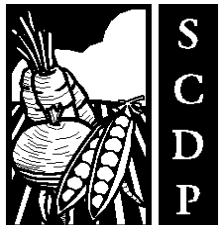


FARE CHOICE



..take a byte

From now on you will be able to access all the news and information from the Scottish Community Diet Project via the Internet.

On www.dietproject.co.uk you will be able to access all the earlier editions of Fare Choice and the reports from all the projects past conferences, training events and study tours. As well as access all the information already available on paper, the site allows you to post requests for assistance from other groups and practitioners. Links to other relevant Scottish, UK and international sites will be available too. It is also hoped to include toolkits such as the one on Breakfast Clubs currently under construction.

The project however, is still committed to ensuring all its materials are still available on hard copy (ie paper) and Fare Choice will continue to be available in tape form for anyone with a visual impairment.

..take for granted

The closing date for this year's 'small' and 'strategic' grant schemes has now past and a project subcommittee is currently divying up the £110,000 made available by the Scottish Executive to support local communities tackling the barriers to a healthy varied diet. The range of applications is more diverse than ever, reflecting the energy, enthusiasm and imagination of Scotland's community food initiatives. Applications have come in from the length and breadth of the country and from

all age groups and settings. The successful applicants should be notified by early June.

..take stock

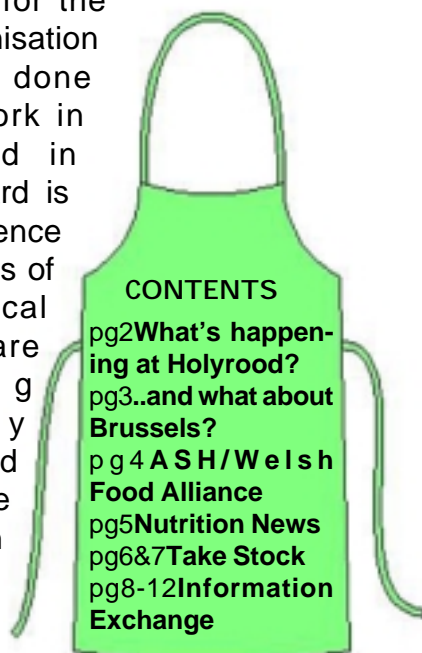
The Scottish Community Diet Project and the Health Education Board for Scotland intend producing a new edition of the popular 'Directory of Scottish Community Food Initiatives' and also the databases held by HEBS. It is important that these are as up to date as possible both for the benefit of others trying to contact you and to benefit you trying to contact others. It will also mean there should be no question of missing out when grants, conferences or training opportunities are being offered. All cfi's will shortly receive a phone call ensuring we have their correct details plus a couple of questions on how well the work is going. If you feel your group may not be included or know of an initiative which may be omitted please contact the project (details at bottom of back page). Every entry in the directory will automatically receive a copy.

..take a bow

Scotland's community food initiatives have received further recognition at the inaugural BBC Radio 4 'Food Programme' awards held in London in early April.

The LETS Community Cafe in Stirling (see Fare Choice issue 10) were shorlisted for the 'catering' category while the Scottish Community Diet Project received the 'Derek Cooper Award for the person or organisation who have done outstanding work in improving food in Britain'. The award is yet further evidence of how the efforts of Scotland's local groups are becoming increasingly appreciated and their unique contribution better understood.

(cont'd pg2)



(cont'd from pg1)

..take a class

The first two of the Scottish Community Diet Project's series of training events have taken place. 'Food, Research and Local Communities'1 and 'Spaghetti Junction'2 were well received by those who attended and the speakers notes/OHP's/workshop notes are available from the project on request. Like the remaining event, both events were fully booked. A reserve list for 'Special Ingredient' (Edinburgh June 8th) [see Fare Choice 12 for more details] is being kept.

1 Speakers: Prof Annie Anderson, University of Dundee
Martine Stead, University of Strathclyde

Carol Bryce, Health Education Board for Scotland

2 Workshops led by Govan Healthy Eating Project, Stirling Health & Wellbeing Alliance, North Glasgow Community Health Project, Edinburgh Community Food Initiative and the National Federation of City Farms & Community Gardens.

..take a trip

The SCDP is looking for declarations of interest from individuals from around the country working within and with low income communities tackling the barriers to a healthy, varied diet to take part in a study tour of community food activity in and around London. The tour will take place in mid July and will involve a two night stay in London. The SCDP will cover accommodation, food and transport costs. If you are interested, please get in touch ASAP as places are very limited and must be allocated by the end of May.

On the back of the Southern Exposure Rural study tour, which took place in October '99, plans for a tour of northern projects for volunteers working in community projects in the south of Scotland is in its early planning stages. To find out more, please get in touch with Lizanne at the Project.

