



National Good Food Nation Plan: consultation

The Vegan Society Response

The Scottish Government is developing the national Good Food Nation Plan. This is a requirement of the Good Food Nation (Scotland) Act 2022, which was passed in summer 2022. This Good Food Nation Plan is intended to set out the Scottish Government's goals for food policy and how it intends to achieve them. ..

.. the Scottish food and drink sector generates turnover of around £15 billion per annum, and exports of Scottish food and drink were valued at £8.1 billion in 2022. ..

.. A key aim of our work to be a Good Food Nation is to shift the dial so people can make healthier choices in what they eat.

*We know that **many households in Scotland experience food insecurity on a regular basis** or are intermittently worried about being able to access food. Diet-related ill health is also more pervasive in communities experiencing deprivation. In striving to achieve our Good Food Nation ambitions we must do so for all communities and leave no one behind. Reducing socio-economic and other inequalities is part of being a Good Food Nation. When creating future food policy to align with the overarching outcomes set out in this plan, **consideration of such inequalities needs to be a key focus** to avoid unintended consequences.*

*The Scottish Government is already taking action to reduce inequality .. all while **working towards our net zero goals**. ..*

An independent Scotland would have full control over all the levers and resources linked to food policy, which would have a material effect on what we can achieve and how quickly. ..

The first draft national Good Food Nation Plan sets out the following:

Part One outlines the history of the Good Food Nation in Scotland and highlights how the plan will take effect. This part does not form part of this consultation, but it provides relevant background information.



*Part Two proposes a set of six national Good Food Nation Outcomes, and sets out how they were developed and how progress will be measured. **We will ask you questions about the Outcomes as well as the measures.***

*Part Three highlights how working mechanisms within government will change, and presents some of the key food related policies that are currently under way. It also presents what life would be like for different groups of people under a Good Food Nation. **We are particularly interested in understanding if we have captured correctly what life should be like in a Good Food Nation. ..***

As part of this consultation we are also seeking views on specified functions, which will be defined in secondary legislation. Specified functions are very important as it is when Scottish Ministers are exercising these functions that the plan will take effect.



Part A: Consultation on the national Good Food Nation Plan

.. This transition to a more sustainable food system also needs to be managed in a just and fair manner. ..

1. Does each individual Good Food Nation Outcome describe the kind of Scottish food system you would like to see?

Outcome 1: Everyone in Scotland eats well with reliable access to safe, nutritious, affordable, sustainable, and age and culturally appropriate food. [Strongly agree; Mostly agree; Neither agree nor disagree; Mostly disagree; Strongly disagree.]

Strongly agree.

Outcome 2: Scotland's food system is sustainable and contributes to a flourishing natural environment. It supports our net zero ambitions, and plays an important role in maintaining and improving animal welfare and in restoring and regenerating biodiversity. [Strongly agree; Mostly agree; Neither agree nor disagree; Mostly disagree; Strongly disagree.]

Strongly agree.

Outcome 3: Scotland's food system encourages a physically and mentally healthy population, leading to a reduction in diet-related conditions. [Strongly agree; Mostly agree; Neither agree nor disagree; Mostly disagree; Strongly disagree.]

Strongly agree.

Outcome 4: Our food and drink sector is prosperous, diverse, innovative, and vital to national and local economic and social wellbeing. It is key to making Scotland food secure and food resilient, and creates and sustains jobs and businesses underpinned by fair work standards. [Strongly agree; Mostly agree; Neither agree nor disagree; Mostly disagree; Strongly disagree.]

Mostly agree.



Outcome 5: Scotland has a thriving food culture with a population who are interested in and educated about good and sustainable food. [Strongly agree; Mostly agree; Neither agree nor disagree; Mostly disagree; Strongly disagree.]

Mostly agree.

Outcome 6: Scotland has a global reputation for high-quality food that we want to continue to grow. Decisions we make in Scotland contribute positively to local and global food systems transformation. We share and learn from best practice internationally. [Strongly agree; Mostly agree; Neither agree nor disagree; Mostly disagree; Strongly disagree.]

Strongly agree.



2. What, if anything, would you change about the Good Food Nation Outcomes and why?

There needs to be another Outcome that appropriately highlights the potential benefits of a plant-based food system transition in Scotland. Our agreement with the Outcomes already stated includes our understanding that this plant-based transition will play a key role in realising them.

To put it plainly: Scotland has a global duty to provide leadership towards the plant-based solutions needed to tackle the ongoing global food security, biodiversity, climate change and public health crises. Denmark, a country quite comparable with Scotland in many ways, has already published its Government's national plant-based action plan. This is a strategy to transition towards plant-strong diets, and to boost plant-protein production (Coverage: How Denmark Made The Plant-Based Action Plan Possible:

<https://www.forbes.com/sites/danieladelorenzo/2023/11/23/how-denmark-made-the-plant-based-action-plan-possible/>
Action Plan

(https://en.fvm.dk/fileadmin/user_upload/Dokumentation/Danish-Action-Plan-for-Plant-based-Foods.pdf).

Scotland needs to match and go beyond Denmark's progress. Therefore, The Vegan Society propose an

Outcome 7: Scotland is a global leader in the plant-based food system transition, from biosphere management for food production on land and in water, to universal access to well-planned, sustainable plant-based and vegan-friendly diets, to help tackle the ongoing global food security, biodiversity, climate change and public health crises.

Well-planned, sustainable, culturally appropriate plant-based and vegan-suitable diets can support healthy living in people of all ages. The evidence supporting this:

<https://www.bda.uk.com/resource/vegetarian-vegan-plant-based-diet.html> (as summarised by the British Dietetic Association, the UK body for regulated experts in food and health) is increasing recognized amongst scientists, policy-makers, health experts and other key people in the food system.



