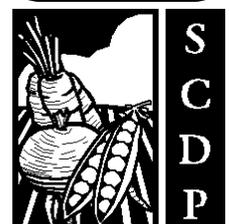


FARE CHOICE



“No amount of papers or for that matter government strategy documents will in themselves improve health”

The above comment was made by Health Minister, Susan Deacon at a recent event held at Edinburgh University looking at the links between research and practice¹. She went on to highlight the importance of good quality research and informed strategies but stressed their importance lay in supporting effective practical action to improve health and reduce health inequalities in Scotland.

Following the emphasis on *“strong, practical, local initiatives”* in the spending of the **health improvement fund** derived from the extra tobacco tax revenues (see Fare Choice Issue14) came the announcement in November of the first of Scotland’s long awaited **Healthy Living Centres**. Diet is likely to feature highly in many of these initiatives which the government are promising will be *“tailored to local need”* with *“communities involved at every stage of each project, from design to delivery”*.

At the announcing of the first four Healthy Living Centres (two in Fife and one each in Stirling and East Ayrshire) the Health Minister emphasised the *“national effort”* that was required.

“Government is leading the way but our job is not to preach but to support and empower individuals and communities in improving their own health.”

The **national health plan**² published just before Christmas reaffirmed the government’s commitment that resources had to go *‘directly into measures to improve people’s health, particularly in our most deprived communities...real,*

practical measures’ and that a major means of achieving this was through *‘partnership working with individuals and communities’*.

One welcome example of this was a proposal to *‘invest in success by funding the Scottish Community Diet Project to help 50% more projects from 2001/2’*. (More details will be circulated as soon as we have them).

The imminent appointment of a **National Dietary Co-ordinator** (please note **not** a Food Czar or Fat Controller!) is another concrete step reaffirmed in the plan which should make a real, practical difference to all those, paid and unpaid, tackling the barriers to a healthy, balanced and acceptable diet.

The recognition of the key role of those working at community level continued just before Christmas when the Health Minister recognised **‘health promoters of the year’**³ including a number of individuals and groups well-known to Fare Choice readers. *“The health of Scotland’s people starts in our communities...The work done at a local level where needs are identified and tackled by local people within communities is vital if we are all to have access to the advice and support we need.”*

¹ *Health Inequalities: promoting partnership to translate research into action. Open Space Event, Edinburgh, 2nd November 2000*

² *Our National Health: A plan for action, a plan for change Scottish Executive Health Department, December 2000*
<http://www.scotland.gov.uk/library3/health/onh-00.asp>

³ *Organised by the Society of Health Education and Promotion Specialists in Queen Margaret University College*





WHAT'S HAPPENING IN THE PARLIAMENTS??

Alongside the National Health Plan, the Health Improvement Fund and Healthy Living Centres (all mentioned on the front page), it is important to remember that food continues to feature on other parliamentary agendas.

At **Holyrood**, the **Social Inclusion Committee** have been inviting responses from individuals and organisations on the structures, policies and realities of social inclusion. Food will be one of many related issues to be discussed in part two of this exercise, which takes the form of a seminar in Glasgow in early March.

Another diet-related issue for Holyrood at the moment is dental health. The White Paper 'Towards a Healthier Scotland' (February 1999) stressed the importance of dental health and the need to tackle Scotland's poor dental record, particularly focusing on children. In August 2000, '**An Action Plan for Dental Services in Scotland**' was published by the Scottish Executive to provide a co-ordinated approach in the short to medium term to improving the dental and oral health in Scotland. A group to support the implementation of the Plan has now been established, including the Director of the Scottish Consumer Council. To find out more, please contact the Scottish Executive Health Department, St Andrew's House, Regent Road, Edinburgh, EH1 3DG. Tel: 0131 244 2305

Meanwhile at **Westminster**, the long awaited findings of the **Competition Commission inquiry into food retailing** have now been published by the Department of Trade and Industry (DTI) Secretary Stephen Byers. (see page 3 for more information or check the DTI website for a useful 8-page summary. This address will take you to the exact section of the site:

<http://213.38.88.195/coi/coipress.nsf/2b45e1e3ffe090ac802567350059d840/542a37d263be192580256974004eb05f?OpenDocument>

In Europe, the **European Commission** has been supporting a two-year study lead by the University of Crete "to enable a coordinated EU and member state health promotion program on nutrition, diet and healthy lifestyles by establishing a network, strategy and action plan for the development of European dietary guidelines, which will provide a framework for the development by member states of national food-based dietary targets". More information on **eurodiet** can be accessed on <http://eurodiet.med.uoc.gr/>

SNACK ATTACK!!

In Edinburgh many children are learning to love fruit through an innovative scheme initiated by the City of Edinburgh Council. Funded by the City of Edinburgh Education Department and managed by the Edinburgh Community Food Initiative (ECFI), the **Snack Attack** project targets 30,000 primary children across Edinburgh with a variety of high quality fruit at minimum prices throughout the year. Children who qualify for free school meals are entitled to two free pieces a week, while others can buy two pieces at the cost of 10p each. With support and assistance from ECFI, schools are encouraged to set up their own fruit barrow and involve older pupils in the buying, selling, marketing, budgeting promotion and display of the fruit.

