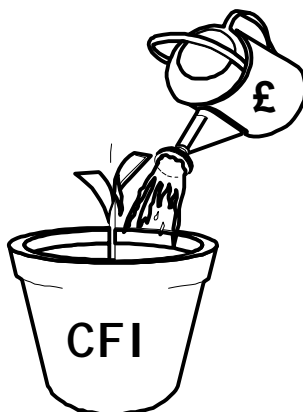


FARE CHOICE



FUND OOT!

The Scottish Community Diet Project is delighted to announce the launch of this year's grants. The project is even more delighted to announce that the money available for grants has more than doubled following the Scottish Executive's decision to add a further £60,000 to the existing £50,000.

As last year, there will be two levels of grant. 'Small Grants' of between £500 and £1,000 will be available to new community food initiatives and to existing initiatives wishing to develop new pieces of work.

'Strategic Grants', up to a maximum now raised to £15,000 from the previous £10,000, will be available to community food initiatives tackling one or more of the barriers outlined in the Scottish Diet Action Plan.¹

As previous, application forms for both levels of grant are to be kept as short and straightforward as possible.

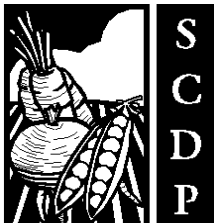
'Strategic Grant' applicants will be shortlisted before fuller details and exact costings are expected.

The Project is in no doubt that this year's applicants will again reflect the

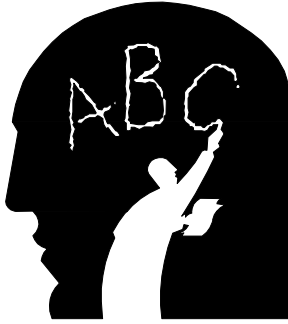
energy, enthusiasm and imagination that Scotland's low income community groups contribute to tackling the inequalities that exist in the country's diet and health.

Application forms and guidelines for applicants, for both levels of grant, are available through the Project Administrator, Debbie Cameron, by post, telephone, fax, E-mail or Mini-com (see back page for details).

- ¹ *Limited availability of healthy food, such as fruit and vegetables, of an acceptable quality and cost*
- The difficulty and expense of travelling on public transport to large retailers*
- Lack of basic cooking skills and equipment*
- Long established dietary habits and reluctance to experiment with new foods*



SCDP



Getting to know you

The latest series of training events, under the collective title 'Getting to know you' were publicised by the Scottish Community Diet Project just before Christmas. Since then there has been a steady stream of bookings for the three events.

The first event, '**Food, Research and Local Communities**' is particularly aimed at volunteers, lay workers and professional fieldworkers who are currently involved with, or likely to become involved with, either research into food issues in a local community or the monitoring and evaluation of local food initiatives. Participants will get an opportunity to learn from some of Scotland's key practitioners in food, diet and nutrition research. The event is being held in the **Adelphi Centre, Glasgow on Friday March 3rd**. But hurry as only a handful of places are still available!!!

The second in the series of training events is titled '**Spaghetti Junction**' and involves experienced practitioners passing on to others their knowledge, skills and experience of setting up community food initiatives. Workshops are planned on food co-ops, community cafes, breakfast clubs, growing initiatives and cooking skills courses. The event is to be held in **Lauder College Business Centre, Dunfermline on Thursday 11th May - please note date change from that previously advertised.**

The final event '**Special Ingredient**' looks at valuing volunteers, practising participation, and encouraging inclusion through local food initiatives. It is particularly aimed at managers, policy-makers and politicians at both local and national level. Sessions will be lead by national and international agencies who prioritise working 'with' people rather than 'for' them, alongside individuals with personal experience of lay participation in food partnerships and food strategies. The training will take place in the premises of **Update in Edinburgh on Thursday 8th June.**

As mentioned earlier places are going quickly and will be allocated on a first come basis. Booking forms are available from Debbie Cameron the Project Administrator at SCDP (see back page for details).

All venues are accessible, the events are free, run from 10am to 3.30pm and lunch is provided. A limited allocation of money has been made available to make a contribution to the travel/childcare/accommodation costs of volunteers for whom one or more of these barriers would otherwise make it impossible for them to attend.



"Everyone felt cooking skills courses were about far more than basic cooking skills. Most had experience of courses that also contained shopping skills and food safety skills, some included basic nutrition and other subjects like food labelling and additives."

"All agreed that no course could ignore the context in which the educational experience was occurring. The circumstances participants in course were experiencing on a daily basis in terms of income, access to shops, availability of fresh produce, access to equipment and competing priorities, had to be reflected in both the course content and the manner of its delivery."

As advertised in the last edition of Fare Choice, the SCDP recently hosted an **information exchange session on cooking skills**. Notes from the session are available from the SCDP (see back cover for contact details).



