



HEALTHY SOIL
HEALTHY FOOD
HEALTHY PEOPLE

H3 News January 2024

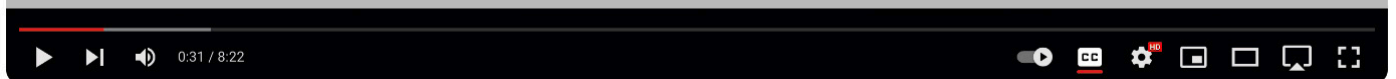
Happy New Year and welcome to the January 2024 edition of the H3 Programme newsletter! We're excited to share our second H3 film, thanks to Sort of Films and our fantastic partners. In September, we hosted an engagement event in Sheffield, featuring presentations and discussions on growing, production, consumption, and food businesses. Additionally, congratulations to Louise Dye on her new role at Sheffield and the €32m SUREFOOD project. We also welcome new team members Zilla, Brenda, and Claire to WP4.

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UPDATE

New H3 Film Released: Watch Our Latest Findings Here



Thanks to the wizardry of [Sort of films](#)..., the H3 team and our partners for their starring roles and support, we are delighted to share our second H3 film providing an update of our findings. You can view it here: [H3 Project Update Film 2023 \(youtube.com\)](#)

EVENTS



In September H3 hosted an engagement event in Sheffield with our stakeholders. The event included presentations and panel discussions around the three themes of growing and production, consumption, and food businesses. This enabled us to discuss our work to date; and plan dissemination and knowledge exchange both at the project level and in relation to specific areas of work.

This blogpost explains in more detail: <https://bristolgoodfood.org/2023/09/26/h3-consortium-transforming-uk-food-systems/>



In November [FoodSEqual](#) hosted the annual UKSPF Transforming UK Food Systems (TUKFS) Programme level meeting in Reading. H3 led/presented to special interest group sessions on Regenerative Agriculture, Dietary and Health Inequalities; and Supply chain - Resilience to shocks.

NEWS AND UPDATES

Congratulations to Louise Dye who has moved from Leeds to Sheffield effective 1st January as Co-Director of the Institute for Sustainable Food. Louise leads Work Package 5 (Increasing fibre consumption) in H3. She is also Co-I on a six-year €32m Euro Co-Centre award from the Science Foundation of Ireland, DAERA and UKRI. The SUREFOOD project will fund a collaborative research centre on sustainable and resilient food systems. UK funding (led by Dye) will amount to £5.8m: <https://www.sheffield.ac.uk/sustainable-food/news/new-research-programme-transform-food-systems-led-sheffield-awarded-ps58m>

In July H3 started work using 'top up' funds awarded by the TUKFS programme for additional research on diet-related health inequalities. This allows us to extend the work of Work Packages 4 and 5. In WP4a (led by Sam Caton), we are aiming to reduce micronutrient deficiencies among people in elder care homes, while in WP5a (led by Louise Dye) we are aiming to increase fibre consumption among adolescents. Focusing on schools and care homes will enable us to work with key intermediaries, maximising the potential for impact at an institutional level.

H3 is also working on several synergy projects with colleagues active across the wider UKSPF TUKFS programme. Peter Jackson leads a project which aims to 'enable the transfer of 'good practice' among local food partnerships to encourage their future sustainability and national impact'. The project brings together ShefFood, Bristol Food Network and the newly formed Rotherham Food Partnership as well as Sustainable Food Places, Mandala and Fix Our Food.

EVENTS



H3 further developed baking skills at the School of Artisan Food in July, and braved a wet and windy walk and woof just before Christmas.

CONGRATULATIONS

ShefFood launched the local food action plan for Sheffield in June, and achieved a silver award from Sustainable Food Places in December.

NEW STARTERS

Welcome Zilla, Brenda and Claire to WP4 (Biofortification and Consumer Acceptance)

Boglarka Zilla Gulyas recently joined the WP4 team. Zilla completed her Doctorate at Sheffield in the School of Biosciences, studying the contribution of urban horticulture to food security, resilience and health and well-being in the UK and wider Global North. She successfully passed her viva with minor corrections on 10th May. Her early tasks in H3 include a literature review on biofortification in the UK and Europe and designing studies to assess consumer acceptance and willingness to pay for biofortified foods in the UK.

Brenda Mogeni is a doctoral researcher in health and related research, public health section within the institute for Sustainable foods, at the School of Health and Related Research (SchARR), University of Sheffield. She is a registered Nutritionist passionate about the science of nutrition and the application of scientific knowledge in evidence-based practices. She has worked in a number of clinical and non-clinical settings as a clinical and community nutritionist, predominantly in the field of medical nutrition care.

[**Brenda Mogeni | Medicine and Population Health | The University of Sheffield.**](#)

Claire Boakes has joined the Sheffield based team to work on WP4a which considers health inequalities at critical points across the life course. Specifically Claire will investigate the potential of biofortified foods for the elderly. Claire is a nutritionist and was previously working on the micronutrient status of women of reproductive age at the University of Huddersfield.

PUBLICATIONS AND OUTPUTS

[People who grow their own fruit and veg waste less food and eat more healthily, says research \(theconversation.com\)](#)

[Examining food system resilience in the UK — disrupted fruit and veg supply | by Globalfood@leeds | Globalfoodleeds | Medium](#)

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