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FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

ResourceFULL!

A number of initiatives have or are about to be launched, all aimed at building knowledge and skills amongst those committed to tackling inequalities in Scotland's diet and health.

Nationally available **elementary food and health training** will be available from the autumn. This six hour course will be delivered through the Royal Environmental Health Institute for Scotland (REHIS), and was developed by SCDP, Scottish Healthy Choices Award Scheme (SHCAS), Scottish Executive Health Department (SEHD), Health Education Board for Scotland (HEBS) and Food Standards Agency Scotland (FSAS). A draft syllabus and course material have been produced and are currently being piloted. There will be many centres across the country delivering the course and details of these will be made available as soon as possible.

Catering for Health is a guide for teaching healthier catering practices. An edition was launched by the FSA last year south of the border and a Scottish edition has now been produced. A very practical seventy-page publication, it would be of particular use to community cafes, lunch clubs and the like. FSA Scotland have supplied SCDP with copies and you can get one free, while stocks last, by contacting Debbie (see back for details).

The **Cookwell** research led by Dundee University and funded by the Food Standards Agency (UK), (see Fare Choice Issue 20), is nearing completion. As well as what should be very interesting research results on cooking skills classes, the research team have also developed a very useful cooking skills course. Copies of the remaining Cookwell tutors' pack (price £20) and participants' recipe book (price £10) are available while stocks last from Wendy Wreiden on 01382 496441 or w.l.wrieden@dundee.ac.uk. It is intended to incorporate the research findings into new versions of the books, which it is hoped will be available, at a similar cost, by the end of the year.

Many Fare Choice readers will be familiar with **Health Issues in the Community**. The achievements over the past five years of this HEBS funded resource were celebrated in Edinburgh at an event in May bringing together a wide range of volunteers, lay workers, community health practitioners and policy makers from across Scotland. The course enables participants to explore and develop an understanding of the many factors involved in addressing community health concerns and priorities in a community setting with the support of a trained tutor. For more information about purchasing the new pack, and for details about course dates and tutor refresher courses, please contact David Allan at the Community Health Exchange (CHEX) on 0141 248 1990.

On this issue's menu.....

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Policy roundup



Scotland

As a knock on effect of the First Minister, Jack McConnell's cabinet reshuffle in May, Frank McAveety and Mary Mulligan are now both Deputy Minister for Health and Community Care at the Scottish Executive.

The Food Standards Agency Scotland recently published its three year plan to assist with implementing the Diet Action Plan for Scotland. A copy of the Diet and Nutrition Strategic Plan has been posted on www.food.gov.uk or call 01224 285 168 for a copy.

The Clinical Standards Board for Scotland (CSBS) is developing draft standards for food and nutritional care. It piloted a form of public involvement to obtain peoples' views of food and nutrition in hospitals. This information will inform the food and nutritional project group who are currently developing the draft standards. The CSBS have been working with a number of groups including Age Concern, ethnic minority groups, a family council and a charity who support carers of people with multiple learning disabilities. Once the project group have completed the draft standards, these will be available for public consultation. For more information contact the public partnership co-ordinator for CSBS on 0131 623 4300.



United Kingdom

The Food Standards Agency (UK) is to review the Over Thirty Month (OTM) rule, which currently prohibits the sale of meat for human consumption from cattle aged over 30 months at slaughter. This rule was introduced in 1996 and has had a major impact on reducing the risk to public health by significantly limiting the number of infected animals which might otherwise have entered the food chain.

The Food Standards Agency (UK) has been putting together a policy paper on low-income consumers. The paper will be presented at the next board meeting and has already been posted on the website www.food.org.uk under board meetings.



European

US efforts to break down European resistance to genetically modified food products suffered a setback yesterday after the European parliament voted to introduce the toughest GM labelling and traceability rules in the world. In a vote that attracted massive lobbying from US biotechnology companies and consumer groups, the assembly - which has real power to determine the shape of future legislation - took heed of consumer concerns and decided that all derivatives of GM food and animal feed products sold in the EU should be subject to labelling.

