

# TGRAINS



## Transforming and growing relationships within regional food systems for improved nutrition and sustainability

Building social capital can catalyse a transformation in household and local food culture and agricultural practices with positive feedback loops for building resilience and sustainability.


	<b>A Optimising the productivity, resilience and sustainability of agricultural systems and landscapes</b>	<b>B Optimising the resilience of food supply chains</b>	<b>C Influencing food choice at individual and household level to both improve health and enhance food systems resilience</b>
<b>1 Government policy &amp; practice</b>	Embedding CSAs into local policies can help local authorities develop and execute better targeted and more resilient food strategies.	Building relationships back into the food system by promoting community-scale supply chains can lead to healthier and more sustainable outcomes.	Food inequality can be addressed through the CSA model by subsidising the system, e.g. (double-value) vouchers for low-income families to access CSA-produced food.
<b>2 Industry policy &amp; practice</b>	Increasing the production of plant proteins may require investment as these crops tend to be less profitable than major cereals.	Participating with other actors across the supply chain will co-create change based on stakeholder buy-in and cooperation from the start.	Promoting the value of CSAs is a means for a) creating routes to market via direct purchase and b) diversifying on-farm production.
<b>3 NGO policy &amp; practice</b>	Better collaboration with farmers to promote new and diverse horticultural production can achieve diets that are both healthy and sustainable.	Food aid charities collaborating with farms can develop more resilient models of food accessibility via community-scale supply chains.	Considering how farms can be incorporated into community-scale initiatives can promote healthier, more sustainable diets.
<b>4 Finance &amp; investment</b>	Investing in higher yielding plant protein and diversified plant protein sources could improve profits, reduce the need for subsidies and reduce the fertiliser/pesticides required.	There is potential for more investment in regional processing facilities which contribute to the provenance and value of 'locally-produced' food.	The large gap between the amount of legumes consumed and what we need to be consuming to meet Eat Lancet targets create opportunities for investment in plant protein.

CSA = Community supported agriculture, a partnership between farmers and consumers

**i** TGRAINS has combined a place-based approach with agricultural modelling to assess whether sustainable and nutritious diets that are socially, culturally and economically desirable can be produced within regional landscapes. The research team worked with producers, consumers and retailers to understand the impact of direct relationships between actors.

 [www.foodsystemresilienceuk.org/tgrains](http://www.foodsystemresilienceuk.org/tgrains)

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