

Changing Families, Changing Food

Final Report

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Professor Peter Jackson
Programme Director

Jackie Pickering
Programme Administrator

Changing Families, Changing Food Programme
4th Floor, ICoSS, 219 Portobello, Sheffield S1 4DP
Tel: 0114 222 7908
www.sheffield.ac.uk/familiesandfood



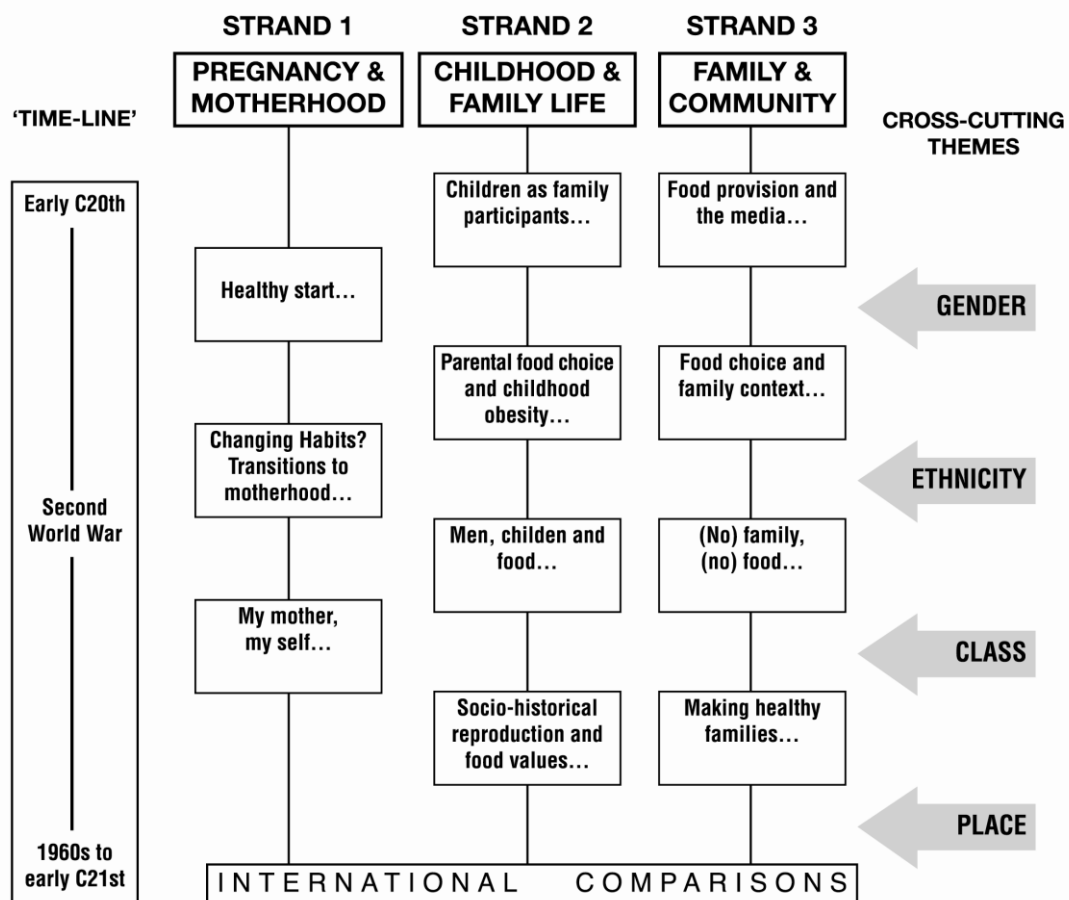
The Leverhulme Trust

1. Aims & Objectives

Funded in response to the Trust's call for a research programme on 'The Family', the *Changing Families, Changing Food Programme* aimed to explore the **connection between families and food**, a vital and surprisingly under-researched area, currently near the top of the public policy agenda. By choosing food as the focus for a series of inter-disciplinary studies of the family we aimed to explore relationships within the family as well as the changing place of the family in a range of wider social contexts. Concentrating primarily on the UK, we examined the way recent changes in family form, practices, structure and composition have affected patterns of food consumption and, conversely, how changing dietary and eating practices provide a powerful lens through which to examine changes in the form, practice and understanding of contemporary family life.

2. Programme Design and Management

- The programme was organised in **three strands** on pregnancy and motherhood (led by Professor Paula Nicolson); childhood and family life (led by Professor Allison James); and family and community (led by Dr Graham Smith), together with a series of **international comparisons** and two **'time-line'** projects addressing change over time through quantitative and qualitative analysis. Overall direction was provided by Professor Peter Jackson.



- *Changing Families, Changing Food* was different from most previous programmes funded by the Trust. Based primarily in a single institution (the University of Sheffield), in collaboration with colleagues at Royal Holloway-University of London, the programme included 15 projects operating over 2-3 years. (Previous programmes have had fewer projects operating over a longer time-frame, typically 4-5 years). We therefore gave careful thought to project management issues which were addressed through a three-tier structure of **programme, strands and projects**. Regular programme-wide meetings were held as well as meetings at strand and project level. The co-location of most of the programme researchers (RAs) in the University's new social science building (ICoSS) also facilitated good communication across the programme team (which, at its height, numbered over 40 people including PIs, co-PIs, RAs and support staff). The development of cross-project and programme-wide working (on conferences and publications, for example) demonstrated that these arrangements worked well.
- There were **no major revisions** to our original schedule. We are, however, grateful to the Trust for responding positively to our occasional requests for minor adjustments (including a number of virements between budget headings and contract extensions).