It also tightened up the present 1% threshold for genetically modified organisms in foods, reducing it to 0.5%. Effectively, this means tens of thousands of products like crisps, soft drinks, breads, cakes, chocolate and sweets could now be labelled GM. Consumer groups estimate that at least 30,000 food products contain derivatives of GM maize or soya. However, the parliament stopped short by three votes of demanding GM labelling on products of animals reared on GM foods. Eggs, milk and meat will not be labelled even if the animals have been reared on GM foods. The vote is an embarrassment for the UK government and the Food Standards Agency, both of which said the European Commission's proposals would be unworkable.

Only one consumer organisation nominee, Deirdre Hutton Chairman of the National Consumer Council (NCC) based in London, was appointed to The European Food Safety Authority.

The six-month Presidency of the European Union will be held by Denmark from July 1 this year.



International

The World Food Summit held in Rome ended in recrimination this June when it was branded a waste of time for everyone except the United States, which successfully sold genetically modified crops as a solution to famine. Environmental and agricultural groups accused the US of steamrolling the summit into approving biotechnology after robust lobbying by Washington.

'Healthy Choices' Update

The Scottish Healthy Choices Award Scheme has recently been going from strength to strength, with a total of 268 Awards now being held throughout Scotland. 'Scottish Healthy Choices' is a prestigious national healthy eating award for caterers, open to all catering establishments from sandwich bars, schools, and workplaces to 5 star hotels.



Some of the most recent Award winning establishments include a sandwich bar, workplace canteen, schools canteens and a guesthouse.

Recent Award winners include:

The Beautiful Mountain, sandwich bar & restaurant, Aberdeen; Gairloch High School canteen, Gairloch; The Chef's Hat Dining Room, Stobhill Hospital, Glasgow; Café Derran (workplace canteen), Auchterderran Centre, Cardenden and Oasis Tearoom, café style restaurant, Isle of Benbecula.

If you would like to hear more about the project, a quarterly newsletter is produced, providing local news, healthy cooking tips, recipes and much more. If you are interested in receiving this please contact Barbara, on 0141 226 5261 and ask to be added to the newsletter mailing list.

The Award has also recently updated its website www.shcas.co.uk. This has all the information about the Award Scheme you are likely to want, and amongst other things you can check out the Award winners in your local area.



A Growing Interest

SCDP's latest publication, 'Growing Interest: a flavour of community growing in Scotland' was launched recently at a conference of the same name, held at the Scottish Agricultural College's Ayr campus.

"From a chef's point of view I want produce grown as near to natural as possible... Chefs should start with the produce not with a recipe"

Nick Nairn, Celebrity Chef

The quotes from guest speakers were matched by equally illuminating and informative discussions that took place in the workshops that covered everything from school gardens to crofts.

The 'Growing Interest' publication attempts to introduce people to community growing, providing an overview of some excellent local practice. Small packets of seeds (carrot & coriander) have also been produced to complement the publication.

"In Britain we think of public and private but rarely consider the co-operative option"

Tor Justad, Scottish Co-op

"City farms are free, flexible, fluffy, fun and difficult to quantify"

Jeremy Isles, Federation of City Farms and Community Gardens

Copies of the publication and the report of the conference are both available from Debbie (see contact details on back page) as well as being downloadable by visiting www.dietproject.org.uk. Requests for the seeds (up to a maximum of 50 packets per request) are welcomed while stocks last.

"The products of the vegetable patch or the orchard are so much more than the produce itself. Health, good diet, exercise, food knowledge, biodiversity, that 'look I made it myself!' feeling too often lost from our adult lives."

Taken from Gillian Kynoch's 'vision of a growing society' in 'Growing Interest: a flavour of community growing in Scotland' SCDP 2002, ISBN 0-907067-88-3



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

The Transition from School to College: How do Eating Habits Fare?

Surprisingly little is known about whether young peoples' eating habits change when they leave school and go to college. I interviewed 31 young people aged 16-24 at a college of further education in Southend-on-Sea in Essex about their diet and I also asked them to keep a 1-day food diary (what they ate, who they were with, where they were).

Being at college and having a part-time job (which most of them did) affected what and when young people ate. Several young people said that they had to eat lunch when they were at school, either because they received free school lunches or their parents expected them home for lunch. When at college, most young people I spoke to found it hard to adjust to being responsible for their own lunches and many regularly skipped this meal. Although some young people did eat breakfast when they were at school, many had to get up earlier to make their own way to college (which was sometimes 1 hour or more away), which meant breakfast was rarely eaten by the interviewees. Young people also found that their class times did not always allow long enough breaks to eat a meal.

