



FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

Join(ed) up

'There is a strong national commitment to engaging with and involving people and communities in all aspects of health...It is very important that this commitment is not lost in the complexity of organisational partnership working and that people and communities are involved and have a role in shaping the action and delivering change. Ideally we wish to empower and support communities to be involved in developing initiatives and solutions.'

Improving Health in Scotland: the challenge,
Scottish Executive 2003

Joined up thinking has been a popular expression in policy circles for some time. In practice however, for many years the experience of local groups was one of isolation or exclusion.

Whether it is regional food and health strategies (see page 7), Healthy Living Centres (see page 7), or the latest Health Improvement Strategy (see page 11), the emphasis is on involvement. Locally this has never been more important than with the introduction of community planning (see back page, Dates for your Diary).

Nationally, agencies such as SCDP, the Community Health Exchange (CHEX www.chex.org.uk) and Voluntary Health Scotland (VHS www.vhscotland.org.uk) have been

established in part to support involvement and improve joined up thinking. Locally most Public Health Practitioners and Health Improvement Officers are attempting to ensure they are connected to, and connecting, all those with something to contribute.

It is important therefore that groups make sure they are known. It is crucial that community food initiatives receive all the assistance available to them, locally and nationally, as well as the opportunity to air their hopes and concerns. For example, anyone not on the Fare Choice mailing could miss out not only on hearing about good practice from other projects, training and the latest policy developments, but also news on funding and opportunities to have their say.

If you know of groups in your area that would benefit from networking through SCDP, or any of the other national or local support mechanisms, encourage them to get in touch.

Although very useful and growing, the database on the Scottish Executive's Healthyliving website still only covers a fraction of the hundreds of local food initiatives that operate the length and breadth of Scotland. Health Scotland (formerly HEBS see page 10) are happy to receive details of projects who want their contact details on the Healthyliving website at any time by contacting infoservices@hebs.scot.nhs.uk or by phoning 0845 970 8010.

On this issue's menu.....

Resources available for community food initiatives to work with berries **page 3**

Regional food and health strategies - an event to network with other areas **page 7**

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

Policy roundup

Holyrood www.scotland.gov.uk

FSA Scotland have produced a revised draft of their strategy 'FSA Scotland's Diet and Nutrition Strategy: our role in implementing the Scottish Diet Action Plan'. This was presented to the Scottish Food Advisory Committee for discussion at its open meeting in Edinburgh on 15 May. Following this FSA Scotland will consult on the draft strategy over the summer and are keen to get comments from all interested parties. So look out for it on their website, www.food.gov.uk, June onwards.

Scottish Ministers have appointed Catherine Brady to the Scottish Food Advisory Committee. Mrs Brady has experience in catering management. Scottish academic Professor Andrew Miller has been appointed as a member of the board of the UK Food Standards Agency.

Rural Scotland: Taking Stock, the Scottish Executive's report on progress made against priorities of promoting economic development, breaking down barriers to inclusion, improving access to services and sustaining cultural and natural heritage in rural areas was published before the election.

Breastfeeding statistics, published ahead of Breastfeeding Awareness Week (mid-May), showed that in 2002, 37 per cent of women were still breastfeeding at the 6 to 8 week review - an increase of 2.6 per cent from 1998. www.nhsis.co.uk/breastfeed/index.html

The MSPs: Malcolm Chisholm, Ross Finnie and Margaret Curran keep their portfolios of Health, Environment & Rural Development and Communities.

Westminster www.ukonline.gov.uk

The Department of Health in Westminster has launched a new logo designed to boost peoples' consumption of fruit and vegetables. The *five-a-day* logo, is intended to counter consumer confusion about which foods count, and in what portions, towards the recommended daily intake. www.doh.gov.uk/fiveaday

The Department of Health has noted widespread support for reforming the 60 year old Welfare Food Scheme to give pregnant women, mothers and young children in low income groups greater access to a healthy diet. The consultation on the Welfare Food Scheme, which is a matter reserved to the UK parliament received 500 responses. The SCDP contributed to this process by co-ordinating a meeting on welfare food reform for community groups which was also attended by the Scottish Executive.

The Food Standards Agency is consulting on replacing one of the BSE controls – the Over Thirty Months (OTM) rule – with BSE testing. Scrapping the OTM rule means that farmers would be able to let cattle which are over thirty months old enter the food chain, however the FSA consultation aims to assess the BSE risk associated with this. To find out more or respond to the consultation visit www.food.gov.uk/news/newsarchive/otmrulereview_consultation

The Department of Environment, Food and Rural Affairs and the Food Standards Agency have published a report which will shape local food policy in England. The report *Local food: a snap shot of the sector* is available from www.defra.gov.uk/foodrin/specialfoods/localfood/index.htm.