Last year, Snack Attack delivered over one quarter of a million pieces of fruit to 50 primary schools across Edinburgh, and aims to target every school by April 2001. Marjorie Shepherd, Development Worker for Snack Attack is delighted with the positive response from both pupils and staff in the schools. "Teachers have reported other benefits such as having fruit on hand to give to children who arrive at school having had no breakfast, the opportunity for the whole school community to eat more fruit, as well as a reduction in the amount of litter in the playground."

Keith Downton, Principal Education Support Services Officer with Edinburgh City Council, says that the Council's Education Department has built this fruit provision into its budget on a permanent basis having watched the success of individual projects in schools and communities. It now wants to build on them. "With Scotland's fruit and vegetable consumption so poor, we hope this programme will help children enjoy fruit so that they will take that enjoyment on throughout their lives."

The Snack Attack Pack, which has been designed to complement the initiative, aims to provide all the materials you need to set up and run your own school fruit shop. Presented in a clear, practical and friendly form, the pack includes information and advice on management and structure, operating procedures, food safety, related classroom topics, resources and other useful contacts. If you would like to purchase a copy of the Snack Attack Pack, please send a cheque for £25, payable to Edinburgh Community Food Initiative, 22 Tennant Street, Edinburgh EH6 5ND. Or, for more information Tel: 0131 467 7326



SHOPPED!!

The results of the 1998 **Retail Development Survey** were published in late November last year. The survey involves the monitoring of all retail developments over 1,000 square metres which are recorded as 'active' by local authorities during the calendar year. Glasgow and Clyde Valley together with Lothian Structure Plan areas accounted for some 56% of all entries. Nation-wide, 109 retail planning applications were submitted. Thirty retail developments were under construction during 1988, and 25 new developments began trading. The full report and a useful summary are available on <http://www.scotland.gov.uk/library3/planning/rdev-ol.asp>

Still on the subject of retailers, **Sustain: the alliance for better food and farming**, has published a discussion document called ***A battle in Store: A discussion of the social impact of the major UK supermarkets***. The report outlines the complex effects of supermarkets on society and why the problems they create need solutions far beyond what the Competition Commission and the Department of Trade and Industry are currently proposing. So far the Competition Commission proposals include two key recommendations after a 16 month enquiry: a new Office of Fair Trading (OFT) body to have final approval on new large store developments close to existing outlets; and an OFT Code of Practice for dealing with suppliers.

Key issues covered by the Sustain report include local jobs and the fate of the local shop; food prices; the arrival of Wal-Mart; the relationship of retailers with suppliers; and the impact of supermarkets on health and the environment. The report also includes proposals to widen the remit of the Competition Commission to look at issues such as health, environmental costs and social exclusion. It calls for local monopolies in food retailing to be tackled and also for new support to be given to encourage independent local food retailers, including community shops, community co-ops, and farmers markets. The report also calls for reforms in planning, transport and rural development policy. Copies of the 24 page report cost £7.50 and are available from Sustain, 94 White Lion Street, London N1 9PF. Tel: 020 7837 1228

"Finally, the Competition Commission, although not making an adverse finding, expressed concern about the limited choice of supermarkets in certain areas and considered that the situation should not be allowed to deteriorate.... The Commission did not propose any changes to the planning regime, but noted that it is not designed to safeguard competition and consumer choice."

**From a Department of Trade and Industry News release,
10th October 2000**

"The supermarkets have a strong and increasingly consolidated hold on the UK retail market. Despite their critics, the big four supermarkets are popular places to go. The supermarkets have strong consumer loyalty despite the high media profile gained by those concerned with supermarket power. The resolution to this conflict is often sited as being a mismatch between nostalgia and behaviour.... We all have a right to enjoy our out-of-town supermarket, and praise it for its quality and choice and convenience. This does not preclude us from asking our supermarkets to bear some of the costs that are borne by the environment and the local economies. It should not stop legislator to make sure supermarkets behave responsibly. It should not stop us from demanding a rethink on how the government views competition in food retailing."

A Battle in Store?

A discussion of the social impact of the major UK supermarkets, Sustain, 2000





The press has had a field day recently on gender differences in food consumption following some secondary analysis of data from the UK

Adult survey of the 1980's identifying some broad male eating patterns notably characterised by beer and convenience foods. Even as early as age 4-6 years the recent survey (Gregory et al, 2000) of young people shows differences between boys and girls, with boys more likely (compared to girls) to have eaten non-high-fibre breakfast cereals and sausages, and girls more likely to have eaten tomatoes, raw and salad vegetables.

Differences in food consumption are even more marked by regional differences. Intakes of raw salad and veg are notably low in Scotland (33% of children claimed to eat these on the week of survey compared to 45-53% in other parts of the UK) whilst green leafy vegetables are a real minority in Scotland (20% of consumers) compared with London and the south where 50% of children surveyed had eaten these - clearly youth per se is not a reason for refusing greens.

Maybe we need to look a bit harder at Scottish adults as models and carers for diet in children. The recently published Scottish Health Survey highlighted some similar worrying trends – again notably in men where one third reported eating raw veg/salad less than once a week. What is more worrying is that in this survey (carried out at an almost identical time to the Gregory et al survey) 45% of Scottish boys and 35% of Scottish girls claimed to eat salads and raw veg less than once per week.

