



community
food and health

(scotland)



Publications

SEPT 2011

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). 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 is just some of the more recent knowledge and learning that has been encouraged or enabled by Community Food and Health (Scotland).

To keep up to date with future developments make sure you are receiving Fare Choice, our free quarterly newsletter, sign up for our e-bulletin and find us on Facebook, 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)



Community Food Initiatives Retailing in Hospitals and Health Centres

SEPTEMBER 2011

This publication looks at the work of several community food initiatives that are, or have been, running fruit and vegetable stalls in hospitals and other health service premises.

Flying off the shelves: a guide for community food retailers to help them sell more fruit and vegetables

SEPTEMBER 2011

This is a guide for community food retailers about increasing sales and has been produced to complement the resources made available to community food initiatives through our work with the Scottish Grocer's Federation's Healthy Living programme.

Publications library:

Retailing and catering

www.communityfoodandhealth.org.uk/fileuploads/cfhscfishospitalretailing-0685.pdf

www.communityfoodandhealth.org.uk/fileuploads/cfhflyingofftheshelves-0118.pdf



Meals and Messages

JUNE 2011

Outlines the main findings from the ODS study into food services for older people (see page 6) together with recommendations for action by the Scottish Government, local authorities and local communities.

Publications library:

Policy and planning

www.communityfoodandhealth.org.uk/fileuploads/meals_messages_report_2011-3770.pdf



A bite and a blether

JUNE 2011

Brings together material from six lunch clubs in different parts of the country, most of which are run by older people for older people.

Publications library:

Catering and retail

www.communityfoodandhealth.org.uk/fileuploads/lunch-club-online-3662.pdf



Hard to Stomach: recommendations on tackling food access and affordability requested by the Scottish Government from those who do so on a daily basis

MARCH 2011

Recommendations sought by the Scottish Government from a working group on food access and affordability, supported by CFHS, were sent to Ministers in March 2011. The report produced by the group involved representatives from community and voluntary organisations in Edinburgh, Lanarkshire, Fife and Dumfries and Galloway.

Publications library:
Policy and planning

www.communityfoodandhealth.org.uk/fileuploads/hard-to-stomach-5100.pdf



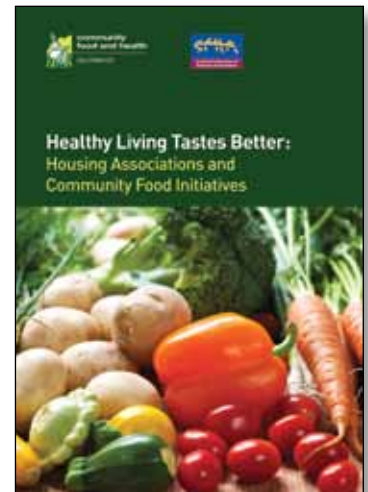
Healthy Living Tastes Better: Housing Associations and Community Food Initiatives

MARCH 2011

Through its work CFHS was aware that a number of housing associations were involved in delivering or supporting community food and health work. This publication showcases some examples of housing associations involved in community food and health work.

Publications library:
Catering and retail

www.communityfoodandhealth.org.uk/fileuploads/cfhsfhahealthylivingtastesbetter-0129.pdf



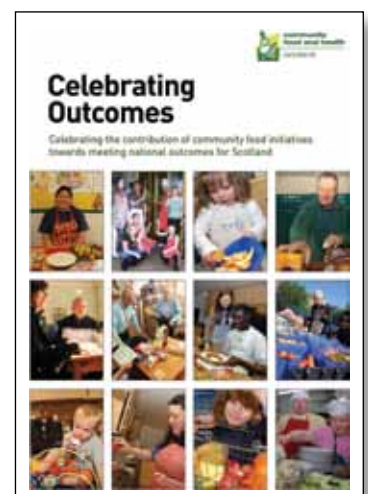
Celebrating Outcomes: celebrating the contribution of community food initiatives towards meeting national outcomes in Scotland

JANUARY 2011

This publication highlights the important contribution that community food initiatives are making towards achieving Scotland's national outcomes.

