



community
food and health

(scotland)

Publications

MAY 2010

A feast of knowledge - a taste for learning

A major reason Scotland's community food initiatives are held in such esteem is their understanding of the challenges they face, their enthusiasm to better understand the difference they make and their commitment to sharing knowledge and learning.

Over the years an enormous amount of knowledge and learning from those tackling health inequalities and promoting social exclusion through the medium of food has been accumulated by Community Food and Health (Scotland) or CFHS. These range from helping local initiatives share some self-evaluation or a practical resource, through to commissioning major independent feasibility studies or impact assessments.

All of these are available, alongside extensive signposting to other relevant material, at **www.communityfoodandhealth.org.uk**

The following publications demonstrate some of the more recent knowledge and learning that has been encouraged or enabled by CFHS.

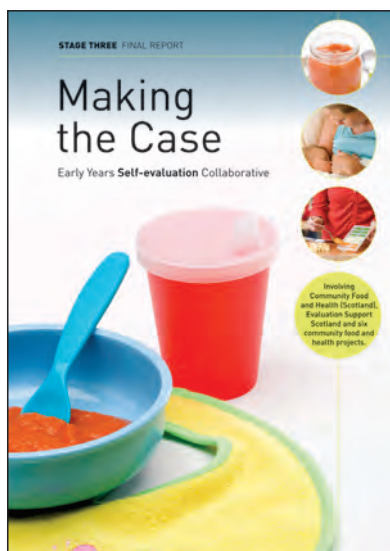
To keep up to date with future developments make sure you are receiving Fare Choice, our free quarterly newsletter, sign up for our new ebulletin, and don't forget to keep visiting the website.



Publications can be downloaded from the link given, from the relevant section of the site's Publications Library or using the site's search facility.

“Scotland has both a remarkable legacy as well as an admirable current resource in its social enterprises, community and voluntary sector.”

Publications (most recent first)



“Evaluation gives depth to work and more understanding of the impact work has on people’s lives.”

Early Years Self-evaluation Collaborative: Stage One interim report, Stage Two interim report and the final report, Making the Case

FEBRUARY 2010

Making the Case is the final report from the Early Years Self-evaluation Collaborative, a three-stage pilot support programme provided (over two years) by CFHS and Evaluation Support Scotland to support six community food and health initiatives improve their evaluation skills.

The stage two report gives an account of how the collaborative has embedded evaluation systems into its work with parents and children. The report also includes mini-evaluation reports from the collaborative members.

The stage one report outlines why the collaborative was set up, details of the community projects involved, a summary of the evaluation process and methods used and a set of six case studies.

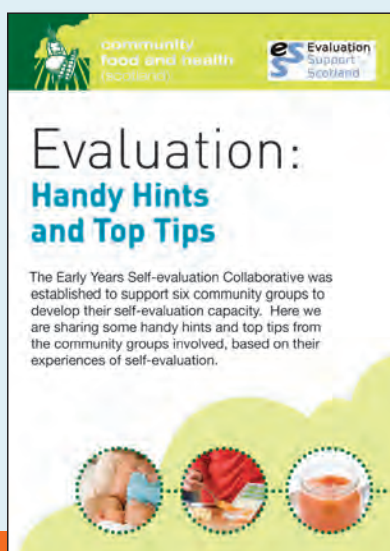
Publications library:

Children and young people

www.communityfoodandhealth.org.uk/fileuploads/cfhseystagethreereport-7469.pdf

www.communityfoodandhealth.org.uk/fileuploads/cfhseystageto-9312.pdf

www.communityfoodandhealth.org.uk/fileuploads/cfhsearlyyearsselfevaluationreport-5610.pdf



Early Years Self-Evaluation Collaborative: Handy hints and top tips

FEBRUARY 2010

After the work of the Early Years Self-evaluation Collaborative was completed, we spoke to the groups involved, asking them about what they had learnt from their experiences of developing their self-evaluation capacity. The groups were keen to share their learning, what they found challenging and their top tips for carrying out self-evaluation.

Hard copies are available on request.

“Evaluation is a valuable tool and has an impact on you and the people you work with. It helps you make positive changes.”

Tackling Health Inequalities in Scotland: working with communities - a partnership of Scottish Intermediary Bodies

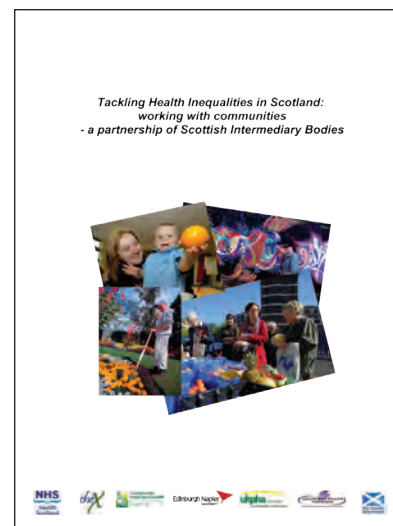
DECEMBER 2009

This report was produced by Napier University on behalf of CFHS, Community Health Exchange (CHEX), Voluntary Health Scotland and the UK Public Health Alliance, to highlight the contribution that national intermediary bodies make to the local tackling of health inequalities. The report looks at common features, as well as unique selling points of these well-established networking and support agencies.

