

FARE CHOICE



SCDP

Scots fare in London

The second annual BBC Radio Four Food Programme Awards had a distinctly Scottish flavour this year. Winner of the category for best producer were Pam and Nick Rodway of Wester Lawrenceton Farm near Forres. They were chosen, not just for the quality of the cheese they produce, but for their involvement with the local community and their commitment to teaching others.

Although not amongst the winners, a farmshop in East Lothian was shortlisted for the best retailer category. The best educator went to joint work by the Guild of Food Writers and the Fairbridge Project. They have paired up to work with socially excluded 14 to 25 year olds using food as the medium. Their work in Southampton was particularly impressive. However Fairbridge is also active in Scotland with projects in Edinburgh and Glasgow as well as the Venture Trust in Wester Ross (see www.fairbridge.org.uk). Food is already an important issue for Fairbridge north of the border and they are keen to develop similar joint initiatives.

The key speaker at the awards ceremony broadcast on 16 June, was Prof Hugh Pennington, the well known Aberdeen-based microbiologist, who highlighted the need for scientists to prove their independence if they wanted the trust of consumers.

Throughout the event a recurring theme was not only the pursuit of quality but also the promotion of the widest access to that quality produce. The best caterer category particularly reflected this with a school, a hospital and an Afro-Caribbean elderly lunch club making up the shortlist.

Having been recipients of the Derek Cooper Award for improving food in Britain last year, the Scottish Community Diet Project were delighted to be asked on to this year's judging panel and had the privilege of presenting the awards for best campaigner and best educator.

The 'Mouldy Pork Pie Award', for 'the organisation which has done least to advance the cause of good food' went to McDonald's for their threat to 'diverse, indigenous and local food'.

The Food Programme is broadcast on BBC Radio 4 on Sundays at 12.30pm and repeated on Mondays at 4pm. www.bbc.co.uk/radio4/progs/genre





What's Happening at Holyrood?



The Scottish Executive recognises that schools can play a key role in ensuring that children have a healthy, nutritious food intake, and many are establishing healthy eating initiatives, including support for the provision of fruit and vegetables. The Executive is keen to develop the health promoting schools concept and Our National Health gives a commitment to establishing a **Health Promoting Schools Unit** imminently. The Scottish Executive Health and Education Departments are developing this work in liaison with HEBS, CoSLA and Learning Teaching Scotland. Look out for announcements in the national press.

The Executive is planning to announce its appointment of the **National Diet Action Co-ordinator** in the near future. This person will not be a 'Fat Tsar' – a term coined by the media but will work constructively with manufacturers, retailers and caterers, to improve the quality and nutritional content of food and will also work with health boards and other partnership agencies to progress the implementation of the Action Plan's recommendations. Again look out for an announcement in the national press.

The £100m **Health Improvement Fund** – which has made allocations to all health boards – has supported a wide range of additional activity to improve public health. One of the priorities for the Fund is to support the provision of breakfast clubs and fruit/salad bars in schools, plus fruit for very young children. Support for these initiatives will be focused on deprived areas to begin with, but eventually it will be rolled out throughout the country. Contact your local health board to see how the funding is being applied in your area.

Minister for Environment and Rural Development, Ross Finnie MSP, published **A Forward Strategy for Scottish Agriculture**. The blueprint called for farming to be better integrated with the processing and retailing

sectors and also for greater awareness of environmental issues. Copies are available from the Stationary Office bookshop 0870 606 5566.

From the back benches a Bill to ensure provision of **universal free and nutritious school meals for every child** attending a local authority managed secondary, primary and special needs schools in Scotland, has been signed by 12 MSPs from 5 political parties and submitted to the Parliamentary Bureau. The Bill, drafted in consultation with 20 organisations, is now in its final draft. Child Poverty Action Group is co-ordinating the passage of the Bill and hopes it will make it to the Committee stage to be discussed and then debated in parliament after a first reading. If the Bill is successful, there will be further parliamentary readings to finalise detail. Progress of the bill will be tracked on the website www.cpag.org.uk. or call Danny Phillips at Child Poverty Action Group 0141 204 1069 for more information.

