on her research and experience, as well as non-governmental organisations. She has been a member of several panels and committees giving advice to policy makers (e.g. the UK Food Standards Agency, Department of Environment, Food & Rural Affairs, and NICE).

Elizabeth is a member, and was until recently a Trustee, of the Food Ethics Council. She is also now a Trustee of The People's Health Trust, which supports local people to take action on the wider social determinants of health at a local level. She publishes widely in specialized and professional journals and books, writes technical briefings for non-specialists, and is a regular public speaker on nutrition and poverty, or on policy responses.
Professor Valerie Tarasuk  
*University of Toronto*

**BIOGRAPHY**

Valerie Tarasuk is a professor in the Department of Nutritional Sciences at the University of Toronto. Her research extends to Canadian food policy and population-level dietary assessment, but her primary focus is food insecurity. Her research on food insecurity now comprises 70 peer-reviewed publications and over 100 invited presentations. Her work has revealed the scale of the problem; delineated critical risk factors and conditions; charted the nutrition implications, health correlates, and associated health care costs; identified the policy underpinnings of household food insecurity; and explicated the relation of food insecurity to food banks. Most recently, she has led PROOF, an interdisciplinary research program launched with funding from the Canadian Institutes of Health Research and designed to identify effective policy approaches to reduce household food insecurity in Canada.

**PLENARY PANEL SESSION**

Multi-disciplinary approaches to exploring the (re)emergence of hunger and rise of food banks in the UK.

Time: 16.30–18.00      Location: Great Hall
Chair: Dr Aaron Reeves, *London School of Economics and Politics*

**PANELLISTS**

Dr Kayleigh Garthwaite  
*University of Birmingham*

**BIOGRAPHY**

Kayleigh Garthwaite is a Birmingham Fellow in the Department of Social Policy, Sociology and Criminology, University of Birmingham. Her research interests focus on poverty and inequality, welfare reform, and stigma. She is author of *Hunger Pains: Life inside foodbank Britain* (2016, Policy Press), and is also co-author of *Poverty and insecurity: Life in 'low-pay, no-pay’ Britain* (2012, Policy Press).
Dr Rachel Loopstra
*King's College London*

**BIOGRAPHY**

Rachel Loopstra is a Lecturer in the Department of Nutritional Sciences at King's College London. She is a quantitative researcher, and her research explores the impact of social policies on nutrition, food insecurity, and health. Recent projects include a nationwide survey of people using food banks in The Trussell Trust Foodbank Network, conducted in collaboration with The Trussell Trust. She is currently working on an ESRC-funded project exploring the rise of food bank use and food insecurity over the period of economic recession and austerity in the UK.

Dr Rebecca O'Connell,
*University College London*

**BIOGRAPHY**

Rebecca O'Connell is Reader in the Sociology of Food and Families at the Thomas Coram Research Unit, UCL Institute of Education. She is Principal Investigator of a European Research Council funded study of Families and Food in Hard Times ([foodinhardtimes.org](http://foodinhardtimes.org)) that examines food poverty among young people (aged 11–15 years) and their families in the UK, Portugal and Norway. The most recent publication from the study, 'Which types of family are at risk of food poverty in the UK? A relative deprivation approach' is available online in the journal *Social Policy and Society*. Rebecca is the co-author, with Julia Brannen, of *Food, Families and Work* (Bloomsbury, 2016) and co-editor, with Wendy Wills, of a forthcoming Special Issue of *Children and Society*, ‘Children’s and Young People’s Food Practices in Contexts of Poverty and Inequality’, to be published in May 2018. From 2012-2017 she was co-convenor of the British Sociological Association Food Study Group.

Dr Andrew Williams
*University of Cardiff*

**BIOGRAPHY**

Andrew Williams is a Lecturer in Human Geography in Cardiff University. His research focuses on the social geographies of welfare, ethics, religion, and neoliberalism, and is grounded through ethnographic involvement in a number of empirical arenas: faith-based drug and alcohol treatment, food banks, homelessness, advocacy and care.
Tuesday April 17th, 2018

PLENARY SESSION
The role of food in Minimum Income Standards.

SPEAKER

Time: 09:45-10:45       Location: Great Hall
Chair: Dr Rebecca O’Connell, University College London

Professor Donald Hirsch
Loughborough University

BIOGRAPHY
Donald is a former journalist and international policy consultant, who was Poverty Adviser to the Joseph Rowntree Foundation for the ten years prior to joining the Centre for Research and Social Policy (CRSP) in 2008. He played a central role in establishing A Minimum Income Standard for the United Kingdom, CRSP’s ongoing research programme showing what incomes households need for an acceptable standard of living as agreed by members of the public. He now leads that programme and associated projects studying income, and plays a prominent national role in commenting on the adequacy of the public welfare system and on poverty trends.

PLENARY PANEL SESSION
Use of research for informing policy and practice to address food insecurity in the UK.

Time: 15:00-16:30       Location: Great Hall
Chair: Dr Philomena Cullen, Oxfam GB

Anna Taylor
The Food Foundation

BIOGRAPHY
Anna joined the Food Foundation as its first Executive Director at the beginning of June 2015 after 5 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 under-nutrition.
Before joining DFID Anna worked for a number of international organisations including Save the Children and UNICEF and has been at the forefront of international leadership on nutrition for several years and supporting programmes in a wide range of contexts in Africa and South Asia. Anna has also worked for the UK Department of Health. In 2014 she was awarded an OBE for her work to address the global burden of under-nutrition. She did a MSc in Human Nutrition at the London School of Hygiene and Tropical Medicine in 1994. 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.

Garry Lemon  
*The Trussell Trust*

**BIOGRAPHY**

As Head of Media and External Affairs at The Trussell Trust, Garry Lemon is responsible for policy, research, media and campaigns. He previously worked in communications and campaigns at national homelessness charity Crisis, and helped convene the Who Benefits? campaign, a coalition of national organisations that aimed to change the debate on benefits.

Simon Shaw  
*Food Power/Sustain*

**BIOGRAPHY**

Simon coordinates Food Power, a four-year programme supporting food poverty alliances to reduce food poverty in their areas. The programme focuses on fostering sustainable responses to food poverty, particularly to address its root causes. The programme is delivered by Sustain and Church Action on Poverty and funded by the Big Lottery Fund. Simon previously oversaw Sustain’s London Food Poverty Campaign and Beyond the Food Bank report and online London Food Poverty Profile. Prior to working at Sustain, Simon was the lead officer for the London Assembly’s *A Zero Hunger City* report into food poverty in the capital. Simon has also held practice, policy and campaigning roles at Sense, the national charity for deafblind people, and the National Autistic Society. To date Simon has worked to influence policy and practice in a range of areas, including inequality and poverty, disability and ageing, health and social care, social security, and employment and skills.
Niall Cooper
End Hunger UK

BIOGRAPHY

Niall Cooper has been Director of Church Action on Poverty since 1997, and has been responsible for piloting a number of new approaches to anti-poverty work in the UK, drawing on international development experience, as well as running high profile campaigns on food poverty, debt and asylum-related issues.

In May 2013 he co-authored *Walking the Breadline* (Church Action on Poverty and Oxfam) which helped to put the issue of food poverty – and its links to welfare reform and benefit issues – on the public and political agenda, and led to the establishment of the All Party Parliamentary Group on Food Poverty’s *Feeding Britain* inquiry. In 2015/16 he was also a member of the Fabian Society’s Independent Commission on Food and Poverty.

From 2015 he led a joint collaboration with Dr Hannah Lambie-Mumford from the University of Sheffield, drawing on Hannah’s PhD research on food bank provision and welfare reform in the UK. This ESRC funded project was a key factor in the development of the UK Food Poverty Alliance and the End Hunger UK campaign.
1. Foodbanks in the UK: Has Welfare Reform driven the growth?
Filip Sosenko*, Heriot-Watt University
* f.sosenko@hw.ac.uk

There has been a major controversy in the UK concerning why so many food banks opened post-2010, with the government and some right-wing press questioning the authenticity of demand for food bank help and attributing it to personal failures or outright opportunism. In contrast, social researchers and critics of the government attributed the growth of food banks to structural causes and particularly to the post-2010 weakening of the welfare support under the banner of ‘Welfare Reform.’

Drawing on a national survey of people using non-statutory crisis support services in the UK, we provide new quantitative evidence supporting the view of structural rather than personal causes of the sharp increase in the number of food banks and food bank users post-2010.

Data were generated in the 2017 edition of a mixed-methods study on 'Destitution in the UK', funded by the Joseph Rowntree Foundation. A census-style survey of clients of 103 support services in 16 Local Authorities across the UK was conducted over one week in March/April 2017. 1,056 of the 2,902 survey respondents were confirmed food bank users. Using logistic regression and propensity score matching, we show that problems with the benefit system – particularly delays and sanctions – are indeed partly responsible for why people end up using food banks.

2. Please sir, I want some more: An exploration of repeat food bank use.
Elisabeth Garratt*, Centre for Social Investigation, Nuffield College, Oxford University
* elisabeth.garratt@nuffield.ox.ac.uk

The sharp rise in food bank use in Britain over the past five years suggests a proliferation of food insecurity. However, headline trends in food bank use do not distinguish between single and repeat visits. Consequently, the true prevalence of food bank use in Britain is unknown. By identifying repeat visits, this study provides the first estimate of the proportion of people using food banks.

Using referral data from West Cheshire Foodbank in England, this work is a case
study of 7,769 food bank referrals between 2013 and 2015. Food bank use was explored in descriptive statistics, then negative binomial regression models were used to identify the household characteristics associated with repeat visits.

Between 0.9 and 1.3% of people in West Cheshire sought assistance from West Cheshire Foodbank. If scaled up nationally, this would equate to an estimated 850,000 people across Britain. The number of total recipients increased by 29% between 2013 and 2015, while the number of unique recipients rose by 14%. A larger number of visits were recorded in 2015 and among working-age and one-person households.

