

FARE CHOICE



SCDP

TWO FOR TEA

“Together, I am confident these measures will help encourage more Scots to adopt a healthier diet – both for themselves and their children..”

SUSAN DEACON,
HEALTH MINISTER

Two investments from central government were announced recently which should come as a boost to all those working at community level as well as encouraging progress from other key stakeholders in Scotland’s diet.

Everyone connected with the Scottish Community Diet Project was delighted by Susan Deacon’s announcement that the project would be extended for a further three years and have its annual funding doubled.

This will mean the small grant budget will be increased to £75,000 per year, a 50% increase from phase two of the project (see page 3 for more details).

An additional Development Officer will shortly be appointed and an extensive range of project activities planned (watch out for details).

Graeme Millar, Chairman of the Scottish Consumer Council which manages the Scottish Community Diet Project, reflected the views of all involved with the project when he

said *“We are delighted that the Scottish Executive is backing the success of the project with extra resources. This will allow us to increase the scale of our operations and extend the range and the nature of the support we offer”.*

The second announcement concerned the appointment of the long awaited Food and Health Co-ordinator, Gillian Kynoch (see page 3 for more details).

Together these announcements highlight an appreciation of not only action at a community level but also the need for that action to be matched and joined-up with contributions from all the other key sectors highlighted back in 1996 in the Scottish Diet Action Plan.



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What's happening at Holyrood?

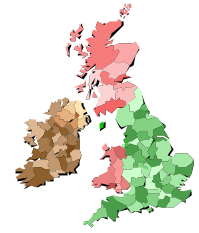


The **Scottish Organic Target Bill** will be introduced in the Scottish Parliament by Robin Harper MSP (Green Party). This would require the Scottish Executive to develop an action plan to help encourage 20% of Scotland's farmland to be organic within 10 years. When the proposal for the bill was introduced to the Parliament it received the highest number of supporters for a bill proposal, including MSPs from all six of Scotland's major political parties. The bill is supported by a steering group of organisations that represent a large number of consumers and farmers from across Scotland. If you want to find out more or show support contact Organic Targets Bill, c/o Robin Harper MSP, Scottish Parliament HQ, Edinburgh EH99 1SP. email robin.harper.msp@scottish.parliament.uk or call 0131 348 5927.

An advisory group of 20 different organisations with representatives from unions, local authorities, churches, childrens' charities and anti poverty groups, ratified details of the **School Meals (Scotland) Bill** at a recent meeting. The bill has two main aims: free school meals for all children in local authority managed schools and for those meals to have a nutritional standard. The bill has been presented in full to the Parliamentary Bureau and a decision about whether the bill is legally competent will be made in less than a month. If the bill is accepted it will be in the parliamentary system and there will be time allocated for consultation and debate. Progress of the Bill can be monitored on www.cpag.org.uk or call Danny Phillips at Child Poverty Action Group 0141 204 1069 for more information .

For more information on how members bills' proceed through the parliament contact the parliament's education service www.scottish.parliament.uk/welcomingyou/ff3.htm#bill

Around the UK



In London Ron Bailey of Friends of the Earth is co-ordinating the campaign and currently recruiting MPs from all sides of the House to support the **Food Poverty Eradication Bill** through an All Party Parliamentary Group. The Policy Options report to be produced by Sustain's Food Poverty Project will be taken up by the campaign as its policy document. For the latest on the bill contact Ron Bailey on 0208 698 3682.

A **new policy commission on farming and food** has been jointly set up by the Food Standards Agency and the Department of Environment Food and Rural Affairs for England. The Commission will advise on how to create a sustainable, competitive and diverse farming and food sector within a thriving rural economy which advances environmental, health, and animal welfare goals. It will have a key role in informing the Government's approach to policies affecting rural areas in future. It has been asked to report by the end of this year. Details of the consultation have been posted on www.foodstandards.gov.uk and a dedicated website www.talkfood.org for consumers to feed into the debate will be launched soon.

The **National Assembly for Wales** recently hosted a National Youth Food Assembly, co-ordinated by the Welsh Food Alliance (WFA). Further details on what is hoped will become an annual event, is available at www.hospitalitywales.demon.co.uk/nyfaweb or from David Smith of the WFA on 01633 266781 or wfa@hospitalitywales.demon.co.uk

Alongside this, the WFA also arranged their first **National Food Teachers Symposium** on the theme of 'Public Health through Partnership'.