You may already be aware that the UK Government has announced that there should be a national dialogue on genetic modification (GM) issues. It has three main strands: a public debate (www.gmpublicdebate.org.uk/gmdebate.htm), a review of the science around GM (www.gmsciencedebate.org.uk), and an economics study (www.strategy.gov.uk/2002/GM/summ.shtml). UK policy on GM which is due to be announced later this year will be shaped by these dialogue processes. There will be a meeting in Glasgow on June 11 - see websites for details.

Brussels www.europa.eu.int

The European Consumers' Organisation (BEUC) has been busy opposing reports on dividing the location of the European Food Safety Authority (EFSA) between Finland and Italy. For more information on the EFSA visit www.efsa.eu.int. More information on BEUC, <http://212.3.246.143/Content/Default.asp?PageID=137>

No Fare!

Is the title that has been given to a forthcoming conference about working together for fairer access to a healthy diet in Scotland. Some weeks ago, you should have received an invitation to apply for a place at this event being held in Edinburgh on June 11. Organised by SCDP, Health Scotland, FSA(Scotland), Communities Scotland and the Scottish Executive Health and Social Justice Depts, the event hopes to not only share experience but also identify practical steps and inform policy. Many of those attending are active at a community level with others coming from sectors key to achieving and sustaining change, eg central and local government, nhs boards, industry and academia. Every effort has been made to accommodate the incredible interest in the event but unfortunately no more applications to attend can be considered. However, a report will be quickly produced which will be available not only to those who attend but also anyone unable to be there. More details along with an article on the event will appear in the next edition of Fare Choice.

Breakfast Service Grant

The SCDP is currently co-ordinating the bidding process for the distribution of the Scottish Executive's Breakfast Service Grant, a one-off boost of £300,000 to breakfast service development in Scotland following the review of breakfast service provision last summer. Key findings from this research are now available from NHS Health Scotland (rls@hebs.scot.nhs.uk or 0131 5365500 and quote RE003-2002/2003 or visit www.hebs.com/research/pd/). To quicken and better target this cash injection, all departments within Scotland's 32 local authorities received a breakfast service grant application form in early March. It is anticipated that local authorities will work together with other relevant groups and agencies in their area from child care partnerships to local food strategy groups as well as identified breakfast providers as part of the application process. The closing date for applications is 30 May 2003.

The SCDP has been delighted with the response from projects helping to assist the update of the breakfast club toolkit, which should be available late summer. Watch out for more details!

Berried Treasure

As you probably heard last year, the Scottish Executive's Health and Rural Affairs departments jointly funded a scientific co-ordinator for the Scottish Berry Programme for two years. For excellent information on berries and plans for a berry week keep an eye on their website www.berryscotland.com. A very useful leaflet produced by colleagues at the Scottish Healthy Choices Award Scheme has been inserted with this edition of Fare Choice and additional copies are available from both projects while stocks last.

While there is a lot of interest in berries, the Scottish Community Diet Project are aware that using berries can appear a risk to community initiatives with limited budgets. The SCDP are therefore offering to fund local activity up to a maximum of £200. Community cafes may like to use the funding to underwrite a berry promotion within their menu. A food co-operative may wish to run a trial, adding soft fruit to their stock. A community gardening project might wish to purchase berry bushes. Classes involving 'cooking with berries' might be identified in some communities. The above are only a guide. The only limit is your own imagination.

To apply all you have to do is supply SCDP with a brief, but clear, description of the planned activity, reasons for doing it and a basic breakdown of costs. There is of course a limit on the total amount of funding available although the project will strive to respond positively to as many requests as possible. All requests for funding must be with SCDP (see back page for contact details) by Friday 13 June and will receive a response within ten days. If successful, SCDP will seriously consider underwriting the promotion of other relevant produce.

'Berries have been found to contain higher levels of antioxidants than most other fruits and, being a Scottish crop, the health and economy of Scotland could be considerably improved if home grown strawberries, raspberries and blackcurrants become Scottish staple foods'
Berry Scotland Programme

Scoff



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

Food co-ops – is there a model for success?

Based on a study by Professor Paul Freathy from the Department of Marketing at Stirling University and Caroline Hare, who conducted a number of interviews with organisers/leaders of food co-ops

It will come as no surprise to those involved in food co-ops that there is no one type of operation. We visited co-ops that operated under a formal structure of supply from, for example, Edinburgh Community Food Initiative and those that operated independently. Diversity covered many aspects, including:

Location of co-op eg within community centres or independent shops

Source of supply eg large co-op schemes or cash 'n' carries

Staffing eg all volunteers or paid workers as part of a larger community initiative

Size of co-op eg selling only fruit and vegetables or selling a wider range of products such as breakfast cereals or packaged foods.

