

FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

Level Thinking

It is clear from looking at what is going on around Scotland that activity aimed at tackling inequalities in food and health is taking place at all levels, **community, regional, national** and beyond, in a very positive and practical manner.

At a **national level** Health Minister Malcolm Chisholm reaffirms his belief that 'grassroots, community-led health efforts can make a vital contribution' in his Fare Choice interview (see pgs 8 & 9).

The important strategic work developing at a **regional level** is also encouraging. NHS Tayside's event on 'nutrition-related health inequalities' and 'Food in Focus – the Grampian perspective' (co-organised by NHS Grampian and SCDP) should provide both a useful basis to build partnerships and take forward practical action (see back page). Glasgow has also recently been strengthening the role of local communities within its Food and Health Action Framework (see pg 9).

The fundamental contribution made by work at **community level** is well reflected in this edition of Fare Choice with local examples from Edinburgh (see pg 5 & 7), Inverclyde (see pg 6) and Fife (see pg 5) all displaying imagination and enthusiasm. As this edition goes to print, Glasgow's community food projects have been sharing their wealth of experience with local initiatives from Newcastle in

the Scottish Community Diet Project's first 'community exchange' (more details in the next edition of Fare Choice).

The Health Education Board for Scotland is organising a **national** conference in December on **community level** interventions and aimed at policy makers at all levels. Similarly, Children in Scotland's annual conference on 'children, young people and food' will also be linking national policies and local practice.

We are also reminded of the **global** implications through the recent Earth Summit in Johannesburg (see pg 2)

All the places at a forthcoming series of 'round table discussions', organised by SCDP, covering work with black and minority ethnic communities, community business skills, and community catering, have now been taken up by a very positive mixture of people working at community, regional and national level.

It is crucial that these levels continue to keep in touch. Neither 'top down' nor 'bottom up', but connected and communicating, all receiving the necessary recognition and resources. There is a lot still to be done to tackle food and health inequalities in Scotland and these will not be solved at any one level but in a co-ordinated and inclusive manner that understands, appreciates and supports each others' contributions to a genuine national effort.

On this issue's menu.....

Recent findings on
feeding families and
influences on healthy
eating
page 4

Malcolm Chisholm
Minister for Health
and Community
Care answers your
questions **page 9**

Dates for your diary.
Make sure you know
what's going on in
food
back page

Policy roundup



Scotland

The Scottish Executive has announced it would like to improve the Scots diet within 10 years. First Minister Jack McConnell announced a multi-million pound advertising campaign to persuade Scots to change their eating habits. Look out for the launch of a website and call centre early next year.

Scotland's first Coronary Heart Disease/Stroke Strategy (view it at www.scotland.gov.uk/pages/news/2002/10/SEhd200.aspx) has been announced, backed by £40 million and with an emphasis on prevention and treatment.

Scottish Ministers have reassured consumers that they remain committed to improving food safety and standards by increasing the Food Standards Agency Scotland's expenditure by over £4 million. The latest spending review means the budget for the Agency will rise from £5.5 million to £9.7 million over the next three years. The increase will allow the Agency to:

1. push forward improved food hygiene controls across Scotland's food establishments by working in partnership with local authorities and industry to achieve real improvements in their food safety systems.
2. partner with the Scottish Executive and agencies working to improve the evidence base on diet and nutrition in Scotland and further support the implementation of the Scottish Diet Action Plan. In particular, to work with the Scottish Executive in the implementation of the health improvement programme announced by the First Minister in (see item at top of this page).
3. increase research and surveillance into food poisoning organisms, such as campylobacter.



United Kingdom

The annual report of the Government's Pesticides Residue Committee (PRC) issued new figures, from data collected this year. Banned pesticide residues were again found in food sold in the UK, and half of all lettuces tested contained illegal pesticide traces. A full copy of the report can be found at www.pesticides.gov.uk/committees/PRC

The Prime Minister's Strategy Unit (SU) today published its scoping note for a study on the overall costs and benefits associated with the growing of genetically modified (GM) crops in the UK. The SU invites comments on the scoping note and responses to the questions and issues raised. These should be sent by 5pm on 25 October to: GM Crops Team, GMCrops@cabinet-office.x.gsi.gov.uk. For more information visit www.strategy.gov.uk.