Everyone in Scotland – including multiply marginalized people, and people in remote communities - need to be empowered to have financial and practical access to suitable plant-based foods, not just familiar animal-based alternatives.

We note concerns raised recently by the University of Edinburgh in research commissioned by Food Standards Scotland (FSS) about groups of people at risk of low micronutrient intakes in Scotland. In particular, the FSS report itself highlights that suitable plant-based foods can safely replace animal-based alternatives.

The FSS study also concludes that reducing meat intake in line with Eatwell guidance will allow small reductions in cardiovascular diseases (CVDs), as well as c. 10,000 fewer cases of Type 2 diabetes in Scotland within a ten-year period. However, fully plant-based and vegan-suitable diets would achieve much higher diabetes risk reduction: Type 2 diabetes in vegans is c. 47% lower than in meat-eaters. The risk of all cancers and of CVDs is also lower. ('The impact of higher uptake of plant-based diets in England: model-based estimates of health care resource use and health-related quality of life' Henderson & Sampson 2024 in prep. doi: <https://doi.org/10.1101/2023.12.26.23300536>).

The Vegan Society Registered Dietitians have developed the Vegan Eatwell Guide (https://www.vegansociety.com/sites/default/files/uploads/downloads/The%20Vegan%20Eatwell%20Guide_2.pdf), a visual guide for balanced plant-based and vegan-suitable diets meeting the nutritional needs of adults, and children aged two or over, including appropriate fortified foods and supplements. We advise diets centred on varied whole plant foods, which helps reduce saturated fat intake and increase dietary fibre intake – two of the most common nutrient concerns in Scotland – towards national nutritional recommendations.

Therefore, with proper nutritional information, and making plant-based alternatives as accessible as animal-based alternatives, promoting plant-based nutrition in Scotland can improve nutritional health of the population.

Thus, the Good Food Nation for Scotland needs an explicit Outcome



prioritising an urgent transition to plant-based food systems, including land-based, manufacturing, public sector catering and retail food sub-sectors.



Good Food Nation Measures

.. Targets and indicators will continue to evolve during the life of the national Good Food Nation Plan and future iterations will contain updated indicators and targets. ..

Existing indicators: <https://consult.gov.scot/agriculture-and-rural-economy/national-good-food-nation-plan/#page-factbank>

We have been working to identify new targets or commitments that can be included in the Plan, these are:

Extend current diet and healthy weight commitments:

The Scottish Government has an existing target aiming to halve childhood obesity by 2030. We propose to extend this to:

Aim to halve childhood obesity by 2030 and significantly reduce associated diet-related inequalities

We will also widen the reach beyond children by committing to aim to:

*Increase levels of adult healthy weight
Reduce adult diet-related health inequalities*

Strengthen household food insecurity commitments:

We propose to strengthen our household food insecurity commitments by aiming to:

Reduce the number of households facing moderate to severe food insecurity

Reduce the reported number of households accessing emergency food provision

Public procurement

Further consideration will be given as to whether there are public procurement targets, taking account of the data and legislative restrictions, that could be developed for future iterations of the Plan.



Animal welfare

There is ongoing work to include a suite of animal welfare targets, informed by the findings of planned consultations, in future iterations of the national Good Food Nation Plan. There are currently Programme for Government commitments to consult on phasing out cages for gamebirds and laying hens.



3. *Do you think that these targets will contribute to achieving the overall Good Food Nation Outcomes? [Strongly agree; Mostly agree; Neither agree nor disagree; Mostly disagree; Strongly disagree; I don't know.]*

Mostly agree

4. *Would achieving these targets contribute to making the kind of Scottish food system you would like to see? [Strongly agree; Mostly agree; Neither agree nor disagree; Mostly disagree; Strongly disagree; I don't know.]*

Mostly agree



5. If you have other comments on the suggested Good Food Nation targets, please comment:

The targets do not pay due regard to the potential benefits of a plant-based food system transition in Scotland. We base this opinion on a diverse and growing body of peer-reviewed published evidence plus our own work such as our Grow Green work with food system actors: <https://www.vegansociety.com/take-action/campaigns/grow-green>, our Planting Value in Our Food System report. We include further citations in the text.

Scotland has a global duty to provide leadership towards the plant-based solutions needed to tackle the ongoing global food security, biodiversity, climate change and public health crises. Denmark, a country quite comparable with Scotland in many ways, has already published national plant-based action plan. This is a strategy to transition towards plant-strong diets, and to boost plant-protein production. Denmark's Plant-Based Action Plan includes the Plant-Based Food Grant, c. £78 million until 2030, to fund the plant-based food system transition. These funds will be used to stimulate demand, supply and export of Denmark's plant-based foods, and strengthen their plant-based food value chain. Specifically, the fund will support the increase of:

- plant-based food service in public and private sector catering;
- people in Denmark choosing plant-based foods in their homes;
- the quantity and quality of the plant-based products on sale;
- the volume of plant-based foods produced by Denmark; and collaboration on plant-based foods across the food system in Denmark.

(Coverage: How Denmark Made The Plant-Based Action Plan Possible:

<https://www.forbes.com/sites/danieladelorenzo/2023/11/23/how-denmark-made-the-plant-based-action-plan-possible/>

Action Plan:

https://en.fvm.dk/fileadmin/user_upload/Dokumentation/Danish-Action-Plan-for-Plant-based-Foods.pdf).

Scotland needs to match and go beyond Denmark's progress.

Plant-based diets are associated with many health benefits. When people follow a vegan-suitable diet, they often eat more fruit and vegetables and enjoy meals higher in fibre and lower in saturated fat,



than a traditional UK diet. Both the British Dietetic Association and the NHS affirm that well-planned vegan-suitable diets can support healthy living in people of all ages.

Particular attention needs to be paid in Scotland both to the significant numbers of people in socioeconomically marginalized groups, and those in physically more remote locations. It is important that everyone be empowered to have financial and practical access suitable fortified foods, including health-promoting plant-based alternatives to familiar animal-based alternatives.