For those of you who have a copy of the SCDP's breakfast club seminar report, "**Breakfast Daze**", please can you note the following **corrections**. The contact number for Phil Whyte at Greater Glasgow Health Promotion Department is 0141 201 4439, and the contact number for Uzma Rehman, also from GGHB Health Promotion and author of the Big Breakfast Report, is 0141 201 4439.



WHAT'S GOING ON IN THE PARLIAMENTS?



Professor Sir John Arbuthnott, Principal and Vice Chancellor of the University of Strathclyde, has been appointed Chairman-Designate of

the **Scottish Food Advisory Committee**¹. Sir John is a microbiologist and most recently chaired the national review into the allocation of health resources in Scotland.

He will also sit on the board of the UK Food Standards Agency (FSA) along with Mr Michael Gibson, farmer, butcher and Vice-Convenor of the Scottish Landowners' Federation.

Dr George Paterson, currently Director General of the Food Directorate, Health Protection Branch of Health Canada, has been appointed Scottish Director of the Food Standards Agency and will be based at its Aberdeen headquarters.

In London the UK agency is to be chaired by Sir John Krebs, formerly Chief Executive of the National Environment Research Council, and a Royal Society Research Professor in the Department of Zoology at Oxford University. The Deputy Chairman is to be Suzi Leather, who will be well known to many Fare Choice readers for her work on various aspects of food poverty over the years, not least her booklet, 'The Making of Modern Malnutrition' which is to be found on the shelves of many of Scotland's community food initiatives.

At UK level the agency's Chief Executive is to be Geoffrey Podger, currently Head of the Joint Food Safety and Standards Group at the Department of Health and the Ministry of Agriculture Fisheries and Food.

The agency is expected to have its responsibilities transferred to it by the spring.

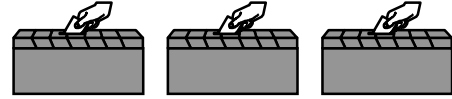
I am well aware of the heightened public awareness of food safety issues in the recent past and of the need to improve public confidence in the food we eat... I expect to engage in a wide-ranging dialogue with all interests, with the aim of developing an inclusive approach to improving and enhancing the safety of our food.

PROF SIR JOHN ARBUTHNOTT

¹ The Scottish Food Advisory Committee will advise the Scottish arm of the Food Standards Agency. It has a different role from the UK Food Advisory Committee, which is one of a number of advisory committees which have supplied independent advice on food matters to Governments over the years.

In the UK in recent times, food scares have largely been about the handling of technical scientific advice. This kind of advice is now rightly subject to far greater media and public scrutiny. Perceptions of how food decisions are arrived at - including the involvement of consumers - and communicated, are central to recovering public confidence.

SUZI LEATHER

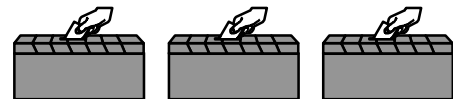


The **Food Advisory Committee**¹ (FAC) was established in 1983 and deals with many food related issues such as food standards, food additives, contaminants and food labelling.

The FAC recently organised two open events on the theme of food labelling in Bath and Edinburgh, which aimed to bring together a range of consumer, academic, enforcement and industry viewpoints to discuss key food labelling issues. Discussion topics ranged from the information that should be required by law on food labels, to labelling genetically modified foods and ingredients, and alternatives to food product labelling.

The FAC publish a regular newsletter, **Food for Thought**, which will be used to help feed back the outcomes of both meetings. The discussions generated will also inform the content of a discussion document currently being prepared by the Government's Joint Food Safety and Standards Group and the FAC on food labelling. For more information about the newsletter and the progress of this document, you may want to visit its website: <http://www.maff.gov.uk/food/fac/fachome.htm>

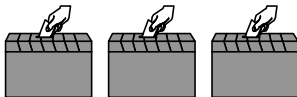
The FAC can also be contacted at Room 239 Ergon House, c/o 17 Smith Square, London SW1P 3JR. Tel: 0171 238 6267



Thanks to a pioneering **new electronic link-up** between community groups and the Scottish Parliament, more communities across Scotland will have a stronger voice in the political process. The Millennium Commission, BT Scotland and the Voluntary Sector have teamed up to place computers with e-mail access in up to 200 village halls and community centres from Orkney to the Borders. The **com.com/Holyrood** scheme will also give local people free training for direct Internet access to the Parliament. (see next page)

WHAT'S GOING ON IN THE PARLIAMENTS?
(continued)

Ms. Wendy Alexander, Minister for Social Inclusion said that the link-up would help *“empower local communities and give them direct access to the political process.”* Rowena Hennigan, the Scottish Council of Voluntary Organisation’s Information Technology Officer added that it would give local groups a *“virtual foot in the door of the Scottish Parliament”*. For more information about the scheme, the Internet site can be located at <http://www.com.com/holyrood>



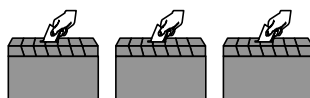
“Our goal is to build a just and inclusive Scotland – we are determined that equality issues will be central to this vision. Partnership and consultation are the keys to achieving this. We want to engage in an active debate with all groups who have an interest in equality so that the strategy we put in place works for the long term.”