Virtually all dietary surveys have highlighted the downward trend in vegetable consumption. The National Food Survey documents this well, with its annual reports and Scottish data. The Scottish Health survey shows little change in cooked or raw vegetable consumption between 1995 and 1998 – in fact any small change seem unlikely to be significant. Only one report has suggested that Scottish teenage schoolchildren may actually be increasing their veg intake and this hit the national press (but surprisingly the actual figures were omitted!).

At least in England there is recognition that real co-ordinated national efforts need to be made in the provision of fruits and vegetables. The free fruit in schools scheme has been launched in pilot sites in England¹ and they are at least looking at the possibility of vegetable snacks. Ever since the Scottish Diet Report (1993) there has been concern expressed about low fruit and veg intake in Scotland compared to the rest of the UK. But it is in England that we find the Department of Health funded “5 a Day” projects, nutritional standards for school meals (which even provide wise words on the provision of vegetables) and consultation on hospital food. We have even heard about forthcoming action on salt. Too bad Scotland is being left behind again.

North – South differences in diet are definitely set to continue unless Scotland can make some real commitment to implementing the Scottish Diet Action Plan. England seems to manage action without a plan that sits around on shelves for 4 years – they just get on with it now! Lets hope we can look forward to some new and visible action in 2001 and onwards.

By Professor Annie S. Anderson
Centre for Public Health Nutrition Research
 e-mail a.s.anderson@dundee.ac.uk

References: The National School Fruit Scheme

www.doh.gov.uk/schoolfruitsscheme

www.wiredforhealth.gov.uk

National Diet and Nutrition Survey of young people aged 4 to 18 years; Gregory et al, 2000, The Stationery Office
 London ISBN 0 11 621265 9

The Scottish Health Survey 1998 Joint Health Surveys
 Unit, 2000 ISBN 1 84268 085 4

Remember the offer from the **University of Dundee** to help with costs of running **Cooking Skills/Healthy Eating classes** some months ago. The recently renamed Centre for Public Health Nutrition Research have now been able to help facilitate and evaluate three such classes in centres in Greenock, Alloa and Tullibody. In 2001 several other communities will also run the CookWell programme. Staff at the Centre would like to thank all those who have helped with the project to date, especially those who have answered questions and filled out food and spending diaries. Some people did not get the opportunity to be part of the classes during the first run but the organisers intend to fund a further class in each centre 6 months after the end of the first one - after everyone has answered a few more questions and filled in another diary! *For more information on the CookWell project contact Wendy Wrieden, Centre for Public Health Nutrition Research, e-mail w.l.wrieden@dundee.ac.uk*



Eyes Peeled In The New Year

2001 already looks like being a busy year for community food initiatives around the country (see information exchange) and the same applies to the Scottish Community Diet Project.

By mid-February, the Scottish Community Diet Project hopes to officially launch 'Head Start', a **toolkit** for groups wanting to set up and run **breakfast clubs**. The toolkit has been produced with help from Greater Glasgow Health Board's (GGHB) Health Promotion Department and is based on the experience of existing initiatives in the city and around the country. It will be launched with the findings of the recent GGHB/HEBS funded research into breakfast clubs. A summary of the research findings is also planned. More details will be circulated as soon as possible.

Another publication available early in the New Year is the latest **Directory of Scotland's Community Food Initiatives**. This has been produced by the SCDP with funding from the Health Education Board for Scotland. The Directory will be sent out to all Fare Choice readers, so a copy will be with you soon. For those of you who would like a copy, but are not currently on the Fare Choice mailing list, please get in touch with Debbie at the SCDP (see contact details on back page).

The SCDP are in the process of organising a '**discussion day**' similar to last year's successful events which looked at cooking skills classes and surplus food redistribution. This year it is hoped to have a similar round table discussion on the topical subject of **fruit in schools**. More details will be circulated as soon as possible.

In Spring 2001, the SCDP are planning to host "**Northern Exposure**", a study-tour for volunteers from community food projects in the South of Scotland. This tour is a follow-up from the successful Southern Exposure Tour of 1999, and will focus on community food activity taking place within the Highlands and Islands of Scotland. If you would like to take part, or find out more, please get in touch with the SCDP as soon as possible. Places are very limited, so don't delay getting in touch!

Notes from the SCDP's seminar on **surplus food redistribution**, held in October 2000, are now available. Please get in touch with Debbie to request a copy. (Contact details on back page).

A similar small-scale event is also being planned by the SCDP on the theme of community food initiatives **working with the Media**. The event is intended to focus on how to effectively work with both the local and national media to improve accurate coverage of community food issues and the work being undertaken to address them. Again more details will be circulated shortly.

The Scottish Community Diet Project will also be assisting our colleagues at the Scottish Consumer Council in organising their **Food in Schools Conference** to be held in Stirling on 14 May 2001. The event is being jointly sponsored by the Scottish Consumer Council, Scottish Executive, the Food Standards Agency and the Health Education Board for Scotland.