European

The European Commission is adjusting the Common Agricultural Policy (CAP) to better meet its objectives. Dr. Franz Fischler, responsible for Agriculture announced 'We want to pay farmers not for overproducing, but for providing what society wants: safe food, a living countryside and a healthy environment. We want to make farming subsidies more justifiable, in line with the principle of payment for services rendered. EU farmers are responsible for the production of many public goods, from the environment and upkeep of the landscape to animal welfare. Though expected by society, these services are not rewarded by the market - hence the need for the CAP to fill the gap. To achieve all of this, two things above all are essential: removing from direct payments the incentive to overproduce and expanding rural development policy.' You can keep up with all European issues by visiting www.europa.eu.int.



International

Damian Killeen, the director of the Poverty Alliance, attended the World Summit on Sustainable Development in Johannesburg. He sent back daily updates from a Poverty Alliance perspective which can be viewed at www.povertyalliance.org along with other links to World Summit sites.

'There was talk of this being the last big Summit of its kind and you have to question whether or not this was the best way to arrive at decisions. On the other hand, there is something very powerful about politicians having to report in person to the rest of the world under the glare of the world media and a large sample of civil society.' wrote Damian.

Foodfest 2002

Those involved in promoting the best of Scottish produce mixed with those improving access to a better diet at the second annual Foodfest held in Glasgow in September.



The Scottish Community Diet Project and Scottish Healthy Choices Award Scheme stall at Foodfest

Alongside the many food stalls and celebrity chefs were Glasgow's community health projects, Glasgow Healthy City Partnership, the Food Standards Agency, Scottish Healthy Choices Award Scheme and SCDP.

A very popular give-away from the Community Health Project's stall was Healthy Castlemilk's 'More Bread Without Dough', a well-produced thirty-six page guide *'aimed at those people who want to try and make simple changes to what they eat without breaking the bank.'* Fare Choice has one hundred copies of 'More Bread Without Dough' and will distribute these on a first come basis (maximum of two copies per request). Just contact Debbie (details on back page) as soon as possible.

Animal Feed

The Food Standards Agency are keen to get consumers involved in all the links in the food chain. Experience has shown that the feeding of food-producing animals can give rise to hazards for the ultimate food consumer. Therefore, animal feed plays an important part in the food chain.

The Advisory Committee on Animal Feedingstuffs (ACAF) is an independent body which advises the Agency and Ministers. For more information please contact Maria Allsop tel: 01224 285163 or by email: maria.allsop@foodstandards.gsi.gov.uk

Good food and homelessness

The Edinburgh Cyrenians, supported by the Scottish Executive, are promoting good food in tackling homelessness during October. They aim to raise the awareness of good food and nutrition as an effective tool in combating some of the health problems faced by homeless people. A nutritious diet is interactively linked to good health, well-being and self-esteem. All these are significant factors in a person's ability to survive, escape and establish a life away from homelessness.

Cyrenians operate a Food Health Education Programme along with their Crisis FareShare Project. Each week FareShare re-distributes five tonnes of donated surplus fresh food to nearly every homeless project in Edinburgh.

The Cyrenians have produced a folder of information that is aimed at prompting improvements amongst homelessness service providers. This is being circulated with this Edition of Fare Choice. Further copies can be obtained by contacting Edinburgh Cyrenians, FareShare Project on 0131 554 3900. Information is also being posted on the Cyrenians website at www.cyrenians.org.uk/goodfood.

Jobs

Have a Heart Paisley

This government demonstration project is looking for a Healthy Eating Co-ordinator. For more information about this post or secondment opportunity please call Fiona MacDonald, NHS Argyll and Clyde on 0141 842 7320 soon.

The Soil Association Scotland

Soon to be recruiting an information officer/administrator based at Dumblane/Edinburgh. Call Anna Ashmole on 0870 120 7476 or visit www.soilassociation.org where a finalised copy of the job description will be posted soon.

Sustain

Seeking two project officers to work on its highly successful Food Poverty Project, supported by the Community Fund. Apply by 22 October with CV and covering letter to Sustain, 94 White Lion Street, London N1 9PF. Information about the Food Poverty Project can be found on the Sustain website at www.sustainweb.org



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

Feeding families and influences on 'healthy eating' in Scotland: recent findings from a qualitative study.