Deputy Communities Minister Jackie Baillie.

The Scottish Executive is currently developing an ‘Equality Strategy’ and is keen to ensure ‘equality’ is at the heart of all policy development, design of services and delivery of services. A consultation paper **‘Towards an Equality Strategy’** is currently available from the newly established Equality Unit at the Scottish Executive (including in alternative formats, community languages and via their website www.scotland.gov.uk) Responses are called for by 4th April.



Breakfast Clubs continue to be a popular venue for Ministerial visits. Just before Christmas, Jackie Baillie the Deputy Minister for Communities visited the Westercommon Breakfast Club in Possilpark, Glasgow. *“She appeared to be impressed by what she saw, she listened to the local kids and the volunteers got a boost too”* said Sadie Gordon from the North Glasgow Community Health Project. The visit also sparked off parliamentary questions on the subject.



INTRODUCING... OXFAM

In this edition of Fare Choice, Oxfam’s Poverty Programme Officer, Judith Robertson, explains a little about the work of this International Aid Agency in Scotland.

“Oxfam works to support people living in poverty and the organisations who work alongside them, all over the world and we started working with anti-poverty issues in the UK in 1995. Our Poverty Programme has five main programme themes:

- *Giving people a voice and strengthening grassroots organisations*
- *Developing gender awareness and gender fair development*
- *Bringing an international perspective*
- *Addressing links between race, poverty and exclusion*
- *Challenging negative attitudes towards people living in poverty*

Oxfam’s aim is to establish working relationships and partnerships with organisations that are interested in learning from work internationally. We can also support organisations to document and share what they have learned with other organisations in the UK and internationally. Often we do this through supporting networks and alliances or helping organisations that are developing new ways of tackling poverty.”

Examples of Oxfam’s development work in Scotland includes training in participation so that more people can be involved in local decision-making. *“In the east end of Glasgow Oxfam is providing training for the staff and volunteers of a community health project in participatory methods to help them run a community consultation on local health issues. In other communities in England, Oxfam has been working with Sustain (the Alliance for Better Food and Farming) to develop participatory methods with local groups building action plans to tackle food poverty.”*

Oxfam also supports networks to strengthen the anti-poverty movement in the UK as well as supporting grassroots organisations to give more voice to those experiencing poverty and build the capacity of local organisations. The small grants programme is another element of the programme and has a total budget in Scotland of £50,000 in 2,000.

To find out more information please get in touch with Judith Robertson, Oxfam, Floor 5, Fleming House, 134 Renfrew Street, Glasgow G3 6ST
Tel: 0141 331 2724
email jrobertson@oxfam.org.uk

FUTURE THINKING!

In previous editions of Fare Choice, we've mentioned the Soil Association's **Food Futures** programme, which community food projects in three areas across Scotland are becoming involved. For those of you who aren't quite sure what Food Futures is all about, hopefully this article will help!

Food Futures is an 18-month partnership project that is run by the Soil Association and part-funded by the National Lotteries Charities Board. The Soil Association is a campaigning organisation based in Bristol, which works to promote organic food, farming and sustainable forestry. Its **Food Futures** programme aims to provide a framework to help local communities, producers, and distributors work together to develop local action on food and more sustainable farming practices.

Jade Bashford and Joy Carey are the Soil Association's **Food Futures** Officers who promote the programme throughout the UK via a series of workshops, action groups and training events.

Getting started on the **Food Futures** programme can be time consuming. In addition to securing support for the programme, local funding sources must be found and each area needs to provide a steering group to co-ordinate the programme. Once the groundwork is done, the Soil Association's **Food Futures** Officers are on hand for an 18-month period to support each Food Future area as it develops its own vision of 'local food for local people'.

To date, Forth Valley, Skye and Lochalsh and now Dumfries and Galloway are the three areas in Scotland running the **Food Futures** Programme. Here is a flavour of each of these areas' experience so far.

In November '99, Forth Valley became the first Scottish location to join the **Food Futures** programme. Forth Valley Food Futures is now well underway thanks to the support of the three local authorities of Stirling, Falkirk, and Clackmannanshire, plus Forth Valley Health Board. Events have ranged from the launch of a six-part workshop series to an impressive day of celebration in Stirling's Albert Halls with involvement from a wide range of groups and agencies from Stirling's LETS community café to BBC Scotland's Environment correspondent, Louise Bachelor. The first edition of its newsletter has also been distributed to over 400 interested contacts, and plans are underway

to produce newsletters bi-monthly to meet the growing interest in the programme. For more information about forthcoming events, please contact Janey Brown, Community Dietitian, Forth Valley Primary Care (Tel) 01324 404402, or Angela Heaney, Sustainable Communities Officer, Stirling Council (Tel) 01786 442996. E-mail: heaney@stirling.gov.uk