If co-ops vary so widely, is it possible for them to learn from each other? It was felt that there were a number of positive and negative experiences emerging from individual stories, which may benefit other co-ops. The areas where the leaders/organisers we spoke to felt there was success included:

Volunteers – without doubt the food co-op system is successful because of its volunteers. Many were giving much of their time to ensure that the co-op ran efficiently. Volunteers were dependable and consistent. There was some feeling that any individual co-op could be vulnerable were current volunteers to stop taking part.

Support systems – we heard success stories from those who used the Edinburgh Community Food Initiative as a source of supply. For example, any waste product could be sold back. It was felt that being part of a larger group provided support in

terms of supply, advice and awareness of other groups.

Social role – all felt that the social contact they offered people in the community, as well as that for the volunteers, was invaluable.

Benefits to children – one aspect that emerged as being successful was that those co-ops situated near schools, or those that have been allowed to enter schools, were making an impact on the lives of children.

Difficulties such as funding and sustainability varied according to the type of co-op. Those co-ops that were set-up within a community centre for a limited time per week seemed to thrive as costs were low and the range offered was limited to fruit and vegetables. Some co-ops that had tried to expand to respond to local need found it difficult to then fund reliable transport and manage the expansion. On funding, it appears that obtaining funding is now a minefield, with a number of government departments and bodies offering funding, but with conditions and restrictions. There does not appear to be any coherent structure to funding opportunities, especially between regions.

In conclusion, it is tempting to try to draw up a typology of co-ops and seek to have a model for success. However, it appears that diversity is the key to the success of co-ops. They are responding to the local needs of a community and working within their resources (be it volunteers or funding or location etc). The real threat to *sustainability* is the funding opportunities available, while the commitment at grass-roots level appears to be ensuring that the co-ops continue.

One possible avenue to investigate in the future is the apparent isolation of the co-ops, at a local level, from the wider retailing community. Bridging the gap between the voluntary sector and the private sector may be difficult, but the success of the co-ops in meeting local needs serves as a reminder to policy-makers that it is an area that must be advanced sooner rather than later. The status of voluntary food co-op status may be enhanced if it is viewed as a valuable 'retailing' community.

Dr Caroline Hare is a member of SCOFF and on the Steering Group of the SCDP. Correspondence c/o SCDP.

Project News

The food train in Dumfries has made a record 100 deliveries per week and now has over 200 members. A new branch has opened in Stranraer and branches will open in Newton Stewart, Stewartry and Annandale & Eskdale. If you want to get in touch call 01387 270800.

Arbroath food project for people not profit not only provides locals with the opportunity to purchase their groceries at low cost. They have also produced an *Eating on a Budget* recipe book with contributions from volunteers and residents. Volunteers at the co-op recently applied for funding from Angus Health For All to provide fruit to local youth clubs and health fairs. They used the money to make fruit kebabs for kids which were particularly popular. The majority of the food co-ops' stock is purchased from a low-cost supermarket in a near by town but fruit and vegetables are bought from a local wholesaler to keep costs to a minimum. Call the food co-op on 01241 878664.

Boxing Clever cookbook written by Jacqui Jones and Joan Wilmot for people cooking with local seasonal produce in Scotland has just been published. The book (ISBN 0-9543891-0-7) costs £9.99 from 01309672001 or jj@theboxingclevercookbook.co.uk. The Soil Association Community Supported Agriculture Scheme in Scotland, which supported the publication, has a new telephone number 0131 666 5054.

A healthy tuckshop event was held in January at Stirling University. Its purpose was to raise the profile of healthy tuckshops in the Forth Valley area, recognising examples of good practice and encouraging schools to start new, or develop existing, healthy tuckshops through participation in a range of workshops and activities during the day. The event was organised by a working party of partners from the Health Promotion Department Clackmannanshire, Falkirk & Stirling Councils, Forth Valley Food Links and Enterprise Education Careers Scotland.

Food Co-op Network North East is now Community Food Initiatives North East and has employed a development worker (01224 252892).

