



# **Sixth BSA Sociology of Food Study Group Conference 2019 Food Systems and Society**

**Supported by Monash University, Prato**

MONDAY 24 - TUESDAY 25 JUNE 2019  
MONASH UNIVERSITY, PRATO

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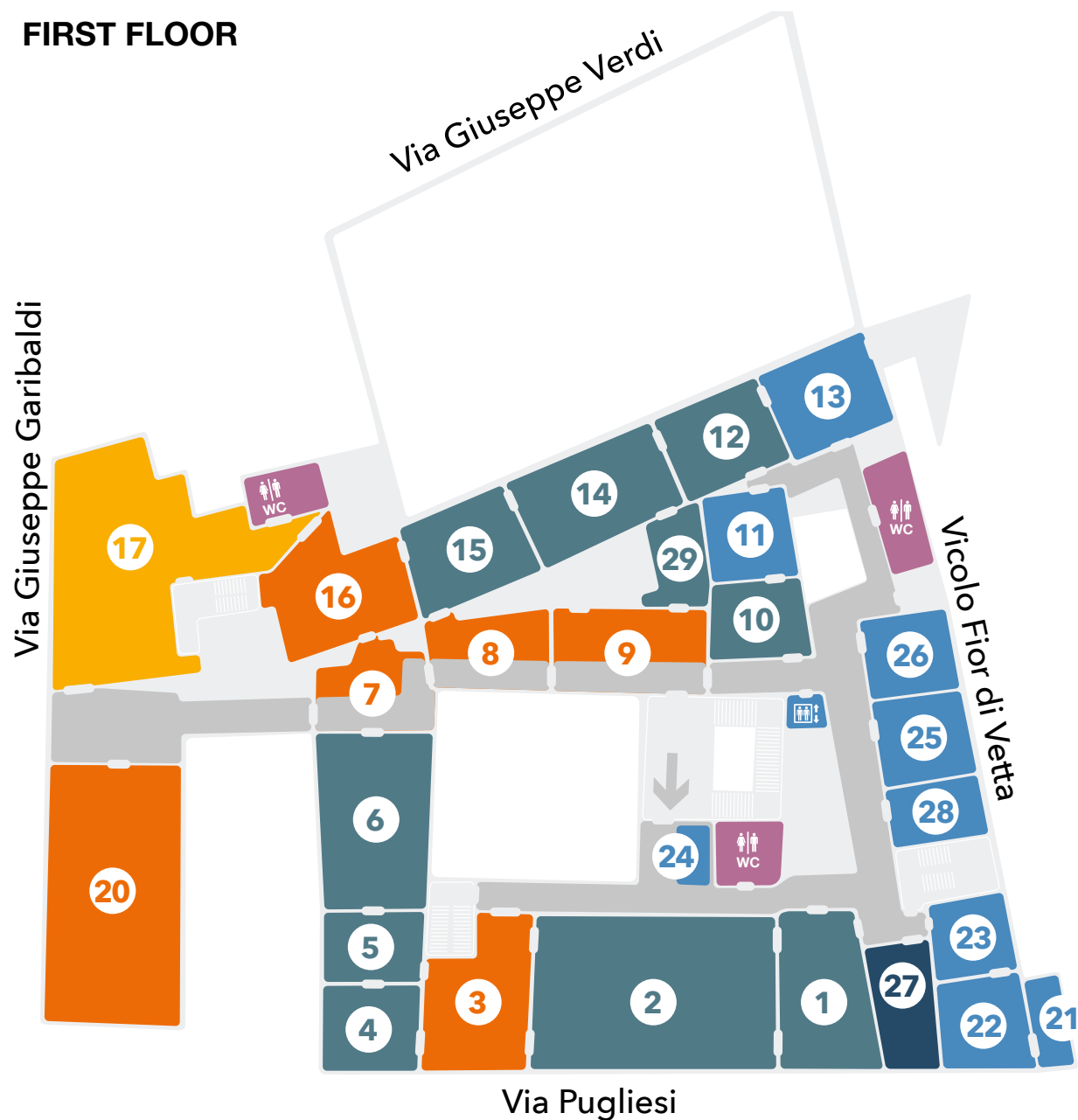
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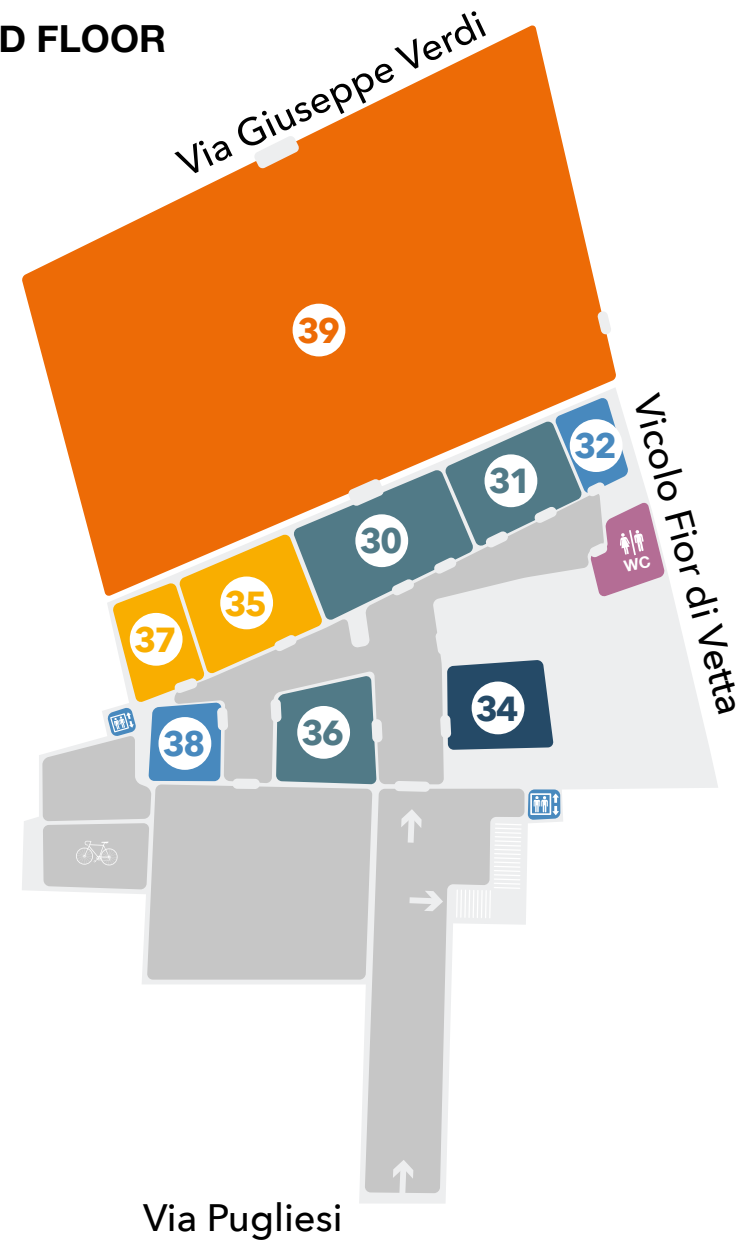
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### FIRST FLOOR



### GROUND FLOOR





OFFICES	TEACHING / CONFERENCE / EXHIBITION SPACE	COMPUTER LABS	RECREATIONAL AREAS	STUDY AREAS
<b>11</b> Admin office 3	<b>1</b> Sala Caminetto	<b>27</b> Computer lab	<b>3</b> Piccolo Bar	<b>17</b> Student Lounge
<b>13</b> Admin office 2 (IT Services)	<b>2</b> Salone Grollo	<b>34</b> Mac lab	<b>7</b> Main bar	<b>35</b> Student Reading Room
<b>21</b> Visiting professor 1	<b>4</b> Breakout 1		<b>8</b> Sala Biliardo	<b>37</b> Bill Kent Library
<b>22</b> Visiting Staff 2	<b>5</b> Breakout 2		<b>9</b> Sala Specchi	
<b>23</b> Visiting Staff 1	<b>6</b> Sala Veneziana		<b>16</b> Kitchen	
<b>24</b> Reception	<b>10</b> Meeting room		<b>20</b> Terrace	
<b>25</b> Director	<b>12</b> Studio		<b>39</b> Garden	
<b>26</b> Manager	<b>14</b> Sala Toscana			
<b>28</b> Admin office 1 (Student Services)	<b>15</b> Sala Giochi			
<b>32</b> Visiting professor 3	<b>29</b> Sguardi Australiani Archive			
<b>38</b> Visiting professor 2	<b>30</b> Seminar 2			
	<b>31</b> Seminar 3			
	<b>36</b> Seminar 1			

# FOOD SYSTEMS AND SOCIETY

**BSA Sociology of Food Study Group Conference 2019**

**Monash University, Prato, Italy**

**Monday 24 - Tuesday 25 June 2019**

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# Welcome

**Welcome to the Sixth BSA Food Study Group Conference 2019, Food Systems & Society. We welcome all delegates to the conference, particularly those travelling from overseas.**

It seems especially timely to be coming together to discuss some of the world's most pressing food issues. Our food systems face multiple challenges from climate change, trade wars and financialization, urbanization and population growth, through to food crime. Rates of diet-related NCDs also continue to rise while malnutrition and food insecurity persist in many countries. This metabolic rift or disjuncture between our food systems, public health and equity priorities, and the natural world means that change is needed.

The sixth BSA Food Study Group Conference brings together researchers from many different disciplinary and epistemic fields to explore some of the key questions underpinning the vibrancy of this field of study: to consider how we can re-imagine our food systems? What should they look like if they are to combine concerns for health, sustainability, and social justice? How do we achieve these food futures? How do we link change at the macro level with everyday practices?

We are delighted to have such a packed programme of high-quality papers and special events. The range of papers to be presented is a testament to the diversity of this field of research and paper stream titles include: 'consumption and identity', food environments', 'food and families' 'food futures', 'food (in)security', 'food policy', 'food safety', 'food systems and governance', 'food waste' 'sustainability' 'young people and schools.

Our special events also address themes related to embodied futures, family food, food in school, rethinking sugar and prison foodways.

We look forward to welcoming our two esteemed plenary speakers. On the first day of the conference John Coveney, Professor of Global Food, Culture and Health, Flinders University, Adelaide, Australia will be talking to the theme of the conference: 'Re-Imagining Food Systems, Sustainability, Futures and the Everyday'.

On the last day, Megan Warin, Professor in the Social Sciences at the University of Adelaide, Australia will discuss 'Culture, Liberalism and other Acts of Depoliticization in the Obesity Debate'.

In the garden area at the end of day one there will be a drinks reception from 17:00-19:00 and we hope you will join us for a drink.

The AGM of the BSA Food Study Group will take place on Tuesday, 25 June 2019 in Salone Grollo. Do join us if you would like to meet others in the group and to suggest ideas for future events.

We very much hope you enjoy the conference.

The Food Systems & Society 2019 Conference Committee:

Liza Draper, Ulla Gustafsson, Anna Isaacs, Sam Murray and Julie Parsons, as well as colleagues from Monash University, Deanah Leahy and JaneMaree Maher.

## ACKNOWLEDGEMENTS

We are very grateful for the considerable support we have received from Monash School of Social Sciences through the ARC DP160100257 Child Health Advocacy project.

# **Information Digest**

## **ANNUAL MEMBERS' MEETING – AGM**

The BSA Food Study Group Annual Members meeting will take place on Tuesday, 25 June 2019, during lunchtime in Salone Grollo. All delegates are welcome.

## **EVENING RECEPTION**

Delegates are invited to join the committee whilst enjoying a glass of wine or a soft drink in the University's Garden Area.

## **INTERNET ACCESS**

Delegates can use Eduroam or can log on the Prato Centre's own wifi. The password will be provided on arrival.

## **MESSAGES**

During the conference please direct all telephone messages to the British Sociological Association office on +44 (0)191 383 0839 or the BSA Events Team Mobile Phone on +44 (0)7719 008 665. Please make reference to the BSA Food Study Group Conference, as the office staff will need to know how to direct your call.

## **POSTER PRESENTATION**

Posters are available to browse throughout the conference in Sala Caminetto.

## **PROGRAMME CHANGES**

There will be a conference notice board for programme changes, general messages and announcements. It will be situated in the registration area, Sala Caminetto.

## **REFRESHMENTS AND LUNCH ARRANGEMENTS**

Tea, coffee and biscuits will be available during the times advertised in the programme in Sala Biliardo & Sala Specchi. Lunch will also be served in Sala Biliardo & Sala Specchi. Water will be available throughout the conference. Please do not hesitate to speak to a member of the organising committee if you have any special requirements which we have not met.

## **REGISTRATION**

The conference registration will be in Sala Caminetto from 09:00 on Monday. Please note that delegates should wear their conference badges at all times, otherwise they may be refused access to conference sessions and service of refreshments and meals.

# Programme Grid

<b>Monday 24 June 2019</b>	Salone Grollo	Sala Veneziana	Sala Giochi	Sala Torre
09:00 onwards	Registration opens – Sala Caminetto Refreshments – Sala Biliardo & Sala Specchi			
09:30 – 09:45	Welcome from the BSA Food Study Group Convenors – Salone Grollo			
09:45 - 10:45	<b>Keynote Speech – Salone Grollo</b> <b>Professor John Coveney</b> <b>CHAIR: Julie Parsons</b>			
Paper Session 1 10:45 - 12:15		<b>Special Event</b>  <i>JaneMaree Maher, Vicki Harman, David Marshall</i> Family food stories: contradictions and complications	<b>Special Event/Round Table</b>  <i>Lexi Earl, Deana Leah, Gurbinder Lalli, Sian Supski, JaneMaree Maher, Carolyn Pluim</i> Methodological approaches to understanding food in schools: navigating complexity	
12:15 - 13:15	<b>Lunch - Sala Biliardo &amp; Sala Specchi</b> <b>POSTER PRESENTATIONS - Sala Caminetto</b>  <i>Ellen Storm</i> Knowledge, oppression, and dietary harm: a practice-as-research inquiry into the aetiology of childhood obesity, and its co-morbidities and sequelae, using a participatory multimedia approach to creative writing for the theatre  <i>Julia Dennis</i> Food Democracy in Global Governance: Analysis of Power and Participation to End Hunger and Malnutrition  <i>Cecilia Olsson</i> ‘We and the others’ – views on social inclusion and exclusion during school lunch among high school pupils and their teachers  <i>Claire Perier</i> On today's menu: mapping out the stakeholders of the Scottish Food and Drink system			
Paper Session 2 13:15 - 14:15	<b>Consumption &amp; Identity</b> <b>CHAIR: Anna Isaacs</b>  <i>Punita Chowbey</i> Healthy eating, social class, and ethnicity: exploring the food practices of South Asian mothers.	<b>Food Futures</b> <b>CHAIR: Alizon Draper</b>  <i>Tommaso Perego</i> The everyday practice of Raw Food: its significance at the junction between food systems, public health, environmental issues and social education	<b>Food (In)Security</b> <b>CHAIR: Julie Parsons</b>  <i>Kathryn Machray</i> Food insecurity among men in Scotland  <i>Katy Gordon</i> Food Banks and Beyond: The agency of community food projects in tackling food poverty	<b>Food Policy &amp; Governance</b> <b>CHAIR: Ulla Gustaffson</b>  <i>Claire Marris</i> Analysing the tropes of public participation across diverse fields: what can we learn for integrated and inclusive food policy?