The purpose of the event is to examine the tensions and practical issues arising from the promotion of healthy eating messages in schools, set against the actual provisions and uptake of food by children. Its objectives are to examine the reality and explore the action that schools in Scotland are undertaking to promote healthy eating; to examine the diversity and common barriers that exist to progress in this area, and importantly, explore how to overcome them. The conference will be introduced by Susan Deacon, the Minister for Health and Community Care, and will be relevant to all those involved with the provision of food and promotion of healthy eating in schools. This includes pupils, parents, school boards, teachers, health promotion specialists, caterers and education departments and anyone else with an interest in diet and schools. If you are interested in attending please contact Paul Bradshaw, Researcher at the Scottish Consumer Council for a registration form.

Tel: 0141 227 6467 or 0141 226 5261.

Email: pbradshaw@scotconsumer.org.uk

More details on all of these events will be circulated as soon as possible.

The staff at the Scottish Community Diet Project would like to wish all the readers of Fare Choice every good wish for 2001. We hope you will continue to support our events and contribute to the content of Fare Choice in the year ahead. Please continue to let us know what is going on in your area / organisation for publishing in the 'information exchange' section of Fare Choice. Feature articles are also welcome.



Isles Fare

The Scottish Community Diet Project is always keen to promote and share the experience of community food activity throughout all of Scotland. To build stronger links with outlying island communities, the project in recent months has visited the islands of Skye, Orkney and Shetland. It has also awarded a strategic grant to the Western Isles and is currently planning the next study to the Highlands and Islands (see page 5).

Scotland's remote and rural island communities are by no means a homogenous group. However, difficulty in accessing quality fresh produce of an affordable price is all too often a common experience for many islanders. Here are what a number of workers and volunteers involved in island community food work have to say about the food related problems they face and the wealth of innovative activities they are undertaking to improve the situation.

Western Isles

Lying off the Northwest coast of Scotland stretches a chain of islands known as the Outer Hebrides or Western Isles, which is home to some 29,000 people. The islands are made accessible with planes and car ferries running between the islands and the mainland. However, their remoteness means that transport costs are high and food availability and choice is limited. Many communities within the Western Isles are also economically disadvantaged, especially those furthest from the island's main town of Stornaway. Local organisations have been working together to improve access to a larger selection of foodstuffs, especially fruit and vegetables.

One recent example of activity commenced in September 2000 and is being funded by the Scottish Community Diet Project, Western Isles Health Board and Western Isles Enterprise. The project aims to work with community groups throughout the islands to promote affordable healthy eating as well as address some of the key barriers, which prevent local people make healthier choices. A Food and Health Development Officer coordinates the project under the guidance of the Western Isles Food and Health Group. This consists of representatives from Western Isles Health Board, Western Isles Enterprise, Lews Castle College and Western Isles Council. Training programmes are being developed to improve knowledge and skills about a healthier diet as part

of a healthier lifestyle for a number of groups. Working with existing rural shops to increase their selection of healthy local foods is another activity, as is working with the Council's Education Department to establish School Nutrition Action Groups throughout the island. Links are also being developed with a local horticultural group to encourage the growing and marketing of local produce for use throughout the islands. For further information, contact Rona Macleod, Food and Health Development Officer. Tel: 01851 704704

Orkney

Orkney is made up of over one hundred islands, although only seventeen are inhabited. The islands have a total population of just under 20,000, with most people living on the main island. The main town, Kirkwall, with a population of 7,500, is the main centre of Orkney with a good mix of shops and small local businesses. Although there is a scattering of small rural food stores throughout the island, the two main supermarkets are based in Kirkwall, which most islanders travel to by car. Public transport on the island is poor meaning that car ownership is necessarily high. The cost of living is also high with fuel in particular being more expensive despite Orkney's close proximity to the oil fields in the North sea. Food is also costly, with most items 2-3p more expensive. Availability of quality fresh fruit and vegetables to a great extent is limited to what is delivered to the island, and poor weather conditions often hamper the frequency of deliveries, especially during the winter months. In terms of food activity, Orkney Health Board has for the second year running sponsored a whole day of events at the Orkney Science Festival. The "Science of Health Day" broadly aims to provide a programme of events which puts across meaningful health messages in entertaining and informative ways. Karen Crichton, Health Promotion Service Manager at Orkney Health Board, is aware of the real, practical obstacles to healthy eating faced by many of the islanders. *"Last year, a well-known local chef provided a cookery demonstration, which showed how to eat your way to good health using local produce on a budget. This year the same chef demonstrated how to cook a range of healthy fast food for children."* The Health Board hopes to repeat the "Healthy Fast Food for Children" event next year. It may also be possible to video-conference the event so that parents and children living on the outer Orkney Isles can also participate. For further information, contact Karen Crichton:

Tel: 01856 870690

Email: karen.crichton@orkney-hb.scot.nhs.uk



Shetland

The Shetland Islands are a group of over 100 islands which are located equidistant (200 miles) from Aberdeen, Bergen in Norway and Torshavn in the Faroe Islands. Of these 100 islands, 15 are currently inhabited. There are daily transport links to the mainland of Scotland by air and ferry. The local resident population is 23,000 and there is a transient population based on North Sea Oil installations and fishing vessels. Lack of public transport and an inadequate variety of affordable fresh fruit and vegetables were the main barriers to healthy eating identified by Shetland's Health Promotion Department in a recent diet and health questionnaire. Most islanders with their own transport shop in the main town of Lerwick meaning that smaller shops and mobile food vans often struggle to survive. Within Lerwick, an initiative called C.O.P.E (Community Opportunities for Participation in Enterprise) operates as a very successful business to provide training and support services to adults with learning difficulties. C.O.P.E. also makes a vital contribution to the economic and social development of the Shetland community as well as making an important health impact. The team at C.O.P.E. are involved in a wide range of activities from recycling to growing projects. Its current food related work includes the provision of an organic box scheme and an initiative called 'FAX a sandwich', which involves the staff preparing and delivering healthy, high quality sandwiches at a very competitive price. This initiative was recently awarded the Scottish Healthy Choices Highly Commended Award as a mark of its success and valuable health contribution to the island. For further information about all the activities at C.O.P.E., please contact Frank Millsopp on Tel.: 01596 690011 or visit the website <http://www.cope.mes.co.uk>

Outwith the main town of Lerwick, Ollaberry shop operates as the only community run and owned food co-op on the main island. This store was set up to provide the local community with a range of quality foodstuffs at an affordable price. Other examples of community food activity can be found in Mossbank, an area of multiple deprivation on the main island. The Mossbank growers have attempted to improve the local availability of fresh fruit and vegetables by a polytunnel growing project partly financed by a small grant from the SCDP. ASH Scotland have also awarded the area a grant to finance Shetland's 'Looking Good, Feeling Good' Project which is based within the Mossbank Family Centre. To find out more, contact Penny Millsopp, Shetland Health Promotion on Tel: 01595 743 086.

Skye

The Island of Skye, situated off the West Coast of Scotland is the largest island of the Inner Hebrides. The Food and Learning Alliance on Skye was recently set up to raise awareness of locally produced food. It works as a partnership between Skye's Education and Business Partnership, the Local Learning Partnership and the Skye and Lochalsh Food and Drink Festival with input from Highland Health Board's Health Promotion Unit. The Alliance has identified the same barriers to healthy eating on Skye as described in the Scottish Diet Action Plan - access, availability, ingrained habits, and a lack of basic cooking skills. To help address these, the SCDP recently awarded the Food and Learning Alliance a grant to purchase a mobile kitchen that can be transported throughout the island as a demonstration kitchen for use in any venue or on any part of the island. The mobile kitchen, launched in October 2000 at the Skye and Lochalsh Food and Drink Festival, hopes to provide a realistic solution to the problems experienced in rural areas with limited public transportation and poor cookery demonstration facilities. Demand for the mobile kitchen is already high, particularly from community groups working on food and health issues. For further information, please contact Kate Tetley on Tel. 01470 511 378. Skye is also host to Skye and Lochalsh Food Futures, which has worked closely with the community to build local networks with the goal of improving fresh, healthy and local eating for everyone. Food Futures is a three year partnership initiative run by the Soil Association which aims to develop sustainable local food economies by getting local people together to move for change. Carole Inglis, Food and Drink Development Manager for Skye and Lochalsh Enterprise, has helped co-ordinate this work: *"Rural poverty doesn't necessarily mean financial deprivation like you may get in a city. Isolation, the cost of travel, and the difficulty of accessing fresh food in rural communities is of key concern within the food futures programme."* Food Futures has involved a wide range of the Skye and Lochalsh community including staff at the Rubha Phoil Forest Garden and Herb Nursery. Sandy Masson who runs the garden now distributes her herbs and salads around the area as a result of the programme, but thanks to a SCDP grant, is also planning to set up a community polytunnel so local people can experiment with growing food together. Sandy strongly supports community involvement in food provision and feels it is vital for *"people to work together... it makes for a healthier, happier community."* To find out more, contact Carole Inglis on Tel: 01478 612841, Email: c.inglis@hient.co.uk



Crisis is the national charity for single homeless people. Edinburgh Cyrenians is a local charity dedicated to **tackling** homelessness and promoting social inclusion. The two

charities are working in partnership to deliver **FareShare** to improve the diet and food education of people who are street homeless and those in resettlement projects. Owned and managed by the Edinburgh Cyrenians, FareShare aims to provide a healthier diet for street homeless people through the distribution of surplus fresh, nutritious food donated by retailers, and combating the prevalence of malnutrition and related illnesses that stop homeless people getting on their feet again. It also aims to provide employment, training and volunteering opportunities for people who have been homeless, as well as those who face other barriers in making a contribution to society.

“Generally speaking, people who are homeless are held down by poor general health, frequent illness, tiredness and depression. Diet is a significant contributing factor. People who are homeless have few or no means of buying, storing or preparing fresh food.” FareShare

As a result of the efforts of staff and generous donations, the project has recruited over 40 volunteers since March 2000. The FareShare Depot is in operation from 0800 – 2000 Monday to Thursday and Friday from 0800 – 1600 and, each week, around 2 tonnes of food is collected and delivered, contributing to over 3,000 meals per week to Edinburgh’s homeless community. The project plans to increase its number of New Deal and Millennium Volunteer placements and take on a second van to expand its coverage to the Lothians. Edinburgh Cyrenians - as part of the Crisis FareShare project - are now developing a healthy eating programme aiming to increase food education regarding safety and healthy diet for people who are homeless or who are resettling. This will include: a Food Forum for cooks, volunteers and staff in projects giving food, cooking classes and demonstrations for homeless people, peer education for people in resettlement programmes, introductions to local community food initiatives.

