



# FOOD

## Nutrition

The proportion of adults eating the recommended five portions of fruits and vegetables fell between 2018/19 and 2022/23.

**38.8%**

(2018/19)



**33.1%**

(2022/23)



In the 15% most deprived areas in 2022/23, this proportion fell to

**26%**

## Food insecurity



**21.8%** of households reported experiencing food insecurity in 2022/23.

That is **more than double** the figure from 2018/19.

In the most deprived areas of Glasgow, this figure went from

**14.3%** in 2018/19

to **29.6%** in 2022/23.

## Community food

Across the city of Glasgow there are:



**30**

community cafes



**15**

city orchards



**32**

allotments

## Food economy

In 2024, the Glasgow Sustainable Food Directory listed

**39** cafes, shops and restaurants.

That is the highest number since the Directory was launched in 2021.



## Food waste



Across Scotland, food waste is the **biggest single waste stream**, but it is the **least likely to be recycled** (20%).

Zero Waste Scotland estimates that the cost of food wasted per average household in Scotland each year equates to:

**£440**

## Urban agriculture



The number of market gardens operating in Glasgow has fallen from

**3** to **1**

between 2021 and 2024.