

# Food for health and well being

## Resource List

### Sustainable Food Trust

w: <https://sustainablefoodtrust.org/>

Registered charity working to accelerate the transition to more sustainable food and farming systems.

### Merton Libraries

w: <http://www.merton.org.uk/libraries/>

Merton is well served by local libraries, which offer a wide variety of books on various aspects of food – cooking, health and wellbeing, growing.

### The New London Food Strategy is out

w: <https://buff.ly/2Eguqsl>

The first Mayoral strategy for food in London since 2006 puts good food at the heart of London's approach to some of the biggest issues we face, including child obesity, food insecurity and climate change.

### GLA's Capital of Food Report (2016) - from the London Food Board

w: <https://buff.ly/2Jlr3OK>

The Capital of Food report highlights the work that's been done to improve food in London by the London Food Board, its partners and the Mayor of London's food team.

### Future of Food

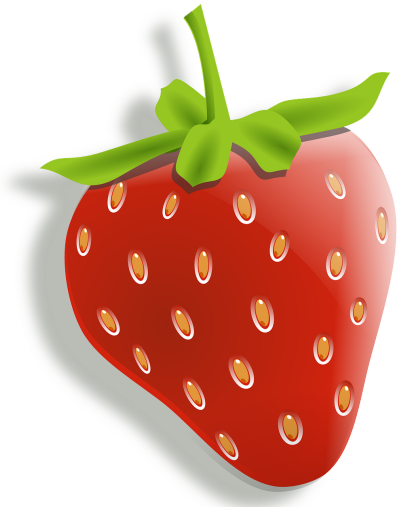
w: <https://futureoffood.org/>

Collective action and tackling the complexity of the food system together.

### Project Learning Garden

w: <https://buff.ly/2VJHlhz>

Project Learning Garden provides starter kits to schools with everything they need to start or refresh a food growing garden and use it as an outdoor classroom.



## **Community food growing continues to gain support from London's councils**

w: <https://buff.ly/2VtqiGd>

The Good Food for London report measures progress and encourages London councils to take action on good food. It measures action on 11 different good food measures, from food growing, encouraging breastfeeding, school food, Fairtrade and fair pay.

## **London Food Link**

w: <https://www.sustainweb.org/londonfoodlink/>

Working for a healthy, sustainable and ethical food system for the capital. The LFL supporter network is open to everyone who grows, produces, teaches, peddles, promotes and simply enjoys good food in the capital.

*Projects include:*

### **Capital Growth**

w: <https://www.capitalgrowth.org/>

Capital Growth is London's largest food growing network, with over 2,000 gardens throughout the city, and offering in-kind support to people who grow their own food in London.

### **London Food Poverty Campaign**

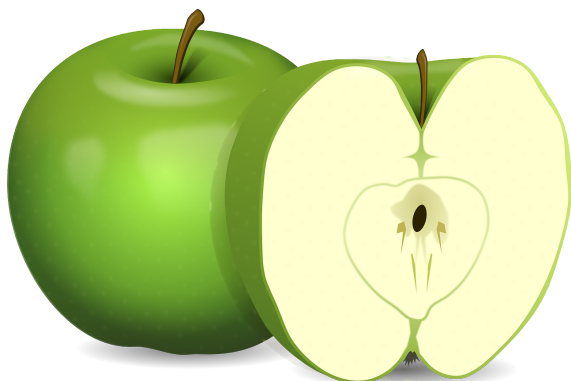
w: <https://www.sustainweb.org/foodpoverty/london/>

The London Food Poverty Campaign encourages London boroughs to address food poverty beyond the food bank

### **Urban Food Fortnight**

w: <https://www.sustainweb.org/uff/>

London Food Link's annual celebration of the fabulous produce being grown, made, cooked and saved on our doorstep.



### **Merton Social Prescribing Pilot - Merton Voluntary Service Council (MVSC)**

w: <https://www.mvsc.co.uk/news/merton-social-prescribing-pilot>

Merton Health and Wellbeing Board gave approval for a one year pilot to develop and evaluate a service model for social prescribing in Merton, which aims to improve the health and wellbeing of patients by providing access to non-medical support that increases self-help, self-management, social engagement and healthy behaviours and prevents ill health.

### **The Soil Association has received £5.1 million from the National Lottery Community Fund for the brand-new Food for Life Get Togethers programme.**

w: <https://buff.ly/2HwYiSz>

This nationwide programme will use the power of good food to connect people of all ages through growing, cooking and eating healthy food together.

### **The Orchard Project**

w: <https://www.theorchardproject.org.uk/>

The Orchard Project is re-fruiting the country, working in partnership with communities to plant, manage, restore and harvest from their own orchards.

### **What is Social and Therapeutic Horticulture**

w: <https://buff.ly/2M46ijF>

Gardening is a wonderfully flexible medium that can transform lives and *Thrive* sees first-hand how gardening can help everyone, regardless of age or disability.