..take a seat

The restructuring of the SCDP steering group has meant more spaces have become available for those operating at community level. One place is available for someone working within a community food initiative and two places for volunteers within a community food initiative are available. Meetings take place quarterly and travel expenses will be reimbursed. For further information please contact Bill at the project (see back page for



What's happening at Holyrood?

A nine strong Scottish Food Advisory Committee (SFAC) have been appointed to advise the Scottish arm of the Food Standard's Agency, based in Aberdeen, which started operating on April 3.

Opening the agencies new offices Scottish Health Minister Susan Deacon stressed that *"open and transparent decision-making will be at the heart of the Agency. It will provide independent advice to the Scottish Executive in terms that can be easily understood by everyone."*

The Chair, Professor John Arbuthnot, Principal of Strathclyde University, and Professor Hugh Pennington, and Michael Gibson, butcher and farmer, are also members of the UK board. They are joined on the SFAC by Professor of Bacteriology at the University of Aberdeen; Ms Anne Campbell, a member of Grampian Health Board; Mr William Davidson, Dumfries and Galloway Council's former environment health chief; Mr Ross MacDonald, a caterer and expert on food hygiene who works as chief steward with Caledonian MacBrayne; PR consultant Alexandra Miller; food consultant Wilma Odell; Mr William Reilly, consultant in veterinary public health at the Scottish Centre for Infection and Environmental Health in Glasgow; Dr Marnie Sommerville, a food science lecturer at Glasgow College of Food Technology, and animal biochemistry expert Professor Philip Thomas.

The Food Standards Agency Scotland can be contacted at St Magnus House, 25 Guild Street, Aberdeen AB11 6NJ tel:01224 285 100 fax:01224 285 168

Scotland's community food initiatives continue to be a popular venue for politicians. At the end of February Deputy Minister for Community Care Ian Gray, joined the Edinburgh Community Food Initiative and the staff and pupils of Clovenstone Primary School in Wester Hailes, Edinburgh, to promote the 'Snack Attack' launched last autumn (see Fare Choice issue11) and to highlight how successful it had been. The following month Communities Minister Wendy Alexander released details of a £13 million programme of action to 'help communities help themselves' at the McGovern House Cafe in Craigmillar, also in Edinburgh.

Also in April, Catherine Taylor MEP for Mid-Scotland and member of the Health & Consumer Protection Committee at the European Parliament visited a number of initiatives in Lanarkshire, while Health Minister Susan Deacon visited both the CAF Project in Faifley, near Glasgow and the Prentice



The House of Lord's Select Committee on Science and Technology recently issued a report on 'Science and Society' with recommendations that will ring bells with Scotland's community food initiatives.

"Some issues currently treated by decision-makers as scientific issues in fact involve many other factors besides science. Framing the problem wrongly by excluding moral, social, ethical and other concerns invites hostility."

"Direct dialogue with the public should move from being an optional add-on to science-based policy-making and to the activities of research organisations and learned institutions, and should become a normal and integral part of the process."

The full report and very useful summary are available from the Stationary Office (price £12.20) or can be viewed on the internet at www.parliament.the-stationery-office.co.uk/pa/ld199900/ldselect/ldsctech/38/3801.htm

...and what about Brussels?

Every child born in the new millenium has the right to live until the age of at least 65 without suffering from avoidable cardiovascular disease"

DECLARATION BY EUROPEAN HEART NETWORK

"Winning Hearts" was the title of a recent conference organised by the Eurorpean Heart Network¹ and the European Society of Cardiology², with support from the European Commission³. Much of the debate mirrored what has been coming out of community initiatives for many years.

The event was about putting public health on the European agenda and the discussions were recognised by the chair as *'from the outset a mixture of health and politics'*.

Robert Coleman, the recently appointed Director General for Health & Consumer Protection at the European Commission stressed the importance of *'one coherent action programme'* across sectors such as health, agriculture and consumer protection. Prof Marmot, from University College London, stressed recognising the influence of social

class on health and the need to *'put lifestyle in a social context'*.

Catherine Taylor, the MEP for Mid-Scotland and member of the European Parliament's Health & Consumer Protection, admitted that the public felt distant from Europe but that they obviously cared enormously about health. She therefore felt it important for people to appreciate how much *'the European Union is playing an increasingly important if unrecognised role in the health of European citizens'*.

Prof James, well known to Scotland's community food initiatives, criticised past European policies as placing *'too much emphasis on free trade'* and that any future European authority tackling food and public health had to be *'more than a labelling or public information unit'*.

Many issues currently faced in Scotland have echoes in Europe. Spanish delegates referred to their work promoting healthy breakfasts while the Slovenian delegation spoke of the impact of school holidays on diet.

There were frequent references to building alliances and developing action plans which also mirrored the Scottish agenda in recent years.