Food insecurity has emerged as a crucial challenge facing UK health professionals and policymakers. This study provides the first estimate of the proportion of individuals receiving emergency food in a single case study location, and demonstrates that food bank use is becoming more prevalent, although headline figures overstate the scale of this growth. The potential health consequences of reliance on emergency food – especially among those using food banks on multiple occasions – warns of an unfolding public health crisis.

3. Is food bank use “complex”? Using Multiple Correspondence Analysis to understand risk factors for poverty among households using food banks.

Daniel McArthur*, Department of Sociology, London School of Economics and Political Science; Rachel Loopstra, Department of Nutritional Sciences, King’s College London
* d.mcarthur@lse.ac.uk

When asked about rising food bank use, Government sources often assert that the reasons for food bank use are “complex”. However, few quantitative studies have explored the extent to which food bank users suffer from overlapping sources of deprivation. This question is addressed using data from a survey of British households using food banks (n=598). Multiple Correspondence Analysis (MCA) is used to understand the dimensions on which food bank users differ.

Common risk factors for poverty were highly prevalent in the sample, including disability, unemployment, and the presence of children in households. Acute financial hardships included waiting on a new benefit claim (35% of households) and experiencing an income loss in the past three months (53%). Many households were also experiencing income volatility (42%).

Results from the MCA highlighted two core dimensions along which food bank users vary. The first dimension distinguished households experiencing unemployment and unsteady incomes from those with steady incomes who are unable to work due to disability. The second dimension distinguished households containing children and having trouble paying their expenses from childless households having no trouble with household expenses. Next, common reasons for food bank referrals such as benefit delays and sanctions were mapped onto these dimensions: these variables overlapped with unemployment and unsteady incomes rather than disability.

This analysis suggests there are core groups of food bank users that largely do not overlap, challenging the narrative of complexity, and implying that policy interventions that address key risk factors for poverty may be more effective than sometimes asserted.
4. The variegated geographies of rural food banking in the UK.

Jon May*, Queen Mary University of London; Andrew Williams, School of Geography and Planning, University of Cardiff; Paul Cloke, Department of Geography, University of Exeter

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Building on recent work on rural food poverty, this paper draws on new data from the Trussell Trust and the Independent Food Aid Network, and interviews with food bank managers, volunteers, and clients to explore the variegated geographies of rural food banking. We show that whilst c25% of UK food banks are located in rural areas, their distribution varies significantly across different rural districts. In the first part of the paper we explore why the problems of rural food poverty, and rural poverty more widely, continue to be under-represented in research and policy discussions; and examine some of the unique challenges facing people in food poverty in rural areas. We draw particular attention to why and how the stigma often associated with using food banks can take on additional relevance in rural areas, as they connect with long-standing cultures of self-reliance and poverty denial.

In the second part of the paper, we outline important differences in the experience of and responses to food poverty in different rural areas. Here we contrast the challenges faced by food banks and food bank users in the conservative coastal and farming communities of South West England – where there is a particularly strong ethos of ‘making do’, and where a voluntary welfare culture of ‘benevolent’ paternalism reaches in to the food bank encounter itself – and in the post-industrial villages of South Wales, where a long history of concentrated poverty, but also of political mutualism, plays out in a very different set of dynamics.

PAPER SESSION 2
Food insecurity, diet, and health.

Chair: Annemarie Knight, King’s College London
Time: 12.45-14.15


Laura Hamilton*, Thomas Coram Research Unit, UCL Institute of Education
* l.hamilton@ucl.ac.uk

It is well established within the literature that there is a social gradient in diet quality, with lower-income adults less likely to purchase healthy foods or achieve government nutrition recommendations (Roberts et al., 2013; Pechey et al., 2013; Pechey & Mosivais, 2015, 2016). Poor diets can have lasting consequences and the dietary preferences acquired during childhood and adolescence typically remain into adulthood (BMA, 2015). However there is relatively little research comparing the dietary intakes and food practices of young people (aged 11–16 years) from lower and higher-income households. This study aims to explore how household income and other factors influence dietary intake and food practices of young people (aged 11–16 years) using a mixed methods approach. Secondary analysis
of six combined waves of the National Diet and Nutrition Survey (years 2008/09 – 2013/14) is being carried out to assess the relationship between diet quality, household income and other factors, whilst qualitative methods (semi-structured interviews, kitchen tours and photo-elicitation) have been employed with young people (11–16 years) and their parents in higher and lower income households in an Inner London borough to understand young people’s food practices and how they are negotiated within families. This talk presents early findings from the quantitative and qualitative research.

**Funding declaration**
The study is linked to a mixed methods European project ‘Families and Food in Hard Times’ (FFHT) that is funded by the European Research Council (Grant No. 337977).

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2. When a ‘healthy’ diet becomes a luxury: Investigating the impact of income crisis and food insecurity on food bank users’ dietary quality.

Edwina Prayogo*, UCL Centre for Behavioural Medicine; Angel Chater, UCL Centre for Behavioural Medicine and Centre for Health, Wellbeing and Behaviour Change, University of Bedfordshire; Sarah Chapman, Department of Pharmacy and Pharmacology, University of Bath; Mary Barker, MRC Lifecourse Epidemiology Unit, University of Southampton; Nurul Dina Rahmawati, Institute for Liver and Digestive Health, UCL Division of Medicine and Centre for Health Economic and Policy Studies (CHEPS), Universitas Indonesia; Thomas Waterfall, Institute for Liver and Digestive Health, UCL Division of Medicine; George Grimble, Institute for Liver and Digestive Health, UCL Division of Medicine

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Growing British food insecurity is of national public health concern, evidenced by rising food bank demand and hospital admission for “malnutrition”. It debases dietary quality, and health. This study used mixed methods to identify factors mediating the effect of income crisis on dietary quality among low-income households seeking frontline emergency service from London food banks and Advice Centres (AC).

Food bank users (n=18) and managers (n=12) were interviewed about factors they believed influenced users’ quality of diet. Food bank (n=270) and AC (n=245) users were surveyed in relation to their experience of income crisis, food insecurity, dietary quality, social support, competing expenses and access to cooking or chilled storage facilities.

Interview data suggested that income crisis degraded the diet of food bank clients who used coping strategies to maintain food sufficiency, in the face of competing expenditures, lack of social support and access to cooking and chilled food storage. Survey data showed that food bank users had poorer quality diets than AC users: a greater proportion classified as having ‘not good’ dietary pattern, and lower consumption of ‘healthy’ foods (e.g. oily fish, fruit, vegetables) (P<0.001). Compared to AC users, food bank users were more food insecure (93% vs 75%), reported lower social support, and had more competing expenses and difficulties accessing cooking facilities.

Of these, only food insecurity mediated the effect of income crisis on users’ quality of diet (P<0.001) for food bank and AC users. Interventions to reduce food insecurity are needed to improve the dietary quality in both low-income groups.
3. What is the cost of a socially acceptable and healthy food basket in Northern Ireland in 2014 and 2016?

Marian O’Reilly*, Joan Caldeira and Cliodha Foley-Nolan, safefood, Cork; Grainne Weld, Noreen Moloney and Dr Bernadette MacMahon, Vincentian Partnership for Social Justice, Dublin; Joanne Casey, Standards and Dietary Health Team, Food Standards Agency in Northern Ireland, Belfast

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Background and Rationale
Households on low incomes have poorer diets and higher rates of diet related diseases than higher income households. Food cost is a challenge for those experiencing poverty. Evidence of the cost of a socially acceptable food basket that meets healthy eating guidelines is lacking.

Aim
To estimate the cost of a minimum essential food basket that meets physical, psychological and social needs of four household types in NI:
- Two-parent and Two-child (primary and secondary school)
- One-parent and Two-child (pre and primary school)
- Two-parent, Two-child (pre and primary school)
- Pensioner living alone

Methodology
A consumer led focus group methodology known as ‘Consensual Budget Standards’ was used.

Baskets for each household were generated from 7-day menus developed by participants with input from nutritionists. For each household type three focus groups were used, each containing 10-12 people from urban and rural area and a social class mix.

2014 costs were updated by applying the UK Consumer Price Index. Low-income scenarios were created for households in receipt of social welfare, with one adult working for minimum wage or in receipt of state pension.

Findings
Low-income households spend approximately one third (24-44%) of take home income to buy this basket (£57-£153). The cost of the basket depends on household composition.

Social and cultural aspects of food are essential for households. Food is regarded as a flexible aspect in the household budget and this research highlights that a large proportion of household income is required by low-income households to eat a healthy diet.


Charlotte Hardman*, University of Liverpool, Paul Christiansen, University of Liverpool; Jade Stewart, University of Liverpool; Joanne Dickson, Edith Cowan University

* charlotte.hardman@liverpool.ac.uk

Background
Lower socio-economic status is associated with obesity; however, the underpinning psychological mechanisms remain unclear. According to contemporary theoretical models of obesity, socio-economic disadvantage increases psychological distress that, in turn, promotes maladaptive coping behaviours, such as emotional eating, and ultimately obesity. Furthermore, resilience is thought to moderate the association between socio-economic disadvantage and distress thus providing a protective role. The current study aimed to test these predictions.
Methods
Adults (N = 150) residing in the North West of England and from a range of socio-economic backgrounds, reported their income and education level as an indicator of socio-economic status. Psychological distress, emotional eating, and resilience were assessed using the Depression, Anxiety and Stress Scale, the Dutch Eating Behaviour Questionnaire, and the Brief Resilience Scale, respectively. Self-reported height and weight were also obtained to calculate body mass index (BMI).

