

**FARE CHOICE**



*“Eradicating food poverty is an important element of our strategy to reduce health inequalities in Scotland. There is no doubt that community food initiatives can encourage and support people living on low-incomes to work towards a healthier diet and so achieve better health.*

*I am therefore delighted that £50,000, a significant proportion of the money being provided this year by the Scottish Executive to the Scottish Community Diet Project, is being channelled towards the development of innovative community food initiatives aimed at tackling food poverty.*

*My warmest congratulations to the grant applicants whose success, I am sure, will spur others on to developing further community food initiatives.”*

**Susan Deacon**  
**Scottish Executive,**  
**Health and Community Care Minister**

The above statement, following the distribution of this year’s small and strategic grants, was the first of several encouraging signs for all those tackling food poverty in Scotland.

The second and probably most important, was the decision of the Scottish Executive’s Department of Health to give an additional £60,000 funding for local grants to the Scottish Community Diet Project. Details of how to apply for grants will be included in the next edition of Fare Choice.

A third sign was the decision by the Caroline Walker Trust to recognise the efforts of Scotland’s local communities by presenting one of their annual awards to the Scottish Community Diet Project. The Caroline Walker Trust, set up after the untimely death of a much admired food campaigner, is committed to “improving public health through good food.”

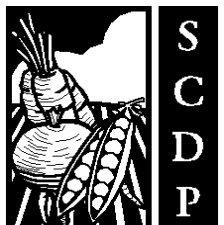
Bill Gray, the Scottish Community Diet Project’s National Project Officer, attended the trust’s eleventh annual lecture in London to accept the award. The judges clearly appreciated, not only the quantity and quality of work being undertaken in Scotland, but also its influence on policy makers.

The enthusiasm and imagination displayed at the SCDP’s recent series of conferences (see page 2 for details) is another sign of the momentum that is building. Hopefully a proposed series of training events planned for the new year will prove equally attractive. Details will be sent out soon to everyone on the mailing list.

<sup>1</sup> More details on the Caroline Walker Trust available from PO Box 17611, London, SW10 9WT

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# MINDFUL



## CONFERENCE UPDATE

Collectively advertised under the title 'Mindful', a series of three conferences organised by the Scottish Community Diet Project has recently taken place.

The first event in early August saw around eighty volunteers, fieldworkers and policy makers from around the country gathering in Glasgow to discuss the issue of Breakfast Clubs. SCDP were delighted to get assistance in running 'Breakfast Daze' from Glasgow North Community Health Project, one of the country's most experienced practitioners in this field. Both the guest speakers and the delegates reflected the many agendas touched on by Breakfast Clubs and the multitude of motivations of those involved.

The following month a conference jointly organised with the Scottish Community Development Centre and the West of Scotland Network of Community Health Projects focused on Health Inequalities. The conference, held in Paisley, entitled 'Well Down the Road to..', was a follow up to last years event on the same theme. A majority of the ninety-odd taking part worked on issues around food, further emphasising the importance of diet within the public health agenda. Another interesting discovery was the number of delegates who had an involvement with Social Inclusion Partnerships (SIP's), Community Schools and Healthy Living Centre bids. The imaginative workshop techniques used on the day also seem to have gone down well with participants.

October's conference concerned building local food partnerships and developing local

food strategies. Following an examination of the national and local perspectives by staff from Sustain (formerly the National Food alliance) and the Stirling Health and Wellbeing Alliance, workshops allowed the seventy delegates to share their wealth of experience and expectations for the future.

All three events have been written up and the reports are currently being sent out to participants. Anyone who didn't attend but would like a copy of any of the reports should contact Lizanne or Bill at SCDP (see back page for address/tel etc).

*"Success to me was seeing an extremely shy little girl look you straight in the face and smile for the first time or when a little boy chose to sit with others to eat rather than alone in the corner as he had previously"*

Sadie Gordon (North Glasgow CHP) at 'Breakfast Daze'

*"Communities need professional partners who listen, understand and genuinely consult...we currently have too few people doing too many things...funding must include realistic timescales and targets"*