## PROGRAMME GRID

Monday 24 June 2019	Salone Grollo	Sala Veneziana	Sala Giochi	Sala Torre
Paper Session 3 14:15-15:15	<b>Food Policy &amp; Governance</b> <b>CHAIR: Anna Isaacs</b>  <i>Johanna Huber</i> Alternative Food Organizations in Geneva: At the Interplay of Market and Democracy	<b>Food Environments</b> <b>CHAIR: Karen Throsby</b>  <i>Shona Hilton</i> Comparing stakeholder discourse coalitions across alcohol and sugar pricing policies in the UK through discourse network analysis  <i>Pavla Kramarova</i> A review of key indicators driving the development of food deserts	<b>Consumption &amp; Identity</b> <b>CHAIR: Samantha Murray</b>  <i>Daniela Pirani</i> The right way to start your day: Women's self-discipline at breakfast  <i>Maria Jesus Vega</i> Embodiment of eating behaviours, body weight and weight management practices among Chilean women from different socioeconomic position	<b>Special Event</b>  <i>Julie Parsons, An-Sofie Vanhouche</i> Prison Foodways – a symposium
15:15-15:30	Refreshments - Sala Biliardo & Sala Specchi			
Paper Session 4 15:30 - 17:00		<b>Food (In)Security &amp; Food Futures</b> <b>CHAIR: Julie Parsons</b>  <i>Andrew Jolly</i> Developing an ecological model of household food insecurity for undocumented migrant households.  <i>Wendy Wills</i> Re-imagining food in later life: using practice-based research to address food security and malnutrition in older households  <i>Annie Trevenen-Jones</i> Household food waste: Out of sight, out of mind	<b>Food &amp; Families</b> <b>CHAIR: JaneMaree Maher</b>  <i>Vicki Harman</i> Intensive grandparenting? Exploring changes and continuities in feeding children in the UK  <i>Daniela Pirani</i> Families in the (hot)spot: displaying family at breakfast  <i>Daniela Pirani</i> Display and Dilemmas: Methodological Reflections on 'Grasping the We' in Family food practices	<b>Food Environments</b> <b>CHAIR: Alizon Draper</b>  <i>Rebecca Pradeilles</i> Social and physical drivers of food choice: a participatory Photovoice project in two Ghanaian cities: a DFC Dietary transitions in Ghana study.  <i>Anna Isaacs</i> Exploring engagement with the food provisioning environment in Great Yarmouth, Norfolk
17:00 - 19:00	DRINKS RECEPTION - Garden Area			

## PROGRAMME GRID

Tuesday 25 June 2019	Salone Grollo	Sala Veneziana	Sala Giochi	Sala Torre
Paper Session 1 9:30 - 11:00		<b>Special Event/Panel</b>  <i>Deana Leahy</i> Schooling Food: Taking Stock	<b>Special Event</b>  <i>Karen Throsby, Imogen Bevan, Stefanie Affeldt, Sian Supski</i> Rethinking Sugar	<b>Special Event/Roundtable</b>  <i>Samantha Murray, Zofia Boni, Hannele Harjunen, Mikko Jakonen, Else Vogel, Jo Hunter-Adams</i> Food, Control and Embodied Futures
Paper Session 2 11:00 - 12:00		<b>Food Futures CHAIR: Alison Draper</b>  <i>Giovanni Orlando</i> Polluted food in the chemical Anthropocene: The view from the organic food phenomenon  <i>Jacqueline Dutton</i> The Utopian Potential of Terroir	<b>Young People &amp; Schools CHAIR: Deana Leahy</b>  <i>Gurpinder Lalli</i> Ethnographies of eating: Food and Learning – Are there any links?  <i>Iris Duhn</i> Schooling Food: an exhibition of 'doing food'	<b>Food Systems &amp; Sustainability CHAIR: Ulla Gustaffson</b>  <i>Paolo Corvo</i> Practices of Food Sovereignty in Italy and England
12:00 - 13:00	<b>Lunch - Sala Biliardo &amp; Sala Specchi</b>			
Paper Session 3 13:00 - 14:00	<b>Food &amp; Families CHAIR: JaneMaree Maher</b>  <i>Jo Bushell</i> Household relationships of food, energy and water 'Care'  <i>Esther Muddiman</i> Space for sustainability at the dinner table? Reconfiguring intergenerational family food scripts	<b>Food Systems &amp; Sustainability CHAIR: Karen Throsby</b>  <i>Beth Benker</i> Gender and Distancing: Locating Responsibility in the Food System/s  <i>Lisa Jack</i> Feeding a city of 2.5 million: accounting, fraud and future food systems.	<b>Food Environments CHAIR: Wendy Wills</b>  <i>Michelle Holdsworth</i> How unhealthy food and beverages are embedded in everyday life in Ghanaian cities  <i>Elaine Swan</i> If Only They Knew: Invisibilisation of Racialised, Gendered and Feminist Food Knowledges in the East End of London	<b>Sustainability, Food Policy &amp; Governance CHAIR: Samantha Murray</b>  <i>Natalie Neumann</i> Urban Food Governance and Equity: A Case Study of Farmers' Markets in London  <i>Wojciech Goszczynski</i> Looking for the past, looking for the future. Sustainable food systems at semi-peripheries. Experiences from the Central and Eastern European Countries.

## PROGRAMME GRID

<b>Tuesday 25 June 2019</b>	Salone Grollo	Sala Veneziana	Sala Giochi	Sala Torre
Paper Session 4 14:00 - 15:30		<b>Young People &amp; Schools</b> <b>CHAIR: Deana Leahy</b>  <i>Samia Addis</i> Implementing minimum nutritional guidelines for school meals in secondary schools in Wales; what are the challenges?  <i>Filippo Oncini</i> Hunger Bonds: Food Banks, Families and the Feeding of Poverty  <i>Eluska Fernandez</i> Discourses on Nutrition: What Do 11 Year-old Girls Think of Food?	<b>Food Systems &amp; Sustainable Consumption</b> <b>CHAIR: Anna Isaacs</b>  <i>Elizabeth Dinnie</i> Can local food growing really help to deliver more sustainable food systems? Linking everyday practices with macro social change  <i>Jennifer Cole-Wright</i> Rethinking expertise: Food bloggers and sustainable consumption	<b>Consumption &amp; Identity</b> <b>CHAIR: Samantha Murray</b>  <i>Sushila Chowdhry</i> "Have you been taking sugar in your tea?" and other stories of (over)feeding the foetus  <i>Aimee Simpson</i> Fat and (Un)Healthy? Exploring discourses of health, lifestyle and fatness.
15:30 - 15:45	<b>Refreshments - Sala Biliardo &amp; Sala Specchi</b>			
15:45 - 16:45	<b>Keynote Speech – Salone Grollo</b> <b>Professor Megan Warin</b> <b>CHAIR: Julie Parsons</b>			
16:45 - 17:00	Closing remarks from the BSA Food Study Group Convenors			

## KEYNOTE SPEAKER

# Professor John Coveney

## Flinders University

Monday 24 June 2019, 09:45 - 10:45

SALONE GROLLO

### **Re-Imagining Food Systems, Sustainability, Futures and the Everyday: exploring the macro, micro, past, present and future...**

Let's fast forward to 2029. What will food systems look like? A dominance of pre-packaged home delivery schemes? Ethically sourced recipe boxes? Or organic food gardens on each street corner? Or cultured meat, cultured vegetable, cultured fruit...? How about a Soylent Green dystopia? A vegan paradise, perhaps? Using the past to look at the future, this presentation will examine the relationships between food and culture in a western context to examine political, economic, social and ethical priorities that have shaped our food systems.

#### **Biography**

John Coveney is Professor of Global Food, Culture and Health in the College of Nursing and Health Sciences at Flinders University. Earlier in his career, Professor Coveney worked as a leading nutritionist and dietitian addressing regional, indigenous and international health issues. Professor Coveney has published more than 150 papers, sole-authored a number of books and worked on major international projects and collaborations attracting significant research and grant funding. He has research and education interests in public health nutrition; history of food and health; food policy; and social and cultural factors that influence food patterns and food intake.



## KEYNOTE SPEAKER

# Professor Megan Warin

## University of Adelaide

Tuesday 25 June 2019, 15:45 - 16:45  
SALONE GROLLO

### Culture, Liberalism and other Acts of Depoliticization in the Obesity Debate

There is wealth of evidence that points to the pernicious ways in which inequities in health are disproportionally borne. Equally there is a wealth of evidence that critiques the role of neoliberal imperatives for individuals to take responsibility for their health, a form of 'cruel optimism' (Berlant 2011) that is central to the reproduction of inequity. However, health interventions and public policy remain immune to addressing social determinants of health, and ignore the dynamics of power in food systems and society. Drawing from ethnographic research in an Australian community that has high levels of socio-economic disadvantage and obesity, and working on submissions for a new, national obesity strategy, this talk examines the processes and tactics of depoliticization that are used to elide political and socio-cultural phenomenon. I argue (following Brown 2006; Povinelli 2008; 2011) that liberalism's hold on universalisms, autonomy and individual liberty in obesity discourses subjugates a comprehension of political relations, positioning liberal principles and culture as mutually antagonistic. It is precisely this acultural positioning of liberalism that make it possible to remove recognition of the power that produces and contours the 'metabolic rift' between food systems, public health and equity priorities. How then might obesity policy be different if we paid attention to this culturalization of politics?

#### Biography

Megan Warin is an anthropologist and Professor in the School of Social Sciences, University of Adelaide. Megan has worked in and across a number of disciplines in Australian and UK universities, including anthropology, gender studies, psychiatry and public health. She co-directs the Fay Gale Centre for Research on Gender, is a Robinson Research Institute research leader in biosocial approaches to health, and an international Fellow of the Unit for Biocultural Variation and Obesity in the Institute of Cultural and Social Anthropology at the University of Oxford. Her ethnographic work in Australia investigates the cultural and institutional processes that shape everyday food and eating practices, and how these social practices can be translated into obesity interventions and policy. Current projects examine how developmental perspectives on health and disease and epigenetic understandings of bodies and the environment reproduce biopower and gendered blame, and the emerging dynamics hope and hype in the uptake of Indigenous epigenetics. Her new book with Dr Tanya Zivkovic – *Fatness, Obesity and Disadvantage in the Australian Suburbs: Unpalatable Politics* – will be published by Palgrave in 2019.



# POSTER PRESENTATIONS

Posters will be displayed in Sala Caminetto, for the duration of the conference. Presenters will be available during the scheduled timeslot on Monday, 24 June from 12:15 -13:15 to discuss their work. Additional times may be indicated on individual posters.

## POSTER 1

### **Knowledge, Oppression, and Dietary Harm: A Practice-as-Research Inquiry Into the Aetiology of Childhood Obesity, and its Co-Morbidities and Sequelae, Using a Participatory Multimedia Approach to Creative Writing for the Theatre**

*Ellen Storm*

*(Edge Hill University)*

This poster presents the theoretical and methodological framework of an early-stage interdisciplinary PhD project-in-development. Strung out on an ontological washing line between an Eastern paradigm of oneness and a Western paradigm of distinctions, its epistemology interrogates the tensions between positivism and social constructionism in the natural and human sciences respectively. The research aims to theorise the relationship between the control of knowledge as a mechanism of oppression, and the aetiology of dietary harm of all forms, but exemplified by childhood overweight and obesity and its co-morbidities and sequelae, including cardiovascular disease, diabetes, and cancer. Theoretical underpinnings include, but are not limited to, the works of Friere, Makiguchi, Foucault and Illich. Ravelo's crucified children and Sheers' mutilated soldiers make an appearance, as do Haraway's 'situated knowledges' and Lorde's 'master's concerns'. The project will seek to make this manifest using a multimedia approach to creative writing for the theatre. An auto-ethnographic component will be evidenced, and participatory arts-based work will be carried out with children and their families from deprived parts of Merseyside. This will entail conversational interviews with children and their family members, journaling and photo-journaling, and exploratory group work, including circle-time, mind-mapping, free-writing and role-play. The methodology is that of practice-as-research (PaR) in the arts: heuristic and hermeneutic: configured in spirals. Narrative analysis will be used to consider data as stories. These will form the basis for the development of a performance piece that may include any or all of the following: narrative or verse drama, spoken or visual poetry, projected images, puppetry, film, dance. Audience responses will be sought through evaluation questionnaires and group discussion, and these will be considered in relation to issues of impact and dissemination. A risk assessment will be carried out and ethical approval will be sought. Issues in relation to anonymity, confidentiality and consent, and the potential of the research to cause harm, have been considered and contrasted against the hope that the project may ultimately save lives.

## POSTER 2

### **Food Democracy in Global Governance: Analysis of Power and Participation to End Hunger and Malnutrition**

*Julia Dennis*

*(Humboldt University Berlin)*

The current food system was never voted on, and reflects the deliberate choices of a few powerful people. One concept, food democracy, has been proposing democratized forms of food governance since the mid-1990s, as a way to counter-balance this growing concentration of decision-making power through citizen participation. However, compared to other food discourses such as food sovereignty or food security, much remains unknown about the origins and constitutive features of a food democracy as interpreted by researchers overtime and place. This paper aims to understand how food democracy, through operationalized variables, could be measured in the context of global agri-food governance institutions. Despite technological innovations and an overall increase in global food quantity, an estimated two billion people remain malnourished today. On the one hand, agri-businesses, non-governmental organizations, and celebrity philanthropists are encouraged to partner with states for healthier food systems, as this could mean a more deliberative, inclusive and effective turn in food governance. However, widening the governance circle also leads to new questions about democratic legitimacy beyond the state. The concept of food democracy has been inspiring political research since the mid-1990s, though so far researchers have focused on the local level, for example in urban gardens or community-supported agriculture. More theoretical and empirical work needs to be done to identify links between participation, power and food democracy nationally, regionally and transnationally. This research will aim to answer such questions as: how do global private actors become democratically legitimate and act on behalf of the public good? How do we democratize governance to represent those at the ends of the 'value chain,' such as food producers and consumers? At what level (global, local, national) should food policy be democratized? Why democratize in the first place, and who benefits? Democratization research is increasingly urgent as we reach the edge of planetary boundaries.

By considering food democracy on a global level, this work strives to uncover new challenges and opportunities for all actors working to sustainably end hunger and improve global nutrition.

### POSTER 3

#### **'We and the others' –Views on Social Inclusion and Exclusion During School Lunch Among High School Pupils and their Teachers**

*Cecilia Olsson, Linda Berggren, Maria Waling*  
(Umeå University)

Due to growing global conflicts, there has been a large number of forced displacement of young people to Europe in recent years. Food and eating are central for survival, but also for social identity, and through food and meals there is the potential to contribute to both social inclusion and exclusion. The objective of this study was to explore experiences of social inclusion and exclusion in the school restaurant among high school pupils in regular and preparatory class, and their teachers. The data comes from five focus group discussions in a northern coastal town in Sweden. The participants were pupils from a municipality high school (13-15 years of age) and teachers from the same school. Pupils from two different types of classes were included: a class called 'preparatory class' which was a class for newly arrived children with special language support, and a class with pupils from a so called 'regular class' which included pupils with enough language skills to be able to participate in class in Swedish. Interpreters were included in focus groups from 'preparatory classes'. A thematic analysis resulted in three themes: 'We and the others' which describes how the pupils and the teachers referred to each other in the school restaurant, 'Initiating social contact' which describes pupil- and teacher perspectives on the possibilities for initiating new social contacts in the school lunch context and 'Responsibility for social inclusion' which describes pupils' and teachers' negotiations about their roles when it came to take responsibility for the production of social inclusion in the school restaurant.