3. Main Findings

Each project has produced a two-page **research briefing**, communicating its research findings in non-technical language. These are available as PDFs, downloadable from the programme website (www.sheffield.ac.uk/familiesandfood). The findings were presented in poster form at **exhibitions** at The British Library (21 October 2008) and at the University of Sheffield (throughout December 2008). The main findings of the programme are also available as a series of Powerpoint **presentations** which can also be downloaded from the programme website. From this wealth of material, we highlight four of our key findings:



- Families in contemporary Britain take **increasingly diverse forms** such that it no longer makes sense to speak of 'the family' as a single, timeless and homogeneous entity. Since the Second World War there have been growing numbers of people living alone, remaining single, marrying later and getting divorced or separated. There are also growing numbers of 'step' families including children from their parents' previous relationships. The archetypical 'nuclear' family, with married parents living together under the same roof as their dependent children now constitute less than a third (27%) of British families.
- The *Changing Families, Changing Food* programme was designed to evaluate many contemporary assumptions and speculations about 'the family'.

Specifically, our research suggests that contemporary concerns about **the decline of the 'family meal'** may be over-simplified. The 'family meal' has taken a variety of forms in different times and places. It varies by social class, ethnic background, religious affiliation and geographical region, and there is a long history of families having to organise their cooking and eating practices around their other domestic commitments and working lives. While the 'family meal' remains a widely shared social aspiration, its achievement in practice is much more piecemeal. The implication of a wholesale decline in family eating since the last century is based on questionable evidence and we should be cautious in attributing social significance to this perceived trend.



- Our research suggests that people's **dietary practices are socially and culturally embedded** in people's domestic routines and in the rhythms of their everyday lives. A better understanding of the social context of people's dietary practices is required in order to inform more effective health advice and social policy around families and food. Specifically, our findings challenge the assumption in much of the policy literature that 'healthy eating' is a matter of individual choice, based on a social deficit model (where mothers are blamed for their lack of culinary or parenting skills). Our research suggests that 'food choice' is constrained by a range of social and economic circumstances and that apparently 'unhealthy' choices may seem quite rational in some circumstances (where 'healthier' food will not be eaten, for example, and simply go to waste).
- Our research therefore casts doubt on the explanatory value of concepts such as '**choice**' and '**convenience**' which can mask more deeply underlying inequalities in food provisioning. We argue that 'choice' is an ideologically loaded term rather than a useful explanatory concept. Similarly, we argue that what constitutes 'convenience' needs to be approached through its sociological and historical dimensions. The rise of modern 'convenience food', for example, should be understood in terms of wider social changes in family and working life and does not automatically signal an increase in 'choice'.

Our research was informed by **a practice-based theory of family life** where 'the family' is reproduced through a series of everyday practices, including shopping, cooking and eating. The programme has also made some important **methodological contributions**. These include our critical reflections on the re-use and sharing of secondary data sources and the ethical issues of researching children and low-income households. Our findings have implications for researching hard-to-reach groups such as low-income mothers: a highly mobile population, frequently moving house and increasing the difficulties of contact and continuity of care.

Finally, we note the correspondence between our research findings on the social embedding of everyday dietary practices and recent changes in government policy on healthy eating. In particular, we highlight the conclusions of the Government

Office for Science's 'Foresight' report on **Tackling Obesity: future choices** (October 2007) which argues that 'policies aimed solely *at individuals* will be inadequate'. The report argues that changing societal values around food and activity will require a greater understanding of 'wider cultural changes' and that action will be required by 'government ... industry, communities, *families and society as a whole*' (emphasis added). Our research anticipates this change in policy and we are happy to endorse the report's key finding that tackling obesity will require changes at all levels: personal, family, community and national.

4. Activities and Achievements

- The main achievement of the last year has been the **successful completion of the research programme**.

- Following the success of our **mid-term conference** (21-22 May 2007), which was primarily an internal event, aiming to share preliminary research findings and define key project outputs, we held our **final conference** at The British Library on 21 October 2008. This was an externally-orientated event, attracting an audience of over 120 people including academics and policy makers. Lists of papers presented at each of these conferences are attached (see [Appendix 1](#) and [Appendix 2](#)).



- We received good **media coverage** throughout the life of the programme including on Radio 4 *Woman's Hour* (4 September 2007) and a double-page spread in the *Times Higher Education Supplement* (25 May 2007). The final conference was reported in BBC News Online, on local radio and in specialist food publications such as *The Grocer*.
- Besides the steady flow of academic publications (summarised in Appendix Y), we also have contracts for **two programme books**, the first of which (*Changing Families, Changing Food*, edited by Peter Jackson) is currently in press; the second of which (*Children, Food and Identity*, edited by Allison James and others) is under contract, both with Palgrave-Macmillan. A third book, on families and social care (edited by Graham Smith and Paula Nicolson) is in preparation.
- The programme's **website** (www.sheffield.ac.uk/familiesandfood) has been continually updated and retains a very high hit-rate with over 1000 unique visits per month, peaking at 3350 in October 2008.
- Our **seminar series** continued to attract high quality speakers and large inter-disciplinary audiences. A full list is included at [Appendix 3](#)). Seminar speakers included Professor Richard Le Heron from Auckland who participated in the programme as a **Leverhulme Visiting Professor**.