Tom Fuller has recently completed a PhD study at Edinburgh University called *Healthy Eating: Lay and Professional Perspectives in Scotland*. The study, which also interviewed general practitioners about 'healthy eating advice', explored the attitudes and practices around feeding their families of 15 couples in manual occupational groupings who had primary school age children. Detailed qualitative interviews with both male and female partners revealed interesting findings about the meanings and priorities which these interviewees attached to 'healthy eating' and what they saw as affecting their everyday decisions about feeding their families.

The study found that, in the majority of households, the role of 'feeding the family' was still being assumed, somewhat unquestioningly, by the female interviewees. Although it was reported that a few of the men occasionally prepared or helped with a meal this was often seen as something pleasurable or relaxing for them, or as cooking 'something special', rather than the routine provision of food for the family. However, it was apparent that the women in this sample had to face a number of competing priorities in the course of providing meals for their families and that a concern for health and 'healthy eating' was usually relegated to a fairly minor role.

In addition to questions of economy and avoidance of waste, interviewees spoke of trying to provide a 'sit down' meal for their children, as this was part of family life. Many of these interviewees, though, both female and male, said that they did not feel competent at cooking a meal from scratch and that sometimes different family members had different

preferences (not just fussy children but women preferring lighter or less fattening foods).

Womens' own diets or dieting was yet another 'need' to be incorporated into this equation. These pressures, against the background of domestic and work demands, all led to an apparently heavy reliance on pre-prepared or 'convenience' foods. Indeed, relying on such foods to achieve a family meal which everyone would eat, was also seen as an important way to avoid children snacking on less healthy 'junk', such as crisps and sweets. Interviewees still expressed guilt, though, that pre-prepared meals were not 'proper' foods. Nevertheless, it was also felt by many that people should not be too conscious about what they ate or worry about it too much.

Three implications for health promotion follow from these findings. Firstly, it appeared that interviewees were distancing themselves from general healthy eating advice by seeing their own diets as not as bad as, or healthier than, the national stereotype of the 'Scottish Diet'. Secondly, it is important to understand what lay people mean when they talk about 'balanced diets' as this appears to be much more complex than may be understood by health professionals, such as general practitioners, who are in a position to give health eating advice. Finally, this study concluded that it is vital to understand cultural factors and to make sense of behaviours such as food choice and eating within the context of everyday priorities and demands in settings such as families.

Tom Fuller is now working as a management consultant. This article was prepared by Kathryn Backett-Milburn who, with Jane Hopton, supervised his PhD. This was funded by a Chief Scientist Office (Scottish Executive) studentship at the Research Unit in Health, Behaviour and Change, University of Edinburgh. Kathryn is also co-Director of the Centre for Research on Families and Relationships.

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Project News

Good news from the Edinburgh Community Food Initiative, where the green light has been given to extend the **Snack Attack** programme to provide free fruit to the city's Primary 1 intake. The existing service is also being upgraded to offer all other pupils the opportunity to snack on fresh fruit four days a week. This expansion, which will run until the end of March 2003, has been made possible through financial support from the local Education Department, who recognise the success of the programme, and see further potential to influence snacking habits on a wider scale. The new funding coincides with the publication of the second edition of the Snack Attack Pack, which complements the programme, containing practical advice and information. The pack, which is free to all Edinburgh schools, can be purchased for £30 (inc p & p). Contact: Marjorie Shepherd, Edinburgh Community Food Initiative on 0131 467 7326 or email ecfi@madasafish.com.

The Cambuslang Health and Food project have launched a booklet called **Give me 5!!!!** which contains recipes, nutritional information and handy hints and tips on food. Call 0141 641 6777 for copies.

Oakley villagers in West Fife have opened a **fresh fruit stall** at their local health centre. The stall which runs at the same time as the baby clinic will also carry recipes and ingredients for soup. Left-over produce will be sold to elderly people using the lunch club at the Oakley family centre the next day. The idea for the stall was born following a visit by local health visitors to a health centre in Possilpark, Glasgow. New Ways healthy living centre and a grant from the SCDP have helped get the project off the ground.

Thank you to all those involved with **Breakfast Clubs** who participated in the Breakfast Services Review commissioned by HEBS for the Scottish Executive earlier this summer. A summary of the research findings and information on the proposed Breakfast Challenge Fund will both be out in a matter of weeks – watch out for details!