Copies of the report from the conference are available from SCDP (see back page for details)

Just as it is important to work together in communities and at national level, it is increasingly important to be aware of activities across Europe and beyond. Scotland has much to offer in terms of how its local communities contribute to tackling the barriers to a healthy diet and no doubt much to learn as well. Similarly, while local communities are quite rightly concerned with local political and commercial decisions that effect their ability to access a healthy diet, most are equally aware of the importance of commercial and political decisions being made at national, European and global levels.

'Fare Choice' will attempt to do its bit to help those active at a local level keep up to date with, and where possible contribute to, debates around food at all levels.

¹ www.ehnheart.org

² www.escardio.org

³ http://europa.eu.int/comm/dgs/health_consumer/index_en.htm



ANOTHER BURNING ISSUE

Alongside diet a key factor generally recognised in contributing to Scotland's poor health is tobacco.

This month a new campaign initiative, Scotland CAN (Cleaner Air Now!), will be launched calling on the Scottish Parliament to introduce legislation to restrict smoking in public places and protect the health of the people of Scotland.

The broad steering group of Scotland CAN, including Ash Scotland, reflects the fact that those most adversely affected by passive smoking are children, pregnant women, and people with respiratory conditions such as asthma and bronchitis.

Scotland CAN aims to mobilise as much public opinion as possible in support of moves to restrict smoking in public places in Scotland. If you would like to endorse the Scotland CAN campaign or would like a copy of the CAN petition, contact Wendy Ugolini on 0131 225 4725 or wendy.ugolini@ashscotland.org.uk.

Another Ash initiative is the Tobacco and Inequalities Project established in October 1999. One element of the project involves the funding and support of four small grant initiatives.

These initiatives will take place over a year and will receive a grant of £10,000 to develop work that supports smoking reduction among those living on low income. The small grant funding aims to encourage sustainability, innovation and experimentation in this area.

If you would like more information contact Paula Gaunt-Richardson by Tel: 0131 225 4725 Fax: 0131 220 6604

Email: p.g-richardson@ashscotland.org.uk

More information about both initiatives can be found on their website www.ashscotland.org.uk

CYNGHAIR BWYD CYMRU (Welsh Food Alliance)

"All too often policy proposals are still developed with very little understanding of their potential impact upon public health. Our starting point is simply to ask how health and local authorities would view the suggestion that public money be available to produce food open green spaces to provide residents with easy and affordable access to food?"

David Smith, Hon Secretary, Welsh Food Alliance

The Welsh Food Alliance (WFA) has published a working paper called *"Green Spaces and Sustainable Communities - A Response to the New Opportunities Fund Consultation"*. Photocopies of the paper are available from the SCDP (see back page for details). The WFA has also been helping to organise a series of events in Wales titled *'Better Food, Better Health, Better Wales - A World Health Organisation Dimension'*.

Dr, Aileen Robertson, the World Health Organisation's Food Specialist, was sharing her international experience of food issues at the events on the 5th and 6th of May. The organisers hope that the outcomes will feed into proposed policies and priorities for Wales' National Strategic Plan, its Health Promotion Strategy, and Sustainable Development Scheme.

Contact: David Smith, WFA, 216 Stow Hill, Newport, NP20 4HA Tel: 01633 266 781

Email: ds@hospitalitywales.demon.co.uk or visit their excellent website on www.hospitalitywales.demon.co.uk

Competition Commission Inquiry into Supply of Groceries from Multiple Stores

In April 1999 John Bridgeman, Director General at the Office of Fair Trading referred the grocery retailing sector to the Competition Commission (formerly the Monopolies and Mergers Commission). The Commission had 12 months to report to the Secretary of State for Trade and Industry on whether a monopoly exists in the sector, and if so, in whose favour, and whether the situation is being exploited. The Commission also aims to investigate whether the monopoly operates against the public interest. At early May 2000 the Competition Commission has finished taking evidence from third parties (amongst whom was the Scottish Consumer Council). The five main parties have also given evidence including Tesco, Asda, Sainsbury's, Safeways and Morrisons with one more session to complete.

The next stage will be to write the report, and once this has been finalised it is anticipated that this will be presented to Stephen Byers by 31st July. This should then be made public in early autumn.



concerned about the increasing weight of the great British public – but few move to constructive, supportive ideas for change. One notable exception is an article by Marion Nestle on prevention of excessive weight gain which in many ways is visionary in its approach.

The background on why we should be concerned about obesity is clear – it causes, pain discomfort and unhappiness (generally expressed as increasing morbidity and effects on mortality). Obesity is expensive, both in terms of medical, psychological and social costs. In the US alone, since 1952, 36 policy guidelines have been published which highlight the need to prevent obesity and yet the world grows fatter.

