

FARE CHOICE



SCDP

Double helping

The Scottish Community Diet Project has just received two very positive pieces of news.

The first is that following from the proposal to increase the project's capacity in 'Our National Health', discussions have begun with the Health Department to put this into action. The second phase of the project's funding was due to end in September and a third phase with an increased capacity will now be in place by then.

The second good news concerns **grants**. Because the project's budget was due to end this year there was no provision for grants. A number of local initiatives have been inquiring and up until now we have been unable to give an answer.

However the Scottish Executive Health Department have agreed to fund a grant scheme for 2001/2002 on a similar level to that available before, ie **£50,000**.

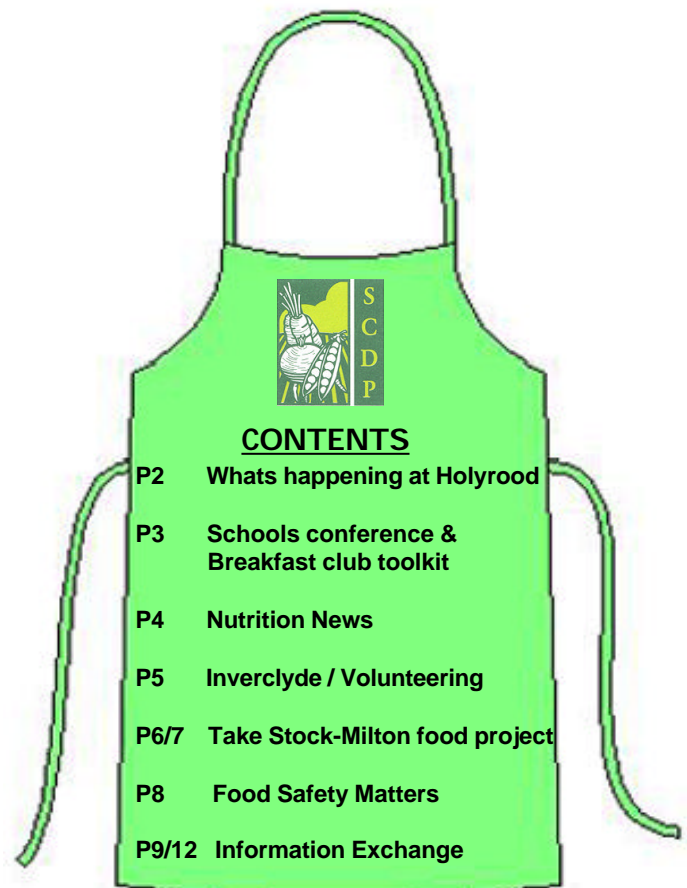
The Scottish Community Diet Project are keen to put this money to good use as quickly as possible. We are therefore proposing to only offer one level of grant this year ie up to **£3,000**. As usual this will be available to anyone tackling the barriers to a healthy diet ,as outlined in

the Scottish Diet Action Plan, within *and with* Scotland's low income communities.

The activities of previous grant recipients were covered in a recent Fare Choice (issue 14). You will also be able to get a flavour of work being undertaken elsewhere when you shortly receive the latest edition of 'Food in the Community: a directory of Scottish community food initiatives' which, with the assistance of the Health Education Board for Scotland, will be sent to everyone on the Fare Choice mailing list.

You can request application forms and guidelines **NOW** for the SCDP small grant scheme 2001 from Debbie (see back page for details) and the forms will be sent out as soon as they are available.

An additional piece of good news for the project was the recruitment of a new Development Officer. Lucy Gillie, who has previously worked with the Soil Association and Sustain, will be replacing Lizanne Hume, who has taken up a post with the New Opportunities Fund in London.





What's Happening at Holyrood?

The government has announced that a small army of new 'health champions' largely drawn from the nursing profession is to be

formed to step up the fight against ill health in Scotland. These public health practitioners are to take on a roving local brief to help families and communities to make improvements in their own health. Over 80 new posts will be created, located in every local health care co-operative funded for the next 3 years through the Health Improvement Fund.

At the annual gathering of the Confederation of Scottish Local Authorities (CoSLA) funding of £1.5 million was announced by Health Minister Susan Deacon to recreate the key role that Local Authorities have played in public health. The new scheme, developed in close co-operation with CoSLA, encourages local authorities and Health Boards to match 'pound for pound' the new government resources to support joint health improvement strategies in every area of the country. The Minister, as examples of where that collaboration was already beginning to prove successful, specifically quoted initiatives around food.

"Already local authorities are working in partnership with the NHS to make effective use of the £100 million Health Improvement Fund we have created. More breakfast clubs are being developed to give youngsters a healthier start to their school day, and fruit is being provided through local authorities to more pre-school children in playgroups and family centres".