Close behind Forth Valley and in association with Skye and Lochalsh Enterprise and the LEADER II Programme, **Food Futures** activity has also taken off on the Isle of Skye. As an extension of work that was already going on to promote local food in Skye, the island's first **Food Futures** event was supported by over 50 locals who spent the day mapping local food and drink related businesses, suppliers and producers with a view for future action. Three groups have subsequently formed and each will focus on one of the following identified areas: local outlets for local food; supply of local meat to local people; and distribution, integration and communication networks in Skye. **Food Futures** activity will run over the coming year and a second event is being planned for March. Carole Inglis, Food and Drinks Officer for Skye and Lochalsh Enterprise, describes **Food Futures** as "providing an opportunity for everyone with an interest in a healthy local food economy, to take stock and start planning the future together. It enables different sectors to meet and begin to understand their hopes and needs, with emphasis on participation in plans and action." For more information about the work in Skye and Lochalsh, Carol can be contacted on (Tel) 01478 612 841 or (e-mail) c.inglis@hient.co.uk

And lastly, Dumfries and Galloway only two days before Fare Choice went to print, announced that it also has just signed the **Food Futures** contract with the Soil association after a year of hard preparatory work. Support has come both financially and in kind from Dumfries and Galloway Council, Dumfries and Galloway Health Board, and the South West Environmental Action Project. The lead organisation will be the Health Board who, pending Steering Committee approval, will also oversee the employment of a Food Futures Co-ordinator. For more information, the current contact person is Sarah K. Tel: 01557 331 993.

For further information about **Food Futures**, please contact: The Soil Association, Bristol House, 40-56 Victoria Street, Bristol, BS1 6BY. Tel: 0117 929 0661 Fax: 0117 925 2504 E-mail: info@soilassociation.org Web: www.soilassociation.org



Take Stock

**Giving projects an opportunity to share their reflections on where they have come from and where they are going!
North Lanarkshire Federation
of Food Coops**

Why?

The area of North Lanarkshire has had a strong tradition of food coops dating back over the past 12 years. Indeed it was then that North Lanarkshire's first coops were set up in the small towns of Plains and Kirkwood, which still continue to thrive with the support of the Federation. Due to the positive foresight of the former Strathclyde Regional and Monklands District Councils, the Federation was born shortly afterwards and continues to grow from strength to strength with local government staff support and funding. Its function is to act as an umbrella body, allowing individual local coops to network, share resources and ideas as well as access training, and start-up costs. North Lanarkshire now currently boasts a diverse range of ten thriving food coops delivering an accessible supply of quality, affordable food to some of North Lanarkshire's most disadvantaged communities.

What?

The North Lanarkshire Federation of Food Coops has one full time community resource worker and three full time drivers to support the needs of its ten coops. These coops vary greatly in size and style depending on their location, the premises available and the needs of the specific community the coop is catering for. Willie Merritt is both Chairperson of the near Not Dear Food Coop in Motherwell and the North Lanarkshire Federation of Food Coops. Willie described a food coop as being a place *"where you can shop and never think what a price to pay for a tin of beans. Our food coops aim to provide the highest standard and give real value for money for fruit and veg as well as brand name goods such as soup, pasta, tinned meats, butter and milk, as well as a wide range of other household provisions. We also stock items as and when requested by our customers"*.

Who?

The federation has developed over time with the support, hardwork and commitment of the local volunteers who run the coops, community work staff who act as a resource for the volunteers and council funding. Each coop in North Lanarkshire is encouraged to send up to four volunteers to sit on the Federation's management group, which meets monthly to discuss the Federation's current and future plans. Tommy Murphy, the Federation's community resource worker has been involved in supporting the Federation from the outset. Part of its success in his opinion is *"that it operates and is organised in a sustainable and professional manner involving all members of the local community as well as a wide range of agencies"*. Indeed partnership working is central to the federation's ethos, with positive relationships being developed with staff from Lanarkshire Health Board, the CWS Scottish Coop and other networks of community coops throughout Scotland.

How?

Each coop has its own story to tell as to how it got off the ground. Willie described how the Near Not Dear coop started three years ago; *"When a few people got together and started questioning the price of a loaf, our quest for shopping for the same loaf for less money began. From a small group of volunteers with the support of our local councillor, Near Not Dear Food Coop got ready to crawl to the point we're at today with a permanent shop base and a free home-delivery service."*

As co-ops largely rely on the goodwill and hard work of volunteers, support and training for volunteers has been a priority of the Federation as Tommy explained. *"Volunteers can be vulnerable and put-off from getting involved by being responsible for sometimes fairly large amounts of money. From the outset there needs to be effective booking systems set in place that are straightforward for volunteers to follow. Accountability is the by-word and vital to the success of community coops."*

Where?