- We continued to benefit from the input of our **external advisors** (David Morgan, Anne Murcott and Libby Bishop), acting as 'critical friends' to the programme. They contributed valuable assessments of our work at the final conference in October 2008 and their reflections on our achievements were built in to the Conclusion of the *Changing Families, Changing Food* book.
- A valuable relationship has been developed with **Sheffield Galleries and Museums Trust** who plan to host an exhibition on 'Food and Family' at the newly-refurbished Weston Park Museum based on our project findings in 2010. We secured £9k from the Knowledge Transfer Opportunities Fund to support this initiative and to prepare high-quality interview extracts for use in the exhibition.
- We also greatly value our relationship with The British Library whose Head of Social Science Collections and Research, Dr Jude England, gave the opening address at our final conference. A new PhD studentship was awarded in October 2007 under the **British Library Concordat** scheme. Anna Ludvigsen (who previously worked for the children's charity, Barnardo's) is currently working on a study of 'Food and cultural identity in children's literature', supervised by Dr Megan Blake (Sheffield) and Alison Bailey (at the BL).
- Other PhD research on topics related to the programme is funded via the ESRC's **The Waste of the World** programme (directed by Professor Nicky Gregson at Sheffield) including studies of quality and waste in the coffee, organic wine and artisan cheese sectors.
- The programme has continued to contribute to a number of **community-based and policy-related forums**. These have included an invited contribution to *Fare Choice*, the quarterly newsletter of Community Food and Health (Scotland), an invited presentation to the Campaign for Learning conference on 'Health and Life Style' in London (13 December 2007), an invited contribution to the Institute of Public Policy Research debate on food policy in London (December 2007) and an invited contribution to *Food Ethics*, the magazine of the Food Ethics Council (December 2008).
- The programme has benefited from the support of Sheffield-based Yorkshire & Humberside **MEP Linda McAvan** who is a member of the European Parliament's Environment, Public Health and Food Safety Committee. The programme was represented at a talk by **David Willetts MP** at the Public Services Academy in Sheffield (31 October 2007). Plans are also well advanced for a Public Sector Club dinner at the University of Sheffield (10 February 2009) involving members of the programme team in debate with **Jeremy Wight**, Director of Public Health in Sheffield.
- Peter Jackson was appointed to the newly-established Social Science Research Committee of the **Food Standards Agency** in 2008 and will serve as its Deputy Chair from December 2008. An immediate priority is to bring forward a collaborative research programme on dietary decision-making in collaboration with the ESRC.

- In October 2008, we were pleased to welcome back Dr Jonathan Everts who previously spent time in Sheffield while working on his PhD. Jonathan now holds an **ESRC post-doctoral fellowship** at Sheffield, working on contemporary consumption culture and multiculturalism in Germany.
- Jody Mellor and Megan Blake have received a small grant from the **British Academy** to fund a project on 'Cooking identity/feeding community: two generations of British Pakistani Muslim women', building on their *Feeding the Family* project.
- Finally, we can report that future funding has been secured to maintain the programme's momentum once the current funding expires in December 2008. Peter Jackson has been awarded an Advanced Investigator Grant from the **European Research Council**, with funding of £1.3m to research consumer anxieties about food, with 5-6 RAs and a PhD student over the next four years.

5. Benefits of working as part of a Programme

- Being part of a coordinated inter-disciplinary programme proved to be an exciting and academically stimulating way of working. With most of the research staff **co-located in ICoSS**, collaboration between projects has been feasible on a day-to-day basis, through informal interaction as well as through formal meetings. This has resulted in the sharing of findings, ideas and bibliographic resources among project teams and in the development of joint ideas for conference presentations and publications.
- The ICoSS building provided us with **state-of-the-art IT facilities and support**, plus a variety of other resources (newsletters, meeting and break-out rooms, social space etc).
- The breadth and depth of our programme provided researchers with a good network of support and a wealth of expertise, as well as **flexible working space and working hours**. It has also meant that training could be tailored to the needs of the programme (using programme-relevant data). We are currently making arrangements for archiving our data so that researchers can have access to it in future.
- Our **research staff** held regular (monthly) meetings and several



social events, significantly reducing the isolation that researchers often experience. Research staff have commented favourably on the sense of collectivity and common purpose that working as part of the programme encourages.

6. Publications

The following list includes publications that are **in print or in press**. It does not include publications that are in review or in preparation. Publications are listed in alphabetical order (by authors' surname).

Megan K Blake

Formality and Friendship: Research Ethics Review and Participatory Action
ACME (An International E-Journal for Critical Geographies) 6 (2007): 173-82

Megan K Blake, Jody Mellor and Lucy Crane

Buying Local Food: the role of shopping practices, place and consumption networks in defining food as local
Annals of the Association of American Geographers, in press

Megan K Blake, Lucy Crane, Jody Mellor and Birgitta Osz

Eating in time, eating up time. In Peter Jackson ed. *Changing Families Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Lindsay Blank, Paul Bissell, Elizabeth Goyder and Heather Clark

'I don't go in for all that scaremongering': perceptions of and strategies to manage food safety risk. In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Joseph Burridge

The dilemma of frugality and consumption in British women's magazines 1940-1955
Social Semiotics 18 (2008): 389-401

Joseph Burridge

'I don't care if it does me good, I like it': constructions of children, health and enjoyment in British women's magazine food advertising. In A. James, K.T. Khørholt and V. Tingstand eds. *Children, Food and Identity*. Basingstoke: Palgrave-Macmillan, in press

Joseph Burridge and Margo Barker

Food as a medium for emotional management of the family: avoiding complaint and producing love. In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Heather Clark, Elizabeth Goyder, Paul Bissell, Lindsay Blank and Jean Peters