Opportunities

Are you interested in an opportunity to become the Chairperson (non-remunerative) of the Edinburgh Cyrenians Board of Trustees? The Cyrenians are an innovative, fast moving charity dedicated to tackling homelessness – the extreme symptom of exclusion - and promoting a more inclusive, caring society. The Board of Trustees wish to receive applications from people who are committed to the cause and who have skills and experience to offer. Please write describing the contribution you feel you can offer to the charity or call for an informal discussion. For more information about the Cyrenians, visit www.cyrenians.org.uk or contact Ian Gibson, Edinburgh Cyrenian Trust, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY tel. 0131 346 5346

The Scottish Community Diet Project, are about to commission an assistant to update Source 2002: a guide to funding for community food initiatives. This work could be completed from home or at the SCDP office and should take about 10 days. An outline of the work required and terms and conditions from Lucy (lgillie@scotconsumer.org.uk).

The project, along with other partner agencies, are also about to commission a short piece of work concerning 'the local food sector'. An appreciation of the topic and skills in writing/editing/(possibly) design is required. Further details from Bill (bgray@scotconsumer.org.uk).

Project support

The Food Poverty Projects database (formerly the Food and Low Income database) is now online at: www.foodpovertyprojects.org.uk !!! There are now 270 projects on-line.

www.do-it.org.uk is full of loads of information about how you can volunteer and get involved with community projects as well as a new concept called do-it dating. Find out if there is a do-it dating event near you or if your project could be the first in Scotland to benefit from the do-it dating concept! Visit www.do-it.org.uk/news_features/features/doit_dating.html.

Take Stock

Redhall Walled Garden Lunch Club

Redhall Walled Garden is a Victorian walled garden on the west side of Edinburgh. Since 1983, the garden has provided a supportive working environment for people living with mental health difficulties. The City of Edinburgh Social Work Department and NHS Lothian fund Redhall, a Scottish Association for Mental Health service.

For the past year, Redhall has been operating a lunch club for its service users and staff. The cost to the individual is 50p, which is match funded by the Scottish Community Diet Project. The grant also pays for fruit provided by the Edinburgh Community Food Initiative at one piece of fruit per person per day for all service users. We have on average 20 people attending lunch club daily plus, on occasion, visitors to the site from other services.

The lunch club was started in response to problems some service users were experiencing linked to their physical health and eating habits. A number of people were seriously under or over eating which prevented them from taking part fully in some of the activities run on site. Other people were finding lunch times very difficult due to social phobias, and others have grown up in institutions followed by spells in hospitals, where opportunities to learn cooking and food preparation and dietary skills were lacking.



Eating outside on a sunny day

The actual process of going to a big supermarket is very difficult for many of our service users and they have often fallen into the habit of shopping at

expensive and poorly stocked corner shops because they are quieter and less threatening places for people who have mental health problems. In addition, our service users often tend to shop late at night when it is quieter, thus putting them in potentially vulnerable situations. Therefore, the simple process of going to buy food is one which needs a great deal of support and encouragement.

The lunch club has proved to be very successful and people have benefited in terms of what they are eating, regularity and sociability. As we do not have adequate cooking facilities at the moment and have restricted the food available to non-cook items e.g. salads, cheese, hummus, bread, oatcakes, dried and fresh fruit, etc. We buy locally with an emphasis on fresh and organic food.

We encourage the people attending lunch club to take ownership of the preparation and organisation of lunch; however, this involves quite considerable staff support. Our service is funded to provide supported training in horticulture for people with mental health problems. The lunch club is very much an added extra which we have tried to establish in reflection of the poor physical health experienced by the people who attend the site.

The lunch club provision provides a healthy food service, which is of a high quality and which enables our service users to eat a healthy diet on a regular basis. This is a service that we at the Redhall value and having developed it this far would dearly like to see it progress and become a reliable source of healthy food/eating for our service users.

For more information: Sam Anderson, Service Manager, SAMH. Redhall Walled Garden 97 Lanark Road, Edinburgh EH14 2LZ. 0131 443 0946, www.samh.org.uk. Sam will be running a workshop at the Thrive conference - see backpage.

The Scottish Executive's National Programme to improve the **Mental Health and Wellbeing** of Scotland's Population has identified the possible need for a national online information resource. To find out more about the research and to obtain a copy of the questionnaire, please contact Margaret Maxwell, Senior Research Fellow in Primary Care Mental Health, University of Edinburgh (margaret.maxwell@ed.ac.uk or 0131 650 9458).

Conferences

Scotland's Healthy Living Centres came together for the first time in late March at a conference in Perth. It was organised by the New Opportunities Fund (NOF) with support from the Scottish Executive Health Dept, HEBS (now Health Scotland), CHEX and SCDP. The day was largely workshop based covering everything from sustainability and marketing to needs assessment and rural issues.

