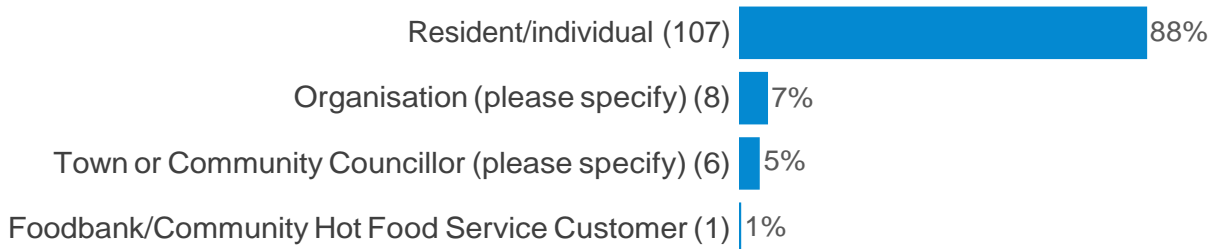# Carmarthenshire Food Network

This report was generated on 19/05/22. Overall 122 respondents completed this questionnaire. The report has been filtered to show the responses for 'All Respondents'.

The following charts are restricted to the top 12 codes. Lists are restricted to the most recent 100 rows.

Please enter the first five letters and digits of your postcode e.g. SA311 (no gap)

SA174	Sa148	sa313	SA197	Sa445	SA147	SA481	SA335	SA33	SA15
sa182	SA147	sa340	SA197	SA19	sa335	SA175	SA182	sa409	SA313
SA444	SA183	sa15	Sa334	SA153	SA445	SA409	SA196	SA175	sa311
SA146	sa312	Sa19	SA334	SA149	SA197	sa174	as183	sa316	sa327
SA198	sa340	SA726	SA335	SA488	sa445	SA340	SA17	SA151	sa311
sa19	SA183	SA328	SA334	Sa311	SA311	SA334	sa444	SA445	SA311
SA328	sa311	SA313	SA334	SA153	SA154	SA160	SA151	sa155	SA153
sa57p	SA389	SA174	Sa334	sa327	SA316	SA147	SA155	SA155	SA146
SA335	SA198	sa48r	SA334	SA151	SA174	SA174	SA147	SA340	sa313
SA147	SA61	sa155	SA152	SA15	SA155	SA313	sa334	SA151	CF32P

Are you completing this survey as a:

Resident/individual (107) ████████████████████████ 88%

Organisation (please specify) (8) █ 7%

Town or Community Councillor (please specify) (6) █ 5%

Foodbank/Community Hot Food Service Customer (1) | 1%

Please specify which organisation

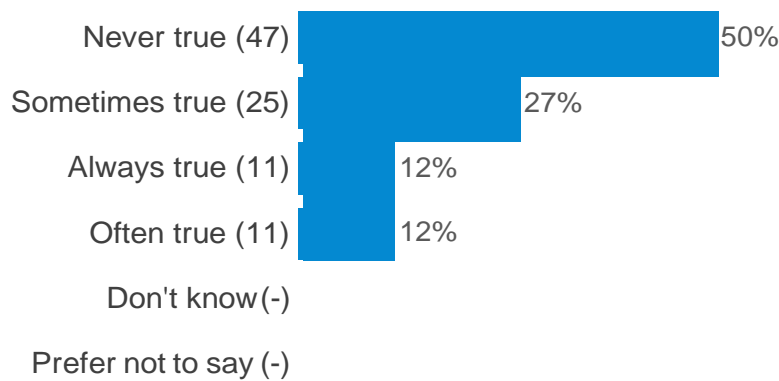|	
Threshold DAS/Repair Cafe Llanelli	John Burns Foundation
Llwynhendy/Pemberton Forum	Withybush Hospital
Dinefwr Orchardeers	Carmarthen Foodbank
Swperbox CIC	FareShare Cymru

Please specify which Town or Community Council

Manordeilo and Salem	Community
Llansawel	Llanelli Rural
Laugharne	Carmarthen

months? (You and other household members had enough of the kinds of foods you wanted to eat.)
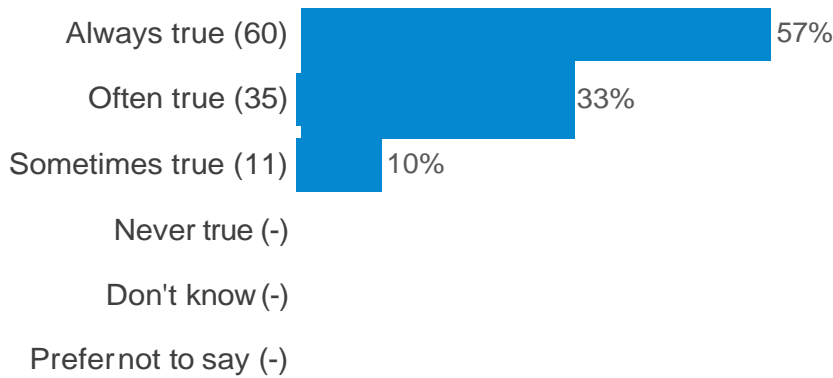
Always true (60) ███████████████████████ 57%

Often true (35) ██████████████ 33%

Sometimes true (11) ████ 10%

Never true (-)

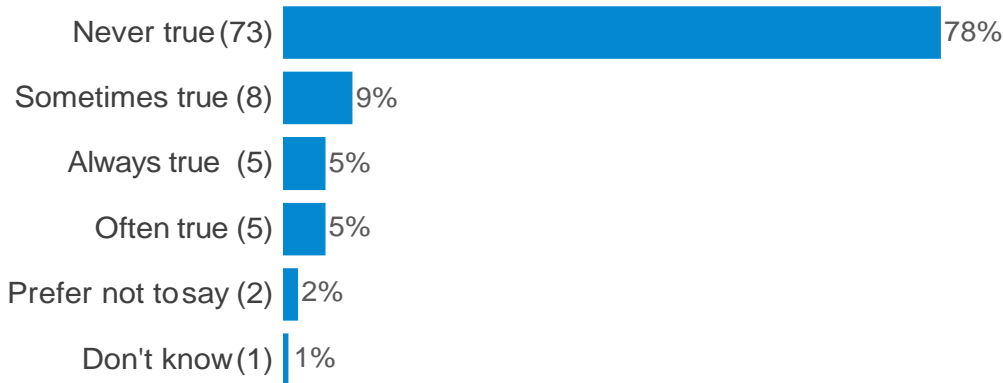Don't know (-)

Prefer not to say (-)

Which of the following best describes the food eaten in your household in the last 12-months? (You and other household members had enough to eat, but not the kinds of foods that you wanted.)

Never true (47) ██████████████████ 50%

Sometimes true (25) ██████████ 27%

Always true (11) █████ 12%

Often true (11) █████ 12%
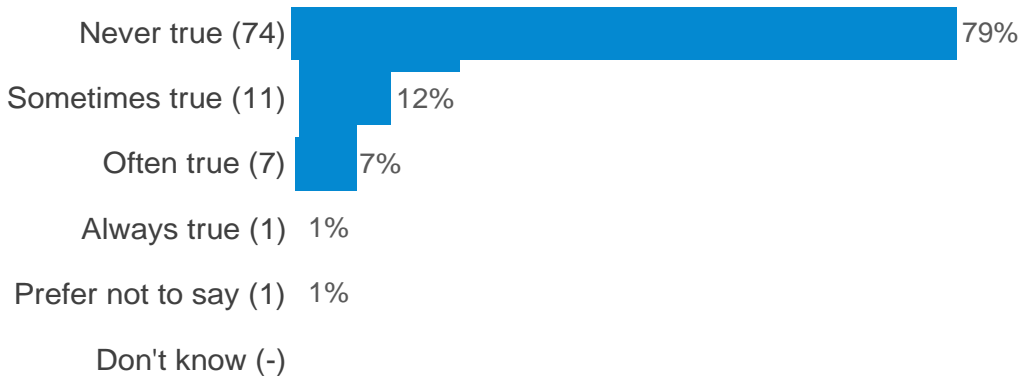
Don't know (-)

Prefer not to say (-)

Which of the following best describes the food eaten in your household in the last 12-months? (Sometimes you and other household members did not have enough to eat.)

