



Our approach to working with people from different socioeconomic classes

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Who is here?

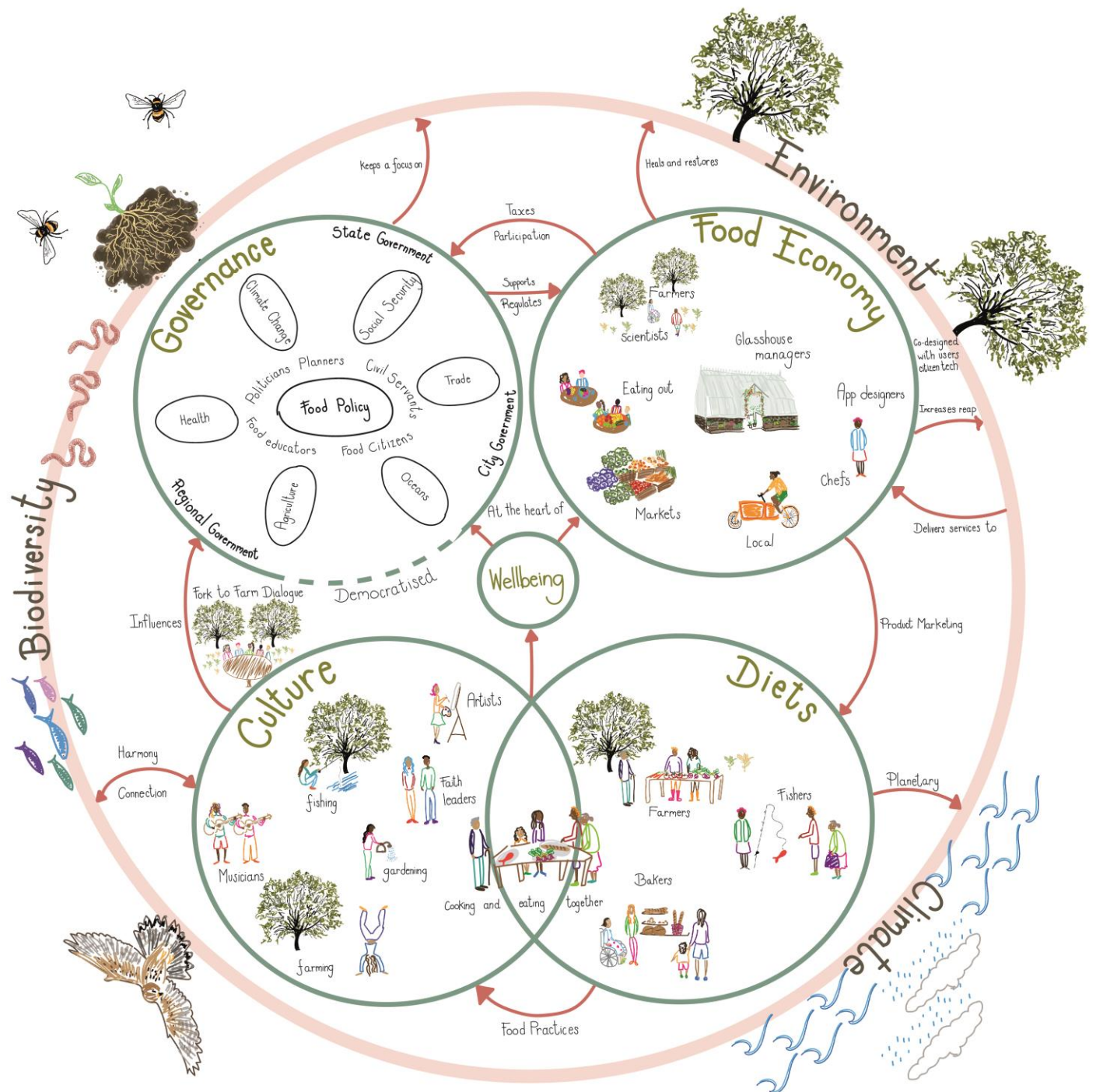
Go to Mentimeter and answer:

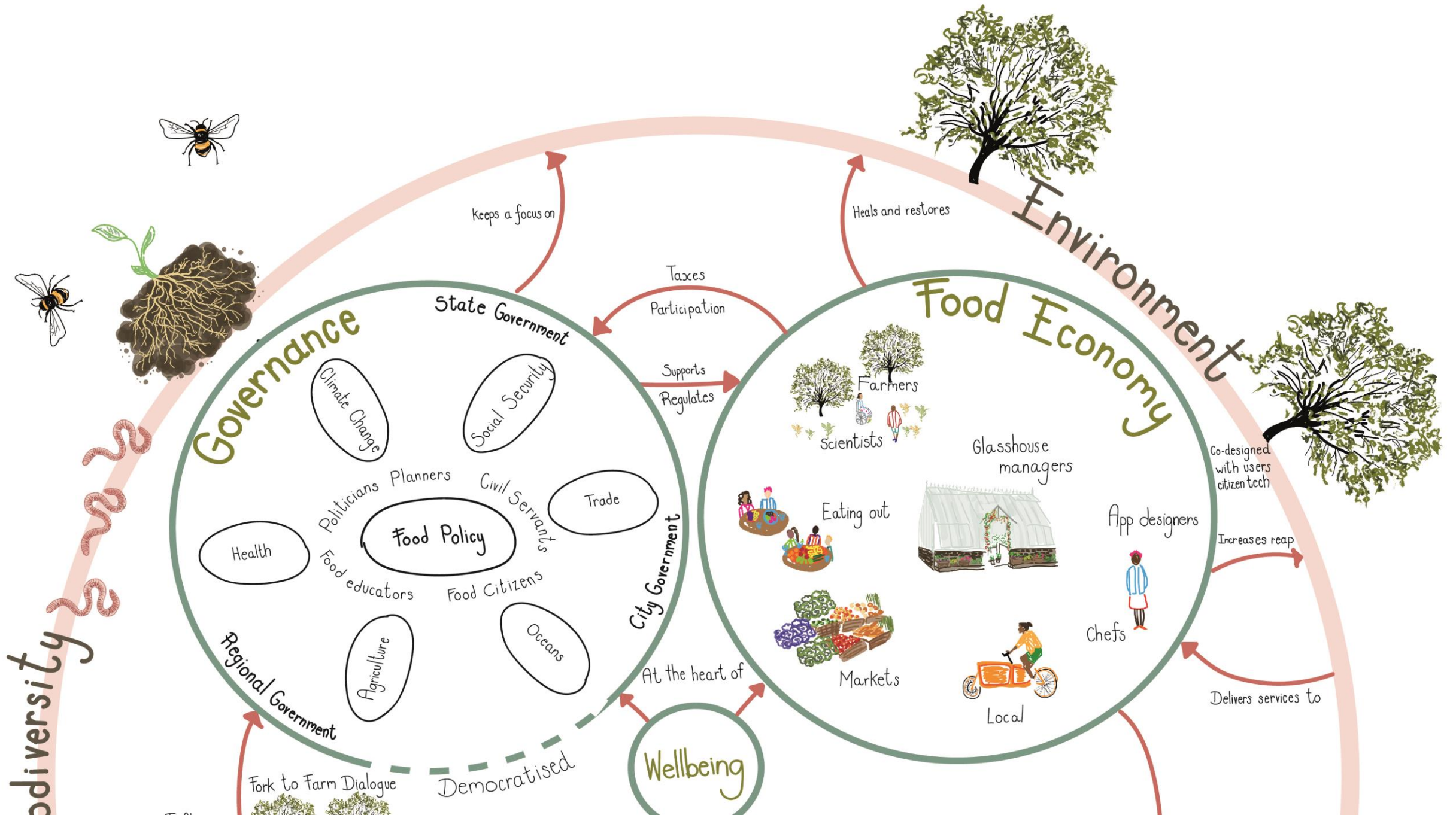
1. What is a niche interest?
2. What is a question you hold on this topic?