At least in the US they recognise the 2 sides of the problem in that people are consuming more energy (In the UK we are told people are actually eating LESS!) and engaging in less physical activity (both in domestic, leisure and work-time activities). Promotion to increase consumption is taken seriously, with \$11 billion annually spent on advertising and a further \$22 billion on more subtle routes. Increasingly, food is eaten out of the home, which tends to be higher in fat and portion sizes for popular items are rapidly expanding. A good example is given of Coca-Cola, which in the 1950's was packaged in 5-6 oz. bottles, then into 12oz cans and now appears in 20oz bottles!

Some of the strategies presented for discussion highlight small, but effective changes in decreasing energy intake and increasing energy output. For example,

*The average American child between 8 and 18 spends at least 3 hours per day daily watching television and another 3-4 hours with other media. One idea to retard this potato couch obsession is one week a year of No TV Week to “ remind people that life is possible, even better with little or no television”. Or even one evening a week television free might be a use-

ful starting point.

*Advertisements for candy, snacks, fast food and soft drinks should not be allowed on tv shows commonly watched by children under 10 years of age

*Incentives for communities to build more jogging trails and bicycle paths. (*It occurs to me that these routes don't need to be exclusively in beautiful areas. A power walk for 20 minutes at a convenient safe location could actually make regular exercise a possibility for many people*).

*Design policy requirements that ensure that foods which compete with school meals be consistent with any federal nutritional recommendations

*Adjusting food prices. Specific ideas include lowering by half the prices of fruits and vegetables in vending machines and cafes (*I have never even seen fruit in a vending machine in Scotland*)

To fund some of these activities the following taxes are suggested:

*A 2/3 cent tax per 12oz on soft drinks

*A 5% tax on new televisions and video equipment

*A \$65 tax on each new motor vehicle

Indeed the authors quotes a national (US) survey which showed that 45% of adults would support a one-cent tax on a can of soft drink, pound of potato chips or pound of butter if the revenues could be used for a national health education programme. (*Personally, I feel some of the profits from a well known orange drink should be channelled towards dental services*).

This article concludes with a range of policy suggestions ranging from food labelling, urban development to health care training. Combining food initiatives and exercise initiatives are long overdue – could the Scottish Community Diet project even adjust to becoming the Scottish Community Diet **and Exercise** project ?

Nestle M & Jacobson (2000) Halting the obesity epidemic: a public health approach. Public Health reports Jan/Feb 2000 Vol 115 p12-22

Take Stock

Giving projects an opportunity to share their reflections on where they have come from and where they are going!

Food Co-op Network North East

Why?

The Food Co-op Network North East was set up with the principle aim of addressing the known relationship between poverty and poor health in and around Aberdeen. The Network was formerly constituted in January 1998, but has its roots in two local initiatives: the central food co-op and distribution point, which operated from a youth initiative called the Central Youth Point, which has since evolved into Aberdeen Foyer - an impressive youth training and development complex in Aberdeen's city centre; and the Fast Fruit Initiative led by Health Promotions in designated areas throughout Aberdeen city.

What?

Following a successful application to the National Lotteries Charities Board in January 1999, the Food Co-op Network secured funds to appoint a staff team to develop the work of the network from its base at Aberdeen Foyer for a three year period. It is a partnership member organisation and as well as each of the 12 local food co-ops appointing up to two of its members to the Network Committee, it has advisors from the Aberdeen Foyer, Health Promotions and Aberdeen City Council. The Network aims to organise on a co-operative and 'not for profit' basis, provide training for its members, and bulk buy fruit, vegetables and dried goods for distribution to local co-ops from a central store at the lowest possible cost. Another key activity of the Network is its promotion and support of the 'Fast Fruit Initiative', which involves delivering a weekly supply fresh and dried fruit to local schools, breakfast clubs, after-school clubs and nurseries. The Network's full time development worker, Margaret Lawrence described this part of their work as *"proving to be very popular with local school children, although involves a lot of hard work. Many primary schools are now offering a 'healthy' alternative to traditional tuck shops by*

providing fresh fruit instead of sweets and crisps as a result."

Who?

The Network team comprises one full time development worker, one part time assistant development worker, a part time clerical assistant, and a part time van driver/ store person. In addition to paid staff and support from health board and local authority advisors, volunteers have always played a crucial role within the Network, particularly in strengthening and developing the individual co-ops throughout Aberdeen. Isabel Dalgarno is both the volunteer chairperson of the Network and runs the Fersands Food Co-op. Isabel is a key example of a local person with a real expert understanding of the history and needs of her own community, which in turn helps the co-op run far more effectively. Isabel recently took part in an interview with Radio 4 UK for its 'Food Court' programme. She described the experience as being *"nerve racking at first, but gradually got better as I was talking about what I know best - my own community and what we do here in the food co-op to try to improve things, particularly for people on low incomes."*

How?