How do parents' child-feeding behaviours influence child weight? Implications for childhood obesity policy
Journal of Public Health 29 (2007): 132-41

Heather Clark, Elizabeth Goyder, Paul Bissell, Lindsay Blank and Jean Peters

A pilot survey of socio-economic differences in child-feeding behaviours among parents of primary school children
Public Health Nutrition 11 (2008): 1030-36

Penny Curtis, Allison James and Katie Ellis

Fathering through food: children's perceptions of fathers' contributions to family food practices. In A. James, K.T. Khørholt and V. Tingstand eds. *Children, Food and Identity*. Basingstoke: Palgrave-Macmillan, in press

Penny Curtis, Allison James and Katie Ellis

'She's got a really good attitude to healthy food ... Nannan's drilled it into her': inter-generational relations within families., In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Caroline Dryden, Maxine Johnson, Alan Metcalfe, Jenny Owen and Geraldine Shipton

Fathers, food and family life. In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Pamela Fisher

Wellbeing and empowerment: the importance of recognition
Sociology of Health and Illness 30 (2008): 583-98

Pamela Fisher and Jenny Owen

Empowering interventions in health and social care: recognition through 'ecologies of practice'
Social Science and Medicine 67 (2008): 2063-71

Fiona Ford

Healthy Start: replacing milk tokens
Midwives (Royal College of Midwives Journal) 9 (2006): 342-44

Fiona Ford and Robert Fraser

Off to a healthy start: food support benefits of the low-income woman in pregnancy. In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Fiona A Ford, Robert B Fraser, Sarah Wademan and Theodora Mouratidou

Preliminary results of the effect of 'Healthy Strat', a new food benefit, on the dietary behaviour of women during pregnancy and post partum in Sheffield, UK.
Proceedings of the Nutrition Society, in press (abstract)

Fiona A Ford, Robert B Fraser, Sarah Wademan and Theodora Mouratidou

Preliminary results of the effect of 'Healthy Start', a new food-support benefit, on the dietary behaviour of pregnant and post partum women in Sheffield, UK.
Journal of Maternal-Fetal and Neonatal Medicine, in press

Fiona A Ford, Theodora Mouratidou, Sarah E. Wademan and Robert B Fraser

Effect of the introduction of 'Healthy Start' on dietary behaviour during and after pregnancy: early results from the 'before and after' Sheffield study.
British Journal of Nutrition, 19 November 2008: 1-9

Oscar Forero, Katie Ellis, Alan Metcalfe and Rebecca Brown

Institutional dining rooms: food ideologies and the making of a person. In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Rebekah Fox, Paula Nicolson and Kristin Heffernan

Pregnancy police? Maternal bodies, surveillance and food. In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Rebekah Fox, Paula Nicolson and Kristin Heffernan

'It wasn't such an issue back then': changing experiences of pregnancy across two generations of women in South-East England. *Gender, Place and Culture*, in press

Trish Green, Jenny Owen, Penny Curtis, Graham Smith, Paul Ward and Pamela Fisher

Making healthy families? In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Peter Jackson

Introduction: food as a lens on family life. In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Peter Jackson, Sarah Olive and Graham Smith

Myths of the family meal: re-reading Edwardian life histories. In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Peter Jackson, Neil Ward and Polly Russell

Moral economies of food and geographies of responsibility
Transactions, Institute of British Geographers 34 (2009): 12-24

Allison James, Penny Curtis and Katie Ellis

Negotiating family, negotiating food: children as family participants?
In A. James, A. Khørholt and V. Tingstand, eds. *Children, Food and Identity*. Basingstoke: Palgrave-Macmillan, in press

Julia Keenan and Helen Stapleton

'He lets you know when he's had enough': babies' agency in feeding relationships and routines. In Allison James, Anne-Trine Kjørholt and Vebjorg Tingstad eds. *Children, Food and Identity*. Basingstoke: Palgrave-Macmillan, in press

Alan Metcalfe, Jenny Owen, Geraldine Shipton and Caroline Dryden

Inside and outside the lunchbox: themes and reflections.
Children's Geographies 6 (2008): 403-12

Alan Metcalfe

Socialising children and managing identities: the contested spaces of the school dinner hall.
Population, Space and Place, in press

Theodora Mouratidou, Fiona A Ford and Robert B Fraser

Infant feeding practices of Caucasian women post partum living in Sheffield.
Proceeding of the Nutrition Society 67 (May 2008): E209 (abstract)

Martin Pitts, Danny Dorling and Charles Pattie

Oil for food: the global story of edible lipids
Journal of World-Systems Research 13 (2007): 12-32

Martin Pitts, Charles Pattie and Danny Dorling

Christmas feasting and social class: Christmas feasting and everyday consumption
Food, Culture & Society 10 (2007): 407-24

Graham Smith

Beyond individual/collective memory: women's transactive memories of food, family and conflict
Oral History 35 (2007): 77-90

Helen Stapleton and Julia Keenan

(New) family formation and the organisation of food in households: who does what and why? In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

Helen Stapleton and Julia Keenan

Bodies in the making: reflections on women's consumption practices in pregnancy. In: Victoria Hall Moran and Fiona Dykes eds. *Nutrition and Nurture in Infancy and Childhood: bio-cultural perspectives*. Wiley-Blackwell, in press

Helen Stapleton and Julia Keenan

Changing Habits? Food, family and transitions to motherhood. Summary of research findings (2008). Available from the authors via the School of Nursing and Midwifery, University of Sheffield