Never true (86) ██████████████████████████████ 92%

Sometimes true (7) ██ 7%

Always true (1) 1%

Often true (-)

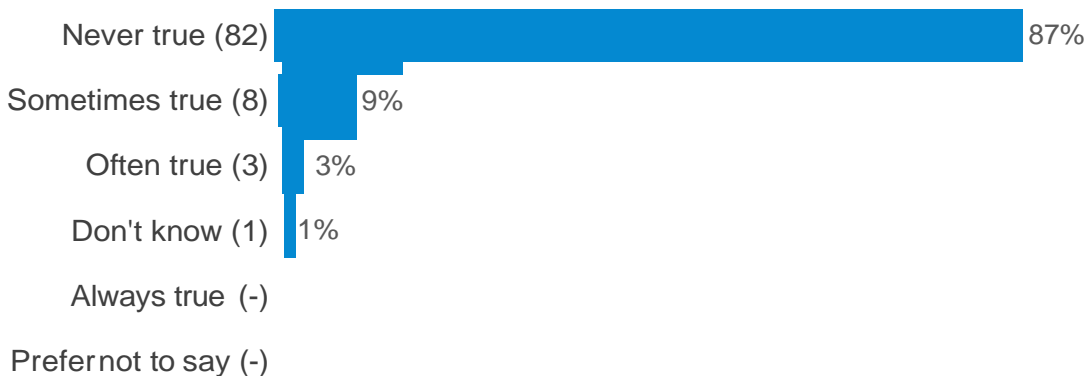Don't know (-)

Prefer not to say (-)
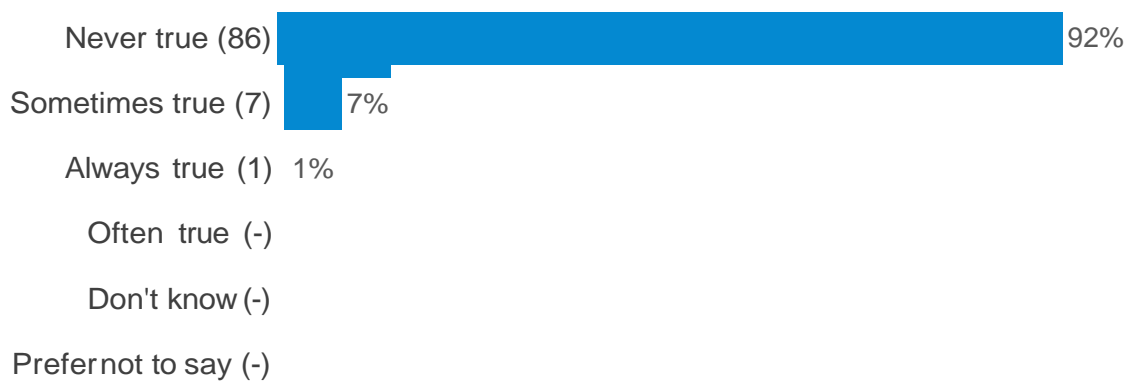
months? (Sometimes you or other household members had to make a choice between paying the bills and eating well. For example, heating the house, paying for other essentials.)

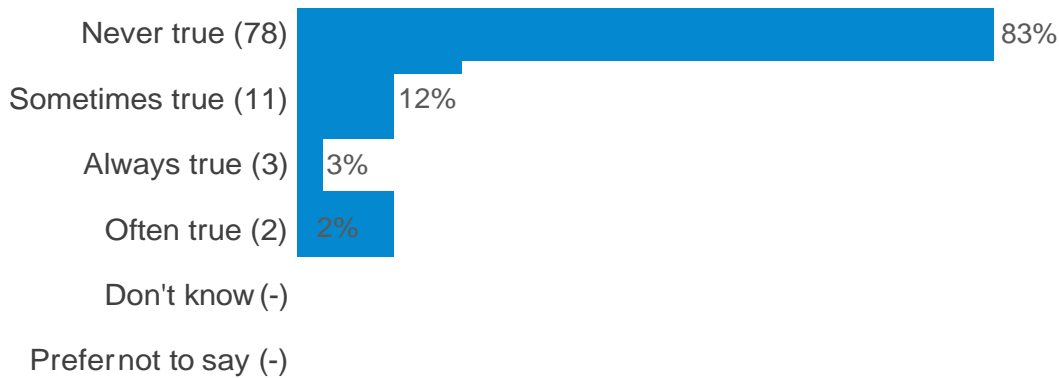|	
Never true (73)	78%
Sometimes true (8)	9%
Always true (5)	5%
Often true (5)	5%
Prefer not to say (2)	2%
Don't know (1)	1%

Which of the following best describes the food eaten in your household in the last 12-months? (We worry that the food will run out before we have money to buy more)

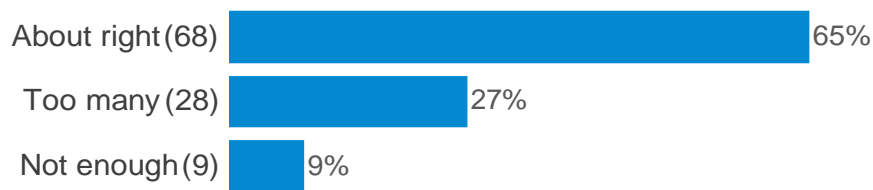|	
Never true (74)	79%
Sometimes true (11)	12%
Often true (7)	7%
Always true (1)	1%
Prefer not to say (1)	1%
Don't know (-)	

Which of the following best describes the food eaten in your household in the last 12-months? (The food we bought just didn't last, there wasn't enough money to buy any more)
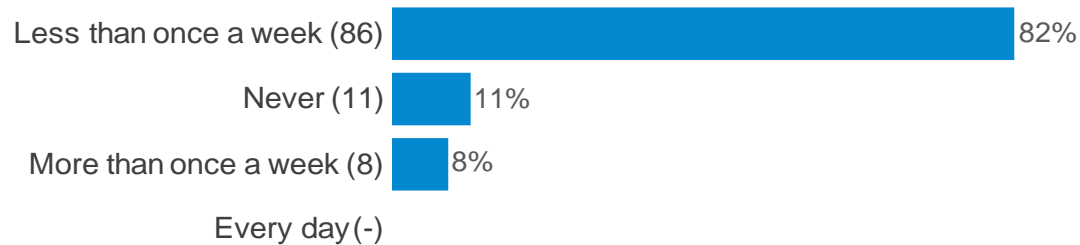
Never true (82)	87%
Sometimes true (8)	9%
Often true (3)	3%
Don't know (1)	1%
Always true (-)	
Prefer not to say (-)	

Which of the following best describes the food eaten in your household in the last 12-months? (We couldn't afford to eat balanced meals)

Never true (78) — 83%
Sometimes true (11) — 12%
Always true (3) — 3%
Often true (2) — 2%
Don't know (-)
Prefer not to say (-)

What do you think about the number of hot food takeaways near where you live?

About right (68) — 65%
Too many (28) — 27%
Not enough (9) — 9%

How often do you eat takeaway meals?

Less than once a week (86) — 82%
Never (11) — 11%
More than once a week (8) — 8%
Every day (-)

Carmarthenshire Food Network

Where do you buy most of your food? (Please tick all that apply)

Category	%
Supermarket (101)	95%
Independent food shops (38)	36%
Local convenience store (33)	31%
Market stalls (27)	26%
Frozen food shops e.g. Iceland (19)	18%
Discount store e.g. Poundstretcher (18)	17%
Takeaways (11)	10%
Somewhere else (10)	9%
Community food schemes (4)	4%

Please specify where else you buy most of your food.

From local people selling surplproduce outside their homes (eggs especially and vegetables sometimes

I bulk buy staple dry goods, such as flour, nuts, dried fruit

Supermarkets and local CSA vegetable box

Online - independent shops

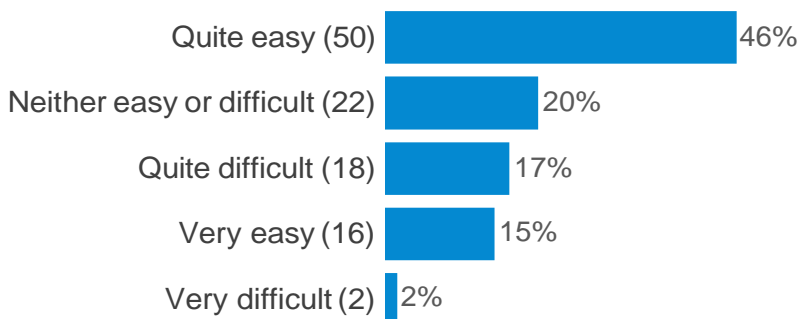Butchers

Online wholesalers for dried and canned goods

Veg box from grower

local suppliers in village

Cash and Carry

online subscription

How easy or difficult do you find it to eat healthily?

Category	%
Quite easy (50)	46%
Neither easy or difficult (22)	20%
Quite difficult (18)	17%
Very easy (16)	15%
Very difficult (2)	2%

How easy or difficult do you think it is for residents in your area to eat a healthy diet.