It is important to remember however, that in the Scottish Parliament there are a number of ways that new policies can be initiated. Unlike Westminster, Holyrood's committees can inquire into issues and initiate legislation. It is also worth being aware of the use of Public Petitions and Private Members Bills. One current Private Members Bill relevant to many Fare Choice readers is the **Scottish Organic Food and Farming Targets Bill** lodged recently by Robin Harper MSP. The bill will require the Scottish Executive to prepare an action plan with a 20% target for the conversion of Scottish farmland to organic status within 10 years and targets for the amount of food produced and marketed in Scotland as organic. Various provisions are proposed for inclusion in the bill such as; support for the local food economy; reviews of support measures for

organic farmers; support for research and training; marketing strategies for organic food. The consultation document- 'Seizing the Organic Opportunity- a Bill for Scotland's Parliament' can be downloaded from the web on www.sustainweb.org/scotorg. If you want to lend your support you can write to the Rural Development Committee; your own MSP's or your local paper.

This is just the first of possibly many stages the bill will have to go through. Fare Choice will try to cover its progress along with any other relevant initiatives coming from the parliament.

In London Consumer Affairs Minister Kim Howells has asked the National Consumer Council to research and advise the government on how best public and private sector providers can take proper account of the interests of consumers. National Consumer Council Chair, Deirdre Hutton, said *'we need to bridge the gap between those making the decisions, and those who are affected by them... This is about more than a token presence on a committee. It is about ensuring that the voice of the consumer is heard, be it in the boardroom or in Whitehall.'*

As part of the project the NCC will be working with the Food Standards Agency and separately with MAFF to explore how consumers (particularly disadvantaged consumers) can be more involved in the policy making process.

Food for All is a new campaign which aims to secure a duty on the Government in **Westminster**, in conjunction with local authorities, to draw up and implement an action plan for eradicating food poverty within fifteen years. Groups including Friends of the Earth, Child Poverty Action Group, the UK Public Health Association, UNISON and Sustain are working to get the campaign off the ground. An all-party Early Day Motion was tabled by Alan Simpson MP recently, which continues to gain support. The campaign are asking MP's to show support by signing EDM 408.

Meanwhile In Europe January saw the publishing of the White Paper on food safety, a cornerstone of which was the establishment of a European Food Authority by 2002. The importance of nutrition and particularly public health nutrition were also raised during the French Presidency and will remain so under the current Swedish Presidency who are also interested in the related issues of television advertising to children, alcohol and the fortification of manufactured foods. The pace and nature of developments in all these areas will vary but are worth monitoring and influencing. http://europa.eu.int/index_en.htm

“Schools are in a unique position to encourage and facilitate healthy eating”

Scottish Diet Action Plan, 1996

There are still a few places available at the **FOOD IN SCHOOLS CONFERENCE** organised by the Scottish Consumer Council and supported by the Scottish Executive, Food Standards Agency and the Health Education Board for Scotland. It will be held in the Stirling Management Centre, at the University of Stirling on the 14 May 2001.

Through a combination of speakers and workshops the conference aims to:

- Identify the barriers, real and perceived, that prevent progress in promoting healthy eating in schools in Scotland;
- Explore the current action that schools and others are taking to overcome barriers in order to promote healthy eating in schools; and
- Consider the further practical steps that can be taken to overcome these barriers.

The conference will be relevant to all of the partners involved with the provision of food and promotion of healthy eating in schools. This includes, pupils, parents, school boards, teachers, health promotion practitioners, caterers, education departments and others with a relevant interest in diet and schools.

If you haven't already received an application form you can get one from:

Scottish Consumer Council
Royal Exchange House
100 Queen Street
Glasgow
G1 3DN

or from our website, www.scotconsumer.org.uk

Telephone 0141 226 5261

Fax 0141 221 0731

Email: kaird@scotconsumer.org.uk

The closing date is **FRIDAY 27 APRIL 2001**

The conference costs £40 but a number of free places will be available to individuals from community and voluntary organisation. If you think that you would be eligible for a place please contact Kirsty Aird on 0141 226 5261

“Clubs should be places where kids feel safe and happy and learn to play as well as eat better and clean their teeth”

Breakfast Clubs..A Head Start is now available from the Scottish Community Diet Project. This 'toolkit'

has been produced by the SCDP as a step-by-step resource for groups who are interested in setting up or are already running breakfast clubs in schools and community venues throughout the country. Breakfast clubs have been growing in popularity in recent years and have been targeted by the Government's Health Improvement Fund. (See Edition 14, Fare Choice)

Head Start has been informed by the experience of existing breakfast clubs across Scotland as well as by the findings of the joint research by Greater Glasgow Health Board (GGHB) and the Health Education Board for Scotland (HEBS) into breakfast clubs. The research aimed to explore contrasting models of breakfast clubs and its findings have helped to identify the strengths, weaknesses and difficulties of different types of breakfast club, as well as considering their impact on the children and schools involved. A very useful summary of the research is now available from HEBS, GGHB or SCDP.