New Co-op backing

The Co-op has extended its support for community food initiatives with the introduction of a new Community Food Discount Card. The card has been piloted with a small number of groups in Scotland over the last 18 months. It will now be rolled out by the Co-operative Group across the UK.

The card offers a 10% discount off all food purchases at your local Co-op* as long as there is an average weekly spend of at least £50. Some stores may also be able to arrange delivery of purchases over £50. The card will be available to a broad range of community self-help initiatives, including community-run village stores, food co-ops, breakfast clubs, community cafes, healthy tuck shops, etc.

In Scotland the card will be administered via the Membership & Community Affairs department of Scottish Co-op (membership@scottish.co-op.co.uk or 0141 304 5400), or via regional offices of the Co-operative Group elsewhere in the UK.

* The Community Food Discount Card and Community Dividend grants scheme are unfortunately not available in parts of Scotland and the rest of the UK where another Co-operative

The Co-op is also able to support community food initiatives in a number of other ways:

1. Larger retail initiatives can apply for corporate membership of the Co-operative Group (CWS) Ltd., entitling them to direct deliveries from Co-op regional depots at wholesale prices, along with facilities from other parts of the Co-operative Group (e.g. Co-operative Bank, CIS Insurance).
2. Larger groups can also apply for grants or loans of £5,000 upwards from the new Co-operative Action foundation (information from info@co-operativeaction.coop).
3. Grants of up to £10,000 are also available under the CIS grants scheme (information from Jean Mills, 0161 837 4042, jean.mills@cis.co.uk). Smaller grants are also available under the Co-op's Community Dividend scheme in areas where the Co-operative Society operates (see leaflet included with this issue of *Fare Choice* or call 0141 304 5580).
4. Retail advice may be available from Co-op specialists as appropriate.
5. Used equipment may also be available from time to time when Co-op stores are replaced or relaunched – details are usually made available to the Scottish Community Diet Project in the first place.
6. Co-op carrier bags can be made available as appropriate.

Take Stock

Feeding babies and children is never an easy task. In this issue, Take Stock looks at two different approaches by community organisations. Both initiatives have published resources which can be used by other community groups who want to learn from their experience.

Healthy Options The Rainbow Family Centre

During discussions with parents who attended the family centre in Inverclyde, it became apparent that there was an interest in finding out more about cookery. Parents said that they would appreciate basic cookery skills classes. The Rainbow Family Centre went about devising a class which focused on preparing quick affordable healthy meals. A grant from the Scottish Community Diet Project allowed the family centre to make the class a reality by purchasing equipment, finding a tutor and providing child care for those attending the class. Helen Douse, the Community Nutrition Adviser to Inverclyde Royal Hospital, was involved in the planning of the meals. Those people who took part in the classes thoroughly enjoyed the experience.

Discussions at the classes as well as with other parents, children and staff highlighted a general dissatisfaction with the content of school meals. The nursery agreed to run taster sessions with the children who attended to find out what they liked and disliked. Parents, staff, the local nutritionist, and third year pupils from St. Stephens High School worked together to plan and prepare taster platters for children at the nursery.

The platters included:

Fish	boiled haddock, mackerel, sardines and herring
Cheese	both hard and soft varieties
Vegetables	pickles, celery, cucumber, tomatoes, coleslaw, and lettuce
Meat	a variety of cold cooked meats

The information collected from the children about which foods they liked and disliked was collected and used to plan special lunch menus for the children one day a week for a trial period after which an evaluation would take place.



Finding out what the kids liked and disliked

Parents who took part in the cooking classes and taster sessions have been encouraged to go and take their food hygiene certificate, which will be useful for those looking for employment in catering or community food initiatives.



Kids enjoying the tasting opportunity

For 50p you can purchase recipes from the Rainbow Family Centre's Healthy Eating Options. Call 01475 715724 to order a copy or find out more. Alternatively you can write to The Rainbow Family Centre, Parkhill Avenue, Port Glasgow, PA14 6BT.

Food for Tot Greengables

The Food for Tot initiative in the Craigmillar area of Edinburgh is a community based project which has grown from small beginnings at Greengables Nursery School.

It is based on the belief that eating habits developed in early childhood may have significant effects upon adult health. Making positive changes in the diet of young children can help prevent the onset of health problems in later life.