Quite difficult (5)	39%
Neither easy or difficult (4)	31%
Very easy (2)	15%
Quite easy (2)	15%
Very difficult (-)	
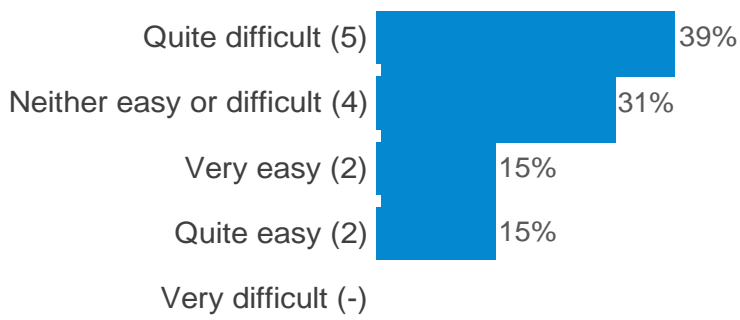
Do any of the following make it difficult for you to eat healthily at home? Please tick all that apply

- 39%
- 36%
- 26%
- 16%
- 13%
- 11%
- 10%
- 7%
- 4%
- 3%
- 1%

Carmarthenshire Food Network
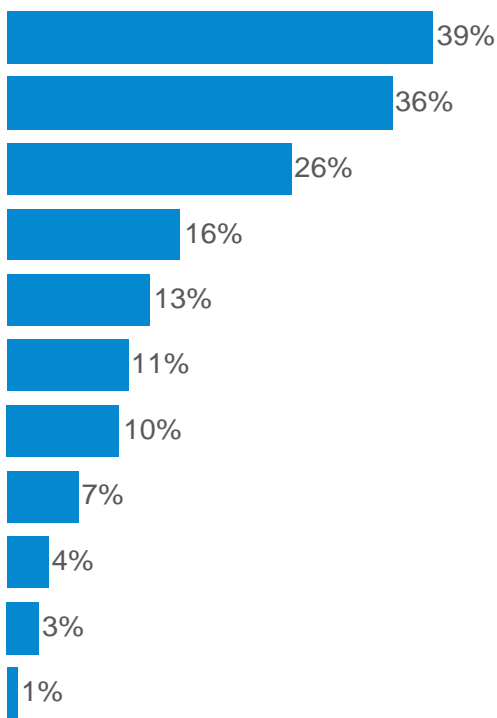
Please tell us what makes it difficult for you to eat healthily at home?

Diffyg syniadau prydiau bwyd iachus a hwylus i'w paratoi

Motivation and mental health

I disagree with the Eat Well plate and there is a growing movement, even in the NHS that the high carb low fat diet is a disaster for health. we eat keto

Husband is diabetic so low carb food is needed and is very expensive when locally sourced. Dairy allergy means restaurants etc are ruled out and most supermarkets don't stock healthy dairy free food

local availability

Cannot afford the cost of minimum spend for online orders

busy life full time working and looking after a farm need quick and easy

THE SHELF LIFE OF HEALTHY FOOD ISN'T AS LONG AS FROZEN

Lack of farmer's market locally - I would prefer to eat local-grown /cooked food but there is a lack of this kind of outlet in Llanelli

dim amser i fynd i brynu nwyddau ffres drwy'r wythnos (gweithio llawn amser), yn cael dosbarthiad unwaith yr wythnos

sometimes it just willpower and you feel like food that is not healthy - this is due to what they put into it to make you want to eat more of it

To me, healthy means organic, and organic produce is not always easy to find; it is also out of reach price-wise for many people, and I believe this is wrong.

Plant yn eu harddegau dim wastod eisiau bwyta'n iach felly yn neid yn anodd fel teulu i bwyta prydiau gydan gilydd

gormod o temptasiwn. Wedi datblygu arferion gwael dros y dwy flynedd diwetha.

Do any of the following make it difficult for residents to eat healthily at home? (Do any of the following make it difficult for you to eat ...)

77%
62%
62%
54%
31%
31%
23%
8%
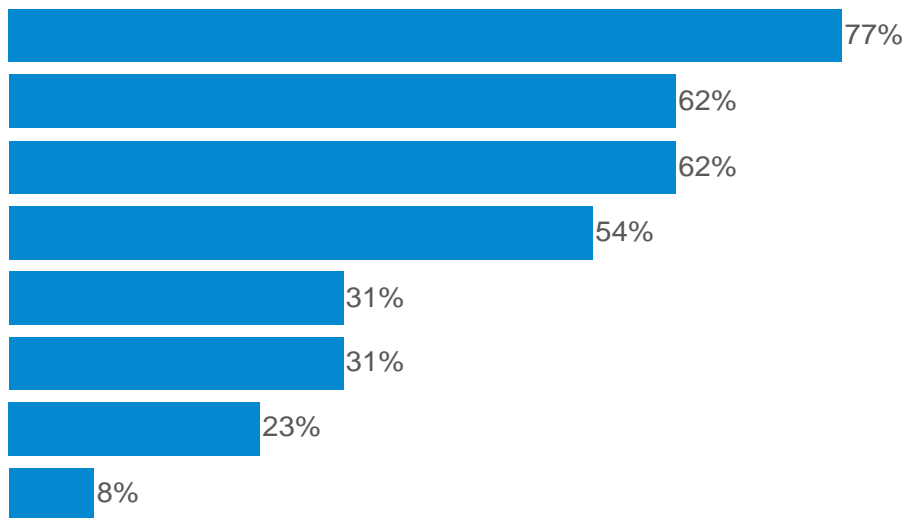
Do any of the following make it difficult for you to eat when you are not at home e.g. whilst at work or during leisure time when you are shopping/meeting with friends. Please tick all that apply.
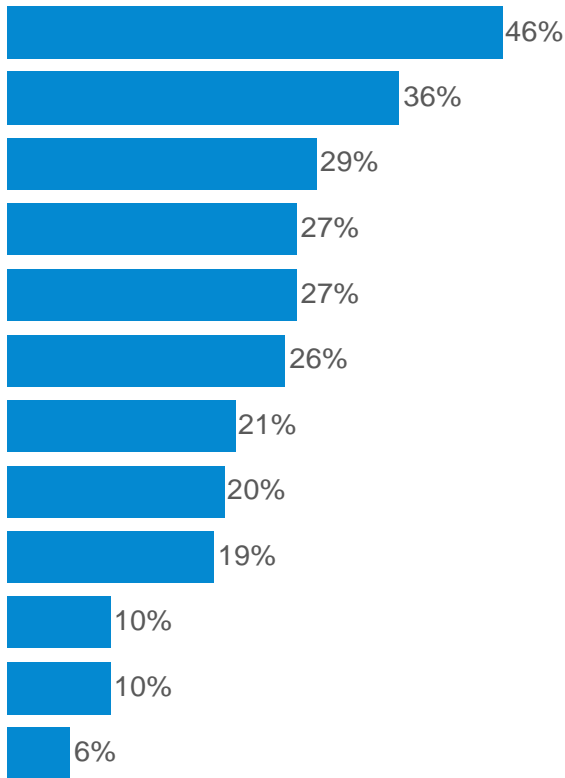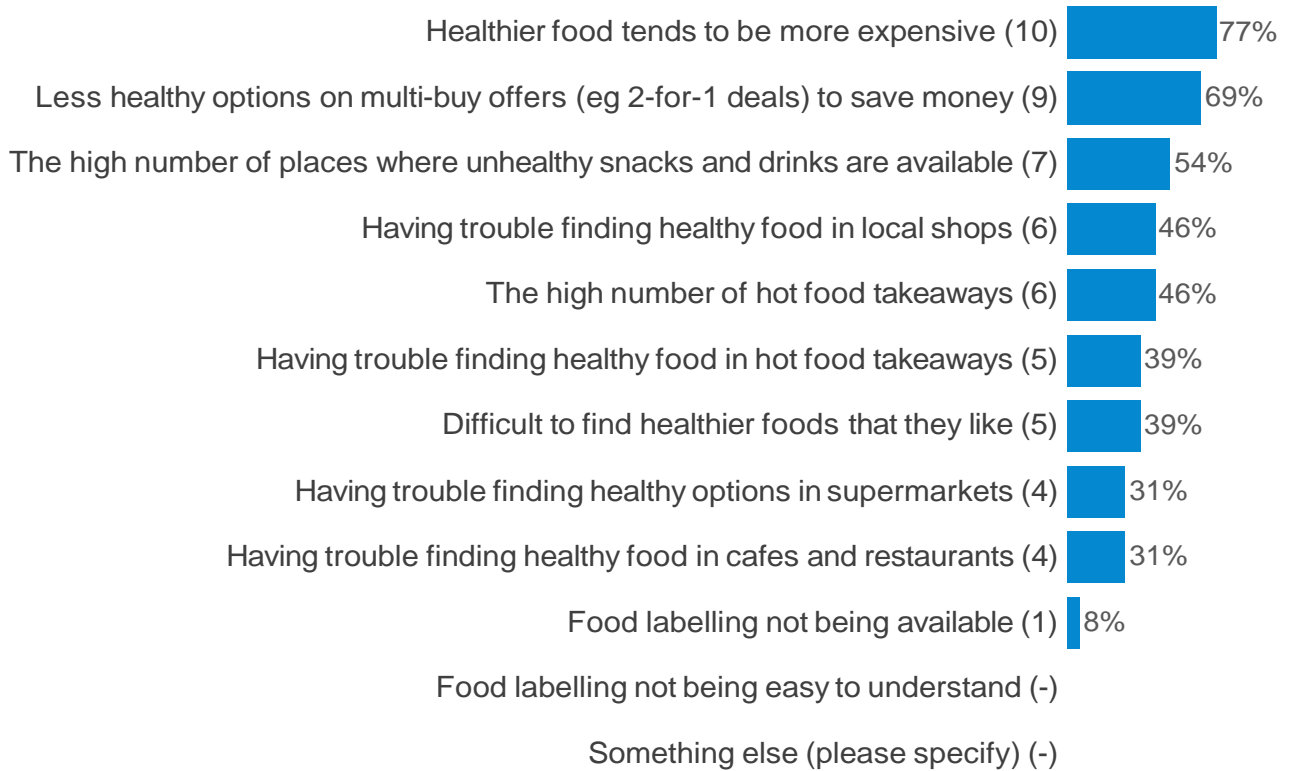

Tell us what makes it difficult for you to eat when you are not at home?