To find out more, please contact Dave Berry or Carol-Anne Alcorn at Fareshare. Tel. 0131 554 3900

ScotBarter, an innovative new business-to-business barter system for organisations throughout Scotland, was launched at Perth Business Shop in September 2000. The scheme is ideal for small businesses, voluntary organisations, community groups and local authorities to exchange their goods and services with one another without having to use £’s. ScotBarter has its own interest-free currency called Scotia’s – 1 Scotia is the equivalent of £1. At present over 130 organisations have joined which means more than 2000 individuals have access to the goods and services. It’s open to any Scottish organisation except multi-national corporations, and to join only costs 20 Scotia’s at the present time. ScotBarter is one of the projects run by The Baratara Foundation. For further details contact Ruth Whitfield, PO Box 5863, Forres IV36 2WN Tel/fax: 01309 673990 Email: ruthw@scotbarter.org Website: www.scotbarter.org



The Food Commission has produced a special poster guide to Children’s Food to colourfully highlight what is and is not part of a healthy, balanced diet for children. Each poster costs £2.50 and is available from The Food Commission Publications, 94 White Lion Street, London N1 9PF. Tel: 020 7837 2250.

Email: foodcomm@compuserve.com

If you would like to find out more about the work of the Food Commission, visit its website:

<http://www.foodcomm.org.uk>



“With their protected internal market and preferential trade agreements, both the US Sugar Programme and the European Union Sugar Regime have distorted world sugar markets.”

A new report from Sustain: the alliance for better food and farming, ***Sugar, Trade and Europe: A discussion paper on the impact of European sugar policies on poor countries***, calls for the reform of existing sugar support policies and warns that these inequalities will continue for as long as surplus sugar is dumped on the world market. The full report is priced at £7.50 and is available from Sustain. Please contact Vicki Hird for further details. Tel: 020 7837 1228.





Two of Scotland's top food experts visited an Edinburgh homeless hostel in December 2000 to kick off the **Food Standard Agency's** bid to improve the diet of some of the most socially excluded members of society. Sir John Arbuthnott, Chairman of the Scottish Food Advisory Committee (SFAC), and Dr George Paterson, Director of the Food Standards Agency Scotland, joined staff and users of the Ark in Edinburgh for breakfast. The SFAC, which provides advice to the Food Standards Agency, is committed to ensuring the most disadvantaged and vulnerable consumers get the same chance as everyone else to access vital information on nutrition. For further information, please visit the Food Standard Agency Scotland website: www.foodstandards.gov.uk/scotland.htm



Member European countries of the European Region of the World Health Organisation (WHO) have voted unanimously to adopt a five-year plan to improve nutrition and food safety in Europe. The programme covers a wide range of food-related concerns, including agriculture policy, advertising, the environment and health inequalities, and will focus on supporting member state initiatives. For further details, please contact Aileen Robertson at the WHO in Copenhagen. Email: aro@who.dk. Alternatively, you can also visit the WHO web site: <http://www.who.int/index.html>



The New Opportunities Fund website is now featuring a new grant recipient each month to highlight the range and nature of initiatives being funded by this National Lottery Distributor. New electronic application forms are also now available for many of the NOF programmes, which means that applications can be filled in and posted on-line. To find out more visit the NOF web site at <http://www.nof.org.uk>



In Spring 2000, the **New Policy Institute** held a seminar to review four research projects addressing food access for low income communities, and to discuss where responsibility lies for resolving this complex issue and what solutions might be generally or locally appropriate. A briefing paper of the public policy and research questions, which were framed at the seminar, is now available. For a free copy, please contact Tasmin Berry at the New Policy Institute. Tel: 020 7721 8421 or email: tamsin.berry@btinternet.com

The Federation of City Farms and Community Gardens will host an Open Gardens Day on Saturday 10th June 2001 to mark its 21st birthday. This is a major event to celebrate the diversity of community gardens all around the UK, and invite members of the public to come and see for themselves. Many gardens will be planning special events to take place on the day, including plant sales and refreshments. For groups who want to get involved or simply find out more, please contact the Federation of City Farms and Community Gardens, the Greenhouse, Hereford Street, Bedminster, Bristol, BS3 4NA. Tel: 0117 923 1800. Email: admin@farmgarden.org.uk. Website: <http://www.farmgarden.org.uk>

The Federation have also just published its **annual review** available from the above address. To get on its database and receive regular information, contact the Federation directly or the SCDP are happy to collect your details and pass them on. See back page for contact details.



Staying with growing your own food, the Scottish Community Diet Project is commissioning a **publication promoting good practice in community growing initiatives.** If you feel your initiative, no matter how large or small, new or well established, would make a useful case study, please contact SCDP as soon as possible. The publication intends to highlight the range of settings, aims and outcomes of Scotland's increasing number of community food initiatives which focus on growing for all or part of their efforts.