Headstart will be of interest to anyone involved in setting up and running a breakfast club, as well as for those who simply want to find out more. It is available in both a paper format and on the web, and its layout will allow groups the option of working through each stage from beginning to end, or of dipping into those sections of most relevance or interest in any sequence. For further details of the on-line version, visit the Scottish Community Diet Project's web site at <http://www.dietproject.co.uk> and visit the site's toolkit section. To obtain a free copy of the toolkit while stocks last, please contact Debbie at the SCDP (see back page for contact details).



I have recently submitted a research proposal relating to improving nutrition in older people living in the community and in reviewing the literature I felt this age group

must be one of the most vulnerable in terms of confusing and mixed messages. On one hand the “free living” older population (e.g. those not in institutions) seem to have a diet consistent with high disease risk and yet a good deal of leaflets and health advice for this group stress the importance of eating enough and keeping food (often high fat) intake up.

The National Diet and Nutrition Survey of people aged over 65 years (Finch et al, 1998) demonstrated that our senior citizens do have a tendency to suffer from overweight (67% of men and 63% of women), raised serum cholesterol (66% of men and 76% of women), hypertension (26% of men and 39% of women have systolic blood pressure >160mmHg, with increasing numbers in the oldest age groups) poor dental health (58% of adults >75 years are edentulous) and poor bowel health (30% men and 37% women report using laxatives). In turn many of these problems contribute to other factors influencing quality of life such as overweight and poor mobility and joint pain and the discomfort of poor bowel health. What a shame for survivors to have to confront all those chronic diet related diseases when retirement should be a time of play and extended leisure.

The picture is of course mixed because under-nutrition also exists, including underweight (3% of men and 6% of women), low haemoglobin status (11% of men and 9% of women), and vitamin D status. In nursing homes the picture may be even worse. A recent audit by Walker¹ showed that even after nutrition education, under-nutrition was still a problem for 21% of 132 elderly people surveyed in NHS long-term care. European data (SENECA) suggests that whilst there are many determinants of macronutrient intake (de Groot et al, 2000) it is generally recognised that when energy intakes are low (due to diminished appetite, physical or psychological ill health) intake of all other nutrients also tends to be low.

More detailed advice (including practical routes and educational models for promoting dietary change) have been published in Australia, with a major emphasis on maintaining appetite and energy balance through regular physical activity. Thus for those with poor appetite even gentle increases in

exercise can help to stimulate the desire to eat (not to mention social contact) and for those of a larger over generous proportion, avoiding further weight gain through increased physical activity is to be recommended (Binns, 1999). Although this sounds ideal I could not imagine groups of seniors jogging around and running aerobic classes, until someone told me about Dundee’s secret activity- the perfect setting for good health in the form of Dorothy Dobson’s Exercise classes.

Dorothy Dobson’s Over 60’s Exercise sessions have been running since 1978. Initially started in Dundee they are now available throughout the UK in 60 locations (e.g. Walsall, Sale, Poole, Taunton, Greenock). In Tayside alone, a thousand people attend 5 classes each week. They are tailored for men and women (mixed) from the over 60’s (range 55 to 85+ years) who “move” to a range of music (everything from Seasonal, Scottish and Sacred-in Walsall reggae is more popular). All are mobile (to a greater or lesser extent) and sessions include a significant number of people with disabilities such as diminished sight or hearing.

A minimal fee (around £2) is paid to attend classes (per session) and it is clear that many participants budget carefully to afford this activity. Participants are encouraged to take a “block booking” of 6 weeks to encourage commitment. There is a strong emphasis on social networks and spin off activities includes Christmas lunch, bus outings and beetle drives. There are a number of existing food activities including one group in Fife, who organise a fish and oatcake delivery, one group who bring pot-luck lunch and other groups who provide baked goodies.

Perhaps this is just one type of group of oldies who engage in regular exercise but it is an amazing sight to watch 80 people swinging to the music and sharpening their appetites for what one hopes is a high fibre, lots of fruit and veg, nutrient dense bowl of soup with loads of bread!

Clearly fitness, feasting and fun can happen at 70plus!

Binns C (1999) National Health and Medical Research Council. Dietary Guidelines for Older Australians. Commonwealth of Australia de Groot CP, van Staveren WA, de Graaf C (2000) Determinants of macronutrient intake in elderly people Eur J Clin Nutr Jun;54 Suppl 3:S70-6

Finch S, Doyle W, Low C, Bates CJ, Prentice A, Smithers G, Clarke PC (1998) National Diet and Nutrition Survey: people aged 65 years and over. Volume 1: Report of the diet and nutrition survey. H.M. Stationery Office, London

¹ For further information contact Dr Drew Walker Tayside Health Board 01382 425682

Dorothy Dobson Classes – for more info contact 01382 201262

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

INVERCLYDE INQUIRY

Inverclyde initiatives have been putting themselves under the microscope. Since the Inverclyde food enquiry (1997), a number of initiatives have developed including the Phoenix Health Project, which has now followed up the 1997 study and highlighted many important issues.

The study showed that, as in 1997, Lunch clubs still make up the majority of the initiatives. Initiatives had been established for 10-15 years on average, some staff having been involved since the beginning. Lunch clubs were shown to operate with around six volunteers on average.