Publications library:
policy and planning



www.communityfoodandhealth.org.uk/fileuploads/tackling-health-inequalities-in-scotland-working-with-communities-9934.pdf



REHIS Food and Health Course

SEPTEMBER AND NOVEMBER 2009

In 2006 the Royal Environmental Health Institute of Scotland (REHIS) launched the Elementary Food and Health course. Since then CFHS has delivered a targeted programme to promote it in low-income and excluded communities. This has included: low-income communities; organisations working with people affected by homelessness; the learning disability support sector; and the youth sector.

CFHS has produced a short leaflet which summarises this work:

Publications library:
cooking and growing



www.communityfoodandhealth.org.uk/fileuploads/cfhsleafletrehis-8191.pdf

Our publication **Food, training and learning disability** reports on this work in the learning disability support sector.

Publications library:
business and project development



www.communityfoodandhealth.org.uk/fileuploads/cfhsfoodtrainingandlearningdisabilityreport-5251.pdf





Minding Their Own Business Too: examples of community food initiatives that are becoming more enterprising

SEPTEMBER 2009

Minding Their Own Business Too is a companion to the Minding Their Own Business toolkit. In response to suggestions from people involved in community food and health work, it focuses on examples of community food and health organisations that have moved from thinking about being enterprising, to doing it.

Publications library:
business and project development

www.communityfoodandhealth.org.uk/fileuploads/cfhsmindingtheirownbusiness-too-3421.pdf



The Missing Ingredients

JUNE 2009

A report on what is currently happening in Scotland in relation to food, health and homelessness at both a strategic and community level. It covers what is happening on the ground, the different strategy documents; which organisations are delivering food, health and homelessness activities; and how work is funded, as well as how the impact of the work is measured.

Publications library:
policy and planning

www.communityfoodandhealth.org.uk/fileuploads/chfsmisingredientsreport-4754.pdf



A Taste for Independence

OCTOBER 2007

This guide discusses the experiences of 21 organisations throughout Scotland that work with a range of vulnerable groups. All these groups used food activities such as cooking, food shopping and budgeting to help people develop their independent living skills.

Publications library:
business and project development

www.communityfoodandhealth.org.uk/fileuploads/cfhstasteforindependence-8048.pdf



Fruitful Participation

MAY 2007

This publication gives a snapshot of how getting people involved in decision-making around food and health issues can be enjoyable, democratic, empower those involved and make a difference.

Publications library:
policy and planning

www.communityfoodandhealth.org.uk/fileuploads/cfhsfruitfulparticipation-4805.pdf



Studies/Evaluations

Economic Evidence

MAY 2010

Increasingly community and voluntary organisations are working to demonstrate their impact in social, health and economic terms. CFHS commissioned two studies to explore the economic evidence for community food initiatives.

Publications library:
policy and planning



Evaluation of The Food Train in terms of its economic value

www.communityfoodandhealth.org.uk/fileuploads/cfhseconomicevaluationfoodtrainmay2010-6432.pdf

An Evaluation of Happy Jack: What is the Economic Value of the Project?

www.communityfoodandhealth.org.uk/fileuploads/cfhseconomicevaluationhappyjackmay2010-6835.pdf

“The study explored the social impact as well as the economic value of The Food Train. This enabled an understanding of the value of the services to customers.”

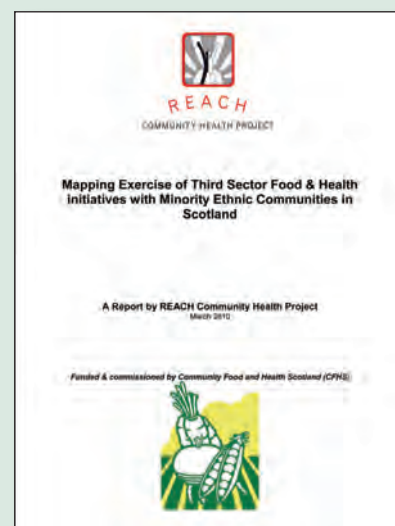
A summary of both studies will be available shortly.