Today's agenda

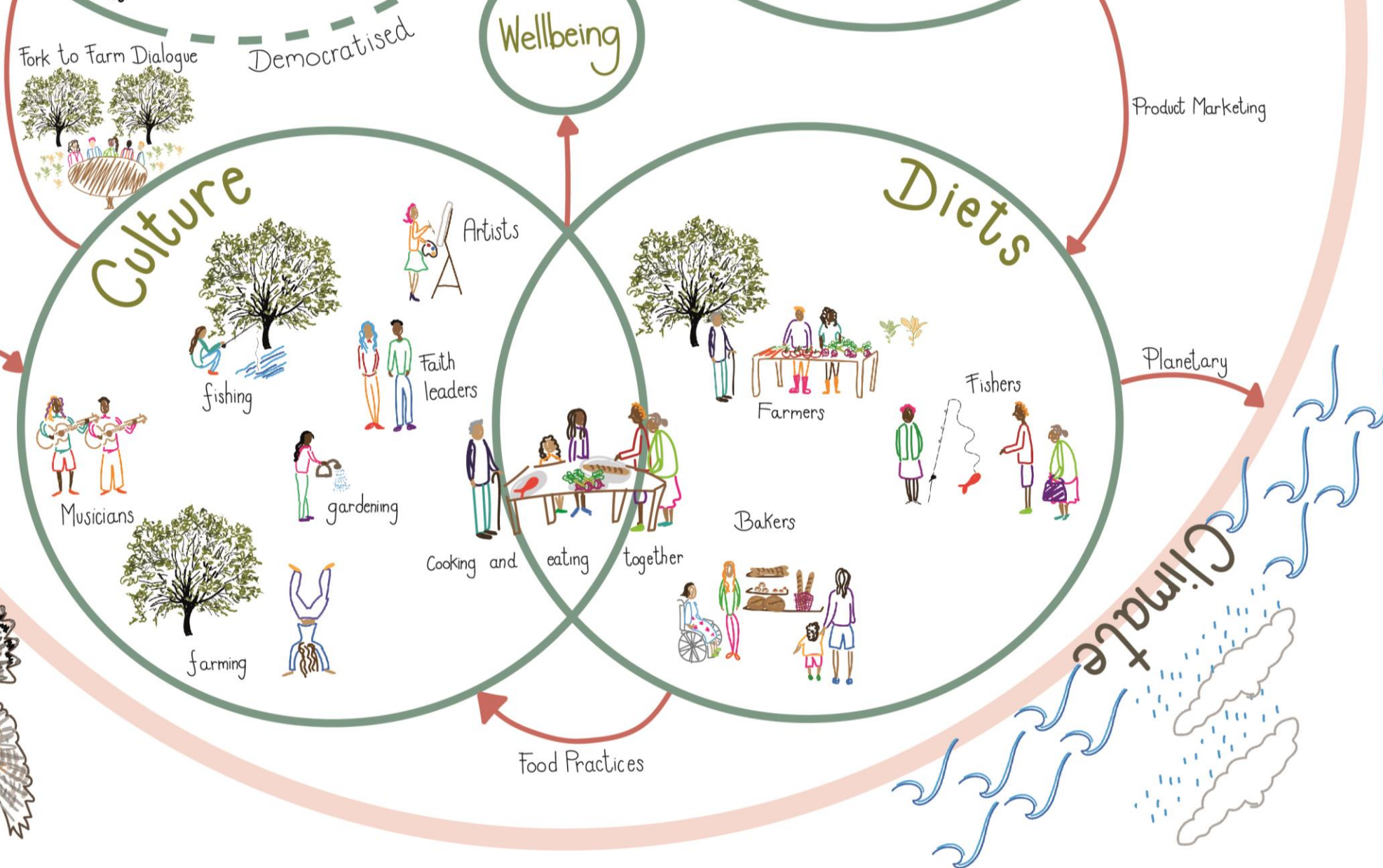
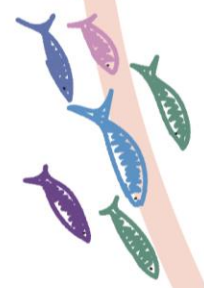
10.00	Who's here?
10.05	Our approach
10.25	Small group discussions
10.32	Feedback
10.40	Nourish Examples
10.50	Q & A What next?