Young peoples' changing schedules also affected their family meal times. Work and college commitments meant that they were not always at home when the evening meal was served and quite often this meant that they had to prepare and cook meals for themselves when they got home. Some young people spoke of their disappointment at missing out on family meals, and saw this as a negative aspect of growing up.

Apart from different schedules keeping young people away from the family meal, it was also quite common for young adults who still lived with their parents to refuse to eat meals with the rest of their family. This was often because the family food was too 'fattening', not to their liking or often they just did not want to spend time with the rest of the family. Some young women had become vegetarian and this also differentiated them from the rest of the family, because separate meals had to be provided. Friendship groups often changed when young people went to college and one way they adjusted to this was by eating the same foods as these new friends. Developing a busier, more 'adult' social life after leaving school also supplied the spark for not having a proper evening meal. It was quite common for young people to buy and eat food when they were with their friends that they would not eat at home. I concluded that eating habits were a powerful way for young people to achieve the independence that they needed as they get older.

So young peoples' diets did change when they went to college, usually becoming worse because of the number of meals skipped and the type of snacks chosen. However, there were signs that after establishing a new routine and making new friends, they also started to retake control of their eating habits (though not all young people managed this). Some effort was then made to snack less and to eat regular meals and an encouraging number showed great awareness of the need to cut down on high fat snacks. It would be interesting to revisit these students in a year or two, to see whether they had indeed achieved this!

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Royal Highland Show

The Scottish Community Diet Project attended this year's Royal Highland Show alongside the Scottish Healthy Choices Award Scheme, Scottish Executive Health Department and the Food Standards Agency. Based in the 'food hall', the work of the project attracted a lot of attention, no doubt assisted by the cooking demonstrations led by Nick Nairn and Wendy Barrie.



Ronaldo and Rivaldo rest while friend looks on

'I can do something about that'

Those attending Volunteer Development Scotland's Glasgow seminar during International Refugee Week heard a very useful presentation on the development of community food initiatives in Newham, East London by Eric Samuels, winner of the UK Whitbread Volunteer Action Award. Eric has agreed to keep Fare Choice up to date with any developments in the very interesting pieces of work he is involved in.

Also speaking at the event was Juan Renau, founder, head-coach and development officer of the Glasgow Baseball Association, who was the Scottish winner of the Whitbread Volunteer Action Award.

Question time

Malcolm Chisholm MSP, Minister for Health and Community Care will answer your questions in the next issue of Fare Choice! Please send your questions to Debbie at the SCDP (details on the back page) by the beginning of September.

School meals update

The School Meals Expert Panel has produced its interim report 'Hungry for Success: a whole school approach to school meals in Scotland'. A pre-publication copy is downloadable from www.scotland.gov.uk/library5/education/hungry.pdf Formal consultation is planned over the summer months leading to the production of a final report in the autumn. Also of interest to some would be the literature review commissioned by the panel www.scotland.gov.uk/library5/education/litreview.pdf

Following the failure of the School Meals (Scotland) Bill in the Scottish Parliament, which called for universal provision of free nutritious school meals, its backers are considering what to do now. Watch out for details on the Child Poverty Action Group website www.cpag.org.uk

The Scottish Executive has commissioned a review of breakfast services, with the intention of developing a Breakfast Service Challenge Fund. (For further information: www.scotland.gov.uk/pages/news/2001/11/SE4914.aspx)

MVA, a research consultancy based in Edinburgh, are undertaking this review and are currently attempting to collate basic details on every breakfast club in Scotland. The Scottish Community Diet Project is keen to ensure that no breakfast club slips through the net and that the review presents as accurate a picture as possible of the current nature and scale of breakfast clubs across the country. Breakfast clubs that take part will ensure that they do not miss out on future training, funding and networking opportunities.

If you know of any breakfast club or breakfast provision service which has yet to be contacted by MVA or has yet to respond, it would be hugely appreciated if you could inform Sharon McGregor at MVA of its contact details no later than **5 August 2002**. Sharon can be contacted by email smcgregor@mva.co.uk or by fax 0131 220 6087 or by post: Sharon McGregor, MVA, Stewart House, Thistle Street, North West Lane, Edinburgh EH2 1BY.