The Food for Tot initiative has evolved from a series of workshops and courses which have been

'From the moment we are born someone is worrying about how or what to feed us.'

developed around issues and concerns about the health and well-being of babies and young children. Successful Sure Start funding from 1999 has allowed the development of the work.

Food for Tot courses cover areas of diet and health from pregnancy and weaning to feeding toddlers.

The initiative now runs on an outreach basis, offering Food for Tot courses in five partnership organisations. The project also includes the input and experience of local health visitors and community dental educators.

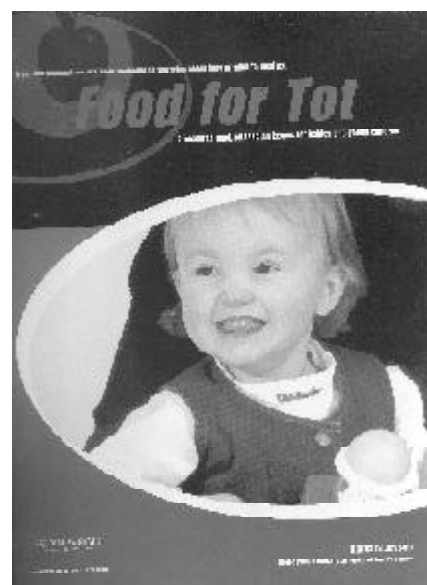
The project was developed by a community education tutor who had a background in home economics. As the delivery of the courses grew to include the outreach organisations, the idea of consolidating the work into a resource pack that could be used by other professionals came about.

Food for Tot now also has a resource pack, produced by Greengables Nursery School and family centre with the support of Sure Start Edinburgh. The pack addresses food issues from pregnancy through to caring for young children. The resource pack outlines a course on food and

kids that can be run with parents or carers of children up to three years of age.

Sure Start projects and people who live or work in Edinburgh can obtain a free copy of the *Food for Tot* resource pack. For those people outside Edinburgh there is a charge for the publication. (£25 for voluntary, £30 for statutory organisations). Call Barbara Jessop or Christine McKechnie at Greengables on 0131 669 9083 to order a copy.

The pack includes sections on diet and health, understanding food labels, hygiene and safety, dental care, pregnancy, breast feeding, weaning, home-made or ready made foods?, moving on to other foods and happy family mealtimes.



The Food for Tot manual

Greengables are also planning to run some short informal inservice sessions for facilitators interested in using the pack. The trainers can travel to your organisation.

We want to know about your project

Take Stock is an opportunity for community food projects to explain how they started, what they do and possible plans for the future. Fare Choice hopes that all community food projects will benefit from finding out about other people's experiences. If you would like your project to be featured so readers can share your experience get in contact with Lucy on 0141 226 5261 or e-mail lgillie@scotconsumer.org.uk

Question time

Malcolm Chisholm, Minister for Health & Community Care answers questions sent in by Fare Choice readers:

Q When the Health Improvement Fund was launched, community food initiatives were specifically highlighted as potential beneficiaries. What role do you see the Health Improvement Fund playing in the long term support of grassroots activity? [Lothian].

A The promotion of public health and health improvement are at the heart of the Scottish Executive's policies. We recognise that grassroots, community-led health efforts can make a vital contribution to that. That is why community-led health development will be one of the 4 key areas in plans that we are developing to strengthen delivery and ratchet up the rate of improvement. It will build on a well-established approach to communities that includes the work of SIPS, community planning, healthy living centres and, of course, the Health Improvement Fund.

The Health Improvement Fund, established in 2000, represents the biggest ever drive to improve our unenviable health record. The bulk of HIF resources are being channelled to local work through NHS Boards, but with guidance that they should work closely with partner organisations, including the voluntary and community sectors, to ensure that local needs and priorities are met with local solutions.

There is no doubt that the Fund has been very well received and has released a huge amount of creativity and energy at local levels. *Putting the Pieces in Place*, a report on the first year of its operation, shows that the initiatives being funded range from healthy eating projects in nurseries, primary and secondary schools to the provision of weaning boxes and other advice on healthy eating habits. The community and voluntary sector play a vital role in many of these initiatives and I certainly look forward to their continued involvement in all aspects of our drive to improve Scotland's health.