The staff and volunteers at the Network stress that there is no "standard" definition of a food co-op as each develops according to the particular needs of the community it serves, and most importantly according to the resources available to staff and service it. *"In practice most food co-ops are small and relatively informal, bulk-buying bodies. Most in the Aberdeen area buy their fresh fruit and vegetables from our central store here at the Foyer and buy frozen and tinned goods from local suppliers and shops on a weekly basis"*.

Keeping food co-op prices low and quality high are key aims of the Network. A student from Aberdeen University carried out a price comparison of fruit and vegetables available in the food co-ops and local shops in the surrounding area in March 1999. The results highlighted that 17 out of the 28 items priced were cheaper when bought from Aberdeen's food co-ops. The Food Coop Network



believes its ability to offer these competitive prices and not operating at a loss is helped by choosing local suppliers carefully and building good relationships with them to ensure value for money and high quality produce time and time again. Processing, preparing and delivering food orders to co-ops and fast fruit initiatives can be time consuming and involves a lot of hard work and forward planning. The Network has been imaginative in developing time and labour saving approaches while still ensuring a high standard of service to its customers. Susan Thoms, the Network's Assistant Development Worker, describes an example of this. *"Snack packs of baby carrots, raisons and dried fruit bars are also now bought as packing these items individually into small bags was found to be extremely time consuming for our volunteers in the past. We were also successful in securing a small grant of £500 from the Scottish Co-op, which was used to purchase a new set of weighing scales, and a pricing gun, which helps greatly when deliveries arrive."*

Where?

When asked where the Network would like to see itself develop in the future the group replied that *"it's ultimately the decision of the Network Volunteers to take the work forward in the way that they want and we will support them as best as we can"*. Future plans include the expansion of the Network's central store to increase the range of foodstuffs it is able to supply to the local co-ops. The basement of the Aberdeen Foyer will be used for this, and plans for its conversion are already in progress. Expansion into rural areas is also a future priority. Fit Food Kemnay is the only food co-op operational and supported by the network outwith the city of Aberdeen at present. In keeping with the title 'Food Co-op Network North East', the Network would like to expand its work to supporting and developing food co-ops in other rural locations within the Aberdeenshire area. Early discussions are underway with the Network's advisors as to how they can better service outlying areas with the limited resources they have at present. The

Network would also like to develop a more cohesive and organised approach to dealing with the rapid expansion of the Fast Fruit Initiative and link it in with deliveries to the Network's food co-ops. This would mean delivering on particular days to particular areas, but as the Network volunteers highlighted, *"this would require a good deal of co-operation from the schools, particularly those who have been accustomed to receiving orders as and when required"*.

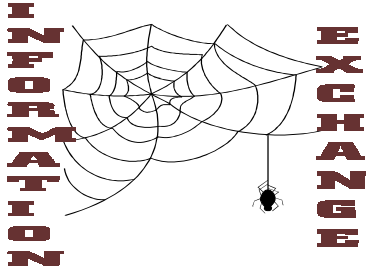
Conclusion

When asked what advice would the Food Co-op Network North East give to other groups interested in setting up a food co-op or indeed a network of food co-ops, the group emphasised the importance of supporting volunteers and local workers who service the co-ops. *"Building up the confidence of volunteers is essential for a successful food co-op. In fact this will mean that recruiting volunteers becomes an ongoing activity as the more confident volunteers become the more likely it is that they will move on for further training or employment, which gives a great sense of achievement to all involved."*

Listening to the needs and views of individual co-ops is also vital, and one way of hearing these views is by having regular meetings that volunteers as well as workers are able to attend. This Network recommends that monthly committee meetings should be as informal as possible to encourage listening and sharing as well as good attendance from all involved. On a more practical level, the network also stressed the importance of setting up efficient stock control procedures and ordering systems. *"Without strong foundations the work of a food co-op can not run smoothly or for the benefit of those most in need of affordable and accessible quality food."*

Contributors

Margaret Lawrence (Development Worker)
 Susan Thoms (Assistant Development Worker)
 Isabel Dalgarno (Chairperson and Volunteer within Fersands Food Co-op)
 Linda Davidson (Health Promotion Specialist - Nutrition)
Contact Information
 Food Co-op Network North East
 C/o The Foyer, Marywell Street
 Aberdeen, AB11 6JF Tel: 01224 212 924



The small grants from **Forward Scotland** are now available. Forward Scotland is an independent company with charitable status. It receives its funding from a number of sources and uses these resources to fund, in partnership with other organisations, a range of sustainable development programmes and projects.

For Forward Scotland, sustainable development means seeking ways of working together to improve the integrated social, economic and environmental aspects of everyday life.

