

# No Child Goes Hungry – Theory of Change

## PROBLEM: Too many children in Bristol eat unhealthy diets and/or go hungry

- Families can't regularly access healthy food options in their local area
- Many families can't regularly provide healthy nutritious meals for children, which reflects society's unhealthy food culture
- There are barriers that prevent families and children from fully accessing and benefitting from the support provided in their neighbourhoods
- Families and children have limited control over the factors that affect their nutrition, wellbeing and quality of life

## ASSUMPTIONS:

- Improved education, skill training and family-led initiatives will enhance nutrition, development and well-being
- Better nutrition will enhance educational attainment and improve life chances
- Community-based organisations, working collaboratively, can provide inclusive environments and effective support for families
- Community-led organising, working in partnership with statutory organisations, needs assessment and planning can influence decision-making and support effective service delivery for families at risk of food poverty

## NEEDS: where are the gaps?

- Skills and knowledge in healthy eating, growing and cooking
- Range of accessible statutory and non-statutory support services that work for all local people
- Engagement of families in policies and programmes around food, nutrition and related topics
- Affordable and accessible healthy food in local areas, especially those regarded as 'deprived'
- Opportunities for communities to influence the food provided in their area

## ACTIVITIES – Creating change

### Increased support for:

- High-quality education about nutrition and cookery, creating positive attitudes and behaviours around healthy food and prioritising innovative child-, family- or community-led campaigns
- Creation and strengthening of strategic collaborations between support services around food, nutrition and child development designed to build resilience to food poverty
- Stakeholder engagement work at local and city-wide levels, to align food poverty projects with strategic partners
- Local organising, engagement, needs assessment and planning by and for resident families and community groups around tackling food poverty
- Sustainable, community-based businesses and/or interventions related to healthy food provision in high risk areas

## IMPACT – Desired overall change

Children and families in local neighbourhoods can:

- afford and access healthy food
- understand the benefits of healthy eating and cooking
- consume healthy nutritious meals at home regularly
- have influence over processes, policies and programmes that affect their nutrition and wellbeing
- be supported by trusted local community organisations when they need it

The local food economy and landscape are improved with a higher demand for good, locally-produced food.

Reliance on food-banks is reduced  
Nutrition related health outcomes are improved