



COST OF LIVED EXPERIENCE LIVING

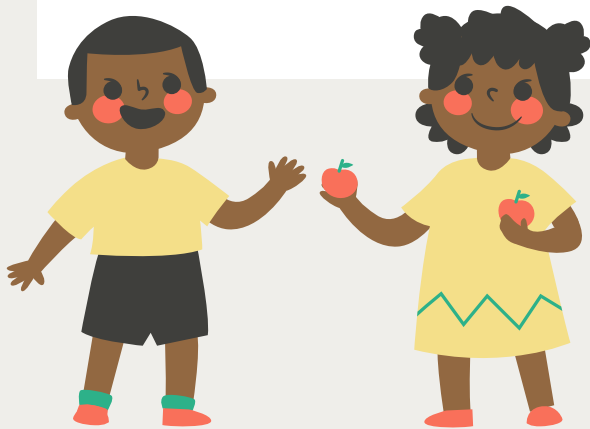
Presented By:
Dominic Watters

Presented To:
Civil Food Resilience webinar,
Sustainable Food Places



About Me

- **Single Dad**
- **Council estate**
- **Pay-as-you-go Gas & Electric**
- **Covid-19**





“IF YOU FROM MY ESTATE BLOCKS, YOU ARE FOOD INSECURE AS YOUR STARTING POINT”



**“I HOPE THEY INVITE ME
BACK NEXT YEAR”**

**“AT LAST NIGHTS
DINNER I SAW HOW
FOOD DISCONNECTS
PEOPLE”**

OFC 2025
FACING CHANGE, FINDING OPPORTUNITY



FOOD INSECURITY RE-DEFINED

WWW.DOMINICWATTERS.COM

...BY DOMINIC WATTERS



"We live in the most deprived blocks of this council estate, where our access to nutrition is overlooked."

"The shop on the estate only sells the lowest quality of ultra-processed food, making this a food desert in the Garden of England."



"This is what fuel poverty looks like, regularly we don't have enough gas or electric to cook with raw ingredients."

"This is where the bus never shows up. It's hard to make it out of here."



Resilience Reframed

POLITICAL

Influenced the way government understands food insecurity

POLICY

Ministers for the National Food Strategy and DEFRA are working with Dominic

Who's Knowledge Counts?

SOCIAL

More than 14,000 individual engagements on LinkedIn alone

PRICE RISES



“Disproportionate expectations of resilience”





HOUSE OF
LORDS



Lived experience
case study



**“IN MY ESTATE YOU CAN
GET BLUEBERRY VAPES,
BUT NO BLUEBERRIES”**

Dominic Watters, 2025



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