

## The 2023 City Food Symposium

### From trade-offs to co-benefits in times of crisis: finding positive food policy solutions to multiple food system challenges

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#### Contributors

**Daniela Baeza Breinbauer**  
*LSE Consulting*

Daniela is a Project Manager and Researcher at LSE Consulting. She leads LSE Consulting's [Food Systems and Security Hub \(FSSH\)](#) and oversees projects in the fields of Food Security, Environmental Economics; Development Economics; and Human Rights. By training, she is a Development and Environmental Economist with a background in Human Rights and Science Policy.



**David Barling**  
*University of Hertfordshire*

Professor David Barling is co-director of the Centre for Agriculture, Food and Environmental Management (CAFEM) Research at the University of Hertfordshire. He is the University's Food Research Theme Champion and leads the Food Systems and Policy research group.



**Dustin Benton**  
*Green Alliance*

Dustin is policy director at Green Alliance, leading its work across energy, resources, and the natural environment, with a particular focus on getting on track to net zero emissions. Between 2020-21, he was on secondment with Defra, where he was chief analytical advisor to the National Food Strategy.



**Simon Billing**

*Eating Better*

Simon is Executive Director of Eating Better, a movement for change of sixty organisations working to accelerate the transition from producing and eating too much meat and dairy to a fairer, healthier and more sustainable food system that is better for animal welfare and for nature.



**Martin Caraher**

*Centre for Food Policy, City, University of London*

Martin is Professor Emeritus in Food and Health Policy at Centre for Food Policy at City, University London. He originally trained as an environmental health officer in Dublin. After working in the northwest of Ireland he developed an interest in the public health and health promotion aspects of the work. He spent some time working in the Irish and the English health services managing health promotion and public health services respectively.



**Sara Castaneda**

*Rio Nuevo Chocolate*

Sara is the co-founder of Rio Nuevo Chocolate, committed to promoting sustainability and ethical practices in the chocolate industry. They work directly with indigenous communities, paying them above fairtrade prices and promoting regenerative agriculture methods. They're also dedicated to preserving the Ecuadorian heritage cacao variety, Arriba Nacional, and shortening the chocolate supply chain.



**Paul Coleman**

*Centre for Food Policy, City, University of London*

Paul is an Honorary Research Fellow at the Centre for Food Policy and public health registrar. His research takes a mixed methods approach to explore the relationship between human health and the built and natural environment, with a particular focus on food policy, obesity and the social determinants of health. He recently worked on a series of projects for the NIHR-funded Obesity Policy Research Unit, exploring how policy across government could be better aligned to address drivers of obesity; exploring how COVID-19 has changed families' relationships with food and the food environment; and understanding how people can be placed at the heart of food systems policy.



**Rana Conway**  
*UCL/OPRU*

Rana is a Registered Nutritionist with over 20 years' experience in public health nutrition. She works in the Obesity Policy Research Unit at UCL, and her research focuses on the food environment and behaviour change. She has a particular interest in improving diets in the early years and understanding how labels on infant formula and baby food affect parents' feeding choices.



**Koen Deconinck**  
*Organisation for Economic Co-operation and Development (OECD)*

Koen Deconinck is an economist in the Trade and Agriculture Directorate of the OECD in Paris. He was lead author of the OECD report "Making Better Policies for Food Systems" (2021) and has worked on market concentration, seed markets, evidence gaps, and environmental impacts of food systems. He holds a PhD in Economics from the University of Leuven and has published research in the *American Journal of Agricultural Economics*, the *European Review of Agricultural Economics*, *Food Policy*, and *Business History*, among others. His current work looks at measurement and communication of environmental impacts in food supply chains.



**Dr Chi-Chi Ekhaton**  
*The Ascension Trust*

Dr Chi-Chi Ekhaton is a GP in London and a GP Appraiser for NHS England. She is the GP Clinical Lead for the AT Beacon Project, a programme that reaches and engages undeserved, vulnerable populations so that they can lead healthier, flourishing lives.