Take Stock

New Ways Healthy Living Centre

The New Ways Healthy Living Centre Project was funded for five years by the National Lottery's New Opportunities Fund in April 2001. The project was set up to meet the identified needs of the population of West Fife. The villages in West Fife have seen the collapse of the coal mining industry and have many families on low incomes with all the social and health problems associated with living in a deprived area.

The project bid was based on a West Fife Local Health Service needs assessment. A total of £666,000 from the New Opportunities Fund will be spent over the five year period on new services designed to meet the stated needs of local people.

The particular needs identified were:

- ◆ More assistance for vulnerable families
- ◆ Help for those with alcohol problems and/or mental health problems
- ◆ Practical help from volunteers
- ◆ Provision of information, health education and health promotion.

The project brings together a group of voluntary agencies, a mental health worker and dietitian (actually two dietitians who jobshare) who link together in new ways providing a package of additional resources designed to make a real impact on the health needs of the area.

The Project is managed by a team comprising a line manager representing each team member, volunteer representatives and the Integrated Care Team manager.

Our first year achievements:

- ◆ Provided support for 165 individuals experiencing alcohol related problems
- ◆ Counselling 140 individuals suffering from anxiety, depression and other mental health problems
- ◆ 49 individuals with young families received support
- ◆ 111 people received assistance from volunteers

- ◆ 38 people were recruited as volunteers
- ◆ 646 people benefited from healthy eating advice and support
- ◆ 44 adult survivors of sexual abuse were counselled

A total of 1193 individuals used the New Ways project in the first year



New Ways Project team. Back row is Teresa Hughes Mental Health Worker, Deborah Vanstone Dietitian, Graham Wordie Alcohol Counsellor, Lorna Gallacher Abuse Not Counsellor. Front row Nicola Lee Dietitian and Sandra McMurtrie Volunteer Project Co-ordinator.

The dietitian and other members of the team have been involved in the following areas of Health Promotion:

- ◆ Work with a local High School pupil council and new community school initiative to introduce healthy options in the school canteen. A number of activities were organised and these were aided by the Co-op who supplied 500 pieces of fruit each day for a week; Asda held food-tasting sessions and Highland Spring supplied 600 bottles of water. The pupil council gets full credit for choosing this initiative. The week was a great success with the vast majority of pupils choosing the healthy options. There was a 500% increase in the sale of baked potatoes and the school canteen struggled to keep up with demand. There was also an increased consumption of filled baguettes and salads, and a reduction in the consumption of chips and burgers. Though the Healthy Eating week has now ended, the pupil council hopes that changes will become permanent and are just the beginning of a revolution in the lifestyles of school pupils.

- ◆ Input to a Babysitting Skills course for 14-16 year olds including a practical session on preparing easy snacks/meals for young children
- ◆ Involvement with the alternative curriculum of Lochgelly High School aimed at improving nutritional knowledge and cooking skills of pupils who do not participate in mainstream education
- ◆ A fruit and vegetable stall is planned to run in conjunction with a new baby club being set up by health visitors at Oakley Health Centre. The stall will be situated in the reception area of the Health Centre and will be run by volunteers for whom a training course is currently underway. The aim is to improve access to good quality, reasonably priced fruit and vegetables within a designated low income area. It is hoped this development will increase consumption of fruit and vegetables particularly among pregnant women, young babies and children and families on low incomes.

New Ways celebrated its first birthday this June with Inverkeithing Community Partnership Healthy Living Centre Project by holding the West Fife Healthy Living Centres first annual seminar.



"There can be no blueprint for Healthy Living Centres" said Deputy Minister for Health Mary Mulligan speaking at the West Fife HLC's annual seminar held in Cowdenbeath in June. Dr Jim Gallagher, Chairman of Fife Primary Care NHS Trust also pictured chaired the conference

The project is a victim of its own success. It is already exceeding its original targets; waiting lists are now in place for some of the services. To tackle this issue, additional resources were provided by West Fife Local Health Service to train volunteers

to work with adult survivors of sexual abuse.

