



BREST



HERE HEALTHIER DIETS GO HAND IN HAND WITH SOLIDARITY, COOPERATION AND LOCAL INITIATIVES

Brest Metropolis and regional organizations carry out numerous actions with a view to ensuring a healthy, sustainable diet. *The Projet Alimentaire Métropolitain* (Metropolitan Food Project), currently under development, should enable these actions to be more effective and visible. An equitable food supply is an important social objective.

In Brest, elected representatives have been working on the issue of coordinating food aid for more than 10 years, with a view to:

- **Ensuring the continuity** of food aid to meet people's needs at all times and seasons
- **Encouraging better knowledge** and a forum for dialogue between associations for more complementarity
- **Strengthening links** with social services for public orientation.

13 national and local associations in the city develop these services in connection with social services. Their goal is to provide consistent, equitable assistance to members of the public in food insecurity situations, but they are experiencing a demand that exceeds their capacity to respond. They therefore undertook a joint reflection on the distribution of food aid and a food aid coordination initiative was developed, managed by the CCAS (Municipal Social Action Centre), based on collective governance bringing together associations, local authorities, social organisations and the state services.

Actions implemented jointly by all the partners include:

- **Public orientation**
Associations whose primary objective is making contact with

KEY FIGURES FOR THE TERRITORY

- **Number of inhabitants:**
 - Brest: 143 000
 - Brest metropolis: 213,000
 - Greater urban area: 420,000
- **School canteens in Brest:**
 - 5,600 children
 - Currently 50% organic products, 80% by 2022, with 60% of local origin
 - Free meals for 18% of children
- **Brest: 17% of households below the poverty threshold**

people and developing social links have sometimes been overwhelmed by demand and the arrival of food supplies. To enable these associations to refocus on their main activity and to facilitate public orientation, consultations have helped to distinguish three types of food aid:

- initial aid: first resort (*Restos du Cœur*, (charity providing food for the home during the winter), *Secours Populaire* (charity), etc.)
- supplementary aid: associations for which food aid is a secondary activity (*Secours Catholique* (Catholic charity), Red Cross, etc.)
- emergency aid: provided within 24 hours by certain associations.

Social workers take into account the type of aid, the profile and public resources, the geographical proximity and their preferences.

A guide to food aid in Brest lists the 13 associations with practical information for public orientation. Intended for social workers and association partners, it is updated once or twice a year. A shared communication file also enables associations, if they wish, to avoid a double assessment.

• **Coordination of supplies**

Coordination has enabled competition in the collection of food products from supermarkets to be avoided. Associations also communicate on a common position regarding the input from intermediaries.

• **Organization of kitchen workshops**

The coordination programme has organized kitchen workshops in community centres in disadvantaged districts, to

respond to waste issues at distribution points. These have been organized with, among others, volunteers from *Cabas des Champs*, a community-run group food purchasing initiative.

• **Launch of a Food Aid Forum**

The Food Aid Forum launched in September 2017 has helped to promote and make visible the work carried out by associations in Brest. It has also facilitated the recruitment of volunteers with the "volunteer speed dating" programme.



Community grocery store network project

Community solidarity-based grocery stores are underdeveloped in Brest, despite their advantages: a community grocery store targets a different category of consumers who do not go to the associations, it constitutes a complementary offer, enabling a form of food aid that respects people's dignity. The construction of network of community grocery stores was therefore proposed by the CCAS to the associations, in two stages:

- in 2019, the development of a grocery store run by a group of charity associations including the *Secours Catholique*, the Finistère Food Bank, *Solidarité des Personnes Accueillies en Bretagne*, the Red Cross and the AGEHB
- then the creation of a network of several grocery stores managed by voluntary associations with a shared charter, in order to cover the entire region through the pooling of resources.

An operating charter ensures fidelity to the initial model. Beyond the pooled resources, each association remains free in its operation.

Two shared goals:

- Participation of the people concerned: the charter includes the participation of users in the mixed association grocery store's organization and the establishment of representative bodies for the users within the grocery stores.
- The organization of short-supply chain circuits: in the project, one of the aspects of the pooling of resources concerns supplies from small local businesses and farmers.

Outlook: opening of the mixed association grocery store in early 2020, opening of grocery stores managed by associations in 2021.



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Familles à alimentation positive ("Positive Food Families"): a locally based challenge

The principle of the *Familles à alimentation positive* challenge is simple: around ten households team up and try to increase their consumption of organic products without increasing their food budget!

The Maison de la Bio 29 (Regional Organic Food association), which supports the challenge, has chosen to offer it to residents in priority districts. The challenge intersects with

"City Contract" issues, in terms of participation of inhabitants and the power to take action, and fits in with social cohesion projects in the districts involved.

To extend this experiment, positive food workshops are currently being organized in other districts.