The keynote address was made by Graham Robertson, Chief Executive, Health Scotland. A report on the day is being produced and will be available soon on nof.org.uk

The 11th **annual public health forum** took place in Cardiff in March. Organised by the UK Public Health Alliance (UKPHA www.ukpha.org.uk), the theme of this year's event was 'improving public health and well being: building national and local capacities'. Several presentations were given at the three-day event by initiatives familiar to Fare Choice readers, including Pilton Community Health Project, Have a Heart Paisley, PhiS (now Health Scotland) and SCDP. Hopefully there will be an even greater involvement at next year's event which is planned for Brighton.

Questions on Europe wanted

Catherine Stihler, Member of the European Parliament for Scotland, 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 the end of July. Catherine is a member of the Parliament's Fisheries Committee and the Committee on Environment, Public Health and Consumer Policy. She is also Labour's Spokesperson and Government Link on Fisheries and Public Health. She will also be involved in legislation regarding food claims and nutritional labelling.

How can SCDP help you?

Study tour to Dublin

The SCDP plan to organise a study tour to Dublin in October this year to see a famous food co-op, other community food initiatives and strategic agencies dealing with food and health in the Republic of Ireland. The study tour will set off mid week and cover a weekend. If you would like to know more get in touch with SCDP. Details of the tour and how to apply will then be sent to you later in the year.

Food and health on Scottish islands

The SCDP plan to organise a conference in Glasgow on Thursday 23 October for people working on food and health on Scottish islands.

Participatory appraisal

The SCDP are running a one week course at New Lanark starting 29 September. Please get in contact with Lizanne if you would like to know more.

Aprons

Aprons to fit secondary school children are available free from SCDP. Batches of up to 10 aprons are available free of charge to community groups and schools, while stocks last.

A residential seminar on regional strategies

The SCDP is organising a residential seminar 27 & 28 August at New Lanark to look at regional food and health strategies (otherwise known as mini diet action plans). If you are involved in a this area of work and would like to know more about this seminar please get in contact with Lucy. Examples of regional strategies include: Grampian NHS has published a report from its *Food in focus* event which will form the basis for development of a regional strategy (www.health-promotions.com). In West Lothian a partnership of people from different sectors have already published a regional strategy document on food and health. As part of the strategy, West Lothian has launched a *Breastfeeding action plan* and *Easy eating from 4 months to 4 years* resource pack with the help of the local football club chief executive. For information on West Lothian call 01506 771848.

Check the Scottish Community Diet Project's website www.dietproject.org.uk for details.

Question Time

John Rutherford, the Chief Executive of the Sea Fish Industry Authority answers your questions

Q What does the Sea Fish Industry Authority (Seafish) do and in whose interests does it work? [Broxburn, West Lothian]

A Seafish aims to work with the seafood industry to satisfy consumers, raise standards, improve efficiency and secure a sustainable future for all. Funded by a levy on seafood, our activities are directed at the entire UK seafood industry, including the catching, processing, retail and catering sectors. The services we provide to industry are wide ranging and concentrate on the areas of marketing, training and standards, technology, economics and statistics and aquaculture support. The industry consists of a few large companies but primarily many medium and small businesses and Seafish seeks to target its services at all those companies who will benefit from its assistance. While it is without question that the seafood industry is facing some very difficult times, it is also encouraging to note that consumption of seafood is actually growing in the UK.

Q How can we ensure that fish landed at Scottish ports is available to all Scottish consumers wherever they live? [Motherwell, North Lanarkshire]

A A wide variety of seafood is caught off our shores in the North Sea and West of Scotland waters. In addition, seafood caught further afield is also landed at Scottish ports. We work tirelessly in the areas of retail and foodservice to ensure that seafood is promoted to consumers throughout the UK, including Scotland. Stimulating demand is a way to encourage availability of a wider variety of seafood to consumers wherever they live in Scotland and at the same time, promote tasty but less well known species caught locally, such as saithe, megrim, squid and mackerel.

Q Health guidelines particularly encourage increased consumption of oil-rich fish and for the consumption of white fish to remain at current levels. Is this reflected in the marketing and

promotional activities of the Sea Fish Industry Authority? [Banff, Grampian]

A Yes, absolutely! Seafood is not only delicious but it's good for us too. It contains protein, minerals and vitamins and unlike many foods, is extremely quick to prepare and cook. Consumption of oil-rich fish is considered important as it contains polyunsaturates known as 'omega-3' fatty acids, which have specific health benefits such as lowering blood cholesterol levels – so is good for your heart. In its marketing and promotional activities, Seafish seeks to reinforce the health benefits of seafood. We produce recipe booklets designed to illustrate the many ways seafood can be prepared and cooked. These booklets have proved very popular with consumers as well as health professionals such as dieticians. In Scotland we are working with the Scottish Executive's Healthy Living Campaign and at the same time, promoting seafood as an excellent choice as part of a healthy, well balanced diet. We look forward to continuing our relationship with the Executive over the next few years.

