



The All-Party Parliamentary Group on a Fit and Healthy Childhood

NEWS RELEASE

Chair: Steve McCabe MP Co-Chair: Baroness Floella Benjamin OBE. Vice-Chairs: Julie Elliott MP, Dame Diana Johnson MP, Lord McColl of Dulwich, Adam Holloway MP

Formal details of the Group on the Parliamentary website are available

at: <https://publications.parliament.uk/pa/cm/cmllparty/191105/fit-and-healthy-childhood.htm>

'BRITAIN'S FOOD SYSTEM IS IN THE LAST CHANCE SALOON. IT'S NOW – OR NEVER'

Embargo: 3rd September 2020 12 noon

The APPG on A Fit and Healthy Childhood has published companion reports on nutrition and dietary patterns in the midst of a pandemic that has catapulted the food system headlong into 'the last chance saloon'.

APPG Chair, **Steve McCabe MP**, introduced the two-part study saying:

*'The first report in this sequence, **'Emerging Dietary Patterns: Impact on Child Health,'** describes the ways in which collective attitudes to food and nutrition are changing due to an escalating international recognition that food, health and climate are interconnected.*

There is growing agreement that safeguarding the health and wellbeing of our own and future generations are contingent on what we eat and how it is produced.

*Covid-19 has led to a further realisation that we need to change our food industry and eating habits forever. Our second report **'In the Wake of a Pandemic'** contains first-hand experiences of the pandemic from which we base our vision of a regenerative food system that can deliver environmental, social and economic healing – and leave no one behind.'*

The reports were sponsored by **Quorn Foods Ltd**. Tess Kelly, Sustainable Development Manager said:

'Covid-19 has given new impetus to the necessary transition towards a sustainable, vibrant way of living based on a truly diverse food system that works in harmony with nature, supports rural communities and delivers equitable health benefits to society.

Switching to varied diets must be supported by a holistic approach – from improving food literacy, to addressing protein diversity with sustainable and healthy options such as mycoprotein – which will build increased resilience for future generations.

A 21st century healthy food system must no longer separate our dietary choices from the impacts on the health of our bodies, societal wellbeing and our environment.

We champion the strategies in these reports for their ability to nourish people and planet, as well as our food economy.'



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The Report recommends that:

- A Food and Sustainability Act and a Minister for Food Security to drive action and accountability on British food security and food justice
- A demonstrable awareness in policy formulation that addressing hunger, hidden hunger and child malnutrition is central to a Covid-19 response
- Improve data and surveillance systems to monitor Food Safety News (FSN) worldwide to ensure a more dynamic response
- The UK to commit to the aim of ending funding for, and the prevention of, further factory farming by 2040 at home and abroad
- To reduce the likelihood of future pandemics and to remove cheap, low welfare, poor quality and environmentally destructive animal products from the supply chain and the plates of the most vulnerable
- The UK to commit to a funding plan for the redistribution of funding streams to regenerative local farming including growing skills, improving access to nature for all and to improve the scale and quality of meat and dairy alternatives
- Embed the Sustainable Development Goals through the lens of nutrition into cross-functional policy and practice, namely the food industry, the education sector and into primary health care; aligning them to achieve sustainable diets within a 2030 framework and tackle silos.

APPG Lead Author, **Helen Clark**, said:

‘Covid-19 has proved that change is sometimes thrust upon us; we can seize that chance to improve our way of life and what and how we eat is crucial.

Pandemics, poor health, systemic inequalities and lack of environmental protection harm black, ethnic minority and disadvantaged communities in all countries more than any other groups.

Both within and without the UK’s boundaries, the diverse spectrum of peoples requires a similar diversity and inclusion in the systems that sustain life – and the production of the food that we eat in order to live.

Once the Covid-19 shadow has lifted, unless the food system is re-designed, this pandemic will not be the last. Recovery, resilience and above all ‘building back better’ must be the key to the new food system

The policies in these reports can unlock it.’

ENDS

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