Multiply marginalized households face huge barriers to adopting healthy, plant-based food practices. For example, the National Diet and Nutrition Survey shows that vitamin D intake and status significantly decrease with decreasing income in almost all age groups, making appropriate supplementation and fortified foods essential for the whole population. In the case of vitamin D, intake decreases by c. 5% for every £10,000 decrease in equivalised income. Since 2016, the experts at the British Dietetic Association (BDA) and the UK Scientific Advisory Committee on Nutrition (SACN) have been advising, “everyone is recommended to take a supplement, especially during autumn and winter.” This is particularly important for people in Scotland, who are north of the latitude where it is possible to get sufficient vitamin D for the whole year from summer sun exposure alone. Insufficient vitamin D is associated with a wide range of health issues, and vitamin D supplementation in combination with calcium reduces all-cause mortality risk.

The Vegan Society also challenges a health system overly focused on unhelpful concepts of ‘Body Mass Index’, ‘obesity’ and ‘overweight’ and supports focusing on overall ‘health’ rather than ‘size’, with a transition to a plant-based food system. Disproportionate focus upon individuals with high Body Mass Index (BMI) is increasingly widely understood to lack nuance, to not give a reliable indication of a person’s health, and to not be applicable to most individuals.

Health policies that focus solely on weight crucially neglect the empirical evidence that good health is possible at many different sizes, that it’s unclear if long-term weight loss is widely achievable, and that significant weight does not consistently improve (and can even harm) health (‘An Evidence-Based Rationale for Adopting Weight-Inclusive Health Policy’ Hunger, Smith & Tomiyama 2020



<https://doi.org/10.1111/sipr.12062>).

We note concerns raised recently by the University of Edinburgh in research commissioned by Food Standards Scotland (FSS) about groups of people at risk of low micronutrient intakes in Scotland. Registered Dietitians, the UK's regulated experts on food and health, support well-planned plant-based diets to support healthy living at every age and life-stage. Our Registered Dietitians monitor and educate upon the suitability of plant-based diets to meet nutrient needs and support nutritional recommendations.

The FSS report highlights that suitable plant-based milk and meat alternatives can safely replace animal-based milk and meat alternatives. Replacing animal-derived protein with plant protein has several proven health benefits.

The FSS study found that the meat people in Scotland eat most is pork sausages, which is a 'processed red meat' and a 'Group 1 Carcinogen' known to increase risk of cancer based upon World Health Organisation (WHO) review. Replacing ultra-processed food alternatives made from animal products with plant-based meat alternatives gives better nutrient profiles – including lower saturated fat and higher dietary fibre – leading to better cardiovascular health markers (Neufingerl & Eilander, 2023 'Nutrient intake and status in children and adolescents consuming plant-based diets compared to meat-eaters: a systematic review' <https://doi.org/10.3390/nu15204341>).

The FSS study also concludes that, by meeting the Eatwell guidance on reducing meat intake, there will be small reductions in cardiovascular diseases (CVDs) and c. 10,000 fewer cases of Type 2 diabetes in Scotland within a ten-year period. However, this is a significantly smaller diabetes disease risk reduction than fully plant-based and vegan-suitable diets would achieve: diabetes in vegans is c. 47% lower than in meat-eaters. The risk of all cancers and of CVDs is also lower. ('The impact of higher uptake of plant-based diets in England: model-based estimates of health care resource use and health-related quality of life' Henderson & Sampson 2024 in prep. doi: <https://doi.org/10.1101/2023.12.26.23300536>).

We do, of course, appreciate that this may not be a possibility for



some subgroups of the population living more remotely with limited access to plant-based alternatives.

The Vegan Society Registered Dietitians have developed the Vegan Eatwell Guide

(https://www.vegansociety.com/sites/default/files/uploads/downloads/The%20Vegan%20Eatwell%20Guide_2.pdf), a visual guide for balanced plant-based and vegan-suitable diets meeting the nutritional needs of adults, and children aged two or over, including appropriate fortified foods and supplements. We advise diets centred on varied whole plant foods, which helps reduce saturated fat intake and increase dietary fibre intake – two of the most common nutrient concerns in Scotland – towards national nutritional recommendations.

Therefore, with proper nutritional information, and making plant-based alternatives as accessible as animal-based alternatives, promoting plant-based nutrition in Scotland can improve nutritional health of the population.

Thus, the Good Food Nation for Scotland Outcomes and Targets need to make explicit the urgent need to transition to plant-based food systems, including land-based, manufacturing, public sector catering and retail food sub-sectors.

The Vegan Society suggest targets covering the following issues:

Plant-based public sector catering:

To have one or more appetising, nutritious plant-based and vegan-friendly meal option on every public sector menu by the end of 2025 (see The Vegan Society 'Catering for Everyone' project: <https://www.vegansociety.com/get-involved/campaigns/catering-everyone>);

Affordability of healthy plant-based foods:

To have price parity between the animal-based and plant-based alternatives for the most widely consumed foods in Scotland – especially those meeting nutritional guidelines for nutrients of concern such as saturated fat and dietary fibre – by the end of 2025; Supporting evidence: Lidl Germany has sold over 30% more of their



own-brand 'Vemondo' plant-based and protein-rich products through price parity between plant-based and animal-based alternatives sold side-by-side

(https://unternehmen.lidl.de/pressreleases/2023/231011_proteinstrategie).

Plant-based food production:

To have parity between subsidies for plant-based and animal-based biosphere management (land and water) especially for food production by the end of 2025

(see The Vegan Society 'Grow Green' project:

<https://www.vegansociety.com/take-action/campaigns/grow-green>).



