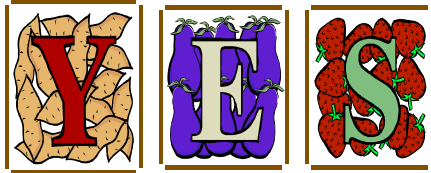


FARE CHOICE



MINISTER

When Susan Deacon, Minister for Health and Community Care, visited a community food initiative to get a taste of how effective they can be, she left with not only a very positive image for herself and accompanying officials but also a local community equally boosted by the occasion.

The Minister was visiting Leithland Neighbourhood Centre in Pollok, Glasgow and, following a presentation on what was happening nationally by the Scottish Community Diet Project, spent over two hours meeting local people tackling the barriers to better diet and health.

The Minister met the children and tutor from the successful 'kids cookery' course run in the centre and was able to test at first hand their proficiency with pizza and fruit kebabs (see back page for photo).

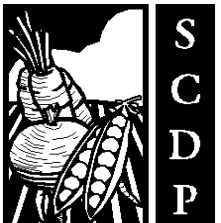
The local food co-op and community café were also visited by the Minister along with the range of additional health-related activities that are supported within the community-managed council-owned building.

The involvement of the local authority, Health Promotion team, the Scottish Co-op, the SCDP and most importantly the local community themselves, allowed the Minister to view 'joined-up thinking' where it matters most.

Marie Hedges, Project Co-ordinator at Leithland, stressed the importance of not only 'joined-up thinking' but also 'long term thinking' to maximise the benefits of community initiatives.

"We've welcomed the support we've had from a number of agencies so far, but there's a lot of work to be done. The community have the ideas and the enthusiasm but we need long term backing to achieve all the changes the community not only needs but wants!"

The Minister and accompanying officials could not be anything other than impressed by their latest visit to a community food initiative and this will hopefully be reflected in future policy development and resource allocation (see page2).





What's happening at Holyrood?

It may officially have been time for parliamentary recesses over the summer months, but there still was plenty of political activity of relevance to Scotland's community food initiatives. Two key funding announcements from the Department of Health at the Scottish Executive should have a major impact on efforts of local communities tackling the barriers to a healthy diet.

'**Growing up, growing healthier**' is an annual £26 million health improvement fund derived from the Scottish allocation of extra tobacco tax revenues and targeted at improving Scotland's unenviable health record.

Over the next four years an average of £17 million per annum is to be channelled through Health Boards. The remaining £9 million will be invested through national initiatives, including a boost of nearly £3 million per annum for the Health Education Board for Scotland (HEBS).

The aim of the funding was described by the Minister of Health Susan Deacon as supporting *"dynamic initiatives spanning every age group and every community, focussed on improving health where it is currently worst, dedicated to tackling inequalities, meeting the very real needs of our poorest communities, and delivered wherever possible with the active participation of local communities"*

Although exact details are still a bit sketchy the money is intended to support *"a truly national programme with strong, practical local initiatives"*.

Diet is recognised as a key element of achieving health improvement with breakfast clubs, fruit tuck shops and fruit in playgroups getting a particular mention.

Health Demonstration projects has now been announced in four areas with Scottish Executive funding totaling £15 million. Two have particular relevance for those tackling the barriers to a healthy diet.

Starting Well is an integrated child health programme aimed at the period leading up to birth and throughout the first 5 years of childhood which will be operating in Greater Glasgow while **Have a**

Heart Paisley aims to *'change the lives and perceptions of every citizen of Paisley by impacting on life circumstances, lifestyles, and specific cardiovascular issues' and 'begins and ends in the community'*. For further information contact the **Have a Heart Paisley** Project Manager on 0141 842 7289 or visit their website at www.haveaheart.org.uk



The European Parliament is currently discussing proposals to set up a **European Food Authority** as part of its White paper on Food Safety. The role such a new agency would play in better promoting and protecting consumer health and nutritional status is however being questioned by many organisations across Europe since the current proposals for the new agency does not include nutrition as part of its remit. Many health, consumer and environmental organisations strongly oppose this position and advocate that health, particularly nutrition and the development of a sustainable food supply, should be central to the work of the new agency.

The European Public Health Alliance (EPHA) has prepared a briefing note on behalf of the European Health Organisations outlining why the European Union (EU) should concern itself with nutrition. It argues that nutrition is currently not a key policy area at European level and suggests that the new agency should have nutrition, food safety and a sustainable food supply at its heart if it is to respond to consumers' concerns about food and diet. EPHA also suggests that the title of the Authority should be changed to the European Food and Health Authority, and recommends that it hosts a nutrition committee, which would oversee such tasks as the development of a comprehensive and coherent European nutritional policy.