Q What do you see as the future for Scotland's fishing communities? [Islay, Argyll]

A The past 12 months has been extremely challenging for the seafood industry – with growing curbs on white fish catching and a fragile and evolving policy on fisheries management. Our sympathies go out to the fishermen dependent on much restricted white fish in the north east of Scotland, together with the processors and associated businesses in that chain. We're working with them and government to look at practical ways in which we can help. As the only UK-wide body working across all the sectors of our industry, Seafish can provide strategic direction and the industry needs that backbone more than ever at the moment. While these are indeed difficult times, opportunities exist for positive development. As well as exploiting the growth in consumption of seafood in marketing opportunities such as 'Seafood Week', we recently announced a £500,000 funding package for research into fishing conservation measures. Seafish has a major role to play in coming up with workable solutions which can be practically applied by fishermen throughout the UK.

Publications

The UN Food and Agriculture Organization (FAO) and the World Health Organization (WHO) have launched an independent expert report on diet, which will serve as the basis for developing a global strategy to combat the growing burden of chronic diseases. ***Diet, Nutrition and the Prevention of Chronic Diseases***, is based on a two-year-long joint FAO/WHO expert consultation and can be found at www.who.int/mediacentre/releases/2003/pr32/en/.

Dish it Up! is a 'funfilled but challenging' CD-Rom developed for the Food Standards Agency (UK) to be used with 11 and 12 year olds. Following extensive research with 11 and 12 year olds, 'Dish it Up!' provides information in a non-prescriptive way and encourages young people to think critically. More information available on the FSA website (www.food.gov.uk) Three copies of the CD-Rom have already been sent to every secondary school in Scotland and SCDP has a limited number of copies for those who would be interested in using the resource in a non-school setting (eg youth café). SCDP contact details are on the back page.

'A public policy like the CAP should promote the common good, as defined by consumers and taxpayers and society as a whole. It should definitely not contribute to the impairment of public health and a loss of welfare to society.'

Public Health aspects of the EU Common Agricultural Policy (CAP) is a recently produced publication from Sweden's National Institute of Public Health (NIPH). This timely publication follows up the health impact assessments they carried out, published in 1996, and looks at developments and recommendations for change in four sectors, including fruit and vegetables. The 108 page report can be downloaded in English from the NIPH website www.fhi.se/shop/material_pdf/eu_inlaga.pdf

Worth a look on the web

Organisations are increasingly releasing useful information via the web, which can be cheaper and quicker for all those with access. If you don't have personal access to the web, why not find out which local agencies do.

A report based on a **survey into diet and pregnant teenagers** is available on both the Food Commission (www.foodcomm.org.uk) and Maternity Alliance (www.maternityalliance.org.uk) websites.

You can access a report containing five papers on **globalisation and diet** commissioned by the World Health Organisation on the WHO site at www.who.int/hpr/NHP/docs/.

If you'd like to keep up to date with the Food Commission's **Parents Jury** or haven't heard of it and want to know more, look up www.parentsjury.org.

Cultivating Communities (www.cuco.org.uk) is a Soil Association project, which supports the development of projects between farmers and those that eat the food they produce, based upon a relationship of mutual support. This website is intended as a resource and networking tool for all community-based local food initiatives.

For those who don't own a pair of wellies, you can now take a walk around 16 **demo farms**, one of which is in Scotland at www.soilassociation.org/famtrails. The new farm trails have pictures of the farms and some introductory information.

Have a Heart Paisley's new site www.haveaheart.org.uk contains up to date information on local projects and activities, as well as lifestyle advice and links to specialist sites.

Rural Community Gateway website (www.ruralgateway.org.uk) for Scotland was launched this spring.

The **community fund's** new improved website went live in March. Visit www.community-fund.org.uk.

News

The address for the **Scottish Community Diet Project's website** has changed. Make sure you have changed your bookmark to www.dietproject.org.uk. The site now has even more useful links, downloadable publications, relevant events and up to date news. Roundtable discussion notes from 1999 to date are now downloadable.

In April **HEBS and PHIS** came together under a single board of governance and are now known as NHS Health Scotland. The organisation will be chaired by Lesley Hinds, the existing Chair of HEBS, and the Chief Executive will be Graham Robertson, who has been Acting Chief Executive of HEBS, and was recently appointed following open competition. NHS Health Scotland will have a remit to deliver health improvement programmes at national level to the wide range of stakeholders involved in delivering the health improvement agenda including the wider community and to employ knowledge about health and its determinants in a way that will influence policy and practice within Scotland. The health information databases on the HEBS website are available on CD for those people who don't have internet access but have a CD drive on their computer. Contact NHS Health Scotland on 0131 536 5500.