The vast majority of our food is made from scratch from fresh, frozen or canned sources. Eating away from home is a nightmare as all the food is highly processed.
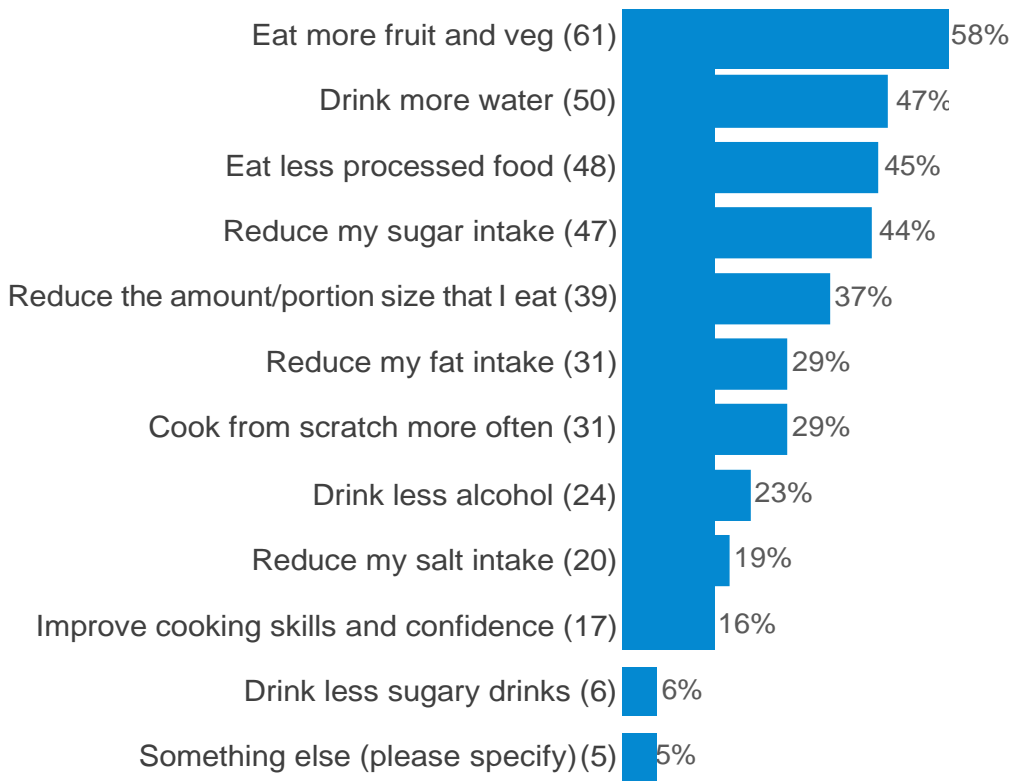
Do any of the following make it difficult for residents to eat when they are out of home e.g. whilst at work or during leisure time when shopping/meeting with friends. Please tick all that apply. (Do any of the following make it difficult for you to eat ...)

Category	Percentage
Healthier food tends to be more expensive (10)	77%
Less healthy options on multi-buy offers (eg 2-for-1 deals) to save money (9)	69%
The high number of places where unhealthy snacks and drinks are available (7)	54%
Having trouble finding healthy food in local shops (6)	46%
The high number of hot food takeaways (6)	46%
Having trouble finding healthy food in hot food takeaways (5)	39%
Difficult to find healthier foods that they like (5)	39%
Having trouble finding healthy options in supermarkets (4)	31%
Having trouble finding healthy food in cafes and restaurants (4)	31%
Food labelling not being available (1)	8%
Food labelling not being easy to understand (-)	
Something else (please specify) (-)	

How would you rate yourself in terms of healthy eating? Think about the past 3 months

Category	Percentage
eat a fairly healthy diet (18)	21%
try to eat healthily (17)	20%
eat a fairly healthy diet (16)	19%
try to eat healthily (15)	18%
do not eat healthily at all (5)	6%
do not eat healthily at all (5)	6%
do not eat healthily at all (4)	5%
eat an extremely healthy diet (3)	4%
do not eat healthily at all (1)	1%
do not eat healthily at all (1)	1%

Carmarthenshire Food Network

How would you like to make your diet healthier?

Eat more fruit and veg (61) — 58%
Drink more water (50) — 47%
Eat less processed food (48) — 45%
Reduce my sugar intake (47) — 44%
Reduce the amount/portion size that I eat (39) — 37%
Reduce my fat intake (31) — 29%
Cook from scratch more often (31) — 29%
Drink less alcohol (24) — 23%
Reduce my salt intake (20) — 19%
Improve cooking skills and confidence (17) — 16%
Drink less sugary drinks (6) — 6%
Something else (please specify) (5) — 5%

Specify how else you would like to make your diet healthier?

I'd like to be able to afford better quality ingredients, especially organic fruit and veg.

Low carbs

Get a decent juicer/blender but they are expensive

eat less bread, sandwiches being a quick and easy option

By having the availability of locally-produced organic vegetables, and also fruit that it's possible to grow in Wales, climate-wise

Carmarthenshire Food Network

Are there other support services would help you in your current situation?

100%

100%

Does your organisation do any of the following to reduce impact on the environment?

Buy food and drink that is produced locally (3)	27%
Receive or buy in surplus food for redistribution (3)	27%
Grow food (2)	18%
Buy less and better-quality meat and dairy (such as RSPCA, organic certified) (1)	9%
Compost food waste (1)	9%
Other. Please specify (1)	9%
Buy certified organic food (-)	
Buy food with recyclable/biodegradable packaging (-)	
Buy more plant-based options (-)	
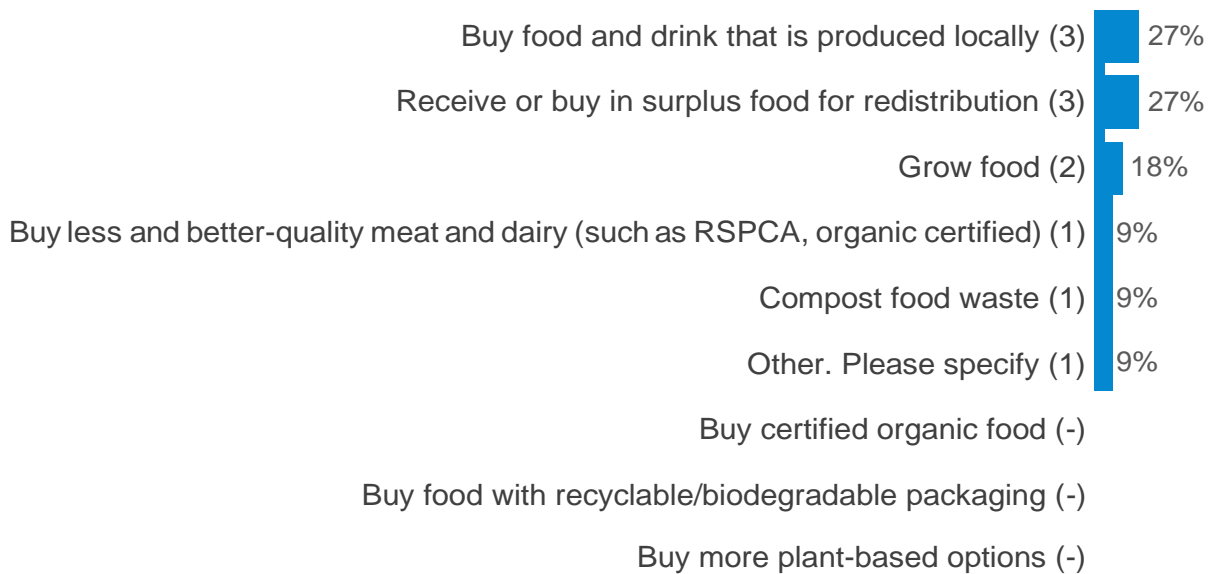
Please tell us what your organisation do to reduce the impact on the environment?

We want to provide healthy eating classes to residents encouraging an environmental angle.