Results
As predicted, bias-corrected bootstrapping indicated a significant indirect effect of socio-economic status on BMI via psychological distress and increased emotional eating; specifically, lower socio-economic status was associated with higher distress, higher distress was associated with higher emotional eating, and higher emotional eating was associated with higher BMI. However, contrary to prediction, resilience was not a significant moderator of this effect.

Conclusion
These findings provide novel insight into the relationship between socio-economic status and obesity, suggesting that it may be partly explained by psychological distress and subsequent eating as a coping strategy. Targeting these maladaptive coping behaviours in response to distress may be one way of reducing obesity, particularly in low-income populations.

PAPER SESSION 3
Lived experiences of food insecurity by different groups.
Chair: Annie Connolly, Leeds University
Time: 14.30-16.00

1. The experience of food insecurity and the use of food banks differs by ethnicity.

Maddy Power*, Department of Health Sciences, University of York
* madeleine.power@york.ac.uk

Research has identified apparent variations between White British (WB) and Pakistani low-income women in their use of food banks, despite evidence of high food insecurity among both groups. This study aims to understand varying experiences of food insecurity and food banks among WB and Pakistani low-income women.

Members of pre-existing community/activity groups in three low-income wards in Bradford were invited to participate in the study. Four semi-structured focus groups (n=18) were conducted. A three-stage analysis process was used and the data was analysed thematically.

The sample included nine low-income Pakistani women and nine low-income WB women. Only one Pakistani woman reported struggling to afford food, compared with five WB women. However, only three of the latter had used food banks; no Pakistani women had used or had considered using food banks. All women described the shame of failing to provide food for family members, particularly children. This was felt most acutely among Pakistani women. It was explained that food insecurity was experienced but concealed...
among Bradford’s Pakistani community; support with food was sought not from food banks but from immediate family members and, occasionally, the wider Pakistani community.

This small-scale study suggests that Pakistani and WB women in Bradford experience food insecurity differently, with the latter more likely to use food banks. Shame around food insecurity may not only deter low-income women from accessing food banks but cause food insecurity to be concealed entirely.

2. Older people’s interactions with the UK food system – a model of cumulative and incremental vulnerability.

Angela Dickinson*, Wendy Wills, Sue Halliday and Ariadne Kapetaniki, University of Hertfordshire
* a.m.dickinson@herts.ac.uk

Background
Little is known about how the UK food system affects the food security of older people. This study (funded by the ESRC and Food Standards Agency) explores when, how and why older people might become vulnerable to food insecurity as they interact with these systems.

Methods
Ethnographic methods included explorations of kitchens, interviews, visual methods (photography and video), food logs, and go-along tours with people acquiring food via a range of food systems (including retail outlets, gardens/allotments, and services e.g. meals-on-wheels and lunch groups) with 25 households (ages between 60 and 90 years) in Hertfordshire. Data included 42 transcripts, field-notes, 1000+ photos, 30 hours of video and 20 food logs.

Findings
Food security was experienced very differently across the households. Supermarkets were the main source of food for most people in this study. Older people used supermarkets in a range of ways, with some older people using a wide range of shops and markets to seek out ‘bargains and offers’. Others who were frailer found shopping in supermarkets increasingly challenging, and for some impossible, meaning they were reliant on other services and family support to access food.

Conclusions
We present a model demonstrating how vulnerability in the food system affects older people incrementally through an accumulation of ‘trivia’ as well as following major changes, for example, to mobility. This model can inform the development of interventions to meet the needs of older people and improve the way supermarkets and other food providers provide services and increase food security.

3. The contribution of school food to diet and social participation among young people in 45 low income families in the UK.

Rebecca O’Connell and Abigail Knight*, Thomas Coram Research Unit, UCL Institute of Education
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For more than a century the UK government has provided free school meals (FSM) to children whose education might otherwise suffer. Today, school meals are a particular priority for children’s wellbeing, especially for the nearly 4 million children living in poverty. Research suggests that young people are not benefiting fully from free school meals because of issues of eligibility, adequacy and delivery. Preliminary
findings from our qualitative research with 45 young people aged 11–15 and their parents in low income households in two disadvantaged UK areas add to this evidence.

Although around half the young people in the study were receiving FSM, around half were not eligible. Usually this was because their parents were in receipt of Working Tax Credits, whilst in other cases the family’s immigration status meant they had no recourse to public funds. Children’s access to and experiences of school meals were also determined by variable school policies and practices.

Drawing on family case studies and young people’s accounts we explore how some children had positive experiences while others reported going hungry, social exclusion, stigma and shame. Our discussion considers how national and school policies may better protect children’s health and social inclusion and reflects upon the wider relationship between state, family and the role of food in children’s wellbeing.

The findings are part of a wider study of Families and Food in Hard Times (2014-2019) that is examining how social contexts and social positionings mediate the extent and experience of food poverty in three European countries.

Funding declaration
The research leading to these results is funded by the European Research Council under the European Union’s Seventh Framework Programme (FP7/2007-2013) / ERC grant agreement n° 337977

This paper outlines the preliminary results of a PhD study into household food security amongst undocumented migrant families in Birmingham, an under-researched group, who are at high risk of destitution because of their lack of entitlement to public funds. Fieldwork took place in the Spring and Summer of 2016, and used the USDA household food security module to explore the extent of household food security amongst a sample of undocumented migrant families accessing voluntary sector support services in Birmingham.

Follow-up semi-structured interviews were used to contextualise and explore in more detail the experiences of food insecure migrant families in Birmingham. The paper will discuss the results of the research, exploring some of the reasons for the level of food insecurity, and will conclude with suggestions for the implications for social policy.

Mary Anne MacLeod*, Oxfam Scotland
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This paper presents an innovative approach to challenging the institutionalisation of food banks within local welfare services. The nature and aims of the intervention are outlined, and initial findings from data gathered at baseline for project evaluation are presented.

Food bank users are often found to have received little, or wrong information about their benefit entitlements. Food bank use is also recognised to be highly stigmatising, and to not reduce long-term food insecurity. A Menu for Change, which is being delivered in Scotland by a partnership of four non-governmental organisations, supports a shift away from emergency food aid as a primary response to acute food insecurity, and towards rights-based and preventative measures which increase the incomes of people experiencing crisis.

A 12-month action learning set process (started November 2017) is being delivered with frontline service providers in three Scottish local authority areas to review current referral pathways and identify and implement policy and practice changes across local services.

Initial findings from qualitative interviews with action learning set members and individuals with experience of acute food insecurity, as well as survey data from food banks, Job Centres and the Scottish Welfare Fund, are presented. Along with early insights from the action learning process, these findings identify the nature of current responses to acute food insecurity in the project areas, highlight challenges and emerging solutions which might help counter the institutionalisation of food banks at a local level, while suggesting broader policy changes required to address food insecurity in the longer term.

2. More of the same or ‘more than food’: Where next for food charity(ies) in the UK?

Chris Dayson*, Sadie Parr, Anna Hawkins, Chris Damm and Will Eadson, Sheffield Hallam University
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The 2014 All-Party Parliamentary Inquiry report, Feeding Britain, advocated a ‘foodbank plus’ model of food aid that seeks to address the underlying causes and symptoms of food poverty ‘by providing advice, skills and advocacy services, as well as food and human friendship, under one roof’. Food aid providers were identified as uniquely placed as a ‘gateway’ for people who might not otherwise engage with mainstream services. However, the transition from a ‘traditional’ model of food aid centred on the provision of food parcels to a more holistic ‘foodbank plus’ model represents a
step-change for many food aid providers, the implications of which require detailed consideration.

Drawing on emerging findings of an independent evaluation of the Trussell Trust More Than Food Programme this paper highlights two key challenges facing food banks implementing a ‘foodbank plus’ model: recruiting, retaining and developing sufficiently motivated and skilled volunteers; and developing an ‘offer’ that is flexible and responsive to the needs of food bank clients, but also additional to and embedded in existing provision of hardship and crisis support (locally and nationally).

In conclusion, we argue that food aid providers face an important choice regarding their future development: continue doing ‘more of the same’ or start to provide ‘more than food’. As such, we suggest that the next few years could witness a disjuncture for food charity in the UK, between informal volunteer-led providers who focus their efforts on food aid, and formal ‘voluntary organisations’ who expand into a much broader range of service provision.

3. “Because we are coming here, it’s making my life easier”: Children’s views on what difference holiday clubs make to them.

Pamela Graham*, Department of Social Work, Education & Community Wellbeing, Northumbria University; Melissa Fothergill, Department of Sport, Exercise & Rehabilitation, Northumbria University; Greta Defeyter, Department of Psychology, Northumbria University

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In recent years, close attention has been paid to the issue of childhood hunger and inactivity during the school holidays when school lunch provision and physical activity lessons are unavailable. This has led to the introduction of holiday clubs in many school and community venues throughout the UK which aim to provide children with food and activities to participate in during the school holidays. Research into the effectiveness of such provision is still in its infancy. Given the lack of research evidence and the rapid expansion of holiday clubs throughout the UK, the current, qualitative study set out to investigate children’s view on holiday provision, focussing on what difference they thought holiday clubs made to them during the summer of 2017. This was especially important as children’s voices are often under-represented in policy and practice. Forty-four children from 7 holiday clubs based in various regions of the UK took part in the current study. Findings showed that holiday clubs conferred a range of benefits centred around food provision, activities, routine and social time. However, it became apparent that there were issues with some of the types of foods being provided.

The findings will be discussed in relation to current research, policy and practice, looking particularly at the importance of recognising food insecurity as more than a complete absence of any food and the implications of this for holiday food provision.