6. Do you think these indicators will be useful for measuring progress towards the Good Food Nation Outcomes? [Strongly agree; Mostly agree; Neither agree nor disagree; Mostly disagree; Strongly disagree; I don't know.]

Mostly agree

Why or why not?

There need to be explicit targets and indicators for an urgent plant-based food system transformation, including land-based, manufacturing, public sector catering and retail food. This must include active promotion of plant-based foods and diets in all public health campaigns which relate to food. This could save NHS Scotland c. £780 million per year, based upon The Vegan Society's Health Economics report for England 'The impact of higher uptake of plant-based diets in England: model-based estimates of health care resource use and health-related quality of life' Henderson & Sampson 2024 in prep. doi: <https://doi.org/10.1101/2023.12.26.23300536>;

Scotland has a global duty to provide leadership towards the plant-based solutions needed to tackle the ongoing global food security, biodiversity and climate change crises.



7. What other indicators, if any, would you like to see included?

New and existing financial investment in the plant-based food system transformation

Percentage of plant-based protein in public sector catering, subdivided into sectors e.g. schools, hospitals etc.

Percentage of schools with gardens where children can grow vegetables, fruits and other edible plants.

Percentage of plant-based protein in retail, focusing on the five largest food retailers in Scotland.

Land area suitable for plant-based food production – including perennial cropping – and percentage of that land being used for plant-based food production

Self-reliance of Scotland for protein, fat and carbohydrate, with the percentage that is plant-based, as well as by crop type for food e.g. legumes, grains, vegetables, fruits, nuts.

Distribution of densities of animals in farming as a function of size of business e.g. how many sheep, cattle, chickens etc. per square hectare, seeking year-on-year reductions particularly for the largest businesses.



8. If you have other comments on suggested Good Food Nation indicators, please comment:

It is important that everyone in Scotland has a clear, accurate information about where their food is coming from.

Everyone in Scotland needs to know about how animals are harmed by our food system, both animals in farming, and animals whose habitats are damaged by farming.

Everyone in Scotland needs to know how Scotland could better fulfil our ethical duties and the human right to food, by empowering everyone to enjoy a healthy, sustainable, culturally appropriate diet through plant-based food systems, without causing harm.

Therefore, everyone needs to have a clear outline of how Scotland could transition to a plant-based food system, growing food for direct human consumption.

We all need to be aware of what proportion of people in Scotland are living with food insecurity, and how our food system is contributing food insecurity for people in other countries.

The Convention on the Rights of the Child (CRC), recognises that all children up to 18 years of age are human beings in their own right, and are entitled to inalienable rights:

<https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-child>

These rights include a just world, where everyone enjoys a sustainable, healthy way of life on a liveable planet, and where non-human animals can live freely in their appropriate habitats and communities.

The final indicators for the Good Food Nation plan need to address explicitly all of these ethical issues as they relate to our current and future Scottish food system.



Life in a Good Food Nation

Part Three of the Good Food Nation Plan focuses on policies that are already underway and are moving us closer to a Good Food Nation. Snapshots across the chapter highlight what life will be like for different groups of people in a Good Food Nation. These groups were selected to reflect a broad range of roles across the food system but we cannot capture every role and experience. We would like to hear your views on these examples of what life in a Good Food Nation could look like for different groups. Please only respond if you have relevant experience of this group.



9. Does this reflect what you think life should look like for a child in Scotland as a Good Food Nation?

Snapshot: As a child in a Good Food Nation

I have access to healthy and nutritious food that is appropriate for my age and developmental stage;

Eating and enjoying a healthy diet is the norm for me;

I have the opportunity to participate in a variety of food-related educational experiences on a regular basis;

I will never experience hunger;

Mostly agree

What changes, if any, would you make?

The Convention on the Rights of the Child (CRC), recognises that all children up to 18 years of age are human beings in their own right, and are entitled to inalienable rights:

<https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-child>

Based upon working with young people as family Members and supporters of The Vegan Society, and our long-standing under-18 educational programme, plus law and treaties around the Rights of the Child, add:

Along with my household, family and communities, I experience food security based upon nutritious, sustainable, varied, culturally appropriate food including fair access to plant-based and vegan-suitable diets;

Along with my household, family and communities, I am free from discrimination for my choice to have food and nutrition that aligns with my religion/beliefs.

I have a guaranteed vegan-suitable education, which respects and teaches how we can avoid any use of or harm to non-human animals



for human purposes;

I know where my food comes from, how it is grown and made, and how Scotland is progressing towards a just, sustainable, healthy food system for all;

I live in a society where, as far as possible and practical, we avoid the use of or harm to non-human animals within or due our food system and this is embedded in our ethical, legal, cultural, societal, business norms, policies and practices.



10. Does this reflect what you would like your life to look like, as a parent / carer in a Good Food Nation?

Snapshot: As a parent/carer in a Good Food Nation

I am knowledgeable about how to prepare healthy and nutritious meals for those in my care and am empowered to do so;

I know where to go for support should I experience difficulties that prevent me from purchasing food or preparing hot food at home;

I am confident that childcare settings and schools are providing healthy, nutritious and culturally appropriate food and that they are educating children about the food system;

If I am pregnant I know where to go for support and can make fully informed choices on how to feed myself and my baby.

Mostly agree

What changes, if any, would you make?

United Nations Principles for Older Persons explicitly recognises that older persons should have access to adequate food through the provision of income, family and community support, and self-help.

<https://www.ohchr.org/en/instruments-mechanisms/instruments/united-nations-principles-older-persons>

The Convention on the Rights of Persons with Disabilities (CRPD) recognises that Disabled People enjoy full and equitable human rights. In particular, States have the explicit obligation to proactively prevent discriminatory denial of food and fluids on the basis of disability, whether through direct or indirect discrimination:

<https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities>

The Convention on the Rights of the Child (CRC), recognises that all children up to 18 years of age are human beings in their own right, and are entitled to inalienable rights:

<https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-child>



Based upon working with parents, guardians and carers as Members and supporters of The Vegan Society, plus law and treaties around the Rights of the Child, add:

Along with my household, family and communities, the people in my care experience food security based upon nutritious, sustainable, varied, culturally appropriate food including fair access to plant-based and vegan-suitable diets;

Along with my household, family and communities, the people in my care are free from discrimination for our choice to have food and nutrition that aligns with our religion/beliefs.