### POSTER 4

#### **On Today's Menu: Mapping out the Stakeholders of the Scottish Food and Drink System**

*Claire Perier*  
(University of Edinburgh Business School)

Food is deeply embedded in many aspects of contemporary society, through the many activities of production and consumption affecting humans and nature. Using a system thinking approach, this exploratory study explores the wide reach of Food and Drink through an investigation of the key stakeholders involved in those activities, their relationships and relative interests and powers. Results formed the basis of the author's Master by Research dissertation, and informed a subsequent PhD project focused on the construction and justification of provenance stories throughout the Food and Drink system. Data was collected via mining of public secondary sources, mostly websites and financial reports, followed by qualitative coding of levels of engagement and sectors of interest. The chosen case was Scotland, a country that provides an excellent illustration of the complex nature of Food and Drink systems. Indeed, the Scottish food production and distribution sector in 2016 represented over 12% of total employment and a turnover of £13.9 billion. At the same time, Scotland has been suffering from mortality rates significantly higher than similar developed nations since the 1970s, which have been partly linked to diet and access to food. The analysis covered 107 organisations identified as key stakeholders, and focused on their relative size, powers and interests. Network mapping disclosed the bridges and gaps in their activities, but also the relations of governance and different degree of connections between businesses, advocacy institutions and public bodies. This study showcases the relevance of stakeholder mapping and network analysis techniques for the study of food systems. It also highlighted the specific challenges and opportunities arising from the rich and dynamic structure of the Scottish Food and Drink sector, and as such could support the generation of innovative governance strategies that fully integrates the economic aspects to the country's culture, health and environment.

# MONDAY 24 JUNE 2019, 10:45 - 12:15

## Paper Session 1 - Special Events

SALA VENEZIANA

### FAMILY FOOD STORIES: CONTRADICTIONS AND COMPLICATIONS

This symposium focuses on food practices in everyday life and how families negotiate contemporary discourses of health, childhood obesity, given that these discourses are often contradictory and hard to implement. It would bring together researchers from a range of different countries to explore known gaps between health advice and information and family practices and how better to build knowledge of family practices and broader accounts of health. Significant existing disjunctions between public health frameworks and advice and what families can do mean that families are unsupported in their everyday activities.

#### Participants

Professor JaneMaree Maher, Monash University [Contributing Chair]  
Dr Vicki Harman, University of Surrey  
Professor David Marshall, University of Edinburgh

#### **Family Food Practices, Family Display and Social Inequalities**

*Vicki Harman*  
(University of Surrey)

In order to reflect upon the changing and enduring nature of inequalities in family food practices, this paper asks: how does family display operate through food practices? To whom are family food practices being displayed, and why? What areas of inequalities are discernible and how might they be challenged?

This paper draws upon emerging themes from three recent research studies utilising photo-elicitation interviews. The studies focused on parents on preparing lunchboxes for their children (Harman and Cappellini), feeding the family in hard times (Cappellini, Harman and Parsons) and grandparenting (Harman, Cappellini, and Webster). By discussing a selection of photographs taken by research participants, the presentation highlights some of the ways in which family display occurs through food and how social inequalities become visible, both in material practices and narratives. Gender and social class emerge as particularly salient within the analysis. The paper argues that while food is a potentially sensitive area for all types of family, some families are better equipped (discursively and financially) to negotiate the moral judgement inherent in media and institutional narratives.

#### **Biography**

Vicki Harman is a Senior Lecturer in Sociology at the University of Surrey, UK. Her research interests include family life, gender, food practices and social inequalities. Her research has been published in journals including Sociology, Sociology of Health and Illness, Families, Relationships and Societies, International Journal of Consumer Studies, Young Consumers, the European Journal of Marketing and Ethnic and Racial Studies. With Benedetta Cappellini and Charlotte Faircloth she is the co-editor of *Feeding Children Inside and Outside the Home: Critical Perspectives* (Routledge, 2019).

#### **Healthy Discourse and the Practice of the Family Dinner**

*David Marshall*  
(University of Edinburgh)

The traditional domestic family dinner is an important site for socialisation and these mundane everyday practices are often seen as a way of socializing children to particular food consumption patterns, for example, towards or away from obesity (Moore, Wilkie and Desrochers 2017, Warde 2016, Jackson 2012, James et. al. 2009, Murcott 1982). Understanding these practices may have particular consequences both in the context of health and in terms of the sociology of the family. Adopting a novel approach of family 'selfies', where participants take photographs of their midweek evening meal followed by an interview, offers a fresh perspective on this otherwise private occasion and provides some interesting insights into the contradictions and complexities of the family dinner in ten Edinburgh families. While the pictures are 'selective' they are relatively unedited or staged and capture some of the ordinariness of everyday



life as families try to juggle work and home life. Most families subscribe to the idea of eating together but the practice reveals considerable variation and families have adapted to accommodate and balance a series of demands on family food work. Moreover, it suggests that health is only one part of a broader set of practices centred on domestic commensality.

**Biography**

David is Professor of Marketing and Consumer Behaviour at the University of Edinburgh Business School, Scotland (UK). His research interests and activities centre on food consumption practices and include work on children's discretionary consumption notably in relation to food retailing and marketing; family food choice and eating rituals; food access and availability of healthy food; and representation of the family in advertising. He recently co-edited *The Practice of the Meal: Food Families and the Marketplace*, Routledge (2016) and was editor for *Understanding Children as Consumers* (2010) and *Food Choice and the Consumer* (1995). He has published in a number of academic journals including *International Journal of Retail & Distribution Management*, *Young Consumers*, *The Sociological Review*, *Journal of Marketing Management*, *Consumption, Markets and Culture*, *Journal of Consumer Behaviour*, *Appetite*, *Food Quality and Preference*, *International Journal of Epidemiology*, and *Journal of Human Nutrition*.

**Family Foodwork: Messy, Hard, and Full of Love**

*JaneMaree Maher*  
(Monash University)

This paper draws on a multi-method study with 50 families in Victoria, Australia. Primary school children were offered iPads to take picture of family food as part of larger study about food knowledge at home and at school. Families focused on children's eating in a pragmatic way, infused with nurturance as well as concern. They worked towards 'healthy' eating but recognised and accepted 'treats', diverging food practices and the exigencies of family schedules. We argue their practices can be viewed as a form of relational consumption where food is part of the everyday exchange of love and care. The disjunction exists between familial relational approaches and the regulatory rule focused approach of school food messages and broader public health discourses on healthy eating means children and families don't turn to or draw on such discourses as they do family food.

**Biography**

Professor JaneMaree Maher is Professor in the Centre for Women's Studies and Gender Research, Sociology in the School of Social Sciences. Her research is focused in two key areas of gendered social science: women's work and family, and gendered violences. Her research critically examines how social institutions such as families and the criminal justice system create gendered inequalities and inequities. She holds two current Australian Research Council grants: one is Children as health advocates in families: assessing the consequences which asks how neo-liberal discourses of health and consumption impact on family relationships, especially in relation to childhood obesity discourses. Her other ARC project (with Jude McCulloch and Kate Fitz-Gibbon) examines patterns of intimate partner homicide, and how gender impacts on the operation of criminal justice and security in the context of family violence. She is also involved in a number of family violence project addressing the experiences of women with disability and those experiencing adolescent family violence.

**SALA TORRE****METHODOLOGICAL APPROACHES TO UNDERSTANDING FOOD IN SCHOOLS: NAVIGATING COMPLEXITY**

Food habits, cultures, and choices are all intensely personal experiences, wrought with meaning. As researchers, we navigate these personal moments in order to further understanding of food practices/experiences/meanings. Those of us interested in the experiences of young people in the school institutional setting must navigate the personal experiences of young people, staff, and teachers as well as coming to terms with our own understandings and experiences of food in these spaces. There is also the complication of the influence and role that the family plays to shape the experiences of young people in schools. This roundtable brings together researchers working on issues of school food, young people and families. We seek to explore ways to go about understanding the complexity of food in schools through multiple perspectives and methodologies. How do researchers work within schools? How do researchers navigate eating in school settings? What taboos do we break, what rules do we violate, in our pursuit to answer questions on food experiences? What approaches work for research on questions of school food? How do we work with, around, or through the messiness of food research? The roundtable draws together five papers on this theme. The roundtable will provide an opportunity for researchers to discuss their methodological approaches, exploring how we navigate food in all its complexity as both a research focus and a personal experience.

**Monday 24 June 2019, 10:45 - 12:15**

**PAPER SESSION 1 - SPECIAL EVENTS**

**The *doing* of Ethnographies of Eating: Writing, Watching and Eating Chip Butties During Ethnographic Research in Primary Schools in England**

*Lexi Earl*

*(University of Nottingham)*

This paper explores the experience of researching food in schools. It was inspired by conversations at ECER 2017 and 2018 focusing on how we go about doing ethnographic research, and how we go about doing food research in schools. What does it mean to do ethnography in a practical, day-to-day sense? How does one go about researching food experience? Research on food has its own nuances, bringing more complexity and negotiation than other research foci. Food is intensely personal as it is an ingested symbol of culture, family, tradition, ethnicity; sharing and eating with people is personal too. What does this mean as a researcher? What do research participants reveal about us through their willingness to share food? How is this relationship shaped by the rules of an institution, like the school? This paper examines how I went about doing food research in primary schools, and the various incidents that occurred that revealed food was not merely something to be consumed but was rather something more. It begins by outlining the ethnographic approach I adopted, paying attention to being embodied and emplaced in research (Pink 2007; 2009). I then explore researcher identity, explaining how my own identity was multiple, and shifting depending on where I was at a particular 'food moment'. I draw attention to several, at the time seemingly unimportant, events that upon reflection serve to reveal the importance of food in everyday life, and may help understand both the field site, and the wider context of the research. I point to the unavoidable 'symbolic violence' (Rabinow 1977) that occurred in the field. Finally, I examine the way I revealed different food selves in different sites, and how this then affected what I was told and knew about those research sites.

**Packing and Unpacking School Food Policies: Methodological Inquiry into Policy Construction**

*Carolyn Pluim*

*(Northern Illinois University)*

In this paper I will explore various methodological issues bound up in studying policies and politics around school food programs and initiatives in the United States (U.S). The paper uses the recent changes made by the Trump administration to the *Healthy, Hunger-Free Kids Act of 2010* as the central problematization. Drawing on the work of Ball and Youdell (2008), Saltman (2015), Powell (2014) and others who examine the construction of policy narratives and interrogate the relationships between and among public and private agencies, the paper unpacks the alterations made to the Act in 2017. The analysis examines the multiple perspectives and methodologies that can be used to 'make sense' of various shifts in policy. In the investigation I specifically focus on the webs of relations between government and private agencies that made the changes both politically convenient and commonsensical. I also provide a historical context to this particular debate. Employing the theoretical insights from the scholars mentioned above, I document the ways in which key players – i.e. the public, educators, policy makers, and private agencies – engaged in and enacted a policy-making process reliant on a 'hybridity' of public and private relationships. Ultimately, I argue that the methodological approach to examining complex policy making such as this must consider 'convenience politics' and the environment in which local, state, and national decisions are made.

**Hearing and Seeing what Children Learn about Food at School: The Value of Visual Methods**

*Sian Supski*

*(Monash University)*

In a recent study on children, families and food messages, we utilised a mixed methods approach that included visual data produced by primary-school aged children. Working with 50 families, we provided the child lead investigator with an iPad for 3-4 days and invited them to film family food events of any type that were important to them. The analysis of visual data in conjunction with child and family interviews revealed the diverse meaning-making practices children draw on to understand food practices both at home and school. The visual data reinforced the importance of commensality, pleasure and celebration in food practices at home for children and families, a finding that was at odds with the regulatory frameworks about food as either instrumental or troubling that were dominant at school.

**'Restaurant' or 'school canteen?' Ethnographies of Eating**

*Gurpinder Lalli*

*(University of Wolverhampton)*

This article reflects on the research methodology adopted to carry out an ethnographic case study to explore children's experiences of school meals in one UK school, introduced as Peartree Academy. It aims to draw on notions of the school restaurant and presents an account of the complexities surrounding the disorderliness of field work using on school food research. This paper argues that the school dining hall as a space can be said to act as a third teacher and is therefore symbolic in nature which allows for children to attach meaning. This article highlights the importance of paying consideration to the school building in enhancing school meal experiences for children, by examining questions

of learning spaces. It centres on a discussion of the methodological position adopted and highlights the complexity in conducting research on food in schools and namely points to issues in questioning objectivity in qualitative inquiry alongside a narrative of control during school meal times. The foundations of this paper centres on the adoption of a Foucauldian lens in contesting the discourse of school meal research. The field work involved adopted a case study approach in which structured observations, interviews and field notes were recorded.

**Monday 24 June 2019, 13:15 - 14:15**

## **Paper Session 2**

### **Consumption & Identity**

**SALONE GROLLO**

#### **Healthy Eating, Social Class, and Ethnicity: Exploring the Food Practices of South Asian Mothers**

*Punita Chowbey,  
(Sheffield Hallam University)*

The diets of South Asian populations are of particular concern due to poorer health outcomes associated with food intake. However, this concern has not been translated into a high-quality evidence base and evidence is often small scale and sometimes contradictory. The influence of social class on South Asian food practices is particularly neglected in the literature. This chapter draws on Bourdieu's exposition of class as a structured and structuring micro-practice and adopts an intersectional paradigm in exploring the narratives of mothers from diverse socioeconomic, ethnic and migration backgrounds regarding their healthy eating practices. These mothers are both first and second-generation migrants with dependent children from two South Asian groups: Pakistani Muslims and Gujarati Hindus, living in five cities of the UK. The findings show class-based distinction in narratives of healthy eating involving symbolic and social value of food but not eating practices which were often influenced by time and resources. Both time and budget constraints impacted on women's ability to eat healthily. The chapter argues for a reconsideration of how cultural capital is conceptualised and enacted in context of healthy eating and challenges the assumption that South Asian food practices are class-neutral, static and unhealthy and that healthy eating messages and initiatives will therefore engender transformative change.

### **Food Futures**

**SALA VENEZIANA**

#### **The Everyday Practice of Raw Food: Its Significance at the Junction Between Food Systems, Public Health, Environmental Issues and Social Education**

*Tommaso Perego  
(College of Naturopathic Medicine)*

This paper focuses on studying how the health benefits of raw fruits, vegetables, and nuts could carry value also in the restructuring of food systems with profound implications on society and the environment. Several diets pick from these food sources, each with their own variations, fads or distortions (!). Essentially here only a raw food diet, plant-based, produced by sunlight, water, and carbon dioxide, is considered, that is eating raw vegetables, fruits, and nuts. The source of food (e.g. biodynamic, organic), its quality (e.g. calories quantity and quality), natural state and simplicity of action in the body (e.g. Ehret, Shelton, Steiner) have been indicated by different medical traditions (Herbal Medicine, Ayurveda, Naturopathy, Nature Cure) and are now even more so recognised as key factors in health (e.g. EPIC), re-establishing strength, energy, body weight, shape, tonicity, in humans and animals (e.g. *ibid* , De Bairacli, Berrino, Pizzorno, Ehret, Graham). The paper describes the importance of these testimonies and places them against the wider scenario of good and malpractice in health, food systems, including waste management, sustainability, climate change, and in social education. On the light of the recently released Lancet Report (Lancet, 2019), a global effort is expected, and the experience of the everyday practice of raw food, its value for health and the environment, could bring significant encouragement for a call for restructuring our food systems and its wider implications.

### **Food (In)Security**

**SALA GIOCHI**

#### **Food Insecurity Among Men in Scotland**

*Kathryn Machray  
(MRC/CSO Social and Public Health Sciences Unit, University of Glasgow)*

This presentation will provide an overview of the qualitative literature on peoples' experiences of food insecurity in the UK before discussing the methods and preliminary findings from an ongoing study using visual methods to explore how single men in two cities in Scotland experience food insecurity. To date, the majority of qualitative research on food insecurity has examined charitable food aid provision with foodbanks as a particular focus. Understandings of people's lived experiences of food insecurity beyond the foodbank setting and the potential differences in experiences between those who access support such as foodbanks and those who do not are under-researched. There is also a lack of research on men's experiences, despite the high number of single men utilising food banks. The research undertaken in this PhD study explores men living in Scotland's experiences of food insecurity using photo elicitation interviews. It aims to understand how living in different urban and rural settings (areas within and around Glasgow and Aberdeen) factor in to the experience of food insecurity. The study will also examine how, aside from foodbank use, single or 'vulnerable' men mitigate, or cope with, food insecurity and how food insecurity impacts their social participation and networks.