Diversification into other areas of community food activity is central to the future of the



Federation. In June '99 the Federation became a registered charity to help secure new sources of funding to enable this to happen. Its new charitable status has led to accessing funds from the National Lotteries Charities Board for the creation of a central food store and the appointment of a store manager. The federation is now renting a disused warehouse in Bargeddie from North Lanarkshire Council, which is in the process of being turned into the central store, and Paul Bridges has been appointed as the store's manager after his experience in co-op development work in Castlemilk, Glasgow. The potential benefits of having a central store are many, as Paul explained: *"As yet the store is not fully up and running, but it's still early days and we have three year's funding to develop it into a viable enterprise. We plan to get the store fully shelved and stocked with a complete range of supplies for all coops throughout North Lanarkshire so that it will act as a nucleus for all the Federation's activity. At the moment we supply the ten coops with fresh fruit and veg, milk, bread, bacon and cheese - all goods with a short shelf life and quick turnover. The central store hopes soon to have the capacity to buy in bulk from suppliers in quantities and at prices individual coops can't compete with".* Paul explained that each individual coop would soon be able buy all its stock from the central store. Each coop can then buy the exact quantity and range of stock they require at the best price from the central store, and payment can be made after the goods are sold. *"The central store will supply goods with a 3% mark up to each coop to cover wastage, but prices will not increase for the coops' customers. If anything local communities will benefit with special offers and price cuts to many items due to the central store's greater bulk buying power."* Another benefit of the central store is that individual coops will no longer have to handle large amounts of cash, as the store will operate a weekly invoice system. Willie agrees that this will be most welcome as storing cash at home over weekends can be a worry that puts a lot of would-be coop volunteers off.

The Federation also hopes that the central store will eventually be able to supply fruit to local

nurseries, and food supplies to other community initiatives, such as community cafes and breakfast clubs.

Conclusion

In addition to greatly improving access to quality, affordable food, the North Lanarkshire Federation of Food Coops has brought about many positive non-food related spin-offs to the communities in which it operates. As Tommy highlighted *"the camaraderie of bringing communities together is as important and health giving as being able to access a better diet."*

When asked how other groups might go about setting up a similar network of local food coops, or indeed a central community food store, members of North Lanarkshire's Federation replied:

"Ask yourself, am I prepared to do something to improve the availability of quality food in the area I live? If the answer is yes, then before leaping into any food coop activity, find out as much information as possible about similar work elsewhere. Get at least 6 to 8 interested people together and begin to seek funding opportunities. Leave nothing to chance and set up good bookkeeping skills from the outset. Support for volunteers is vital, so enlisting the help of community work staff can be very beneficial as shown with the food coop work in North Lanarkshire."

Contributors

Thanks to:

Paul Bridges, Central Store Manager,
North Lanarkshire Federation of Food Coops
Tommy Murphy, Community Resource Worker,
North Lanarkshire Council
Willie Merritt, Chair and Secretary of the North Lanarkshire Federation of Food Coops

Contact Information

North Lanarkshire Federation of Food Co-ops
15/17 Renfrew Street, Kirkwood,
Coatbridge ML5 5RL
Tel: 01236 420600



Food and Nutrient intake of a national sample of 4-year-old children in 1950: comparison with the 1990's. CJ Prynne et al *Public Health Nutrition* 1999 537-547

Dietary records collected from a cohort of children aged 4 year in 1950 were compared with records from children of the same age in 1992/93. This paper provides an interesting view into the eating habits and nutrient intakes of pre-school children. The most obvious findings are that the 1950's group ate substantially more bread and vegetables and less sugar and soft drinks, thus the diet was higher in starch and fibre and more in line with current recommendations - apart from fat intake which provided 40% (as opposed to recommendations of 35%) of energy. The 1950's diet has a clear post-war feel to it with bread and milk being the main components of the diet whereas by the 1990's bread sources had diversified out to include pasta and pizza and milk was in the form of yoghurt and fromage frais as well as the ordinary pinta. Vegetable consumption had decreased since the 1950's but fruit intake was lower. Interestingly, one quarter of the vegetables reported in 1990 were baked beans which barely got a mention in 1950. So children can eat more vegetables, can get the bread down and don't need sweetened drinks to survive but decreasing fat still seems to remain a challenge!

Asian cookery clubs: A community health promotion intervention Snowden WD *International Journal Health Promotion and Education* 1999 37:4 135-136

Heart disease is one of the main causes of death in the UK but the South Asian community have an even higher risk than average. This report describes an initiative aimed at promoting the use of healthier recipes and cooking techniques in the Asian community in Bedfordshire. Many of the target group felt that their cooking could not be made healthier and one route to address this was to work within local Asian communities to cook healthier versions of traditional dishes using a cookery club setting. To date, the clubs have been run in Urdu, Gujarati, Punjabi and Bengali speaking communities in Bedford and Luton. Topics covered included using less salt oil and sugar. The participants claimed to have used the cookery ideas at home since the club and most reported a positive response from their families.