I know that the children in my care have a guaranteed vegan-suitable education, which respects and teaches how we can avoid any use of or harm to non-human animals for human purposes;

I and those for whom I care know where our food comes from, how it is grown and made, and how Scotland is progressing towards a just, sustainable, healthy food system for all;

I and those for whom I care live in a society where, as far as possible and practical, we avoid the use of or harm to non-human animals within or due our food system and this is embedded in our ethical, legal, cultural, societal, business norms, policies and practices.



11. Does this reflect what you would like your life to look like, as an adult in a Good Food Nation?

Snapshot: As an adult in a Good Food Nation

I can easily access food that I enjoy and that keeps me healthy and well;

I know where to go if I experience financial difficulties, and the response is fast, coordinated and meets my needs with dignity and respect;

Healthy and sustainable options are easy to find wherever I eat and buy food;

I can easily access information about the environmental, social, and nutritional impacts of my food and its provenance that helps me to make informed decisions.

Mostly agree

What changes, if any, would you make?

Based upon our own experience, and also, from working with adults as Members and supporters of The Vegan Society, add:

Along with my household, family and communities, I experience food security based upon nutritious, sustainable, varied, culturally appropriate food including fair access to plant-based and vegan-suitable diets;

Along with my household, family and communities, I am free from discrimination for our choice to have food and nutrition that aligns with our religion/beliefs.

I know that the children in my community have a guaranteed vegan-suitable education, which respects and teaches how we can avoid any use of or harm to non-human animals for human purposes;



Along with my household, family and communities, I know where our food comes from, how it is grown and made, and how Scotland is progressing towards a just, sustainable, healthy food system for all;

Along with my household, family and communities, I live in a society where, as far as possible and practical, we avoid the use of or harm to non-human animals within or due our food system and this is embedded in our ethical, legal, cultural, societal, business norms, policies and practices.



12. Does this reflect what you would like your life to look like, as a public caterer in a Good Food Nation?

Snapshot: As a public caterer in a Good Food Nation

I procure healthy, fresh, in-season, and nutritious food to meet the needs of the people using my services;

I recognise the role that food can play in strengthening community ties. I promote and provide healthy, enjoyable, and sustainable options as the norm on my menus;

My procurement choices help to support a variety of producers;

I have reduced avoidable food waste as much as possible, and I ensure that unavoidable food waste is disposed of in a sustainable manner.

Mostly agree

What changes, if any, would you make?

Based upon working with public caterers as Members and supporters of The Vegan Society, including those registered with The Vegan Trademark: <https://www.vegansociety.com/vegan-trademark/trademark-faqs> and our Catering for Everyone campaign: <https://www.vegansociety.com/get-involved/campaigns/catering-everyone> add:

I and my food service users and employees experience food security based upon nutritious, sustainable, varied, culturally appropriate food including fair access to plant-based and vegan-suitable diets;

Along with my colleagues, I am well-trained and confident how to cater well to those with food and nutrition needs based upon their religion/beliefs as well as medical needs;

It is straightforward for me to ensure that there are good, attractive, tasty, sustainable, healthy and varied plant-based and vegan-suitable meals on every menu every day;



Along with my colleagues, I know where our food comes from, how it is grown and made, and how Scotland is progressing towards a just, sustainable, healthy food system for all;

Our food service is empowered by Scottish farming, food and financial policy to source nutritious, sustainable, varied, culturally appropriate plant-based and vegan-suitable food mostly grown and made in Scotland that is affordable to our users.



13. Does this reflect what you would like your life to look like, as a retailer in a Good Food Nation?

Snapshot: As a retailer in a Good Food Nation

As an employer, I meet Fair Work First criteria. I ensure that all procurement contracts I enter into are fair and equitable for producers;

I create a store environment that makes healthy and nutritious options affordable and appealing for everyone;

I help consumers to better understand the nutritional quality and provenance of the food I sell;

Decisions I make in store and through procurement help Scotland to achieve its net zero ambitions, for example by minimising food waste;

I play an important role in supporting a stronger local food economy and increasing food security in Scotland.

Mostly agree

What changes, if any, would you make?

Based upon working with food retailers as Members and supporters of The Vegan Society, including stockists of products registered with The Vegan Trademark: <https://www.vegansociety.com/vegan-trademark/trademark-faqs> add:

I and my food retail customers and employees experience food security based upon nutritious, sustainable, varied, culturally appropriate food including fair access to plant-based and vegan-suitable diets;

Along with my colleagues, I am well-trained and confident how to cater well to those with food and nutrition needs based upon their religion/beliefs as well as medical needs;



Along with my colleagues, I know where our food comes from, how it is grown and made, and how Scotland is progressing towards a just, sustainable, healthy food system for all;

Our food retail is empowered by Scottish farming, food and financial policy to source nutritious, sustainable, varied, culturally appropriate plant-based and vegan-suitable food mostly grown and made in Scotland that is affordable to our customers.



14. Does this reflect what you would like your life to look like, as a restaurant owner in a Good Food Nation?

Snapshot: As a restaurant owner in a Good Food Nation

I celebrate fresh, seasonal produce and integrate it into my menu. I have an active role in supporting my local food economy;

I share my passion for good food with my customers so that they become more informed about its provenance, how it's prepared and its nutritional value;

As an employer, I meet Fair Work First criteria. I create a rewarding work environment for my employees;

I am creative with my menu. This can help me to minimise food waste for the benefit of my business, people, and the environment.