### **Food Banks and Beyond: The Agency of Community Food Projects in Tackling Food Poverty**

*Katy Gordon, Juliette Wilson, Andrea Tonner*  
(University of Strathclyde)

Food poverty threatens health and wellbeing. Its existence, in the UK, has received growing attention in recent years. Although the problem is not new, it has been brought to the forefront of public, political and academic attention potentially due to a growing number of households accessing emergency food aid. Recognition that this emergency food aid is not a long-term solution to food poverty has led to recommendations that other community based solutions need to be explored and utilised. The community food sector encompasses a wide range of organisations from food banks, providing emergency food parcels, to social enterprises, providing accessible healthy food or promoting the social aspects of food. This research seeks to explore whether and how this range of organisations, either individually or collectively, can influence the structural institutions that underlie food poverty. It does so by exploring both the duality of structure and agency and the institutional change to which such organisations may contribute. Data was gathered primarily through interviews, observations and associated field notes with 20 organisations in the sector. Organisations were both grass-roots community based and sector-wide support agencies, representing a range of organisational goals, activities and models. Further data was collected through immersion in the sector including attendance at relevant events and review of associated web, press, social media and industry reports. Preliminary findings suggest these organisations are often responding to the wider structural conditions in which they operate and agency for change is limited due to time and resource constraints. However, organisations also felt that by simply doing work on the ground there was the potential to initiate wider change and some strategically increased their agency to do so.

## **Food Policy & Governance**

**SALA TORRE**

### **Analysing the Tropes of Public Participation Across Diverse Fields: What Can we Learn for Integrated and Inclusive Food Policy?**

*Claire Marris*  
(City, University of London)

There is an increasing recognition, among academics and practitioners, that, in order to re-imagine and re-make our food systems so that they integrate health, sustainability, and social justice, we need to include the voices and lived experiences of citizens and communities who experience food-related challenges. This resonates with parallel debates and initiatives in other fields that have been going for decades about involving 'public participation' in policy making, such as: science and technology (especially those related to genetics); environmental issues (notably, in recent times, energy and climate change); aid programmes (where the importance of participation by local populations was experimented with early on, and has been subject to a virulent debate); local government services, etc. Many different terms are used to describe 'public participation' within and across these different fields, and discussions have generally been conducted within silos with little interaction between the scholars and practitioners from these different areas. This paper identifies recurring themes that occur across disciplinary and sector boundaries. It discusses how 'public participation' (PP) has been configured: what problems has PP been expected to solve? What kinds of solutions has PP been expected to deliver? How are key concepts understood, e.g.: 'the public', expertise, knowledge construction, power, democracy...? How do these different understandings of key concepts translate into different practices and outcomes for PP? It focuses in particular on ways in which participants, their knowledge, and their lived experiences are constructed in various ways in PP initiatives, depending on academic disciplines, political perspectives on democracy, and expected input into policy making. For example, scholars in development studies were the first to have debates on the extent to which PP is 'truly democratic', with Arnstein's now emblematic 'Ladder of Public Participation' from 1969 as the first articulation of this critique. Scholars in environmental studies have argued that motivations for PP can

## **Monday 24 June 2019, 13:15 - 14:15**

### **PAPER SESSION 2**

be normative (citizens who will be affected by decisions have the right to participate in those decisions), strategic (based on a desire to reduce conflict and smooth the way for already-made policy decisions) or substantial (with the aim of developing innovations and policies that perform better in complex real-world conditions). STS scholars have focused on how 'the deficit model' (where citizens are assumed to lack relevant knowledge) has, and continues to, influence PP practices in ways that undermine the substantial rational for PP. Within food studies, there has been a focus on incorporating the lived experience of vulnerable populations, e.g. the urban poor or food bank users. The focus of this paper is on the underlying notions of democracy, knowledge and citizenship in public participation practices across these fields and what this entails for their effectiveness in helping us imagine, and (re)make a food system that benefits people and planet.

**Monday 24 June 2019, 14:15 - 15:15**

## **Paper Session 3**

### **Food Policy & Governance**

**SALONE GROLLO**

#### **Alternative Food Organizations in Geneva: At the Interplay of Market and Democracy**

*Johanna Huber*

*(University of Geneva)*

Citizens increasingly voice demands for more control over the food system. While popular initiatives aim at institutional change through the state, Alternative Food Organizations (AFOs) propose to transform society through direct action. The question we ask is to what extent do AFOs propose transformative goals and organizational structures that contribute to societal change? AFOs are associations or social enterprises active in the food sector, which promote an alternative understanding of the food system. They are either oriented towards the market (e.g. participatory supermarket, food basket) or offer a non-commodified understanding of food (e.g. freeganism or food banks). Existing research tends to focus on case studies focusing on a single type of AFOs. This paper contributes to the literature through a comprehensive analysis of the Genevan alternative food sector. We use an original dataset of AFOs collected for the canton of Geneva in 2019. The dataset allows us to map all organizations active in the field and to compare the relative importance of democratic goals and aims to transform the market. We hypothesize a link between democratic goals and non-monetary actions – the organizations that promote the exchange, donation, or self-production of goods are more likely to establish horizontal and participatory governance structures. This paper shows how vibrant the food movement is but also the limited transformative goals that AFOs defend. Only few AFOs promote alternatives to the market that challenge both commodification processes and hierarchical decision-making in the food system.

### **Food Environments**

**SALA VENEZIANA**

#### **Ideology, Stakeholders and Public Health Policy: A Comparison of Media Discourses on Alcohol and Sugar Pricing Policy in the UK**

*Shona Hilton*

*(University of Glasgow)*

**Authors:** Shona Hilton, Tim Henrichsen, Gillian Fergie, Christina Buckton, Philip Leifeld **Abstract:** Background: The media are a key influence on public and policymakers' perceptions of the need for, and acceptability of, new policies to improve population health. In the case of Minimum Unit Pricing (MUP) for alcohol and the Soft Drinks Industry Levy (SDIL), previous analysis suggests that an actor's position in the network is linked to their ideology, for example using social vs market justice arguments. In this study we use ideological scaling to examine stakeholders' policy positioning further. **Methods:** Data sets were generated from public debates on MUP and SDIL in UK newspapers using content analysis and discourse network analysis. Actor statements were analysed using ideological scaling of ideal points in Item Response Theory models. This approach is based on the assumption that actors communicate their ideological position through verbal statements in public documents. These statements then provide the basis to estimate underlying ideological positions of actors in specific policy areas. **Results:** In both debates, health charity and advocacy groups, individual NHS organisations and professional associations, as well as government advisory bodies, had a clear policy supporting ideology. Contrary to this, manufacturers/associated industries and associations, as well as think tanks and research analysts, had an opposing ideology. For the policy opponents, the most discriminating policy concepts were mainly economic or political in nature (e.g., "Policy is illegal", "Policy will damage industry and associated industries", "Government action on commodity consumption is nanny statist" or "Policy will damage the wider economy"). For the policy proponents, the most discriminatory policy concepts related to public health issues ("Policy will reduce consumption of commodity", "Policy needed to address commodity 'problem'", "Policy will improve population health"). **Conclusion:** The media are a key influence on public and policymakers' perceptions of the need for, and acceptability of, new policies to improve population health. In contested public policy debates, stakeholders on both sides of the argument put forward competing rhetoric via the media to support their position in line with their vested interests whether driven by social and market justice principles.

**A Review of Key Indicators Driving the Development of Food Deserts**

*Pavla Kramarova*

*(University of Portsmouth)*

Although, food deserts are known as populated areas with no or limited fresh food access, its diverse definitions, inconsistencies in current understandings and complex impact on society make it difficult to food policy makers to tackle this problem until now. The access to fresh nutritional food affects people's lives in a number of serious issues with increased poverty, diet-related problems resulting in fatal health issues, obesity, population segregation, mobility issues, and therefore create a greater gap for inequality and opportunities in society. This leads to major long-term disruptions and significant public costs, including the need of significant support from government through aids and benefits. Therefore, food deserts require public attention to understand key factors driving food desert development and persistence. However, the access to fresh food can be challenged beyond spatial elements. For instance, factors like financial barriers, supply chain structure and operation, infrastructure, or politics also exacerbate the problem. The purpose of this research is to offer a systematic classification to assess the degree with which inhabited area may be considered as a food desert. Firstly, this research aims to review and critically evaluate the literature about food deserts and how this issue has been addressed until now. Secondly, to identify and validate key driving factors of food deserts, causing their appearance and persistence in order to gain insights about current food system and its impact on society. A critical literature review is implemented together with semi-structured interviews with researchers, Public Health representatives from local authorities and NGO activists specialised in food insecurity and food poverty, in order to explore and assess factors causing food deserts persistence. The presentation will explore some preliminary findings on the diversity of indicators considering a role of supply chain actors and its stakeholders, and will discuss a future outlook of the presented insights.

## **Consumption & Identity**

**SALA GIOCHI**

**The Right Way to Start Your Day: Women's Self-Discipline at Breakfast**

*Daniela Pirani*

*(University of Liverpool)*

This paper looks at how health claims can be used to redefine food consumption, and how such claims can be marketed through gender and family performances. Here, we look at the construction of breakfast as a healthy practice in the Italian media. The focus is on the 'Italian Breakfast' campaign (1990-95), supported by industrial firms and third-party scientific validation. Explored through firms' and media's archival documents, this PR campaign emerges as an effort to redefine breakfast meanings, as well as educating Italian consumers to a nutritionally balanced diet. This campaign institutionalised breakfast as a correct dietary practice, associating it to collective national values, but also to individual body and time management. This paper argues that breakfast was advertised to women as a neoliberal tool for self-care, weight loss and time control. Findings show how dietary guidelines leveraged on rising post-feminist narratives of choice, empowerment and self-discipline (Gill, 2007), while holding onto more conventional narratives of motherhood. Breakfast was made collectively relevant by enforcing women's as 'feeder of the family' (DeVault, 1991), and by linking children's school performance with morning meals. Thus, this paper shows how women's bodies are the ground on which health claims are tested in order to affect collective consumption practices. The case of Italian breakfast shows how subjective management and collective nutritional behaviour could be marketed through a polarised understanding of femininity and gender performances.

**Embodiment of Eating Behaviours, Body Weight and Weight Management Practices Among Chilean Women From Different Socioeconomic Position**

*Maria Jesus Vega*

*(University of Bristol)*

Obesity prevalence in Chile has reached its highest peak, with 34.4% of people aged over 15 years being obese. However, this prevalence is unevenly distributed among the population; 46.6% of the lower educational groups, compared to 29.4% of the higher, and 38.6% of the women, compared to 30.8% of men, are obese. Obesity prevention and interventions have mostly focused on individual willingness to modify lifestyles, leaving aside social-structural answers to overcome this pandemic. According to Pierre Bourdieu's framework on habitus and class distinction (Bourdieu, 1984), lifestyle behaviours are embedded in the culture and habits of social classes, and therefore, are socially constructed. Hence, tastes related to food can be considered markers of social position, similar to clothing or music tastes. The bodily habitus then expresses the systems of dispositions that cause actions, practices and preferences related to the body's management. These practices are expressed in body-related taken-for-granted routines (eating, exercising, clothing, etc.). Gender differences in body's management are also relevant to understand the social class differences. Women body's relationship intersects with experiences over motherhood (Warin et al.,



2008), living conditions (Dumas et al., 2014), and body ideals (Robinovich et al., 2018) that are fundamentally different to men. Considering Bourdieu's framework, this study explores the differences in eating behaviours and body and weight management perspectives between women of different socioeconomic positions from Santiago, Chile. It focuses on understanding the bodily habitus related to eating practices through their biographies and daily lives and explore the differences between social classes dispositions. Approximately 30 in-depth interviews will be conducted with women from different socioeconomic position residing in Santiago, Chile. This qualitative research is an ongoing study part of a mixed-methods thesis. In progress analysis and preliminary findings from the interviews will be presented at the conference.

## **SPECIAL EVENT**

**SALA TORRE**

### **PRISON FOODWAYS – A SYMPOSIUM**

Food holds an important symbolic, cultural and emotional value in our lives, and this can become more important in the lives of prisoners deprived of their liberty and access to everyday foodways. Prison fare is therefore far more than the slop on prisoners' plates provided by the authorities. It is about contraband cooking; the social, intimate, but also aggressive encounters that take place around meals, and the care that is reflected in self-made prison meals. Nevertheless, for a long time, prison food has been underresearched by prison scholars.

This is not to say that prison food was totally neglected in previous work, but it has all the same been less than central. More recently however, a growing body of prison research has discovered this relatively new topic, and made it a distinct theme in prison research.

In this symposium we aim to create a holistic understanding of prison foodways positioned at the intersection of several disciplines. We hope this approach triggers new questions and ideas as well as allowing advanced debate. This enables us to look beyond the boundaries of disciplines and to broaden perspectives. We bring together researchers who have been working within prison food systems in Belgium and England and Wales. The focus is on both the consumption and production of food in prisons/for prisoners.

Some of the work presented in this Symposium will form part of a special issue of *Appetite* which is due to be published in the summer of 2019.

#### **Participants:**

Dr An-Sofie Vanhouche – participating chair

Dr Julie Parsons

#### **Food Trust in Low Trust Environments. Negotiating Food Trust in Belgian Prisons**

*An-Sofie Vanhouche*

The debate about food trust has mainly focused on how food trust is constructed in outside society. However, the study of food trust in a prison context, provides a particular lens to understand this process since prisons are defined as low trust environments. Hence, the aim of this paper is to examine how food trust is negotiated in Belgian penitentiaries. To fulfil this aim, a qualitative study was carried out in five Belgian prisons. The study was based on 60 in-depth interviews conducted with prisoners (41) and prison staff (19) and participant observations in prison kitchens. The findings show that trust in prisoners who work in the kitchen and trust in external actors such as food control bodies or religious representative that regularly visits the kitchen facilitates the negotiation of trust. In addition, the results indicate that a lack of information at times leads to food distrust in Belgian prisons.

#### **Biography:**

Dr An-Sofie Vanhouche is a guest lecturer in Criminology and research coordinator at Vrije Universiteit Brussels. She teaches courses on penology and comparative criminology. One of her courses is being taught in prison to university students, prisoners and officers. Her main research interests are in the area of prisoners' lived experiences of incarceration. Vanhouche conducted several qualitative studies in Belgium and abroad. In 2017 she obtained a PhD study entitled *Prison Cuisines in Europe. A Comparative study of Prison Food Systems in Belgium, the Netherlands and Denmark*. Recently, she started studying prison education in Belgian penitentiaries.

**Relating to Food, Beyond Resistance and Disruption: Prisoners' Accounts of Everyday Foodways from the Resettlement Wing of a Prison in England**

*Julie Parsons*

'Food looks like an object but is actually a relationship [...] endlessly interpretable, as gift, threat, poison, recompense, barter, seduction, solidarity, suffocation' (Eagleton 1998:204). This is particularly pertinent when considering the lived experience of prison foodways in England and Wales. Here the prison food system is both a form of symbolic punishment, as prisoners' lack control over when, where and to a lesser extent what they can eat, and a concrete punishment, as it relates directly to material deprivation in terms of access to food. In this particular case study, the one hot meal of the day is prepared by prisoners from the Vulnerable Prisoner Unit (VPU), which includes sex offenders, police informers, ex-police officers, magistrates, and prisoners who simply cannot cope with life on the wings. As a result of the threat they are under from other prisoners, these prisoners are segregated from the rest of the prison population. Having VPUs prepare meals for the general prison population is an unusual arrangement and contributes to tension and fear amongst inmates regarding the potential for contamination of the food supply. In this paper I draw on data from 39 transcripts from in-depth interviews with eighteen prisoners, gathered over three years, through funded research projects at a resettlement scheme in England, that works with men released on temporary licence from the local prison. It explores how prisoners use food to counter the dehumanising processes of incarceration and threats to self. Prisoners discuss how they manage anxiety regarding food prepared by VPUs, how they re-establish positive social identities for themselves, and reinstate a sense of agency, through engaging in generativity, working with and for other prisoners, preparing, cooking and/or sharing food on the wing.