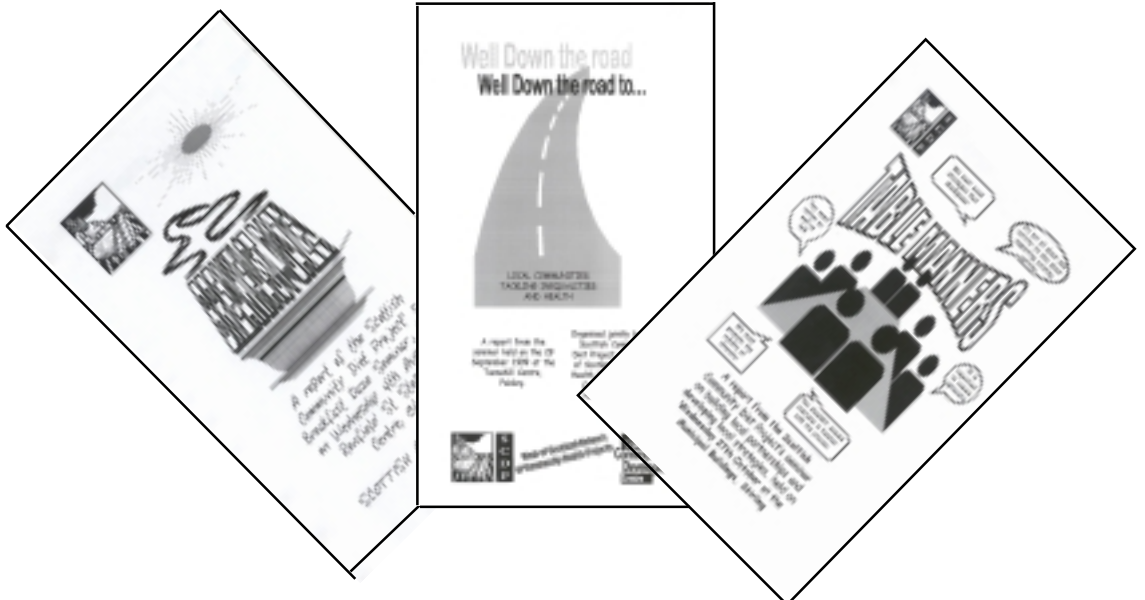
Quotes from workshops at 'Well Down the Road to..'

*"Partnerships are about people....strategies must promote the validity of diversity"*

Jacqui Webster (Sustain) at 'Table Manners'

*"Any strategy needs action as well as talk"*

Jeannette McCormick (SH&WBA) at 'Table Manners'





**The McCarrison Society** for Nutrition and Health was set up in 1966 to promote the importance of nutrition in combating ill health and disease. The chairman of its Scottish Group recently attended our Table Manners seminar in Stirling. Tom Stockdale has since written to the SCDP to express some of his thoughts about the event. Here are a few some extracts from his letter:

Dear SCDP

I enjoyed attending your conference in Stirling last week, and would like to make a few observations, which may be of interest. I was initially surprised by the emphasis upon 'partnerships', but then realised that this was because of the problems in obtaining funding and in achieving integration within a diversity of social groups. These problems were giving the impression of causing a sense of insecurity even in people who were working upon long-term projects.

I was further surprised by the almost complete absence of references to 'Health'. It seemed to be generally assumed that if people are instructed how to cook, and to decrease their intakes of fat, sugar and salt, while increasing their consumption of fruit and vegetables, that improvements in health will automatically follow. While consuming an adequate diet may prevent a decline in health it does not follow that it will significantly improve the health of people who have been experiencing a bad diet throughout their lives. There is therefore a serious risk that it will become impossible to demonstrate the benefits of even the best conceived and managed community projects, and that it will become even more difficult to obtain even short term funding. It needs to be impressed upon some specialists that their contracts will be terminated unless they agree to implement measures which are designed to prevent rather than to treat the diseases associated with malnutrition.

Yours sincerely

**Tom Stockdale**  
21 Castle Douglas Road, Dumfries

Since the **Crossing Borders Food Conference** in Toronto, the SCDP is keen to continue to share information about community food activity in Canada and elsewhere.

Nina Dutton, a Ph.D. student from Edinburgh University, also attended the Crossing Borders event and spent the summer in Toronto comparing its community food activity with similar initiatives back home in Scotland. Nina has captured some of the highlights from her Toronto trip for Fare Choice:

Dear SCDP

I visited 'Field To Table' a community food initiative in Metro Toronto as part of a student placement. Field to table is a project of Foodshare - a non-profit charity organisation who undertake many different projects with the aim of 'Working with communities to end hunger by improving access to safe, affordable and nutritious food that is personally acceptable.' I went particularly to see their 'Good Food Box' project. This is essentially a bulk buying box scheme aimed at low-income families. The Good Food Box project started in 1994 and has steadily grown from selling 35 to 1,000 boxes of fresh fruit and vegetables a week.

The project is targeted at low-income areas of Toronto, however anyone can purchase a box. The boxes are almost half the price of buying the food from local supermarkets. The project relies on volunteers to pack the boxes and act as co-ordinators. All the volunteers receive a free box, which is an important incentive and benefit to them.

The boxes vary with each delivery depending on what is in season or a good deal at the time. A newsletter containing recipes is also included within the box. For the future, the project wishes to encourage the sale of the boxes in more low-income areas than they are previously covering. They are also trying to expand into buying more produce directly from local small-scale farmers. For more information, please contact **FoodShare**, 238 Queen Street West, Lower Level, Toronto, Ontario, M5V 1Z7 or email: [fdshare@web.net](mailto:fdshare@web.net)

Yours sincerely

**Nina Dutton**  
**University of Edinburgh**  
**R.U.H.B.C.**







## WHAT'S HAPPENING AT HOLYROOD ?

Four Social Inclusion Strategy Action Team reports have been produced highlighting how inclusive policies can be developed in the new Scotland.

The reports, entitled 'Excluded Young People', 'Local Anti-Poverty Action', 'Inclusive Communities', and 'Making it Happen' were intended to *"feature the ideas and priorities of people in the frontline of the battle against poverty"*.