Mostly agree

What changes, if any, would you make?

Based upon working with restaurant owners as Members and supporters of The Vegan Society, including those with menus registered with The Vegan Trademark:

<https://www.vegansociety.com/vegan-trademark/trademark-faqs>
add:

I and my restaurant customers and employees experience food security based upon nutritious, sustainable, varied, culturally appropriate food including fair access to plant-based and vegan-suitable diets;

Along with my colleagues, I am well-trained and confident how to cater well to those with food and nutrition needs based upon their religion/beliefs as well as medical needs;

Along with my colleagues, I know where our food comes from, how it is grown and made, and how Scotland is progressing towards a just, sustainable, healthy food system for all;

Our restaurant is empowered by Scottish farming, food and financial policy to provide nutritious, sustainable, varied, culturally appropriate



plant-based and vegan-suitable food mostly grown and made in Scotland that is affordable to our customers.



15. Does this reflect what you would like your life to look like, as a farmer / crofter in a Good Food Nation?

Snapshot: As a farmer/crofter in a Good Food Nation

I feel that my work is respected and that I am able to get a fair price for my produce. I can easily sell my produce locally should I wish to do so;

My farming and land management practices reduce my environmental impact, increase biodiversity and ensure high animal welfare standards on my farm or croft;

I benefit from a variety of support, including training and advice, to help me run a successful and sustainable farm or croft;

I help to build resilient supply chains and contribute to food security in Scotland.

Mostly agree

What changes, if any, would you make?

Based upon working with land managers as Members and supporters of The Vegan Society, including those collaborating with our Grow Green campaign: <https://www.vegansociety.com/take-action/campaigns/grow-green>, our Planting Value in Our Food System report: <https://www.plantingvalueinfood.org/> and our colleagues in Scotland working with 'Farmers for Stockfree Farming': <https://stockfreefarming.org/> add:

I and my employees and neighbours experience food security based upon nutritious, sustainable, varied, culturally appropriate food including fair access to plant-based and vegan-suitable diets;

I know how Scotland is progressing towards a just, sustainable, healthy plant-based food system for all, and how to get support to be part in this;

Our holding is empowered by Scottish farming, food and financial policy to grow nutritious, sustainable, varied, culturally appropriate plant-based and vegan-suitable food that is affordable to our



neighbours;

I have with Government, farming specialist and peer support fully assessed my holding, to determine the appropriate land and water use changes plan which I need to make to be a sustainable part of a Good Food Nation;

I have ongoing financial, training and other support through Government, farming specialists and peers to implement my land and water use change plan, so I can support plant-based diets in Scotland through protein crops and other growing techniques;

I receive fair compensation for my sustainable farming, which supports a good quality of life for myself, my employees and our households.



16. Does this reflect what you would like your life to look like, as a fisher in a Good Food Nation?

Snapshot: As a fisher in a Good Food Nation

I feel that my work is respected and that I am able to get a fair price for my catch;

I support the marine environment and ecosystem with sustainable fishing practices;

I benefit from and enable a fair and safe working environment;

I seek opportunities to bring my product to a wider market in Scotland, and to promote its contribution to a healthy diet;

I can access a variety of support to help me to run a sustainable fishing business.

Neither agree nor disagree

What changes, if any, would you make?

I and my employees and neighbours experience food security based upon nutritious, sustainable, varied, culturally appropriate food including fair access to plant-based and vegan-suitable diets;

I know how Scotland is progressing towards a just, sustainable, healthy plant-based food system for all, and how to get transitional support to be part of this;

Our holding is empowered by Scottish farming, food and financial policy to transition to more sustainable plant-based aquaculture growing nutritious, sustainable, varied, culturally appropriate plant-based and vegan-suitable food that is affordable to our neighbours.



17. Does this reflect what you would like your life to look like, as a food processor in a Good Food Nation?

Snapshot: As a food processor in a Good Food Nation

I work with producers, wholesalers, retailers and out of home food providers to ensure resilience along the whole supply chain while meeting demand and minimising waste;

I make my products healthier and more sustainable, using fresh, seasonal ingredients where possible, and can access support to do this;

I invest in and develop my workforce, ensuring they can enjoy opportunities to enhance their skills whilst benefiting from a safe working environment;

I contribute to the important role that the food and drink sector has in Scotland's economy;

Mostly agree

What changes, if any, would you make?

Based upon working with food processors as Members and supporters of The Vegan Society, including those with products registered with The Vegan Trademark: <https://www.vegansociety.com/vegan-trademark/trademark-faqs> as well as with the Plant-Based Food Alliance: <https://plantbasedfoodalliance.co.uk/> of which we are co-founders, add:

I and my customers and employees experience food security based upon nutritious, sustainable, varied, culturally appropriate food including fair access to plant-based and vegan-suitable diets;

Along with my colleagues, I am well-trained and confident how to produce products which cater well to those with food and nutrition needs based upon their religion/beliefs as well as medical needs;

Along with my colleagues, I know where our food comes from, how it is grown and made, and how Scotland is progressing towards a just, sustainable, healthy food system for all;

Our company is empowered by Scottish farming, food and financial policy to produce nutritious, sustainable, varied, culturally appropriate



plant-based and vegan-suitable food mostly grown and made in Scotland that is affordable to our customers.



18. If you have any further comments on the national Good Food Nation Plan, please comment here:

Scotland has a global duty to provide leadership towards the plant-based solutions needed to tackle the ongoing global food security, biodiversity, climate change and public health crises.

Denmark, a country quite comparable with Scotland in many ways, has already published national plant-based action plan. This is a strategy to transition towards plant-strong diets, and to boost plant-protein production (Coverage: How Denmark Made The Plant-Based Action Plan Possible:

<https://www.forbes.com/sites/danieladelorenzo/2023/11/23/how-denmark-made-the-plant-based-action-plan-possible/>
Action Plan

(https://en.fvm.dk/fileadmin/user_upload/Dokumentation/Danish-Action-Plan-for-Plant-based-Foods.pdf).