What are the barriers, if any, to your organisation to reducing its environmental impact in relation to food

Additional cost (3) ▓ 25%

Lack of access to growing space (2) ▓ 17%

Lack of knowledge where to buy (2) ▓ 17%

Training (e.g. food hygiene certification) (2) ▓ 17%

Other. Please specify (2) ▓ 17%

Lack of storage facilities (e.g. fridge/freezer, compost bins) (1) ▓ 8%

Meeting environmental health requirements (-)

Availability of products (-)
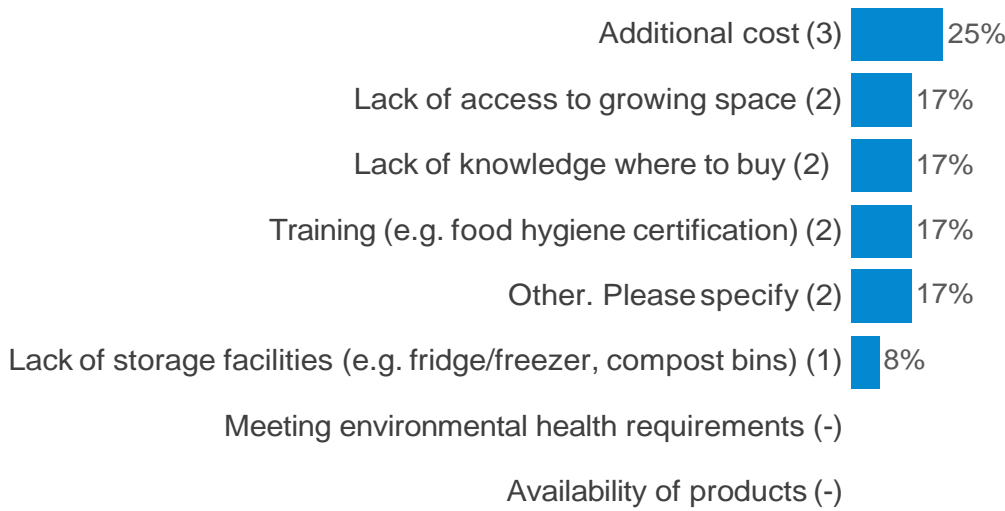
Other barriers?

We don't really own any land and don't host events as such, so this is really relevant to us

We rely on donated food, and only store ambient, long life food (tins/cartons etc).

How do you think the community could be supported to reduce its impact on the environment?

more shared growing spaces

More choice local, cheaper prices, this will reduce the need for people to travel further. Reduction in car emissions

Close fast food outlets and offer business rate free zones for healthy food shops

Access to sustainable food made available from Community Supported Agriculture which can be commercially viable by supplying into the public sector

Local land could be set aside within Local Development Plans for community gardens/allotments to grow their own food. The community council could work with the county council to hold education sessions in buying/preparing healthy food cheaply. More promotion and encouragement of healthy food producers and retailers locally (but also national chains too).

Community electric minibus, use of land at old school to grow horticultural produce, publication of recipes for seasonal produce

Have access to plots

More courses on environmental impact and how to reduce the negative impact.

A vibrant high street with local shops selling healthy local produce at a competitive price. So many people are struggling to make ends meet that they are naturally attracted to the less nutritious supermarket food. Also because time is a big problem for many families they are attracted by easy to cook ready meals. attracted to the cheaper less nutrisous

Provide support for food projects, community groups and charities to join surplus food redistribution schemes. This is a way of preventing food from going to waste and therefore would have a positive impact on the environment.

Carmarthenshire Food Network

Please tell us about what you think would help you or other people in Carmarthenshire to eat more healthily.

Syniadau am brydiau bwyd hwylus i'w paratoi o amgylch bywyd gwaith 9-5 sydd hefyd yn rhwydd o ran cynnwys bwyd

Would like to know more about a healthy vegan diet, milk alternatives etc

Maybe an app which tracks activity so that if you stay active you get rewarded with points or vouchers towards healthy foods and a reduced price for a smart watch tracker?

More fresh foods available without plastic packaging

Access to more affordable, well produced raw ingredients (organic/regenerative farming)

Local markets more

There are good shops but I need more money to take advantage of them

Cheaper fresh fruit and veg, recipe cards in the supermarket, a standard shopping basket of foods at a reasonable price that can make many interesting meals. Cooking lessons in schools for the whole family - after school hours

Locally grown fresh vegetables and fruit and eggs and meat and dairy.

more shared growing spaces, encourage food share/swap, community fridges for surplus items

Cheaper prices on healthier foods.

Supermarkets to sell local produce

close fast food outlets. Stop advertising unhealthy food, especially in schools. Go into schools and reinstate cooking lessons and also nutrition classes

Cookery demonstrations in town

Development of local markets in towns and villages for direct selling by local producers. Local bulk buying schemes for basic items eg rice, pasta

Access to sustainable, healthy food made available from community supported agriculture with is made commercially viable by supplying the public sector,

Better education at all levels and age groups in the community

Perhaps less easy unhealthy take away options

education and making healthy foods 'sexy' rather than boring

There are a few lost generations that do not know how to cook - I include myself here but have been fortunate to have the time and the confidence to learn

Easier options for those who lack cooking skills.

Free cooking classes

easy local access to healthy food at an affordable price. Carms is so rural it often involves having to travel to get food so the cost of travel has to comefrom the food budget

Encouraging people to shop well and cook from scratch, it doesn't have to be expensive.

Better education about how to cook healthy meals on a budget

Make healthier food cheaper. I think people feel dictated to. I genuinely feel the majority of people know they should be on a healthy diet but feel it can be over emphasised at times.

Better labelling on food. Traffic light system only goes so far in identifying health options. Supermarkets need to offer more healthy choices.

More healthy take aways at reasonable prices

Increased income

Access to more affordable healthy local food

Easily digestible info on realistic healthy eating that's easy to cook. De-bunking of unsustainable, 'quick-fix' diet trends.

Carmarthenshire Food Network

Please tell us about what you think would help you or other people in Carmarthenshire to eat more healthily.

Cost of Organic vegetables and fruit reduced.

Basic cooking classes, based around food you can buy in local supermarkets/shops. It would be good if there was something like this in the new Health Centre that is being built in Cross Hands for example. Classes/demos based on food that can be bought in Lidl or Aldi, which are on the same site.

More time and less stress. A family who didn't enjoy les nutrional food as often!

Free lessons for those who need it, regardless of income.

food cost less

More healthy take away venues

Availability and affordability of healthy options / non processed options

More awareness about eating a whole foods plant-based diet and its benfits

Cooking classes, recipe ideas

OPPORTUNITIES TO TRY DIFFERENT FOOD AS I CAN;T AFFORD TO BUY DIFFERENT FOOD TO TRY AND THEN POTENTIALLY NOT LIKE

Processed food is easier to cook and more cost effective for larger families.

Proper advice, using apps that count calories and nutrients for you

Reduce the price of healthy food and increase the price of unhealthy food. Make ONLY healthy food available in all Council-owned premises.

Hubs to distribute surplus produce from gardens, allotments, orchards

No problem

Start with making healthy school meals, make them compulsory, none of this nonsense of bringing packed lunches and educate children to shop and cook

Educating young mothers about how to cook and buy healthy food on a budget to feed a family. e.g Tips on how to buy and cook discounted food / reduced sell by date, how you can continue to eat some sell by date food e.g milk, do a smell test fruit and veg that's not gone mouldy etc Free Community/ parenting cookery classes. Working with Chris Thomas fruit and veg wholesalers to advertise their cheap food e.g how to cook up meals using the £1 bargain fruit and veg boxes.

Healthier food available locally

More fresh food shops in the township I live in.

readily available fresh, local produce and locally baked goods to be available in the town centre

Disgyblion ysgol yn dysgu sut i goginio prydiau iach ac efallau dysgu'r rhieni hefyd!

Healthy cooking classes for people on low incomes

Gwell argaeledd a phrysiau

More funding for community gardens and courses on how to grow fruit/veg and how to cook.

Education about nutrition from an early age. Decent wages/benefits.

mwy o fwytai yn gwerthu bwyd iachus. mae yna ormod o lefydd yn gwerthu sglodion, burgers ayyb

More cookery lessons and healthy recipes

More opportunities to learn more about healthy eating, and how to prepare/cook healthy meals.

tax unhealthy food to a greater extent to make it more expensive, educate from early age, connect people back with nature and grow your own veg schemes

more healthy hot food examples provided

More information about how to cook quick healthy meals

more local shops and fewer supermarkets

Carmarthenshire Food Network

Please tell us about what you think would help you or other people in Carmarthenshire to eat more healthily.

Quick to prepare meal tips for when working or in a hurry for filling meals for family with big appetite.

A higher wage economy, opportunities for people to grow more produce and education on healthy eating. It is good that schools in Carmarthenshire are offering a wide curriculum which includes cookery and food education.

family cooking clubs

healthier fast food options . more knowledge on health conditions such as diabetes.

Mae'r byrbrydau 'iach' yn siopau/archfarchnad ddim yn digon o pryd fwyd i llenwi person yn aml felly chi'n chwilio am rwbeth arall o fewn yr awr.

readily available healthy food, especially hot take away

Cooking skills and education to make basic meals at home

More educational activities in schools and for parents that are fun and informative e.g. growing veg, community growing spaces, courses, community orchards.

a wholesale change in attitude

Growing and buying locally-produced food and having pride in it

Cost of healthy food in comparison to junk food

Llehau ar llefydd cludfwyd fel KFC, Burger King, Mc Donalds, Costa Coffee sydd wedi cael eu sefydlu yn ardal Cross Hands ac yn agos i ysgolion

better access to cheaper, local foods

There needs to be more community fairshare schemes in the county. Although Ammanford has the big bocs bwyd project which is fabulous it is located in Ysgol Bro Banw so people do not know it is there. It should be in the actual community so that everyone has equal access to the scheme.

basic cooking skills not packet or processed foods

better local choice

Healthy ready meals

more access and variety to luncheon clubs for the elderly/ more access to home cooked foods for young parents and young persons, its all too easy to order in junk food.