The dietitians are exploring different models of working which include training of youth workers so they can provide healthy eating advice and resource development for other agencies.

The Project is also visiting similar Healthy Living Centres, sharing models of good practice and learning about new ways of meeting user needs.

For further information contact, The New Ways Project, Lynebank Hospital, Halbeath Road, Dunfermline Fife KY11 4UW Tel 01383 738794, email Healthylivingcentre@Fife-pct.scot.nhs.uk

Wanted Mystery Shoppers with a Disability!

Capability Scotland has in recent years teamed up with disabled people to test access across a range of services. Now we are establishing a panel of mystery shoppers to help our research.

Taking part will mean that your views and experiences contribute directly to our campaigning for a barrier-free Scotland. And hopefully you will have some fun too! We are looking for mystery shoppers from all over Scotland - people of all ages and with different disabilities. We are particularly keen to involve families with young children, one of whom has a disability. Potential *shoppers* will be offered training and support and anyone taking part in a survey will have all their expenses met.

There are likely to be two mystery shopper surveys this year - one in August on tourism and one in autumn on council services. To find out how to take part in fun-filled researching, contact Kate Higgins on 0131 337 9876 or visit our website at www.capability-scotland.org.uk and go to Campaigns.

Publications

The latest **annual survey of school meals** has been published by the Scottish Executive Education Department. The main findings are... At January 2002, 20 per cent of primary pupils and 16 per cent of secondary pupils were recorded as being entitled to free school meals in education authority schools. Of the 670,322 pupils present on census day, 50 per cent took school meals, the highest level in recent years. Actual uptake of free school meals amongst pupils present on census day (15 per cent) was lower than the recorded level of entitlement of pupils on the register (19 per cent). Glasgow City had the highest percentage (41 per cent) of pupils recorded as being entitled to free school meals compared to the Shetland Islands which had the lowest at 6 per cent. The report is available from www.scotland.gov.uk

Men's health needs published by Community Health UK, found that 76% of Primary Care Trusts said men's health was not a strategic priority; PCTs did not differentiate by gender when planning and men's health gets lost within local Health Improvement Programmes. The report is available from berkeley.burchell@chuk.org or visit www.menshealthforum.org.uk

The local food survey is the first survey of the local food sector in England. It identifies the size and potential of the local food sector and was produced by the Foundation for Local Food Initiatives. The findings show that when local food producers were compared with commodity producers, local food producers brought more benefits to communities, the environment and local economies.

Food with Latitude: A report exploring food project links across North-South divide. This report by Sustain's Food Poverty Project describes research into links between community food projects in the Northern and Southern hemispheres. It considers the benefits of sharing knowledge between projects and suggests that establishing a linking programme could provide an as yet untapped and innovative solution to some of the problems caused by increasing globalisation. Available from www.sustainweb.org

Local Food Guide to Edinburgh spring 2002

If you are looking for the tastiest, freshest ingredients...if you want to know more about where your food comes from...or if you just want to know where to buy local produce and you live in or near Edinburgh then this is the publication for you. The guide covers: farmers who sell direct; shops, markets and restaurants where you can find local produce and home delivery schemes. The guide was produced with a Millennium Award and copies are available from realfoodie@elvis.com

Feeding into food policy: a submission to the policy commission on the future of farming and food on the views of low-income consumers. This paper presents the findings of two 'Weekend way for a bigger voice' workshops into the views of low income consumers towards the future of food and farming. The paper documents the participants wish to be heard and their deep scepticism that policy makers will not take any notice. The paper is available from www.ncc.org.uk or 0207 303 469.

River Valleys Project healthy herbs pack explains that herbs play an important role in healthy eating as they can pep up your cooking and transform a simple healthy meal into a culinary delight. This pack produced by the South Lanarkshire project is full of information on how to grow and cook with herbs, as well as useful diagrams to help identify which herb is which. Contact 01698 455396 for copies.

Scottish Ethnic Minorities directory 2001/2002

This up to date directory costs £25 (mailing labels £35) and is available from Positive Action in Housing on 0141 353 2220.

New reports from SCDP

Northern Exposure - a study tour report
The Finnish Experience - a study tour report
Rich Pickings - a conference report
Growing Interest - a toolkit for food growers
 Call Debbie for free copies otherwise you can download the reports from the website www.dietproject.org.uk

Grants given out!