It's all change at **Westminster**. Since the general election government departments have merged and Ministers have been re-shuffled. Margaret Beckett now heads up the Department of Environment, Food and Rural Affairs, formally the Ministry of Agriculture, Fisheries and Food and the Department of Environment Transport and the Regions. In the Ministerial reshuffle Melanie Johnson has been appointed the Parliamentary Under-Secretary of State for Competition, Consumers and Markets. She is based at the Department of Trade and Industry and is responsible for consumer affairs, company law and investigations and competition policy among other duties. Yvette Cooper retains her role as Parliamentary Under-Secretary of State for Public Health.

In **Brussels** the Belgian Presidency of the EU Council of Ministers has just begun and will last until the beginning of the New Year. The Belgian Presidency is keen to ensure that the planned European Food Authority (EFA) is fully independent and not merely advisory. To track the progress of the EFA and keep up with other European policy trends search www.europa.eu.int



Going like hot cakes

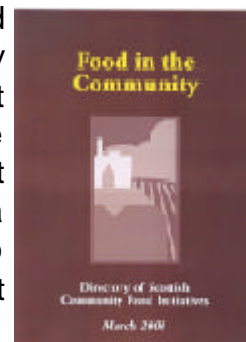
The Scottish Community Diet Project has been involved recently in a number of activities that have proved to be particularly popular.

Over one thousand copies of '**Breakfast Clubs...a Headstart**', have been requested from all over the country. This is a guide based on the experience of breakfast clubs around Scotland and research commissioned by Greater Glasgow Health Board/HEBS. Copies are still available from Debbie 0141 226 5261. The guide can also be downloaded from the SCDP website www.dietproject.co.uk.



Stoneydyke breakfast club
Drumchapel, Glasgow

Another publication which has always been in demand is '**Food in the Community - A Directory of Scottish Community Food Initiatives**'. The third edition, again produced jointly with HEBS, has been sent directly to everyone on the Fare Choice mailing list but if you would like a copy for a colleague or to pass on to another project, contact Debbie at 0141 226 5261.



The new Directory

The SCDP convened a **roundtable discussion** on *Lay Community Food Workers*. Participants agreed that training and status were the key issues for the development of community food workers. How to recruit and support workers, was also discussed. Copies of the brief notes from the discussion are available from Debbie 0141 226 5261. Similar notes from a roundtable discussion on *Fruit in Schools* should be available shortly.

June saw a '**Food Festival**' organised jointly with Volunteer Development Scotland (VDS). Held in Glasgow as part of an annual national 'volunteers week' and the international 'year of volunteering', the event was a sell out and the feedback so far has been generally very favourable. Workshops covered global and multicultural perspectives on food as well as work with the homeless and community food initiatives. Speakers came from VDS, SCDP and the Public Health Institute Scotland (PHiS). A report of the event has been produced by VDS and copies can be requested from Debbie 0141226 5261.



The Food Festival, Workshop 2 Food in different cultures

What do you think?

Activities are popular when they respond to the needs and concerns being expressed locally. Please do not hesitate to let SCDP staff (Bill, Lucy and Debbie) know what you think is needed either in your area, or nationally.



After over four years, Professor Annie Anderson is stepping down from her column in Fare Choice. Everyone at SCDP would like to take this opportunity to thank Annie for her contributions over the years. In her final piece, Annie is departing from her usual overview of research to share with us her wish list for the future; as well as commenting on some of her favourite topics, including the project, schools, nutrient monitoring, the government and of course berries!



In this final contribution it seems timely to review diet and nutrition matters and even take a stab at a wish list!

No one could fail to be impressed with the range, depth and creativity illustrated within community food action work, but it might be argued that its contribution to dietary change is negligible. **The Scottish Community Diet Project** was never intended to address the nations dietary problems in a single handed fashion, but to make a contribution to an overall plan which highlights individual, community and state action to support access to quality food at reasonable prices.