**Biography:**

Dr Julie Parsons is an Associate Professor in Sociology. She received an Independent Social Research Foundation (ISRF) mid-career fellowship (2016-17), to develop a Photographic electronic Narrative (PeN) project with men released on temporary licence from the local prison and others serving community sentences on placement at a local resettlement scheme (RS), which is on-going. This followed a Sociology of Health and Illness (SHI) Foundation Mildred Blaxter fellowship (2015-16), exploring commensality (eating together) as a tool for health, well-being, social inclusion and community resilience at the same RS. Her book *Gender, Class and Food, Families, Bodies and Health* (Palgrave MacMillan 2015), was shortlisted for the Foundation of Health and Illness (FHI) book prize in 2016. She was programme lead for the MSc in Social Research from 2010-2014 and is currently programme lead for the BSc (Hons) in Sociology. She is convener of the British Sociological Association (BSA) Food Study Group, a member of the BSA Auto/Biography study group, the BSA Medical Sociology study group and the British Society of Criminology.

**Monday 24 June 2019, 15:30 - 17:00**

## **Paper Session 4**

### **Food (In)Security & Food Futures**

**SALA VENEZIANA**

#### **Developing an Ecological Model of Household Food Insecurity for Undocumented Migrant Households**

*Andrew Jolly*

*(Institute for Community Research and Development)*

Previous research indicates that undocumented migrant families face higher rates of household food insecurity than the wider population. However, causal factors for household food security amongst undocumented migrants in Birmingham are difficult to establish. There are however, a number of interlinked factors which either exacerbate or mitigate the effects of food insecurity. This paper outlines an ecological model of food insecurity in undocumented migrant households to explore these factors. The paper draws on mixed-methods research with families in Birmingham, using USDA household food security module questionnaires, semi-structured interviews and a photo elicitation exercise. Households identified both structural factors resulting from law or policy which caused or exacerbated their food insecurity - such as the lack of right to work; as well as institutional factors related to social work practice - such as a failure to consider the welfare of migrant children. However, these overarching structural factors and more localised institutional factors appeared to be interlinked. On the one hand, discriminatory practice at a local level was embedded within discriminatory policies at a national level, on the other hand, discriminatory practice strengthened – and often went beyond – the demands of discriminatory policy. The interviews made clear that there was a complexity of factors which caused or exacerbated food insecurity which worked on a number of embedded levels, each reinforcing the other. An ecological approach to household food insecurity is of value because it can provide a framework for identifying ways to improve household food security for undocumented migrant households. Second, it acknowledges that there are multiple causal factors on different levels and there is not a clear causal relationship between each one, with a variety of factors combining to influence food insecurity. Finally, it regards individual actions as embedded within wider societal approaches, and therefore acknowledges both the individual factors, and the wider context in which they take place.

#### **Re-imagining Food in Later Life: Using Practice-Based Research to Address Food Security and Malnutrition in Older Households**

*Wendy Wills, Angela Dickinson*

*(University of Hertfordshire)*

It is (under-) estimated that a minimum of 10% of adults aged 65+ years are malnourished in countries such as the UK; most malnourished individuals are living at home in their own community. Being food insecure means older adults may also struggle to access sufficient nutritious, safe or socially acceptable food or drink. We conducted a study of households with men and women aged 60-95 years in the UK to investigate the ways that older adults access food and to explore the factors that might contribute to food insecurity or malnutrition. The research was underpinned by social theories of practice and drew on an ethnographic approach, utilising participant-led kitchen and garden tours, interviews, photo and video elicitation across multiple visits to each home. This enabled the practices of food acquisition to be explored in depth with 25 households. Analysis of the data showed that older people's physical and mental health; the local food environment and their social networks were enablers and barriers for food security and, subsequently, for maintaining health and wellbeing. The analysis also revealed the dynamic nature of food security for older households and the way that difficulties tend to accumulate, potentially tipping participants towards being unable to access food in the ways they want to. We needed to ensure that these findings could be accessed and used by policy makers and others involved in the care of older people. As well as an interactive exhibition we developed, tested and launched an educational board game to enable practitioners in health, nutrition, social work and social care to more fully appreciate the challenge of remaining food secure in later life. This paper will focus on the key research findings and our ongoing relationships with a range of stakeholders to examine how these have informed the development of the exhibition and the game. We will assess whether such research-informed tools can help re-imagine older peoples' food systems.

#### **Household Food Waste: Out of Sight, Out of Mind**

*Annie Trevenen-Jones*

*(Leiden University)*

Household food waste (FW) is an immense sustainable development challenge facing the European Union, especially the Netherlands. FW is identified as significantly impacting climate change and other planetary boundaries from source

**Monday 24 June 2019, 15:30 - 17:00**

**PAPER SESSION 4**

to plate and final disposal; and as a moral issue with so many hungry. An in-depth, food systems understanding of people and their household FW can illuminate this often tacitly perceived and practiced ecological relationship. In 2018-2019, a mixed research designed inter-and multi-disciplinary study, of household food waste was conducted in the Central Innovation District of The Hague, Netherlands by the Leiden University College The Hague (LUC) lead team, together with local knowledge partners and research clinic students. The Hague is a global city with a diversity of people; of which three communities of language: Dutch, English and Arabic were focused on. This paper is attentive to the adapted qualitative photovoice component of the design; in particular the focus groups. Critically, the research design set up a tension between social selves and social group, over time. Participants (social selves) began by taking photographs, daily over seven consecutive days, of their household food waste using their mobile phones; followed by semi-structured interviews and focus groups (social groups). A small selection of each participants' photographs – by agreement – were used as a resource, during the focus groups, for 'groups' to construct a group photographic narrative of food waste. The data was analyzed as per qualitative thematic methods; and results-findings compared and contrasted across groups. One of the emerging key findings was that groups did not know where and/or what happened to their food waste once it left their control; either by organic and/or general household waste collection and/or after dropping off items at municipal recycling facilities. Groups 'hoped' waste would be resolved satisfactorily.

## **Food & Families**

**SALA GIOCHI**

### **Intensive Grandparenting? Exploring Changes and Continuities in Feeding Children in the UK**

*Vicki Harman*

*(University of Surrey/ Royal Holloway)*

Although many grandparents provide regular care for their grandchildren, relatively little academic attention has been paid to the nature of contemporary grandparenting. Little is known regarding the practices currently employed by grandparents or the way in which grandparenting has changed over time. We speculate that the current dominant discourse of intensive parenting has changed the everyday life of grandparents, including the mundane practices of feeding grandchildren. In this paper we use the lens of food to explore whether the current notion of 'children at risk' (one of the pillars of intensive parenting) has influenced grandparents' narratives and practices. We investigate the feeding practices of grandparents in the UK who regularly look after their grandchildren. Employing one-to-one, photo-elicitation interviews, we shed light on whether the intensification of parenting has influenced the way grandparents feed their grandchildren. Emerging findings show how children's diet is negotiated amongst parents, grandparents and children and their different understandings of what constitutes 'good food'. Such negotiations include not only what children eat but also where they consume meals (e.g. on the sofa, at a table), and the family politics around TV and electronic devices during meal times. Findings also show that the intensification of the grandparenting role has led to changes in grandparents understanding of feeding grandchildren. Theoretically the paper contributes to the current understanding of the role and practices of contemporary grandparents in family life by engaging with and extending interdisciplinary academic debates on childhood and food, grandparenting, intensive parenting, doing and displaying families, and surveillance in family life.

### **Families in the (hot)spot: Displaying Family at Breakfast**

*Daniela Pirani*

*(University of Liverpool)*

This project addresses how family is displayed during mundane, time-rushed meals, and how displaying family changes according to the different investment participants have in family discourses. Using 34 in-depth interviews collected in Italy, we look at how both heterosexual and homosexual families makes sense of ideals, memories and experiences of breakfast. In Italy breakfast is a relatively recent eating occasion, represented in the marketplace as a family practice and connected to normative family and gender portrayals. Interviews reveal how breakfast, unlike other meals, is rarely subject to public scrutiny and does not seem to be an area for family display, even for those families who are more invested in displaying family. Theorising breakfast as a 'hot spot' (Southerton, 2003) explains how speedy and individualised accomplishment can facilitate a more collective sharing during other domestic family meals. Theoretically these findings add new understandings to the concepts of 'hot spots' and family display and how this works across different occasions of family life.

### **Display and Dilemmas: Methodological Reflections on 'Grasping the We' in Family Food Practices**

*Daniela Pirani, Ratna Khanijou*

*(University of Liverpool)*

This paper investigates the challenges of interviews and participant observation in the study of family food practices. Using examples from two inductive studies on food consumption, we analyse how these methodologies concur to 'grasp the we' of collective identities, while raising methodological dilemmas on the interaction between researcher and the family. Interviews are useful to understand subjective accounts of family display, as well as of individual frustrations. However, interviews lead to display and positioning dilemmas, as the researcher is also 'on display' when in the field, and different interaction with participants affect the emerging narrative of family identity. Participant observation, instead, reveals how interactions and negotiations between members are performed, and thus how collective food practices are formed 'in action'. Still, in witnessing unmediated conflicts of new families, the researcher can be 'caught in the moment' of the formation of family identity, facing practical, emotional and ethical dilemmas. These dilemmas highlight how the display work and staging of the self in the research field are exposed when researchers and researched go 'off script'. Elaborating on these dilemmas, we argue that both interviews and observations require a reflexive approach on the mutual display occurring between participant and the researcher, as well as on the emotional and ethical labour implied in participating to participants' lives. Reflexivity ensures a critical stance towards understanding the context in which researchers can gain insights on family food practice. These dilemmas help to unpack the influence of one's presence in the family setting leading to conceptualise how, in family food practices, the 'we' grasped is always relational between the family and the researcher. Methodologically, we contribute to debate the emotional challenges faced by researchers in the field of family food consumption, while advancing the theoretical understanding of display within familial research.

## Food Environments

SALA TORRE

### **Social and Physical Drivers of Food Choice: A Participatory Photovoice Project in two Ghanaian Cities: A DFC Dietary Transitions in Ghana Study**

*Rebecca Pradeilles*  
(University of Sheffield)

**Introduction** Ghana has reached an advanced stage of the nutrition transition, contributing to an increase in nutrition-related non-communicable diseases. There is a need to deepen understanding of the role of the social and physical environments in shaping food choices, given that most of the research to date has focused on individual-level drivers. Therefore, the aim of our study was to identify the social and physical factors that influence food choices among urban dwellers in Ghana. **Methods** A study utilising participatory photography (Photovoice) was conducted amongst men and women aged = 13 years living in socio-economically deprived urban neighbourhoods in Accra (n=64) and Ho (n=32). Specifically, participants were asked to take photographs in relation to the following themes: i. a place where you eat food and/or drink; ii. something that makes eating healthy difficult for you; iii. something that makes eating healthy easy for you; iv. something that influences what you eat in your neighbourhood; and v. a person that influences your food or drink choices in your neighbourhood. Follow-up interviews focused on participants telling the 'stories' of their photographs. Thematic analysis was used to identify specific themes from the interviews using NVivo. The codebook for analysis was developed using a combination of: i. a priori themes from the socio-ecological model developed by Story et al. (2006); and ii. emerging themes. Matrix comparisons were undertaken to compare themes between responses from the two cities. **Findings and Interpretation** Across both cities, factors at all levels of the socio-ecological framework were found to influence food choices. Within the social environment, factors such as family (e.g. child, siblings, parents, spouses); friends (e.g. preferences and lending money in times of hardship) and food outlet owners (i.e. relationship of trust; friendliness of staff; type of services e.g. credit services and reputation of the outlet) were reported. Within the physical factors, the food environments and facilities within the home, school, neighbourhood and work were mentioned as influencing food choices. Most of the photographs and discussion related to the neighbourhood food environment; particularly: food availability, opening times & convenience, financial and physical access to foods, food display and appearance, advertising, hygiene standards and practices of the food outlets and personnel handling foods. Food adulteration and contamination was also discussed and recognised as an important issue within neighbourhoods. The most common drivers of food choices were food safety and financial access to food. In Ho, financial access was the main barrier for eating well whereas in Accra, issues around hygiene were most prominent. **Conclusion** The findings suggest that individual, social and physical factors in the environment, influence food choices amongst men and women in urban Ghana. The two most apparent themes were food safety and financial access, acting as barriers to eating healthily. These findings highlight key drivers that need to be addressed within the physical food environment for men and women to adopt healthier and safer dietary practices. The combined findings for both cities suggest that the drivers of food choice in transitioning areas in Ghana include factors already listed in the socio-ecological model developed in a high-income context, as well as new drivers that are specific to this context such as food adulteration and safety. The study findings increase our understanding of the wider contextual factors influencing food choices and provide insights to help develop context-relevant interventions.

**Exploring Engagement with the Food Provisioning Environment in Great Yarmouth, Norfolk**

*Anna Isaacs*

*(City, University of London)*

A considerable body of work has explored the relationship between the food provisioning environment and obesity, particularly in areas of deprivation. Much of this has focused either on geographical proximity to retail outlets or on quantitative measures of the 'healthiness' of the internal shop environments. There has, however, been less examination of how individuals and families engage with and experience different food environments even though people are likely to be influenced in their purchasing decisions by a far greater range of factors than just proximity and availability. In order to understand experiences of the food environment, together with the social, cultural, and political structures that shape these, we conducted a focused ethnography with 20 parents of school- and nursery-aged children in Great Yarmouth. All participants resided in neighbourhoods that scored 1 or 2 on the Standard Index of Multiple Deprivation (i.e. were in the 20% most deprived neighbourhoods in England) and experienced rates of childhood obesity that were higher than the England average. A range of methods informed by ethnographic and participatory approaches were utilised including engagement with community groups, semi-structured interviews, photo-elicitation, and shop-along interviews. Family life was described as both routinised and complex, with these aspects being reflected in parents' engagement in the food environment. Although most participants wanted to provide nutritious meals for their children, they faced challenges in achieving this in a context of financial insecurity, abundant deals for HFSS foods, the comparatively high price of nutritious foods, and pressure from children who requested a narrow range of foods. Parents also described how the food environment supported family life however. For example, deals allowed families to try new foods that weren't usually accessible to them, while takeaways and fast-food outlets provided opportunities for meaningful shared family activities. Attempts to address obesity through altering food environments must take into account the contexts and expectations of individuals as they enter into those environments. It is critical to focus policies and interventions so that people's broader needs are met, while also increasing the physical, financial, and cultural accessibility of more nutritious foods.

**Tuesday 25 June 2019, 09:30 - 11:00**

## **Paper Session 1 - Special Events**

### **Special Event/Panel**

**SALA VENEZIANA**

#### **SCHOOLING FOOD: TAKING STOCK**

Schools have long been involved in feeding children, socialising them into particular ways of eating and educating them with and about food. This symposium aims to 'take stock' of school food policy, programmes and pedagogies across a number of different countries including the UK, Portugal, Norway, Australia, Italy and the US. The symposium will commence with panellists providing a brief overview of their research and key findings.

Panel members: Professor Wendy Wills - 'You shouldn't be afraid to come and eat in here': Socio-economic margins, sociality and eating lunch during the school day

Professor Carolyn Pluim - Making school food great again or Getting 'Trumped'

Dr Fillipo Oncini - Do you pay for your lunch? Eating school lunch at the margins

Dr Deana Leahy – A smorgasbord of food pedagogies – school food and learning

Following individual presentations, panellists will be invited to respond to a number of key questions related to school food including: 1. Are school meals a health or welfare intervention? 2. Do we need national or local approaches to school food? 3. What do the myriad of school food programs and practices teach children about food? 4. Which comes first for schools - food or eating?