The European Parliament will further debate the role and function of the proposed agency during September when its White Paper on food safety will be discussed. A draft copy of the EU's proposals for the agency can be found on the European Parliament's web site at the following address: <http://www.europarl.eu.int/committees/envi/meetdocs/20000710/413251EN.doc>

To find out more about the amendments being proposed by the European Public Health Association to the EU's White Paper on Food safety, please visit the campaigning pages on its web site at <http://www.ephpa.org>



The Scottish Food Advisory Committee, which advises the Scottish arm of the Food Standards Agency, is to develop a **Communications Strategy** to ensure the most disadvantaged and

vulnerable consumers get the chance to find out more about the food issues which matter most to them. This will mean making contact with the public through less conventional approaches such as printing information on bus or lottery tickets, for example. Chairman of the Scottish Food Advisory Committee, Sir John Arbuthnott, said *“Both the Scottish Food Advisory Committee and the Food Standards Agency are exploring previously uncharted territory in the way we interact with the public. It is vitally important that the Committee and the Agency reaches everyone. I want this Committee to give people from every walk of life easy access to information and advice on food safety and food standards and the chance to have their say on these issues.”*

One example of the Scottish Food Advisory Committee reaching out to the public has been in the form of holding **open committee meetings**, the first of which took place in July. The second public meeting took place in the **Cowane Centre in Stirling on 6 September**, which included a demonstration by volunteers from the Pavillion Community Café in Stirling who have been taking part in Stirling Health and Wellbeing Alliance’s ‘Easy Cook Roadshow’, funded by the SCDP. The next open committee meeting is scheduled for November 2nd in Inverness.

The SFAC has also established a Diet and Nutrition Forum involving other key agencies.

To find out more about the forum, open meetings and other activities of both the SFAC and FSA, please contact the Food Standards Agency Scotland, St Magnus House, 25 Guild Street, Aberdeen, AB11 6NJ Tel.01224 285100

E-mail: scotland@foodstandards.gsi.gov.uk

Jacqui Webster, development officer with the Food Poverty Project at SUSTAIN, is to take up an exciting new post with the UK Food Standards Agency in October. Her post as the Food Standards Agency’s **Consumer Affairs Specialist** will be to identify, analyse and prioritise the needs of ordinary consumers in relation to food, with particular emphasis on low-income families and other groups with special needs. The post should play an invaluable role in devising strategies by which the Food Standards Agency can help disadvantaged consumers in developing its food policies. We wish Jacqui every success in her new role and look forward to working closely with her.

INVOLVING CONSUMERS IN POLICY MAKING

The Food Standards Agency was established in April 2000 to take a strategic view of food safety and standards issues across the food chain. It has issued a UK wide consultation document about involving consumers in policy making with an explanatory background Annex. The purpose of the consultation document is to gather views on methods it might use to involve consumers and consumer groups in the policy making process and to ensure that the policies of the Food Standards Agency take proper account of consumer needs. The Agency intends to consult on all food policy proposals and consequent legislation.

The document emphasises the Agency’s commitment to putting consumers first and working in an open and transparent way and it wants to ensure that consumer needs are tackled effectively in all its activities. The document does not cover the communication strategy of the Agency, as it plans to consult separately on this (see previous column). The document is aimed at the general public, consumer organisations and public interest groups and others with an interest in the activities of the Food Standards Agency.

The consultation document identifies a series of twelve key questions. However, the document also notes that the Agency would welcome any relevant comments based on how to consult. The type of questions it asks are broad, for example it asks what consultation methods would best serve consumers whether consumer research should be increased or whether there are better ways of obtaining consumer views. It asks about the form of public consultation exercises and about written consultation exercises. It also asks whether a consumer consultative committee would be useful and if so, who should sit on it. The Agency is particularly keen on exploring how it can involve vulnerable groups and consumers with particular needs, especially those with low incomes and asks a question on how it can achieve this effectively.

If you want to make your views known you still have time as the deadline for comment is 29 September. Copies of the consultation document can be obtained from Patricia Dodds on 01224 285 155, or by writing to Patricia at Food Standards Agency, 6th Floor, St Magnus House, 25 Guild Street, Aberdeen, AB11 6NG or by emailing Patricia at patricia.dodds@foodstandards.gsi.gov.uk.

The Agency plans to report the outcome of this consultation exercise in the autumn.



This is the first of two articles on data from the recently published **National Diet and Nutrition Survey of young people aged 4 to 18 years (1)**.

