

Food in Worthing

What do you think the burning issues are?

This question was asked at Green Dreams Festival 2022. The responses were recorded on flipchart paper and have been written up and themed below.

Stars indicate another person who said/agreed with a statement

Waste

Foraging and fruit trees, so much food going to waste!

Need more refills!

Supermarkets stock too much bread which goes to waste ***

40% of waste that goes to landfill is food, 28% of this is edible! Mainly rice and pasta *

Farmers are wasting their products which doesn't look perfectly in shape and weight for supermarkets

Too much food being thrown away everyday ***

Too much plastic containers and covering ***

Food covered in plastic is cheaper e.g. milk

SINGLE portions. e.g. spinach

Everything wrapped in plastic.

Packaging

Food surplus from restaurants and cafes

Time

Time with family to shop and cook

Cooking

Cooking skills

Make more use of intergenerational cooking skills. People in care homes could be teaching other generations their skills

Need more cooking skills. Teaching people how to cook cheap, good meals.

Need community cooking classes to teach people basics

Access

Lack of local food, not easy to access main food shops

No money. Batch cooking more, choice between heating v.s cooking. Have draughty windows which doesn't help. Want hot food in the winter but it's expensive to cook*

More affordable local food

Land

Stop building on good agricultural land

Seasonality

Seasonal produce. Supermarkets should be selling seasonal produce. No point in selling food out of season, as it tastes rubbish anyway e.g. strawberries

Seasonal products, need to get used to not having certain fruit/veg all year round

Health and Environment

People are surviving on takeaways. Health and waste issue.

Lack of fruit and veg in shops and markets. Reliance on supermarkets who use plastics and stock from overseas

Growing

Hollywynd care home are growing food in their garden, it goes straight into the kitchen to be cooked for the residents.

More allotments, long waiting lists. Need smaller plot sizes (quarter).

Teach people to grow/share their own food

Using Power Well

Supermarkets need to do more to help

Council need to facilitate and support community food initiatives and groups

Council to support community plot/shared plot to grow food for local people

S*it food choices in supermarkets.

Markets

Need a mobile market, like they have in other countries, where the market where you can do a weekly shop rotates around neighbourhoods on certain days

Food in Worthing

Forging + fruit o. trees in gardens to waste.
Time with family + cook shop
Cooking skills

Read more refills!

Lack of local food - close to main shops

Supermarkets Stock for much break which goes to waste

40% of landfill is food waste. Rice + Pasta edible!
28% edible!

What do you think the burning issues are?

What are the most important issues. Why? What needs to happen to address the issue? Why is this important to you? What can you do to help? What do others need to do? With you? For you?

Farmers are washing the products which don't look perfectly in shape and might be super markets

Stop building or good agriculture packaging (laminar)

Labelling of ingredients + where sourced!

Shit food choices in Supermarkets on plastic everything wrapped in plastic. Community cooking classes to teach people to grow their own food. Share their own recipes. More allotments in long walks. Lack of fruit/veg shops. Markets - reliance on Spain. Supermarkets help to use plastic from areas. Seasons / products getting used to not having certain fruit. Core home into veg seeds. Core home into veg seeds.

Need cooking more to teach people to cook. Cheap good cook books. Generational skills cooking in the home.

no money. batch cooking more. heating is heating. droughty weather. work for food in winter. or expensive.