There are a multitude of ways that the state fails in its provision to assist access and promotion of a good diet, but none more obvious than the sad way **school meals** are dealt with in Scotland. In this very important food provision setting nutritional information is not available to parents. School meals need proper budget allocation, just rewards for the incredible caterers who juggle minuscule sums of money and environments that encourage children to enjoy and value food. Increasing education provision means more breakfast; lunches and snacks are served to the most nutritionally vulnerable age group in our society. Failure to facilitate a wide range of nutrient dense, good value food options can guarantee an increase budget spend (and misery suffered) on dentistry, obesity management, diabetes and other chronic diseases for the next few decades.

Suggestions for improving dietary behaviour in Scotland failed to comment on the continuing decline in vegetable consumption, and low fish intakes. Again, in this so called evidence based society, there is of course virtually no **monitoring of the nutrient content** of the overall diet in Scotland (and even less on the nutrient content of those living in most deprived areas). Ultimately, the evidence on diet and disease relates to nutrients not individual foods (with the exception of fruits and vegetables).

Having been an active team member grappling with the establishment of **a berry project** for almost 4 years, I can see more clearly than ever that any diet manoeuvre must include issues of sustainability, economic development and social implications. Persuading **politicians and civil servants** that producers and consumers may have the same aims and expectations is particularly challenging. Scotland has a thriving soft fruit industry, health professionals want people to eat more fruit including berries, but facilitating working together is clearly seen as that bit too novel...

So, my wish list is:

1. Putting all the players in the Scottish food (and diet) jigsaw on the board with the Scottish Community Diet Project and keeping community food projects as one valued link in the food chain
2. Standards for school meals and meaningful nutrition labelling of school food
3. An implementation board for the Scottish Diet Action Plan which supports, guides and monitors the work of the newly appointed diet co-ordinator
4. Monitoring of nutritional trends with feedback to all who participate in surveys!
5. The launch of a berry project as a leader to other producer- consumer initiatives
6. Sustainable considerations to every food and diet initiative
7. Knowledge, understanding and support of every kind to help and assist the most important nutritional consideration of humanity – breast-feeding!

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



More Healthy Choices

The Scottish Healthy Choices Award Scheme (SHCAS) has proven to be a valuable mechanism to enable caterers to provide healthy food choices. The Scottish Executive has recognised this and recently announced £3000,00 additional funding for the scheme for a further 3 years. This includes additional funding for a National Development Officer and Quality Control Inspectors.

Meanwhile in June over one hundred primary schools in East, North and South Ayrshire Council received a Scottish Healthy Choices Award.



Logo designed by Kerry McIlwraith 11 years old, Ballantrae Primary, Ayrshire

This was accomplished as all three of the local authority catering services were committed to the award in partnership with Ayrshire & Arran Primary Care Trust, Ayrshire & Arran Health Board and the Environmental Health Services.

Parents can be confident that their children will be offered and encouraged to taste and try healthy food choices every day from kitchens with high standards of food, safety and hygiene.

If you are interested in the award for your catering outlet, please contact Catriona Macfarlane, National Co-ordinator on 0141 227 6453 or visit the website www.shcas.co.uk

Fresher Futures

Fresh Futures is a new award programme from the New Opportunities Fund. The delivery has been jointly delegated to Scottish Natural Heritage and Forward Scotland as part of the New Opportunities Fund's green spaces and sustainable communities programme. The award programme was launched at the Saint Francis Centre in the Gorbals, Glasgow on Thursday 13 June.

A budget of £3 million will be divided between three separate schemes:

- **Fresh Futures Open Grant Programme** will be open for applications from June 2001 until the end of March 2003. The first quarterly deadline for applications is 8 August 2001.
- **Sustainable Communities Umbrella Scheme** will develop projects which demonstrate effective community lead approaches to sustainable development.
- **Greenspace for Communities Umbrella Scheme** will improve green spaces in Scotland's urban and fringe urban areas.