A number of key points were also raised by the providers including.

- *The reliance on long standing volunteers*
- *Lack of transport facilities*
- *The withdrawal of subsidies*
- *Reliance on other agencies providing premises*

A number of positive factors were highlighted.

- *Volunteers are enthusiastic*
- *Expansion is possible, where the support is available*
- *The health and social benefits to users*
- *Other agencies have made requests to some of the clubs to accommodate clients with particular needs (although not always accompanied by funding!)*

Gathering this information has also reinforced the belief from the Phoenix Community Health Project and local groups, of the importance of local networking. Improved networking and improved communication has been highlighted as crucial to raising the profile of the invaluable work taking place.

For more information contact:

*John Dunn,
Phoenix Health Project,
19 Bogle St,
Greenock,
PA15 1ER
tel: 01475 892 197*

VALUING VOLUNTEERS

This is an important year for Volunteer Development Scotland (VDS) as 2001 has been designated the **International Year of Volunteers** (IYV2001) by the United Nations. VDS participated in the UN's global launch of IYV2001 last November by organising a convention of volunteering and community action in Glasgow, which was attended by nearly 1500 people.

VDS are planning a varied programme of events for the year ahead to increase and highlight the achievements and value of volunteering. To find out more, go to www.iyv2001.org or visit the VDS website at www.vds.org.uk

As part of its IYV2001 celebrations, VDS is also planning a **Food Festival**, celebrating the achievements of volunteers, which the SCDP is taking part in. Workshops are planned to cover local food projects, food in different cultures, food & health and food in a global perspective.

The event will take place in the Glasgow (venue to be confirmed) on **Friday 8th June** 2001. To find out more, contact VDS at the address below. The SCDP will also distribute more information when it becomes available.

VDS are also in the middle of a volunteering **roadshow**. Shetland, Stornoway and Edinburgh have already been visited by the roadshow with events in Borders and East and West Lothian still to come.

VDS's **Primary Care Volunteering Grants Fund** has awarded grants worth over a third of a million pounds, which attracted match funding of nearly half a million. A further £70,000 will be available from March onwards. Further details on the scheme from the contact details below.

Contact Details:

Food Festival – Ea O'Neil

Primary Care Volunteering – Eleanor Logan
IYV2001 / roadshow - Alison Lamond

Volunteer Development Scotland, 72 Murray Place, Stirling, FK8 2BX Tel. 01 786 479593

E-mail: vds@vds.org.uk



Milton Food Project, Glasgow

Take Stock

Why?: Milton Food Project arose from an identified need from the Milton community to improve access to fresh produce at affordable prices. Prior to the provision of the Milton Community Shop, there was a severe lack of desirable shopping facilities in the local area.

The idea of Milton Food Project came from the provision of a Food Co-op, which operated on a Friday morning from Milton Unemployed and Community Resource Centre (MUCRC). This was staffed by local people and sold a whole range of foodstuffs.

Yvonne Nelson worked in the Food Co-op since it was established. Yvonne witnessed the Food Co-op grow from boxes of goods/produce to shelves and a counter. Yvonne said, "I enjoyed working there and was involved since the beginning, over 10 years."

Another of the volunteers in the Food Co-op was Lorraine Pollock who was pleased to see the Food Co-op expand to the Community Shop, which is now opened 5 days per week. Lorraine said, "The Food Co-op was great but it was only able to be open one morning a week which didn't suit everybody."

The centre was also involved with a joint project with North Glasgow Health Project, which involved the delivery of fresh fruit into local schools and nurseries. However, it was felt that these provisions needed to be extended for a real impact to be felt.

In response to these needs, a bid was accepted to contribute to the extension of this initiative and funds were received from the local Social Inclusion Partnership Board, Greater Glasgow Health Board and Scottish Co-op.

What?: Milton Food Project is based in an adjoining Portacabin to the MUCRC, in the north of Glasgow. Membership is required to use the shop and membership is free.

The project was set up to offer the following; (1) a Community Shop which would be open 5 days per week (2) a Delivery service for those unable to do their own shopping (3) Volunteer/Training opportunities for local people and (4) to offer information/workshops on food/nutrition and cookery demonstrations on request.

The Community Shop contains a wide variety of fresh foods, fruit and vegetables, tinned foods, household goods, cleaners and much more. The prices are low, as the shop does not make a profit.

The delivery service is free for residents of the Milton area who may find it difficult to do their own shopping. Therefore, the delivery service is of particular benefit to the elderly, the infirm and parents of young children.

Volunteers with the project can access training opportunities including a wide range of SVQ modules, Food and Hygiene training and practical work experience in the shop and in the use of the shop database system. Any groups, schools or organisations in the Milton area can access the information workshops on food/nutrition and cookery demonstrations.

To date we have been busy with the running of the Community Shop and delivery service. The project also hosts monthly cooking demonstrations within the centre with a designated recipe of the month.

We are also in the process of working in collaboration with the local Health Visitor to carry out a Weaning Initiative, which will involve providing low cost blenders to families with babies of weaning age.