Scotland needs to match and go beyond Denmark's progress, for the benefit of humans, non-human animals and our shared environment, including for public health.

It is a widely held ethical value in Scotland that it is wrong to cause harm unnecessarily.

Causing unnecessary suffering –harm to other humans or non-human animals – is particularly to be avoided. These principles are considered *ethical duties* in almost all human societies.

In Scotland, the UK, Europe and elsewhere, our concern for the suffering of animals is acknowledged by our social, political and legal treaties and welfare laws. We know they are sentient, feel pain and suffer, and in many cases, are sapient too.

However, we routinely assert that we can treat non-human animals as exploitable 'resources', as long as we provide for their 'basic needs'. We change what we consider the 'basic needs' of a given animal depending how we categorise, confine and/or exploit them: as 'food', as 'commodities', as 'lab' or 'farm' or 'working' animals or as 'pets'.



In the context of becoming a Good Food Nation, we have to face up to the facts. Firstly, the global industry for farming animals is demonstrably a net food *destruction* system: far more calories and protein go into industrial animal feeds, than come out as 'edible animal products' (The environmental food crisis, 2009, Un Environmental Programme, <https://www.unep.org/resources/report/environmental-food-crisis>). Also, our farming relies upon routinely using misleading or even false representations of animals, and currently supported by Scotland's legal system.

Scotland must recognise that our current food system, based upon the industrial scale farming of animals, is not compatible with environmental sustainability, public health or food security.

Scotland has international commitments under the Global Biodiversity Framework of the UN Convention on Biodiversity, and the targets therein include reducing the consumption and waste eco-footprints of Scotland.

Scotland also has legally binding annual emissions reduction targets including: 75% reduction in greenhouse gas (GHG) emissions by 2030 (from the 1990 baseline), and net zero GHG by 2045

In this Consultation, these commitments are summarised in the proposed Outcome 2 – that Scotland's food system is sustainable, supports net zero, and plays an important role in restoring and regenerating biodiversity and a flourishing natural environment.

The Outcomes are also supposed to encapsulate a truly sustainable food system in Scotland.

However, none of this is compatible with industrial-scale farming of animals for Scotland's home-grown and imported food. The EAT-Lancet Planetary Health Diet requires plant-strong diets dominated with fruits, vegetables, nuts, grains and legumes, and supports fully plant-based and vegan-suitable diets. They recommend no more than 71 g of meat (in any form, including fish) per person per day to achieve healthy diets for 10 billion people within planetary boundaries.



This is why it is vital for the Good Food Nation Plan to include the plant-based transition in Outcomes and targets e.g.:

Outcome 7: Scotland is a global leader in the plant-based food system transition, from biosphere management for food production on land and in water, to universal access to well-planned, sustainable plant-based and vegan-friendly diets, to help tackle the ongoing global food security, biodiversity, climate change and public health crises.

We also all have the Human Right to food, which obliges us to implement sustainable, healthy food production policies.

The Vegan Society Registered Dietitians have developed the Vegan Eatwell Guide

(https://www.vegansociety.com/sites/default/files/uploads/downloads/The%20Vegan%20Eatwell%20Guide_2.pdf), a visual guide for

balanced plant-based and vegan-suitable diets meeting the nutritional needs of adults, and children aged two or over, including appropriate fortified foods and supplements.

Therefore, the plant-based food system transformation for Scotland will also support our ethical duties to empower everyone to access healthy, sustainable, culturally appropriate food. This also supports our ethical duty of care to animals to 'do no harm'.

Thus, there is now extensive and wide-ranging environmental, dietetic, and ethical evidence that the world needs a plant-based transition. Scotland must be a leader in this.



Part B: Consultation on specified functions for the national Good Food Nation Plan

Specified functions tell Ministers when they must take account of a particular policy area while carrying out governmental work.

In this case, Scottish Ministers will be legally required to have regard to the national Good Food Nation Plan when carrying out any governmental work listed as a specified function.

In this way the specified functions give effect to the Plan, ensuring that Scottish Ministers are considering the impact that their actions will have on future policy related to food.

Outcome 1: *Everyone in Scotland eats well with reliable access to safe, nutritious, affordable, sustainable, and age and culturally appropriate food.*

Function falling within a specified description:

The provision of food in schools; health and social care service; prisons; and other public settings including: consideration of food-related procurement; and minimising and disposal of food waste

The provision of financial; mental health; and community support to reduce food insecurity and socio-economic inequalities in relation to food

Issuing guidance on appropriate nutrition across all age groups

Issuing guidance on infant formula and follow-on formula

The provision of guidance or support related to acute food shortages or civil contingency emergencies / risks that affect food supply

The provision of food education through the Curriculum for Excellence and food-related education projects that provide information on food production; career opportunities; environmental, health, economic and international impacts of the food system; cultural value of food

Existing Functions within Legislation:



*When exercising functions under the sections 56A, 56C, 56E
Education (Scotland) Act 1980*

When exercising functions under Food (Scotland) Act 2015

*When exercising functions under Schools (Health Promotion and
Nutrition) (Scotland) Act 2007*

*When exercising functions under section 13 Housing (Scotland) Act
2006*

*The Food Safety Act 1990 (Consequential Modifications) (Scotland)
Order 1990*

***Outcome 2:** Scotland's food system is sustainable and contributes to a
flourishing natural environment. It supports our net zero ambitions,
and plays an important role in maintaining and improving animal
welfare and in restoring and regenerating biodiversity.*

Functions falling within a specified description:

*The issuing of guidance, strategies and plans related to catching,
harvesting, processing, waste, and distribution of seafood*

