

North Edinburgh spearheads the sustainable food movement

Edible Edinburgh moved into North Edinburgh today when a nutritious meal was on the menu for the launch of Edinburgh's sustainable food plan at North Edinburgh Arts community café today.



What is Edible Edinburgh?

An initiative which aims to inspire and motivate everyone across Edinburgh to work together in developing new approaches to food, making positive choices that are healthier and tastier and which bring social, economic and environmental benefits to the whole community

Local growers, food groups and volunteers rustled up a feast to celebrate the unveiling of the [Edible Edinburgh Sustainable Food City Plan](#) at a special cook and taste session at Muirhouse Community Shop.

The six-year plan is based on feedback from the public and outlines six distinct themes which need to be addressed in order to achieve its vision of Edinburgh as a sustainable food city. These are: Health and wellbeing, Land use, Environment, Buying food, Economy and Cultural change.

You may recall last year when there was a huge [Feed the 5000 event in Bristo Square](#) which is part of the project.

Robert Pearson Chair of Tenants and Residents in Muirhouse sent us these lovely photos of the event earlier today.

This slideshow requires JavaScript.

A series of actions have been set out within each theme in order to work towards key outcomes, including more fresh and healthy food eaten, fewer people living in food poverty, the protection of our natural environment and a thriving local food economy.

Efforts will be coordinated by Edible Edinburgh, a cross-sector steering group from the public, private and third sectors, including City of Edinburgh Council and NHS Lothian. City of Edinburgh Council's Environment Convener, Councillor Lesley Hinds, who is Chair of the Edible Edinburgh steering group, welcomed the launch of the plan.

She said:- "We are proud to be launching this plan in collaboration with our partners, who have worked with the public to ensure our vision and targets are realistic and relevant for achieving a sustainable food city for all.

"Food is central for everyone in Edinburgh, and there are a great many groups who work tirelessly towards a greener, fairer and healthier city. By building on their efforts we are determined to expand this enthusiasm to residents across the capital."

Dr Margaret Douglas, consultant in public health medicine with NHS Lothian, added: "Edible Edinburgh's vision is of 'a city where good food is available for all.' Healthy affordable food is essential for good health but for too many this is not yet a reality. Projects like Pilton Community Gardeners are showing the way by involving local people in growing healthy food and improving the local environment.

"We need change at many levels if the causes of diet-related ill health are to be tackled. Partnerships like Edible Edinburgh can help coordinate public, private, voluntary and community sector action to push for a fairer food city."

Iain Stewart, Chief Executive of Edinburgh Community Food, said: "Community food groups play a vital role in addressing inequalities by getting local people involved in making good food available locally.

"At Edinburgh Community Food we support this effort by providing food and health promotion sessions and supplying food projects throughout the city with a range of healthy affordable food products."

You can read the whole plan and what it is trying to achieve below:-

http://www.theedinburghreporter.co.uk/wp-content/uploads/2014/07/edibleedin_strategydoc16ppc.pdf