

## **Lambie-Mumford's perspective on Food Insecurity in the UK**

In the realm of global socioeconomic development, the issue of food insecurity remains a distressing challenge that transcends borders and economic statuses. Despite improvements in technological innovation and economic growth, persistent gaps in access to adequate nutrition persist, particularly evident in nations traditionally viewed as economically prosperous, such as the United Kingdom. This article covers an analytical journey aimed at comprehensively assessing the contemporary landscape of hunger within the UK, with a keen focus on the strategies advocated by international bodies like the United Nations (UN). Through an academic lens, we delve into the complexities of food insecurity, examine the UN's proposed solutions, and critically evaluate the feasibility and efficacy of these approaches in promoting a future where nutritional security is a universal reality, nurturing the potential of generations to come.

Lambie-Mumford's (2017) research aimed to conduct a Rapid Evidence Assessment supplemented by limited primary research to enhance understanding of the food aid landscape in the UK and the individuals at risk who access such provisions, along with their methods of access and underlying motivations. An integral aspect of the review was to delineate the existing evidence base in the UK, identify gaps requiring further investigation, and delve into pertinent questions regarding the demographics of food aid recipients, the types and trends of available food aid, its impact on recipients and communities, as well as the benefits and drawbacks associated with different forms of food aid (Lambie-Mumford, 2012, P4)

The term "food aid" was utilized as an overarching concept encompassing a spectrum of interventions, ranging from large-scale initiatives to localized efforts, aimed at addressing short-term food needs during crises or immediate difficulties, thereby mitigating symptoms of household or individual-level food insecurity and poverty (Lambie-Mumford, 2012, P.4). Lambie-Mumford's research provides a comprehensive typology of such activities, including food banks, community care provisions like "Meals on Wheels," food stamps or vouchers, building-based and non-building-based food provisions, each contributing differently to the overarching issues (Lambie-Mumford, 2017, P4]

The research was contextualized within the responsibilities of the Department for Environment, Food & Rural Affairs (Defra) regarding food security, emphasizing experiences at the household level. Household food security, as defined in the study, ensures economic and physical access to sufficient and acceptable food for a healthy life, with a focus on affordability, supply, demand factors such as household demographics, and local economic and social conditions impacting food access.

Four key inquiries emerge when dissecting the core of hunger issues in the UK. These inquiries encompass understanding how individuals transition into food aid users, delineating their journey within the food aid system, and examining the socio-economic ramifications for these individuals. Additionally, the investigation delves into the contemporary trends in food aid provision, explores the array of available models, and

scrutinizes the socio-economic factors that influence the emergence and prevalence of specific models over others.

The investigation into hunger issues in the UK gives rise to four key inquiries. These inquiries involve understanding the pathways individuals take into food aid utilization, mapping their experiences within the food aid system, and examining the socio-economic impacts on these individuals. Furthermore, the study delves into contemporary trends in food aid provision, explores various models available, and scrutinizes socio-economic factors influencing the prevalence of specific models.

Addressing Research Question 1, Lambie-Mumford's (2017) research reveals three significant themes. Firstly, it sheds light on the relationship between food aid receipt and the severity of household food insecurity. Secondly, it explores the role of food aid within broader coping strategies adopted by households facing food insecurity. Thirdly, it discusses the outcomes of food aid provision.

Regarding Research Question 2, Lambie-Mumford's (2017) study provides insights into general trends in food aid provision within the UK. It emphasizes the importance of socio-economic context and operational diversity, while also highlighting peaks in food aid uptake and existing gaps in provision.

Turning to Research Question 3, Lambie-Mumford's (2017) research indicates a scarcity of systematic evidence regarding best practices in food aid provision models in the UK. However, it underscores the significance of non-food support offered by food aid providers, coordination among providers, and the challenges related to meeting rising demand.

Lastly, Research Question 4 explores household food security policy and the need to address both immediate and underlying socio-economic factors contributing to food insecurity. Lambie-Mumford's (2017) study advocates for a comprehensive approach to sustaining food access that considers long-term dimensions of household food insecurity.

Lambie-Mumford's perspective on food insecurity in the UK, as outlined in her 2017 research, delves into the complexities of hunger issues and food aid provision. Her study aimed to enhance understanding through a Rapid Evidence Assessment, focusing on the landscape of food aid in the UK and the individuals accessing such provisions. The research identifies significant themes related to the relationship between food aid receipt and household food insecurity severity, the role of food aid within broader coping strategies, and its outcomes. Additionally, it sheds light on trends in food aid provision, emphasizing socio-economic context, operational diversity, and challenges in meeting rising demand. Lambie-Mumford advocates for a comprehensive approach to sustain food access, considering both immediate and long-term dimensions of household food insecurity.

#### **Reference list:**

Lambie-Mumford, Crossley, Jensen, Verbeke, and Dowler (2014) "Household Food Security in the UK: A Review of Food Aid. The University of Warwick

## How to reduce food wastage?

Reducing food wastage is crucial to addressing food insecurity, as wastage contributes significantly to the lack of access to healthy and nutritious food, particularly among marginalized communities. The hospitality sector, including the food industry, plays a significant role in food wastage, with the British hospitality sector alone generating 920,000 tonnes of food waste annually, of which 75% is avoidable through proper recycling practices (BusinessWaste, no date.). There is a pressing need for businesses to take responsibility and implement changes to reduce food wastage effectively.

One key aspect that households can focus on is minimizing food wastage in daily practices. When dining out, individuals often leave food on their plates due to being too full or for other reasons. Restaurants can contribute to waste reduction by offering take-away containers for leftover food. However, some establishments may have policies against providing take-away boxes due to hygiene concerns. In such cases, customers can be encouraged to transfer their own food into containers. It's essential for restaurants to balance hygiene standards with environmental responsibility to facilitate food reuse and minimize wastage.

In addition to restaurant practices, households can take proactive steps to reduce food wastage. Maintaining the refrigerator at the recommended temperature range of 0-5°C, as advised by the British Heart Foundation, helps prevent food spoilage, especially for perishable items like milk. Not all foods need refrigeration; items like bread, bananas, potatoes, and onions can be stored outside the fridge to maintain freshness. Creating a shopping list and planning meals in advance can prevent overbuying and subsequent waste. Techniques such as watering vegetables and bread to keep them fresh, freezing leftovers, and measuring portions can extend the shelf life of food items, particularly dairy products that tend to spoil quickly.

Moreover, transforming stale bread into breadcrumbs or using it creatively in recipes helps reduce waste. Freezing bread and other perishables like loaves and rolls can also prolong their usability. By adopting these practices at both individual and institutional levels, we can make significant strides in mitigating food wastage and promoting a more sustainable food system.

### *References:*

BusinessWaste (No Date) "Britain's Hospitality Sector Generates 920K Tonnes of Food Waste Annually" retrieved from <https://www.businesswaste.co.uk/news/britains-hospitality-sector-generates-920k-tonnes-of-food-waste-annually/#:~:text=Food%20Waste%20Annually-.Britain's%20Hospitality%20Sector%20Generates%20920K%20Tonnes%20of%20Food%20Waste%20Annually,to%20recycle%20food%20waste%20properly.>

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