4. Food for Change: Tackling food and poverty in Cornwall?

Katrina Brown, Rachel Turner, Andrew James Williams and Julia Shaw*, University of Exeter

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Food for Change is an European Social Fund programme which is led by the Cornwall Food Foundation in collaboration with 11 partner organisations that cook, grow and trade food – including food
banks and community kitchens as well as gardens. The Food for Change partnership is fostering new ways of tackling food and poverty in Cornwall and aims to effect lasting change in local community infrastructures. The programme will enable 278 participants to progress into or closer to employment via four locality-based Food for Change partnerships based in Redruth, Truro, St Austell and Newquay. A key purpose of the partnership is to assist attendees of food banks, as well as people with mental health and/or social care needs, to receive integrated personal support and food-based training which is designed to enhance well-being, employability and inclusive economic growth within the region.

Evaluating the impact and effectiveness of the programme requires a responsive mixed methods approach. We have co-designed a research methodology which incorporates questionnaires and surveys along with interviews, focus groups and social network analysis. Regular engagement with Food for Change support workers, who are employed in partner organisations and work directly with participants, is integral to the evaluation. We aim to understand the most significant changes experienced by participants as a result of their involvement with the programme, particularly in relation to their physical and mental health as well as subjective well-being, self-efficacy and employability.

Preliminary findings regarding this co-designed evaluation, undertaken in collaboration with partner organisations, are expected by April 2018.
Tuesday April 17th, 2018

PAPER SESSION 5

Impacts of heat and housing costs on food insecurity.

Chair: Garry Lemon, The Trussell Trust
Time: 11.00-12.00

1. Is there evidence of households making a ‘heat or eat’ trade-off in the UK?

Carolyn Snell*, University of York; Hannah Lambie-Mumford, University of Sheffield; Harriet Thomson, University of Manchester
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In the recent years of welfare reform and austerity, few notions have been more emotive than the idea that people are forced to choose between heating their homes and putting food on the table. The idea of ‘heat or eat’ has gained significant momentum in the third sector, with prominent NGOs and charities running campaigns aimed at helping people overcome this dilemma; either through in-kind assistance or anti-poverty work.

This paper reports on findings from a research project that explored whether the ‘heat or eat’ dilemma discussed within policy debates really is part of the lived experience of poverty in the current era of austerity. The project had several key aims:

- To explore further the relationship between fuel poverty and food poverty;
- To understand how food and heating costs are prioritised in household budgeting decisions;
- To consider whether the concept of heating or eating reflects lived experiences.

Drawing on secondary data from the Family Resources Survey and primary qualitative data collected from household and stakeholder interviews in the South West of England, this paper explores the idea of a ‘heat or eat’ dilemma.

The analyses find that there is a relationship between not being able to heat the home and not being able to eat well. However it appears that households struggle to do either and there is considerable nuance in household decisions around energy use.

Furthermore, qualitative data analysis indicates the importance of energy billing periods, household composition and social and familial networks in terms of shaping both household experiences and responses. The findings also challenge the established idea that food and fuel are elastic household expenditures.

2. Housing vulnerability among households using food banks in Great Britain.

Amy Clair*, ESRC Research Centre on Micro-Social Change, Institute for Social and Economic Research, University of Essex; Rachel Loopstra, Department of Nutritional Sciences, King’s College London; Jasmine Flederjohann, Department of Sociology, Lancaster University; Doireann Lalor, Department of Sociology, University of Oxford
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Tuesday April 17th, 2018
Using survey data collected from 598 households who had accessed food assistance from 24 food banks operating in Great Britain between October 2016 and April 2017, this paper explores the relationship between housing difficulties and food bank use. We find that, compared to the UK population, households living in rented accommodation were overrepresented among users of food banks. A large proportion of households (18%) were also currently homeless, and even more had experienced homelessness at some point in the past twelve months. Receipt of Housing Benefit was significantly associated with lower risk of difficulty affording rent payments (OR=0.47, 95% CI: 0.23 to 0.96). While both households in private and social rented housing reported high rates of rent arrears and poor housing conditions, households living in the private rented housing faced additional challenges. They were more likely to be living in homes with damp, more likely to have moved in past year, and more likely to be worried about being forced to move from their current home. This study highlights that housing problems are widespread among households using food banks, pointing to the need for upstream policies that ensure low-income households can afford adequate housing and food, and are protected from poor housing conditions.

**Funding declaration**
This study was funded by a grant from The Trussell Trust Foodbank Network and from the University of Oxford ESRC Impact Acceleration Account.


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Although fuel poverty has traditionally been explored through the context of cold homes and its associated health impacts, more recently there has been a greater focus on fuel poverty beyond a lack of heating. This has led to the acknowledgement of the wider consequences of fuel poverty, the most prominent of which has been the *heat or eat* dilemma. Despite this often being understood as a trade-off between heating and food, researchers have alluded to underlying mechanisms such as decreasing the range and quality of foods purchased whilst also rationing fuel.

This research aims to provide an overview of how food expenditure patterns differ between fuel poor and non-fuel poor households, and whether this is impacted upon by seasonal changes. The research draws on household food expenditure data contained in the Living Costs and Food survey (2008–2016), and applies two different fuel poverty measurements based on domestic fuel expenditure.

Preliminary analyses show that fuel poor households tend to spend less on food but that this takes up a larger proportion of their income, suggesting that food expenditure places a greater burden on these households. Cluster analysis will be used to explore this area further.

Focusing on food expenditure patterns in fuel poor and non-fuel poor households may help to further elucidate some of the pathways that lead to social and health inequalities in fuel poor households, and can help to shed light on some of the aspects of food insecurity these households may face.

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The rise of charitable food aid within European welfare states provokes significant questions about the changing roles of and relationships between statutory and voluntary sectors in providing a social safety net. This paper explores how the growth of food aid in both Scotland and Finland, as examples of two different welfare state regime types, may shape how those welfare states are experienced and understood. In doing so it draws on theorisations of welfare regimes and addresses the question: ‘What are the implications of food aid for the nature and purpose of the welfare state?’

The findings presented are drawn from a qualitative study carried out in both countries in 2016. They foreground the perspectives of those working in direct welfare service provision on the growth of food aid and its impact on their work, as well as considering how service users and policy makers perceive the state-food aid relationship. Theoretical characterisations of the relationship between food aid and the welfare state, arising from analysis of interview data in both countries, are presented. These include understandings of food aid in relation to a welfare state which might be considered: contingent; shrunken; impersonal; regressive; or failed.

Comparing Scottish and Finnish cases offers important insight into how and why food aid may play different roles in different welfare state contexts. There is a need for greater critical reflection on how food aid is challenging and changing welfare states, particularly in countries where it has only recently become widespread.

2. Perspectives on food poverty definition and measurement in Northern Ireland.

Emma Beacom*, Sinead Furey and Lynsey Hollywood, Department of Hospitality and Tourism Management, Ulster University Business School, Ulster University; Paul Humphreys, Department of Management and Leadership, Ulster University Business School, Ulster University
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Background and rationale for research question

An increased research focus on food insecurity is concerned with its official definition and measurement (Carney and Maître, 2012). To determine the scale and severity of food impoverishment in the UK it is essential that an agreed definition and indicator be constructed to allow for routine measurement over time.

Study aims

To investigate stakeholder perspectives on:

- The current food poverty situation in Northern Ireland (NI);
- Food insecurity definitions and measurement to determine the causes/predictors of food poverty in NI; and
To develop a conceptual framework for food poverty that is culturally appropriate for NI and the UK, providing recommendations for measurement approaches.

Research methodology
In-depth, semi-structured interviews were conducted with policymakers, public health practitioners and campaigners (n~10).

These elicited stakeholders’ perspectives on food poverty addressing existing measurement approaches; the predictors/causes of food poverty; government responsibility; and what they perceive to be the implications for business of varying food poverty levels. Each interview was transcribed and thematically analyzed using NVivo11.

Results
Preliminary results indicate differences between stakeholder opinions as to what should constitute definition and measurement – for some the social exclusion element is an essential component, while others recognize its importance but are of the opinion that in order to gain traction for policy change a headline indicator may be preferable to one with solely experiential measures.

It is intended that defining and measuring food poverty will facilitate evidence-informed policymaking and interventions to help those who experience food insecurity at varying levels of the spectrum.

Funding declaration
The authors are grateful to the Department for the Economy in Northern Ireland for funding the PhD studentship.

3. Supporting evidence-based policymaking for food security.
Martine J Barons*, University of Warwick
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The system impacting household food security within high-income countries like the UK is very complex. Multiple drivers network together to influence households food security in subtle and sometimes unexpected ways. Policymakers wishing to select policies to ameliorate household food insecurity need decision support to harness disparate types of evidence to select the most effective interventions. We show the methodology we have developed for decision support in such complex scenarios and how it is being applied in high-income countries like the UK and Australia to support food poverty policy.
1. Dignity in Practice: How community food providers are embedding dignity in responses to food insecurity in Scotland.

Chelsea Marshall*, Olga Bloemen and Elli Kontorravdis, Nourish Scotland; Caroline Mockford and Cath Wallace, Poverty Truth Commission

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In 2016, the Scottish Government committed to developing and delivering dignified responses to food insecurity based on the recommendations of an Independent Working Group on Food Poverty. In a significant step change, the Scottish Government launched the Fair Food Transformation Fund to direct funding towards community food providers whose projects exemplify the four Dignity Principles identified by the Working Group or who set out a clear transition plan for moving from charity-based models of emergency food aid towards more dignified food provision. Nourish Scotland, in partnership with the Poverty Truth Commission, completed a year-long project in November 2017 that aimed to a) explore what the Dignity Principles mean in practice for community food provision, and b) support community food providers to reflect on and transition their practice towards a more dignified response to food insecurity. The project included: focus groups and workshops with staff, volunteers and participants involved with 26 community food providers; stakeholder engagement events; and an in-depth practice development programme with ten community organisations. People with lived experience of food insecurity were central to directing the project and interpreting the results at every stage.

Results demonstrate that community food initiatives play a critical role in delivering a dignified response to food insecurity; practice development is an effective method of supporting and embedding dignified responses; sufficient and long-term investment is needed to ensure that people in every community have dignified access to food; addressing food insecurity must sit within a broader strategy for realising everyone’s right to food.

