

# food and health

## Strategic Plan for Argyll and Bute

An information leaflet from Argyll and Bute  
Community Planning Partnership



Argyll and Bute: Leading Rural Area  
Vibrant Communities  
Outstanding Environment  
Forward Looking



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WEALTHIER & FAIRER

SMARTER

HEALTHIER

SAFER & STRONGER

GREENER

## Food and Health Strategic Plan for Argyll and Bute

Food and Health is more than just nutrition – it also encompasses a healthy food economy, a healthy environment and social justice. Action to support food and health is required by many of us.

Argyll & Bute Food & Health Strategy Group is a Community Planning Partnership group with representation from key partner organisations across Argyll and Bute. This group has produced an integrated, comprehensive food and health plan.

For maximum benefit we need to make use of the plan, working together on identified priorities to achieve shared outcomes.

A strong local food economy is key to ensuring access to fresh local food.

### The four main themes of the plan are:

- **Health** – improving access, availability and affordability of healthy food which leads to healthier eating can benefit both physical and mental health, and promote a sense of wellbeing.
- **Social** – the social and cultural value of food needs to be recognised and enhanced; producing, distributing, selling, preparing and eating food involves making social contacts, and can help to create community cohesion and reduce isolation as well as supporting aspects of health.
- **Economic** – supporting and developing a sustainable local food economy has both direct and indirect economic benefits:
  - **direct** – generating incomes via local employment and development of small enterprises linked to producing, processing, marketing and retailing
  - **indirect** – through education, recreation, economic diversity, changes in land use
- **Environmental** - food production and consumption has impacts on waste management, biodiversity, food miles and carbon footprints.

### The Plan can help you to:

- act as reference when developing policies, strategies and funding bids
- link up with other partners in your area working on similar activities
- act as a lever to seek funding
- get ideas for future joint actions
- find out what is happening across Argyll and Bute in relation to food and health

Access the Food and Health Strategic Plan for Argyll and Bute via:  
[www.argyll-bute.gov.uk/yourcouncil/partnerships/cpphomepage1/](http://www.argyll-bute.gov.uk/yourcouncil/partnerships/cpphomepage1/)