Nourish Scotland is a charity working towards food systems that are good for people and planet





Biodiversity



Nourish Scotland is a charity working towards food systems that are 'good' for people and planet

Food should be...

**Physically and financially
accessible**

Environmentally sustainable

Meet dietary needs & safety standards

Culturally appropriate

Fair to the people who
produce it

A celebration of life

Physically and financially accessible A celebration of life Fair to the people

Environmentally sustainable Culturally appropriate Meets dietary needs and

Meets dietary needs and safety standards Physically and financially accessible

Food that meets all
these criteria is a human
right.

Not a privilege.

Environmentally sustainable

Meets dietary needs and safety

Culturally appropriate Environ

Fair to the people who produce

A celebration of life Cultural

Culturally appropriate Meets dietary needs and safety standards A celeb

Fair to the people who produce it Environmentally sustainable Culturally

A celebration of life Culturally appropriate Physically and financially accessi

Physically and financially accessible

A celebration of life

Fair to the people

Environmentally sustainable

Culturally appropriate

Meets dietary needs and

Meets dietary needs and safety standards

Physically and financially accessible

Everyone should have access to food with dignity and choice

Environmentally sustainable

Meets dietary needs and safety

Culturally appropriate

Enviro

Fair to the people who produce

A celebration of life

Cultura

Culturally appropriate

Meets dietary needs and safety standards

A celeb

Fair to the people who produce it

Environmentally sustainable

Culturally

A celebration of life

Culturally appropriate

Physically and financially accessi

People need to be empowered to see themselves as agents capable of co-designing food systems and not as passive consumers.

But what is actually
happening?

Dominating food systems

Nearly $\frac{1}{4}$
of Scottish
GHG
emissions

Cheapest
food is
high in
oils, salt
and
sugar

Charity as
the
solution
to food
insecurity

Diets
contributing
to long-
term
illnesses
(type 2
diabetes)

Dominating food systems – the situation in Scotland

No time
to eat
food
slowly,
with
others

Land not
being
used to
grow
food

Food
workers
in food
insecurity

The food
we eat is
less
biologically
diverse

Power analysis of the food system.

Power analysis of the food system

- Who is involved in making decisions in the dominating food systems and who isn't?
- Who's perspective has more weight in the decisions that are made and who's has less?
- Which approaches contributing to the current situation are supported by policy and which aren't?
- Which approaches contributing to the current situation are supported by capital and which aren't?
- Who benefits from the way things are and who doesn't?
- How do injustices that we know about (coloniality, queerphobia, ableism) play out in food systems?
- What has happened in the past that has taken us to the current situation?
- What kind of knowledges and experiences are valued in decision-making?
- Who has power and who hasn't and how does the current situation enable this?