The reports from the action teams, set up last March, are not statements of Scottish Executive policy but were described at their launch by the Minister for Communities, Wendy Alexander as showing *"the wide and challenging agenda facing us in the fight against poverty and exclusion."*

The report on 'Local Anti-Poverty Action' may be of particular interest as work around food is highlighted in the section on 'reducing living costs'.

One recommendation already taken further, in fact within 24 hours of the reports' publication, has been the establishment of a Scottish Community Investment Fund.

Speaking at the Bank of Scotland's headquarters in Edinburgh, before visiting the Community Café at the Prentice Centre in Granton, Ms Alexander said, "This fund will help communities to help themselves. It will support practical measures to build bridges out of poverty across Scotland."

Financing for the new Scottish Community Investment Fund is expected to come from a range of sources- Europe, Lottery, public sector, banks and other financial institutions, companies and even the general public. The fund, which is hoped to total £10 million, could be operational by summer 2000.

Martyn Evans, director of the Scottish Consumer Council, and a member of the Local Anti-poverty Action Team told Fare Choice *"What impressed us was the energy and innovation shown by so many local initiatives to combat poor, costly and indeed absent goods and services. Food projects in particular showed enormous variety and scope."*

*"Our conclusion was that energy could be boosted even further by better funding, clearer evaluation of the successes of so many projects and effective networking between local communities."*

The reports are all accessible on the Scottish Executive website, as is news of the Community Investment Fund. (<http://www.scotland.gov.uk>) otherwise copies can be obtained from **Susan Haddon, Social Inclusion Division, The Scottish Executive, Victoria Quay, Edinburgh, EH6 6QQ.**



**Meanwhile at Westminster** the Bill to establish the Food Standards Agency received Royal Assent on 11<sup>th</sup> November. The Agency will be a new UK body taking a strategic view of food safety and standards across the whole food chain, accountable through Health Ministers in Westminster and the Scottish Parliament.

It will operate at arm's length from Ministers under the day to day responsibility of a Chairman, deputy Chairman and members. Interviews for chairman and deputy chairman were held in September and are now being held for the remaining members. The names of those appointed to the Agency will be included in the next edition of Fare Choice.

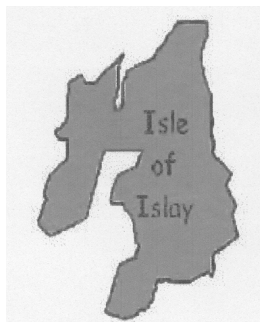
The Agency is likely to become operational in the Spring of next year.

*"A jar of coffee, a packet of digestives and a new government please!"*

The Queen's Speech on November 17<sup>th</sup> outlined proposals for a range of Bills to come before Parliament in the coming session. One proposal is a Representation of the People Bill which, amongst other things, will pilot innovative electoral procedures. One suggestion from the working party that has been looking into this was to allow polling stations to be set up in supermarkets!

*"Possible alternatives to traditional polling stations suggested in the consultation included supermarkets or shopping malls..."*

From final report of Working Party on Electoral Procedures. Home Office, October 1999.



## HEALTH MATTERS IN THE HEBRIDES !

Since its launch in March 1996, the Islay and Jura Health Promotion Project has been, in the words of its co-ordinator, Carol Muir, *"on a rollercoaster ride, reaching out, and touching the local community in many different ways"*.

On the 10<sup>th</sup> November 1999, a lively celebration of the project's work and evaluation findings took place in Islay's Ballygrant Hall. As an alternative to Fare Choice's regular 'Take Stock' feature, here is a flavour of the food activity taking place on Islay and the project's plans for the future. The next edition of Fare Choice will see the return of Take Stock featuring the Lanarkshire Federation of Food Coops.

Behind the remote and idyllic Islay image conjured on a label of Islay's best malt whiskey, Islay shares many of the problems synonymous with rural poverty and deprivation. Poor diet and health coupled with unemployment, high living costs, drug and alcohol misuse, and depopulation, particularly of its young people, were only some of the issues raised when Argyll and Bute Health Promotion Task Group carried out a needs assessment on Islay three years ago.

The concept of Islay as a 'health promoting island' was first mooted by a local Islay G.P, in whose premises the project now resides. Charged with the main aim of getting health on everyone's agenda throughout the island, the project has successfully developed a wide range of collaborative health activities that are responsive to the needs and priorities identified by local people.

Food activity has been a key feature of the project's work since the high cost and poor quality of local food is of real concern to the island. The 'Best by Miles, Food from the Isles' initiative is one example of the project's work. Supported by the Scottish Community Diet Project and linked to Islay the Brand, this initiative encouraged locals to take advantage of fresh, local ingredients, some of which were available free, such as wild mushrooms, herbs and rabbit at the Islay Show in 1997. Children were also encouraged to plant vegetables to take home.

The island also has its own state of the art Community Cybercafe, which was set up in 1998 from funding from the local MacTaggart Third Fund. Although all the community are welcome to use the

café and its internet facilities, the café is principally a place for the youth of Islay to meet, enjoy learning about computers, and eat at affordable prices as well as create local jobs.