Grants will range from £3,000 to £50,000 (although a maximum grant of £100,000 may be considered) and are anticipated to provide around 30 per cent of the total project cost.

Further details can be obtained from: Fresh Futures, Forward Scotland, Portcullis House, 6 Floor, 21 India Street, Glasgow G2 4PZ or visit www.fresh-futures.org.uk





Worrying gaps

The Scottish Consumer Council (SCC) has discovered worrying gaps in the understanding of food safety issues among Scottish youngsters that could place many of them at risk of contracting food poisoning.

Preliminary results from a survey carried out among 2000 Scottish 13 and 14 year olds, released at the start of National Food Safety Week in June, stressed the importance of improving the understanding of basic food safety messages.

The survey carried out in 108 Scottish secondary schools found that:

- ◆ Only three in 10 pupils knew where to store raw meat or fish in a fridge to avoid cross-contamination.
- ◆ Only half of pupils knew the correct temperature that a fridge should be set at.
- ◆ Only three out of 10 correctly answered a question on how to cool and then store food once it has been cooked.

The SCC is to send the results of the survey to every school in Scotland later in the year to highlight the problem and to encourage the promotion of the importance of food safety and good hygiene.

A positive finding from the SCC survey was that there was a high level of awareness among pupils of the importance of washing their hands before preparing food. Nine out of 10 pupils correctly identified how this should be done.

The report will be published in September on www.scotconsumer.org.uk, the SCC website and copies can also be ordered from Debbie 0141 226 5261.

Fed up

Practical action to promote healthy food in Scottish schools and help to establish positive eating patterns among young people were discussed at a major conference in Stirling on May 14.

The conference brought together for the first time all the interested parties in Scotland including parents, pupils, caterers, teachers and health promotion specialists to reflect on current practice and examine measures to improve healthy eating in schools.

Ian Young, Schools Programme Manager for the Health Education Board for Scotland said: "Schools provide a unique opportunity to promote the health of all our young people. The provision of food in school meals and other outlets such as breakfast clubs and snack bars should be actively encouraging healthy choices."

Schools have long been recognised as having a key role to play in encouraging and helping children and young people to adopt healthy eating patterns. However there are issues about the quality of some school meals and snack provision, particularly since the introduction of fast-food style cafeterias.

The conference was organised by the Scottish Consumer Council and supported by the Scottish Executive, the Health Education Board for Scotland and the Food Standards Agency Scotland.

The Scottish Minister for Health and Community Care Susan Deacon introduced the conference and the keynote address was given by Professor Phil Hanlon, Director of the Public Health Institute for Scotland.

The Scottish Consumer Council has commissioned a report of the proceedings of the conference, which will be available in September. Call Debbie to order a copy on 0141 226 5261.



Outbreak of FSA reported

The **Food Labelling Forum** hosted by the Food Standards Agency in Stirling attracted over 130 people. It was a chance for participants to find out about initiatives such as the Food labelling action plan, EU regulation, Codex, voluntary codes and GM labelling. The Forum concluded with a lively question and answer session. For more information contact Pamela Reid FSA 01224 285 152.



The FSA is currently working on '**Catering for Health**' guidance aimed at applying healthier catering principles and nutritional awareness to all aspects of food preparation, including food provided in schools. The Agency is committed to developing a Code of Practice, in association with consumers and the food industry, to cover such areas as promotional practices and sponsorship in schools. The FSA recently launched a catering for health guide in England. For more information contact Pamela Reid FSA 01224 285 152.



The Food Standards Agency Scotland has experimented with a new format for public meetings. A **Recipe for Success**, the first event of this kind, took place in Dundee on 21st June. The meeting, held in the evening, involved a food hygiene cookery demonstration by Wendy Barrie, a food hygiene trainer and chief inspector of a Taste of Scotland, followed by an audience question and answer session with a panel of six experts. Goodie bags were handed out to those who could answer questions on food hygiene. For more information contact Peter Reid FSA 01224 285 123.

