



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

27%

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**.

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.