Another major success story on the island is the Horticultural IDEAS project and its Beech Grove Garden award winning community garden. The Islay Disabled Endeavour and Action Group was formed in 1992 to improve local facilities and support for people with varying disabilities. The garden was initially developed to help integrate both the able bodied and disabled communities in Islay and has since grown from strength to strength. Health spin-offs from the garden have been many, and plans are currently underway to expand the garden and grow organic produce in a number of polytunnels to supply local food outlets, including the cybercafe.

Improving the quality of life is very much viewed as a long-term and partnership process by the project. With secure funding from Argyll and Clyde Health Board for the next two years, the project is involved with a number of agencies in making a bid to the New Opportunities Fund for an Islay healthy living centre. This will involve a wide range of health developments, including a healthy Islay food cooperative.

*"There's a buzz on Islay that wasn't there before. The Health promotion Project has contributed enormously to this"*

One of the key factors of the project's success would seem to be its positive ethos in all its ventures, big and small. As one person commented at its celebration day *"fun is a major factor about the project - this is the best recipe for learning."*

The evaluation launch was certainly a fun filled and inspiring day, and provided a real taste of island life with all its beauty as well as challenges. Well done to all involved!

For more information about the project, please contact Carol Muir, Islay and Jura Health Promotion Project, The Surgery, Black Road, Port Ellen, Isle of Islay, Argyll PA42 7DR. Tel: 01496 302 683.



At a recent European meeting I was struck by a paper from a Norwegian colleague from the **National Council on Nutrition and Physical Activity in Norway**. In 1996 (*the same year as*

*the Diet Action Plan for Scotland was published!*) the National Council decided to increase efforts to promote fruits and vegetables due to recently published evidence on the relationship between diet and cancer.

Three target groups were identified as essential for improving overall dietary profiles: children and young people, young men, and adults with children. The starting point to this endeavour was recognition that “Enhanced availability is a prerequisite for increasing produce consumption”. In other words, no point in recommending something that isn’t actually available or that is not being promoted in a way, which enables people to wish to choose to eat more.

The increased efforts in this arena have taken four main routes. The first is an information campaign, which has emphasised that eating more fruits and vegetables reduces the risk of cancer. The impact of this campaign has been a raised awareness of the diet cancer relationship from 14 to 39% of the population. The second route is a subscription programme for fruit and vegetables in primary and lower secondary schools to promote access. This project gives pupils the opportunity to register for a fruit or vegetable every day together with a milk carton. Produce wholesalers make deliveries to the schools and parents pay the subscription. From 2000 this work will receive 5.5 million NR in funding to subsidise the prices pupils pay and the programme will go nation-wide in 2001.

Canteens at workplaces are considered another key area for increasing fruit and vegetable intake, thus the green canteen programme is monitoring increases in the volume of fresh fruits, vegetables and potatoes purchased by canteens (present figures suggest increases of 10% for fruits and berries, 8% for potatoes and 9% for vegetables). Finally, there is recognition that retailers have a crucial role to play in supplying fruits and vegetables. One grocery store chain is particularly notable in that it offers a quality guarantee of double the price on return of poor quality produce. Apparently this

retailer has doubled the sales of fruit and vegetables!

The Norwegians now await the impact of all these efforts. After 2 years of implementation there has been little impact on consumption as measured by the NORKOST survey but it is recognised that it may take some years to show an overall effect. Meanwhile some encouraging results on purchase suggest that these initiatives are starting to change food choice patterns.

Others have already extensively reviewed the **Crossing Borders** conference in Toronto but I wanted to take this opportunity to highlight some key issues for discussion and consideration.

**In the Food Security workshop**, Rod MacRae of the Toronto Food Policy Council raised some interesting topics including a theoretical goal of achieving 25% of retail food sales through supermarkets, 25% through direct farmer-consumer sales, 25% through community food development projects and 25% through small speciality stores.

Michael Hamm and colleagues in New Jersey gave a presentation on **community gardening and vegetable intake**. Gardeners appear to consume significantly more vegetables than non-gardeners (2.8 vs. 1.3 servings). This group went on to estimate the amount of land required for residents in a defined geographical area to increase vegetable consumption and taking the theoretical costs of this compared to cancer costs.

Caroline Marier and colleagues from Quebec looked at **developing a food security monitoring system** in Montreal using data from community food security portraits, retail food store studies and socio-economic data. The authors noted that “in addition to providing information, that monitoring activities nurture inter-sectoral collaboration and action at local and regional level”.

Janet Poppendieck from New York focussed on “**Does charity undermine rights? Public and charitable food assistance in the US?**”, and raised the question of whether private charity and public rights are really compatible.