Education about food, and teaching people how to prep and cook food (ideally from a younger age).

Less fast food chains

reduce cost for families who can't afford it. Healthy eating cooking groups

More Education, some people seem to think they can't afford to eat healthily & yet again they will spend a fortune on a take away pizza which used to cost more than a sack of potatoes.

Mwy o wybodaeth am maint portions iach o wahanol fwydydd.

knowledge of a healthy diet and encouraging change in eating habits , some have the knowledge just lack the motivation to make the changes

Policies and planning to support a larger number of independent, local food stores. Too many supermarkets in the bigger towns are pulling people away from the smaller ones

Practical lessons/ideas on what to cook and where to get affordable produce.

Bwyta cynnyrch lleol pryd mae'n bosib a bwyta 'balanced diet'. Dim gwrando ar y cyfryngau bod plant based diet yn iachach i'r unigolyn ar amgylchedd

Grow their own food .

Reducing cost of healthy meals/ingredients

processed vegan/vegetarian meals not being advertised and promoted as heathy. Help to make educated and informed choices.

Please tell us about what you think would help you or other people in Carmarthenshire to eat more healthily.

make town car parks cheaper to encourage people to visit the market

Cheaper fruit and veg! £3 for raspberries and they're gone off in two days or I could spend £3 on a multipack of crisps which sit in the cupboard and dont waste. Why can't we grow our own veg in this country and subsidise the farmers that produce the veg so it's cheaper for us? £3 on blueberries which wont fill anyone or £3 on a happy meal which will fill a tummy?

Improved access to fruit and vegetables, specifically improved physical access, not just being available at large supermarkets. Potentially encourage community lead fruit and vegetable schemes Provide support for community groups to sign up to surplus redistribution schemes as they can provide more accessible fruit and veg, potentially making fresh produce more accessible and removing the high cost barrier.

Considering the Covid-19 pandemic, Brexit, news relating to climate change and record numbers of residents accessing food services like foodbanks, do you think there is anything else that can be done to make sure people have better access to good food?

Cefnogi pobl i ddysgu sut mae coginio gyda bwyd ffres. Dibyniaeth (o fewn teuluoedd â phlant ifanc yn enwedig) ar fwyd wedi ei brosesu/rhewi achos ei fod yn gyfleus

Teach grow your own skills/ access to help at our learn about food coops

Utilising local growing schemes and more access to community classes to learn to cook healthily and food shares

More community fridges

Local food hubs and community growing schemes

More local markets

Higher wages, lower housing costs. would welcome the provision of allotments locally.

Education, growing veg in gardens, on verges, in town centres. In Glasgow all the old horse troughs have been turned into plant beds, think outside the box, any space can be utilised to grow veg.

Local markets, fewer convenience stores full of sweets and alcohol.

Free school meal for all children, meals on wheels for the elderly, disadvantage and elderly.

Wages need to go up. To cover higher bills etc

Run more cookery classes and cooking schools around the community - for free.

You can bring a horse to water but not make him drink cook and taste sessions at the market

Access to sustainable, healthy food made available from community supported agriculture with is made commercially viable by supplying the public sector,

counteract the dominance in supermarkets of cheap and easy to cook processed foods

As above educating people that things can been made easily with a few cheap ingredients rather than defaulting to processed/frozen food with low nutritional value

Community Grow-Your-Own schemes

Supermarkets should donate food to those that need it most

local markets selling a good range of produce, not just farmer's markets/craft markets where the prices are higher or only organic/speciality food is available

Children should be taught to cook in school. Healthy eating, meal planning all need to start at an early age.

Reduce the cost of healthy options. Make more multi buy offers on fresh food instead of processed foods.

Carmarthenshire Food Network

Considering the Covid-19 pandemic, Brexit, news relating to climate change and record numbers of residents accessing food services like foodbanks, do you think there is anything else that can be done to make sure people have better access to good food?

Supermarkets could do meal deals where you could purchase packs of food already made up to make a healthy meal from scratch with a recipe card included eg chicken, veg, herbs to make a health chicken stew. Meal deals for £10 tend to include highly processed foods.

More farm shops selling local produce. Farmers markets

extend the services of carmarthenfood.com and support them with deliveries

Pop up food banks in different locations for people who can't travel?

Cookery classes. It seems like everyone and their dog has a cake shop or stall.

Proper pay for working, proper benefits for those who cannot work through no fault of their own. More jobs and higher taxes to support those in need. Good public transport to supermarkets, which are cheaper than local shops, or subsidies for village shops so that they can sell food cheaper. Those who can't afford it are currently more likely to have to pay more, because they aren't able to do a "big shop"

Knowledge. I hear so often that people say they can only afford burgers and chips. Not so. Proper cooking is much cheaper.

Yes reduce price of local produce

media programs like lorraine , showing easier menu and cheaper

Increase minimum living wage to account for price increases

Better information - the focus seems to be on calries, and labelling of menus etc. recently as calorific intake - whereas the fat and salt, sugar content is probably more useful and important

Availability of fresh food (eg. fruit and veg) at end of use by date for community use, perhaps in vans for rural community without transport

LOCAL ALLOTMENTS FRESH PRODUCE SOLD LOCALLY

Fruit and Veg could be grown in schools as a lesson and then the children could take the items home.

Ensure that all children have access to low carb (sugar, wheat, pasta,rice, potatoe) meals twice a day, some sensible advice on menu planning and food shopping that isn't patronising.

There is definitely more that can be done, but I would need more time to consider. Finding more ways to sell healthy food directly from producers to consumers without supermarkets taking profits in the middle would certainly help (as would applying higher taxes to unhealthy food).

Universal Basic Income

More food banks

Reduce the number of fast food places beinf given planning permission.

Educating school children and families about what is a healthy diet, use the eat well plate more, provide more compulsory cookery classes from primary school children right through to secondary school children. Ban supermarkets from binning sell by date food, they need to give free to public and/or food banks to freeze / community food cafes to make into community meals etc Give to farm animals to eat...

Reach out more to those who don't have easy access to transport

More fresh foods at foodbanks.

encourage and teach 'grow-your-own' and/or create co-operative growing schemes

Nid oes pwrpas rhoi bwydydd i drigion y sir os nad dynt yn deall beth i neud ar nwyddau am ddim

Unsure

Gostwng prysiau

Food retailers working together to provide reduced cost for fresh food.

Carmarthenshire Food Network

Considering the Covid-19 pandemic, Brexit, news relating to climate change and record numbers of residents accessing food services like foodbanks, do you think there is anything else that can be done to make sure people have better access to good food?

More local initiatives.

lleihau prisiau bwydydd iachus a/neu cynyddu incwm pobl (gweithio neu ar fudd-daliadau)

promotion of cooking from scratch

Price of healthy foods should be more accessible to all

education , cooking clubs?

more information and support on how to grow your own fruit and vegetables

more local production

I use online shopping, make it easier on their lists to find healthy alternatives and fruit and veg are easy to find. Not always the case.

It all started with the 1979 Thatcher government, which has created a them and us society where people having to degrade themselves by using foodbanks is now the norm and set to get worse once the energy bills hit. I think the only thing thing that can be done to make sure people are properly fed is to elect a government that cares for all citizens.

Having healthy food in local shops. There are no local shops near me, I ahve to drive 5 miles in to Carmarthen town. Many other people who have local shops, they don't have healthy options

have more local community based activities/ grow your own courses

Cefnogi fwy o ffermwyr/busnesau lleol sy'n cynhyrchu llysiau/ffrwythau ei hun

education and training to grow food and learn to cook healthy meals

Increase the price of unhealthy, processed foods and decrease the price of healthy, fresh foods.

Schools are key points for ensuring communities are engaged and next generations are well fed. Local shops would probably be keen to be involved. There is good food being produced, but joining it all up is so hard. Especially when considering the marketing budgets of supermarkets and fastfood chains.

whilst half of people are struggling legitimately, far too many have skewed priorities. Access to good food is not the problem.

community gardens/allotments for all who want one, gardening clubs so people can learn about growing their own food and get support

Oes cynyddu ar nifer gerddi rhandiroedd "Allotments" a datblygu mentora'u garddio er mwyn i bobl cael y cyfle i dyfu a dysgu fel i dyfi fwyd eu hunain

better connected to local farmers producing local food

people need to learn to cook

More community schemes need to be set up. Please see the above.

encourage home cooked foods

reduce taxes

making it cheaper

re introduce home economics to school curriculum to include basic cooking skills and basic housekeeping skills

Reduce the cost of living

setting up gardens so people can grow their own food with support

Education on how to manage money aswell, some people's priorities are all wrong, they can afford to smoke & drink but not eat healthily!

Stop opening up fast food outlets !

Carmarthenshire Food Network

Considering the Covid-19 pandemic, Brexit, news relating to climate change and record numbers of residents accessing food services like foodbanks, do you think there is anything else that can be done to make sure people have better access to good food?