Hiroko Takeda

Delicious food in a beautiful country: nationhood and nationalism in discourses on food in contemporary Japan
Studies in Ethnicity and Nationalism 8 (2008): 5-29

Hiroko Takeda

Tipping points: the state governing of energy and food risks
Rikkyo Keizaigaku Kenkyū 62 (2008): 197-218

Hiroko Takeda

The governing of family meals in the UK and Japan. In Peter Jackson ed. *Changing Families, Changing Food*. Basingstoke: Palgrave-Macmillan, in press

7. Presentations (in chronological order)

Oscar Forero

Recycling secondary sources for interdisciplinary research
Oral History Society, Sheffield, June 2006

Megan Blake

Formality and friendship: some reflections on the ethics review process.
Annual Conference of the Royal Geographical Society (with the Institute of British Geographers), London, August 2006

Megan Blake, Lucy Crane and Jody Mellor

Feeding the family: UK and Hungary
Szeged Club of Soroptimist International (Hungary), November 2006

Heather Clark

Parents' Child-Feeding Behaviours in Sheffield
'Are we there yet?': Children's Food and Health, London, November 2006

Amanda Wade and Julia Keenan

Mothers and family food preferences in the context of new family formation
Department of Sociological Studies, University of Sheffield. November 2006.



Becky Brown

(No) Family, (No) Food

British Sociological Association Food Study Group, Institute of Education, London, December 2006,

Amanda Wade and Julia Keenan

'I like ... he likes ... she likes ...': Mothers catering for family food preferences

British Sociological Association (Auto/biography Study Group); *Lives and Food and Drink*. London, December 2006.

Amanda Wade

'I like, he likes, she likes': Mothers Catering for Family Food Preferences

BSA Food Study Group, Institute of Education, London, December 2006

Penny Curtis and Pamela Fisher

Bringing it all back home: Families with children with obesity

Obesity: understanding the role of the social and physical environment, ESRC Seminar Series The King's Fund, London, January 2007

Sarah Olive and Peter Jackson

Myths of the family meal

Domesticity conference, Humanities Research Institute, Sheffield, January 2007

Fiona Ford

Linking evidence, poverty and practice

Poverty and Maternal and Child Nutrition Conference, University of York, February 2007 (panel presentation)

Alan Metcalfe, Geraldine Shipton, Jenny Owen and Caroline Dryden

Reflections on ethnographic research in school dining halls

Centre for Education Studies, Hull University, February 2007

Allison James

Children as participants in family eating practices

Workshop on Childhood, Food and Nutrition: a cultural perspective. Trondheim University, Norway, February 2007

Becky Brown

'I'll look after you if you look after me': friendship, family and intimacy in a hostel for homeless people

Probing the Boundaries conference. Salzburg, Austria, March 2007

Hiroko Takeda

Personalized Choices: Redrawing the Boundaries of Families and Everyday Life under Neoliberal Reform in Japan

The National Institute of Japanese Studies Inaugural Workshop: *Negotiating the 'Boundaries' of Postwar Japan*. University of Sheffield. March 2007

Hiroko Takeda

Consuming Risk: the Governing of Risks over Livelihood in Japan

The Association of Asian Studies Annual Meeting, Boston, Massachusetts, March 2007

Peter Jackson

Making the most of existing data

ESRC Festival of Social Sciences, Leeds Town Hall, March 2007

Hiroko Takeda

Personalized Choices: Redrawing the Boundaries of Families and Everyday Life under Neoliberal Reform in Japan

National Institute of Japanese Studies, University of Sheffield, March 2007

Megan Blake, Lucy Crane and Jody Mellor

Moulding Food

Association of American Geographers Annual Meeting, San Francisco, April 2007

Julia Keenan

What's transmitted? Food geographies and transitions to motherhood. Association of American Geographers, San Francisco, April 2007

Becky Brown

(No) Family, (No) Food

British Sociological Association, University of East London, London, April 2007

Joseph Burridge and Margo Barker

'The Housewife' in a Time of Austerity: Rationing and Responsibility in Women's Magazines 1940-1955.

British Sociological Association Conference, University of East London, April 2007

Pamela Fisher and Jenny Owen,

British Sociological Association Conference, University of East London, April 2007

Empowerment, managerialism and recognition: identifying enabling health and social care interventions.

Fiona A Ford, Robert B Fraser, Sarah Wademan and Theodora Mouratidou

Preliminary results of the effect of 'Healthy Start' a new food benefit on the dietary behaviour of pregnant and postpartum women in Sheffield, UK

Nutrition Society Summer Meeting, University of Nottingham, July 2007

Rebekah Fox

My Mother, My Self: Feeding the Maternal (and Infant) Body Across Recent Generations'

Association of American Geographers Annual Meeting, San Francisco, April 2007

Rebekah Fox

Surveillance and Control: Regulating the Maternal Body

Association of American Geographers Annual Meeting, San Francisco, April 2007

Alan Metcalfe, Geraldine Shipton, Jenny Owen and Caroline Dryden

The School Lunchbox: A Contested Space

Association of American Geographers Annual Meeting, San Francisco, April 2007

Alan Metcalfe, Geraldine Shipton, Jenny Owen and Caroline Dryden

Fathers, Food Preparation and Family Life,

British Sociological Association Conference, University of East London, April 2007

Amanda Wade

Caring for the Family and Deciding What to Eat

British Sociological Association Conference, University of East London, April 2007

Julia Keenan

Feeding the family and regulating a healthy balance: women anticipating first time motherhood

Monitoring parents: childrearing in the age of 'intensive parenting', University of Kent, May 2007

Oscar Forero

Traditional Food: A changing cultural artifact of the Ukrainian Diaspora
University of Limerick, Ireland, June 2007.