WELCOME

Gillian Kynoch, an experienced community dietician well known to many Fare Choice readers, has been named as Scotland's first Food and Health Co-ordinator.

Announcing the appointment, Health Minister, Susan Deacon stressed that Gillian *"will lead our renewed efforts to improve the nation's diet. In addition to collaborating with organisations such as the Health Education Board for Scotland and Food Standards Agency, she will be charged with working with major food producers to ensure Scots are not only aware of the benefits of a balanced diet but that they have better access to healthy food"*.

Gillian herself is also clear about where she must prioritise her efforts. *"There is a need to promote healthy diet at the broadest level and support the initiatives and efforts of existing healthy eating activities throughout Scotland. As Scotland's first Food and Health Co-ordinator, my task will not be to lecture people about the food on their plate but to encourage the public to help themselves to good health."*

"A key part of my work will be to build effective partnerships between health promotion and the food industry to ensure that supply and demand for healthy food go hand in hand – and that people are not just aware of the benefits of healthy eating but are also able to access a wide range of healthy foods – whether that be in the local supermarket or in their work canteen."

"Part of my initial work will also involve helping to clarify some of the confusion which currently exists around healthy eating advice."

"As the Minister has said, since the Scottish Diet Action Plan was published six years ago, great progress has been made in improving Scotland's diet. This has been as much due to the efforts of everyday people as national organisations and agencies. My task is to harness that widespread interest and enthusiasm, build on existing momentum, and

support people to make small, essential changes to their diet so that generations of the future can benefit from the lessons of the past."

Gillian has agreed to an interview with Fare Choice, which will appear in our January edition. If you have a question you'd like to put to the new Food and Health Co-ordinator send it in to Debbie (contact details on back page) by 1 December.

FUND OOT!

There was the usual excellent crop of community food initiatives receiving this year's Scottish Community Diet Project Small Grants, although there could have been no grants at all. With SCDP at that point officially in the last year of its funding (see page one) there was no allocation for grants in this year's budget. The Scottish Executive Health Department came up with the necessary funding (£50,000) and then later increased this by just over 50%. This meant that thirty-six initiatives recently shared just over £78,000.

Successful initiatives ranged the length and breadth of the country from Lerwick to Kelso. They tackle all aspects of the food chain from growing projects to 'fruit barras' and community cafés. Weaning is the focus of one project while others target young people and one involves an elderly lunch club. Users of mental health services and the homeless figure in a number of initiatives, while multiculturalism is the theme of another. Settings range from churches and schools to family centres and a farm. Learning new skills is a key objective for many of the projects while others tackle access to fruit and veg and promoting local produce.

Their rich diversity is matched only by their common determination to tackle the barriers their communities experience in accessing a healthy, varied and acceptable diet.

Fare Choice will highlight the progress of many of these initiatives throughout the year, and you will hopefully have the chance to meet up with some of those involved.



An insight into the world of research provided by members of the Scottish Colloquium On Feeding and Food

Nutritionists were united in attacking 'reckless research' presented at the popular British Association Festival of Science 2001. At the meeting held in Glasgow earlier this month, Carl Keen, Professor of Nutrition and Internal Medicine at the University of California claimed that eating chocolate regularly could help maintain a healthy heart and circulation. Cocoa has a particularly high concentration of flavonoids and so may be good for the heart. Professor Keen argued that eating chocolate increases antioxidant activity in the blood in a similar way to the stories we have heard about drinking red wine, and that it may also relax blood vessels.

It is not the first time that chocolate has hit the media amid claims of being a healthy choice. In 1998, researchers from the Harvard School of Public Health published in the British Medical Journal their study of almost 8000 American men aged 65 for a five-year period. Adjusting their results for other risk factors including smoking they found that people who consumed a moderate amount of chocolate survived longer than those who ate sweets three or more times a week and those who never touched sweets. The Harvard team proposed that eating chocolate is a step towards having a longer life because the chocolate can protect against heart disease and cancer because of chemicals called phenols in its make up. These reduce the presence of free radicals that damage cells and DNA, causing disease. Chocolate and cocoa are derived from the cacao plant, which the researchers argued might restrict the type of cholesterol that damages the heart. On top of all this, eating chocolate is believed to boost the immune system.