More allotments, community grow-your-own projects. Lower business rates for healthy food stores/stalls.

Education on how to prepare health meals

Ma pobol yn cymryd yr opsiwn hawdd a ddim yn cwcan ei huanan i paratoi bwydydd yn defnyddio cynhwyson iach. Ma bwydydd fel hyn yn amal yn rhatach na prynnu bwydydd parod ac yn y blaen.

Farmers' markets have good varieties of foods .

Better education on healthy living

vote in a better central government!

Assist local businesses to provide free or affordable nutritional meals to families/individuals that are relying on food banks etc. Something similar to FSM's in education settings, where you produce a voucher in receipt of a hot (healthy) meal.

introduce cooking back in schools for all years to complete

1 - make it cheaper immediately. 2 - start in schools, teach gardening lessons or growing your own food lessons. 3 - provide people with a kit to start growing their own food? 4 - any food supermarkets are throwing out should be offered to the communities - care homes / sheltered housing / schools or people on low incomes. Would I eat bread 2 days out of date? yes. would I eat cornflakes 4 months out of date? yes. So much waste when people are struggling.

Better linking up of services and sharing of information t of further understanding of why the needs of the community aren't being met and why more people are requiring support Ensure that additional services, that support people out of crisis, are of good quality and are what is actually needed by the community

The growing, rearing, processing, transporting, storing, cooking and disposing of the food we eat all has an impact on the environment. Some of the issues linked to food are greenhouse gases, pollution, plastic packaging and food waste.

What can we do within communities and organisations across Carmarthenshire reduce the impact of the food we eat on the environment?

Hybiau bwyd lleol - cynnyrch ar bris rhesymol ac yn gyfleus i'w brynu

Share knowledge, maybe film of day in the life of someone who is sustainable and eco conscious to suggest how we can all make daily changes to our routines

I read that companies will have to use more sustainable packaging which will be good. More recycling options instore so you can drop off the film packaging & bread bags etc. Fast food outlets should have bins in their car parks which allow people to sort their rubbish instead of throwing everything. Provide glass recycling collection from home as a matter of urgency. Also encourage more supermarkets to have an option to refill sustainable containers instore as an alternative to over-packaging everything and to use more sustainably sourced paper packaging

More community fridges and access to fresh food with no plastic packaging

Have more affordable, locally produced food available

Promote local food markets and legislate against excessive packaging

Grow more produce locally, and sell direct to the public without transporting far or using plastic packaging. The new shop y pantri bach in Drefach is a good example of an outlet for locally grown organic veg, and other locally produced foodstuffs, right on the doorstep. I can walk there.we need more of this kind of thing.

Grow your own, see Dr Mz and Incredible Edibles and Blaguro @ Yr Egin

Carmarthenshire Food Network

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What can we do within communities and organisations across Carmarthenshire reduce the impact of the food we eat on the environment?

Local produce markets in every village selling local produce that doesn't cost the earth. Promotion of fresh food and how to cook it.

eat more locally where possible

Education within schools / communities on the impact.

Stop packing food in plastic that cannot be recycled.

Offer more support to local producers to make sure everyone knows where they can access healthy food

Community gardening projects to grow fresh veg and fruit

Schemes to promote and support local produce therefore reducing transport. A real focus on banning plastic packaging. Perhaps some cooking schemes to demonstrate how to be creative with leftovers, how to cook workshops as cooking from scratch is cheaper than buying takeaways and ready meals.

Access to sustainable, healthy food made available from community supported agriculture with is made commercially viable by supplying the public sector,

Encourage everyone to shop local and shops to buy local.

encourage more use of local, seasonal foods - perception may be that they are boring, but they can be cooked in interesting, tasty ways

We once were a thriving market town, it is difficult for local traders to compete with large businesses.

Target the producers to use less packaging

Promoting existing local food networks (e.g Carmarthen Food, which is great)

Campaign to get rid of plastic wrapping, only buy what you are going to eat and shop less often

Local markets providing a good range of cheap food

Less packaging. More 'wonky' veg so less waste, things don't have to be perfect to taste good

Increase awareness around food waste reduction schemes, lobby for the reduction of energy prices so that people are more likely to cook at home than eat takeaway

Tell the councils to change the way they recycle - so many different bags, so confusing - at one point we had 9 different 'bags' on the go! People just give up.

Pressure on supermarkets to drop unnecessary packaging in favour of more sustainable options. Buy local goods.

Buy food with less packaging. Supermarkets also have a responsibility to use less packaging

more market gardens in each village - e.g. room to grow scheme in swansea. Teaching people about how to grow their own. Utilising Carmarthenfood more

Lobby supermarkets to sell more loose produce at the same or lower price than it would be when packaged - especially fruit and veg (most fruit and veg comes in its own organic packaging - the skin!). Educate on meal planning to reduce food waste. Promote having 1 vegetarian meal a week. Use best before dates rather than use by dates.

Waste less and stop wrapping everything in plastic.

Reduce food packaging, perhaps by charging companies a levy for selling over-packaged food or offering a discount on rates for sustainable practices. Set up "supermarket buses", with someone on board to help people carry their shopping, to reduce fuel usage. Encourage sustainable practice in the production of food. De-centralise, so food is produced nearer where it is consumed. Educate people on the impact of their decisions.

Carmarthenshire Food Network

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Less meat more plant based grown locally.
buy local, reduce plastic packaging
better labeling of what you can or can not recycle food packaging wise. maybe a app that peoaple can add to once asked the question .if recyclable.
Eat locally produced food. Making this the easiest option, most convenient option. Affordable too.
Eat more whole foods which are plant based. The impact of the meat and dairy industry has a catastrophic effect on the environment as well as peoples health. Processed red meats are classed as a no.1 highest carcinogenic in the world according to Cancer Research UK. Human beings can live a much healthier life without meats and dairy in their diet. Vegan diets have been proven to reduce the risk of cancer (particularly Bowel) and reduce high blood pressure as well as other benefits. There needs to be a huge shift towards plant based foods if aspects such as climate change and pollution are to be addressed. Cows have a massve impact on the environment and greenhouse gases and contribute one of the highest causes worldwide to global warming. Deforestation of ecosystems globally for cattle leads to a loss of important habitats, species and again impacts global warming.
Provide local produced food to rural areas in vans at reasonable cost
continue to recycle as much as possible
Allow more use of public spaces to grow fruit and veg, ban plastic packaging in the county, set up weekly farmers markets in every village.
No new developments that farm battery chickens or that farm intensively should be permitted. Far more public bins that are capable of recycling food waste should be placed across the county. ALL county council premises should be recycling food waste as standard (I know this is not the case in, for example, the County Museum because nobody seems willing to collect food waste from there - even though staff want it recycled).
Organic growing, less meat, focus on improving soil quality, more wind power for electricity, domestic water storage, minimise food miles.
Recycle
Ban plastic packaging and encourage growing food at home or in allotmments.
We can have more community plant /seed swaps and access to allotments. Have community cafes that cook meals with sell by date food that's still good to eat, freezing facilities for this food for people to access in food banks. Educate people that it's still ok to eat alot of food that is past it's sell by date, just as our grandparents did. Educate children /public that food waste is very bad for the planet, local environment and communities. Make supermarkets give food away to public / community that is gone past it's sell by date rather than sell it at discounted price.
To be more educated about these issues
Have more locally sourced fresh food produce available in towns and villages.
ban plastic packaging and put more pressure on businesses and supermarkets to do this too / 'bring-your-own' boxes when buying food /use brown paper bags instead of plastic/ ask food outlets to give smaller portions or give option of smaller portions at cheaper price on request, this would waste less food
stead of plastic-smaller portions in take-aways to avoid wasting food
Tyfu fwy o fwydydd yn ein gerddi i fod yn hunan gynhaliol (cymaint a sydd bosib)
Bring back local markets with a range of produce, meat and bread
Produce food locally.