This recent report has spurred me into action – the dental appointments have been made, new toothbrushes bought and drink cans counted (couldn't find any in our house actually but I suspect they are just well hidden!). This new UK report of the diet of our youngest generation also included an oral health survey with some startling findings. Over half of the 1943 children surveyed were found to have evidence of caries: 37 % of the youngest age (4 to 6 years) rising to 67% of 15 to 18 year olds. Perhaps not surprisingly levels were highest in Scotland. Children with caries were asked if they thought their teeth were decayed at the moment and 76% of those with active caries thought they had no decay. In addition, when asked about the most frequently given cause of dental decay "too much sugar or other sweet foods" was mentioned by 63% of 15 to 18 years olds and between 57-60% of the parents of 4 to 14 years olds.

The relationship between diet and oral health has been well described and the above results suggest it is quite well known. Many dietary components have been highlighted in oral health but sugary foods, non-milk extrinsic sugars (caries risk) and acidic foods (erosion risk) remain the main items of concern. The survey demonstrated that current intakes of almost 17% of total energy (with top figures of more than one quarter of total energy) were considerably higher than current recommendation of 10% energy. The main sources of sugars are the obvious ones (see table 1) and the wee bit in baked beans is really not terribly important if these big contributors are around. Soft drinks are the major contributor by weight to the total weight of sugary foods and acidic foods consumed. Boys aged 15 to 18 had a mean daily intake of carbonated drinks of just over a can per day whilst for girls this age the consumption was only slightly lower (239g compared to 337g).

(1) Gregory et al, 2000, *The Stationery Office London ISBN 0 11 6212659*.

Table 1 Percentage contribution of food types to average daily total sugar intake (males)

Soft drinks (not low calorie)	19
Chocolate confectionery	10
Sugar confectionery	6
Sugar	6
Buns, cakes, pastries,	6
Preserves & sweet spreads	6
Biscuits	5
Low fibre breakfast cereals	5
(note fruit juice provides about 4%)	

These findings really confirms that those fears about acid in fruit or sugar in oatcakes are really not the things to lose sleep (or teeth!) over. If public health directors, community centres, schools, swimming pools and all other agencies apparently interested in health wanted to do something relevant about the teeth of the nation they would dissolve vending machines selling fizzy, sweetened drinks in baths of brown fizz and make water the essential cool drink that no young adult could fail to have in their trendy satchels.

Not only is the amount of sugar taken important but time and frequency also matters. About 1 in 7 young people reported having a drink in bed every night, and 57% who had drinks containing added sugar (compared to 31% of 11-14 year olds who drank water) had caries experience. Making drinks last for any length of time (e.g. wallowing round the teeth or drinking slowly) a habit associated with increased caries risk varied from around 40% in 4 to 6 year olds to 29% of 15 to 18 year olds.

A new result for me was the finding that over half the people examined were considered to have evidence of erosion, with even 46% of 4 to 6 year olds showing erosion in their primary (first) teeth – again a habit with an association with the fizzy!

Ofcourse there is no one way to alter dietary intake, but decreasing sweetened drinks should be first line of attack - count and cut approach for caries prevention.

Prof. Annie Anderson,
Centre for Applied Nutrition
Tel 01382 496442 Fax 01382 496452
e-mail a.s.anderson@dundee.ac.uk

London Tour

Between the 18th and 20th July 2000, the Scottish Community Diet Project's Development Officer, Lizanne Hume, accompanied six volunteers from community food projects around Scotland on a **study tour** of some of London's community food projects. Volunteers came from Kirkcaldy, Hawick, Glasgow, Paisley, Aberdeen, and Edinburgh. The three day tour was jointly organised with the staff from SUSTAIN's Food Poverty Project in London.

Like the previous SCDP study tours, the tour to London was an opportunity for community food project volunteers and lay workers to meet new people from both Scotland and, in this instance, from other projects and organisations from in and around London. The projects visited were picked for their diversity, project activity, ethnicity and approach. They demonstrated the variety of community food projects in London and the diversity of the ethnic make up of London as well as the many difficulties people living on low incomes face.

Projects visited on the tour included a community garden in London's busy Kings Cross, a community growing project, city farm and lunch club in the East End, as well as the House of Lords and the offices of Sustain. A full report of the tour is available from the SCDP, but to give a flavour of where the group visited here is some of their comments:

"It was by no means a one way learning experience - all who took part, both community food project staff and volunteers in London and Scotland gained from the study tour."

Victoria Williams, Sustain

The tour also helped me realise that no matter where you live there are people who have a poor diet, and that like the work I'm involved with in Edinburgh there are lots of other groups trying to help to change this."

Josie Mitchell, Calder Food Co-op in Edinburgh

Although still some months away, the SCDP is now in the early planning stages of a **Northern Exposure Study Tour** of community food initiatives on the Highlands and Islands. The tour will most likely take place in March 2001 and will be aimed at lay community FOOD WORKERS and volunteers within community food projects from rural communities in the south of Scotland. Lizanne would be delighted to hear expressions of interest from anyone who would like to go, or who would like to find out more. Please get in touch as soon as possible as places are limited (**see back page for contact details**).

