

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

Centre for Food Policy Research Brief
February 2021

Sustainable Food Planning Spring Seminar 2021

Intro, Food Systems, Mapping
City-Region Foodsystems and
Urban Foodscapes
Spatial dimension of Sustainable
Farming Systems
Agroecological Urbanism I
Agroecological Urbanism II
Governance and networks
Research: methods and cases
Q&A
Assignments

Online
Sessions

April
1

April
15

April
22

April
29

May
6

May
12

May
20

May
27

Assignment

Food System Mapping, Challenge and Approach



Presentations
assignment

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

<https://aesopsfp.wordpress.com/>

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



Spring series on sustainable food planning

organized by Le Notre institute and AESOP sfp group

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A methods brief and 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

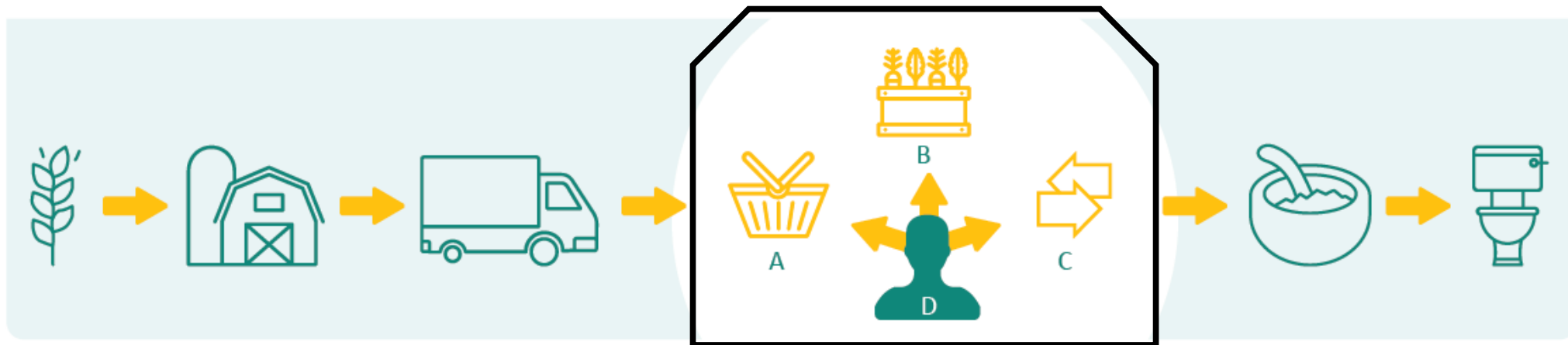
Research Fellow, Centre for Food Policy

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

Purposes of the Community of Practice

1. Identify applicable methods and theories for more policy-oriented research
2. Enhance policy impact through evidence translation and communication
3. Enable collaboration within and across countries
4. Build research capacity of early career researchers (ECR)



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**Centre for
Food Policy**

Shaping an effective food system

Understanding Lived Experience of Food Environments to Inform Policy: An Overview of Research Methods

Kimberley Neve, Corinna Hawkes, Jess Brock, Mark Spires, Anna Isaacs, Charlotte Gallagher Squires, Rosalind Sharpe, Daisy Bradbury, Jane Battersby, Géraldine Chaboud, Alex Chung, Damien Conaré, John Coveney, Kathrin Demmler, Angela Dickinson, Julia Diez, The George Institute for Global Health, Michelle Holdsworth, Elizabeth Kimani-Murage, Amos Laar, Dalia Mattioni, Briar McKenzie, Ana Moragues Faus, Coline Perrin, Rebecca Pradeilles, Sophia Schuff, Jessi Shipman, Christopher Turner, Carmen Vargas, Simon Vonthron, Milka Wanjohi, Sigrid Wertheim-Heck, Jill Whelan and Christina Zorbas.
Creative media by Gavin Wren

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February 2021

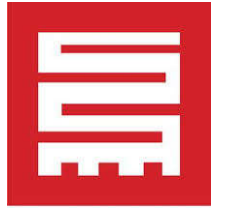
Group	Methods
<p>Group 1: Exploring experiences, perceptions, beliefs, practices and social networks</p>	<p>Individual interviews</p> <ul style="list-style-type: none"> • Semi-structured and in-depth • Narrative (unstructured) • Dyadic • Intercept <p>Group discussions</p> <ul style="list-style-type: none"> • Focus group discussions • Natural groups <p>Visual methods</p> <ul style="list-style-type: none"> • Photo elicitation • Creative arts • Concept mapping • Timelines <p>Geospatial methods</p> <ul style="list-style-type: none"> • Spatial mapping • Geonarratives • Geotagged photography <p>Diaries</p>
<p>Group 2: Observing practices in situ</p>	<p>Observation</p> <ul style="list-style-type: none"> • Participant/community • Go-along tours • Transect walks • Non-participant
<p>Group 3: Designing policy and interventions drawing on the lived experience of participants</p>	<p>Photovoice</p> <ul style="list-style-type: none"> • Film essays / digital stories <p>Consensus panels</p> <p>Systems mapping</p> <p>Group model building</p> <p>Co-design / Co-create</p>

The Nourished Child Study

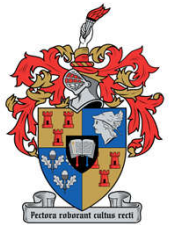
AIM: To define and communicate what a systems approach to improving the quality of diets among children under the age of five and women of childbearing age would look like in urban settings to address the double burden of malnutrition.

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Educating, researching & influencing
for integrated and inclusive food policy



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urbanism from an african perspective



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SOUTHERN AFRICA
FOOD LAB

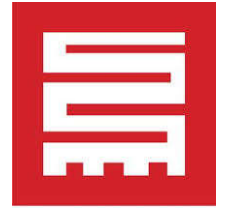
The Nourished Child Study

OBJECTIVES:

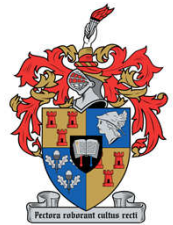
- 1) Understand how existing systems that influence nutrition (food system, urban conditions, system of existing interventions) combine to influence diet quality in children under 5 and their mothers in the Western Cape, South Africa;
- 2) Develop a systems approach to optimise interactions and create 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.

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Thank you

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