2. Greenwich Food Poverty Needs Assessment.

Nicola Nzuza*, Royal Borough of Greenwich Public Health, Daphne Duval, Universitat Oberta de Catalunya

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Greenwich Food Poverty Needs Assessment was conducted in 2016. The aim was to assess the extent of food poverty in Greenwich and ways it is experienced, to inform policy & practice. Methodology included: data review to establish a baseline measure of food poverty; mapping of food access; observational work in priority areas, including shopping basket survey; interviews with key workers and individuals with experience of food poverty.
Findings confirm that food poverty in Greenwich is a significant issue that has increased in recent years and is predicted to grow worse. Statistics suggest that 22,375 adults and 16,585 children are at risk.

Interviews identified a wide range of causal factors. These include financial problems and a lack of food-related knowledge and skills. Physical access was also identified as a problem and the mapping identified a number of deprived areas with poor food access. The healthy shopping basket was up to 300% more expensive in these areas.

The impacts of these problems were seen to cross the full spectrum of food insecurity, ranging from mild to severe. For example, 47% of key workers talked about clients missing meals due to insufficient food.

A wide range of activities are taking place to address food poverty in Greenwich but additional action is challenging due to dwindling budgets. Report recommendations have led to the development of a Food Poverty Action Plan, are informing other strategic plans, including the Greenwich Anti-Poverty Strategy, and wider work to address health inequalities in the borough.


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Background and aims
A lack of national-level measurement and policy to tackle UK food poverty has pushed the issue into the third sector, as has been well documented in the rise of food banks. By comparison, the role of Local Authorities in responding to food poverty remains relatively unexplored. Developing Food Poverty Action Plans has become the fundamental way of operationalising local efforts. This paper aims to: provide insight into this complex process, reflect on the role of academics, and consider the implications for public health.

Methods
We provide a case study of how the authors consulted with Guildford Borough Council to develop a Food Poverty Action Plan. Specifically, small-area estimation methods were used to identify the expected incidence of food poverty. The Local Authority’s Task Group informed modifications of an existing household food insecurity risk model, which was compared to available data from food bank clients and additional local surveys. Findings from qualitative London-based research were used to explore the diverse range of third sector responses and the health concerns talked about by those experiencing food poverty.

Findings and reflections
Responses to UK food poverty have been fragmented and multi-sectorial. Academics are increasingly becoming part of local level collaborations. There are a variety of ways in which academics can, and should, meaningfully contribute to developing informed and effective responses. However, such endeavours are undermined by precarious or non-existent funding for Local Authorities and rapidly rising levels of need amongst vulnerable groups and those with existing health conditions.
1. The sustainability of social supermarkets: Can they solve food insecurity?

**Morven G McEachern**, *Huddersfield Business School, University of Huddersfield*; Mags Adams, *School of Environment and Life Sciences, University of Salford*

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Food insecurity across the UK has never been higher with 8.4m people experiencing food insecurity (Taylor & Looperstra, 2016). As a result of continuing welfare reforms, numerous food initiatives have emerged across the UK, some of which include charitable initiatives such as food banks (see Lambie-Mumford & Dowler, 2014) or upstream business ventures such as social supermarkets (see McEachern, 2017). While much research points to the limitations of food banks as a mechanism to help eradicate food insecurity (Adams, 2017), social supermarkets in comparison have merited little attention. This is surprising given the pertinent role that social supermarkets claim to play in helping to fulfil a closed-loop retail food system and simultaneously fulfil social objectives. Thus, we aim to address this empirical gap and explore whether social supermarkets offer a sustainable solution towards developing a long-term solution to food insecurity.

Drawing on both the lens of the sustainability-marketing model (see Belz & Peattie, 2010; Lim, 2016) and the circular economy (Adams, 2017; Andersen, 2007), semi-structured, in-depth qualitative interviews carried out with owners and staff from social supermarkets and alternative food retail enterprises (AFREs) located across the UK. Our findings reveal sustainability topics to be an integrated priority for many. However, for some – discussions around an over-reliance on volunteer labour and dependence on excess waste from the supermarket food system appeared to point more towards unsustainable practices. We conclude by discussing the contested nature of sustainability configurations and whether they genuinely provide a sustainable solution for individuals experiencing food insecurity.

2. Tackling the determinants of food insecurity: The potential of local food projects.

**Katy Gordon**, Katy Gordon, Juliette Wilson, and Andrea Tonner, *University of Strathclyde*

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Community food projects undertake a diverse range of activities including running food co-ops, cookery courses and community cafes, aiming to address both nutritional and social needs. Often located in low-income communities they provide practical, grass roots support. Being close to the ground they can engage vulnerable individuals and their aims are often targeted to people at risk of or facing food insecurity. However, the focus is often on self-help or direct provisioning and, therefore, the extent to which such projects can address the structural factors that are the primary
drivers of food insecurity is debated. In fact, they may divert attention from those structural factors and despite being in a strong and possibly unique position to undertake advocacy work it is relatively rare in these projects.

This paper therefore aims to explore the potential contribution of community food projects (and their limitations) in addressing the determinants of food poverty. It utilises an ongoing case study approach in the central belt of Scotland. Preliminary results come from data gathered through initial interviews and observations with two community food projects. Results to date suggest food projects provide measurable positive impacts at an individual and community level but those working/volunteering for the projects feel frustrated and limited in what they can do and how they can evidence their impact on structural determinants of food poverty. Further fieldwork is to be carried out in early 2018.

3. Contested moral economies of local food hubs: Destigmatising food poverty?

Katerina Psarikidou* and Harris Kaloudis, Lancaster University; Amy Fielden, University of Newcastle; Christian Reynolds, University of Sheffield
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Our paper explores the potential of local food hubs to address issues of food poverty in urban deprived areas. ‘Local Food Hubs’ constitutes a relocalised distribution channel that aims to reconnect local small-scale producers with consumers. However, like other examples of Alternative Agro-Food Networks (AAFNs), it constitutes an elite phenomenon, mainly involving affluent areas and consumers (Stroudco Foodhub, 2015).

Our research attempts to challenge such assumptions by exploring the potential of

the Open Food Network (OFN) local food hubs to constitute ‘an alternative’ not only to supermarkets, but also to the conventional way of addressing food poverty. It is estimated that 4.7 million people in the UK live in food poverty (CEBR, 2013), with food banks being the main avenue for accessing food, with significant implications of social stigmatisation for their users (Garthwaite, 2016; Lambie-Mumford, 2015; Purdam et al, 2016).

In collaboration with the OFN UK, the Larder UK and Meadow Well community centre, we have developed a pilot study to assess the conditions under which ‘local food hubs’ could provide an alternative model through which low-income households can have access to healthy affordable food. In doing so, we explore the contested moral economies (see Sayer, 2000; Boltanski and Thevenot, 2006) attached to the potential of local food hubs to help overcome as well as provide justification for existing discourses, practices and policies of stigmatisation of food access in conditions of food poverty.

Funding declaration
Data comes from research (interviews, workshops, focus groups and surveys) funded by the HEFCE N8 AgriFood Resilience Programme.

4. The social impact of food banks and community cooking initiatives in the North West of England.

Amy Bond* and Birgit Ramsingh, Faculty of Health and Wellbeing, Division of Nutrition and Exercise Science, University of Central Lancashire
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Food bank use in the UK has reached an ‘all-time high’ in 2016/17 with the North West being the region with the highest number of
users (174,489) of Trussell Trust food banks. The past decade has also witnessed a growth in the number of alternative food networks (AFNs), including community cooking initiatives (CCIs).

The aim of this project was to contrast the impact of food banks and community cooking initiatives, taking into account key social indicators, such as empowerment and agency. This paper will highlight our preliminary findings of the similarities and differences of the two services.

A case study approach was used, and qualitative semi-structured interviews allowed the researchers to gain rich, descriptive data based upon the experiences and opinions of individuals involved in the schemes, whether on an employed or voluntary basis.

Data was collected from networks in Lancashire such as Sustainable Food Lancashire, Preston Food Partnership, Burnley FC in the Community and the Trussell Trust food bank network. During December 2017, a series of semi-structured in-depth interviews and site visits took place.

Transcript data was organized using thematic content analysis and the preliminary findings suggest a difference in client base between the two models, dependent on crisis level; however there is increased awareness of the long-term skill development potential of CCI. Other themes include religious affiliation, and social stigma surrounding the use of food banks.

Based on these findings, we wish to propose recommendations for future food policy directions and programme interventions.

5. Food aid, livelihoods and household food insecurity.

Wolf Ellis*, Department of Geography at King’s College London and Associate at Evidence for Development

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This PhD project aims to provide new evidence of how different types of food aid and other support services affect households’ living standards and food security in the context of their wider incomes and livelihood strategies, while also contributing to the development of more comprehensive income measurement and analysis for poorer households, and strengthening the links between incomes-based research and food insecurity monitoring.

These aims stem from the DEFRA-commissioned UK household food security and food aid review’s call for more research on the benefits and drawbacks of different types of food aid provision, national campaigns for better monitoring of food insecurity, and an awareness of the main UK data sources’ flawed handling of potentially multi-faceted, unstable and irregular incomes.

I am currently conducting semi-structured interviews with households visiting participating food banks or community meals in the London Borough of Southwark. The interviews integrate key aspects of the Family Resources Survey (FRS), the USDA Household Food Security Survey Module, and more open-ended poverty assessment methods that are widely used for livelihoods and food security research in developing countries. A locally appropriate Minimum Income Standard will be used to consider the adequacy of the incomes recorded, which will also be compared with relevant data from FRS and other sources for further contextualisation.
I will present an overview of the study methodology and the initial findings from baseline interviews.