Don't Leave it to the Professionals!

"..the worker would not need to be a specialist in food, nutrition or catering since these skills could be called in from others or could be learned. It is far more important that the worker offers the necessary personal qualities needed to set up and develop a new service. The main qualities a Community Food Worker would need to offer were considered to be personal skills rather than professional ones"

Lay workers schemes are not new and have been a familiar feature in health and nutrition interventions in the developing world for many years. In Scotland, there will undoubtedly be many non-professional staff reading this article. The question is whether there are benefits to be gained by developing consistent and effective practice in this field in terms of the skills, funding, recruitment, support and remit of lay community food workers. The present indication from ongoing work in Ayrshire is that it is.

A feasibility study into community food workers was launched on 11th September at a conference organised by Ayrshire and Arran Primary Care Trust and the local Health Board. Both the study and conference came out strongly in favour of well designed, supported and integrated community food worker schemes. Five Community Food Workers (two in North Ayrshire, three in East Ayrshire) have recently been appointed and are currently undergoing training.

For more information on the current initiative and the feasibility study contact:

**Fiona Smith, Community Dietitian
Ayrshire and Arran Primary Care Trust
Community Dietetic Service
Ayrshire Central Hospital, Kilwinning Road
Irvine KA 12 8SS
tel: 01294 323 130
fax: 01294 312 446.**

Copies of the study cost £5 (including p&p), but are free to groups and individuals within Ayrshire. Cheques should be made payable to 'Ayrshire and Arran Primary Care Trust'.





NOT TAKEN FOR GRANTED

“Eradicating food poverty is an important element of our strategy to reduce health inequalities in Scotland. There is no doubt that community food initiatives can encourage people living in low income areas to work towards a healthier diet and so achieve better health. I am therefore delighted that a significant proportion of the money being provided this year by the Scottish Executive to the Scottish Community Diet Project, is being channelled towards the development of innovative community food initiatives aimed at tackling food poverty.”

**Susan Deacon MSP,
Minister for Health and Community Care,
September 1999**

Since the introduction of the Scottish Community Diet Project Grants Scheme in 1997, over £200,000 has been distributed to at least 70 community food initiatives throughout Scotland. Applications have been encouraged from as wide a range of groups, agencies and ‘partnerships’ as possible throughout Scotland, which place an emphasis on ***“working within and with local communities to improve access to, and take-up of, a healthy varied diet”***.

Successful SCDP grant recipients span the length and breadth of Scotland and cover both its disadvantaged urban and rural communities.

“Most straightforward application form for funds they had ever seen...parents did most of the work themselves”.

SCDP External Evaluation 1998

Interest in the SCDP grant scheme nearly always outweighs the funds available, so the project has aimed from the outset to keep the application process as simple and time effective for groups as possible. With the support and expert guidance by

members of the SCDP steering group, selection of successful applications is made annually, but often with great difficulty as the quality of applications has been consistently strong since the grant scheme began.

In recognition of the range of need and differing funding requirements, the SCDP grant scheme was split into two separate categories in 1999: small and strategic, promoted as always through Fare Choice. Five strategic awards were made in 1999 to initiatives in Dundee, Stirling, Kelso, Ayrshire and Edinburgh. Ayrshire and Arran Primary Care Trust have since launched a lay community food workers scheme (see page 5); Stirling Health and Wellbeing Alliance have trained local volunteers to lead the ‘easy cook roadshow’. Kelso Family Centre in the Borders also ran a very successful 30-week structured programme of food activities within a Family Centre, prioritising the centre’s most isolated rural users.

“Generally the classes have been very successful and well attended. The women have focused on the issues and have actually tried the recipes at home and discussed food issues enthusiastically with each other.”

Strategic Grant 1999: Kelso Family Centre, Borders

SCDP small grants have also helped groups undertake brilliant pieces of work, highlighting how even small amounts of funding can make a big difference to the work of community food initiatives.

“The aim of the project was to encourage members to improve their diet by learning how to prepare and cook healthy meals... many thanks to the SCDP for providing us with essential funding, without which the project may not have got off the ground”

Small Grant 1999: Phoenix Club, Stranraer



“This grant enabled us to continue our work in the community, setting up more cookery workshops for people in regenerated areas who are disadvantaged in many ways.”

Small Grant, 1999: East Lothian Roots and Fruits, Tranent

Last year small grants reached 11 communities from Skye to Stranraer, and helped finance a wide range of community food activity. For example, at Greengables Nursery in Craigmillar, Edinburgh, a small grant helped finance a ‘Cooking for Tots’ experimentation course for pre-fives and their families in two local bases. The group has since been donated equipment from Scotmid and has attracted additional funding which will help the work continue with future groups of children.