Power distribution in Scotland's food system

360,000 PEOPLE WORK IN THE FOOD SYSTEM



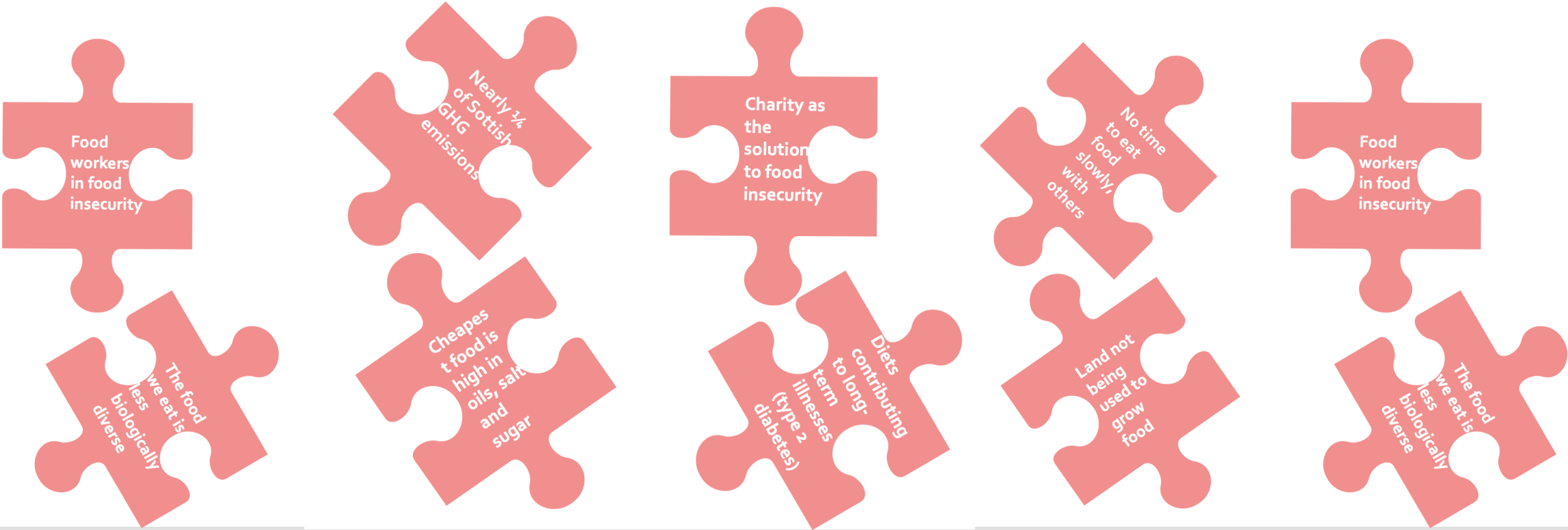
A HANDFUL OF BUSINESSES CONTROL HOW FOOD GETS FROM THE PRODUCER TO THE CONSUMER

5.5 MILLION PEOPLE EAT FOOD EVERY DAY



**People are
seen as
consumers
not citizens**

People in lower socio-economic classes are some of the most affected by the situation



Class

Socially constructed with real-world impact

Intersectional

(property, nationality, ethnicity, cultural norms, behaviours, ethnicity, knowledges, gender,)

**Issues are
systemic
rather than
individual
blaming**

People should
be grateful for
the food that
they get at
foodbanks

If they just
chose healthy
food

They should first
spend their money
on food and then
think about taking
their kids out

If they just
learned how
to cook

Farmers are
destroying our
environment

- 1. What resonated with you?**
- 2. Do you start from a place of power analysis in your work?
How?**

Group discussions 10mins

Practical approaches

People who are
marginalized are experts by
experience

People who are
marginalized are
experts by
experience

- Recognizing injustice
- Expertise needs to be valued
- Valuing different ways of knowing

Supporting participation

Supporting Participation

- Different for different people (childcare, transport, wifi, subsistence, hybridity)

Co-development

Co-development

- Our values & principles
- The practicalities of how we work
- Supporting different people taking the lead
- Continue developing our understanding

Holding meetings lightly

Holding meetings lightly

- Meeting people as people
- Sharing food
- Opportunities for people to contribute
- Breaks & games
- Building relationships

Organizationally

Organizationally

- Time & resources (going slow)
- Hiring processs

Q&A

What next for you?

Thank you!

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