The **Scottish Food Advisory Committee** which provides the Food Standards Agency Scotland with independent information and advice on all food safety and standards issues in Scotland met on 4 July at the Royal Society of Edinburgh. The meeting gave the public the opportunity to observe proceedings and ask the board questions in the last half hour. The main topic of discussion was the report from the Task Force on E Coli 0157. The discussion concluded that by simply increasing hand washing the risk of infection by this dangerous bacterium could be significantly reduced. The next meeting is on 5 September call Peter Reid at the FSA on 01224 285 123 for the location, meeting papers and future meeting dates.



Each month the **UK Board of the Food Standards Agency** meets to conduct their business meeting in public. When the Board met in Edinburgh in June, many people working for organisations concerned with food issues and policy in Scotland attended, so that they could listen to the proceedings and some asked questions in the final open half hour. Issues covered included the burdens of food regulations on small businesses, folic acid and the role of the advisory committees of the devolved administrations. For more information contact Peter Reid FSA 01224 285 123.

Food Standards Agency Scotland is committed to putting dates of forthcoming meetings and minutes on its website www.foodstandards.org.uk/scotland



A Sustained effort

The Food Poverty Network run by Sustain: the alliance for better food and farming has announced a record membership this quarter, with well over 500 community food projects, local authority officers, health authorities, researchers and government departments now subscribing. Network members receive the quarterly newsletter, *Let Us Eat Cake!*, which reports on policy developments, funding news and projects around the country, as well as receiving discounts on Food Poverty Project publications such as *Making Links: a toolkit for community food projects* and the forthcoming publication *Food Poverty: Policy Options for the new Millennium*. This new publication updates the 1998 report *Food Poverty: What are the policy options?* and includes a full analysis of the impact of devolution on policies affecting food poverty, European food policies and the changes that have been brought about since the Labour Government came to power in 1997.

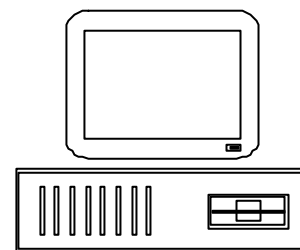
The Project has recently heard that it has been successful in securing **funding** from new lottery grant-giver the Community Fund to cover project costs for the next two years. The grant of almost £150,000 will pay for ongoing development of the Network's activities including the maintenance and improvement of the Food and Low Income database.

The Food Poverty Network is encouraging communities to arrange **local seminars** to discuss food poverty. If you are in a position to arrange a seminar in your area get in touch with the Food Poverty Network. The Network might be able to supply a small grant towards the cost of organising the day, support the event and provide a speaker to launch the seminar. Priority will be given to applications from rural areas of the UK, from areas where the food poverty Network is currently under represented including Scotland, and from groups who work in areas with high concentrations of people from ethnic minorities, where efforts will be made to include these groups in the seminar.

For more information about the Food Poverty Network or Sustain contact Anna Web on 020 7837 1228 or click on www.sustainweb.org. If you want to search the database call 020 7413 1995 or click on www.hda-online.org.uk

Sustain is **seeking a project officer** to work on its highly successful food poverty project. The ideal candidate will have experience of the community sector with an understanding of food poverty and related policy issues. Main duties include: researching and writing reports; promoting the project at all levels; project management and administration; and servicing a committee. The post is funded for 2 years and will require some travel. Salary £23,010. Apply before 8 August with CV and covering letter by email (sustain@sustainweb.org) or post to Sustain, 94 White Lion Street, London, N1 9PF. Details of this post are also available at www.charityjob.co.uk and on the Sustain website at www.sustainweb.org

Find out what community food groups are doing in England with the internet



- ◆ Newcastle Community Food Initiative
www.newcastlefood.co.uk
A support network working with existing groups and helping to set up new initiatives.
- ◆ Sandwell Community Foods
www.promarco.co.uk/tce/foods.htm
A model project in a low income area which has just secured new funding to expand.
- ◆ Devon Food Links
www.devonfoodlinks.org.uk
A rural support network offering training and events to increase local food production.