The symposium chairs will then invite the audience to ask questions/provide comments before making some final remarks about schools, food and some of the directions future research about school food might usefully take.

### **Special Event/ Roundtable**

**SALA GIOCHI**

#### **RETHINKING SUGAR**

Sugar consumption is increasingly supplanting dietary fat as the primary culprit in high rates of both obesity and its associated chronic diseases, with a particular focus on type II diabetes. This rush to demonise sugar is dressed in the neoliberal rhetorics of health as good citizenship, and the 'wrongness' of sugar is firmly sedimented in the everyday talk and practices of food, foodwork and consumption. This panel aims to explore the social, political and historical life of sugar in this moment of declared 'crisis', asking what other 'work' the repudiation of sugar is performing, what exclusions and silences that work enacts, what new subjectivities anti-sugar campaigns bring into being and to what effects, and how we can use sugar as a lens for thinking about food and health inequalities both nationally and internationally. This panel provides an opportunity to rethink sugar beyond the dominant catastrophizing anti-obesity health narrative to explore the uneven ways in which the lived realities of sugar are embodied and negotiated, including: the mobilisation of (anti-)sugar in national political and ideological projects (austerity; whiteness); and sugar's role in intimate, familial relations, both as a form of consumption to be negotiated, and as a mediator of those relations.

#### **A White Australia Industry: Nation-building and Sugar Cane**

*Stefanie Affeldt*

*(Ruprecht-Karls-University Heidelberg)*

Implemented at the turn of the twentieth century, the 'White Australia policy' was the political-ideological manifestation of a long-term day-to-day (re)production of racism as a social relation. Nation-building down under was successfully achieved only because its ideology was firmly embedded on all societal levels as a pervasive, widespread 'White Australia' culture.

Against this background, the intake of sugar became, quite literally, a consumption of ›whiteness‹: the chemical purity of its crystals merged with the social capital of its producers, forming the trope of doubly ›white‹ sugar. In addition to functioning as a social binding agent, sugar was accredited a central role in the cultural and symbolic dimensions of Australian nation building. Its consumption was a personal affirmation of the consumers' membership in the ›white race‹ as well as an explicit moral duty to the ›white‹ nation. The purchase of Queensland cane sugar was considered a contribution to the ›racial‹ homogenization and defence of the country and was meant to serve overall preservation of ›white supremacy‹ in a time of crisis. Nonetheless, even with the widespread societal backing, the concrete realization of ›white sugar‹ incited debates concerning the scope and boundaries of ›whiteness‹.

#### **Sugar and Family Life in Edinburgh: An Anthropological Perspective**

*Imogen Bevan*

*(University of Edinburgh)*

Scotland is regularly stereotyped for its inhabitants' 'infamous' diet and 'sweet tooth'. Yet little is known about how and why sugar is consumed by adults and children in everyday life. Theories of sugar consumption are currently dominated by medical models, which frame sugar consumption as a driver of disease and an obstacle to overcome. Consumers are regularly construed as maximising rational actors – who would adopt a low-sugar diet if it weren't for their lack of education and/or economic resources. This paper proposes to 'rethink sugar' by addressing the social and cultural roles of sugar and sweetness for families living in Leith, an Edinburgh neighbourhood characterised by salient inequalities. Based on 12 months of ethnographic fieldwork with families, primary schools and medical practitioners, this paper explores the complex ways in which sugar mediates people's relationships with family members, friends, colleagues, and the State. Focusing on the ambivalence towards sugar which permeates families' practices and conversations surrounding food, this paper traces sugar's shifting values as it moves through different registers and spaces of everyday life. This work contributes to current debates by throwing new light on the ways that sugar consumption – and its avoidance – shapes social relationships and reproduces inequalities.

#### **The Ineffable Allure of Sugar – Hammer cake, that Sugar Film and Contradictory Pleasures**

*Sian Supski*

*(Monash University)*

This paper explores the complicated place of sugar in the display of family connectedness and health in contemporary family life. In the context of heightened anxiety about childhood fat and health, we present a case study of one particular family, to explore the tensions and contradictions that sugar consumption now produces. In the Baker family each child has a special 'Hammer Cake' baked for their birthday each year. Alongside this ritual the family have also been influenced by the increasing awareness of the negative impact of sugar on their everyday eating, in particular, through viewing the Australian documentary *That Sugar Film*. We analyse how the family balances these seemingly contradictory pleasures and as a consequence relishes the thrice yearly extravagant birthday cake. In so doing, we illustrate how messages and anxieties about sugar and 'treat' foods are being negotiated and managed in the food practices of contemporary white, middle-class Australian life, and in the making of family through intimate rituals of celebration.

#### **Blaming 'Big Sugar': Obesogenic Environments, Austerity and the Classed Fantasy of Dietary Choice**

*Karen Throsby*

*(University of Leeds)*

The conviction that sugar is a singular and objectively knowable threat to health about which something must be done has achieved unassailable standing in popular and policy discourse, and interventions abound to incite, encourage, enable and coerce reduced consumption. 'Big Sugar' and the obesogenic environments in which it is commonly implicated are key targets of these interventions, including taxation and labelling initiatives and efforts to regulate the availability of sugary foods in public spaces such as hospitals and schools. Following Kirkland's (2011) critique of environmental accounts of obesity, this paper argues that while this approach appears progressive in its move from individual to corporate blame, a focus on food environments as the means of reducing sugar consumption is to misunderstand (and potentially facilitate) the ways in which sugar is operating as a consent mechanism for austerity and the entrenchment of social (and food) inequalities. Drawing on newspaper reporting, policy documents, scientific publications and anti-sugar campaign materials, the paper argues that these interventions, however well-intended, rely upon a classed fantasy of dietary choice that rests upon the meritocratic narratives appropriated by neoliberalism and exacerbates rather than ameliorates social division.



**SALA TORRE**

**FOOD, CONTROL AND EMBODIED FUTURES**

This roundtable aims to critically explore the intersections between food, embodiment, and constructions of health and transformation in relation to dietary control and restraint. Weight loss activities are inarguably projected towards imagined futures. These futures, however, are imagined differently by diverse actors, be it individuals, families, or governments and institutions. While dietary restraint and controlled eating for weight loss are not new phenomena, the persistence of their discursive power in shaping the relationships between food, bodies, and idealised embodied futures, remains a necessary site of critical inquiry. At this roundtable, we will ask what kind of embodied futures different actors imagine for themselves and others, and how food and dietary restraint are used in constructing and controlling them(selves). Further, we will question why and how people plan and experience dieting and weight loss, and what kinds of hopes and concerns drive these plans towards particular futures.

The session will begin with five succinct presentations (see individual abstracts). Speakers will focus on different regional contexts and experiences varied in terms of social class, gender, age and race. This will be followed by a structured roundtable discussion chaired by Dr Samantha Murray and Dr Zofia Boni. This roundtable debate will be guided by the questions circulated and discussed before. The researchers will be able to expand on their claims, examine the connections between their presentations, and robustly explore the key issues related to food, control, and embodied futures.

**Experiences of Fatness in Relation to Health, Hunger and Belonging Amongst Women in Peri-Urban South Africa**

*Jo Hunter-Adams*

*(University of Cape Town)*

How can individuals navigate clinical messages revolving around fatness, health, and self-control, when these messages conflict with community norms, and where there is limited food choice due to financial constraints? Black South African perceptions of weight have sometimes been judged as incorrect (Puoane, Fourie, & Shapiro, 2005) or overwhelmingly in favour of fatness (Mchiza, Goedecke, & Lambert, 2011) and so are targeted for educational interventions. Yet lived experiences of weight are under-explored. Using three-part in-depth interviews with 20 women, and 9 focus groups with a total of 57 women (N=77) in a low-income neighbourhood, I relate positive perceptions of fatness to belonging, and highlight that individuals were not uniformly in favour of unlimited weight gain. Rather, individuals sought to understand their weight in terms of whether they felt healthy in the present, rather than in terms of BMI or in terms of future ill-health. Participants tried to lose weight to comply with clinical recommendations through stringent self-control, yet stress and food scarcity impacted weight gain. Clinical recommendations, particularly for otherwise healthy individuals, were future-oriented, and control was emphasized as a means to guard against future related to weight gain. Yet memories of childhood hunger also shaped individuals' experiences of eating in the present day—where restraint at times seemed absurd. In this context, for residents of this neighbourhood, their priorities were frequently focused on the present. In contrast, public health focus on future risk may be too narrow, in that it does not consider the full range of challenges faced by individuals. Public health interventions focused on behaviour and prudence seem to risk unintended consequences, in particular when individuals no longer feel competent to determine their current food choices or judge their own health status.

**Caring for Future Embodiment: Anticipating Change in Obesity Surgery and Treatment**

*Else Vogel*

*(University of Linköping)*

Drawing on ethnographic fieldwork and interviews in an obesity clinic in the Netherlands, this paper examines the relation between bodily change and change of the self through obesity surgery and the clinical treatment around this procedure. In the clinic, gastric bypass surgery is not staged as the treatment for obesity, but rather as a bodily 'window of opportunity' to achieve behavioral change. Patients thus follow an extensive pre- and post-surgery clinical treatment where dieticians and psychologists teach them about hunger, nutrition, emotional eating, and exercise routines. I show how anticipations of the future body structure stages of treatment and patients' experiences. Before surgery, treatment is both a glorious possibility for starting anew and a great responsibility of the self to learn how to change. According to clinicians, this initial motivation falters right after surgery, when the thrill of the rapid weight loss eclipses awareness of the need for personal transformation. Months after surgery, patients face the looming threat that their minds stay inflexible and their stomachs will 'stretch', causing them to regain weight. Through eating and exercise, patients thus work towards changing not just their capricious body in the here and now, but also their future embodiment in the making.

**Towards a More Slender, Healthy Future? A Complicated Autoethnography of the Weight Loss Surgery 'Journey'**

*Samantha Murray*

*(University of Hertfordshire)*

Following in the wake of the World Health Organisation's declaration of a global obesity epidemic, the number of weight loss surgeries (WLS) performed has risen sharply in the last couple of decades, with WLS now regarded as a key reduction strategy and treatment for morbid obesity. Such procedures often involve irreversible changes to the digestive tract by restricting food intake and/or energy absorption, and can result in significant weight loss, especially in the two years following surgery, and the resolution of obesity-related health problems.

Where 'proper' weight loss projects are associated with personal sacrifice, hard work and willpower, WLS is often popularly imagined as an easy, 'quick fix' option that betrays the dominant imagining of what should constitute a weight loss 'journey'. However, for the post-WLS body, the popular metaphor of the weight loss 'journey' is imagined as shorter and simpler than those of other weight loss projects: its temporality is warped, imagined as a simple surgical fix, framed by an assured embodied future.

This presentation will mount a critical inquiry into the lived complications of post-WLS embodiment by examining the slippages between our dominant understanding of 'health' and weight loss projects. While the latter is dominantly imagined to confer the former, this presentation will draw on an autoethnographic account of WLS to analyse the more hidden conflicts and ambivalences that can mark the post-WLS experience. In so doing, popular notions of the WLS 'journey' as a simple transition from failed fatness to an idealised embodied future are disrupted in order to complicate the presumed relationship between weight loss and good health.

**Embodied Experiences, 'Healthy' Futures, and Food Insecurity**

*Harjunen Hannele, Mikko Jakonen*

*(University of Jyväskylä)*

This paper focuses on embodied experiences and "healthy" futures, diet, and food insecurity in Finland. Present day neoliberally inclined body culture bestows responsibility on one's health upon the individual who is always supposed to make "right" choices concerning their health, including their diet. It is presumed, that correctly managing the body results in a body that performs health in the normative manner and looks the certain way. This paradigm is based on a strong denial of one's body in current form, creating both unrealistic future fears and hopes, and thus a motivation to self-control and discipline. Health is assumed to be a personal choice and a matter of will and that everyone has the same possibilities for making these choices. However, socioeconomic position/class plays a significant part in people's food choices, which choices are possible, and which are not, and what kind of relationship they can have with their bodies. The paper draws from empirical data collected in 2015 for a research project on working poor in Finland. The data consists of 170 autobiographical writings by Finnish women and men about their experiences of being employed and poor. Food security or lack thereof feature prominently in these accounts. In the data, the restraints lack of resources puts on the diet and the embodied consequences of no choice are depicted. The data also tells what kinds future hopes the respondents have concerning their body, food and health. Our aim is to examine what happens when the utopia of control and choice in body management by diet breaks down.

**Disciplining Children's Bodies, Controlling the Future**

*Zofia Boni*

*(Adam Mickiewicz University)*

Based on ethnographic research conducted in 2018-19 in Poland, this paper asks what kind of futures are imagined for children who are today classified as overweight or obese, and how food is used in the attempts to achieve such future? Children are represented by many adults and institutions as simultaneously embodying the potential for a 'bright' ('healthy', thin) and 'gloomy' ('unhealthy' and obese) futures. State institutions, health professionals and medicalised public discourses paint a very grim image of the future in which children of today grow up to be 'unhealthy' adults, unable to lead 'normal' lives, and burdening the state, rather than being productive citizens. The future is constructed in such an alarmist way in order to force both adults and children to change their current practices, in particular those related to food and diet. Many controlling and disciplining instruments, which often take the form of nutrition pedagogies, are implemented in the name of avoiding this future. Within this context children and young people struggle to re-imagine their own bodies and their futures differently. While the state's and the public's orientation towards the future focuses on long term visions for the population, either few decades or an unspecified 'time to come'; children think more in terms of their individual plans for next week, month or year. While being disciplined by the dominant health and body discourses, children also discipline themselves, by employing various controlling and dieting practices in order to lose weight, become 'healthy' and try to be a different person, because they are starting a new school, moving to a different city, or hoping to have new friends. This paper demonstrates how children's bodies become sites for imagining, negotiating and experiencing these different kinds of futures, and how food becomes a tool of achieving them.

**Tuesday 25 June 2019, 11:00 - 12:00**

## **Paper Session 2**

### **Food Futures**

**SALA VENEZIANA**

#### **Polluted Food in the Chemical Anthropocene: The View from the Organic Food Phenomenon**

*Giovanni Orlando*

*(Independent Researcher)*

Organic food is becoming a permanent feature of people's shopping carts and kitchen cupboards in most affluent societies. Although the consumption of organics began as an expression of the environmental movement, the relationship between the two has changed considerably with time. Rather than protecting the environment from people's harmful actions, consuming organics today seems to be about protecting people from a harmful environment. As such, the phenomenon represents one of the "voices" of the chemical Anthropocene. This presentation reflects critically on these issues by drawing on ethnographic data collected in the southern Italian island of Sicily. It argues that people who eat organics do so to avoid food that is "polluted" in a sense specific to the organic phenomenon. Food "pollution" is usually interpreted either subjectively or objectively. In the former sense, substances that go against religious precepts, such as pig or cow meat, contaminate food. In the latter, substances that are scientifically proven to be harmful above certain thresholds, like agrochemical residues, dioxins and radionuclides, make food dangerous. From the perspective of the organic food phenomenon, however, polluted food is something different—it is nonorganic (conventional) food. This construct is a combination of the subjective and the objective. According to it, conventional food is polluted in at least three ways. First, it contains substances that are scientifically proven to be harmful, regardless of scientifically determined thresholds; second, substances over whose harmfulness there is still debate (glyphosate; GMOs); and third, it is the product of agricultural and commercial practices that violate non-religious moral choices, like genetic modification, oil-based farming, concentrated animal feeding operations, etc. This evidence illustrates a defensive attitude towards the environment that raises questions about what kind of vision can—and should—drive the expansion of organic food consumption when one considers it a form of implicit sustainability.