Small Grants Big Ideas has been tailored to support community projects that actively seek to improve the integrated social, economic and environmental aspects of that community.

Grants of around £500 are available for constituted community groups with imaginative projects that deal with integrated issues relating to access, poverty, community participation, the economy and the environment.

For further information about Forward Scotland's Small Project Grant Scheme, please contact:

Alison Quinn, Forward Scotland, 6th Floor Portcullis House, 21 India Street, Glasgow G2 4PZ Tel: 0141 222 5600 Fax: 0141 222 5601 Email: forward.scotland@virgin.net



At the AGM of the **Food For Health Network** in March a special resolution was passed, which called for the dissolution of the Food for Health Network, and for its members to become part of the UK Public Health Alliance and their proposed Food and Health Specialist Interest Group. For more information about this new situation, please contact Iona Lidington of the former Food For health network, PO Box 170 Epsom KT17 4WB

Having come to an end of its original four-year funding, there had been fears for the future of **Edinburgh Community Food Initiative**. However, a restructured project (as yet unnamed) has been maintained following an agreement by Edinburgh City Council and Lothian Health Board to jointly fund a city-wide initiative.

Although involving less staff, the new project will be co-ordinated by a member of the original team and both the administrator and van driver from ECFI will also be moving to the new operation.

Edinburgh's very successful Snack Attack Scheme (see Fare Choice Issue 12) will also form part of the new initiative.

The project can be contacted through John Brennan, 26 Tennant St, Edinburgh EH6 5ND tel:0131 467 7326

fax:0131 467 7325

e-mail:ecfi@madasafish.com



DATES FOR YOUR DIARY...

14th - 20th May

Breastfeeding Awareness Week (0131 536 5500)

26th - 28th May

Borders Food Fair (01450 870 786)

1st - 7th June (01786 479 593)

Volunteers Week



The Centre for Applied Nutrition at Dundee University are still looking for community groups in urban situations who run or want to run **Cooking Skills/Healthy Eating Classes**. The Centre has now had funding confirmed for a project to facilitate and evaluate cooking skills classes in communities throughout Scotland.

Development work starts in July. They will be able to help out with food, equipment, creche and training costs if you think you can get together about 20 recruits who would benefit from such classes.

For further information please contact Wendy Wrieden at the Centre for Applied Nutrition, University of Dundee Tel 01382 345281 or w.l.wrieden@dundee.ac.uk



In the last edition of FareChoice, a food fare event organised by the New Lanark Conservation Trust was publicised to be taking place in March in the **New Lanark** World Heritage Village.

Due to organisational problems, '**Scotland on a Plate**' has now been postponed until the 9th-10th September 2000. For further information, please contact Richard Evans, Development Officer, New Lanark Mills (Tel) 01555 661 345.

Before that New Lanark will be hosting **International Co-operatives Day** on 1st - 2nd July. The first day involves a conference and the second a 'family fun day'. More details available on the special website www.co-opday.com or from Martin Meteyard at the Scottish Co-op tel: 0141 304 5580 e-mail martin.meteyard@co-op.co.uk



The Scottish Executive's Public Health Policy Unit have compiled a progress report of **Scottish Diet Action Plan** implementation to date. It gives a very useful and coherent summary of the background to the Scottish Diet Action Plan; the dietary targets it set for 2005, and Scotland's progress in putting the plan's recommendations into practice. Photocopies of the document are available for the Scottish Community Diet Project. (See back cover for contact details)



Continued media attention on **genetically modified food** has led the Scottish Consumer Council's Food Policy Officer, Donna Heaney, to prepare a very useful briefing note on this complex subject. The paper briefly examines the development of gene technology and the structure of the genetic food industry. It also weighs up the potential benefits of GM food to the consumer, as well as highlighting key consumer concerns and arguments against GM foods - namely safety, ethical objections, socio-economic and environmental concerns. For a copy of the briefing note on GM food, please contact the Scottish Community Diet Project (contact details on back page).

Groundwork is a city garden project based in Glasgow working on a range of topics including organic food, composting, environmental education and developing allotments to people in Glasgow disadvantaged by homelessness, illness, disability or social circumstances. They held their first AGM last month. For more information, please contact Daniel Lowe at Groundwork, c/o Centre 21, Clyde Street, Glasgow, G1 4JH. Tel: 0141 248 6864.