This year's impressive line up of 43 SCDP small grant awards will soon be announced following a record breaking response to the annual scheme from Scotland's community food initiatives. All applicants will be informed of the panel's decisions no later than the week beginning 22 July, if not before. The SCDP received 150 completed applications from across Scotland, reflecting the broad diversity of community food activity taking place as well as the need for more investment in all types of community food work. Limited only by the project's £75,000 annual budget for the grant scheme, members of the project's steering group were faced with some very tough grant making decisions due to the high standard of applications being assessed. Watch out for more information on awards in the next edition of Fare Choice. To help signpost all projects towards alternative funding sources, the SCDP has compiled a funding guide. All readers of Fare Choice will receive a copy in a future mailing soon. Additional copies will be available from the project or on the website www.dietproject.org.uk

Health Promoting Schools

Deputy Health Minister Mary Mulligan and Deputy Education Minister Nicol Stephen have announced the creation of a new expert Unit which will champion the establishment of health promoting schools (HPSs) throughout Scotland to improve the health of our children and young people. The Unit will be led by Margaret McGhie, a former teacher who has considerable experience in the field of health education.

The Unit, created in partnership with the Health Education Board for Scotland, Learning and Teaching Scotland, and COSLA, will:

- provide leadership and support to local authorities, schools, development advisors and NHS Boards, in the creation of health promoting schools throughout Scotland;
- provide guidance on measuring the impact and effectiveness of HPSs; and
- work with partner organisations to ensure the Unit's work complements that of existing initiatives.

Find out more about fruit and veg

Sustain, the Alliance for better food and farming, are organising a working conference to examine the fruit and veg supply chain. '*At least five fruit and veg a day: how do we get there?*' will identify what initiatives currently exist to help increase the nation's uptake of fruit and veg, as well as explore the many obstacles that prevent and hinder us from reaching the 'five a day' target. This two-day event will take place on Monday 25 to Tuesday 26 November 2002 in North Grantham in Lincolnshire. A charge of £140 per person will cover the conference, overnight accommodation (standard single) and meals. For more information, please contact Richard Siddall at Sustain on 0207837 1228 or email richard@sustainweb.org

Are you a worker or volunteer active within a community food project in Scotland that currently promotes the uptake of fruit and vegetables in novel ways? Would you like to attend this event? If you can answer yes to both these questions, the Scottish Community Diet Project would like to hear from you soon. The SCDP will select two people from different initiatives to accompany Lizanne from the project to participate in this event. If you would like to be considered, please get in touch with the project no later than 26 September 2002 with your name, your contact details and reasons for wishing to attend this event. Contact details are on the back page.

New faces

Recently there has been a flurry of new appointments working in food, health and agriculture in Scotland. Look out for or get in contact with: Chris Wond, Project Co-ordinator Forth Valley Food Links (01786 446 250); Fiona Thackeray, Scottish Development Manager Thrive (07764 894 396); Ian Shanklands, Business Manager Edinburgh Community Food Initiative (0131 467 7326); Cathy Hamilton, Healthy Eating Co-ordinator at Gorebridge Health Project (01875 823 922) and Mark Ruskell, Community Supported Agriculture Officer for the Soil Association Scotland (08701 202 043).

News

A recent survey of eight and nine year-olds at inner city schools in Scotland found that 70% of youngsters thought that cotton came from sheep, and more than half thought oranges and bananas grew north of the border. The study was carried out by the Royal Highland Education Trust, which has launched a scheme to **educate pupils about agriculture and the countryside**. Six hundred farmers will be drafted in to visit schools and speak to children. Farmer Jamie Smart said that some children in the survey had never been to the countryside. "One little chap thought that you got orange juice from milk, because the milkman delivered orange juice to his door".

Scotland's seafood exports to Europe are worth £236 million to the Scottish economy. Almost 60 per cent of Scotland's food exports are seafood, an industry that employs in excess of 17,000 people and generates turnover approaching £700 million. The market in Europe is the biggest customer for Scots produce. The recent publication of the shellfish survey for 2001 reported an increase of nearly 50 per cent in mussel production in Scotland.