*The consideration of impacts and opportunities related to the
Agricultural Reform Programme and the provision of financial support*

*The consideration of animal welfare standards in food production,
transport of live animals, and slaughter*

*The consideration of the environmental impact (including mitigation
of, and adaptation to, climate change and the halting and reversing of
biodiversity loss) associated with food production including the
catching, rearing, growing, and harvesting of food stuffs*

*The consideration of the environmental impact (including mitigation
of, and adaptation to, climate change and the halting and reversing of
biodiversity loss) of processing and distribution of food stuffs*

*The consideration of the environmental impact (including mitigation
of, and adaptation to, climate change and the halting and reversing of
biodiversity loss) in the management of food waste*

*The consideration of impacts and opportunities regarding land use
and management associated with food production*



The provision of educational materials and advice in relation to a sustainable food system for food producers, processors, and consumers

The collection of agri-food supply chain data and agricultural activity data, and consideration of this data as a means by which progress in achieving Good Food Nation outcomes may be assessed

The regulation of organic standards regarding production of food stuffs

Existing Functions within Legislation:

When exercising functions under section 45C Environmental Protection Act 1990

When exercising functions under section 8, 14, 15, 17 Agriculture (Retained EU Law and Data) (Scotland) Act 2020

When exercising functions under section 44 Land Reform (Scotland) Act 2016

When exercising functions under section 13 UK Withdrawal from the European Union (Continuity) (Scotland) Act 2021

When exercising functions under section 23, 28, 29 of Schedule 1 of the Environmental Assessment (Scotland) Act 2005

When exercising functions under Animal Health and Welfare (Scotland) Act 2006

When exercising functions under Procurement Reform (Scotland) Act 2014

When exercising functions under section 2 Nature Conservation (Scotland) Act 2004

When exercising functions under section 17, 24 Climate Change (Emissions Reduction Targets) (Scotland) Act 2019

When exercising functions under section 54 Aquaculture and Fisheries (Scotland) Act 2013

When exercising functions under section 56E Education (Scotland) Act 1980



When exercising functions under section 19C Crofters (Scotland) Act 1993

Outcome 3: *Scotland's food system encourages a physically and mentally healthy population, leading to a reduction in diet-related conditions*

Functions falling within a specified description:

The duty of Scottish Ministers to protect public health regarding diet-related conditions

The issuing of guidance, strategies, and plans related to diet and health

The impact of planning decisions on the availability and type of food outlets

The consideration of the impact of food promotions on public health

The scope for food-related issues to affect outcomes in relation to mental health and wellbeing

Existing Functions within Legislation

When exercising functions under Food (Scotland) Act 2015

When exercising functions under Schools (Health Promotion and Nutrition) (Scotland) Act 2007

When exercising functions under Procurement Reform (Scotland) Act 2014

Outcome 4: *Our food and drink sector is prosperous, diverse, innovative, and vital to national and local economic and social wellbeing. It is key to making Scotland food secure and food resilient, and creates and sustains jobs and businesses underpinned by fair work standards.*

Functions falling within a specified description:

The impact of planning decisions on the availability of land with high food-growing potential (e.g. high quality agricultural land), and the location of food processing facilities



The implementation of fair working standards in the provision of food in schools, hospitals, prisons, care homes, and other public settings

The issuing of guidance to the food-related business sector

The provision of financial and non-financial support to the food-related business sector

The provision of guidance and support related to innovation in the food-related business sector

Existing Functions within Legislation:

When exercising functions under section 137 of the Community Empowerment (Scotland) Act 2015

When exercising functions under section 53, 53A and 56A Education (Scotland) Act 1980

When exercising functions under section 29 Local Government in Scotland Act 2003

Outcome 5: *Scotland has a thriving food culture with a population who are interested in and educated about good food.*

Functions falling within a specified description:

The provision of guidance to local authorities on food-growing strategies in relation to allotments; community land ownership; disposal of waste; and handling of excess produce e.g. from allotments

The provision of food education

The provision of skills development and training resources for food producers, and others who work in the food and drink sector

The appointment and remit of the National Chef

The promotion of food and drink in relation to tourism

Outcome 6: *Scotland has a global reputation for high-quality food that we want to continue to grow. Decisions we make in Scotland contribute positively to local and global food systems transformation. We share and learn from best practice internationally.*

Functions falling within a specified description:



The consideration of food-related issues when developing and conducting trade policy

The promotion of fair-trade certified food

Delivery of international visits to food-related trade fairs



19. Please let us know if we have missed any function falling within a specified description or relevant specified functions in the list (Outcomes 1 – 6).

No comment.

20. Why do you think this specified function / function falling within a specified description should be added?

No comment.



About you

Name

Claire Ogley

Email

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Are you responding as an individual or an organisation?

Organisation

Organisation

The Vegan Society Reg. Charity No: SC049495 (Scotland)

The Scottish Government would like your permission to publish your consultation response. Please indicate your publishing preference:

Publish response with name

We will share your response internally with other Scottish Government policy teams who may be addressing the issues you discuss. They may wish to contact you again in the future, but we require your permission to do so.

Are you content for Scottish Government to contact you again in relation to this consultation exercise?

Yes

I confirm that I have read the privacy policy and consent to the data I provide being used as set out in the policy.

I consent



Evaluation

Please help us improve our consultations by answering the questions below. (Responses to the evaluation will not be published.)

How satisfied were you with this consultation?

Neither satisfied nor dissatisfied

Please enter comments here.

How would you rate your satisfaction with using this platform (Citizen Space) to respond to this consultation?

Slightly dissatisfied

Please enter comments here.

Please provide a full consultation response template.

Before filling in an online consultation portal, clearly anyone will have to compose their responses.

By all means, ask us to copy & paste our completed responses into your portal. But, please, give us a template to draft our responses on first.

Many thanks.