Publications library:
Policy and planning

www.communityfoodandhealth.org.uk/fileuploads/cfhscelebratingoutcomes-8255.pdf





Beyond Smoothies: developing cooking and healthy eating activities for young people

NOVEMBER 2010

This short report shows what 20 groups and agencies learnt and gained from running practical healthy eating activities and taking part in the REHIS Elementary Food and Health course.

Publications library:
Children and young people

www.communityfoodandhealth.org.uk/fileuploads/cfhsbeyondsmoothiesweb-7885.pdf



How to get beyond smoothies: top tips and ideas for healthy eating activities with young people

MARCH 2011

This booklet features tips and ideas gathered from a CFHS youth, food and health networking event that focused on work with a range of young people.

Publications library:
Children and young people

www.communityfoodandhealth.org.uk/fileuploadscfhshowtogetbeyondsmoothies-5671.pdf



Fact sheets

The impact of investing small amounts of funding in community food and health organisations

JUNE 2011

“The funding has enabled us to promote our co-ops at a time when they were struggling and has helped to bring them back to life.”

A fact sheet that highlights the results of providing community food retailers with small amounts of funding to promote their activities and increase fruit and vegetable sales.

Publications library:
Catering and retail

www.communityfoodandhealth.org.uk/fileuploads/fact-sheet-jan-promo-6777.pdf



Healthy eating and beyond: the impact of cookery sessions

MAY 2011

“Cookery sessions need to be realistic and teach easy, fast and tasty recipes, sometimes using more subtle healthy eating messages.”

A fact sheet that provides a snapshot of community cookery sessions being delivered around Scotland.

Publications library:
Cooking and growing

www.communityfoodandhealth.org.uk/fileuploads/cookery-skills-factsheet-6451.pdf



What is the impact of the CFHS small grant scheme?

MAY 2011

“Key learning was that grants led to enhanced relationships with partner bodies such as health services, local council services, other agencies and stakeholders.”

This fact sheet demonstrates the reach of the CFHS small grant scheme over a three year period.

Publications library:
Business and project development
[www.communityfoodandhealth.org.uk/
fileuploads/small-grants-factsheet-6984.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/small-grants-factsheet-6984.pdf)



Resources, toolkits and recipes for community cookery

MAY 2011

A fact sheet with a list of resources suitable for groups that wish to develop community cookery sessions in low-income communities.

Publications library:
Cooking and growing
[www.communityfoodandhealth.org.uk/
fileuploads/resources-fact-sheet-6569.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/resources-fact-sheet-6569.pdf)



Networks and networking: how four community food and health initiatives are developing networks

APRIL 2011

“Try not to be put off if your network starts small. It will grow as it develops.”

This fact sheet shares information and experiences on developing networks.

Publications library:
Conferences and networking
[www.communityfoodandhealth.org.uk/
fileuploads/networks-and-networking-5599.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/networks-and-networking-5599.pdf)



Community food initiatives contributing to the Scottish Government Route Map for Preventing Overweight and Obesity in Scotland

MARCH 2011

“Working together across all the public sector, the third sector, and business, we can make the necessary changes that can impact on the way we lead our lives.”

Through improved access to healthy food, communities are improving the health of vulnerable individuals and families. This fact sheet explores how community food and health activities are contributing towards national priorities around overweight and obesity that are described within the Obesity Route Map for Scotland.

Publications library:
Policy and planning
[www.communityfoodandhealth.org.uk/
fileuploads/cfhsfactsheetobesityroutemap-march2011-2700.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/cfhsfactsheetobesityroutemap-march2011-2700.pdf)



Gathering information – the role of databases

MARCH 2011

This factsheet considers how three community food initiatives have developed electronic databases to gather, store and use their information.