**Kids Can Make A Difference** aims “to inspire students to realise that it is within their power to help eliminate hunger and poverty in their communities”. Have a look at the organisation’s website at: <http://www.kids.maine.org/>



## A BITING ISSUE

**“The poorest 10 per cent of children in Scotland suffer 50 per cent of the dental decay. That is unacceptable. A generation has passed by since Scotland last addressed the question**

**of the fluoridation of public water supplies. We owe it to the Scottish people and to our children to reopen that debate in a spirit of open consultation that is based on the facts.”**

Susan Deacon,  
Health and Community Care Minister  
Scottish Executive, September 1999

The fact that water is essential to life will come as no surprise. The human body's need for water is second only to its need for air: adults can survive for many weeks without food, but only a few days without water.

It is the business of water companies to supply us with a clean, safe and drinkable source of water, but whose business is it to decide whether our water supply should be fluoridated or not? The Government believes that fluoridation of our water supply, where possible, offers the most effective means of improving the dental health of Scotland's children, particularly those living in disadvantaged circumstances. (Towards a Healthier Scotland, 1999) Fluoridation is indeed an issue soon to be debated by the Scottish Parliament. In adopting the proposals set out in the Health White Paper, the Government pledged to consult widely on the issue to gauge public's support and its concerns.

So what is fluoride? Fluoride is a mineral associated with the structure of strong bones and teeth, and increases the resistance of the latter against decay. Drinking water and fluoridated toothpaste are our main sources. Some areas have a water supply with naturally high fluoride levels, but most areas in Scotland do not. Too much fluoride can be harmful, but the main argument in support of fluoridation is that it will help reduce inequalities in dental health.

To help demystify the issue and find out the facts, here a number of contacts, which may be of interest. Some present very strong cases either in favour of or against fluoridation. Before making up

your own mind, consider all the evidence presented and its factual content, which may vary. Find out who is saying what and why they're saying it. Do they have vested interests? Whose arguments do reliable medical opinion and medical evidence support? How are the arguments presented? Look at their use of language and tone. Are the arguments sensational and scaremongering, or well balanced and informed? The choice is yours...

- **British Fluoridation Society**

4<sup>th</sup> Floor, School of Dentistry

University of Liverpool

Liverpool

L69 3BX

<http://www.derweb.ac.uk/bfs/campaign.html>

- **National Pure Water Association**

“It is not the business of government to use the water supply to medicate the population without their consent”

12 Dennington Lane, Crigglestone

Wakefield, WH4 3ET,

<http://www.npwa.freeserve.co.uk>

- **National Centre for Fluoridation Policy and Research**

A central resource of information on all aspects of fluoridation.

Dr. Michael W. Easley

University at Buffalo

State University of New York, School of Dental Medicine

315 Squire Hall

Buffalo, NY 14214

<http://fluoride.oralhealth.org/>

- **Safe Water Information Service**

A national voluntary organisation, which publishes a wide range of information about the pros and cons of fluoridation.

Eye Manor Cottage, Eye,

Leominster

HR6 0DT

<http://users.aol.com/forgood/swis/>

<http://www.fluoride-journal.com>

As well as these national contacts, check out the views of your local GP, dentist, hygienist and health visitor to name only a few key people. Your local health promotion library may also have information available on fluoridation to help generate discussion within groups and projects. If you have a view, why not write to Fare Choice and let us know?



## ARE YOU BEING SERVED ?



**The Consumer Network** is a group of 70 volunteers drawn from all areas of

Scotland who help keep the **Scottish Consumer Council (SCC)** informed of important consumer issues at local level. Since 1986, the Consumer Network has contributed to the SCC's research and policy programme by conducting small-scale surveys on a number of consumer issues.

In June 1999, sixty-one members of the Network responded to a SCC questionnaire asking them about aspects of food shopping, food safety and food labelling.

Although not claiming to be a representative sample, some of the findings will undoubtedly echo the concerns of many Fare Choice readers. The average distance to their nearest grocery shop was 1.4 miles and this increased to 5.8 miles when asked how far they had to travel to their nearest supermarket.

When asked about food safety the biggest concern was hygiene, closely followed by additives, pesticides, growth hormones and genetic modification. Other concerns included inadequate labelling, intensive farming, irradiation and the safety of imported food.

If you would like more information about this study or are interested in becoming a Consumer Network Volunteer, please contact: **Felicity Bryers, Consumer Network Co-ordinator at the Scottish Consumer Council on 0141 226 5261.**

Two **focus groups** are being organised in Glasgow and Dundee to examine the Co-opportunity Programme, which is being developed by Govan Healthy eating Initiative and the Scottish Co-op. There will be a limited number of participants able to attend each event, but we hope that each will be attended by a broad range of people involved with and supporting **community food co-ops** throughout Scotland. Please get in touch with the SCDP for more information and to register.

**Glasgow: Tuesday, 7th December (1pm-4pm)**  
**Dundee: Thursday, 9th December (1pm-4pm)**

## VALUE YOUR VOLUNTEERS!

*Who prepares and serves the food at your local breakfast club? Who staffs your food-coop, fruit barra or community café? Who sits on your community food project's management committee?*

The chances are **VOLUNTEERS** are involved in delivering most, if not all, of the above examples of community food activity.