6. Access to holiday clubs: are they serving the most deprived communities in England?

Emily Mann*, Michael Long, Paul Stretesky, and Greta Defeyter, Northumbria University
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School holidays are a challenging time for families on low income as families can experience increased financial pressure, risk of food insecurity and isolation. These challenges have been referred to as ‘holiday hunger’. In response to the problem of holiday hunger, hundreds of local ‘holiday clubs’ have recently been established across the UK. This research examines the spatial relationship between income, childhood deprivation, ethnicity and holiday clubs across England’s neighbourhoods (n=32,844) to determine if these clubs are currently operating in areas of high deprivation. In 2016, data was collected from a national survey of over 400 organisations across the UK. The survey found that the majority of holiday clubs are delivered by voluntary groups or local authorities with the aim to support a range of needs for families but the provision of food, childcare and social activities were identified as areas of priority.

The location of holiday clubs are mapped within Lower Super Output Areas (LSOAs) and examined in relation to neighbourhood demographics. Binary logistic regression results suggest that all types of holiday clubs are more likely to operate in economically disadvantaged neighbourhoods. Nevertheless, holiday clubs are not distributed equally by ethnicity; findings show that holiday clubs operated by voluntary organizations are more likely to be situated in neighbourhoods that are disproportionately English/British and less likely to be situated in neighbourhoods that are characterized as dominated by ethnic minorities.

PITCH SESSION 2:
Dilemmas in food redistribution and food charity.

Chair: Dr Andrew Williams, Cardiff University
Time: 13.00-14.30

1. Understanding models of wasted food redistribution in the UK: Contention, containment and conditions.

Charlotte Spring*, Maqs Adams, and Mike Hardman, Human Geography, University of Salford
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This paper discusses findings from ethnographic research with two primary UK ‘wasted food’ redistribution organisations; a national charity and a pay-as-you-feel café network. Research took place largely in the north of England from 2015–2017 but includes comparative findings from field research in North America in 2016. The research aimed to identify discursive, material and structural conditions for the growth and entrenchment of such redistribution as a response to food waste and food insecurity. This paper analyses organisations’ divergent framings of waste and hunger and relates these to an evident diversity of models and
uses to which surplus food can be put. I argue that the co-representation of food waste and food insecurity have prompted the roll-out of a globalising model of charitable redistribution rooted in America’s experience of Reaganite austerity and excess food production, but explore alternative framings and models for such redistribution that can challenge its potential to dichotomise givers and receivers and create spaces for eating across difference.

At a time when government ministers are hinting at support for financial incentives to support further growth of redistribution, I draw on evidence from North American organisations working to both enable and contest such institutionalisation, and ask what implications this might have for food waste and food insecurity organisations and movements in the UK.

2. “Taking what is given”: Journeys to and from the food bank.

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This was an undergraduate study which explored the lived experiences of people engaging with food banks, either as a recipient of food aid or as a volunteer giving food aid, with the aim of investigating the potential impact such experiences have on the sense of self and identity. In the city of Stoke-on-Trent, where approximately 38% of households live on less than £16,000 per year, the number of Trussell Trust food banks totals fifteen. A qualitative research methodology was adapted for this project, using in-depth, one-to-one interviews as the data collection method. Whilst volunteering in the summer of 2016 in several Trussell Trust food banks across Stoke-on-Trent, the narratives of eight individuals were gathered, comprising four food bank receivers who became volunteers, two volunteers and two food bank guests. Food bank use has been described as a lifestyle choice by politicians, and those dependent on welfare are regularly portrayed negatively in the media. This depiction along with political anti-welfare discourse has generated the social stigma attached to food banks. Whilst recognising the limitations of the sample, findings from this research established that embarrassment and shame are the predominant emotions experienced by food aid recipients.

In viewing the food they are given as a gift, participants demonstrated a desire to give something back. Through reciprocity, individuals are able to limit harm to self-esteem and reconstruct their status and identity. The findings also demonstrate that food banks are offering more than food, affording some the opportunity to practice their Christian faith and others the chance to build confidence and skills.

3. “She shouldn’t be buying Lurpak”- Faith based responses to poverty in Middlesbrough.

Kate Haddow*, Teeside University
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Middlesbrough is one of the most deprived towns in the UK. It was identified as a place that would be least resilient to the welfare cuts, meaning for many food poverty is a reality. Interestingly it is also one of the most diverse areas of the North East in terms of religion. Faith groups have always played a key role in the provision of welfare. This mixture of faith groups is becoming essential to those on the breadline, while the welfare state is withdrawing.

The most popular faith based response to poverty is through food such as soup kitchens, food parcels and breakfast clubs. Using ethnography and semi-structured interviews to explore these diverse range
of religious responses, this presentation will look at the lived experiences for those using faith based services and also look at the impact of faith based responses to poverty. The early findings suggest that people are using faith services for complex reasons such as lack of secure employment, sanctioning of benefits and homelessness.

These preliminary findings also suggest that faith based services are complex and diverse institutions that hold various views on food poverty. More professionalised faith based organisations have a better-informed view of the complications that people face, however many smaller organisations lack an understanding of the severe problems faced by the people of Middlesbrough. Volunteers often attribute the rise in demand for food provision as a lack of responsibility and individual flaws, rather than wider political and social factors.

4. “Nobody needs to go hungry in this town”: The lived experience of food bank clients in the East Midlands.

Natasha Bayes*, Faculty of Health and Society, University of Northampton, Northampton
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Following the surge in UK food bank service use over the last decade, research has begun to explore the experiences of clients utilising food banks. However, little research has been conducted in the East Midlands of the UK. This study addresses this gap by exploring clients’ experiences of food bank use within the East Midlands. This study adopted an ethnographic design by collecting and triangulated data between February 2017-May 2017 using two methodological approaches; interviews with 11 food bank clients and 5 food bank employees/volunteers, and observations within the food bank. The findings revealed a variety of socio-political factors drive clients to the food bank, including welfare, employment, housing, and health and wellbeing challenges. The practice of resourcefulness and ‘othering’ was apparent within and outside the food bank. Feelings of shame, embarrassment, desperation, gratitude and relief were prevalent themes, as well as a fear of judgement and felt and enacted stigma.

These complex experiences were mitigated by food bank staff developing supportive relationships and a non-judgemental environment. Study insights revealed the importance of food banks fostering a kind, non-judgemental ethos to alleviate clients’ difficult emotions. Insights also revealed the importance of UK policy and practice to address wider socio-political issues (such as housing, welfare and employment) driving increases in food bank use and shaping experiences of food insecurity.

5. “Anything but indifferent”: Re-thinking the relationship between food charity and activism.

Lewis Smith*, University of Warwick
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There is a broad consensus in academic literature that the rise of food charity in the UK does not represent a solution to the issue of food poverty. Scholars have highlighted the ways in which food banks and other forms of charitable provision fail to meaningfully address needs or underlying causes of poverty, and have argued that there is a risk, to quote Pat Caplan, that food charity could “play an unwitting role in depoliticizing food and poverty and socially constructing indifference.”

In other words: food charity is generally seen as being complicit in the reproduction of particular social order. In this paper I explore the ways in which charitable food initiatives can – and do – play a
more actively oppositional role. Drawing on interviews with volunteers and staff from organisations including the Trussell Trust and FoodCycle, as well as historical case studies, I argue that food banks, community kitchens and other spaces of food aid provision can play an important role in research and advocacy, in forging politically engaged communities and in the visualisation (rather than the obscuring, as is conventionally argued) of poverty. I argue that this has had an influence on government policy – notably in recent concessions over Universal Credit – and that it suggests charitable food initiatives could actually provide a platform upon which to build a powerful movement for change in the UK.


Samuel Strong*, Queen Mary University of London, and the University of Cambridge
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This paper examines the prominent experiences of shame performed by users of a food bank service in the Valleys of south Wales. Drawing on fifteen months of ethnographic and qualitative participatory research (over 2014-2015), the paper argues that the association and experience of shame with the provisioning of free food is not ‘natural’, but is rather produced through a broader set of geographical processes.

Crucially, the forms of ‘shameful subsistence’ that occur at food banks must be addressed as part of an inherently political process through which poverty and hunger are being blamed on apparent instances of personal and individual failure. Consequently, the emotional geographies that emerge at food banks in turn conceal the structural processes of neoliberal capitalism and austerity that are responsible for the rise of food insecurity.

Just as importantly, the potential threat of these feelings of shame prevent many from accessing food banks (and other forms of food aid) in the first place. However, those who manage and volunteer at food banks do simply allow these moments of shaming to occur. Rather, acts of solidarity, kindness and care by those who work at food banks goes some way to combating shameful subsistence—though these forms of contestation are only ever partial.

PITCH SESSION 3
Exploring the need for targeted interventions.

Chair: Professor Jon May, Queen Mary University of London
Time: 13.00-14.30

1. Food poverty in the UK: A qualitative study examining the engagement of organisations supporting vulnerable groups.

Barbara Goldberg*
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In 2014, an estimated 8.4 million people in the UK experienced moderate or severe food poverty, to which groups such as the homeless, substance abusers, older people and those with mental health challenges are particularly vulnerable. This study examined the scope and nature of engagement of local authorities and charities supporting groups vulnerable to food insecurity, differences in identification and manifestation of food poverty, and barriers and motivations to incorporate the issue into organisations’ activities. We conducted a qualitative study using semi-
structured interviews with respondents from local authorities and charities supporting the elderly, homeless, substance abusers and mental health sufferers based in London, Middlesborough, Liverpool & Hull, exploring the knowledge, attitudes and experience of respondents.

Interviews were transcribed and coded using QSR Nvivo 10, analysed using a directed content framework and thematic analysis. All of the local authority representatives (n=3), but none of the charities, included food poverty in their remit or strategic plans, whilst 10 out of the 12 charities reported the inclusion some form of support such as food distribution, on-site provision of meals and signposting to food banks, in their activity. Self-report by charity service users was the most common means of identification of food poverty. Reported barriers to integrating food activities included lack of funding, competing priorities and local food aid saturation.