Carmarthenshire Food Network

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Pressure supermarkets to reduce non-recyclable packaging...backed by law.
annog bobl i ddefnyddio's farchnad i brynu nwyddau ffres, lleol, helpu busnesau i ddefnyddio llai o blastig
buy more from local producers
Reduce and remove plastic packaging in local supermarkets and businesses and use more sustainable options
understand the full impact first, encourage people to buy local and with less packaging, lobby supermarkets to use less packaging, bring your own veg crate, encourage alternatives to milk as an option, encourage a move to plant based eating some of which can be grow your own including in window boxes for people in flats , also ask housebuilders to include allotments in their developments particularly flats.
by local and buy British especial milk products and meat - i believe in 100% British and farm assured
Buy locally produced food or grow our own fruit and vegetables
more local production
Council to buy locally for school meals, encourage markets in towns weekly for fresh fruit and veg provision which is reasonable to buy.
The WG Decarbonisation in Local Government strategy is a good start, with local authorities having to factor in the carbon implications as well as price and quality when buying goods or services to get a full picture of where the carbon is coming from: is it in the production or transport costs. This should encourage LAs to buy locally to reduce costs and to take a full perspective when acquiring goods and services based on a circular economy and the WBFG Act.
charge people for food not eaten in restaurants. Ban polystyrene/plastic packaging from takeaways
Easier access to locally grown produce. It's cheaper, tastes nicer, doesn't go off as quick
Gwersi sgiliau goginio yn cymunedau?
more local food, less plastic packaging, compost food waste, educate people on buying less convenience food, menu planning
Reduce the amount of plastics used within the supermarkets and other food outlets, and improve the recycling facilities especially for plastics.
As above, more community growing spaces, with education about harvest, food prep, compost etc; more educational activities in schools and for families.
despite the current recycling how much of the process actually happens in Carmarthenshire. Separating out a tiny percentage of the plastics, metals and cardboard to then send them across the world to be recycled is barely reducing the impact. Food miles is negligible when compared to waste.
community gardens/allotments; locally produced food sold loose - and not just on market days when people might not be able to access on a particular day
Roedd yna cynnig nol rhyw 15 mlynedd i sefydlu system Bioenergy yn ardal Parc Bwyd Cross Hands efallai bydd en werth ail ystyried y synaid i cynhyrchu nwy a dwr twym o gwastraff bwyd
eat less, reduce food waste
community allotments
Not sure.
Seasonal goods

Carmarthenshire Food Network

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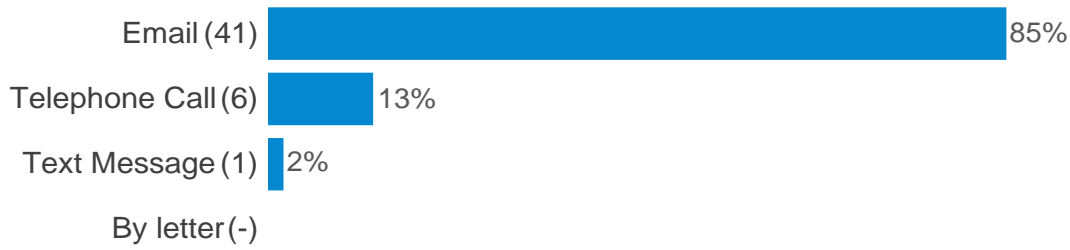| |
|---|
| better information |
| invest more into educating children on how to grow their own food and provide support for low income families |
| we have to reduce packaging and use food from sustainable sources |
| Cut out, or reduce meat consumption. Buy loose produce where possible. Recycle packaging, and use food waste collection. But local produce more often. |
| Source and eat locally produced food |
| buy less, waste less - be more creative with recipes |
| Grow more of our own & eat locally produced food. |
| Prynu llai o fwyd. Gwastrafu llai o fwyd. Cefnogu busnesau cynhyrchu bwyd/ffermwyr lleol i ddarparu bwyd o safon i pobl lleol. Hybu bwydydd tymhorol sydd yn cael ei gynhyrchu yn lleol. |
| reduce packaging , encourage better recycling , one area would be schools , make it easier for them! |
| Free gardening courses to grow food locally, discourage businesses to use plastic packaging |
| Eat less meat (unless organic/sustainable). Reduce food waste. |
| Defnyddio cynnyrch lleol neu tyfu fe ein hunain. Ma pobol yn gweld fe'n gormod o waith. Ma hefyd bai ar yn Awrdurdod wrth gweld y bwyd sy'n gael ei rhoi i'r plant yn ysgolion. |
| Buy fresh food. not ready packaged , which has probably travelled many miles , |
| Reducing costs so that people would buy more locally. |
| force big businesses to take responsibility for their poor packaging choices. Bigger fines and punishments for littering eg Mcdonalds thrown out of car windows |
| Use seasonal, locally sourced produce. Assist farmers and local businesses to produce affordable products. Stop importing rubbish from abroad! We have the strictest regulations regarding food production in the UK but rarely benefit the quality as keep importing cheap rubbish. We need to better educate people on the impacts of the foods we eat and the hidden ingredients used and their side effects. Also teach people how to grow their own veg etc or encourage more community allotments and educate people how to cook quick , nutritional , tasty alternatives. Junk food should be taxed like alcohol and tobacco! Food wastage schemes for businesses . Using seasonal produce would mean less choice which in turn would lead to less waste. |
| have market days with reduced/free parking - which will promote community |
| Well, I tried to support Kind Earth in Llanelli as it was locally and ethically sourced without plastic packaging. Get supermarkets to stop covering everything in plastic! and encourage people to compost at home? |
| Provide producers/suppliers/growers with surplus with support in finding ways to redistribute it or reduce it Provide community groups and charities with support and information about joining surplus food redistribution schemes to reduce the amount of food that is wasted overall. |

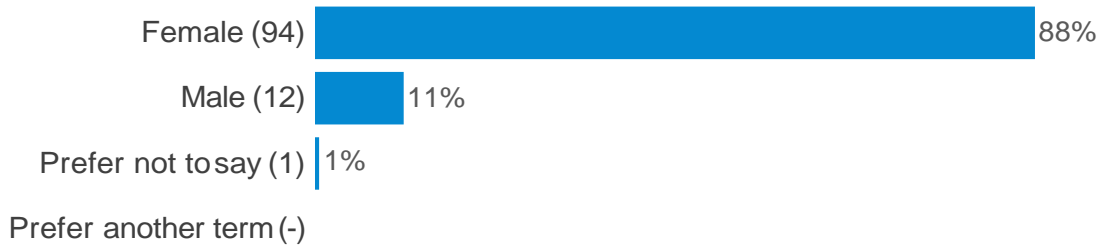**Would you be happy to be contacted to discuss your responses further?**

No (71) ████████████████ 58%
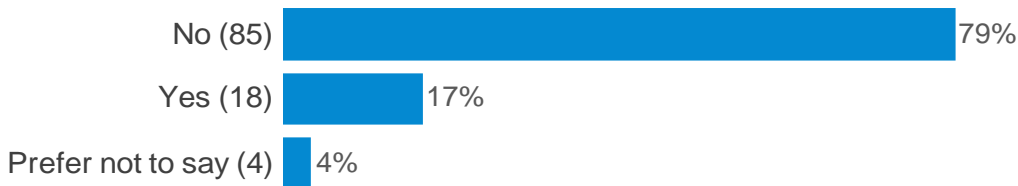
Yes (51) ████████████ 42%

Preferred method of contact:

Email (41) ████████████████████ 85%

Telephone Call (6) ███ 13%

Text Message (1) █ 2%

By letter (-)

Sex: How would you describe yourself?

Female (94) ████████████████████ 88%

Male (12) ███ 11%

Prefer not to say (1) █ 1%

Prefer another term (-)

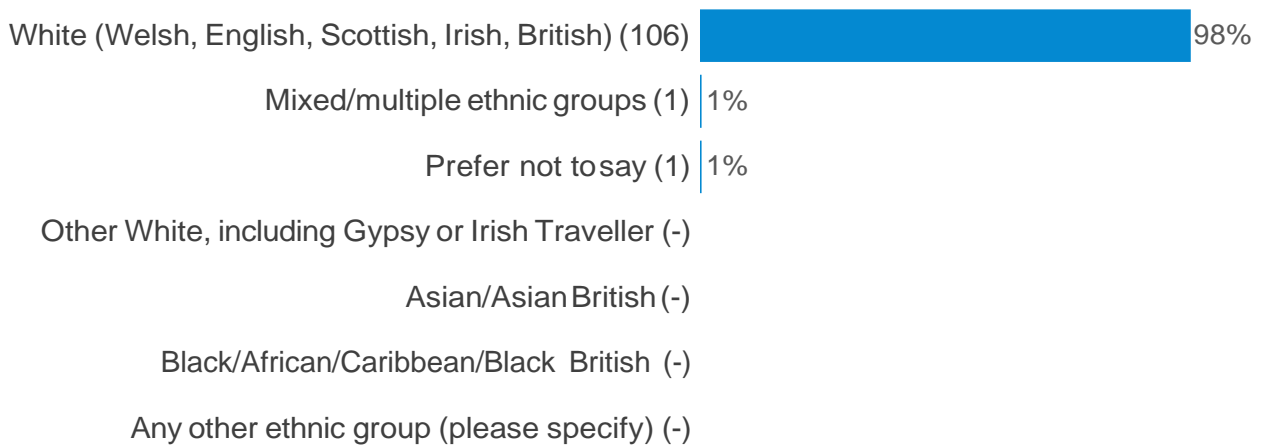## Disability: Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least another 12 months? (Please tick only one)

No (85) ████████████████ 79%

Yes (18) ███ 17%

Prefer not to say (4) █ 4%

Ethnic Group: What is your ethnic group? (Please tick only one)

- White (Welsh, English, Scottish, Irish, British) (106) — 98%
- Mixed/multiple ethnic groups (1) — 1%
- Prefer not to say (1) — 1%
- Other White, including Gypsy or Irish Traveller (-)
- Asian/Asian British (-)
- Black/African/Caribbean/Black British (-)
- Any other ethnic group (please specify) (-)

Household Income: Approximately how much income comes into your household each year? (please tick only one)

- Over £45,000 (33) — 31%
- £15,001 > £30,000 (31) — 29%
- £30,001 > £45,000 (18) — 17%
- Under £15,000 (16) — 15%
- Prefer not to say (10) — 9%