"Are we the forgotten communities?: Midlothian Community Food Survey 1999"

is a product of the efforts of (Gorebridge Health Project, SEAD, Lothian Coalition of Disabled People, VOCAL, Midlothian Transport Action Group) and the work of the research volunteers - Fay, Steph, Jean, Marion, Shirley & Pat and Eileen the Food Basket Co-ordinator. The report was launched at a very successful "what's eating Midlothian" conference held in Gorebridge in March. The very reliable and colourful report would be of interest to anyone involved in food, poverty, transport and health issues. **Copies from Midlothian Social Inclusion Forum c/o LAPA, 0131 225 6977**



PEOPLE, LAND AND SUSTAINABILITY: NEW DIRECTIONS IN COMMUNITY GARDENING University of Nottingham, UK **International Conference** 13-16 September 2000. This conference will provide an international forum for exploring these diverse traditions and how they are being shaped by the forces arising from global environmental problems. The particular focus of this conference will be on the social dimension of sustainability and the role that community gardens can play in community development and regeneration. Standard fee (3 nights) £250 although the organisers hope to have discretionary bursary funds available. **For further information:** John Ferris, School of Sociology & Social Policy, University of Nottingham, University Park, Nottingham, NG7 2RD

The Community Nutrition Project in Glasgow's East End was established in 1998 by Greater Glasgow Health Board and the Scottish Coop with the overall aim of increasing awareness of healthy eating as an option for all Coop customers and community members in the Barrachnie and Shettleston Road areas of Glasgow. Building on the success of the project's pilot phase, the project has now extended to other areas of high deprivation in Glasgow. A report of the Project's activities is now available from Joy Farquharson, Community Nutritionist for Greater Glasgow Health Board and the Scottish Coop. Please contact Joy on (Tel) 0141 201 4990. Report summaries are also available.



Hearty Eating is the name of the courses being set up across Glasgow to take referrals from Primary Care for people with early stage **Coronary Heart Disease**.

The aims of the courses are to assist groups of people with newly diagnosed chest pain make sustainable dietary and lifestyle changes. Each course will run for approximately 6-8 weeks in locally accessible venues, for example community centres, schools, or leisure centres. It is anticipated there will be 8-10 people in each group.

The topics on offer each week will include shopping trips, healthy eating, cooking skills, motivation techniques, food tasting as well as information on weight loss, and exercise.

The organisers are looking for suitable venues in Glasgow to hold these groups.

I am also keen to support established food initiatives in Glasgow by ordering from them direct for any food related topics on the courses.

Contact Marianne Hayward, Community Dietitian, Pollok Health Centre, 21 Cowglen Rd, Glasgow, G53 6EQ 0141 531 6821



The Health Education Board for Scotland and the Scottish Consumer Council have now published **Award Guidelines for Caterers**. The Guide is available to caterers applying for either the Scottish Healthy Choices Award or

the Scottish Health at Work Award. For further information, please contact Catriona MacFarlane, National Project Co-ordinator for the Scottish Healthy Choices Award Scheme, Scottish Consumers Council, Royal Exchange House, 100 Queen Street, Glasgow G1 3DN.



The network of **Scottish Organic Gardeners** was established in 1980 to provide information for groups and individuals interested in the issues surrounding organic gardening and farming. SOG aims to increase awareness throughout Scotland of the issues surrounding organic gardening and support practical solutions to problems specific to organic gardening in a Northern Climate as well as helping to increase the production, availability and eating of healthy food in Scotland.

SOG today has over 200 members and amongst other activities produces an informative quarterly magazine, which members are encouraged to contribute to. For further information about SOG and membership costs and details, please contact its membership secretary Kath Todd at 123 Pumpherston Road, Uphall Station, West Lothian, EH54 5PH.



The **National Consumer Council** (NCC) in London joined forces with consumer groups across the world on the 15th March to highlight the urgent need for more informative and stricter labelling regulations on genetically modified foods on World Consumer Rights Day 2000. The Director of the NCC, Anna Bradley, said "*making information more noticeable is only part of the GM labelling problem. Even those consumers who succeed in finding a reference to GM ingredients aren't necessarily getting the full picture.*" A pack of detailed information on GM crops and food and the consumer issues they raise has been prepared by Consumers International¹ to mark World Consumers Rights day 2000. Copies are available from the website www.consumersinternational.org or tel: 020 7226 6663.

¹ Consumers International is an independent, non-profit and not aligned or supported by any political party or industry. It is funded by fees from member organisations and by foundation and government grants. Consumers International has two main goals: to support and strengthen member organisations and the consumer movement in general; and to fight for policies at the international level that respect consumer



The **Scottish Conservation Trust** is a Scottish charity involving people in improving the quality of the environment through practical conservation work. SCT has a Group Affiliation Scheme to provide support to groups who are working to improve their environment for people and wildlife. Groups who join SCP are involved in a wide range of activities from creating community gardens to restoring buildings. Benefits of affiliation range from networking opportunities to training in practical conservation skills at reduced rates. For more information, please contact the Local Groups Officer, Scottish Conservation Projects trust, Balallan House, 24 Allan park, Stirling FK8 2QG. Tel: 01786 479697.