Julia Keenan and Helen Stapleton

Bodies in the making: childbearing women and family feeding practices
Nutrition and Nurture in Infancy and Childhood: Bio-Cultural Perspectives. Grange-over-Sands
(University of Central Lancashire), June 2007

Rebekah Fox

My Mother, My Self and My Doctor: Regulating the Maternal Body Across Recent Generations
British Psychological Association, Windsor, July 2007

Kristin Heffernan

Advice on Feeding the Maternal and Infant Body Across Recent Generations
British Psychological Association, Windsor, July 2007

Hiroko Takeda

Consuming Risk: the Governing of Risks over Livelihood in Japan
Mediating Risk in Japan and East Asia workshop, White Rose East Asia Centre and the
University of Sheffield, July 2007

Allison James

Children as participants in family eating practices
BSA Conference, University of East London, July 2007

Hiroko Takeda

Consuming Risk: the governing of risks over livelihood in Japan
International Convention of Asian Scholars, Kuala Lumpur, Malaysia, August 2007

Hiroko Takeda

*Personalized Choices: Redrawing the Boundaries of Families and Everyday Life under
Neoliberal Reform in Japan*
Interdisciplinary Asian Studies Seminar Series, University of Cambridge, October 2007

Joseph Burridge:

The Visual Rhetoric of Weight Loss Narratives in Women's Magazines
Feast! An Interdisciplinary Conference on Food in Text and Image, November 2007

Fiona A Ford, Robert B Fraser, Sarah E Wademan and Theodora Mouratido

Healthy Start: the impact of a new food provision scheme
Tackling Child and Adult Obesity in Sheffield: evidence, policy and practice, Sheffield
Wednesday Football Club, November 2007

Julia Keenan

Checks and Balances? Body metabolisms and weightiness through pregnancy.
Maternal Geographies seminar, University of Durham, November 2007

Rebekah Fox

Feeding the Foetus: Maternal Bodies, Surveillance and Food
Maternal Geographies seminar, University of Durham, November 2007

Hiroko Takeda

Consuming Risk: the Governing of Risks over Livelihood in Japan
Workshop on the political economy of risk in Japanese society, Rikkyo University, Tokyo.
November 2007

Hiroko Takeda

Nichijō seikatsu no risuku: risuku o taberu koto (Risks in Everyday Life: Consuming Risk)
Nihon shakai ni okeru risuku no seiji keizai (public symposium on the political economy of risk in Japanese society), Rikkyo University, Tokyo, November 2007 (in Japanese)

Hiroko Takeda

Consuming Risk: the Governing of Risks over Food Consumption in Japan
Japanese-German Centre Berlin (JDZB) and German Association for Social Science Research on Japan Symposium, *Security and Insecurity: New Challenges for Japan in the Beginning of the 21st Century*, November 2007

Theodora Mouratidou, Fiona A Ford and Robert B Fraser

Infant feeding practices of Caucasian post partum women living in Sheffield, UK
Joint Meeting of the Nutrition Society and the Société Française de Nutrition Lille, December 2007

Allison James

Negotiating family, negotiating food: children as family participants?
RUHBS seminar, University of Edinburgh, January 2008

Hiroko Takeda

Consuming Risk: the Governing of Risks over Food Consumption in Japan
Japan Discussion Group, the Royal Institute of International Affairs, Chatham House, February 2008

Jody Mellor and Megan Blake

'When I'm doing a dinner party I don't go for the Tesco cheeses, it's that sort of level, you know': class distinctions, friendship and home entertaining', 2nd Global Conference, Persons, Intimacy and Love: Probing the Boundaries, Salzburg, Austria, March 2008

Allison James

'Some families do have 'em.....': constructing ourselves and other families through parenting practices
Displaying Families conference, University of Hull, March 2008

Megan Blake, Lucy Crane and Jody Mellor

Buying local food
Association of American Geographers annual conference, Boston, April 2008

Hiroko Takeda

Tabemono o meguru sekyuritei (Security of Food).
Takamaritsutsuaru kiki: keizai to nichijōseikatsu (public symposium on 'Growing Crises: Economy and Everyday Life'), Rikkyo University, Tokyo, April 2008 (in Japanese)

Alan Metcalfe, Geraldine Shipton, Jenny Owen and Caroline Dryden

Dream and nightmare lunchboxes: playing with meanings
Norwegian Centre for Child Research Conference, Norwegian University of Science and Technology, Trondheim, Norway, April 2008

Helen Stapleton

'But I cooked it specially for him...': mothers accounts of weaning practices
School of Nursing and Midwifery Pre-Registration Research Conference, University of Sheffield, May 2008

Allison James

Keynote paper: Children's Food: An index of generational relations?