An international group of scientists and academics from the fields of physiology, psychology, psychopharmacology and sociology called ARISE (Associates for Research Into the

Science of Enjoyment) let volunteers smell chocolate and then measured how much of an antibody known as, secretory Immunoglobulin-A (Sig A) was produced in saliva. Sig A is known to protect against respiratory infections. The ARISE group found that the pleasure from smelling chocolate may stimulate Sig A production, giving more immunity to disease. Compared to men, women felt more enjoyment from smelling chocolate, although the bad news was that the research showed the actual impact on women's immune system was weaker than the boost offered to men.

So why have nutritionists been sceptical about the recent claims that chocolate is good for the heart? Well there are a number of things that sound alarm bells to be cautious. When I am teaching undergraduates about research methods, I offer them a checklist of questions to assess research. In brief –

1. Are the research team or institution a credible and reliable source?
2. Who has funded the research? And is there the possibility of conflict of interests?
3. Is the research valid, reliable and generalisable? Does it have a robust design? Has it been peer-reviewed for publication?

In the case of Professor Keen's 'chocolate is good for your heart' story, the research scores well on question 1, being carried out by a reputable scientist at a prestigious institution. However, he cannot blame nutritionists and other researchers for having a healthy scepticism, as Mars funded his research and his results have not yet been published in an international journal. Critics say the study was small scale, being a trial of 24 volunteers. This research needs to be peer reviewed and published before the results are taken on board. Until then we can be rest assured that the weighty evidence on fruit and vegetable consumption has been replicated across different countries and diverse age and population groups. This should give us the confidence to trust that 5 portions of fruit and vegetables daily will provide us with all the flavonoids we need for healthier hearts without the fat.

By Susan Eley, Lecturer, Department of Applied Social Science, University of Stirling. email susan.eley@stir.ac.uk



Healthy Choices Nicked!

Nick Nairn presented three Scottish Healthy Choices Awards at the Dundee Flower Show and Food Festival on 1 September. The

award ceremony was organised by Rosemary, an awards assessor, who said, "The awards represent a great deal of effort on the part of the establishments." The presentation took place in the Food Marquee, where nibbles and elderflower champagne were served afterwards.



The Healthy Bite in Strathmartine Hospital, Angus and The Ian Low Centre in Ninewells Hospital, Dundee were presented with the commended awards. The Guide Dogs for the Blind Association in Forfar was presented with a highly commended award.

Catriona Macfarlane (Healthy Choices Co-ordinator), Taff Hughes, Nick Nairn, Mary White, David Bayne and Rosemary.

For more information on the Scottish Healthy Choices Award Scheme contact Catriona Macfarlane or Yvonne Garry on 0141 226 5261 or visit www.shcas.co.uk

Vol Event

TimeBank Scotland is a high profile national media campaign to raise awareness of the value of giving time and inspire a new generation of TimeGivers. You can register with TimeBank Scotland to receive news about the campaign. If you would like to take on a volunteer, you can register with your local Volunteer Centres and outline your volunteering opportunities, assignments and person specifications to them.

Further information about TimeBank Scotland and the Scottish Volunteer Centre Network can be obtained from Donald MacQueen c/o VDS, 72 Murray Place, Stirling FK8 2BX, tel 01786 479 593, fax 01786 449 285 or email donald.macqueen@vds.org.uk. The TimeBank website can be accessed at www.timebank.org.uk.



In Memory

From all the media coverage, you may now all know of John Ogonowski, Captain of the first jet that was flown into the World Trade Center. What you may not know is that John was also a farmer and played a key role in a community food project in Massachusetts involving immigrant farmers from Cambodia. A fuller account of his involvement has been made available by friends and can be viewed on the SCDP website at www.dietproject.co.uk.



Take stock

Prestonpans Breakfast Club

It all started 18 months ago when Prestonpans Partnership, part of a New Community School Initiative funded by the Scottish Executive, decided to evaluate the child care facilities in the area. At that time there were no out of school child care facilities and only two registered child minders.



The organisers at Prestonpans

We decided to send out questionnaires to see if there might be a demand for the setting up of two Breakfast Clubs – one in Prestonpans High School and one in Prestonpans Primary. The response we received was very encouraging and we decided to plan the opening of the two clubs, a process which took us 4 months.

Why healthy eating?

Prestonpans is classed as an 'at risk area', with a high number of pupils identified as being sent to school without breakfast. We wanted to encourage healthy eating in the morning instead of a packet of crisps on the way to school. We also wanted to help tackle lateness and absenteeism and to raise attainment and

concentration levels. Pupils who attend the breakfast club tend to get to school on time, as well as showing increased concentration from going to school after eating breakfast.