Correspondence regarding this work should be addressed to Stephaine Cash, Community Nutrition advisor, Bedfordshire & Luton Community NHS Trust Luton & Dunstable hospital Luton, Beds LU4 0DZ

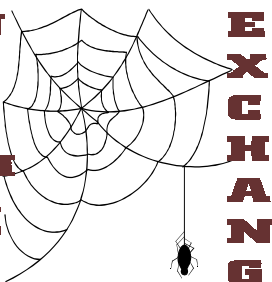
Nutrient intake trends among African-Caribbeans in Britain: a migrant population and its second generation Sharma et al *Public Health Nutrition* 2(4) 469-476

Heart disease is much less common in African-Caribbean migrants to Britain than average. This study examined nutrient and food intake in a cross section of 250 adults of AfC origin aged 25-79 years in Manchester and reported that compared to national data, these subjects consumed 7% and 5% less energy from total fat and saturated fat respectively, with almost 10% more carbohydrate. Of note were the high levels of green vegetables and fruit intakes in the older Caribbean community compared with the younger adults causing the authors to comment that "*public health efforts need to reinforce the potential benefits of traditional dietary quality*".

The first in a new series of conferences organised by the Centre for Applied Nutrition research is looking at '**Nutrition and Public Health in the year 2000**'. Chaired by Prof Annie Anderson, the conference will involve a number of speakers including Ruth Tweedie, Scotland's first Public Health Nutritionist, Dr Cynthia Pine of Dundee University looking at Dental Health, Dr David Stone from Glasgow University looking at Foelic Acid, plus a joint presentation from Bill Gray (SCDP) and Nina Dutton (Edinburgh University) comparing community food initiatives in Scotland and North America.

For further details on the event contact Anita Alexander, Short Course Development Officer, Matthew Building, University of Dundee, 13 Perth Rd, Dundee DD1 4HT tel: 01382 345 637 fax: 01382 200047 e-mail: a.z.alexander@dundee.ac.uk

Places at the conference cost £85 but the organisers and the Scottish Community Diet Project are each covering the cost of a place for anyone interested from community food initiatives. If you would like one of these two places contact Debbie at SCDP (see back page for details).



The Food Poverty Network at Sustain (the Alliance for better food & farming) are, amongst other things, working on a number of publications which will be of great interest to those in Scotland tackling food poverty.

"It was generally agreed that there was no better time to deal with these issues. Both the wide range of government initiatives and the new focus on constructive partnerships were seen as effective mechanisms for addressing food poverty. The need to relate local programmes to the wider national public health agenda was stressed as was the need for joined up thinking at national and local government level. It was recognised that this would represent a fundamental culture change in the way people worked but agreed that change could be good for everyone."

Developing Local Networks to Tackle Food Poverty summarises the findings of five local seminars organised last year by the network along with local food and health workers. The seminars will be familiar to those who heard Jacqui Webster, from the Food Poverty Network, speak last October at the SCDP conference 'Table Manners' in Stirling. Copies are available from Sustain, price £10 (£5 for Food Poverty Network members), 94 White Lion Street, London N1 9PF tel: 020 7837 1228. The Food Poverty Network are also about to launch reports on two other key areas. One is the issue of **surplus food distribution** and the other is **the role of supermarkets**. The Scottish Community Diet Project is committed to assisting Sustain in ensuring these substantial and well-researched pieces of work are disseminated and discussed in Scotland – watch out for more details soon!



A major question mark currently hangs over the future of Scotland's largest community food project. **Edinburgh Community Food Initiative**, despite a recent positive evaluation, are finding it difficult to attract the funding required to maintain their city-wide strategic role and are currently in negotiation with all the relevant agencies to try and at least maintain some of the service that has been available to the cities local food initiatives for the past five years. Fare Choice would hope to be able

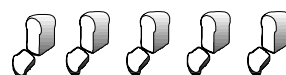
to present a clearer picture of the future for this unique project in the next edition. Meanwhile if you would like further information on current attempts to save ECFI contact John Brennan, Edinburgh Community Food Initiative, 22 Tennant Street, Edinburgh EH6 5ND Tel: 0131 467 7326 Fax: 0131 467 7325



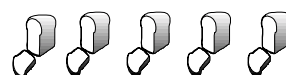
The latest batch of caterers receiving the **Scottish Healthy Choices Award Scheme** range from a school in Clackmannanshire to a Skill Centre in Dundee. The scheme has also produced a new and substantial support pack for those trying to achieve the award standards. Further information is available from your local Healthy Choices Award Scheme Assessor (contact your local Health Promotion Team if you don't already know who that is) or from the National Co-ordinator, Catriona Macfarlane, Healthy Choices Award Scheme, c/o Scottish Consumer Council, Royal Exchange House, 100 Queen Street, Glasgow G1 3DN Tel: 0141 226 5261.



A reminder to all readers that **Fare Choice** is also available in **tape format**. If anyone would benefit from this service, or require the newsletter in another format, please get in touch with the SCDP (contact details on back page).