**Pat Fitzsimons**  
*Hackney Food Bank*

Pat Fitzsimons is the CEO of Hackney Foodbank. Pat has over 25 years of experience of working with deprived communities in the charitable, local government and housing association sectors in London.



**Tristan Görgens**

*Department of the Premier, Western Cape Province, South Africa*

Tristan Görgens is the Director: Policy, Strategy and Research in the Department of the Premier, Western Government, South Africa. He previously worked in civil society promoting developmental local government and urban transformation. Tristan is a Mandela Rhodes Scholar and an Emerging African Leader Fellow at UCT's Nelson Mandela School of Public Governance.



**Emma Gray**

*North Essex Farm Cluster*

Emma and her husband Joe run a 600 hectare arable farm located in North Essex. In 2022 they established the North Essex Farm Cluster CIC, a community of farmers and landowners working together to deliver greater benefits for soil, water and wildlife at landscape scale while maintaining and developing sustainable farm businesses for the future.



**Peter Greig**

*Piper's Farm*

Peter Greig co-founded Pipers Farm, which he started over thirty years ago with his wife, Henri, on their 50-acre permanent pasture farm in Devon. Now, they have established a sophisticated online marketplace for sustainably produced British meat, dairy, and grains, which directly supports a network of small-scale family farms. Peter is on The Farming Advisory Board for the WWF, is Vice-Chairman of The Education Committee for The Farmers Livery Company, with responsibility for The Advanced Course in Agricultural Business Management at The Royal Agricultural University and is a Mentor within the Coventry University Collaborative Agri-food Supply Chain project (COACH).



**Adele Jones**

*Sustainable Food Trust*

Adele Jones is Executive Director at the Sustainable Food Trust. She has been with the SFT since 2013, and now oversees the organisation's strategic activities. In recent years, one of her major focuses has been the development of a project called the Global Farm Metric - an internationally common framework for measuring on-farm sustainability. She is currently an advisor to the Scottish Government.



**Tim Lang**

*Centre for Food Policy, City, University of London*

Tim Lang is Professor Emeritus of Food Policy at City, University of London's Centre for Food Policy which he founded in 1994. Hill farming in Lancashire in the 1970s formed his interest in the relationship between food, health, environment and culture which he's worked on ever since. He's a Fellow of the Faculty of Public Health, President of Garden Organic and was PI and then Senior Advisor to the Food Research Collaboration linking academia with civil society, 2013-23. He was policy lead on the EAT-Lancet Commission 2019 report, and his latest book is *Feeding Britain* (Pelican, 2021). He is currently working on a report on how to improve civil food resilience and defence.

**Vivian Maduekeh**

*Centre for Food Policy, City, University of London*

Vivian Maduekeh is a management consultant and strategy advisor with deep expertise in sustainable food systems, global health, and international development. She advises clients on topics including food policy, nutrition, climate-food nexus, agribusiness and trade, food safety, antimicrobial resistance in the food chain, food loss and waste, and sustainable supply chains. Vivian is a board member at the Lagos Food Bank and a Senior Food Security Fellow at the Aspen Institute. Vivian is a part-time doctoral researcher at the Center for Food Policy. Her research interests are obesogenic food environments, dietary transition, and corporate food regimes in developing countries.

**Virginia Martin Torrejon**

*Centre for Food Policy, City, University of London*

Virginia Martin is a postdoctoral research associate at the City, University of London with a background in agriculture engineering and food and materials development. After obtaining her PhD in mechanical engineering from Brunel University, she gained industrial experience creating health-focused food products. As a recipient of a 2023 MSCA Fellowship, Virginia will soon embark on a project at Brunel University, investigating the development of seaweed-based materials for packaging applications'.

**Lesley Mitchell**

*Forum for the Future*

Lesley is Global Strategic Lead for food transformation at Forum for the Future. Her work aims to catalyse ambitious action from business, investors, farmers and others across the food sector toward a regenerative and just future.