What's on offer?

Our project in the primary school offers a low cost healthy breakfast, while also offering a tooth-brushing programme, and a wider programme of activities to help promote self-esteem and confidence through arts and crafts and games. Our high school project offers a breakfast menu with study and homework space, magazines and games (again to help build confidence). A qualified youth worker assists the pupils.



A sample menu from Prestonpans

The benefits

At the moment, Prestonpans Partnership is running the clubs with the help of other agencies, such as the dental hygienist. Our clubs have helped school age children increase attainment; working parents by offering childcare; and unemployed parents by offering low cost childcare and therefore the chance for them to retrain. Teachers have also noticed a difference in pupils who use the club, as they are no longer continually late for class and confidence levels have increased.



The next steps

Our club is now moving towards self-financing (although we do not intend to make a profit) through the development of a business plan. The initiative has been so successful we are currently



Kids enjoying breakfast

working on opening another two clubs. It also feels like the school is taking more ownership of the club, as teachers have become interested in the events and activities we offer.

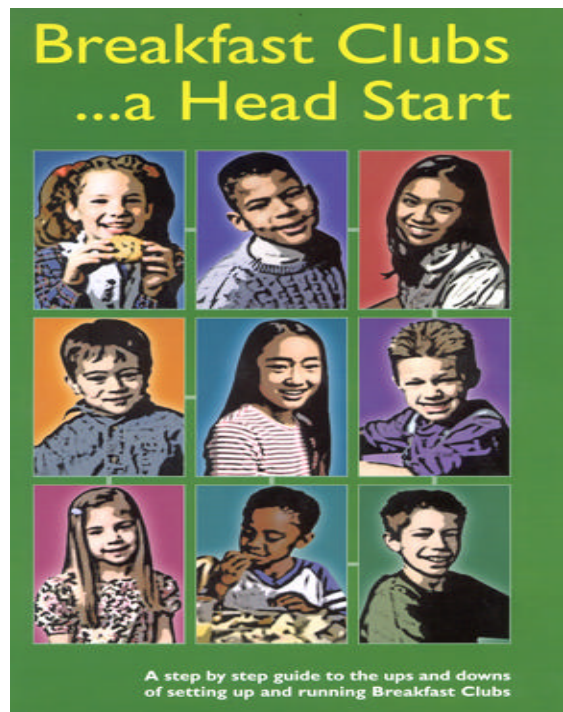
How to contact us

To find out more about these projects you can contact Monica Hoenigman or Kate King at the Prestonpans Partnership, New Community Schools Initiative, Gardiner Terrace, Prestonpans, East Lothian EH32 9RY, tel 01875 814 847 and fax 01875 819 287.



Do you want to start up a breakfast club?

If you are thinking of setting up a breakfast club why not get hold of the breakfast club toolkit? '**Breakfast Clubs...a Headstart**' is a guide produced by the Scottish Community Diet Project based on the experience of breakfast clubs around Scotland and research commissioned by Greater Glasgow Health Board and the Health Education Board for Scotland.



The toolkit is a step by step guide to the ups and downs of setting up and running breakfast clubs. The toolkit provides information on food safety, employing staff, tooth brushing programmes, links to the curriculum, funding and much much more.

How can you get hold of a copy?

Copies are still available from Debbie on 0141 226 5261. The guide can also be downloaded from the SCDP website www.dietproject.co.uk.



Publications

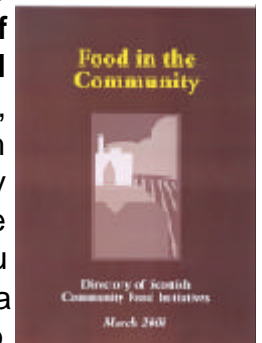
A new report which aims to counter the myths of **organic food and farming** has been published by the Soil Association, the leading organic campaigning and certification body and Sustain, the alliance for better food and farming. Produced as a resource for journalists, decision-makers, commentators and campaigners *Organic food and farming: myth and reality* takes up the challenge of answering critics of the organic movement with factual, robust and well referenced information. Copies of the report priced £10, are available from Sustain (Tel 020 7837 1228).