Friends of the Earth Scotland continues to campaign against **fish farming in Scotland**. The cocktail of toxic chemicals used on Scotland's salmon farms may be having a "large-scale effect" on the environment according to leaked Government research. For more information visit www.foe-scotland.org.uk or call 0131 554 9977. Scottish Green MSP Robin Harper has called for the establishment of a dedicated Marine Department to oversee Scottish fish farming, and to co-ordinate the management of all other activities undertaken in Scotland's marine and coastal environments.

Slow Food is an ever-growing movement that was conceived in 1986 as a result of Italian food critic Carlo Petrini's protests over the opening of a fast-food joint in Rome's Piazza Spagna. Slow Food's flavoursome philosophy has spread throughout the globe and there are now 60,000 members in 35 countries. Slow Food devotees include everyone from ordinary citizens who like their nosh to food

producers and sellers. The Slow Food representative in Scotland is John Tiller 01620 892094.

The Royal Green Food **Awards are given for projects** which best show 'sustainable safe and healthy food' 'from soil to plate'. Details can be found on www.rgfa.org The winner gets 25,000 Euros; nomination to the short list might also be seen as prestigious.

Of the 29% of Scots who own a **barbecue**, 94% opt to cook sausages, with burgers the second favourite at 68%. So if you are looking forward to cooking tasty meals for family and friends on a barbecue, which is unlikely considering the weather in Scotland this year, then the FSA offer advice on barbecue food safety. Call 01224 285100.



Parents: A chance to complain! Do you wish it was easier to buy healthy foods for children? Do you wish healthier children's foods were available in the supermarket, and in cafés and restaurants?

Do you find it difficult to persuade your children that the junk foods advertised on TV aren't what they should eat all the time? The Food Commission is looking for mums and dads to act as a Parents Jury to judge foods and advertising aimed at children. If you'd like to be involved, contact: **The Parents Jury**, c/o The Food Commission, 94 White Lion Street, London N1 9PF. Tel. 020 7837 2250; email: parentsjury@foodcomm.org.uk. The Food Commission is a not-for-profit organisation campaigning for safer, healthier food for everyone.

For decades **Desperate Dan** has blissfully devoured a mountain of meat and pastry as fad diets and healthy eating passed him by but now Britain's best loved comic hero is finally swapping his trademark cow pies for salad sandwiches. Primary school children have been asked to design a Desperate Dan-wich in time for the Dundee Food festival, which runs between 6 - 8 September.

When health charities let their logos appear on food products, they could be doing more for company profits than for public health, according to a new survey by the Food Commission, published in May. **Logos or endorsements from health charities** and medical associations appear on brands of fruit juice, bread, tomatoes, cooking oil, margarine, porridge oats, milk, yoghurt and even tea bags. National organisations that allow their logos to be put onto food products include the British Heart Foundation, Family Heart Association, Cancer Research Campaign, the National Osteoporosis Society, the British Dietetic Association and the British Dental Association. In the Food Commission survey, logos were often found on foods of questionable nutritional benefit. In addition, the products usually cost significantly more, sometimes ten times more, than other food products with similar or better nutritional value.

According to a survey from Visa earlier this year half of the UK adult population never set themselves a budget before they go **shopping**. But while 50 per cent of people do not attempt to put any limits on how much they spend, the rest say they not only set themselves a budget but also stick to it.

A recent report published by the Food Standards Agency shows that the **labelling of products that may contain traces of nuts** is far from consistent and, rather than being helpful for people with nut allergy, the labelling is often confusing and difficult to read and locate. It is not a legal requirement to label nut trace contamination, but clear labelling can give people who have a nut allergy vital information.

News from the other side of the Atlantic indicates that it might not be long before **junk food** companies in America are to warn consumers that eating too many of their products could make them fat. In a move designed to protect companies such as McDonald's and Coca-Cola from the kind of lawsuits brought against the tobacco industry, an industry-funded organisation will begin its advertising campaign – codenamed Activate.

A survey published by the Consumers' Association has found consumers want full labelling on food

made with **GM-derived ingredients**. The survey revealed that 94 per cent of consumers think food containing GM ingredients should be labelled as such. It also found that 87 per cent of consumers think food containing ingredients that come from a GM plant, eg soya oil, but cannot be detected in the final product, should be labelled as GM.