“Tom surprised me with his enthusiasm for tasting, trying and making things”

Parent speaking about her son at Greengables Nursery, Craigmillar

“An unplanned cookery club has emerged from the work as well as work with volunteers and the lunch club. The children have enjoyed learning new skills outwith the typical school environment.

Small Grant 1999: Home Start Kintyre, Campbeltown

“With thanks to the Scottish Community Diet project, we held a whole school and community project to support the aim of children eating more fruit and vegetables. The Coffee Bar at Kaimhill now sells bags of fresh and dried fruit at reasonable cost, and children are encouraged to make healthy choices. Along with this change of practice, all the children have had a session with community volunteers, arts workers and staff to underline the importance of fruit and vegetables in our diet.”

Small Grant 1999: Kaimhill Community Education Centre

Thanks to an increase in funding by the Scottish Executive, the SCDP grants budget more than doubled this year to £110,000. Applications were again invited from all new and existing community food initiatives from throughout Scotland wishing to develop new pieces of work.

The SCDP are delighted to announce that small grants have now been awarded to 19 different initiatives across Scotland and strategic grants to another 13 for the funding period 2000-2001.

The range of successful groups span from a small grant going to a healthy ethnic diet project in Dundee with the Bharatiya Ashram, to a strategic grant being awarded to the Western Isles’ Healthy Islands Partnership Food and Health Group to develop a project which co-ordinates health, inequality, education and economic development around the theme of food in remote and rural areas.

A full report of this year’s recipients is available from the SCDP, as is an account of the work of grant recipients in previous years. For further information, please contact the SCDP (see back page).

The experience of the SCDP has been that the vast majority of groups have not taken the relatively small amounts of funding available from the SCDP for granted; yet are achieving excellent and lasting results for such small and short-term amounts of investment.

The most successful bids have come from groups that have focused on practical and enjoyable community action that has been identified locally rather than centrally. All grant recipients are encouraged to monitor and evaluate the work they undertake to help the development of their own work as well as spread good practice to other areas. Many SCDP grant recipients have also gone on to share their positive experiences in other aspects of the SCDP’s work such as at seminars, conferences and study tours.

We hope that this sharing can continue so that limited resources will reap unlimited rewards for community food activity in Scotland and beyond.

The SCDP would like to thank all the grant recipients who contributed to compiling this article.





'Children and Inequalities in Health' is the first of three newsletters produced by the research project on *The Socio-economic and Cultural Context of Children's Lifestyles and the*

Production of Health Variations at the University of Edinburgh. The newsletter has been put together with the overall aim of developing better links between research and practice. This first issue introduces the project and provides background to the study. The study aims to improve our understanding of how children experience health inequalities and will examine the health experiences of 40 children aged 10-12 years living in two areas of Scotland with contrasting socio-economic profiles. The study, funded by the Economic and Social Research Council, began in January 1999 and will be completed by the end of June 2001. Its findings will hopefully inform future policy on children's health. **For further information about the study, please contact Dr John Davis at the Research Unit in Health and Behavioural Change, University of Edinburgh. Tel: 0131 651 1206. Email: J.M.Davis@ed.ac.uk**



"The pursuit of plenty has brought a choice of food on a scale undreamed of 100 years ago. But at what cost? How many 'food crimes' have been committed in the way?"

The Co-operative wholesale society has published a new report titled **'Food crimes - a consumer perspective on the ethics of modern food production'**. From the co-op's own research, the consumer's view appears to be that the pursuit of plenty on our supermarket shelves has yielded some shameful side effects, which the report describes as 'food crimes'. From food related health scares to animal welfare and environmental violations, the report discusses the nature and extent of seven identified 'food crimes' and outlines how both the consumer and retailer can become more responsible.

For a copy of the report, please write to **CWS Ltd, Freeport MR9 473, Manchester M4 8BA. Or freephone 0800 0686 727, or visit the co-op website at www.co-op.co.uk**

In Sustain's latest report titled **'Too Much and Too Little?'** surplus food distribution schemes go under the spotlight and are questioned as to whether they are a good solution to food poverty or whether they merely perpetuate the problem (see Fare Choice edition 13). The report aims to stimulate debate throughout the redistribution chain, from those eating the food to those donating it. Reports cost £12 (£6 to Sustain's Food Poverty Network members) and are available from SUSTAIN - Tel. 020 7837 1228, e-mail: sustain@sustainweb.org

SUSTAIN is keen to generate debate about this important topic throughout the UK. To give Scotland's community food initiatives the opportunity to find out more and have their say, the **SCDP** plan to hold a **small scale open discussion** to debate the issues contained within the **'Too much and too little?'** report. This will take place within the boardroom of the Scottish Consumer Council in Glasgow on the afternoon of Tuesday, **October 10th**. If you would like to join us to share your views, concerns or experience of surplus food redistribution schemes in all its forms, please get in touch with the project as soon as possible to book a place (see back page for contact details).