Advertisers of 'junk' food are selectively targeting children, damaging their immediate and future health. Sustain's **"TV Dinners"** report has found that up to 99% of the adverts for food during childrens' commercial TV programming are for products which are high in fat and/or sugar and/or salt. Meanwhile, the prevalence of childhood obesity and dental decay is alarming. Confectionery and cakes comprise the largest categories (nearly 50%) of food advertised during childrens' TV. Fatty and sugary foods, the food group which children should eat least, are advertised during childrens' programming in proportions up to 11 times higher than that recommended in dietary guidelines. Meanwhile, fruit and vegetables, the foods which children most need to increase their consumption of, were not advertised at all during this survey period. Children viewing Saturday morning TV will see more than twice as many adverts per hour for unhealthy foods as adults viewing after 9.00pm in the evening. Nearly 40 hours of commercial TV programming, incorporating 272 food advertisements, were monitored. *TV Dinners - what's being served up by the advertisers*, published by Sustain: the alliance for better food and farming. Price £25.00 or £7.50 to voluntary and public interest organisations.

Thinking of getting your community involved in **growing projects**? Then have a look at a new report called a *Share in the Harvest* from the Soil Association. Copies of the report are available from the Soil Association on 0117 914 2424 or lfl@soilassociation.org priced at £15 each (excluding p&p).

Another Scottish Community Diet Project 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 on 0141 226 5261.

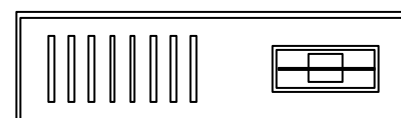
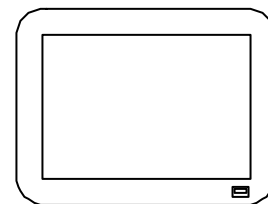


The Directory

Internet sites

The Scottish Executive pledged more than £15 million over three years to support the establishment of four **national demonstration projects**. These projects are at the forefront of attempts to achieve sustained improvement in child health, young peoples' sexual health and in Scotland's two principal killer diseases, coronary heart disease and cancer. Find out about Scotland's National Health Demonstration Projects on the internet at:

www.show.scot.nhs.uk/demonstrationprojects/
www.haveaheart.org.uk
www.glasgow.gov.uk/healthycities/startingwell.htm





Northern Exposure

The SCDP recently toured the Highlands with community food workers from southern Scotland. The study tour started with a visit to a small organic croft on Skye, it also included a breakfast club, food co-op, community store, mother and toddler's lunch group and an opportunity to grill the Food Standards Agency Scotland in Aberdeen.

Last year a similar tour brought community food project volunteers from the Highlands and Islands to southern Scotland and this was the return leg of the tour.

Participants wrote up notes at the end of each day on the community food initiatives; local authority and government agency visited. Personal contact with a wide range of community initiatives and officials was cited as the most useful part of the tour. Participants said that they were able to see ideas in action and were inspired to find out more about a deluge of topics from food standards to wild salad herbs. A summary of their work and information about the projects visited will be compiled into a report available soon from Debbie on 0141 226 5261.

Evaluation showed that the organisations visited appreciated the opportunity to share experiences. A big thank you to everyone who took part!

The project also visited Finland in the last week of September, to find out about the Finnish approach to health. Details of this tour will be in the next newsletter and a report will also be available from Debbie.

More study tours will be announced next year so check *Fare Choice* for details.



UK Food Poverty Network update

Everyone at the SCDP would like to welcome Sally Cavanagh, the new Food Poverty Project Officer at Sustain, who starts work at the beginning of October. Sally has a background in managing networks, and experience of campaigning and lobbying. She and Victoria Williams the other Project Officer are looking forward to working together to develop the project and widen the network.

As part of its two year programme of work, the project would like to work in areas that are underrepresented on the network. These include rural communities and cultural minorities, elderly people and other marginalised groups. If you have any information or suggestions about groups that would benefit from joining the Food Poverty Network please get in touch with Victoria Williams 0207 8371228.

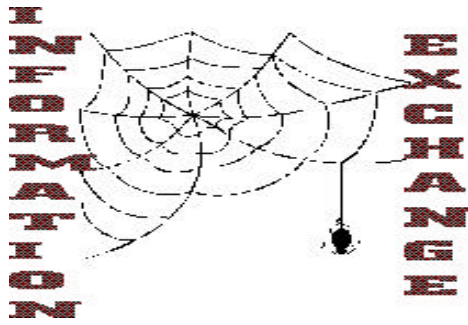
The project has kindly given SCDP 50 copies of their useful 4 page UK Review of Funding Bodies. This recently produced document is available from Debbie on 0141 226 5261 and will be particularly useful for those projects currently seeking funding.