**Jeovana Nascimento**

*University of Gastronomic Science, Bra*

Jeovana Santos Nascimento is an activist, chef and graduate in Gastronomic Sciences and Cultures from the University of Gastronomic Sciences in Italy. In São Paulo, she was active in social and agroecological movements such as the Movimento dos Trabalhadores Sem Terra (Landless Workers' Movement), Campanha Permanente Contra os Agrotóxicos (Permanent Campaign Against Pesticides) and the Movimento Urbano de Agroecologia de São Paulo (Urban Movement of Agroecology of São Paulo), participating actively in the creation of events related to the agroecological movements in the city.



**Dr Kelly Parsons**

*MRC Epidemiology Unit, University of Cambridge*

Dr Kelly Parsons is a research associate in the MRC Epidemiology Unit at the University of Cambridge. She has a PhD in food policy and a Masters in food and nutrition policy, from the Centre for Food Policy at City, University of London. A former journalist and food campaigner, Kelly has a particular interest in creating tools to advance shared understandings of food systems and their related governance arrangements, and in the translation of research evidence for policy and practice. She is currently working on the Mandala Programme, an interdisciplinary urban food systems research project centred on the UK city of Birmingham, funded by the UKRI Transforming UK Food Systems Programme.



**Hilary Patel**

*Department for Work and Pensions*

Hilary has been a civil servant for almost 15 years, working on a wide range of policies including the Right to Buy, Major Infrastructure Planning and community integration. She currently leads teams working to support Government's approach to tackling poverty and the cost of living.



**Rob Percival**

*Head of Policy, The Soil Association*

Rob Percival is Head of Food Policy at the Soil Association. He leads campaigns and advocacy for agroecology and food system transformation. He is also the author of *The Meat Paradox*, a book about the cultural and cognitive complexity of meat consumption.



**Jack Pickering**

*University of Sheffield*

Jack is a post-doctoral research associate at Sheffield University Management School. He completed his PhD in 2020 and has since worked on a number of projects relating to sustainable food, but is currently focussed on household food waste and plastic waste, using qualitative methods to better understand these issues.

**Sarah Pullen**

*Birmingham City Council*

Sarah leads the Food System Team in the Public Health Division at Birmingham City Council. Her role involves applying behavioural science in innovative practice, strengthening city-wide partnerships, and developing and delivering the Birmingham Food System Strategy and Birmingham Food Revolution.

**Kath Rosen**

*The Orchard Project*

Kath is the CEO at The Orchard Project. She has worked for a number of environmental and community development charities. Kath began her journey by volunteering, leading nature conservation projects in London. She trained in international development and has also lived in Southern Africa working on permaculture projects as a system of food security.

**Fatma Sabet**

*Exeter University and Shillingford Farm School*

Fatma is a postdoctoral research fellow at Exeter University currently working on a project with Cornwall Council, developing a sustainable school food landscape for Cornwall. During her PhD she conducted the first sustainable school meal intervention study enhanced by food education content in three schools in England. When Fatma is not doing research she is teaching at [Farm School](#), a farm-based food education centre which she founded in 2016 in Exeter.



## **Ashley Scarborough**

*Activist*

Ashley Scarborough is a British designer and systems thinker based in Berlin. She is exploring the food system to understand how the fundamental models behind the industrial food system may be untangled and how they might be shifted towards one that puts the health of the planet and of people at the centre. She runs a dinner experience called How We Eat that engages guests in the topic of regeneration through food stories and interactive exercises.



## **Courtney Scott**

*Food Farming and Countryside Commission*

Courtney is a food and nutrition policy expert who is passionate about ensuring everyone has enough food that is good for us, good for farmers and good for the planet. She is Head of Policy and Research and Programme Lead for Food and Health at the Food, Farming & Countryside Commission. She trained as a dietitian, has a Master's in public health nutrition and a PhD in public health policy.