Healthy Living Centres eNOF?

The West of Scotland Community Health Network will be holding a meeting about Healthy Living Centre applications on the 30th August 2001 at the Jenny Burns Centre, Castlemilk. If you have questions about New Opportunity Funding (NOF) or you have an experience to contribute this meeting is for you. Was your group successful? Unsuccessful? Invited to resubmit? Are you still engaged in the processes? Are you entirely happy with the experience so far or are there issues you would like to discuss?

The West of Scotland Network has organised this event because through previous meetings it discovered there was much confusion and dissatisfaction with the Healthy Living Centre application process. Issues raised so far include transparency of processes, assessment procedures and ill-defined or imprecise feedback.

The meeting aims to further discussion, to unravel experiences and identify the common issues for groups involved in Healthy Living Centre Applications. This will be collated to form a collective response from the West of Scotland Community Health Network.

Anyone with an interest in attending this meeting is welcome to participate and should contact Lynn on 0141 641 6777 for details.

More!

The Scottish Community Nutrition Group (SCNG) runs discussion groups open to the public twice a year, at various locations throughout Scotland. Previous discussion groups have covered pre 5's nutrition, food and education and community food projects. The discussion follows a morning business meeting open to members of SCNG who must be state registered Dietitians. The next meeting is on Healthy Living Centres on 30 October at Ayrshire Central Hospital, Irvine.

For further details on the next meeting or any other queries regarding SCNG contact Moyra Burns, SCNG Chair, on 0131 536 9416 or email moyra.burns@lhb.nhs.scot.uk.

Northern nights

This September the SCDP are giving individuals who both live and work within low income communities the opportunity to apply for a place on two study tours!

North Karelia

The SCDP is looking for applications from individuals (who both live and work within low income communities which are tackling the barriers to a healthy and varied diet), to take part in a study tour of community interventions to reduce heart disease in North Karelia, Finland. The tour will include two days visiting the national public health institute in Helsinki and two days of site visits and discussions in North Karelia. The SCDP will cover accommodation, food and transport costs. To be eligible to apply you must have a valid passport and be available to travel from 23 to 29 September. If you are interested please send your contact details to Debbie by post, fax or email (contact details on the back page).

Applications must be received by 8 August!

Highlands and Islands

This study tour is an opportunity for individuals who both live and work within low income communities in the South of Scotland to learn about community food projects in the Highlands and Islands. The 3 day minibus tour will stop off at projects on Skye, in Inverness and Aberdeen. Transport, accommodation and food will all be covered by the SCDP. If you are interested please get in touch as soon as possible as places are limited to 6 and must be allocated before the end of August. To apply you must be free to travel between 4 and 7 September and send your contact details to Debbie by post, fax or email (contact details on the back page).

Applications must be received by 22 August!

Reports from previous study tours are available from Debbie 0141 226 5261 and are also downloadable from the project's website www.dietproject.co.uk



Bridging the gap: **small grants for coalfield community groups.**

The Coalfields regeneration trust has launched a new temporary small grants programme which

offers grants of between £100 - £5000 to voluntary and community groups, operating in the coalfield communities of Scotland, for a wide range of activities including: gap funding to allow service continuity between funding periods, funding to ensure organisations can find time to reflect and plan, improvement and/or extension to service delivery, purchase of capital equipment, computer hardware and software, volunteer expenses, staff and volunteer training, conference attendance, publicity materials and events, repair and maintenance of premises. The deadline is 27 July for more information contact the trust on 01259 725 022

Lanarkshire based baker **Tunnock's** have been presented with the Lifetime Achievement Award by Ross Finnie, Minister for Environment and Rural Development.