"Nutritious options must be made the easiest options for a child to choose in terms of accessibility and finance."

A summary of a pilot project on school meals in Glasgow carried out in February and March 2000 by two dietetic students from Glasgow Caledonian University is now available. The survey aimed to estimate the food and nutrient choices and intakes of children taking school meals in five different Glasgow schools, four of which have had the Fuel Zone concept installed. For further information about the findings, please contact Julie Armstrong, Lecturer in Human Nutrition and Dietetics at Glasgow Caledonian University: Tel: 0141 331 8517. E-mail: j.armstrong@gcal.ac.uk





"I am confident that the Public Health Institute will bring a real focus to our efforts and will help make real progress on working together to build a healthier Scotland."

Susan Deacon, Minister for Health in Scotland

Congratulations to Professor Phil Hanlon of Glasgow University's Department of Public Health Medicine who has been appointed as Director of the newly established Public Health Institute for Scotland. The Health Minister, Susan Deacon announced the formation of this new public sector body in July 2000, when she made £1 million funding available to the Institute each year in a drive to improve public health in Scotland. The Institute, to be located in Glasgow, will be a division of the Common Services Agency of the NHS in Scotland and be based alongside the Scottish Centre for Infection and Environmental Health. Its creation follows recommendations made in the Review of Public Health Function in 1999, and will bring focus and co-ordination of efforts to improve public health and tackle health inequalities across Scotland.



Everyday people are denied access to information about developments and facts which impact on their quality of life, these include information on GM crops, the use of pesticides and such major issues as the BSE crisis. **Friends of the Earth Scotland** are working to highlight and eradicate failure in information access. It wants to ensure that the forthcoming freedom of information legislation strengthens the public right to information. Friends of the Earth Scotland needs your help to achieve this. You can help by getting involved in its campaign to test the current provisions for freedom of information. For more information please contact: Friends of the Earth Scotland, FREEPOST SCO 2500, Edinburgh, EH6 0BR, or e-mail: foi@foe-scotland.org.uk, website: www.foe-scotland.org.uk



A future date for your Forth Valley Food Futures diary includes the **Food Futures Finale and Celebration**, which will take place in Stirling some time in March. For more information and an exact date, please contact Angela Heaney at Stirling Council: Tel. 01786 442996. Email: heanya@stirling.gov.uk



As highlighted in previous editions of Fare Choice, Forth Valley Health Board's Community Dietitians launched a small grant initiative in 1999 **"to improve local access to and take up of a healthy, varied and balanced diet"**. The successful scheme, which last year attracted a total of 16 applications to develop community food activity in the Forth Valley area, has recently awarded seven community food initiatives grants of £100 to £500. Congratulations to everyone! **For more information about the grant programme, which is now accepting applications for 2000/2001**, please contact Janey Brown, Chief Dietitian, Department of Nutrition and Dietetics, Carron House, Forth Valley Primary Care NHS Trust, Old Denny Road, Larbert FK5 4SD. Tel: 01324 404 402.



The Community Dividend Scheme, operated by Co-operative Wholesale Society Limited (CWS), is open to organisations operating in the trading area of CWS. Grants are available from between £100 and £5,000 to projects addressing community concerns such as health and food poverty issues. Projects should fulfil a need in the local community and should be of a voluntary, self-help, co-operative, or not-for-profit nature. There is no closing date for applications. Please contact the Scottish Co-op for more information. Tel: 0141 304 5400



The Tudor Trust is one of the largest grant-making trusts in the UK, and has issued guidelines covering its grant giving capacity for the period 2000 - 2003. It is keen to support organisations that make a positive contribution to the communities in which they live. Projects, such as community food initiatives, which offer accessible, integrated and sustained support to groups who are vulnerable, are of particular interest to the Trust. For a copy of the guidelines and more information, please contact the Tudor Trust, 7 Ladbrooke Grove, London W11 3BD. Tel: 020 7727 8522



European Social Fund Grants of up to £6,000 are available for new projects developed as a local response to social exclusion and unemployment in Scotland's former industrial areas such as Ayrshire, Lanarkshire, Inverclyde, West Dunbartonshire, and Renfrewshire. Initiatives in these areas, which aim to promote networking and social cohesion within excluded communities, may be eligible for a share in a £600,000 budget of European Social Funding. For further information, please contact Ian Mathieson, SCVO, Fleming Street, Glasgow G3 6ST. Tel: 0141 332 5660. Email: ian.mathieson@scvo.org.uk



The Kellogg Community Development Fund is available to local (Manchester and North Wales), the North West of England and national UK charitable organisations working to tackle poverty and disadvantage. **Annual grants of up to £30,000** are available to enable such organisations to develop, expand or improve the services that they already provide for disadvantaged communities. From the 1 January 2001 applications for the Kellogg Community Development Fund will be invited twice each year in April and September, with decisions being made in May and October. To find out more, contact the Kellogg Community Development Fund, Kellogg Community Affairs Department, Kellogg Marketing and Sales Company Limited, The Kellogg Building, Talbot Road, Manchester M16 0PU.