Q Increasingly local groups find themselves tackling not only health but also issues of social inclusion, the environment, agriculture and transport. Do you feel that these links are being mirrored at a national level? [Argyll and Bute].

A Many factors play a part in determining how good our health is: environment, housing, education, poverty and employment (or lack of it) to name a few. The Executive recognises the importance of ensuring that all its Departments work collaboratively to ensure that policies are "joined up".

Five priorities for action to improve the lives of all of the people of Scotland have been identified; health, education, crime, transport and jobs. The Scottish Budget for 2003-2006 has ensured that resources are allocated to deliver in these areas. The common threads running across these priorities are recognised and cross cutting themes on closing the opportunity gap and sustainable development have been established to link all national policies together.

Community Planning Partnerships (CPPs) have a vital role to play and they are up and running in every local authority area in Scotland. CPPs act as an overarching framework, co-ordinating a range of partnership activity and initiatives and provide a mechanism to better link national priorities with local ones.

New Community Schools are a radical initiative with the twin aims of promoting social inclusion and raising educational standards in Scotland. Funding has been made available to roll out the New Community Schools initiative across Scotland.

The Remote and Rural Area Resource Initiative (RARARI) which was set up with funding of £8million over 4 years, is working closely with NHS Boards and others to address a range of issues affecting health and health care delivery in the less populated parts of Scotland.

Q In the Diet Action Plan the dietary targets are set for 2005. For local groups a satisfactory situation still seems a long way off. What timescale

do you see as appropriate for Scotland to expect to see a change in diet and health? [Paisley].

A Implementation of the Scottish Diet Action Plan began in 1996 with the Plan setting dietary targets for 2005. Much has been achieved to date both nationally and locally through the efforts of national agencies and voluntary groups and there are encouraging signs of a trend towards healthier eating in Scotland. For example, there has been a 6% rise in the number of people eating fruit daily, so that now nearly half of men and over half of women have a piece of fruit every day.

Healthy eating is a key element of our drive to improve the health of the people of Scotland and the recently announced National Healthy Eating Campaign will spearhead this drive. It will take forward the Scottish Diet Action Plan in a renewed and focused effort to meet the 2005 dietary targets.

We know that many people want to improve their diet but are uncertain of how best to go about it. This campaign will not only aim to convince the people of Scotland that they want to change their diet but will also give them practical help in doing so. It is an integral part of our agenda to improve Scotland's health and will seek to complement and reinforce local health and community initiatives. For all of us, 2005 is not the end of the road, it is only a milestone for future progress towards a healthier Scotland.

Ask Sainsbury's

Gill Fine, **Head of food and health at Sainsbury's**, will answer your questions in the next issue of Fare Choice! Please send your questions to Lucy at the SCDP (details on the back page) by January 7th. Gill is responsible for all Sainsbury's health eating activities, information going into stores, ranges of products, policies on nutrition and technical statements on diet and health criteria, and she also responds to consultations to the government and Food Standards Agency on behalf of Sainsbury's.

The end of the beginning for Healthy Living Centres

'There are encouraging signs that Scotland's health is improving but there is still a considerable way to go. Healthy Living Centres play an important part in enabling and empowering communities to improve health at a local level.'

In August, at 'the underground' Healthy Living Centre (HLC)¹ in Edinburgh set up exclusively for young people, Depute Health Minister Mary Mulligan announced funding for a further twelve HLCs. These were the final HLCs to be announced, and bring the total to forty-four².

The Depute Minister left those attending in no doubt about the crucial contribution that had been made by communities to the establishment of these initiatives and how important local involvement would be to their success.

'The key is having users and local communities involved in planning projects throughout their development and operation. Healthy Living Centres must belong to the communities they serve and what they do should be meaningful and valuable to the people who use them.'

¹www.rocktrust.net/contents/underground/underground.htm

²www.nof.org.uk/index.cfm?loc=hea&inc=hlcnews/hlc1

Major developments on Glasgow's mini-diet action plan

The emphasis was on 'action' when Glasgow's community food projects came together recently to look at how best they could work with each other within Glasgow's Food and Health Action Framework (www.glasgow.gov.uk/healthycities/ghcp/pdf/food.pdf).

At a very positive session organised by the local Health Promotion Department, and facilitated by SCDP, the local projects prioritised the need for communities to feel not only involved in the local strategy, but that they had ownership of it.