'Hassle free shopping' is an experience many of Scotland's community food initiatives aspire to. It is also the major conclusion of a recent study from the Scottish Executive. The report **Future Patterns of Retailing in Scotland** forecasts extensive innovation in e-retailing with the internet expected to account for eight per cent of all retail sales and 10 per cent of sales of food and groceries by 2010.

Compiled on behalf of the Scottish Executive by Professor John Dawson of the University of Edinburgh, the report also claims that bus and railway stations will become increasingly attractive locations for retail centres as consumers search for simplification and a reduction of 'hassle'

As well as providing extensive information on possible changes in the retailing industry and what this could mean for shopping in general in Scotland, the report considers the implications for town centres and other shopping locations. Copies of the report are available from the Scottish Executive Retail Unit, 2J, Victoria Quay, Edinburgh, EH6 6QQ. Or on the website: www.scotland.gov.uk/cru.

The Society of Health Promotion and Education Specialists (SHEPS) is looking for nominations for its **Health Promoter of the Year Award** by **September 30th 2000**. SHEPS requires a short statement of no more than 250 words about someone who you think has contributed significantly to the health of a community in Scotland whether in a voluntary, lay worker or professional capacity. Nominations are particularly invited from people who have developed innovative ways of addressing inequalities in health. **Please send your nominations to Deborah Ritchie, Chair of SHEPS (Scottish Branch), c/o Queen Margaret University College, Department of Sociology, Clerwood Terrace, EH12 8TS. Email: DRITCHIE@QMUC.AC.UK**



A £500 prize is being offered by the Scottish Branch of the **McCarrison Society** for most interesting contribution it receives on the subject of human nutrition. The suggested topics for this year are ***“What aspects of our foods should the New Food Standards Agency be monitoring”*** and ***“Discuss the widespread use of vitamin and mineral fortification of food”***. The closing date for applications is the **31st December 2000**. Further details about the McCarrison Society and the competition can be obtained from **Dr. J Meldrum, 29 Bellevue Road, Edinburgh, EH7 4DL**.



West Glasgow LETS (Local Exchange Trading System) is one of 35 community-based trading networks across Scotland. Members trade with each other using a local currency, Kelvins, and a set of accounts. The Sunflower Project is a collaboration between Partick Community Association and West Glasgow LETS. It aims to integrate people who have had mental health problems, or who are disadvantaged in other ways, into the LETS and the local community. The project has opened a new community centre in Partick (almost opposite Partick Library on Dumbarton Road!) with a variety of spaces for community activity, including a community café serving a variety of healthy snacks at an affordable price to both members and non-members of the LETS scheme. From the 19th August the café has been open on Saturdays from 12 noon until 4pm. The community café is currently on the lookout for an automatic washing machine and a cold counter display for salads. Anyone who can help or if you're looking for further information, please contact **Patrick Boase at the Sunflower Café, The Annexe, 9a Stewartville St, Glasgow**.

Community Action on Food (CAF) has recently launched its **annual report**, charting the project's growth and progress over the past year. The colourful report is full of photos and quotes from its staff, volunteers and customers who have all played an active role in the development of the community café and food co-op in Faifley, Clydebank. CAF is funded by West Dunbartonshire Partnership and managed by Greater Glasgow Health Board. **For a copy of the evaluation, please contact Anne Gebbie-Diben, Project Co-ordinator, on tel. 01389 877 450**



Lloyds TSB Foundation for Scotland invite applications from registered Scottish Charities for its **Capacity Building Grants**. Funding is available for groups to access a panel of independent consultants who are experienced in the voluntary sector and can assist groups in resolving many issues from financial management to information technology and staff management. **To find out more, please contact Geoff Weir, Programme Co-ordinator, at Lloyds TSB Foundation for Scotland on Tel: 0131 225 4555**.



The Health Education Board for Scotland has compiled a summary of findings from the 1998 **Health Education Population Survey (HEPS)** in a report titled *‘Indicators for Health Education in Scotland’*.

The report outlines the broad range of health and lifestyle topics covered by HEPS and interprets what the data collected means in terms of the knowledge, attitudes and behaviours/health status among adults in the UK.