“Throughout the food production and distribution system there is food that is not sold through normal retailing channels, such as products approaching their sell-by-dates, goods with faulty packaging and agricultural produce taken off the market to stabilise prices. This food is termed ‘surplus’.”

“The key question to be answered is whether surplus food distribution should be judged as a political or practical issue. Politically we have argued that food redistribution is not an effective way to resolve problems associated with poverty and food, nor with excess food production, and as such we would not recommend such initiatives as long term solutions to food poverty. However, these initiatives are already established and used by members of the public and any suggestion that they might be removed will be seen as, and experienced as, a retrograde step.”

The much awaited report on **surplus food redistribution** from Sustain has now been published. ‘Too much *and* too little’ by Corinna Hawkes and Jacqui Webster is available, price £12, from Sustain, 94 White Lion Street, London N1 9PF tel: 020 7837 1228 fax: 020 7837 1141 e-mail: sustain@charity.vfree.com It is hoped to bring one of the authors to Scotland in the near future to discuss these issues further. Watch out for details.

ECOLINC was formed in 1989 and is an organisation that operates across the North East of Scotland. Its aim is to raise “ecological awareness” by bringing topical issues to the public's attention by way of meetings, debates etc.

It is planning a public meeting in Forres, which will be addressed by Helena Norberg Hodger who addressed both delegates and those ‘outside’ the World Trade talks in Seattle earlier this year. The title of this meeting will be **FIRST CHOICE LOCAL**. It will suggest that shoppers should make the purchase of locally grown and locally processed food their first choice as a matter of habit.

Two opinion surveys are about to be undertaken and a date for the meeting will be set soon. Further information is available from John Scott Forres/Nairn Branch, ECOLINC, Wyken, Findhorn, Moray, IV36 3YL or from their website www.ecolinc.org.uk.



Foodlink **NATIONAL FOOD SAFETY WEEK**
12-18 June

At local level the campaign is supported across the UK by Environmental Health Departments, Health Promotion Teams, Schools, Companies and individuals who organise awareness raising activities.

The foodlink website – www.foodlink.org.uk – supports NATIONAL Food Safety Week and provides food safety information all year round. The site presents food safety tips, information about some of the causes of food poisoning, links to other food safety sites and news about National Food Safety Week. Foodlink is organised by the Food and Drink Federation. Scottish Food and Drink Federation has recently been set up, you can find out more about them through their new website <http://www.sfdf.org.uk> or by contacting:

Scottish Food & Drink Federation
4a Torphichen Street, Edinburgh, EH3 8JQ
Telephone: 0131 229 9415 Fax: 0131 229 9407
Email: SFDF@sdf.org.uk

The Links Research Group formed at the beginning of November 1999 to identify the best possible use of a large restaurant/kitchen area, which has lain unused for 2 years. A survey of 250 residents was carried out through December and January and a community cafe and food co-op was desired by an overwhelming majority with a breakfast club, laundrette, credit union and activity groups for all ages also high in demand. Fifteen food-orientated centres across central Scotland were visited to tap into the knowledge and expertise of established projects. Each project was unique to its own community and valuable information and advice was gained from each and every one. The research group was dissolved at that time, with a number of those involved forming the Linktown Development Group to take the project on to the next level. The future direction of the project looks very promising indeed. There are now 2 part-time co-ordinators working in harmony to achieve the desired results. The Linktown Development Group is looking forward to work, in partnership, with as many local authorities/organisations as possible and grant funding has been applied for from numerous bodies. Plans are in place to have the kitchen re-designed to incorporate training facilities, suitable for use by children and people in wheelchairs. The main emphasis will be on the community cafe which, along with the food co-op will be up and running at the end of June. **Contact information:** Linktown Development Group, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE **Telephone:** 01592 644048



The SCDP are always keen to hear from community food projects who would like to contribute to **Fare Choice**. This could take the form of sending us copies of your reports, event photographs (on loan only) or news for the information exchange section. Alternatively your group might like to take part in the regular Take Stock feature (see page 6/7). If you are interested, please get in touch with Lizanne or Bill on 0141 226 5261. The deadline for the next edition will be mid-July. Please get in touch!

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



Scottish Community Diet Project

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 Email: dcameron@scotconsumer.org.uk website: www.dietproject.co.uk



Martine Stead (University of Strathclyde), Donna Heaney (Scottish Consumer Council), Prof. Annie Anderson (University of Dundee) and Carol Bryce (Health Education Board for Scotland) being put on the spot by participants at SCDP's latest training event on "Food, Research and Local Communities". (See front page)



Michael Hardie from Maryhill Community Health Project introducing guests at the launch of Dunard Primary School Breakfast Club in Glasgow including an embarrassed giant banana!



Linktown Development Group information day held in March (see opposite column)

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.