WANTED!! Community groups who run, or want to run Cooking Skills/ Healthy Eating classes. The Centre for Applied Nutrition Research at Dundee University should soon have **funds to help start up and evaluate cooking skills classes in communities throughout Scotland**. "If you have been unable to do this so far due to lack of funds, facilities, training or equipment we could be able to help. What we do need is the potential to recruit 20 people in each community who are likely to benefit from such classes. We hope to start our development work in July. If you are interested please contact me, Wendy Wrieden at the Centre for Applied Nutrition Research, University of Dundee, Dundee" Tel 01382 345281 or w.l.wrieden@dundee.ac.uk



'What's eating Midlothian?' is a people's conference due to take place on Saturday 18th March at Greenhall Community Education Centre in Gorebridge from 9.30am to 4.30pm. The event plans to raise awareness of food and health inequalities, and to encourage a participative and supportive environment where local people can voice their views that will be taken back to decision making forums such as local Councils and the Scottish Parliament. For more information, please contact Ian Stewart at Gorebridge Community Health Project on 01875 823922 or Fiona Campbell at SEAD on 0131 477 2780.



West Glasgow LETS (local exchange trading scheme) is one of 35 community-based trading networks across Scotland where members trade with each other using local currency and a set of accounts. In association with the Partick Community Association, West Glasgow LETS are hoping to set up the **Sun Flower Project**, which will involve the setting up of a community café in Partick, Glasgow. With the support of a café co-ordinator and development worker, the café hopes to be staffed by people with mental health problems and payment will be in Kelvins, the currency of West End LETS. For further information, please contact Patrick Boase on 0141 339 3064, or John Bennett on 0141 944 6611.



Food For Thought: Breakfast Clubs and their Challenges is a report based on an in-depth study of a range of breakfast clubs throughout the UK by Cathy Street and Peter Kenway. It highlights the opportunities and difficulties facing breakfast club provision and the many challenges, which exist for policy makers in terms of improving children's health, promoting their educational achievements and supporting families. Reports are priced £12.50, and are available from the New Policy Institute, 109 Coppergate House, 16 Brune Street, London EH1 7NJ. Tel: 0171 721 8421. E-mail: info@npi.org.uk



Stirling Health and Wellbeing Alliance launched their '**Easy Cook Roadshow**' at a 'Food Wise' Conference in Stirling in late January. Guest speakers, workshops and a drama presentation, along with an excellent lunch, all contributed to a very successful event. A report on the day is currently being produced. Further details are available from Jeanette McCormick, Food Poverty Worker, Stirling Health and Wellbeing Alliance, 61 Baker Street, Stirling, FK 8 1DD. Tel: 01786 451 770

A reminder to all community food projects in the **Forth Valley** area!! The closing date for the next round of **small grants** available from Forth Valley Health Board's Community Dieticians will be the **10th March 2000**. As mentioned in the last edition of Fare Choice, a small number of grants between £100 - £500 are available to support local food initiatives in the Forth Valley area. For more information and application forms, please contact Janey Brown, Community Dietitian, Forth Valley Primary Care NHS Trust. (Tel) 01324 404 402.



As mentioned in the last edition of Fare Choice, the **Barataria Foundation** is a new Scottish charity 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 housing. The second edition of its newsletter is out soon, so for more information, please contact: Ruth Anderson, Keepers Cottage, Pitlandie, Luncarty, Perthshire, PH1 3HZ. E-mail: ruth@barataria.org



The Community Health Exchange - **CHEX** is a new initiative funded by the Health Education Board for Scotland and is located within the Scottish Community Development Centre. CHEX is a development of the Community Health Network Project and aims to create further and wider opportunities for communities to comment on and influence policy on matters affecting health inequalities in Scotland. For further information please contact Janet Muir (Project Manager) or George Inglis (Information/Admin. Worker) on (Tel) 0141 248 1990 or (Email) chex@cdf.org.uk



'**A Survey of Scotland's Allotments and an Agenda for Future Action**' is due to be published shortly. With support from Forward Scotland and Scottish Natural Heritage, the Food Trust of Scotland have produced a long awaited comprehensive review of Scotland's allotments. The report also outlines options for the future. Further information on the research is available from Dr Michael Cuthbert (Food Trust of Scotland - tel/fax: 0131 229 8242) or Francis Kiernan (Forward Scotland - tel: 0141 222 5600 fax: 0141 222 5601)





Written by Jane Jones and published by Community Learning Scotland, ***Private Troubles & Public Issues A Community Development Approach to Health*** is now available. This practical book outlines the innovative and challenging work done in the Pilton Health Project in Edinburgh, and offers lessons applicable for health and community development work with excluded communities across Scotland. Copies of the book, priced £9.50, are available from Community Learning Scotland. For further information, please contact Cath Young, Publications Officer, (Tel) 0131 313 2488.