#### **The Utopian Potential of Terroir**

*Jacqueline Dutton*

*(University of Melbourne)*

Grounded in Thomas More's literary text published 500 years ago (1516), utopia is an inherently ambiguous term meaning both an ideal non-existent place (ou-topia) and a place of felicity and happiness (eu-topia). As utopian representations and studies have evolved over the centuries, and especially since the 1960s countercultural movements, utopia has come to signify the desire for a better way of being in the world, as articulated in as many forms and cultures as can be imagined. Ranging from ecological cohousing to science-fictional cloning, from arcadian self-sufficient farming to postcolonial revolutionary manifesto, the incarnations of utopia today are so varied as to seem almost ubiquitous. And yet at their core they are bound by the desire to make a change, to make life better, to make a new world, rather than simply seek to inhabit and/or exploit the one in which we find ourselves. Inspiring for some, terrifying for others, terroir is a French term used to emphasise the relevance of particular natural and cultural elements influencing the production of wine (and other items), including land, climate, tradition, method and people. Its nebulous status outside Europe tends to strengthen the divide between Old World/New World styles of food production and winemaking. Yet the recognition of quality related to space is now practised throughout the world, resulting in geographical indications and other clearly demarcated denominations of origin. This leads us to question whether terroir's work is already done as soon as a space is conceived as producing quality. Does terroir, like utopia, depend less on a defined blueprint for success, and more on the idea that there are different – some better, some worse – ways of making, being, doing? This paper will use the utopian method proposed by Ruth Levitas in "Utopia as Method: The Imaginary Reconstitution of Society" (2013) to explore the relationship between utopia and terroir, and their use value for re-imagining our food systems.

## **Young People & Schools**

### **SALA GIOCHI**

#### **Ethnographies of Eating: Food and Learning – Are there any links?**

*Gurpinder Lalli*

*(University of Wolverhampton)*

**Abstract** Policy discourse and the media in the UK are focused on the benefits of eating well in schools. This tends to centre on teaching children to eat healthily through nutritionally balanced school lunches that lead to increased academic performance. This article examines the daily life in schools of these two focus points of media and policy. It draws on evidence generated as part of two research projects on school meals based in the East Midlands, UK. The article shows the complex nature of enacting policy and the ways schools incorporate these two ideas into everyday life. It then goes on to discuss that which the policy/media does not focus on – the goings-on of the spaces in-between. This includes learning social rules and interactions in the dining hall and culture and traditions. It questions whether our collocation between healthy eating and learning should be the focus of school food reform and whether we should not be determined to educate the whole child. School meals are increasingly becoming a key educational issue and it is often said that, 'better eating equates to better learning' (National Archives, 2014; Baltazar, 2012). To take a global view, it is said that school meals are not just meals consumed at school; they are part of the culture, education and life experiences (Kwon et al, 2018). Further, school meal policy is said to enhance students' happiness and well-being.

#### **Schooling Food: An exhibition of 'doing food'**

*Iris Duhn, Deana Leahy, JaneMaree Maher, Sian Supski, Jo Lindsay*

*(Monash University)*

School food has a long, deeply entangled history. In Australia, school food is inextricably linked with nation-building desires, public health agendas and global imaginings of children as future citizens. Added to these historical layers, contemporary school food is also implicated in the complex interplay of private food production at home and more public schoolyard food consumption. In order to explore these complexities, the findings from a study that investigated children's agency as health advocates in their families were curated for a public exhibition at the Monash University library in Melbourne, Australia. Drawing on data from 50 diverse families across Victoria, the exhibition showcased the materiality of food practices to emphasise the visceral and performative nature of school food production, presentation and consumption. Exhibiting findings through interactive displays, objects and infographs brings to the fore the shiny, messy, loving, intense moments that children and their families share when they engage together in food practices. Tracing some of the historical entanglements in their contemporary materiality, the exhibition asks questions about the often unseen, intimate food lives of families and the journey of food to the schoolyard. Re-imagining food systems requires stories that help to better understand how food works intimately, in the home, in families, through children's food stories, and how these stories then enter into existing food systems, such as school food. Children in particular are often perceived as the inactive recipients of food, yet the research findings indicate that children play a key role in how families 'do food' in daily life. Re-imagining food systems, including school food, starts arguably in the home, with children and their families. In this presentation we share insights from the exhibition to highlight the power of food as material, social, cultural and economic practices of togetherness as a starting point for reconsidering school food.

## **Food Systems & Sustainability**

**SALA TORRE**

#### **Practices of Food Sovereignty in Italy and England**

*Paolo Corvo*

*(University of Gastronomic Sciences)*

In the developed economies of Western Europe, the concept of food sovereignty intertwines with a two-fold set of economic and political concerns: they relate, on the consumption level, to the access of individuals to locally- and sustainably-grown and processed foods; and, on the production level, to the issue of resistance of small-scale farmers and food producers, who are facing increasingly adverse market conditions threatening their opportunities for economic reproduction within the current food economy. Born as a pragmatic response, alternative food networks and short food supply chains hold the promise to build a – fairer – 'alternative' food economy by strengthening the links between consumers and producers, allowing for the circulation of values, knowledge and ideas of socio-economic solidarity that aim to transform conceptual tools such as ecology, sustainability and sovereignty into everyday practices. Drawing on extensive field research between Italy and England, this chapter discusses the modalities and outcomes of the processes of value-creation and value-appropriation that spring out from the direct exchange occurring between

**Tuesday 25 June 2019, 11:00 - 12:00**

**PAPER SESSION 2**

consumers and small-scale food producers in alternative food networks, along with the corresponding forms of de-commodification associated with such patterns of re-socialization of food-related economic relations.

**Tuesday 25 June 2019, 13:00 - 14:00**

## **Paper Session 3**

### **Food Systems & Families Salone Grollo**

#### **Household Relationships of Food, Energy and Water 'Care'**

*Jo Bushell*

*(University of the West of England)*

This abstract for a paper presentation draws on my early stage PhD research, which spans the two themes of 'consumption and cultural heritage in changing food systems' and 'sustainability'. The Water-energy-food (WEF) Nexus is considered to be complementary to Sustainable Development and as a way of achieving the Sustainable Development Goals (Pahl-Wostl, 2017; Foden et al., 2018). However, whereas Sustainable Development is about balance, the WEF Nexus describes the interconnections between food, water, and energy systems and considers water, energy, and food as interdependent, rather than as separate entities (POSTNote, 2016). The WEF Nexus is also used as an analytical tool, a conceptual framework and as a discourse across a wide range of contexts, scales, and actors (Albrecht, Crotoft and Scott, 2018). The WEF Nexus is considered important as the combination of increasing global population size, urbanization and changes to consumption patterns make future availability uncertain and insecure (Hoff, 2011). Existing WEF Nexus research has predominantly focused on WEF systems modeling, with evolving scholarship on WEF Nexus governance and policy (Albrecht, Crotoft and Scott, 2018). There is currently scant research on the WEF Nexus in UK households. Research by Foden et al. (2018) was undertaken with food, energy and water stakeholders and examined the problem of food waste constituted of fat, oil, and grease from domestic kitchens. My research aims to fill this gap, as it intends to find out how the personal histories and cultures within people's 'Foodways' (Camp, 1982; Counihan, 1999) influence people's relationships of 'Care' (Milligan and Wiles, 2010) for, and through food, energy and water in everyday life; and to assess the implications that these food, energy and water 'Care' relations may have for household sustainability. As such, I would use my presentation as an opportunity to share and gain feedback on my latest ideas.

#### **Space for Sustainability at the Dinner Table? Reconfiguring Intergenerational Family Food Scripts**

*Esther Muddiman*

*(Cardiff University)*

This paper draws on empirical research with twenty families to explore the extent to which the sustainability agenda permeates family food practices. The relationship between families and food is one of the most socially significant, highly charged and politically contested issues in contemporary societies across Europe and beyond. Existing research indicates that intergenerational relations continue to be prominent and that parents (and, in particular, mothers) play a key role in teaching their children how to cook, and how to be responsible for their health and diet. However, the rising popularity of plant-based diets, particularly amongst young people, may disrupt intergenerational food flows. Indeed, routine activities – such as cooking and eating together – are significant for the formation of family identity, and dietary changes that cannot be easily assimilated into family life can disrupt relationships and magnify generational differences. Drawing on in-depth interviews with parents and grandparents from twenty families, as part of a larger study of family and civil society, this paper investigates how disruptions to 'family food scripts' (1) led by younger family members, and often prompted by ethical or environmental concerns, are managed and accounted for by older family members. It also explores how participants link certain food practices to wider civic practices or social movement. The paper concludes by arguing that a nuanced understanding of how disruptions to, and re-figuring of, family food scripts is managed, is key to the sustainability agenda. In addition, given parents' role in the development of the primary habitus - shaping not only their children's relationships with food but their wider identity formation – they may also shape their children's moral orientation to environmentalism and consumerism, and guide their future involvement in sustainable practices. (1) Curtis, P., James, A. and Ellis, K. (2009) 'She's got a really good attitude to healthy food...Nannan's drilled it into her'. In Jackson, P. (Ed). *Changing Families, Changing Food*. Basingstoke: Palgrave Macmillan.

## Food Systems & Sustainability

SALA VENEZIANA

### Gender and Distancing: Locating Responsibility in the Food System/s

*Beth Benker*

*(University of the West of England)*

In the context of an increasingly financialised and totalising food system, a pressing question concerns solutions and ways to minimise negative consequences; the environmental impact (Tansey and Worsley, 1995), limited access mediated through money (Clapp, 2012) and decreasing food sovereignty (Barndt, 2012). Calls, campaigns and initiatives to change can often be sucked in to the 'responsibility vacuum' created by increasing financialisation: Supermarket spokespeople state that they are only capable of supplying demand, consumers are only able to buy what is provided and regulatory bodies claim that they have little control over what is provided in the free market. This presentation combines political economy, sociological and geographical approaches to ask the question of responsibility: in this vacuum, where is responsibility located? This question is important to start building a framework 'over' the vacuum, in order to build solutions. Through the concept of distancing (Kneen, 1993; Clapp, 2012), the empirical research that this paper is based on has looked at gender and the impact on food practices, and suggests that this is one site of resistance. To criticise the buying individual in this food system amounts to victim blaming (Rideout, 2012: 10) - the paper agrees with this, but there is space to engage with gender as a supra-individual framework, and to do this, it is necessary to look at small-scale, individual behaviour.

### Feeding a City of 2.5million: Accounting, Fraud and Future Food Systems

*Lisa Jack*

*(University of Portsmouth)*

Developed countries rely overwhelmingly on large supermarkets and their logistics networks and this has implications social and environmental sustainability of food systems (Global Food Security, 2012). The core issue is inequality and the effects of power on supply chain relationships, and on consumers. Cox and Chicksand (2007) and Hingley (2005) show that in these buyer dominated systems (monopsonies), upstream businesses are opportunistic, play the market, or develop premium products to capture value. Guthman (2011) shows how domination of capitalist multi-retailers and food processing companies is directly implicated in policy on both obesity and healthy eating. McRae and Donahue (2013), Lines (2008) and others investigate the effects that food systems in the developed world have on developing countries and poorer neighbourhoods, including food deserts (Shaw, 2014; McPhail et al, 2013). Howard (2016) demonstrates that these issues replicate across countries with supermarket-led food retail systems, and that these systems are vulnerable. Food systems in developed countries are essentially profit making and deeply affected by disparities in wealth and income. The connotations of low prices, marginal cost calculations, low wage economies, corporate dividends and other accounting mechanisms change relationships between corporate entities, consumers, farmers and all related parties. Theorising these relationships will increase understanding of how the food systems needed to maintain city life can be commercially, environmentally and socially sustainable and the social relationships needed to achieve this. No other known projects attempt to portray food systems through their accounting and financial communications, tracing the impact decisions made shape the way in which food is both offered for purchase and chosen and the ways in which the negotiations about the price and cost of food shape commercial and social relationships. Without such research, it is unlikely that alternative systems offering both fair returns to producers and affordable food for consumers over large geographic areas and which are sustainable over time, can be created in developed countries.

## Food Environments

SALA GIOCHI

### How Unhealthy Food and Beverages are Embedded in Everyday Life in Ghanaian Cities

*Michelle Holdsworth*

*(University of Sheffield)*

Introduction: Rapid urbanisation in Ghana is accompanied by food environments changing that people inhabit, potentially transitioning dietary practices. There is a lack of evidence about how urban environments drive shifts in dietary practices in African cities. This requires an exploration of how habits related to food consumption are structured and organised in social practices, such as when unhealthy food and beverages are eaten, how quickly, where and with whom. Hence, this study investigated how unhealthy food/beverages are embedded in everyday life in Ghanaian cities. Setting and population Deprived neighbourhoods in two Ghanaian cities: capital city (Accra) and provincial city (Ho). A quota sampling method (including occupation and economic status) was used to recruit 301 female and male

adolescents/adults aged  $\geq 13$  yrs. **Methods** A qualitative in-depth 24hr recall via face-to-face interviews was conducted noting all food and drink consumed inside/outside the home in the previous 24hr period noting: time of day of the food event ('periodicity'); how long a food event lasts ('tempo'); who participants eat with and where ('synchronization'). Scores were calculated to indicate the healthiness of foods based on energy and nutrient density. How unhealthy food and beverages are embedded in everyday life was explored by analysing how 'tempo', 'periodicity' and 'synchronization' are associated with the healthiness of foods. **Findings** A structured meal pattern around 3 main meals a day with limited snacking persists. There was widespread consumption of unhealthy foods. However consumption of traditional foods that are nutrient rich but energy-dense persisted, with 89.4% of the sample consuming these. Low socio-economic groups were more likely to consume unhealthy foods and individuals who ate more frequently were less likely to eat unhealthy foods. Most food episodes were quick (40.1% at  $<10$  mins; 47.0% at 10-29 mins; 12.9%  $\geq 30$  minutes). Shorter food episodes were more likely to include greater intake of unhealthy foods, sweet foods or sugar sweetened beverages, in contrast with longer food episodes, which contained more traditional foods eaten that were nutrient rich but also energy dense and often fried. Families and the home environment were very important: 82% of meals were consumed at home- especially the evening meal which tended to be energy dense. Consumption of fried foods and sugar sweetened beverages were higher with friends, with whom breakfast was also often eaten. Eating alone was quite common (39% of the sample). **Conclusions** The home environment and families are key to maintaining healthy diets. Eating with friends is a vehicle for unhealthy eating practices. Low socio-economic groups were more likely to consume unhealthy foods, which may be linked to the effects that poverty has on limiting frequency of food consumption to more filling energy dense foods. The association between poverty and consumption of unhealthy foods may be mediated by the low cost of some unhealthy foods. Therefore, fiscal policies that subsidise healthy foods and tax unhealthy foods may promote public health.

**If Only They Knew: Invisibilisation of Racialised, Gendered and Feminist Food Knowledges in the East End of London**

*Elaine Swan*

*(University of Sussex)*

Riffing off the title of a paper by Julie Guthman (2010) about the raced and classed politics of food knowledges, in this paper I draw on ethnographic research of a food partnership based in Tower Hamlets, London, 'hosted' by the Women's Environment network (WEN), a 30 year old UK national, feminist, environmental not-for-profit organisation which seeks to inform women about global environmental issues, especially connected to food production, consumption and waste. Food partnerships are place based, cross-sectoral, multi-level networks aimed at developing food systems which enable fair access to healthy and sustainable food. Intervention range from local policy making, community gardening, cooking classes, food sharing, food waste education, organised according to the UK Sustainable Food Cities framework (Moragues-Faus and Marceau, 2019). Although studies from various disciplines such as food studies and geography have researched council, NGO and community led food growing, waste avoidance and sustainability, less attention has been given to the raced and gendered politics of knowledge involved. As a feminist organisation, WEN has been interested in food knowledge production and sharing along feminist lines. Furthermore, because the population of London is racially and ethnically mixed, the 'transnational experienced based knowing' of Bangladeshi and Caribbean gardening has 'produced communally situated knowledge', supported by WEN's practices' (Vehviläinen, 2017). But to date, such feminist, gendered, racialised and transnational food and health knowledges are marginalised and obscured in food partnership policy making, food strategies and food studies. Indeed, much of the food health knowledge promulgated reproduce narrow white nutritionalist understandings of food and health. Accordingly, in the paper, I focus on British Bangladeshi women as British Bangladeshi people make up 30% of the borough of Tower Hamlets. I argue that their skills and expertise in food growing, food sustainability, cooking and food health; and their aesthetics and creativity have been routinely neglected. As Krishnendu Ray (2016) has written, social scientists assume that taste, dreams, beauty and aesthetics are marginal to minoritised migrants because their lives are seen to be structured simply by poverty and suffering. I explore how Bangladeshi food knowledges, and feminist community practices might challenge dominant ideas about food health, food production and sustainability.