We are also working with two of our local Primary schools providing information workshops on food/nutrition.

We have also carried out inputs within local Breakfast Clubs on the theme of 'breakfasts around the world'. We are also preparing ourselves for an official launch of the project, which is scheduled to take place on April 12th.

Who?: The project has developed from volunteers coming together once a week and staffing the Food Co-op on a Friday morning alongside a helping hand from staff at MUCRC to the establishment of Milton Food Project, which employs 2 full-time staff, the Project Manager and Resource and Development Worker, a part-time Delivery Driver, and currently 3 volunteers.

Sandra Reid was appointed as the Project Manager and Siobhan Boyle gained the post of Resource and Development Worker. Sandra came into post in September 2000 and Siobhan in December 2000. Our Part time delivery driver Lindsay Grant, started early this year. Norma,



one of the project's volunteers has been with the project since the shop opened in early January. She has been very involved in all aspects of the project's work and stated, "Through working with the project, I've learned how to work the till, more about customer care, stock taking and how to use the project's database system. I'm also going to do my SVQ in retail. I'm enjoying working in the shop as it is worthwhile and has a nice friendly, relaxed atmosphere."

How?: The development of Milton Food Project has become possible through the hard work and enthusiasm of the volunteers and staff of Milton Food Project. The project is also thankful to the staff of MUCRC and other local organisations that developed the idea of the project to encompass much more than access to fresh foods. Representatives from the local community, MUCRC, Greater Glasgow Health Board and Scottish Co-op, sit on the Advisory group of the project and have been very active in helping steer the project forward.

The project is managed by the management committee of MUCRC, which includes representation from seven members of the local community.

Recruitment of volunteers is ongoing. We have contacted and advertised our volunteering/training opportunities through the local Careers Office, Employment services, Glasgow North, users of the MUCRC, by approaching local organisations, schools/colleges to speaking with customers of the shop and members of the local community. Anyone who lives in the Milton area is eligible to volunteer with us and can access the training opportunities on offer.

Where?: Milton Food Project is funded until March 2002 so the year ahead looks forward to more development and collaborative work. We are keen to further develop our work within the local Primary schools and to continue to expand our delivery service, workshops and volunteer base.

We also aim to produce a catalogue of recipes, which will be displayed within the shop and accessible to people while shopping. We also have support from Scottish Co-op to provide "Get Cooking Get Shopping" courses to local people so we aim to recruit people who would particularly benefit from this course.

Conclusion?: Milton Food Project is an innovative project, which has got off to a very promising and busy start. The project aims to further develop and ensure that fresh produce is accessible to all members of the local community for some time.

Overall, Milton Food Project delivers more than just shopping to the local community and we aim to further build on this through our time ahead.

Contributed and compiled by:

Norma Hunter, Yvonne Nelson, Sandra Reid, Siobhan Boyle, Bridie Hill, Lorraine Pollock, Robert Smith.

Contact details:

Milton Food Project

460 Ashgill Road

Glasgow,

G22 7HT

tel: 0141 772 7423



***Would your group like to
'take stock'?***

***If you would like to share with
others where your food project
has come from and where you see
it going, contact SCDP.***



FOOD SAFETY MATTERS

The survey highlights that less than half of consumers in the UK are confident about current food safety measures. It may be a reflection of two decades of food crises but it is an unacceptably low level. The responsibility for change rests with everyone involved in the food business....The FSA will continue to champion measures to improve food safety and consumer confidence. After less than a year of its existence the FSA has started to earn the trust of consumers."

George Paterson, Director, Scottish FSA

The Food Standards Agency has released the findings of its **Consumer Attitudes survey**. Though most people believe food safety has improved over the last year, a significant number of Scots are worried about food hygiene in one or more locations, including: local butchers (24 per cent), supermarkets (18 per cent) and the home (16 per cent). There is also considerable confusion across the UK about the accuracy of information on food packaging, showing that manufacturers need to make labels easier to understand and the public needs guidance on what to look for. A copy of the full survey results is available on the Food Standards Agency website, www.foodstandards.gov.uk/pdf_files/consumer.pdf



"For too long, so-called public meetings have meant inviting people along to listen to discussions between a select few, with no opportunity from those who matter most – the public. The Scottish Food Advisory Committee wants to change that."

Sir John Arbuthnott, Chair, Scottish FSA

At the beginning of the month the **Scottish Food Advisory Committee** met in Glasgow with the agency's first consumer Attitudes Survey (see above) high on the agenda. Another key issue was food safety and farmers markets. The next such meeting is scheduled for Dundee on Wednesday 23rd May, (Venue to be decided).

New ways of organising the meeting are being considered. Watch out for more details in the local press or check the FSA website, www.foodstandards.gov.uk/scotland/sfac.htm

Licensing of shops that sell both raw meat and ready-to-eat foods became compulsory in October 2000. This followed the outbreak of Ecoli 0157 in Central Scotland in 1996. Licensing aims to reduce the chance of cross contamination between raw meat and ready-to-eat foods by imposing stringent hygiene standards on shops.