Children and Food Conference, Institute of Education, London, June 2008

Theodora Mouratidou, Fiona A Ford and Robert B Fraser

Effect of 'Healthy Start' on dietary behaviour in pregnancy and after birth: preliminary results from the Sheffield cohort

School of Medicine and Biomedical Sciences, University of Sheffield, June 2008 (poster presentation)

Helen Stapleton

'It weren't that she were greedy...': mothers' accounts of infant feeding

Centre for the Study of Childhood and Youth, 2nd International Conference:

Re-presenting Childhood and Youth. University of Sheffield, July 2008

Trish Green

Private Practices in Public Places: Pursuing Public Health through Healthy-Eating Interventions

Population Health Congress, Brisbane, Australia, July 2008 (poster presentation)

Allison James

Children's Food: Reflections on politics, policy and practices (plenary paper)

BSA Food Study Group Conference, London, July 2008

Lucy Crane and Megan K Blake

Hungarian Hosting

Annual Meeting of the Royal Geographical Society, London, August 2008

Fiona A Ford

Preliminary results of the effect of 'Healthy Start' a new food-support benefit on the dietary behaviour of pregnant and postpartum women in Sheffield, UK.

21st European Congress of Perinatal Medicine, Istanbul, September 2008

Trish Green

'It goes a bit deeper than just cooking': public health, private lives, new spaces

BSA Medical Sociology Group 40th Anniversary Conference, University of Sussex, September 2008

Trish Green

Gendered Patterns in 'cared for' Communities

CFR Conference Family Diversity and Gender, Lisbon, Portugal, September 2008

Allison James

Shifting paradigms of child research: family food as a case study (keynote presentation)

CIESPI, Rio de Janeiro, Brasil, Contemporary Constructions of Childhood Conference,

September 2008

Penny Curtis

Fathering through food: children's perceptions of fathers' contributions to family food practices

ISA Research Committee on Family Research: Family Diversity and Gender, Lisbon, Portugal, September 2008

Julia Keenan and Helen Stapleton

Best for me or best for baby? Eating disordered mothers and infant feeding decisions

ISA Research Committee on Family Research: Family Diversity and Gender, Lisbon, Portugal, September 2008

Megan Blake, Lucy Crane and Jody Mellor

Buying local food: the role of shopping practice, place and consumption networks in defining food as local

Department of Geography, University of Hull, October 2008

Penny Curtis

'Dad's cooking's dreadful': gender and generation in everyday family life

Centrum för Konsumtionsvetenskap (CFK), Göteborgs universitet, Sweden, October 2008

(keynote paper)

Penny Curtis

'We've all got our mothers sitting on our shoulders': the construction of generational identities in family narratives about food

Centrum för Konsumtionsvetenskap (CFK), Göteborgs universitet, Sweden, October 2008

Helen Stapleton

'We do two sittings normally when we have us food': transitions to parenthood and the (re)organisation of gender roles and responsibilities

Centrum för Konsumtionsvetenskap (CFK), Göteborgs universitet, Sweden, October 2008

(keynote paper)

Helen Stapleton

'I think I do eat more healthy': reflections on women's consumption practices in pregnancy

Centrum för Konsumtionsvetenskap (CFK), Göteborgs universitet, Sweden, October 2008

Megan Blake, Lucy Crane and Jody Mellor

Buying local food: the role of shopping practice, place and consumption networks in defining food as local

Department of Geography, University of Sheffield, November 2008

Peter Jackson

Promoting inter-disciplinary research on families and food

Invited presentation to an ESRC seminar on 'Motherhoods, markets and consumption, Keele

University, January 2009

Peter Jackson

Families and food: beyond the cultural turn

Cultural Geography conference, Osnabrück, Germany, January 2009 (plenary)

Peter Jackson

Food for thought in the 21st century

Invited presentation for the ESRC Festival of Social Science, University of Sheffield, March 2009.

8. Working Papers

The following working papers are available to download from the programme website: <http://www.sheffield.ac.uk/familiesandfood/resources.html>:

Pamela Fisher

Making Healthy Families Literature Review

Pamela Fisher

Wellbeing and empowerment: the importance of recognition

Martin Pitts, Danny Dorling and Charles Pattie

Christmas feasting and social class

Martin Pitts, Danny Dorling and Charles Pattie

Oil for food - the global story of edible lipids

Alan Metcalfe

Children's lunchbox practices

Sarah Olive

Interpreting food and family within life stories: a dialogical approach

Penny Curtis and Pamela Fisher

Bringing it all back home: families with children with obesity

Heather Clark, Liddy Goyder, Paul Bissell, Lindsay Blank and Jean Peters

How do parents' child-feeding behaviours influence child weight? Implications for childhood obesity policy

Megan Blake, Jody Mellor and Lucy Crane

Buying local food: the role of shopping practices, place and consumption networks in defining food as "local"

Jody Mellor, Megan Blake and Lucy Crane

'When I'm doing a dinner party I don't go for the Tesco cheeses, it's that sort of level, you know': class distinctions, friendship and home entertaining.

9. Programme bibliography

Available in Harvard style and in annotated format, the bibliography has well over 1000 entries. It was compiled by Rebecca Brown, Heather Clark, Lucy Crane, Pamela Fisher, Julia Keenan, Alan Metcalfe, Sarah Olive, Katie Stubbs and is freely available to download from the programme website:

<http://www.shef.ac.uk/familiesandfood/resources.html>.

10. Final Statement of expenditure

To follow separately from Research Finance, University of Sheffield.