The National Union of Teachers announcement that it will support members who refused to co-operate in company-backed schemes that help boost school finances – especially those linked to junk-food. The Scottish Secondary Teachers Association has expressed similar views. So-called **cause-related marketing** by food manufacturers has sparked claims by health campaigners that they are trying to make high-sugar, high-fat foods appear healthier. Soon after this announcement, Cadbury's was attacked by health campaigners over their scheme that encourages children to eat large amounts of chocolate in exchange for sports equipment.

Logos on food labels are more likely to confuse and mislead consumers than inform them, says research published by the National Consumer Council. The report *Bamboozled, baffled and bombarded: consumers views on voluntary food*

labelling (free to download at www.ncc.org.uk or call 020 7730 3469) highlights how the sheer number of labelling schemes have caused confusion among consumers who do not know what the labels mean.

Scotland's 25 organic milk producers have formed a new co-operative – **Scottish Organic Milk Producers** – with the aim of increasing the sales of branded Scottish organic milk and dairy products.

An initiative, led by farming and rural groups, plans to inform every household in the UK about **food, farming**, looking after the land and wildlife. This £250,000 campaign to reconnect 'townies' with the countryside has been prompted by a survey which revealed one in ten people think that rice is grown in Britain. Visit www.cobritishfarming.org.uk for more information.

Every year the Government publishes an **Expenditure and Food Survey** (EFS). To find out how this is conducted and to view the results in full visit www.statistics.gov.uk/ssd/surveys/expenditure_food_survey.asp. This years results show evidence of continued failure to improve the UK diet with no significant increase in fruit and vegetable expenditure.

Recent market research shows **Brits spend more on sweets** than anyone else in Europe. Datamonitor's (www.datamonitor.com) latest figures show that the average Briton ate 4.8kg each per year of confectionery including toffee, fruit gums and chews but not including chocolate. The UK has by far the largest sugar confectionery consumption of any European country, making up 23% of the total market value in 2001. Germany is next, representing 14% of total sales.

Britain's first **commercially farmed cod** have come out of the water at a Shetlands fish farm, opening up a new era in farming and food. After 20 years of farmed salmon, the prospect of extensive rearing of cod in captivity offers reassurance for lovers of cod and chips and hope for struggling fish farmers, but concern for environmentalists. For more information on fish farming visit www.fishupdate.com.

Frozen vegetables are often healthier than imported fresh vegetables sold in the supermarket out of season, according to a new study. The Austrian Consumer Association compared the nutritional value of frozen food with imported fresh vegetables on sale during the winter. The vitamin content of frozen peas, cauliflower, beans, sweetcorn and carrots was significantly higher than fresh vegetables imported from Italy, Spain, Turkey and Israel. Fresh vegetables on sale during the winter usually came from southern Europe or Africa and might have lost some of their nutritional value.

The Scottish Executive's **Healthyliving campaign** (www.healthylivingscotland.gov.uk) fielded 17,342 telephone calls and 76,678 website visits between 7 January and 18 March. The average website visit duration was 9mins 34secs.

In Northern Ireland regional food and health work is also well established. **Armagh and Dungannon Health Action Zone** have just published *Tackling food poverty locally* which is a development of the *decent food for all* programme strategy. For more information visit www.adhaz.org.uk.

Food Standards Agency news

There have always been myths and old wives' tales about food, but if you want to challenge your assumptions, check out the following popularly held beliefs - you may well be surprised by what you discover. You can test out your knowledge on the Food Standards Agency's website www.food.gov.uk, in the **food myths** section.

Scottish figures from the **Consumer Attitudes to Food survey**, published by the Food Standards Agency, reveal a small but steady decline in concern over the safety of meat, with a significant decrease in concern about types of meat, including raw meat, over the past three years. Overall, the results in Scotland were generally fairly consistent with those of the total UK sample. However, Scottish consumers did score high on the level of awareness of the 5 portions of fruit and vegetables a day message at 56% compared with a UK figure of 52%. However, only 24% of Scots claim to have actually eaten the recommended amount of fruit and vegetables. www.food.gov.uk/multimedia/pdfs/cas2002sc.pdf.