Three charities employed food as a tool to improve service users’ autonomy and self-esteem. Two local authority and two charity respondents reported having a food poverty champion within their organisations. This research suggests the lack of a top-down strategic response to food poverty constrains intervention by groups with regular access to vulnerable people.

2. ‘Does living in a deprived area equal welfare and food bank use? Exploring the experiences of Pakistani Muslims’.

**Abi Woodward***, Centre for Regional Economic and Social Research, Sheffield Hallam University
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This paper discusses the role of community self-help (CSH) as a coping strategy to explore the lived experiences of Pakistani Muslims in a deprived area of Sheffield.

Food aid is a form of CSH and a primary coping strategy today, but evidence suggests that the Pakistani Muslim community is not engaging in food-aid provision to the same extent as some other groups. Additionally, whilst this group is most likely to be in persistent poverty, they are less likely to access welfare services. Subsequently, Pakistani Muslims may be accessing less formalised resources to get by, driven by religious, cultural or family values rather than public policy.

CSH acts as a crucial ‘safety net’ for marginalised groups but is often hidden and overlooked and while much is known about the coping strategies of low-income individuals and families who are predominantly White, the experiences of other ethnicities have remained largely unexplored.

I will present data from a pilot study carried out in 2017 alongside preliminary qualitative data collected during early 2018. My pilot study confirmed that food banks located in three predominantly Pakistani Muslim neighbourhoods in Sheffield, are not seeing this well-established group access the provision to the same extent as other users. Subsequently, the strategies employed by Pakistani Muslims both at household and community level need to be explored. In doing so, I aim to address a significant gap in knowledge relating to how Pakistani Muslims living in the UK cope with issues of financial insecurity and wider poverty.
3. Beyond provision and nourishment: what are the possible areas of influence of community projects seeking to tackle holiday hunger?

**Clare E Holley** and Emma Haycraft
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Holiday hunger is a widespread issue in the UK, with recent statistics suggesting that this issue is increasing. While community projects seeking to tackle holiday hunger exist, the outcomes of such projects are poorly understood. This study used project leader insights to explore the perceived impacts of a national project which provided free food at free-to-attend summer holiday sport-based clubs for children across the UK. Focus groups were conducted with the 17 leaders of groups who participated in the initial StreetGames Fit and Fed pilot which took place over the school summer holiday in 2016.

Thematic analysis revealed that the project had multiple areas of positive impact for child attendees, including improving their diet, mood, behaviour as well as allowing an opportunity for enriching, shared experiences. Findings also suggest multiple opportunities to maximise the potential benefits of such projects, by applying research from the developmental eating behaviour literature to the design and implementation of these projects. For example, mechanisms of behaviour change such as peer models and repeated exposure may be both feasible and effective additions to projects seeking to tackle holiday hunger.

The possible implications of this research for the health and wellbeing of attendees will be discussed.

4. Rural poverty: The impact of rurality on consumers’ access to food services, using a food poverty risk index.

**Natasha McClelland***, Sinéad Furey, Paul McKenzie, and Lysney Holywood
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**Background/rationale**
Northern Ireland (NI) has a dispersed population, with 38% of citizens living in rural populations (NISRA, 2015). Geographically dispersed populations induce low levels of consumer demand which in turn yield a number of secondary characteristics including limited service provisions (Connolly et al, 2012), leaving depopulated rural areas with service provision inadequacies (O’Shea, 2009). The issues of food poverty are significant in NI. Approximately, 1/5 of households live in poverty with relative poverty rates showing to be marginally higher in rural areas (Department for Communities, 2017). Given that rural households in NI account for the highest proportion of households with children, pensioners and self-employed, rural dwellers should not be readily disregarded (Department for Communities, 2017).

**Aim**
The research aims to map and identify at-risk areas that would benefit from a food poverty/food access intervention. It uses an innovative methodology of combining food poverty indicators with Geographic Information Systems (GIS) mapping to create a Food Poverty Risk Index.

**Methodology**
Data collection adopts a mixed-methods design integrating both quantitative and qualitative data sources. The target population is rural dwellers within NI.

The research will systematically investigate and plot variables to identify and map areas of high deprivation in rural NI. Semi-structured interviews with key stakeholders will
investigate and sense-check the appropriateness of preliminary mapping. Findings will be targeted to support organisations – retailers; public health stakeholders and government policy officials – of potential pilot sites for targeted interventions.

Results
The results of the pilot study mapping at-risk areas will be presented.

5. Child food insecurity in the UK: Evidence on its extent, nature and effects and what can be done to address it. A rapid review.

Magaly Aceves-Martins*, Moira Cruickshank, Cynthia Fraser and Miriam Brazzelli, University of Aberdeen
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Background
Food insecurity in children may jeopardise their health and development.

Rationale for research question: More efforts to adequately measure and tackle food insecurity in children are needed. It is crucial to examine the impact of food insecurity on children’s health and development and to evaluate recent interventions which address child food insecurity.

Study aims
To determine the nature, extent, and consequences of food insecurity affecting children in the UK.

Research methodology
This rapid review, supported by The Food Foundation, focuses on the nature, extent, determinants and costs of child food insecurity in the UK. We aim to assess the impact of child food insecurity on physical, cognitive and social well-being as well as interventions (including their cost-effectiveness if available) which have been developed to eliminate, reduce or mitigate child food insecurity in high income countries.

The target population comprises children from 0 to 16 years old (at the start of the study or evaluation) from any ethnicity or gender living in pre-specified high-income countries. Relevant reports published from 1995 onwards will be included. Published literature will be sought from healthcare, nutrition, education and social science databases (e.g. MEDLINE, EMBASE, CINAHL, CAB abstracts, the Cochrane Library, ERIC, PsycINFO, Social Science Citation Index, ASSIA, EPPI-Centre, and SCIE). The websites of UK government, public and private institutions, charities and major international organisations concerned with child health and poverty will be consulted for relevant documents and information.

Expected findings and results
A rapid review with tabulated results will be finalised in April 2018.

6. Hand to mouth: Precarious work and dietary pathology.

Ben Richardson*, Department of Politics and International Studies, University of Warwick
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In his 2011 book The Precariat, Guy Standing argued that insecure employment and irregular work being normalised in capitalist economies was creating a whole new social class. This paper, based on a piece published in Lacuna Magazine in 2017, looks at how precarity affects people’s diets and asks whether the precariat could mobilise around the issues of health and hunger. Focused on the UK and drawing on survey data from the 2010s its preliminary findings are that the class characteristics of ‘the precariat’ do encourage nutritionally-deficient diets. It also identifies three political responses to this, but leaves open the question of which will be most salient. The paper seeks to relate debates on food and poverty to the political economy of labour; the presenter hopes to gain sociological insight on how the arguments might be further substantiated and developed for journal publication.
RESERVED ABSTRACTS

Note: Unfortunately not all abstracts submitted to the conference for consideration could be included in the programme. We also received some late submissions. With the authors’ permission, we’ve published some of these abstracts here.

1. Npower Fuel Bank™ evaluation.

Helen Stockton*, Luke Garrett, National Energy Action
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Research by both NEA (2015) and Lambie-Mumford and Snell (2015) singles out users of pre-payment meters as experiencing particular difficulties as a result of their payment type. This appears to be directly related to a lack of flexibility in both household income and in energy payment type, inevitably leading to trade-offs. Scoping research conducted by NEA (2015) into how food poverty and fuel poverty agendas could be aligned found that food bank service users were often simultaneously experiencing both food and energy crises and this was particularly true for those that used PPMs.

This research comprised a two-stage evaluation to provide insights to help inform operational and strategic decision-making and establish outcomes for service users. Research took place between 2014 and 2016 and involved over 200 service users drawn from across 14 Npower Fuel Bank™ locations.

The Fuel Bank™ provided assistance at multiple points along an energy crisis spectrum – at the extreme of self-disconnection (SD) but also at the less extreme end that required use of emergency credit, helping those in this situation to avoid the ‘cliff edge’ of SD. Results of Phase 2 reinforced those established during the pilot evaluation, particularly that there are both direct and indirect benefits. However, while the pilot evaluation limited direct benefits to three (reconnection to supply; avoidance of self-disconnection; and reduce or avoid energy debt), research expanded these to include reduced stress and anxiety associated with energy bills. The Fuel Bank™ played a key role in providing energy support at a time of crisis, and this in turn provided a window during which other support, including energy-related support, could be provided and given the best opportunity to be accepted and acted upon.

Reports from this project are available online:


2. What are the factors that drive household food security in United Kingdom?

Otu William Ibok*, School of Agriculture, Policy and Development, University of Reading
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This research paper investigated the factors that drive household food security in the UK using the household data set from Understanding Society. The research objectives were to: find out the proportion of UK households that are food secure, the drivers of household food security and the effect of household income on household food expenditure. The research methodology employed food security indices, probit and instrumental variable techniques to analyse the research objectives. Results from the study confirmed some important facts reviewed from literature. Approximately 70% of UK households were food secure while 30.22% were not food secure. The probit regression showed that the drivers of households’ food security in UK are: amount spent on electricity and gas, spending on alcohol, number of cars owned, number of people who are unemployed, number of couples within the household, household size, gross household income, behind with rent/mortgage, methods of owning houses and access to the internet. Result from the IV regression showed that food prices and household income significantly affected sums of money allocated for household food expenditure. To improve and sustain UK household food security, the study recommends that policies should focus on reduction of energy (gas and electricity) cost, increasing household income and increasing awareness of the potential danger of alcohol consumption to households.