The Royal Highland Education Trust's Farm Links Scheme aims to develop closer links between schools and farms to help pupils and teachers gain a better understanding of food production, farming and the countryside. A variety of supports for schools and farmers are available including training, resource material and a free newsletter called 'Sprouts'. For more information, please contact Sarah Smith, Farm Links Project Officer, The Royal Highland Education Trust, Royal Highland Centre, Ingliston, Edinburgh, EH28 8NF. Tel: 0131 335 6227.

E-mail: rhet@rhass.org.uk



"Consumers are clearly worried about developments in biotechnology and there is no enthusiasm for the introduction of GM foods into our supermarkets. Consumers must be given the choice of whether or not to embrace these new technologies. This means providing clear and accurate labelling for all GM foods and providing consumers with a choice of GM and non-GM foods."

Teleri Jones, Welsh Consumers Council

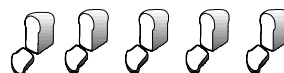
This view was informed by the contents of ***Food Fears 1999: Consumer Attitudes to Genetically Modified Food***, a new publication by the Welsh Consumer Council (December 1999). Based on a survey of Welsh consumers, the report highlights that nearly two-thirds of people in Wales are worried that GM food is available in supermarkets, and over half of those interviewed were concerned about the inadequate labelling of GM food. Full copies of the report are available from Teleri Jones, The Welsh Consumer Council (Tel) 029 2025 5454. E-mail: Teleri@wales.consumer.org.uk



Right on Target! Monitoring and Evaluating Community Health Projects has been published by Lothian Community Health Projects' Forum. This colourful and well written 'how-to' guide helps de-mystify the whole evaluation process for community health groups by explaining the basics, clarifying some commonly used research terms, and pointing the way to further sources of help and information. To find out how to get hold of a copy, please contact Helen Smart, Lothian Community Health Projects' Forum: (Tel) 0131 555 6035 or E-mail lhforum@aol.com



Well worth a visit... '**Scotland on a plate**' - an exciting festival food fare, will take place in **New Lanark World Heritage Village on 4th - 5th March** from 11am to 5pm. As well as market stalls, Scottish chefs will be giving cooking demonstrations throughout the event to give members of the public a chance to see, smell and taste some of Scotland's finest produce. The event is being organised by New Lanark Conservation Trust, the independent charity responsible for the restoration of the historic village. Food has a special place in New Lanark's history. When Robert Owen came to New Lanark in 1800, the food available to those working in the cotton mills was "generally little better than skin and bone". In response he established the village store, and provided good quality, affordable food for the community. The profits helped pay for the free education and health care of the villagers, and the village store is celebrated as an important forerunner of the co-operative movement. There are opportunities for groups and organisations to get involved in the event. Anyone interested should contact (ASAP) Richard Evans, Development Officer, New Lanark Mills: Tel 01555 661 345. E-mail: development@newlanark.org



Developing on their excellent 'healthy public policy' work, **the Scottish Council Foundation**, have invited a multi-disciplinary group to examine **Healthy Food Policy in Scotland** on February 17th in Edinburgh. An edited version of the papers being presented on the day will be published following the seminar. For further information contact Jim McCormick, Research Director, The Scottish Council Foundation 23 Chester Street, Edinburgh EH37ET tel 0131 225 4709 fax 0131 226 7868





MEDIA WATCH

Marian Pallister, the Herald's Features Editor, wrote at length on 21st December '99 about the SCDP's recent conference series and highlighted the very positive work that Scotlands community food and health projects tirelessly undertake to help combat Scotland's health divide. Her article concluded:

"People are far from ignorant on food and health issues, despite the 1999 headlines. They have been trying to tell the powers that be for years that there are links between food accessibility, poor diet, ill health, and poverty. Now these links have been accepted in principle and it is only fair that the Government does not merely pay lip-service to grass roots opinions, but considers them and incorporates them into policy. If they do, the new millennium could see headlines charting Scotland's health successes, not failures."



The FRESH LOAF community food project in Ferguslie Park, Paisley, together with members of the Renfrewshire Food Federation also recently hit the media spotlight when asked to feature in a live broadcast for BBC Radio Scotland. In "Look Whose Talking", the group shared their experiences on the topic of 'Tackling Shopping Deserts'. To find out more about the group's experience, please contact Christine Reilly on 0141 887 9650.



The efforts of the people of Possilpark and Castlemilk in Glasgow were also recognised on national radio when they were involved in a discussion on food, health and inequalities. For further information, please contact Sadie Gordon at North Glasgow Community Health Project (Tel) 0141 572 1190

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



Scottish Community Diet Project

Bill Gray, National Project Officer : Lizanne Hume, Development Officer : Debbie Cameron, Project Administrator
 c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN, Tel: 0141 226 5261 Fax: 0141 221 0731
 Email: dcameron@scotconsumer.org.uk

DEVELOPMENTS



"Near not Dear" Food Co-op, Motherwell.
 (See pages 6-7)



"Food Futures" in Forth Valley (see page 5)

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.