Tesco Charity Trust have prioritised local community projects whose core work supports the welfare of children, elderly people, and people with disabilities, and which are based in areas with a Tesco store. Awards range between £2,000 and £5,000. If you feel the Trust can assist you write with brief details of your project to: Linda Marsh, Tesco Charity Trust, Tesco House, Delamare Road, Cheshunt, Herts EN8 9 SL.

The **Scottish Down's Syndrome Association** has recently published an information sheet called Food for Thought which lists useful tips for people who help feed people who can't feed themselves. Each copy costs £1 plus p&p. For more information contact 0131 313 4225 or search www.sdsa.org.uk.

People who have found it difficult to cook for themselves in Glasgow have benefited from three nutritionally balanced meals a day delivered by

Cook n' Care. Each meal costs £2.50 and is chosen from a menu the week before. Members of the Possil and Milton Forum on Disability set up Cook 'n' Care over 3 years ago. For further information contact Liz or Jacqueline on 0141 336 3562.

Scottish Poverty Watch is a new annual review of the impact of government social inclusion and antipoverty strategies on the most disadvantaged groups and communities. If you wish to contribute contact the Poverty Alliance on 0141 353 0440.

The **Healthy Vending** project was introduced to encourage teenagers within West Dunbartonshire secondary schools to improve their diets and choose a healthier option for their lunch. Healthy vending machines provide healthy food in a convenient appealing and popular way and can have a big impact on the overall nutritional intake of young people. To find out more about this project leave your details on the 24 hour answer service 01389 737 105 or e-mail cats@west-dunbarton.gov.uk.

Interested in teaching children about the use of grains and bread in society? The Federation on City Farms and Community Gardens (FCFCG) has just launched **Grains**, an education pack with activities and discussion topics for 5-13 year olds. The pack costs £5.75 and can be ordered from FCFCG on 0117 923 1800 or search www.farmgarden.org.uk.

A long term research project carried out by the cardiovascular epidemiology unit at Dundee University shows that Scotland has cast off its place as the **heart attack capital of Europe** and is now in fourth place behind the former USSR, former Czechoslovakia and Northern Ireland. However there is a long way to go as death rates from heart attacks are still higher in Scotland than England and most other European countries. For more information you can contact the unit on 01382 344 000.

Skye and Lochalsh, Forth Valley and Dumfries and Galloway **Food Futures** have been meeting to discuss what happens now the initial programmes are coming to an end (see Fare Choice Issue 14).



The areas have been successful in getting other agencies interested in supporting some follow on work. Peter Ross, the co-ordinator of Food Futures in Dumfries and Galloway said 'I hope that the lessons learnt from the Food Futures programme will be used to produce a toolkit which other areas might wish to adopt to promote their local food economy'. For more information contact Peter Ross at Dumfries and Galloway Health Promotion on 01387 244 507.

The City of Toronto in Canada is **promoting food security**. This summer Toronto launched a charter, based on consultation with hundreds of people to ensure food security for all citizens. The process the city followed to achieve this is documented on the web at www.city.toronto.on.ca/food_hunger/index.htm.

If you want to publicise your project to a wider audience, why not submit a paper or poster to the **Annual Public Health Forum**, which will be held on the 5th to 7th March 2002 at the SECC, Glasgow. The Forum is the largest multi-disciplinary conference on public health in the UK. Over 800 people participated in the 2001 Forum. Additional guidance and support will be available to those new to making presentations both in the lead up and during the event. Discounts are available for voluntary and community groups. Don't forget the closing date for submissions for the conference is **Friday 21 September 2001**. Click on www.ukpha.org.uk or call UKPHA Conference Office on 0870 010 1932 for a form.

The Highland Council and Highland Health Board have jointly sponsored a debate entitled **Highlands Health** into the future on Think-Net (www.think-net.org), the Highlands electronic discussion forum. The discussion will run until December 2001.