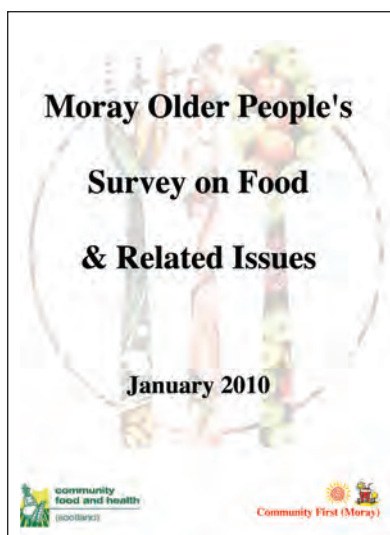
Mapping Exercises of Third Sector Food and Health Initiatives with Minority Ethnic Communities in Scotland

MAY 2010

This study was commissioned to provide an up-to-date picture of activity around food and health with minority ethnic communities in Scotland. The report is based on 79 interviews carried out with community based organisations by REACH Community Health Project. It outlines some of the challenges that organisations face in looking to meet the demand for activity and the kind of support that they feel will be useful.

Hard copies are available on request. A summary of the report will shortly be available in the Publications library: policy and planning.





Moray Older People's Survey on Food and Related Issues

MARCH 2010

This report provides a detailed picture of the issues experienced by 100 older people in Moray as they try to access affordable, healthy food. Commissioned to inform the national roll out of The Food Train, the study, by Community First (Moray) was also designed to provide a research methodology that can be used by others investigating the experiences of older people in their communities.

Publications library:
policy and planning



www.communityfoodandhealth.org.uk/fileuploads/moray-older-peoples-survey-on-food-and-related-issues-3688.pdf

“Following the training the vast majority (92%) of the respondents thought that their CFI has the skills, knowledge and capability to adopt a more commercial approach to distributing fresh fruit and vegetables.”

Scottish Grocers Federation Healthy Living Pilot Evaluation and summary

AUGUST AND NOVEMBER 2009

CFHS commissioned EKOS to produce a report on the evaluation of the SGF Healthy Living programme pilot. The pilot rolled out the training and resources available to 27 community food initiatives. The evaluation looks at the impact of the pilot and includes case studies from a number of them.

Publications library:
catering and retail



www.communityfoodandhealth.org.uk/fileuploads/sgfhealthylivingevaluationreport-7313.pdf

www.communityfoodandhealth.org.uk/fileuploads/cfhssummarysgfhealthylivingpilot-2621.pdf



Food, Health and Homelessness Capacity Building Fund

JANUARY 2009

In 2007 CFHS launched this fund for food and health activities that considered the needs of people who are homeless, or at risk of becoming homeless. This publication tells you about some of the activity that has happened as a result of the capacity building fund and also shares some of the successes and lessons learnt.

Publications library:
policy and planning



www.communityfoodandhealth.org.uk/fileuploads/chfsfhfundevaluationreport-6635.pdf

“Through the CFHS Food, Health and Homelessness Capacity Building Fund, a wealth of work has been undertaken and has allowed some projects to explore working in new ways with homeless people and those at risk of becoming homeless.”

Scoping Study: Options for collaborative working in Glasgow

APRIL 2009

This study, commissioned by CFHS, includes a mapping of current community food and health activity, details of the local and national policy context, and a number of options relating to the development of the Glasgow Community Food Network, including the establishment of a distribution hub in Glasgow.

Publications library:
policy and planning



www.communityfoodandhealth.org.uk/fileuploads/ekosscopingstudyoptionsforcollaborativeworkingglasgow-3521.pdf

“Although there are not many organisations with a specific food and health remit in Glasgow, the scope of voluntary sector organisations involved in community food and health work is considerable.”

Scoping Study: Collective action to address community access to food

AUGUST 2007

A scoping study commissioned by CFHS, looking at the options for greater collective action by food co-op networks in east-central Scotland.

Publications library:
policy and planning



www.communityfoodandhealth.org.uk/fileuploads/cfhsscopingstudyekos2007-0535.pdf

“This scoping study set out to better understand the collective challenges, capacity, aspirations, and potential of five community food networks.”

Learning doesn't stand still

Our free quarterly newsletter Fare Choice, encourages and enables individuals, groups and agencies to talk, learn and do by sharing news, views, evidence and experience on policy and practice. The special edition of Fare Choice provides an review of our annual small grants scheme, which will shortly be evaluated to study the impact over time of small scale investment in community food activity.

Publications library:
our newsletters



www.communityfoodandhealth.org.uk/fileuploads/cfhfarechoiceissue51-3653.pdf

www.communityfoodandhealth.org.uk/fileuploads/cfhfarechoicegrantsedition2010-5289.pdf

Similarly, as this year's workshop-based annual networking conference is being organised, we can share the learning from last and preceding years.

Publications library:
conferences and networking



www.communityfoodandhealth.org.uk/fileuploads/cfhgoingforthkeypointsfromworkshops-5720.pdf





In the coming years it will be more important than ever that initiatives are informed by the best available evidence, and much of that evidence and practical experience rests within communities themselves.

To keep up with, and contribute to, all the knowledge generated and learning shared by Scotland's communities ..

... regularly visit www.communityfoodandhealth.org.uk

... join in learning events and share your experience

... subscribe to Fare Choice, our free quarterly newsletter

... sign up for our new ebuletin

... and most importantly keep in touch and keep informed.



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