The Scottish Centre for Infection and Environmental Health (SCIEH) plans to undertake a large scale study of **consumer reaction to the licensing**. SCIEH asked the Consumer Network of the Scottish Consumer Council to take part in a pilot study, partly to give some initial results about consumer reaction to licensing, but also to test the robustness of the questionnaire.

Four out of five respondents to the survey were aware of licensing before receiving the questionnaire. Most buy meat from supermarkets though half use butchers shops. Nearly all were aware of the importance of keeping raw meat separate from ready-to-eat food.

Nearly three quarters of respondents thought that licensing would reduce the risk of food poisoning from shops, while 70% feel more confident about buying raw meat and ready-to-eat food from the same shop as a result of licensing. Most did not think that licensing was an unnecessary burden for small businesses.

A six-page analysis of the results is available from SCDP (see back for details)



The report of the research undertaken by the Scottish Consumer Council on food safety is due out next month. In light of food poisoning trends over the past few years and the acknowledgement of the Pennington Group of the importance of teaching children about food hygiene, the research set about examining the **knowledge of basic food safety and hygiene principles amongst second year school pupils**. The results are based on responses from over two thousand pupils attending 108 schools across Scotland.

Donna Heaney, Food Policy Officer at the Scottish Consumer Council, has agreed to summarise the findings for the next edition of Fare Choice. Donna can be contacted at the **Scottish Consumer Council tel: 01412265261**
e-mail: dheaney@scotconsumer.org.uk

“There is a widespread suspicion that change is being driven by commercial and industrial interest, rather than consumer need or benefit.”

WCC Policy Officer Teleri Jones

Forty seven per cent of consumers avoid buying GM food according to a new Welsh Consumer Council report. **Food Fears 2000, Consumer Attitudes to GM and Organic Food**, published on 29th December 2000 by the Welsh Consumer Council, examines consumer attitudes to organic and GM food. The report is the most recent in a series of reports published by the Council monitoring consumer attitudes to food and food safety issues.

Food Fears 2000: Consumer Attitudes to GM and Organic Food, is available from the Welsh Consumer Council price £6 from:

Gail Arentsen: tel 029 2025 5454;
e-mail:gail@wales-consumer.org.uk



Do you feel insufficiently informed about Food Labelling? Are you unclear about what is meant by a ‘best before’ or ‘use by’ date? Do you have special dietary needs and feel unsure at times as to what you can or cannot eat? Do you want to know which country the food you eat comes from and whether it contains genetically modified ingredients?

The **Food Labelling Forum**, hosted by the Food Standards Agency, meets on Friday 15 June 2001 in the Golden Lion Milton Hotel, Stirling from 11am (lasting approx 3 hours)

The **Food Labelling Forum** was set up as an ‘Open Forum’ to provide information and updates to the public on the progress of the Food Standards Agency’s Food Labelling Action Plan. It intends to give all interested parties the possibility to put forward ideas, ask questions and be involved in the very early stages of the Agency’s policy making.

If you would like to attend the event please contact Alison Henney at the 6th Floor, St Magnus House, 25 Guild Street, Aberdeen, AB11 6NJ 01224 285 159, alison.henney@foodstandards.gsi.gov.uk



Achieving Better Community Development (A B C D) is a framework for planning, monitoring and evaluating community development work. It encourages those involved in community

development work to be clear about: *what* they are trying to achieve; *how* should they go about it; *how* they can change things in light of experience.

ABCD is based on the principle that those who are involved in community development are in the best position to assess its worth.

The course is aimed at: Community Development workers in health social work, community education, LECs, social inclusion and the voluntary sector. Also those responsible for commissioning and managing community development projects, staff members of management committees and users of community development projects.

The main training programme takes place over two days with a follow up day six months later. Half-day introductory sessions explaining the ABCD model and its application are also available for managers interested in sending staff to the three-day course. The cost of the training is £25 for the introductory session and £250 for the 3-day training programme. An ABCD handbook is included in the cost of the 3-day programme.

If you would like to book a place on the introductory session or the training programme in Dundee, Glasgow or Inverness or would like further information contact: Jo Kennedy, Scottish Community Development Centre, 329 Baltic Chambers, 50 Wellington St, Glasgow, G2 6HJ, 0141 248 1924, fax us on 0141 248 4938 or email jo_scdc@hotmail.com



In the Western Isles they are literally ‘cooking up a storm’. A cooking course started in February with the aim of encouraging people to get the cooking pans out and not rely so heavily on pre-prepared and packaged foodstuffs whilst at the same time eating healthily on a budget. Similar courses are expected to be run with other community groups in due course. There is also to be further input with special needs groups following on from practical sessions last year where they will be exploring healthy eating. Other events have also been planned with schools, playgroups and community groups, based around the theme of healthy eating and eating well on a budget. For further information contact Rona Macleod on 01851 704704 ext 2279.