## **Food Policy & Governance**

**SALA TORRE**

**Urban Food Governance and Equity: A Case Study of Farmers' Markets in London**

*Natalie Neumann*

*(City, University of London)*

Cities are becoming places aiming to tackle the challenges associated with the current agri-food system. Across Europe, 36 urban food strategies have been launched between 2004 and 2014. London was one of the first cities in Europe to



develop an urban food strategy in 2006. Addressing inequalities in access to healthy food is often identified as a fundamental issue in these strategies, while at the same time they aim to support local food systems, including farmers' markets, as part of a more sustainable food system. However, research in the US has shown, that farmers' markets, while providing livelihoods for small farmers, tend to serve more affluent communities and can be exclusionary places on many levels. There, steps have been taken to address issues of access on city and national policy level. In the UK, an evidence gap exists whether the governance of farmers' markets is in line with the wider goals of urban food strategies. This research has therefore explored the governance of farmers' markets in London, and how equality in access is considered within this. A mixed-methods case study approach was used, entailing geographic analysis, document analysis and qualitative interviews. Three main findings emerged from analysis of the data. Firstly, farmers' markets are a reflection of a major tension in the food system between providing fair prices for farmers and the affordability of food. Secondly, barriers to creating access to farmers' markets included perceptions of higher prices, cultural norms, and a main emphasis on livelihoods for farmers. Thirdly, consideration of equality in access to farmers' markets was not linked to efforts on urban food policy level. Future urban food policy needs to ensure that local food provision is addressed holistically, complemented by regional and national policies, so as not to exacerbate existing inequalities.

**Looking for the Past, Looking for the Future. Sustainable Food Systems at Semi-Peripheries. Experiences from the Central and Eastern European Countries**

*Wojciech Goszczynski*

*(Nicolaus Copernicus University)*

The development of sustainable food systems in Central and Eastern Europe has a unique character. Along with the political transformation, the centre of gravity has been shifted to economic development, technocratically defined innovations and the industrial model of food production. At the same time, CEE countries have their own historical experience of practices and initiatives referring to local, high-quality, ethically produced food. Marketplaces, cooperative movement, and self-processing of food were important and visible elements of the food landscape. Today we can observe elements of quality turn among consumers, manufacturers and processors - an increased interest in sustainable or high-quality food systems. The paradox of this shift is the tension between traditional, partially forgotten practices and the new patterns based on regulations and practices from other cultural and social contexts. In the proposed paper we address the two key questions: (1) about the characteristics of quality (re)turn in CEE countries, and (2) the relationship between traditional designs and new models of sustainable food systems organizations, often taken from other socio-historical contexts. We attempt to answer these questions through analysis of three models of initiatives established by different sectors: civic, public and private. By investigating on how these initiatives combine tradition and modernity we will depict a model of sustainable food system typical for the countries of Central and Eastern Europe at the beginning of XXI century. Paper will be based on our empirical researches conducted by the two teams: from Polish Academy of Sciences (qualitative and quantitative research of 10 Polish consumers cooperatives) and Nicolaus Copernicus University (qualitative research of six AFNs such as open-air markets and place-based label – ecomuseum of Noteć Valle).

# Tuesday 25 June 2019, 14:00 - 15:30

## Paper Session 4

### Young People & Schools SALA VENEZIANA

#### **Implementing Minimum Nutritional Guidelines for School Meals in Secondary Schools In Wales; What are the Challenges?**

*Samia Addis, Simon Murphy*  
(Cardiff University)

Background: Across the UK, minimum nutritional standards for school meals were introduced to address concerns about poor provision and rising levels of childhood obesity. While research has focussed on the impact of the guidance on nutritional quality, there is little evidence related to the challenges to policy implementation. Objectives: Using an implementation model this paper reports a qualitative study of the views, experiences and challenges identified in respect of the implementation of minimum nutritional guidance (Appetite for Life) in Wales. Methods: Semi Structured interviews (n=13) were undertaken with Policy, Local Authority and School Staff in four schools within one local authority in Wales. Interviews were recorded and transcribed and analysis was underpinned by a framework approach. Key themes that emerged included policy change and impact and implementation challenges including the built environment. Results: The aim of the introduction of the Appetite for Life guidance was to ensure that food provided within the school environment met minimum guidelines. While staff welcomed the introduction of the minimum standards, reporting that they would contribute to the health and wellbeing of pupils, they identified that these meals were less popular with pupils and that the result was declining numbers of pupils eating school meals; a situation which was exacerbated by the ability of pupils in two schools to access food offsite. Conclusions: The health agenda that underpinned this policy change has implications for the popularity of school meals and local contextual factors such as the built environment will influence the success of such policies.

#### **Hunger Bonds: Food Banks, Families and the Feeding of Poverty**

*Filippo Oncini*  
(University of Trento)

The most striking feature to emerge in the aftermath of the 2007 crisis has been the substantial increase in the number of families suffering from food deprivation. Among European countries, the UK registered a dramatic rise: figures estimate that 10.1% of people aged 15 or over in the UK were food insecure in 2014. This rise has been paralleled by the proliferation of food aid all over the country as the number of adults and children resorting to food charities experienced an unprecedented growth. The GM Poverty Alliance mapped 171 active emergency food providers in Greater Manchester alone.

While the renewed interest in the topic has produced an abundance of scientific literature, there remains a lack of research on food poverty, food bank use, and daily life in the urban context. Building on a relational approach, in this presentation I will outline the main research methodology and the approach that I will use to study food aid and urban poverty in the area of Greater Manchester. Through the gathering of original survey data suitable for multilevel analysis, and the shadowing of poor families that frequently rely on food aid, the project aims to shed light on the 'hunger bonds' connecting charities and families by intersecting statistical analyses with emic observations. The project, financed under the Marie Curie Program of the EU and based at the University of Manchester, will start in October 2019.

#### **Discourses on Nutrition: What Do 11 Year-old Girls Think of Food?**

*Eluska Fernandez*  
(University College Cork)

Schools have increasingly emerged as central sites of intervention in young people's lives with the goal of making them healthier. In Ireland, the subject Social, Personal and Health Education (SPHE) at primary level, together with Home Economics at second level, cover the areas of healthy eating, the food pyramid, healthy lifestyle, body care, exercise, relaxation and diet. Policies and guidelines about healthy eating are often being framed in the context of concerns about childhood obesity, an issue which according to the government requires an approach that involves 'the development of knowledge, skills and attitudes that influence behavior on food selection and consumption' (HSE, 2018). These concerns reflect a health promoting ethos that often emphasise individual attributes in the pursuit of health, as well as top-down approaches which involve 'giving students information'. Our paper will discuss findings from a study

undertaken in an all-girls primary school in a disadvantaged neighbourhood of a city in Ireland. It will reveal findings from a number of creative and participatory research exercises undertaken with 5th class students, which explore what students already know and have learned and experienced about nutrition in their own lives, at school, in their community and wider context. These exercises include focus groups where students 'speak back' to health promotion questionnaires and reflect on what different questions they would ask of researchers about their eating habits; and a mapping of food outlets exercise in their own community, which highlights material and structural factors (e.g. availability of good quality food in low income areas). Drawing on critical approaches that problematize individualizing practices and recognize how discourses on nutrition are also mediated by gender, inequality and power, our study engages students in discussions about wider food policy issues that go beyond the focus on individual behaviour.

## **Food Systems & Sustainable Consumption**

**SALA GIOCHI**

### **Can Local Food Growing Really Help to Deliver More Sustainable Food Systems? Linking Everyday Practices with Macro Social Change**

*Elizabeth Dinnie, Carol Kyle, Keith Marshall*  
(The James Hutton Institute)

Interest in the potential of food growing as a way of addressing food justice and security in urban areas has been increasing in recent years. Academics, policy makers and activists have all looked at various different forms of local food-growing and the ways in which it delivers (or not) alternatives to the dominant agri-food system, alongside providing a suite of other benefits such as enhanced health and well-being and a strengthened sense of community. While there has been a lot of work done on the individual and community benefits of food growing, there has been rather less on the potential of local food growing to address the injustices stemming from an unsustainable agri-food system, such as poor health, food poverty, waste and environmental degradation. Advocates of local food growing cite the benefits of growing your own food, including health, social and environmental benefits. Critics argue that enrolling local food growing into addressing structural inequalities amounts to little more than an extension of austerity politics and further roll-out of neoliberal governmentalities. We conducted interviews with local food growers, and visited food projects in Scotland, UK, from 2016-2018, to explore the insights and barriers that local food growing and associated projects provide for the development of local/regional food systems in urban areas. We take a critical approach to the sustainability of local food systems and argue that rather than addressing the systemic issues created by the dominant agri-food system, local food growing addresses the consequences. Changes in policy and public perceptions around food growing are needed in order for this everyday practice to be able to contribute to the development of more secure and sustainable local food systems.

### **Rethinking Expertise: Food Bloggers and Sustainable Consumption**

*Jennifer Cole-Wright*  
(University of Leicester)

This paper explores how amateur food bloggers establish non-traditional forms of expertise which give them legitimacy to discuss sustainable food consumption with credibility. The internet has enabled a shift in the way that people disseminate and receive information including facilitating the creation of blogs. Blogs are widely recognised as a popular source of easily accessible information and as forming part of leisure time for readers who are increasingly moving away from more traditional media formats, in favour of this convenient digitised content. Despite the acknowledgement in both academic and market research that consumers engage place trust in blogs, there has been little academic attention paid to the people who are producing the blog content. Blogs have facilitated a way for non-professional producers with no formal qualification on the topics they discuss, to take part in the cultural production of important ideas through mediating messages, and in turn, shaping values and tastes on the topics they discuss. Simultaneous to the rise of blogs as a source of both information and leisure time, food as a genre in both new and established media formats is dominant and popular. Given the increasing public interest in food alongside growing concerns about food security and unsustainable food practices, food bloggers have the potential to act as significant sources of influence. This paper, starts to address this gap and draws on interviews with 15 food bloggers from the UK, whom run and actively maintain food blogs predominately focused on aspects of sustainable food consumption and production. The study examines how they create their blogs and content in order to establish how legitimacy and expertise are crafted in the blogosphere. All of the bloggers interviewed were amateurs who were neither paid to produce their blogs nor held qualifications or occupations associated with writing or food/agriculture, and therefore did not hold positions of established legitimacy or expertise. Initial findings show that the participants employ a range of tactics for establishing expertise. While the amateur food bloggers do not refer to themselves explicitly as 'experts' in sustainable food consumption, they do use devices to demonstrate specialist knowledge around sustainable food consumption and production. For example, drawing on personal passion and commitment to demonstrate a sense of legitimacy to readers, writing opinion pieces and creating recipes to promote sustainable food consumption and production, and ensuring their blog posts follow key

trends. Alongside this, the bloggers participate in a set of common practices and devices in the creation of blogs and posts to help ensure readers trust their blog content and find the posts useful and believable. This sense of believability is viewed as key to establishing legitimacy and credibility. The bloggers also acknowledge a sense of achievement from tracking visits and shares to their blog or being spoken about on social media. These measurements become markers of success and lead to the bloggers applying a work-ethic to the production and maintenance of their blog sites. Therefore despite being amateurs, a particular sense of professionalisation is still seen as an essential requisite to being a successful blogger. The paper will examine these practices and tactics in more detail and demonstrate how bloggers establish legitimacy for themselves and their blogs, and what this means for notions of expertise in food culture and food education for the future.

## **Consumption & Identity**

**SALA TORRE**

### **“Have you been taking sugar in your tea?” and Other Stories of (Over)Feeding the Foetus**

*Sushila Chowdhry*

*(University of Edinburgh)*

I would like to submit this abstract for the Food, Embodiment and Health stream. I have also submitted this abstract to Karen Throsby's panel 'Rethinking Sugar' and should I be accepted for the panel I would like to withdraw my submission for the main conference. Abstract: My paper discusses findings from my PhD research about the experience of 'maternal obesity'. The research is based on repeat in-depth narrative interviews with larger pregnant women (n6) and single interviews with key maternal healthcare professionals (MHP)1. This is the first study, to my knowledge, to demonstrate how the intense focus on maternal consumption, maternal body mass index, screening for gestational diabetes and gestational weight-gain, combined with the technologies of foetal growth monitoring, operate as disciplinary practices which target larger women. The findings demonstrate how the current demonization of sugar as a threat to health (Throsby, 2018) shaped the assumptions MHP made about the women's nutritional intake. My work extends the writing of authors who have suggested that the larger maternal body is the subject of a variety of anti-obesity discourses which mobilise moral sentiment to problematise women's lifestyles in relation to their reproductive responsibilities (e.g. Bordo, 2003; Warin et al., 2011, 2012; Jarvie, 2016). Drawing on my findings I demonstrate that both the women and MHP imagine the womb and foetus as permeable, making foetal growth the subject of maternal control; further rendering women vulnerable to anti-obesity reductionist thinking in relation to maternal carbohydrate intake and configuring their expectations in relation to foetal size. References: Bordo, S. (2003) *Unbearable weight: feminism, Western culture, and the body*. 10th edition. Berkeley, University of California Press. Jarvie, R. (2016) 'Obese' 'sumo' babies, morality and maternal identity. *Women's Studies International Forum*. [Online] 54, 20–28. Available from: doi:10.1016/j.wsif.2015.10.004. Throsby, K. (2018) Giving up sugar and the inequalities of abstinence. *Sociology of Health & Illness*. 40 (6), 954–968. Warin, M., Moore, V., Zivkovic, T. & Davies, M. (2011) Telescoping the origins of obesity to women's bodies: how gender inequalities are being squeezed out of Barker's hypothesis. *Annals of Human Biology*. 38 (4), 453–460. Warin, M., Zivkovic, T., Moore, V. & Davies, M. (2012) Mothers as smoking guns: fetal overnutrition and the reproduction of obesity. *Feminism & Psychology*. 22(3), 360-375. 1 I interviewed 6 midwives, 5 obstetricians and 2 anaesthetists

### **Fat and (Un)Healthy? Exploring Discourses of Health, Lifestyle and Fatness**

*Aimee Simpson*

*(University of Auckland)*

The current global preoccupation with obesity as both a public and personal issue, has made it difficult to have 'health' as a fat person. In framing fatness as a disease manifested through poor lifestyle choices, meaningful conversations about health – as a status, goal, or concern – are often shut down or reduced to the topic of weight loss. This undoubtedly impacts how fat people experience, negotiate and communicate their own health in a social setting. Drawing on qualitative interviews with self-identifying fat people, this paper will unpack and problematise contemporary healthy lifestyle discourses in a Western context. In particular, the heightened ways in which health has to be 'proven' and 'earned' by fat people through public displays of normative and idealised eating and exercising practices will be explored. This paper will also highlight how these issues are compounded by social divisions and thus consider how 'healthy lifestyles' enable health for some, while disabling health for others.

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