3. Material deprivation modulates the effect of portion size on intended food consumption.

Maisy Best* and Esther K. Papies, Institute of Neuroscience and Psychology, University of Glasgow
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Low socio-economic status has been associated with increased consumption of low-nutrient, energy-dense foods, and more deprived areas with an increased density of fast-food outlets. At the same time, research in health psychology has shown that consumers eat more when presented with a large portion of food than when presented with a small portion, which has been called the portion-size effect. Here, we hypothesized that actual and perceived material deprivation would increase the portion-size effect on intended consumption, especially for unhealthy foods. To test this hypothesis, we conducted a large-scale online experiment in which 511 adults living across England were shown images of eight foods (four unhealthy, four healthy) in either a ‘small’ or ‘large’ portion. For each food, participants indicated how much of the depicted portion they would consume. We assessed deprivation via three measures: (1) household postcode (linked to the English Index of Multiple Deprivation), (2) household income, and (3) self-rated wealth. As predicted, analyses indicated a significant association between these measures of deprivation and the portion-size effect, moderated by the healthiness of the food. Specifically, although all participants displayed the portion-size effect, we found that increased material deprivation was associated with a larger portion-size effect for the unhealthy foods and a smaller portion-size effect for the healthy foods. These findings suggest that material deprivation could increase susceptibility to overeat when large
portions of energy-dense foods become available. We discuss how material deprivation could influence the psychological mechanisms behind food consumption and contribute to the risk of overweight.

4. Responding to children’s holiday hunger: volunteering and faith.

**Stephanie Denning**, School of Geographical Sciences, University of Bristol
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Faith-based organisations are playing a crucial role in responding to UK food insecurity. Alongside campaigning for structural and policy change, if voluntary sector responses are to be sustainable, then we need to understand how people volunteer. This research questions how people are motivated by their Christian faith to volunteer, and how they persist in volunteering. The research took place at an inner-city church where deprivation is in the top 5% of the UK.

Using participatory methods, I established and ran a ‘MakeLunch’ Kitchen over 20 months before the project handover in 2016. ‘MakeLunch’ is a national Christian charity whose venues respond to children’s holiday hunger – food insecurity in the school holidays – with a free hot meal and play. The operation of the Lunch Kitchen relied on predominantly Christian volunteers but the sessions did not include religious content for the children who attended. I drew upon my experiences running the Lunch Kitchen and those of other volunteers, captured in solicited diaries and interviews, to question how people start and persist in volunteering.

The research found that faith was an important motivator, often alongside politics and a hope of enjoyment, and that through faith, volunteering can hold more meaning than being simply about the giving of food. Volunteers were therefore affected as much the traditional “recipient” through their relationships with each other and the children, and how their expectations compared to reality. Overall, for volunteering to persist, motivations must be continually re-ignited; there is a continual cycle of motivation, action and reflection in volunteers’ persistence.

5. Understanding the experiences of cardiovascular disease management in low income areas.

**Sara Estecha Querol** and Pam Clarke, Institute of Psychology, Health and Society, University of Liverpool; Mark Gabbay, Department of Health Services Research, University of Liverpool; Lilian Sattler, Department of Foods and Nutrition and Department of Clinical and Administrative Pharmacy, University of Georgia; Jason Halford, Department of Psychological Sciences, University of Liverpool
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**Justification**
Cardiovascular disease (CVD) is one of the main causes of death and disability in the UK. This study’s principal aim is to produce a thorough understanding of everyday reality for people with CVD and other chronic health conditions who lived in economically deprived neighbourhoods in Liverpool and were themselves experiencing economic difficulties.
Methodology
In-depth semi-structured qualitative interviews were conducted with 14 participants whose cardiovascular health was compromised between July and August 2017. For this study, thematic analysis was used as a tool for data analysis and phenomenology was used as theoretical approach to data interpretation.

Results
Four main themes emerged from the data: (1) “how illness has affected me and those close to me” (2) “struggling for money”, (3) “coping with poor lifestyle”, and (4) “reflections on current care”. Participants’ chronic health condition had an impact on their physical and mental health as well as on people around them. Adverse financial circumstances played a key role in “forced” poor lifestyle choices. Food poverty was a reality for some participants in this study.

Discussion
Lack of healthy lifestyle literacy, deprived environments, low welfare benefits, physical and mental health problems as well as budgeting skills have a direct impact in CVD management in low-income individuals and those around them. A better understanding of the barriers that interfere with low-income individuals’ decision-making process is needed to be able to support people with chronic conditions living in areas of deprivation, to self-manage their health and wellbeing more effectively.


Kemi Akinola*, Be Enriched; Brixton People’s Kitchen; University of West London
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130,000 people are food insecure according to the Trussell Trust’s Foodbank statistics. There is evidence to suggest that food bank use is not providing a complete picture of the amount of food insecure people. This study looked into the food experiences of adults involved in Food Poverty Interventions (FPI). The study addressed and examined the experience of participants who identify as moderately food insecure and are accessing food poverty interventions. Using the United Nations Food Insecurity Experience Scale (FIES), a pre-qualifying questionnaire was completed by 48 beneficiaries from two food poverty interventions in South London in January 2016. A Thematic Analysis of six interviews was carried out from this purposeful sample.

The results suggest that FPIs provide community, access to fresh foods and tackle other causes of poverty as well satisfying immediate food needs. Furthermore, the evidence suggests that there are a large amount of people not accessing food banks who are food insecure and do not recognise themselves as being affected by food poverty. Recommendations from this research are that FPIs follow a community-setting approach, include access for skills development, access to advice and that a more robust food insecurity measure is used nationally.
7. The institutionalisation of the UK food bank network: A Study of a North Derbyshire food bank.

Madeleine Hayden*, Sheffield Hallam University
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This study provides an insightful examination of the extent to which UK food banks have become an integrated part of the welfare system, and the level of neo-liberalisation, institutionalisation and corporatisation of the food bank network and its referral system. The geographical focus for the study is a town in North Derbyshire with an above average level of welfare dependency.

Secondary research of previous studies in the UK and Canada have highlighted the entrenchment of food aid and food banks in these societies. This has provided a basis for further research to determine the systems in place in the UK food bank network that continue to support its institutionalisation and neoliberal welfare reforms.

For the purpose of the study, the researcher proposes to collect valuable qualitative primary data in the form of semi-structured interviews to provide an insight into the food bank referral system. Interviews will be undertaken with a local food bank and its referral agencies including debt advice centres, local authority housing and social services, local health practices, and not-for-profit advice agencies. The use of semi-structured interviews will allow interviewees to express their opinions and relate personal experiences.

These interviews will take place in February and March 2018 and so the study’s findings are not yet available. However, the research study will be complete and findings available at the time of the conference.

8. ‘Cooking Beat the Demons in my Head’.

Clare Pettinger*, University of Plymouth
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This collaborative ‘media impact piece’ was co-created with community partners Fotonow CIC, to showcase findings from phase one of the Food as a Lifestyle Motivator project (https://vimeo.com/209933900).

The short film comprises four ‘case studies’ of homeless males in Plymouth.

The ‘Voice Centred Relational Method’ (VCRM, Mauthner and Doucet 1998) gave authenticity to the voices of these participants. Four ‘I-Poems’ are narrated, that draw on statements incorporating “I/we/you” made in response to images during a photo elicitation approach.

This film was shown at the Totnes Transition Town Film Festival in the vintage mobile cinema on Fri 10th March 2017. It showcases the importance of strong innovative collaborative partnerships to tackle issues of food poverty and social justice.
The Food as a Lifestyle Motivator project aimed to pilot creative methods in homeless adults for the examination of food related experiences to facilitate their engagement in wellbeing discourse (see Pettinger et al. (2017) ‘Engaging homeless individuals in discussion about their food experiences to optimise wellbeing: A pilot study’ Health Education Journal, 76: 5, 557-568).

9. Sugar Smart and low socio-economic status residents of Bristol: a qualitative study to investigate sugar consumption behaviours, understanding of associated health implications, and campaign reception.

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Background
There is substantial evidence to associate heavy sugar consumption with poor health outcomes. Despite this, sugar intake in the UK consistently exceeds recommendations, particularly among low socio-economic status populations, which could exacerbate existing health disparities. Concern for these issues has prompted numerous sugar reduction interventions, yet little research has investigated how they may influence low-socio-economic status populations.

Aims
This research aimed to explore the capacity for Sugar Smart, a locally delivered, information-based campaign, to reduce sugar consumption among low socio-economic status residents of Bristol.

Methods
In 2017, eight food bank users and six volunteers from four outlets of a Bristol-based food bank completed semi-structured, one-to-one interviews that were thematically analysed. By triangulating accounts across the sample, food bank users’ sugar consumption behaviours were characterised. Following this, their understanding and attitudes toward the health effects of sugar consumption were established. Finally, Sugar Smart resources were used to gauge perception of the campaign.

Results
Food bank users appeared to heavily consume sugar, with little understanding of associated health implications nor awareness of Sugar Smart. Food bank users’ sugar consumption behaviours were particularly influenced by personal and psychological factors, in addition to social influences and food access. It also emerged that understanding of the influence of sugar on health was influenced by health attitudes and information sources. Finally, Sugar Smart campaign reception was found to be most strongly influenced by campaign appeal and comprehension. These findings led to eight recommendations to Sugar Smart to potentially improve campaign efficacy among socio-economically deprived populations.
ACKNOWLEDGEMENTS

This conference is funded by an ESRC research grant ES/N017358/1. Conference bursaries for stakeholder organisations were provided through the University of Liverpool and University of Leeds N8 AgriFood programme.

The conference organising committee included Hannah Lambie-Mumford (University of Sheffield), Annie Connolly (University of Leeds), Courtney Scott (The Food Foundation), and Rachel Loopstra (King's College London). Others who helped with conference tasks included Sabine Goodwin and students from the Department of Nutritional Sciences, King's College London.
UK Food and Poverty Conference 2018