Calling all rural communities

Rhona Brankin, Deputy Minister for Environment and Rural Development, is encouraging rural communities to take advantage of the latest round of the Scottish Rural Partnership Fund.

This competitive fund offers grant aid to rural communities to encourage community development and support a variety of community based projects from 2002-2003.

The closing date is 12 October 2001. Application forms can be found on the Scottish Executive's website at www.scotland.gov.uk or call Brenda Little on 0131 244 3109 for more information.



Councillor Lesley Hinds has been appointed as the new **chair of the Health Education Board for Scotland**. Ms Hinds is a former primary school teacher from Edinburgh. A new Chief Executive will also be announced shortly

The Scottish Executive has announced its intention to offer **post-grant support to some childcare projects** that have been funded by the New Opportunities Fund. Additional funding has been passed to local authorities, specifically to enable them to “support good-quality but sub-viable clubs, especially in areas of disadvantage”. The money is to be used at the expiry of start-up funding where extra help is needed to ensure continued operation. Further information and advice are available from Moira Oliphant at the Scottish Executive Education Department on 0131 244 7407.

Forth Valley Food Futures partnership, which includes Stirling, Falkirk and Clackmannanshire councils plus Forth Valley Health Board, has secured just under a quarter of a million pounds, including a sustainable action grant from the Scottish Executive, to establish Forth Valley Food Links (FVFL). Over the next 3 years FVFL will recruit two full-time workers and a part time worker. The first of its kind in Scotland, this project is intended to provide a facilitation mechanism to build the capacity of both local producers and groups. Plans include publishing a food directory, making small grants, mentoring and much more. For more information contact Angela Heaney 01786 442 996.

Free health advice is to be offered outside bingo halls, social clubs, bookmakers and supermarkets in Lanarkshire in a bid to improve the health of people living in some of Scotland’s worst health blackspots. The Bodycheck Bus, saved from the

scrapyard and kitted out as a mobile health centre, was launched in Coatbridge by Deputy Health and Community Care Minister Malcolm Chisholm. The bus will be staffed by a driver and promotions officer, a community fitness officer and a dedicated NHS nurse. Services to be provided include fitness assessment, healthy eating advice, exercise consultation and information about sports facilities. These will be available in rural communities and areas that have previously suffered from lack of access to health services. The bus has been funded by £15,000 from Lanarkshire NHS Primary Care Trust as part of the Lanarkshire Braveheart Healthy Heart Campaign. Lanarkshire Council has met the £10,000 cost of refitting the bus.

Shetland farmers made use of video-conferencing technology to give evidence to the parliament’s public petitions committee. Representatives of the islands’ agricultural industry spoke in support of a petition calling for greater protection for farmers and crofters working in remote parts of Scotland.

Genetically modified crop trials are going ahead on the Black Isle despite overwhelming public disapproval. The Scottish Executive has been asked to amend current planning legislation to require local authority planning permission to be sought in respect of GM crop trials.

The **Welcome to Wellbeing Millennium Awards** Scheme focuses on health, which is broadly defined as being mental, physical, spiritual, social and environmental. Awards of up to £3,200 are funded by the Millennium Commission which help anybody of 16 years and over, to put their bright ideas in to action. Call 0131 228 9066 for an application pack.

Sustainable Scotland will soon announce the continuation of its funding programme for projects across Scotland which contribute to sustainable development. Community food initiatives which grow food, reduce food transportation or provide a link between growers and consumers should consider applying. Details will be announced in the national press and on its website www.sustainable.scotland.gov.uk



Food Standards Agency News Digested

New figures published by the Food Standards Agency Scotland reveal that almost a third of **restaurants and other catering establishments** in Scotland infringed food hygiene rules last year. The figures show that of the 20,825 catering premises inspected last year, 7,781 infringed food hygiene laws. Restaurants and caterers are by far the largest sector in the food industry. Seventy per cent of the Scottish population regularly or occasionally eat out and the Food Standards Agency Scotland is committed to working with the catering industry as part of a wide-ranging campaign to improve food hygiene.