Volunteer Development Scotland (VDS) is the country's national centre for volunteering and community involvement. It represents and promotes volunteering, and supports organisations and initiatives that involve volunteers. Olivia Marks-Woldman, a development officer with VDS, explains more about the organisation and how VDS can help support Scotland's growing number of community food initiatives.

"As a national organisation, VDS provides a voice for volunteers to decision-makers, such as MSPs, by informing them of the messages that local organisations tell us. We also keep people up-to-date with current issues affecting volunteers and provide opportunities for people to spread good ideas and share information.

Our work includes training staff and Management Committees on effective volunteer involvement, providing updates on relevant legislation (such as child protection and food hygiene) and writing good practice guidelines. We also work closely with Local Volunteering Development Agencies (sometimes known as volunteer bureaux), which operate throughout Scotland. LVDAs offer a range of services to individual people who are interested in volunteering. They also help local projects to recruit volunteers, and offer information on practical issues such as insurance and expenses for volunteers.

Please contact VDS on **01786 479 593** if you would like more information about us, or your local volunteer development agency."

VDS are also hoping to work with the SCDP on a training event in the New Year. More details will be available soon.





**Glasgow's Joint Employment Unit** opened for business in June '99 with the primary aim of working with Community Care agencies and services within the field of education, training, and employment to improve

access to training and employment opportunities for people from different community care groups. The Unit has recently been involved in conducting a feasibility study with the Scottish Association for Mental Health looking at the development of a Social Firm in the Gorbals, which would involve food production and catering.

The Joint Employment Unit would be keen to find out more about specific examples of social firm activity in the Glasgow area. If anyone is taking forward any similar initiative, or knows of any useful contacts, please get in touch with **Janice Scouler at the Joint Employment Unit, Templeton Business Centre, Block 1, Unit B3, 62 Templeton Street, Glasgow G40 1DA.**



**The Barataria Foundation** is a new Scottish Charity, recently launched in Edinburgh, and is committed to supporting the development of healthy and thriving communities. Its remit is to research and pilot innovative community actions and policy, and to create and support a European wide network of community innovators who may be active in a wide number of subject areas such as local regeneration, local governance, health and environmental issues.

Members of the foundation can be from the public, private and third sectors, as long as the individual or organisation is actively involved with community activity. Members receive a quarterly newsletter, and discounted or free access to publications, training events and the annual conference as well as becoming part of a peer support network of other members. For more information about the report and membership to the foundation, please contact: **Ruth Anderson, Director, The Barataria Foundation, Keepers Cottage, Pitlandie, Luncarty, Perthshire, PH1 3HZ**  
Email: [ruth@barataria.org](mailto:ruth@barataria.org)



Some news that will be of interest to projects in the **Forth Valley** area!! A small number of **grants** between £100 -£500 are now available from Forth Valley Health Board's Community Dietitians. The grants are to support local food initiatives, which focus on improving access to and take up of a healthy, varied and balanced diet. The limited scale and number of grants available means they are best suited to building on current work or taking up identified, but currently unresourced activities.

Applications will be considered from anyone working within, and with low-income communities in the Forth Valley area. **Closing date will be 10<sup>th</sup> December 1999 and 10<sup>th</sup> March 2000.**

Please contact **Janey Brown, Community Dietician Tel: 01324 404 402**

Hopefully other health boards and agencies will replicate this idea in other parts of the country soon!



**The Rural Challenge Fund** encourages local rural communities to initiate projects, which find new ways to tackle particular local problems or, which create a wider range of opportunities in rural areas. Non profit making bodies, including small community led groups and local organisations, are being invited to apply to the Rural Challenge Fund by **30<sup>th</sup> November 1999**. Grants of up to £50,000 are available on a competitive basis for a minimum of one and a maximum of three years to successful bids. Consideration will also be given to umbrella bids.

For more information and an application pack, please contact **Gavin Gardiner at the Scottish Executive Rural Affairs Department**  
**Tel: 0131 244 4069.**  
**E-mail: [gavin.gardiner@scotland.gov.uk](mailto:gavin.gardiner@scotland.gov.uk)**



**The Food Commission** has produced a poster guide to genetically modified foods. This easy-to-understand guide highlights the pros and cons of GM foods and can be ordered at the price of £2 (p&p free) from:

**The Publications Department**  
**The Food Commission**  
**94 White Lion Street**  
**London N1 9PF**  
**Tel: 0207 837 2250**

The **Health Education Board for Scotland** has recently published the findings of the 1997 Health Education Population Survey conducted by the British Market Research Bureau. **Indicators for Health Education in Scotland** contains a wide range of information about the many factors, which influence behaviour, and health in Scotland, including its eating habits.