Under the chapter heading ‘diet’, the HEPS study found that there were differences between all socio-demographic groups with respect to the perceived barriers to eating a more healthy diet. Expense, rather than not knowing how to improve diet or lack of will power to do so, was the issue most frequently mentioned by low income respondents as the main barrier to eating more fruit and vegetables.

Full details of the summarised findings can be found on HEBSWeb (www.hebs.scot.nhs.uk) or by calling HEBS on 0131 536 5500.





Volunteer Development Scotland has just published its latest edition of Scotland's Millennium Festival of Volunteering News, which announces **Scotland's First Convention of Volunteering and Community Action**.

Titled '*The Unconventional*', the event will take place in the Clyde Auditorium of the Scottish Exhibition and Conference Centre in Glasgow on **Tuesday 5 December 2000 from 12.30pm until 5.30pm**. The event will explore new themes and directions for voluntary and community action in the 21st century, and will celebrate and showcase the rich diversity of volunteering today. '*The Unconventional*' will conclude the Millennium Festival of Volunteering and launch the UN International Year of Volunteers 2001 in Scotland.

There will be a £3.00 admission fee per person, with proceeds going to make up a travel cost fund to which organisations with limited means can apply. **To find out more or to reserve your place, please contact Sheilah Greig at Volunteer Development Scotland on Tel. 01786 479593 no later than 6th November.**



With this edition of Fare Choice you should have received an insert on the **Primary Care Volunteering Grants Fund**. **£2000,000** has been made available by the Scottish Executive through the NHS Unit of Volunteer Development Scotland to develop new projects throughout the country. If you have missed the insert you can get further information from Eleanor Logan, Primary Care Grants Officer. Tel: 01786 479 593

Copies of the **speaker's notes** from the last three **SCDP training events** are available from Debbie at the project: *Food, Research and Local Communities; Spaghetti Junction; and Special Ingredient*. Please see back page for contact details.



The **Welsh Food Alliance** have given a 'joined-up response' to three consultations currently taking place in Wales. Copies of the five-page document covering sustainability, regeneration and health are available from SCDP (see back page for details) or further information can be sought from David Smith, Food Policy Advisor at the WFA, tel: 01633 266 781 e-mail: wfa@hospitalitywales.demon.co.uk website: www.hospitalitywales.demon.co.uk

Forth Valley Food Futures has recently published the fourth edition of its popular and informative newsletter, which includes a report of its third workshop that took place in Alva in May. Nutrition and horticulture were the main topics of the workshop. A full report of this third workshop and details of the fourth workshop held on the 26th August are available from **Angela Heaney at Stirling Council on 01786 442 996**.

Issue three of **Skye and Lochalsh's Food Futures** newsletter has also just been circulated. It is packed full of articles, including highlights of the forthcoming Talisker Skye and Lochalsh Food festival on 22nd-30th September 2000. The SCDP recently granted funding to Skye's newly formed Food and Learning Alliance, which came about as a result of Food Futures, for a mobile demonstration kitchen, which will also be launched at the festival.

For further information about Skye and Lochalsh's Food Futures Programme, or the Food Festival, please contact Carole Inglis at Skye and Lochalsh Enterprise on 01478 612841, or e-mail c.inglis@hient.co.uk

Food Futures in Dumfries and Galloway was officially launched on the 27th May. For more information, contact the local co-ordinator, Peter Ross on Tel 01387 244507



Quality Meat Scotland is a new name for some old faces involved with food in Scotland. QMS is a partnership of the key organisations in the Scottish meat and livestock industry. The new organisation will integrate and build on the work of the Meat and Livestock Commission in Scotland (See Fare Choice Issue 10) although the nutrition and dietetics department remains within the MLC's UK remit. QMS, Rural Centre, West Mains, Ingliston, Newbridge, Midlothian. EH28 8NZ tel: 0131 472 4040/4111 fax: 0131 472 4038/4122

The **British Meat Nutrition Education Service** has produced a new leaflet called '*You and Your Heart: A Practical Guide*'. This bright and informative publication gives some useful suggestions about modifying favourite meals to make them healthier while not cutting down on taste. For further information contact: **British Meat Education Service, PO Box 44, Winterhill House, Snowdon Drive, Milton Keynes MK6 1AX**.

European Young Consumer Competition is entering its seventh successful year and organisers are hoping that the 2000/2001 academic year will produce the highest level of entries yet, which this time will be on the theme of 'nutrition'.