Publications library:
Business and project development
[www.communityfoodandhealth.org.uk/
fileuploads/cfhsfactsheetdatabases-7599.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/cfhsfactsheetdatabases-7599.pdf)



TV Dinners: adapting TV formats to promote healthy eating and cookery skills

MARCH 2011

This factsheet provides examples of how three youth groups were inspired by TV formats to create a friendly competitive environment to teach cookery skills.

Publications library:
Children and young people



[www.communityfoodandhealth.org.uk/
fileuploads/cfhstvdinners-3673.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/cfhstvdinners-3673.pdf)

Short introduction to 'training the trainers' – healthy cookery course

JUNE 2010

This fact sheet summarises information gathered from across Scotland on activities that 'train the trainers' to deliver healthy cookery and food preparation skills in low-income communities.

Publications library:
Cooking and growing



[www.communityfoodandhealth.org.uk/
fileuploads/cfhsfactsheettraining
thetrainersjune2010-7826.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/cfhsfactsheettrainingthetrainersjune2010-7826.pdf)

Studies/Evaluations

Food services for older people

JUNE 2011 (ODS)

"I like the companionship the best and being in touch with people – otherwise I'd be alone, without any family around. The staff are quite good at having a blether."

This study was commissioned by Consumer Focus Scotland/CFHS to provide baseline information about the range and extent of food services for older people living in the community in Scotland. The research explored consumers' views on these services and sought to address gaps in provision.

Publications library:
Policy and planning



[www.communityfoodandhealth.org.uk/
fileuploads/odsfoodservicesforolder
peoplereportforcfs-7699.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/odsfoodservicesforolderpeoplereportforcfs-7699.pdf)

CFHS learning and development programme evaluation

JUNE 2011

This evaluation looks at the impact the learning and development programme had on its participants.

Publications library:
Business and project development



[www.communityfoodandhealth.org.uk/
fileuploads/cfhs-learning-and-development-
programme-6888.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/cfhs-learning-and-development-programme-6888.pdf)

Report on research into community cafés in Scotland

MARCH 2011 (CLARITY)

This research report on community cafés, produced for CFHS by Clarity, looks in detail at the operation and management of 12 community cafés from across Scotland.

Publications library:
Catering and retail



[www.communityfoodandhealth.org.uk/
fileuploads/cfhsclaritycommunity
caferesearch-1951.pdf](http://www.communityfoodandhealth.org.uk/fileuploads/cfhsclaritycommunitycaferesearch-1951.pdf)





Evaluation of the Edinburgh Community Café Capacity Building Pilot Programme

DECEMBER 2010

“As a result of the training small changes have been made.”

With the Edinburgh Food and Health Training Hub, we ran a capacity building pilot for community cafés between March and June 2010, with nine cafés in total taking part in the programme.

Publications library:
Catering and retail



www.communityfoodandhealth.org.uk/fileuploads/cfhsevaluationedinburghcommunitycafecapacitybuildingpilotprogramme-0479.pdf

Report on research to establish the impact of the CFHS small grant scheme

NOVEMBER 2010 (CLARITY)

In Spring 2010 CFHS commissioned external research to explore the impact of small grants of 2008. In 2008, 58 organisations received funding between £150 and £3000. The research explored the impact of the grants for individuals, communities and the organisations themselves. Issues around sustainability and key learning were also captured

Publications library:
Policy and planning



www.communityfoodandhealth.org.uk/fileuploads/cfhsclaritycommunitycafe-research-1951.pdf

Evaluation of social enterprise activities

OCTOBER 2010

Since 2008 CFHS has offered a range of learning and development opportunities around social enterprise. An evaluation of these activities was recently carried out with the participants.

Publications library:



Business and project development
www.communityfoodandhealth.org.uk/fileuploads/cfhsevaluationofsocialenterpriseactivities-5222.pdf

Learning doesn't stand still

Fare Choice


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.

Publications library:
Our newsletter



www.communityfoodandhealth.org.uk/plugins/publications/ournewsletters.php





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 e-bulletin
- ... find us on Facebook
- ... and most importantly keep in touch and keep informed.



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