As part of its ongoing commitment to working with the communities in which it trades, Co-operative Retail (part of the Co-operative Group) are piloting a new initiative 'The Community Food & Nutrition Fund', working in partnership with Nottinghamshire County Council and North Notts Health Authority. The £30,000 fund, available to groups operating in the Nottinghamshire region, is to promote mutual solutions to food poverty and healthy eating, particularly the increased consumption of fruit and vegetables.

The web based pack which accompanies this project has been created to help promote networking and spreading of best practice from all around the UK to as wide an audience as possible, in a cost effective way. For example the work of the unique Community Nutrition Project, undertaken by Scottish Co-op/ Greater Glasgow Health Board, which has recently ended, is to be added to the 'What's going on already' section in the next couple of months. This will include an updated version of the excellent 'Get Cooking Get Shopping' resource pack. The 6 month pilot is to be independently evaluated before looking to roll it out to other Co-operative trading regions with other public sector partners to ensure that it effectively targets money to the groups who really need it. For further information see www.co-op.co.uk, Information pages, under Diet and Health or contact Rosie Livingston on Tel 01159 466256 e-mail rosie.livingston@co-op.co.uk.



The independent Television Commission is, at present, considering changes to its Code of Conduct. In addition, it is possible that there may be pressure for advertising during children's television programmes to be banned, as is the case in Sweden. Members of the Consumer Network of the Scottish Consumer Council were asked to watch television advertisements over the Christmas and New Year period and to give their opinions on these two issues. Many members of the Consumer Network found advertisements aimed at children that were likely to cause children to pester their parents, or encourage them to eat 'junk' food. They also found advertisements that did not, in their opinion, contain enough information about the product. More respondents were in favour of banning advertising aimed at children than were against a ban. Copies (7pages) of the findings are available through SCDP (see back for details).



Sustain's Food Poverty Network is celebrating! It's fifth birthday. The Project is currently very busy with a number of updates and new projects, as well as keeping up with ongoing work.

The Food and Low Income database now holds details of over 150 community food projects from across the country. A review of findings will be fed back to the Food Standards Agency to inform their work. The annual update of the database is also in progress, and with support from the Health Development Agency will culminate in a printed directory along the lines of the SCDP's *Food in the Community*. The project is also researching an update to the 1998 report *Food Poverty: What are the Policy Options?* with the aim of keeping up with developments since the current Government came to power, including the impact of devolution.

The Community Mapping Project is now well underway. This project is using participatory appraisal techniques in five areas of England to enable people to understand their local food economies and to begin to develop solutions to the problems they face in obtaining a healthy diet for themselves and their families. The individuality of the areas is becoming apparent, with the Barrow-in-Furness team using their new skills to revolutionise their council's consultation processes and the Islington team finding imaginative ways to work with a very diverse population.

For more information contact Anna Webb, Food Poverty Project Officer on 020 7837 1228 or Clare Allison, Community Mapping Support Worker on 0116 229 1053.



Food for thought, Perspectives on eating in childhood and adolescence, is an evening lecture on **Thursday 28 June 2001** followed by a full day conference on Friday 29 June 2001. A joint conference organised by The Royal Society for the Encouragement of Arts, Manufactures & Commerce will be held at The RSA at Dean Clough, Halifax, Yorkshire. The symposium is designed to present the latest information and evidence on the issues of healthy eating and healthy weight in children and adolescents in the UK. GP's, Practice Nurses, Nutritionists, Clinicians, Dieticians, and all those involved in the health of children and young people. Info on fees, speakers, etc plus an application form are available on, <http://www.rsm.ac.uk/food2001>





The United Kingdom Public Health Association (UKPHA) is a voluntary, independent membership organisation. It was launched in 1999 to promote a new version of health in the UK. It has offices in London, Manchester and Glasgow. The UKPHA also have their poverty and health project co-ordinator (Peter Murray) based in Glasgow and have already announced that the UKPHA annual forum for 2000 will be held in the city. For more information about the UKPHA and our work in Scotland please contact **Kathleen McGill Development Officer, UK Public Health Association, Scotland Office, 7th Floor, Fleming House, 134 Renfrew Street, Glasgow, G3 6ST, Tel:0141 354 0079 or visit its website:www.ukpha.org.uk**



Radio Four Food Programme Awards will take place at the beginning of June. Nominations are currently being sought for the following seven categories:

Best Food Producer Award, Best Small Retailer Award, Best Caterer Award, Best Educator/campaigner, Best Food Writer Award, The Derek Cooper Award (For the person or organisation that has done the most outstanding work to improve food in Britain). The Mouldy Pork Pie Award (For that person or organisation that has done the most to set back the cause of good food).

Last year the Lets Community Café in Stirling was shortlisted for the *Best Caterer Award* while the SCDP received *The Derek Cooper Award*.