Appendix 1: Mid-Term Programme Conference (21-22 May 2007)

Session 1 – Pregnancy and Motherhood

Dietary intakes of low-income pregnant women and new mothers in Sheffield
Fiona Ford, Theodora Mouratidou, Robert Fraser

Infant Feeding Practices of Post-partum Women in Sheffield, UK
Theodora Mouratidou, Fiona Ford, Robert Fraser

Weighing it all up: women anticipating motherhood for the first time
Julia Keenan, Helen Stapleton, Amanda Wade

My Mother, My Self and My Doctors
Rebekah Fox, Paula Nicolson, Kristin Heffernan

Session 2 – Negotiating Family Life (a)

A pilot survey of child-feeding behaviours in Sheffield
Heather Clark, Elizabeth Goyder, Paul Bissell, Lindsay Blank, Jean Peters

Children's negotiation of family food practices
Katie Ellis, Allison James, Penny Curtis, Jasmine Kapoor

Dream and Nightmare Lunchboxes
Alan Metcalfe, Caroline Dryden, Jenny Owen, Geraldine Shipton

Moulding Food: the performance of the family roles
Megan Blake and Lucy Crane

Making Healthy Families?
Penny Curtis, Pamela Fisher, Jenny Owen, Graham Smith, Paul Ward

Session 3 – Negotiating Family Life (b)

Food choice and family context
Lindsay Blank, Paul Bissell, Elizabeth Goyder

Bonds of care in a hostel for the homeless
Rebecca Brown, Graham Smith, Paula Nicolson

The changing 'food ways' among Ukrainians in Bradford, UK
Oscar Forero, Graham Smith, Paul Ward, Barry Gibson

Women's magazines: some available discursive threads
Joseph Burridge

Session 4 – Gender, Masculinities and Motherhood

Masculine preserves? Cooking, gender and family, c. 1945-1985
Sarah Olive, Peter Jackson, Graham Smith

Food as a medium for emotional management
Joseph Burridge, Margo Barker

The Shokuiku (Nurturing and Raising) Discourse and Negotiations over Motherhood
Hiroko Takeda

Fathers, Families and Food
Alan Metcalfe, Caroline Dryden, Jenny Owen, Geraldine Shipton

Appendix 2: Final Conference, The British Library (21 October 2008)

Strand 1: Pregnancy and Motherhood (chaired by Paula Nicolson)

Healthy Start: the impact of new food provision schemes

Fiona Ford, Robert Fraser, Sarah Wademan, Theodora Mouratidou,

Changing Habits? Food, family and the transition to motherhood

Helen Stapleton, Amanda Wade, Julia Keenan

My Mother, Myself **Paula Nicolson, Kristin Heffernan, Rebekah Fox**

Strand 2: Childhood and Family Life (chaired by Allison James)

Children as family participants

Allison James, Penny Curtis, Katie Ellis, Jasmine Kapoor

Parental feeding behaviour and childhood obesity

Paul Bissell, Elizabeth Goyder, Heather Clark

Men, children and food

Geraldine Shipton, Jenny Owen, Caroline Dryden, Alan Metcalfe

Socio-historical reproduction and the transmission of food values

Graham Smith, Barry Gibson, Paul Ward, Oscar Forero, Cindy Wang-Cowham

Strand 3: Family and Community (chaired by Graham Smith)

Food choice and family context

Paul Bissell, Elizabeth Goyder, Lindsay Blank

Making healthy families

Penny Curtis, Jenny Owen, Graham Smith, Paul Ward, Pamela Fisher, Trish Green

(No) family (No) food **Graham Smith, Paula Nicolson, Becky Brown**

Food provision and the media

Margo Baker, Joseph Burridge, Kristelle McNair

Strand 4: Historical and Cross-Cultural Comparisons (chaired by Peter Jackson)

Food, eating and social trends

Martin Pitts

Families remembering food

Peter Jackson, Graham Smith, Sarah Olive

Feeding the family (UK and Hungary)

Megan Blake, Lucy Crane, Jody Mellor, Brigitta Osz

Governing food and families in Japan

Hiroko Takeda

Programme overview and future research

Peter Jackson

Comments from our critical friends

Libby Bishop, David Morgan and Anne Murcott

Appendix 3: Programme Seminars

Wednesday 31 May 2006

Anne Murcott, Former Director of the ESRC's Research Programme on 'The Nation's Diet':
Convenience and choice in food research

Wednesday 28 June 2006

David Morgan, Former President of the British Sociological Association:
Changing family practices with particular reference to food

Wednesday 4 October 2006

Frances Short, Associate lecturer at the Open University and author of 'Kitchen Secrets':
So do you think you can cook? The meanings, identifications, practices and abilities of cooks and cooking in everyday life

Wednesday 8 November 2006

Paul Thompson, Professor in Sociology at the University of Essex and
Elaine Banner, Institute of Education, London:
Jamaican hands across the Atlantic: a new family form for the global era?

Wednesday 6 December 2006

Rosemary Kyle, Food Policy Adviser at Sandwell PCT:
Men, food and families

Wednesday 31 January 2006

Susan McRae, Professor in Sociology and Social Policy at Oxford Brookes University:
The missing link: employment continuity after childbirth

Wednesday 4 April 2007

Emma Roe, Lecturer at the School of City and Regional Planning, Cardiff University:
Shopping for animal welfare-friendly foodstuffs: producing the spaces for emotional economies

Wednesday 2 May 2007

Alan Warde, Professor of Sociology and Co-Director of CRIC, University of Manchester:
Why eating in France is different

Wednesday 30 May 2007

Isabel Dyck, Reader in Human Geography at Queen Mary, University of London
Negotiating place, home and belonging: food practices and meanings in East London households

Tuesday 11 December 2007

Richard LeHeron, School of Geography, Geology and Environmental Science, University of Auckland
Re-making at-a-distance market relations: changing NZ-UK agri-food links and new political and economic spaces

Wednesday 12 December 2007

Richard LeHeron, School of Geography, Geology and Environmental Science, University of Auckland
Following the globalising organisation: towards a politics of emergence.