



Issue no.8



JANUARY-MARCH
2024

FIO FOOD NEWSLETTER

FIO Food Stakeholder workshops in January & February 2024

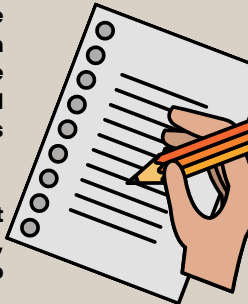
We have had a brilliant start to the new year, meeting with our project's Stakeholders at two in-person workshops, focused on triangulating perspectives from policy makers, health care professionals and people with lived experience of obesity and food insecurity.

During the interactive mapping exercise we aimed to identify potential solution avenues in transforming the food system to help consumers making healthier and more sustainable food choices. Workshops took place on two different dates and locations (Edinburgh & London). It was a unique opportunity to hear different perspectives from our excellent speakers: Heather Kelman (Food Standards Scotland), Dr Adrian Brown (University College London) and Patient and Public Involvement (PPI) Advocates from the Obesity Voices, Nourish Scotland and the Food Foundation's group - Veg Advocates.

We were also presented with two inspiring case studies from Nourish Scotland and Feast with us which included the lived experience component, crucial in understanding the main barriers and struggles of the consumers.

A huge thank you to all attendees for participation and your valuable contributions and to NESTA for hosting the venue in their London office!

Watch this space as we will be sharing the FIO Food White Paper in April with recommendations for policy and health care professionals, which we have formulated using co-production methods and systems mapping techniques.



In the meantime, we recommend excellent blog written by Professor Danielle McCarthy, the co-funder of Nutrition Talent, who participated in the Edinburgh workshop

READ MORE 



January 30th 2024; Royal Society of Edinburgh, Edinburgh



February 16th 2024; NESTA London Office, London

We are past the halfway mark!

The FIO Food Team met for the 18th-month board meeting in London on the 20-21st February 2024. We are very grateful to our project partner - Sainsbury's - who hosted the event this time.

It was great to meet in person to discuss project's progress and future actions. We also had a chance to meet new team members from Leeds Beckett University who will support Work Package 3: data scientist - Dr Thomas Sawczuk (left) and pen profiling expert - Dr George Sanders (left).






New FIO Food publication

We are excited to share our new article published in the *the Appetite*, entitled: **The impact of the cost of living crisis and food insecurity on food purchasing behaviours and food preparation practices in people living with obesity.**

Presented results are part of the Work Package 1 outputs: Capturing the experience of people living with obesity and food insecurity when navigating supermarket foodscapes. If you'd like to learn more, email Professor Charlotte Hardman or Dr Rebecca Stone who were leading this part of the study.

 charlotte.hardman@liverpool.ac.uk
rebecca.stone@liverpool.ac.uk



A massive thank you to all our stakeholders & project's friends for your continued support, valuable insights and motivation to progress!

Wishing you a wonderful Spring holidays filled with joy, well-deserved rest, family time...

...and a (few) chocolate egg(s)!

On behalf of the FIO Food Team
Professor Alex Johnstone