The report highlights that healthy eating has become a salient issue for the majority of the population, although a number of barriers, including cost, to accessing a healthy diet remains for many. For a full copy of the report, please contact Agnes Allan, Publications Officer at the Health Education Board for Scotland by fax on 0131 536 5501 or e-mail [public.distribution@hebs.scot.nhs.uk](mailto:public.distribution@hebs.scot.nhs.uk)  
**HEBSWeb:** <http://www.hebs.scot.nhs.uk>



You'll recall from the last edition of Fare Choice we featured the Meat and Livestock Commission as one of the UK food industry authorities. The MLC's Nutrition and Dietetics team have just published their latest edition of their free newsletter "**Food Track**", which highlights a range of topical men's food and health issues. From men, sport and food, to diet and men's fertility and bone health, "Food Track" presents a lively series of articles and current research findings. Copies are available by contacting the **Meat and Livestock Commission on 01908 844 271.**



The theme of men's health is continued within the Sugar Bureau's free newsletter C.H.O. Carbohydrate, which asks, "**Do real men each quiche?**" The article highlights the consistent differences in eating habits between men and women, with the most striking distinction being meat consumption. Studies have shown that some men still class fruit and vegetables as being 'feminine foods', while red meat is very much associated with masculinity. A greater understanding of such gender and cultural attitudes around food choice may help develop more effective health messages for the future. For a copy of the newsletter, please contact the **Sugar Bureau on 01733 566380 or visit their web site on <http://www.sugar-bureau-sis.co.uk>**

The **Forth Valley Food Futures Project** invites you to celebrate its launch with the BBC's Environmental Affairs correspondent, Louise Bachelor from 10am to 2pm on the 4th December 1999. Food Futures will rock the Albert Halls in Stirling with food tasting and information displays by food producers and organisations from across Forth Valley plus representatives from the Soil Association.

There will be locally prepared food for lunch, stalls and displays, children's activities and a chance to exchange information about the local food economy. To book your lunch, or find out more about the Food Futures programme, please contact:  
**Angela Heaney, Stirling Council, Environmental Services, Viewforth, Stirling FK8 2ET Tel: 01786 442 996**  
**Email: [heaney@stirling.gov.uk](mailto:heaney@stirling.gov.uk)**



The **City of Edinburgh's Education Department, in partnership with Edinburgh Community Food Initiative**, have recently launched the **Snack Attack Pack** to help boost fruit consumption throughout Edinburgh's primary schools. The Snack Attack Pack is presented in a clear, practical and friendly form to help fruit tuck shops to get going. It includes information on management and structure, operating procedures, working with volunteers, food safety, related classroom topics, other resources and useful contacts.

For more information, please contact:  
**Marjorie Shepherd, Development Worker**  
**Edinburgh Community Food Initiative**  
**22 Tennant Street, Edinburgh EH6 5ND**  
**Tel: 0131 467 7326**



**Cooking skills** were outlined as one of the barriers to accessing a healthy diet by the Scottish Diet Action Plan. Since then a lot of effort has gone in to tackling this issue by community groups, health promotion departments, retailers and others. Some cooking skills courses have adopted very wide agendas others focussed. Some are targeted at people in particular age groups or circumstances. Most are now trying to reflect local conditions, some involve training local people to deliver the courses. SCDP are keen to encourage a sharing of experience in this field and are hosting an **information exchange** on Tuesday 14<sup>th</sup> December in the offices of the Scottish Consumer Council in Glasgow from 11am to 2pm. Places are limited and anyone wishing to attend should contact Bill or Lizanne at SCDP (details on back page) as soon as possible.



An evaluation report of **Answers Youth Information Café** and breakfast club for secondary school pupils in Clydebank has been produced in conjunction with Greater Glasgow Primary Care Trust, Greater Glasgow Health Promotion Department and Clydebank Health Issues Group.

The report details some very interesting findings and gives useful advice for other groups thinking of setting up a similar initiative. For example, the report recommends that other groups should "be realistic about the level of behaviour change that one might expect to achieve". They also suggest that the development of breakfast clubs should not operate in isolation, but be part of an integrated programme of related activities in a setting that is attractive, credible and accessible to young people. For a full copy of the report, please contact:

**John Thompson at Greater Glasgow Health Promotion Department. Tel: 0141 210 4990**



Aided by a SCDP small grant, the Vale of Leven Health Promotion Project launched its '**Fruit And Veg Is Good For You**' initiative at its recent Halloween Party in Haldane Playbarn on Friday 29th October. Over 60 local children and representatives from the Local Community Council, Tenants Association and a local Councillor attended the party, which aimed to introduce children to eating fruit and vegetables in a fun way. The event will be followed up by workshops in Haldane Primary School during November and December. The project would like to extend its warmest thanks to all who supported the successful event. To contact the project **telephone: 01389 712235.**



The National Food Alliance has joined forces with the Sustainable Agriculture, Food and Environment Project (SAFE Alliance) to become **SUSTAIN: The Alliance for Better Food and Farming**. Sustain represents over 100 public interest bodies working at local, national and international levels to advocate food and agricultural policies and practices that enhance the health and welfare of all society. For more information, please contact Sustain, 94 White Lion Street, London, N1 9PF. Tel: 020 7837 1228.