Nominations close at Easter – 15 april 2001, accompanied by why you think they deserve to be nominated (up to 100 words), and which award you are nominating them for, along with your own contact details to; The Food Programme Awards, BBC Broadcasting House, London W1A 1AA or email at: food.awards@bbc.co.uk



Another recommendation of the 1996 Scottish Diet Action Plan has been applied. Only a few weeks ago Alison Horne took up post as Co-ordinator of the Scottish Nutrition and Diet Resources Initiative. Based in Glasgow, but covering the whole of Scotland, Alison will facilitate the production and dissemination of reliable dietary and nutritional information for health professionals.

Alison can be contacted at SNDRI, Room MS010, Glasgow Caledonian University, Cowcaddens Road, Glasgow G4 OBA tel: 0141 331 8479

Please note that contrary to what may have been suggested in the last edition of Fare Choice (Page 8), Crisis FareShare Edinburgh is only one of the six projects operated by Edinburgh Cyrenians to tackle homelessness and promote social inclusion. In December Crisis FareShare Edinburgh hit new records in the surplus fresh food collected and distributed - over 3 tonnes a week with a monthly retail value of over £43,000.

For further details see Fare Choice Edition 15, or visit their website <http://www.cyrenians.org.uk/services/fareshare.htm> or contact Des Ryan, Director, Edinburgh Cyrenians. Tel. 0131 475 2354



Well known to Scotland's community food initiatives and regular columnist in Fare Choice, Prof Annie Anderson has recently been appointed to the **Scientific Advisory Committee on Nutrition (SACN)**.

This Committee, which is currently being established, replaces the Committee on Medical Aspects of Food and Nutrition Policy (COMA), which has been wound up.

Its terms of reference are to advise the CMO's or the Food Standards Agency, Government, on scientific aspects of nutrition and health with specific reference to: *Nutrient content* of individual foods and advice on diet as a whole including the definition of a balanced diet, and the nutritional status of people; *Monitoring and surveillance* of the above;

Wider public health policy issues including conditions where nutritional status is one of a number of risk factors (e.g. cardiovascular disease, cancer, osteoporosis and/or obesity);

Vulnerable groups (e.g. infants and the elderly) and inequality issues;

Research requirements for the above.

Annie will be joined on the committee by a range of experts, including a colleague from Dundee University, Dr John Cummings. Also on the committee from the National Federation of Consumer Groups is Stella Walsh, from Leeds Metropolitan University.



Laura Donnelly, a Community Development Nutritionist in Rochdale, is very interested in any Scottish examples of 'healthy eating on prescription' schemes. If you've any information on the topic, Laura can be contacted at Birchill Hospital, Rochdale OL12 9QB tel:01706 517 146



As promised the Scottish Community Diet Project has been organising two **round table discussions** on key current issues.

Fruit in Schools will be the topic for a discussion on **Tuesday 8th May**.

This will hopefully allow experienced practitioners, both paid and unpaid, to share knowledge and skills concerning fruit deliveries to schools, fruit tuck shops and related activity.

Lay Community Food Workers will be the topic a few weeks later on **Tuesday 29th May**.

Lay workers and those supporting lay worker schemes will be given the opportunity to share their experience so far and hopes for the future.

Both meetings will be relatively informal, **held in the boardroom of the Scottish Consumer Council, in Glasgow, starting at 11.30am and finishing by 2.30pm.** (Sandwich lunch provided)

These events are aimed at tapping the experience of people in the field and notes from each event will be written up.

If you would like to attend please contact Debbie at SCDP (see backpage for details). Places will be very limited and will be allocated on a first come basis.

Jenny Niven, a civil servant well known to many Fare Choice readers, has taken early retirement from her post with the Scottish Executive Health Department. Jenny played a key role supporting the Scottish diet action group, the production of the Scottish Diet Action Plan and all the developments that have come from it. Everyone associated with the Scottish Community Diet Project wishes her well for the future.

DATES FOR YOUR DIARY

MAY

12-18 **Adult Learners Week**

Community Learning Scotland
Tel: 0131 313 2488
Fax: 0131 313 6800

13-19 **Breastfeeding Awareness Week**

Special Projects Programme, HEBS
Tel: 0131 536 5500
Fax: 0131 536 5501
www.hebs.scot.nhs.uk

14-20 **National Smile Week**

Special Projects Programme, HEBS
Tel: 0131 536 5500
Fax: 0131 536 5501
www.hebs.scot.nhs.uk

JUNE

11-17 **National Food Safety Week**

Food & Drink Federation
Tel: 020 7836 2460
Fax: 020 7836 0580
www.foodlink.org.uk

25-1 July

National Vegetarian Week

Glasgow Vegetarian Information Centre
Tel: 01505 502565
www.vegsoc.org.uk

SEPTEMBER

7-14 **Men & Health Week**

Men & Health Development Group
- Scotland
Tel: 0131 228 6522

OCTOBER

7-13 **Older People's Week**

Age concern Scotland
Tel: 0131 220 3345
Fax: 0131 220 2779
Helpline: 0800 009966
www.ageconcern.org.uk

All information supplied via the Health Education Board For Scotland calendar of events 2001
www.hebs.scot.nhs.uk/healthevents/index.htm

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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