Retailer news

Supermarkets are queuing up to market British food. **ASDA** is to unveil a £1.1 million campaign, designed to put British-labelled produce on supermarket shelves and improve farm gate prices. The move will see the chain labelling its products with a big union jack flag and the words 'British'. ASDA aims to be the first UK supermarket to 'ditch foreign carrots', while **Tesco** is seeking more Welsh beef suppliers. Own-label retailer **Marks & Spencer** will feature the name and county of the farmer on all its home-grown fresh produce in a bid to link growers and consumers.

The **Race To The Top** project was set up as a partnership to look behind the shiny supermarket fascias and find the most ethical, environmentally and socially responsible supermarket chain in the country. To find out who are the winners and losers and how they have been judged visit www.racetothetop.org.

Health improvement in Scotland

'Yes there is a strong national strategy but at the end of the day this will have to be delivered locally...it is what happens at a local level that is absolutely crucial'

Malcolm Chisholm Minister for Health speaking at Healthy Scotland Convention 2003, which saw the launch of 'Improving health in Scotland: the challenge'. Discussions surrounded the four themes outlined in the document - 'early years', 'teenage-transition', 'workplace' and 'community-led'. The crucial role for community planning processes was also highlighted. Copies of the 46 page document are available from the Stationery Office or www.scotland.gov.uk/library5/health/ihis-00.asp

"The Diet Action Plan is one of Scotland's best developed and most mature health improvement programmes. It brings together excellent evidence-base with actions directed towards communications, creating supportive environments and policy change. It is now being implemented on a scale and with sufficient energy to have the realistic prospect of seeing measurable improvements over the next five to ten years." From Improving health in Scotland: the challenge.

DATES FOR YOUR DIARY

June

1 - 30 Food First Month, British Dietetic Association
www.bda.uk.com.

2 Diet and Autism: A Half Day Training Course Glasgow,
Carolyn Fraser 0141 201 9264 or cf24f@clinmed.gla.ac.uk.

2 - 6 Focus on Food (Scotland week) www.waitrose.com/
focusonfood 01422 383191.

3 The Thrive (using gardening to change lives) conference,
Dundee www.thrive.org.uk.

5-6 Evidence, Policy and Practice: public health research in
Scotland. For further details visit www.show.scot.nhs.uk/
evidencepolicypractice .

9 -13 National School Grounds Week, www.tl.org.uk.

9 - 15 National Food Safety Week, www.foodlink.org.

9 -15 International Men's Health Week www.mhfs.org.uk
0141 201 4889.

11 No Fare, Heriot-Watt University, Riccarton Campus,
Edinburgh call 0131 667 9982 for information.

12 British Strawberry Day, www.britishsummerfruits.co.uk.

14 Taste of Grampian Food Festival, Thainstone, Inverurie
www.tasteofgrampian.co.uk.

18 FSA Consumer Committee Open meeting in London. Call
Lucy at SCDP if you are interested in finding out how the
committee operates. There is assistance for travel costs.

19 – 22 Royal Highland Show www.royalhighlandshow.org.

24 - 26 Trading Standards Institute conference in Edinburgh.
The FSA will have a stall. www.tradingstandards.gov.uk/itsa/
conf/conf.htm.

25 Community Planning, Community Engagement and
Health Community Health Exchange National Seminar.

Update Centre Edinburgh 9.30-3.15. Call 0141 248 1990 or
david@scdc.org.uk.

July

6 International co-op day Sunday at New Lanark. For more
information including free transport contact 0141 304 5400
or visit www.co-opday.coop.

14 The Food Poverty Project is holding a one-day national
conference in London. Workshops will be held on the
concerns faced by community food projects: funding,
training, reaching the hard to reach and the evaluation of
projects. The cost will be £15 for Food Poverty Network
members, community projects and individuals; £45 for large
voluntary and statutory organisations; and £60 for commercial
organisations. There will also be a small number of bursary
places for those who would like to attend but cannot afford
the delegate fee. For more information, call 020 78371228
or email foodpoverty@sustainweb.org.

30 Recipe for success and FSA event in Stornaway. Contact
the FSA on 01224 285 100 or www.food.gov.uk/scotland.

August

27 - 28 SCDP residential seminar on regional strategies
New Lanark.

September

5-7 The Dundee Flower and Food Festival 2003.
Camperdown Country Park, Dundee 11am 6pm. Admission
up to £6, call 01382 527527.

10 -13 City Farms and Community Gardens for Social
Change in Europe. For more information get in contact with
the Federation of City Farms and Community Gardens on
0117 923 1800.

October

3 - 10 Seafood Week, www.seafish.co.uk.

23 SCDP Islands food and health conference, Glasgow.

Visit www.dietproject.org.uk for more information on
events. If you have an event coming up let SCDP know!

**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 Alice Baird 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: info@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