For more information on the day, or the action framework, contact Anne Gebbie Dibben at Greater Glasgow Health Board's Health Promotion Department on 0141 201 4964.

News

Food Standards Agency Scotland has published an **audit of Borders Council's food law enforcement service**. The audit, carried out in June 2002, is part of the Agency's arrangements to improve consumer protection and confidence in relation to food. www.food.gov.uk/news/newsarchive/91409

Local Food Links UK is an umbrella body which has just been set up to promote the production and consumption of local food across the UK. For more information call The Foundation of Local Food Initiatives on 0845 458 9525

A **Coronary Heart Disease National Learning Network** is currently being developed following the work of the National Coronary Heart Disease (CHD) Demonstration Project *Have a Heart Paisley* (www.haveaheart.org.uk). This is managed through the Public Health Institute of Scotland and is supported for an initial three-year period by a National Learning Network Coordinator. Contact Matthew Lowther on 0141 300 1046 or matthew.lowther@phis.csa.scot.nhs.uk for more information.

Please note that the report of the Volunteer Development Scotland event held during **International Refugee Week**, 'I can do something about that' (see Fare Choice edition 21) can be downloaded from their website www.vds.org.uk/bme. Further information on the event or VDS's Black and Minority Ethnic Volunteering Project are available from Maxine Iffla, Community Development Officer, Maxine.Iffla@vds.org.uk Tel: 01786 479593

Tune in to Radio Four(92-95fm & 198lw) and you could benefit from the experience of community cookery classes in Glasgow. Recording at local classes is about to take place and may feature in the 'Life as..' programme scheduled for November 5th at 9pm. Don't be shy, why not let Fare Choice know if you are making any **media appearances**?

Farmhouse Breakfast Week - a campaign organised on behalf of the Home Grown Cereals Authority (HGCA) will take place on 19th - 25th

January 2003. The key message is the importance of a healthy balanced breakfast. More information from Rebecca Geraghty at HGCA on 02075203901 or view www.hgca.com/breakfast.

The Maternity Alliance is undertaking some research looking at the **diet of pregnant teenagers** and the factors that affect their food choices. This is part of an update that they are currently doing of their 1995 report, 'Poor Expectations: Poverty and Undernourishment in Pregnancy'. The original report found that many pregnant women on a low income were unable to eat a healthy diet and were missing meals. They would like to hear from anyone who is involved with projects that work with pregnant teenagers on food-related issues and activities. Please contact Helen Burchett on 020 7588 8583 ext.132.

The **Scottish Community Action Research Fund (SCARF)**, has launched a new grant programme, which is open to all communities throughout Scotland wishing to carry out their own research, improve local knowledge and skills, develop community capacity and contribute to a wider evidence base on community engagement. The fund is provided by Communities Scotland and managed in partnership with the Scottish Community Development Centre (SCDC). Until March 2003 a total budget of £100,000 will be available. A two-part application process allows communities to initially develop a research proposal with both practical and financial support, while stage two funding allows the research to be carried out. To find out more, contact the SCDC on 0141 248 1964 or visit the SCARF section of this website www.communitiesscotland.gov.uk. (also includes a useful jargon buster).

The Localisation Partnership is a movement to encourage more people in Moray to buy more **Moray products and services**. Call 01309690223 to get in touch.

The **elementary training in Food & Health**, which SCDP have been working on alongside the Healthy Choices Award Scheme, Health Education Board for Scotland, Food Standards Agency, Scottish Executive Health Department and Royal Environmental Health Institute for Scotland, is currently being piloted.

The **Food Standards Agency** is looking for three new board members. Candidates will be required to commit seven days a month for which an honorarium will be paid. For more information visit www.kmcinternational.co.uk or call 08709909333.

Food Matters is a new group recently formed to offer high quality consultancy services on food related issues, in particular food poverty, local food and democracy. Contact Clare Devereux 01273 822700 or e-mail foodmatters@hotmail.com for more information.

Out for consultation.....

The **Breastfeeding (Scotland) Bill** put out for consultation can be viewed online at www.elainessmith.co.uk. The bill is supported by organisations such as the Scottish Consumer Council, but there are concerns over the effectiveness of its implementation, particularly with regard to enforcement by the police and procurator fiscal's office.