There is a **vacancy** for a Food & Health Development worker based in Bangour Village Hospital, West Lothian. The post is funded by the Health Improvement Fund and responsibilities will include developing, reviewing, promoting and supporting healthy diets across all age-groups. A job description & salary can be obtained from Gary Wilson, Senior Health Promotion Officer, West

Lothian on 0131 536 9333 or e-mail gary.wilson@lhb.scot.nhs.uk

Foodfest is likely to become Scotland's biggest food festival, full of new food and drink ideas with special sessions on cooking for kids, ethnic foods and healthy eating options. First come first served for the 10 pairs of **free tickets** for the Foodfest. All you have to do is contact Debbie (details on back page) by post or e-mail with details of where to send the tickets. On the door the cost of tickets will be £5 per adult £3.50 for concessions. It will be held at the SECC, Glasgow between 3 and 7 October.

The community based shopping and cooking skills **Get Cooking, Get Shopping** resource pack is now live and available on the Co-op's website www.co-op.co.uk

Sainsbury's will roll out its **fruit in schools** programme to Birmingham and London after the success of the pilot scheme in Glasgow. The pilot run in conjunction with Glasgow City Council and Greater Glasgow Health Board provided free fruit to 21 schools for pupils to eat as part of their lessons.

Has your address changed?

If so, help us keep our mailing list and community food initiative database up to date, by letting Debbie know on 0141 226 5261 or email: dcameron@scotconsumer.org.uk

Tell us about your project

Want to let people know about your community food initiative? Why not send us information for the newsletter. We are always interested to find out about new projects or catch up with established projects. You can either send us information you already have to hand or write new material. All information gratefully received by Debbie (details on back page). The next deadline is Friday 14 September.



Dumfries and Galloway hits back

Dumfries and Galloway is still reeling from the foot and mouth disaster but that hasn't stopped the area celebrating its local produce. The Dumfries and Lockerbie show will host celebrity chefs, local crafts and parachute jumps to keep visitors entertained in the absence of farm animals. The show will promote farm diversification, now the only real option for many farmers.

Many shows and civic events are still cancelled due to foot and mouth. Below is a list of some of the events which are still going ahead in the area.

July 28 Agnew Park, Stranraer, Taste of Galloway

August 4 Park Farm, Dumfries, Dumfries Food Festival part of the Dumfries and Lockerbie show

First week of September Crichton Campus Dumfries, Food for Life Conference

September 8 Castle Douglas Food Town Festival

September 8 Isle of Whithorn Festival

For more information contact Peter Ross, Dumfries and Galloway Health Promotion 01387 244 507 or Alasdair Miller, Dumfries and Galloway Enterprise Company 01387 245 271

Don't forget!

Many towns and communities hold food festivals through out the summer and autumn. If you would like to find out about your local food event why not call your local library, tourist information office or enterprise company? Or get the information to us.

DATES FOR YOUR DIARY

August

31 – September 2 **Dundee Food Festival** Camperdown Country Park call 01382 433815.

September

4 **Scottish Food Advisory Committee** for more information contact Peter Reid at the Food Standards Agency 01224 285123 or search www.foodstandards.gov.uk

20-23 **Skye and Lochalsh Food Festival** contact Shona MacLennan for programme details and Carole Inglis for press enquiries on 01478 612841 or search www.foodfestival.skye.co

October

3 – 7 **Foodfest SECC Glasgow** see Information Exchange for FREE TICKET give away or check out the website www.foodfest-show.com to find out more about the show.

3 & 4 **Public involvement in the NHS: How to do it** will be held at The Lighthouse, Glasgow this is a conference for everyone who has an interest in being involved in the NHS. For more information call Design to Involve 0131 220 4101.

31 **FLAIR conference – joined up eating Bristol**. The theme will be creating sustainable local food economies. Call 0845 458 9525 or search www.localfood.org.uk

If you have events you'd like added to the diary why not send the info to Debbie - contact details below.

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



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Scottish Community Diet Project

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