

Sustainable Food City Lancaster.

WHAT IS A RESILIENT FOOD SYSTEM?

Resilience in Food Systems means that the food systems can adapt and transform themselves in such a way that no matter what the future looks like, they can still produce enough healthy food to which everyone has access, avoid environmental damage, and contribute to livelihood generation. Prof Johan Six

This is a list of 15 attributes that are important for a food system to move towards resilient sustainability.

Seeds of vegetables and grazing land

Support local seed varieties adapted to climatic conditions.

Encourage local varieties, open source, open pollinated, non patented, organic.

Fertility

Build the natural soil fertility

Allow small amounts of mineral rich material that will balance the soils range of elements.

Support fertility created from local natural abundant resources, composted waste stream, green manures, organic manures, compost made from the waste products of the growing system, anaerobic and aerobic fermentations

Soil Health

Encourage a regenerative farming system that builds soil over time.

A rich biological soil with a rich complex of micro-organisms including bacteria and fungi, protozoa, nematodes, arthropods and earthworms.

Primary Producer

Support primary producer supported by local processor or marketing group.

Encourage direct sales from primary producer.

Animal Health

Phase out routine use of antibiotics and medication to counteract unhealthy living conditions, leading to resistance to medications. Restricted movement and living space. Feeding that relies on imported, GMO and exploitative crops designed for forced growth or forced productivity.

Reduce feeding that relies on imported industrial feeds, over-stocked land and reduce regular use of multiple medication.

Support a healthy system that doesn't need routine use of multiple medications.
Encourage free range that are fed UK based organic feed
Ensure that livestock can self medicate by using natural plants. Allow full natural behaviour enabled with no suffering. Encourage systems where all feeds are grown on the farm. Eg Pasture Fed Livestock Association, Holistic management and rotational Mob grazing.

Abattoir and markets

Support a farming system that uses local abattoir within 1 hour journey from farm. Direct sales from farm or local processor.

Encourage mobile abattoirs coming to farm. Direct sales from farm.

Human Health

Phase out Food damaging to human health due to forced speed of growth, the presence of residual agrochemicals, the presence of residual medications that might increase human susceptibility to disease. Food tasteless and uninteresting.

Ban Food containing additives that may have adverse effects on human health.

Minimise Food with weak cell structure often high in water content.

Use Food generally healthy but lacking in micronutrients

Encourage food that supports excellent human health throughout the year.

Food contains no residual agrochemicals. Food provides mental and emotional stimulation when eaten.

Ecological footprint

Phase out production leads to soil structure damage and erosion. Soil carbon is reduced by repeated cropping. Production or processing produces harmful waste that pollutes the environment. Production leads to release of greenhouse gases.

Allow land that is stable during food production but doesn't improve in quality.

Ensure no greenhouse gasses are released.

Support a system where there is no ecological damage or harmful waste streams during the primary food production. **Support** regenerative agricultural methods that used that leave the land in better health year after year increasing organic matter and soil carbon.

Primary producer, processor and sales income

Phase out exploitative system that provides no long term support for those involved in its production, processing and sales.

Minimise farming that provides minimum income and no security. Supported by subsidy.

Allow a system that provides a short term living wage for all involved in the

production process.

Support a system that provides farmer, processor and final sales with a regular ongoing living wage that is enough to support a family lifestyle from generation to generation without the need for subsidy.

Creates local community

Phase out impersonal food system where there is no cooperation just competition.

Minimise high prices make food unavailable to the vulnerable community.

Support a system where good food is available to everyone. One that is available to low income, unemployed, homeless and vulnerable. Farmers, processors and marketing are encouraged to cooperate together and with each part of the food production. **Ensure** enough income generated. Direct links to consumers such as Community supported agriculture. **Concentrate** on seasonal food.

Community Food skills

Minimise fully processed food that require no skills needed to cook and eat.

Support food cooking with minimal waste.

Encourage a “Can do confidence” in cooking and eating food. Supported by local community. All waste streams are productive within a circular economy.

Packaging and farm materials

Ban single use plastic packaging especially when there are multiple layers. Ban glossy polluting inks. **Ban** the use of materials that are absorbed into food and may damage human health. **Ban** short life plastics used in farming system.

Use but consider long term impacts of long life plastics such as polytunnel.

Support a system that uses low energy recyclable container. such as deposit bottles. Production buildings use natural materials.

Encourage no packaging, refillable personal containers, natural buildings and natural materials in processing.

Energy Use

Massively reduce high energy use fertilizer synthetic NPK, Using fossil fuels to heat and dry foods or animal feeds. Relies on long term damaging nuclear fuel.

High use of energy consumption in cultivating land.

Support a system where no use of fossil fuels in production and processing. Using solar, wind, or hydro power.

Transport

Minimise high energy transport, by air, by vehicle carrying small item only and from abroad

Reduce vehicle delivering over 100 miles and transport by boat from abroad

Support full vehicle delivering regionally 100 miles.

Encourage full vehicle delivering locally 15 miles and local walking, pedal power or draught animal and renewable energy vehicles.

Supports Natural diversity

Ban a food system that destroys wildlife locally or abroad or has destructive production process

Support a system that helps maintain a basic healthy wildlife. Waste streams support wildlife eg W.E.T. waste water treatment.

Encourage a food system that creates a thriving wildlife with abundant diversity.

Dr Rod Everett La2 9ll