Cash prizes are available to the top ten teams in the United Kingdom. Even better, the 'UK Champions' will represent their country at the European finals where they have the chance of being rewarded with a trip to a surprise destination or a further cash prize. This year participants are asked to focus on "**promoting a balanced diet**". In teams of at least four and up to thirty young people in secondary (or the final two years of primary) education are required get the nutrition message across by producing either:

- a magazine (8 sides of A4),
- a video (5-7 minutes long),
- a poster campaign (maximum of 6 posters),
- a website (maximum of 2000 words)

The UK National Co-ordinator, Mr Bruce Collier said: ***"We are always keen to assist in raising consumer education amongst our young people and I have been continually delighted at the standard of entries received from UK schools. This year's theme of 'NUTRITION - promoting a balanced diet', is especially important. If the lessons of nutrition are learnt from an early age, it should lead to more informed and healthier consumers in the future."***

The competition is FREE to enter and is funded by the European Commission. The closing date for submitting entries is the 19th March 2001, but applications will be appreciated as soon as possible.

For further information, please check the website: <http://www.tradingstandards.demon.co.uk>, or send an e-mail requesting an application form to the European Young Consumers Competition at: eyc.uk@south-ayrshire.gov.uk or Tel: 01292 616060.



Date for your Diary (next years!) Foodfest 2001, SECC, Glasgow 3rd-7th October 2001. As well as promoting high quality produce the event organisers promise to cover topics such as healthy eating, cooking for one, food for kids and cooking on a budget. More details to follow.

Are you working with volunteers or lay workers (paid or unpaid) in your community food project?

The Department of Public Health at the University of Liverpool are undertaking a piece of research which aims to explore the importance and value of employing non-health professionals and/or volunteers in the field of community nutrition. If you are interested in taking part in the study, the research team is keen to hear from you.

Project Co-ordinators will be asked to complete a short questionnaire and to provide information about the estimated cost of training and/or supervising 'volunteers'. The volunteers will receive £15 each for filling in a work diary over a two-week period taking no more than an hour to complete.

The results of the research will help provide information about the costs and benefits of involving local people, which will be useful to both policy makers and for organisations employing local people themselves. One possible use of the data would be to help organisations demonstrate the value of working with local people when applying for match funding. Ten organisations in the UK are currently involved in the study, but the research team would like to recruit further initiatives to take part.

If you are interested, or would like to find out more information, please get in touch with Lynne Kennedy or Ann Lockhart at the Department of Public Health, The University of Liverpool, Whelan Building, Liverpool L69 3GB. Tel. 0151 7945 277 or e-mail lakh@liverpool.ac.uk



Greenfest 2000 invites you to its **GlasgOrganic Food Festival** on Saturday 28th October in Hillhead Library, Byres Road, Glasgow. The event hopes to attract 20 stallholders selling a wide range of organic produce as well as campaigning bodies promoting organic growing of every kind.

The event will be open to the public free of charge, from 10am to 3pm, and stalls will cost £12.00 each. **For further information, please contact Nina Baker on Tel: 0141 954 4602, or e-mail: bakerwhitelaw@care4free.net**



GLOBAL HEALTH CHANGING PERSPECTIVES

For the first time since 1961, The British Dietetic Association hosted the 13th International Congress of Dietetics. Over 1000 delegates from over 47 countries gathered in Edinburgh for the International Congress between the 23rd and 27th of July.

The overall theme of the week was 'Global Health, Changing Perspectives'. A vast array of papers and presentations from tackling world hunger to functional foods were discussed and debated over the course of the four-day congress. Taking a break from the official conference programme, a small group of Canadian dietitians and nutritionists, along with Edinburgh based nutrition experts, went on a trip of local community food projects around Edinburgh organised by SCDP. Arranged informally, the Canadian delegates were keen to get a snap shot of community food work in Scotland while over for the conference.

Over the course of the mini-tour, the group was warmly welcomed by staff and volunteers from the Pentland Community Food co-op in Oxfgangs, the Prentice Centre Café, the Pilton Community Health Project, and Edinburgh Community Food Initiative. One member of the group was Barb Anderson, a Public Health Nutritionist and Chairperson of 'Dietitians of Canada', formerly known as the Canadian Dietetic Association. Barb, like the other members of the group, could not speak highly enough of the projects she saw and had read about via the SCDP newsletter. *"Community food work here in Scotland is excellent - we all have learned so much from the tour to take back with us to Canada - this has been the best day of our visit so far! I hope this will begin a greater sharing of ideas and examples of best practice across the Atlantic for the future"*.

Many thanks to all the projects who took part in the tour, especially at such short notice. For further info <http://www.meetingmakers.co.uk/dietetics/>
<http://www.dietitians.ca/>



Minister for Health & Community Care, Susan Deacon sampling fruit kebabs at Leithland Neighbourhood centre in Pollok, Glasgow. (See front page)



London Study Tour. Volunteers and staff from SUSTAIN outside Big Ben. (See page 5)



Canadian visitors touring Edinburgh CommunityFood Initiatives. (See across)

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



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

Scottish Community Diet Project

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