**HEBS** have published a report of the **Just for Starters** Community Café seminars held in January in Edinburgh. Copies of the report are available free of charge from HEBS. To get a copy, please contact **HEBS on (Tel.) 0131 536 5500.**

*"The principles that started the Co-operative Movement are now providing the key to solving many of the problems of social exclusion." CWS have announced "a huge drive to tackle the problem of 'retail deserts' in the UK's poorest and most isolated areas." The world's largest consumer co-operative has pledged to help volunteers start up their own shops in communities abandoned by commercial enterprises. **Breaking the Barriers**, a report based on the experience of some of Scotland's community food initiatives outlines the Co-ops intentions. A 'co-op starter pack' has also been produced. Both are available from the Membership Section, Scottish Co-op, Robert Owen house, 87 Bath Street, Glasgow G2 2EE Tel: 0141 304 5587*

In Glasgow, the Scottish Co-op has been working with **Greater Glasgow Health Board on its Community Nutrition Project**, which has extended to include the Co-op stores in Pollok and Maryhill. The project aims to promote cooking skills and to support local food initiatives within the surrounding areas of the three stores. For more information, please contact:

Joy McPheat, Community Nutritionist  
c/o Greater Glasgow Health Board,  
Health Promotion Department, Dalian House,  
350 St Vincent Street  
Glasgow. Tel: 0141 210 4990



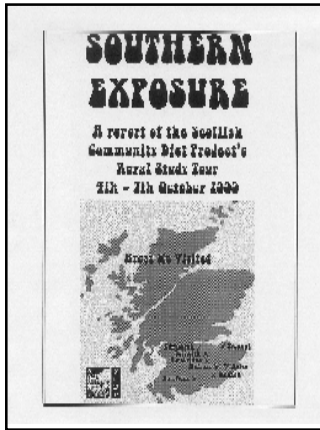
**Food Connections** is a recently formed group in East Ayrshire, which has come together to look at a wide range. The group recently held a half-day event in Cumnock Town Hall to identify local food related issues and concerns in the Cumnock and Doon Valley area. A number of local agencies supported the event by supplying services in kind to enable the day to take place on a tight budget. Genetically modified food was one of the major issues of concern highlighted and as a result, the Food Connections group are planning to hold a public meeting on 23<sup>rd</sup> November in Cumnock Town Hall to debate the pros and cons of GM foods. For further information about this event or the Food Connections Group, please contact:

**Paul Yallop, "Aftonlea", 50 Afton Bridgend  
New Cumnock KA18 4AZ Tel: 01290 338 478**



This is the last edition of Fare Choice to be desk top published by Claire McCormack, the Project Administrator. Claire is moving on to a new post and will be sorely missed by her colleagues.





## SOUTHERN EXPOSURE

The SCDP's **Southern Exposure** Rural Food Study tour took place in October with 7 participants from community food projects from the highlands and islands. The tour aimed to give community volunteers

from rural areas the opportunity to visit food projects and related initiatives in other Scottish rural locations.

The group started their tour with an evening meal at Six Mary's Place, a guesthouse in Edinburgh's Stockbridge area, which operates as a social firm and creates employment and training for local people with mental health problems. Community food projects in Tranent, Dalkeith, Gorebridge, Hawick, Melrose, Kelso and Dumfries were also stops along the way over the course of the tour.

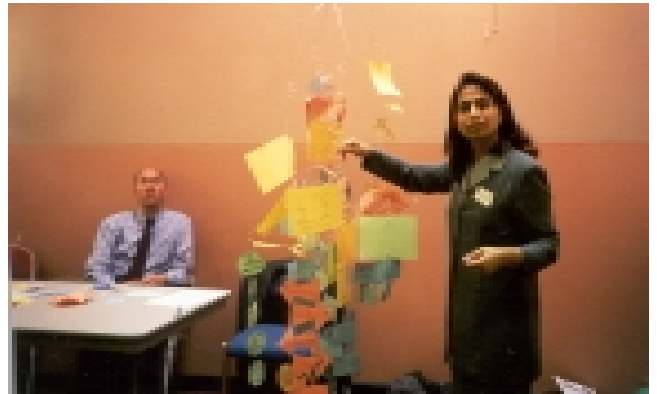
*"In less than four days, our Southern Exposure tour uncovered many shared concerns and hopes about rural community food activity in Scotland. Despite the range of projects visited, the common issue most initiatives faced was short term and insecure funding. The tour highlighted the great need for more networking opportunities in rural areas as feeling isolated and forgotten about are often big issues for the groups and workers we met."*

A full report of Southern Exposure is available from the SCDP with details of all projects visited and the participants who took part. Next year, the SCDP hopes to repeat the tour, but this time as Northern Exposure, with visits to projects in the North of Scotland by community volunteers from projects in southern Scotland. Watch out for more information soon!

**The views expressed in Fare Choice are not necessarily those of the Scottish Community Diet Project unless specifically stated.**



## DEVELOPMENTS



Expressive arts workshop at 'Well Down the Road To' seminar (see page 2)



"Southern Exposure" volunteers and workers at Midlothian Health & Advice Centre in Dalkeith (see page opposite)



Children at Vale of Leven Health Promotion Project's Halloween party (see page 11)

**If this copy of Fare Choice has been sent to the wrong address, or you wish a copy to be sent to another agency, or a different part of your own organisation, or you no longer wish to receive a copy, please let us know.**

Scottish Community Diet Project

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