Hungry For Success, the report from the **School Meals Expert Panel** was put out to public consultation by the Scottish Executive and can be viewed on www.scotland.gov.uk/education/schoolmeals. Responses were due to reach the Scottish Executive by 11 October.

Towards **Better Oral Health** in Children: A Consultation Document on Children's Oral Health in Scotland can be viewed at www.scotland.gov.uk/consultations/health/ccoh-00.asp. They would particularly welcome views on diet and health promotion programmes including extension of fresh fruit initiatives. Responses must reach Sandra Smith at the Public Health Division of the Scottish Executive by 31 December.

Have your say on the new **standards for food in hospital** when the draft standards are published at the beginning of November. The consultation period will run until February 2003 and covers everything from the assessment of nutritional care needs to staff training. The draft standards can be downloaded from www.clinicalstandards.org or via the Public Involvement Team, Clinical Standards Board for Scotland, Freepost SC05432, Edinburgh EH7 0BR or call on 0131 623 4328

Publications

Inconvenience food: the struggle to eat well on a low income is published by Demos, a leftwing think-tank. The report suggests that food manufacturers have a commercial incentive to push high-fat, low-nutrition food at the value end of the market. To download the report visit www.demos.co.uk/PDF/inconvenienceexec.pdf

Bodies Politic: A guide for Voluntary Organisations **Lobbying** in Holyrood, Westminster and Brussels. This easy to use guide is available from the Scottish Council for Voluntary Organisations. Visit www.scvo.org.uk to order the guide and to obtain more information on lobbying campaigns.

Cook the Fair Trade Way with Carol: 40 wonderful recipes using Fair Trade and Co-op brand products such as chocolate, bananas and coffee. For copies call the Scottish Co-op 0141 304 5400.

Celebrating Volunteers in Health by Partners in Change and Volunteer Development Scotland (VDS). The book presents, in their own words, the work undertaken by 20 volunteers in health settings in Scotland. For a free copy call VDS on 01786 479593.

Programme of Courses Sept 2002 to March 2003 by The **Health Education Board for Scotland** (HEBS). Call 0131 536 5500 for a free copy.

The **Public Health Institute for Scotland** has launched its new website. Visit www.phis.org.uk

Apologies to those waiting for copies of the report from the SCDP conference in Ayr on **community growing initiatives**. It will be available in November. Copies of *Growing Interest – a flavour of community growing in Scotland*, our 36 page publication launched at Ayr, are still available. Contact Debbie (see address at back).



Source: Guide to funding for community food projects
Free copies available from SCDP
0141 226 5261 or download at www.dietproject.org.uk

DATES FOR YOUR DIARY

October

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

21 *Apple day*: visit www.commonground.org.uk to find out how to celebrate it in your area.

31 *Food in focus* from plough to plate: the Grampian perspective held at Pittodrie Stadium 10-3 pm. A conference concerning food in Grampian. For more information call Caroline Comerford on 01224 551 436.

November

7 *Opportunities for the future of community retailing*. The Co-operative Group community retailing conference, Tulloch Castle Dingwall. To book call Janice Urquhart on 01997 421 429.

7-8 *Getting round the table: children, young people and food*. The annual conference of Children in Scotland held at Seamill Hydro, Ayrshire call 0131 228 8484 for more information.

18 *Poverty in Scotland*: a conference in Glasgow. Call Child Poverty Action Group for more information 0141 552 3303.

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.

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 in Linconshire. Contact Richard on 0207 837 1228.

December

3 *Nutrition - related health inequalities conference* West Park Conference Centre Dundee. Malcolm Chisholm will be speaking, there will be workshops and it costs £15. Call 01382 424085 for more information.

5 *Supporting Farms- Supporting Communities*: a half day workshop looking at partnerships between communities and food producers. Partick Healthy Living Centre, Glasgow 1- 4.30pm. More information from Mark at the Soil Association on 08701 202043.

5 *International Volunteer Day* - join in Scottish-wide activity by visting www.vds.org.uk.

5 *Nutrition and health on the breadline*: a conference on nutrition, income and health inequalities For more information call 020 7404 6504 or visit www.nutrition.org.uk.

9 *Community Level Interventions*: a conference for policy-makers run by HEBS 0131 536 5500.

10 *The Scottish Community Nutrition Group* meets, in Erskine. For information please contact Elaine Joycelyn on 0141 889 8701.

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