## **Jessica Sinclair Taylor**

*Feedback Global*

Jessica is an environmental campaigner who has worked on systemic food issues for the past six years, including food waste, the environmental impacts of meat and dairy production, and destructive forms of aquaculture.



## **Anthony So**

*Food Research Collaboration, City, University of London*

Anthony is a communications and policy professional with extensive experience at the intersection of business, communications and politics. In 2018-2020 he studied for an MSc at the Centre for Food Policy, where his dissertation examined the political and lobbying complexities of the reauthorisation of glyphosate in the European Union. Prior to working in communications and advocacy, he gained a Master's degree in EU politics from the London School of Economics' European Institute.



**Dr Mark Spires**

*Centre for Food Policy, City, University of London*

As a Research Fellow at the Centre for Food Policy, Mark is responsible for establishing and leading new, interdisciplinary projects exploring public policy solutions for healthy diets in the UK and internationally. Mark's primary research interests centre on seeking to better understand peoples' lived experiences of local food environments, and how these findings can contribute to more effective and inclusive food policy.

**Professor Christina Vogel**

*Centre for Food Policy, City, University of London*

Christina is Deputy Director of the Centre for Food Policy, City University of London. She is a registered nutritionist and has worked in public health nutrition ~20 years in Australia and Europe. Christina's research aims to inform the implementation and evaluation of food-related policies and interventions which optimise population nutrition, reduce inequalities and protect our planet.

**Tom Walker**

*Hackney School of Food*

Tom has over 8 years experience in food education, teaching fundamental cookery skills and nutrition to all ages and abilities. Previously the Head Teaching Chef at the Jamie Oliver Cookery School, Tom is now Head of Food Education at the Hackney School of Food. He specialises in teaching primary aged children and has built a purposely designed curriculum to build confidence and competence in the kitchen as well as inspiring a love of good food prepared from scratch.

**Dr Rebecca Wells**

*Centre for Food Policy, City, University of London*

Rebecca is a Lecturer in Food Policy in the Centre for Food Policy. A former BBC radio producer and food journalist, Rebecca's research focuses on the interaction between food policy and the media. Her research interests include food policy, food in the media, food systems, food systems teaching and learning, food poverty, food banks, food security and science communication.



**Sarah Williams**

*SUSTAIN Alliance*

Sarah is Programmes Director for Sustain and a member of the Senior Leadership Team. Sarah has developed several new programmes at Sustain including Big Dig, Growing Health and more recently [Bridging the Gap](#). Her work focuses on our [Local Action](#) theme and includes overseeing Sustainable Food Places, London Food Link and Sustain’s food growing programmes.



**Dee Woods**

*Landworkers’ Alliance*

Dee Woods is a food and farming action-ist and campaigner, who advocates for good food for all and a more just and equitable food system. She challenges the systemic barriers that impact marginalised communities, farmers and food producers. Her work meets at the nexus of poverty and hunger, human rights, food sovereignty, community development, policy, research, climate and social justice.



**Christopher Yap**

*Centre for Food Policy, City, University of London*

Christopher is an urban geographer based at the Centre for Food Policy. His research draws on political economy and political ecology perspectives, as well as participatory visual methods, to examine intersections between urbanisation, planning, inequality, and food systems governance. Christopher is a Research Fellow on a large interdisciplinary action research programme, FixOurFood ([fixourfood.org](http://fixourfood.org)); part of a work package that examines and contributes towards developing the policies, governance structures, and decision-making processes that are necessary to transform the UK’s food systems.



**Daniel Zeichner**

*MP for Cambridge, Shadow Minister for Environment, Farming and Rural Affairs*

Daniel Zeichner is MP for Cambridge and a Shadow Environment Minister and is chair of the All-Party Universities Group. Daniel is a life-long environmentalist, with an enduring interest in agriculture and food issues. In 2021, Daniel led for the Labour Party in Parliament on the Agricultural Bill and was a member of the committee scrutinising the Environment Bill. He has recently spoken for Labour in many debates on food security and wider environmental issues, including challenging the Government’s targets on air and water quality.