If you are interested in contributing to discussions on the production and consumption of **local produce** and you live in Arbroath, Midlothian or Castle Douglas then check the following dates with your diary. Local food community discussions will be taking place in: Arbroath - 29th July, 2pm in the Small Business Gateway; Midlothian - 1st August, 7pm in the Stair Arms Hotel, Pathhead and Castle Douglas - 12 August at 7pm in the Community Centre. Contact John Grieve at the Rural Development Company on 01356 626490 for more details.

The **Scottish Co-op** has been giving away equipment to community food initiatives from stores which are moving or being refurbished. The SCDP will contact groups in areas where this is happening, when it happens.

Community Health Exchange (CHEX) is currently **recruiting community trainers** to be involved in delivering practice seminars and other training events on community development and health. Community trainers would ideally be volunteers, activists, group members or lay workers with a knowledge or interest in community health work. CHEX will provide support and payment at a standard rate. More information contact CHEX on 0141 248 1990.

Celebrate your food

National Breakfast Week

2 - 9 September www.kelloggs.co.uk

British Cheese Week

28 Sept - 6 Oct www.thecheeseweb.com

Waitrose 01344 824787

Seafood Week

4 -11 Oct www.seafoodweek.co.uk

Sea Fish Industry Authority 0131 558 3331

National Organic Week

14 - 20 Oct www.organicweek.org

The Soil Association 0117 987 4580

DATES FOR YOUR DIARY

July

6 - 27 *The Border Union Show*, Kelso. The Border Union Agricultural Society 01573 224188.

August

1 *Black Isle Show*. Black Isle Farmers Society 01463 870870.

September

18 *Scottish Food Advisory Committee* open meeting on *Skye* followed by *A Recipe for Success* – a cookery demonstration with questions (tbc) Contact the FSA at www.food.gov.uk/scotland.htm or 01224 285 100

12-15 *FoodFest*, SECC. Check out the FSA interactive cartoon kitchen. SEC Ltd 0141 248 3000.

20 *Hunger from the Inside*, London. This seminar is for anyone interested in exploring how participatory appraisal techniques can be used effectively to tackle food poverty and social exclusion. For further details contact Victoria Annie at Sustain 020 7837 1228 or email victoria@sustainweb.org

23 *FLAIR Conference* University of Warwick Conference Centre. The theme is lessons from overseas for the local food sector in the UK. Key note speaker - Jules Pretty. Chair of conference - Elizabeth Dowler. Contact Sam Thompson on localfood@onetel.net.uk

October

17 *Scottish Food Advisory Committee* open meeting *Glasgow*. Contact the FSA at www.food.gov.uk/scotland.htm or 01224 285 100.

November

5 *Scottish Community Nutrition Group* held in Paisley. Contact Elaine Jocelyn on 0141 889 8701

21 *Scottish Food Advisory Committee* open meeting, *Inverurie, Aberdeenshire*. Contact the FSA at www.food.gov.uk/scotland.htm or 01224 285 100

21 - 22 *Closing the Gaps* held in Nairn is a two-day conference organised by the Faculty of Public Health Medicine Scottish Affairs Committee and the Public Health Institute of Scotland. Contact Henri Forman on 0131 623 2508.

21 - 22 *SCVO annual forum* is a key event in the scottish voluntary sector's calendar more information on www.scvo.org.uk/events

25 - 26 *At least five fruit and veg a day: How do we get there?* A working conference to examine the whole fruit and veg supply chain North Grantham, Lincolnshire. Contact Richard Siddall at richard@sustainweb.org or 0207 837 1228. SCDP are offering free places to this event see page 9 for details.

Get in contact if you have dates for this page!

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



**The Scottish Community Diet Project:
Supporting local communities tackling inequalities in diet and health.**

How to get in contact with the Scottish Community Diet Project

The SCDP team are: Bill Gray National Project Officer, Lucy Gillie Development Officer, Lizanne Hume Development Officer and Debbie Cameron Project Administrator. SCDP c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN Tel: 0141 226 5261 Fax: 0141 221 0731 E-mail: dcameron@scotconsumer.org.uk Reports, back issues of the newsletter, toolkits, information about the project and other useful links are available on the SCDP website www.dietproject.org.uk