Consumers are being misled by meaningless descriptions like 'country style' and the sloppy use of terms such as 'fresh', 'traditional' and 'home-made' on some food labels, according to a new report published by an advisory committee to the Food Standards Agency. The report, a result of a two-year study by the Food Advisory Committee, slams some members of the food industry for misusing terms and says tighter enforcement is needed. The committee studied use of the terms 'fresh', 'pure', 'traditional', 'farmhouse', 'natural', 'original', 'authentic' and 'home-made' and other associated descriptions. The Food Standards Agency will use the report to start a consultation process for developing new standards that will help protect consumers. www.foodstandards.gov.uk or call Janet McKenzie on 0207 276 8147.

More new figures show chickens on shop shelves in Scotland are more likely to be contaminated by **salmonella** than the UK average of 5.8%. At present, it is not possible to explain the reason for the difference in results between Scotland and other parts of the UK but the Food Standards Agency will be investigating this in more detail. It should be noted that these UK breakdowns reflect country of purchase, not country of origin. Last year, the Food Standards Agency announced its aim of reducing salmonella in chickens on retail sale in the UK by 50% within five years. To find out more about this aim call Jonathan Back on 0207 276 8949.

The Food Standards Agency has set up a **Consumer Committee** to help the Agency better understand and address emerging consumer needs and views. The role of the Consumer Committee includes commenting on the Agency's strategic objectives and forward plan, giving feedback on the effectiveness of its policies and advising on how to reach and consult vulnerable and hard to reach groups. The closing date for applications to sit on the committee has passed, but if you would like to know more about its activities call Gillian Asbury 0207 276 8000 or consumer-affairs@foodstandards.gsi.gov.uk

Recent results from the **first Scottish local authority to be audited** by the Food Standards Agency show that overall East Renfrewshire Council demonstrates a good level of food law enforcement. The Food Standards Agency Scotland presented the audit results of East Renfrewshire Council, under a rolling programme, to the Scottish Food Advisory Committee at their open meeting in Dumfries. The Agency's audits aim to raise national standards of food safety enforcement and improve consumer protection. To find out what an audit of local authority food law enforcement services entails call Nicky Elliston on 0207 276 8434.

We want to know about you!

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 above). The next deadline is Friday 14 December.



DATES FOR YOUR DIARY

October

Breast Cancer Awareness Month

Scottish Breast Cancer campaign 0131 339 9800.

7-13 Older Persons Week

Organised by Age Concern 0131 220 3345.

7-13 Metal Health Awareness Week

Leaflets available from your local health board.

15-19 European Health and Safety Week

Health and Safety Executive 08701 545 500.

15 - 19 Local Democracy Week

A campaign pack including detailed case studies about some of the activities that took place last year and some suggestions and advice for activities councils might want to consider this year.

Contact Mark Stevenson on 020 7664 3239 or email mark.stevenson@lga.gov.uk

16 World Food Day

Organised by the Food and Agriculture Organisation (part of The United Nations) www.fao.org/wfd/default-e.htm

27 Access all Areas

This conference in Glasgow about access to information will help you get all the information you need. Call Friends of the Earth on 0131 554 9977.

27 Make a Difference Day

Community Service Volunteers 0207 278 6601.

30 - 5 Nov British Sausage Appreciation Week

Enter the competition on the web at www.britishmeatfoodservice.com/sausage.htm

November

1 A Recipe for Success

Held at Culloden Academy, Inverness where Wendy Barrie will once again be cooking up some simple nutritious dishes and FSA Board member Michael Gibson and leading food poisoning expert Hugh Pennington will be among those taking questions from the audience. Call 01224 285 120 for more details or to book a place.

2 Scottish Urban Regeneration Forum

Riccarton Campus Edinburgh. 0141 445 4554 or www.scotgen.co.uk for details.

6 A Recipe for Success

This time in Orkney but venue and times to be confirmed. Phone 01224 285 120 for more details.

7 Scottish Food Advisory Committee

In Orkney. Call 01224 285 104 for more details.

8 Advertising - let's put in context

This London conference organised by the Food Advertising Unit will explore the facts and role of advertising. Details on www.fau.org.uk or 0207 828 2771.

23 Making Links - Citizens and Sustainability

A conference at Edinburgh City Chambers to examine how best intentions at home and work can be translated into actions towards sustainability. Outcomes will feed into the world summit.

December

3 International Day for Disabled Persons

Organised by the United Nations.

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



The SCDP has the overriding aim of contributing to the government's national strategy to improve Scotland's diet and health.

Scottish Community Diet Project

Bill Gray, National Project Officer Lucy Gillie, Development Officer
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