E-mail: community.affairs@kellogg.com



As highlighted by Professor Anderson on page 4, the 1998 Scottish Health Survey has now been published. The Survey aims to monitor trends in Scotland's health, identify risk factors associated with particular health conditions, look at the differences between regions and sub groups of the population and enable comparisons to be made with studies elsewhere in the UK. Key findings include that over half of the adults and children surveyed ate potatoes, pasta or rice at least once a day. Also, 46% of men and 59% of women in the 16 to 74 age group ate fresh fruit at least once a day as did 54% of boys and 26% of girls aged two to 15. Around half of adults and children ate white fish every week, while four in ten men ate oil-rich fish each week. Over 77% of men and 73% of women were found to either be over weight or obese. One of the most significant aspects of the Survey programme is the ability to monitor changes in the population's health over time. Full copies of the Survey can be accessed at the website www.show.scot.nhs.uk/scottishhealthsurvey

It is interesting to look at these findings alongside the **Health Education Board for Scotland's Health Education Population Survey (HEPS)**, which has been reviewed in previous editions of Fare Choice. HEPS looks at 'why' people behave the way they do as well as 'what' would encourage them to change the way they behave, while the Scottish Health Survey tells us 'how' Scots behave. Full details of the findings can be found on HEBSWeb: www.hebs.scot.nhs.uk It is also useful to compare both national studies with local experience of dietary behaviour and the factors influencing it.



An example of research linking with practice comes from the study on ***The Social and Cultural Context of Children's Lifestyles and the Production of Health Variations***. As promoted in an earlier edition of Fare Choice, the ongoing findings of this Edinburgh University based research are being disseminated to a wide range of policy makers, practitioners and community groups via an informative newsletter, '*Children and Inequalities in Health*'. The study aims to improve understanding of how children experience health inequalities and examines the health experiences of 40 children, aged 10-12 years, and living in two areas of Scotland with contrasting socio-economic profiles. The second edition of the newsletter is now available. For further information about getting onto the mailing list, please contact Carolyn MacDougall at the Department of Public Health Sciences, University of Edinburgh, Teviot Place, Edinburgh EH8 9AG. Alternatively, please email: carolyn.macdougall@ed.ac.uk



The Food Standards Agency (Wales) and the National Assembly for Wales have launched their latest publication on food activity: ***'Fruit tuck shops in primary schools: A practical guide to planning and running a school fruit tuck shop'***. The booklet is intended to help schools learn more about setting up and running fruit tuck shops and suggests several alternative models for successfully planning and running them. The information is based on the experiences of primary schools in England and Wales who took part in a year-long trial of fruit tuck shops conducted by the University of Bristol, Dept of Social Medicine, and the Health Promotion Division of the National Assembly for Wales. For more information, please contact the Health Promotion Division of the National Assembly for Wales, Cathays Park, Cardiff CF10 3NQ.



The Community Nutrition Project was established in 1998 by Greater Glasgow Health Board and the Scottish Co-op with the overall aim of raising awareness of healthy eating as a realistic option for all Co-op customers, particularly those living in areas of high deprivation. Following the success of the Project's initial pilot phase in Glasgow's East End, it expanded last year to include Maryhill and Pollok. The project is now entering its third year of activity and a report of its achievements and experiences to date is now available. To find out more, please contact Martyn Meteyard at the Scottish Co-op. Tel: 0141 304 5580.



“Healthy Food Policy: On Scotland’s Menu? offers a fundamental challenge to recognise that a commitment to making healthy food policy can benefit the whole population, as well as those affected by food poverty. It argues that both government and the retail industry can take practical steps to improve dietary health at faster rate than the current trend.”

Following a one-day seminar hosted by the Scottish Council Foundation and the Joseph Rowntree Foundation, a report of the main proceedings is now available. Covering a range of policy priorities - **children’s diets; the notion of food security; the role of community food initiatives; and the contribution of the retail industry** - the report sets out a new map for healthy food policy relevant to Scotland and the rest of the UK. The report says that the dietary health of the nation as a whole is far from where it should be and that the effects go almost all the way up the economic ladder. It finds that even in the most affluent parts of successful cities like Edinburgh, heart disease rates are higher than the average in Japan, France or Sweden. The full report is available at a reduced rate of £10.00 per copy for Fare Choice readers. To purchase a copy of *Healthy Food Policy*, either complete the order form which should be a separate insert within this newsletter, and return it to the Scottish Council Foundation, 23 Chester Street, Edinburgh EH3 7ET.

Alternatively, contact the Scottish Council Foundation directly and state that you have read about the offer in Fare Choice. Tel: 0131 225 4709.

Email: scf@scottishpolicynet.org.uk



The Health Education Board for Scotland has launched its current programme of training courses and conferences until June 2001. To find out more visit the HEBS Learning Centre at <http://www.hebs.scot.nhs.uk/learningcentre> Alternatively Tel: 0131 536 5500 to request a copy of the programme.



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



Western Isles Cooking Skills Course(see page 6)



Food and Learning Alliance’s Mobile Kitchen , Skye (page 7)



Orkney Science Festival, Orkney (page 6)



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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