Research Methods on sustainable food planning
A methods brief and case study example

This session will be recorded and presented on the seminar’s webpage. If you do not want to be seen, please switch off your camera.

Understanding Lived Experience of Food Environments to Inform Policy: An Overview of Research Methods
## Sustainable Food Planning
### Spring Seminar 2021

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### Assignment

**Food System Mapping, Challenge and Approach**

- Participants who take part in active mode define their food system, map the main elements and processes, define the main challenge that they may address and formulate an approach.
Mission of AESOP’s SFP group

Bringing together academics, policy-makers and practitioners from an international audience

Providing a forum for discussion and development of sustainable food systems.

https://aesopsfp.wordpress.com/
Research Methods on sustainable food planning

A methods brief and case study example

Centre for Food Policy, University of London

Dr. Mark Spires
Research Fellow at the Centre for Food Policy

Q&A
Our next session will be dedicated to the active participants and will take place on

**May 27 at 17.00 CET**

**Q&A session on the assignment**

**Mapping food system**
Lived Experience Research Methodologies

Dr Mark Spires
Research Fellow, Centre for Food Policy
City, University of London
Presentation overview

• Overview of research approach
• Introduction to research practice group
• Overview of associated methods
• Case study
Lived experience of food environments
AN INTERNATIONAL COMMUNITY OF PRACTICE ON THE LIVED EXPERIENCE OF FOOD ENVIRONMENTS RESEARCH

<table>
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<th>Purposes of the Community of Practice</th>
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<tr>
<td>1. Identify applicable methods and theories for more policy-oriented research</td>
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<td>2. Enhance policy impact through evidence translation and communication</td>
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<td>3. Enable collaboration within and across countries</td>
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<td>4. Build research capacity of early career researchers (ECR)</td>
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Creative media by Gavin Wren
<table>
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<th>Group</th>
<th>Methods</th>
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| **Group 1: Exploring experiences, perceptions, beliefs, practices and social networks** | Individual interviews  
- Semi-structured and in-depth  
- Narrative (unstructured)  
- Dyadic  
- Intercept  
Group discussions  
- Focus group discussions  
- Natural groups  
**Visual methods**  
- Photo elicitation  
- Creative arts  
- Concept mapping  
- Timelines  
**Geospatial methods**  
- Spatial mapping  
- Geonarratives  
- Geotagged photography  
Diaries |
| **Group 2: Observing practices in situ** | Observation  
- Participant/community  
- Go-along tours  
- Transect walks  
- Non-participant |
| **Group 3: Designing policy and interventions drawing on the lived experience of participants** | Photovoice  
- Film essays / digital stories  
Consensus panels  
Systems mapping  
Group model building  
Co-design / Co-create |
The Nourished Child Study

AIM: To define and communicate what a systems approach to improving the quality of diets among children under the age of five and women of childbearing age would look like in urban settings to address the double burden of malnutrition.
The Nourished Child Study

OBJECTIVES:

1) Understand how existing systems that influence nutrition (food system, urban conditions, system of existing interventions) combine to influence diet quality in children under 5 and their mothers in the Western Cape, South Africa;

2) Develop a systems approach to optimise interactions and create coherence between these systems to improve diets; and

3) Maximise the benefits of the findings in the study setting, and reap the benefits for other jurisdictions regionally and globally.
Thank you