



FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

Simple?

An American journalist once said that *"for every complex problem, there is a solution that is simple, neat, and wrong!"*

This edition of Fare Choice yet again confirms that the inequalities that exist around food and health require a combination of solutions that involve individuals, communities and agencies working at all levels and in all sectors to achieve effective lasting change. Nowhere was this more obvious than at the national conference 'No Fare' (page 3) where 'food access' was looked at in terms of 'availability', 'affordability', 'culture' and 'skills' by over two hundred people from wide ranging backgrounds. From all the excellent initiatives in our schools (see Forth Valley tuckshops page 7), and communities (page 5) to the Common Agricultural Policy (page 8) not only joined-up-thinking but also joined-up-action is required.

None of the work at community level however will achieve its full potential unless action at every stage of the food chain is also being undertaken. The benefits of linking local producers and consumers is well highlighted in this edition's 'Take Stock' article (page 6) as well as the importance of supportive behaviour from supermarkets and advertisers (pages 9 & 10).

Activity at all levels and in all sectors must be complementary and, most importantly, adequately supported. The Scottish Community Diet Project were more than happy when asked to administer the Scottish Executive's Breakfast Services Grant (page 3). The response to the micro-funding offered in the last edition of Fare Choice for local activity around berries (page 7) surprised even the project, despite our familiarity with how much local groups achieve with a little investment through our annual small grants scheme (page 3).

From family dynamics (page 4) to the relationship between volunteering and health, (page 9) the research agenda must also reflect the sophistication of the issues under examination.

When outlining Scotland's dietary targets back in 1996, the Scottish Diet Action Plan highlighted that *"they cannot be met solely by providing further dietary education and advice to consumers, although this will continue to be very important...They demand, in addition, the commitment, interaction, co-operation and support of the wide range of interests involved in all aspects of the food chain, both directly and indirectly"*.

This is as true today as it ever was and will underpin any success in the future, with community food initiatives making their own unique contribution.

On this issue's menu.....

Conference about
food access on
Scottish Islands
October 23

Video give away
to readers who
get in touch
see **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'. FSA Scotland are keen to get comments from all interested parties. So look out for it on their website, www.food.gov.uk.

Westminster www.ukonline.gov.uk
The UK government has now finished collecting public views on GM and has started consultation on the Food and Health Action Plan. The document has been prepared by the Department of Health in Westminster so does not cover Scotland. It will be out for consultation until mid September. More information from paul.marshall@doh.gsi.gov.uk.

The Food Standards Agencies Getting to Grips with Grub - Food and Nutrition Competencies of 14-16 year old is available for consultation until 21 October. Visit www.food.gov.uk/foodindustry/consultations/ukwideconsults/gripswithgrub.

The consumption patterns of NHS staff, patients and visitors are being examined as part of a major study looking at the impact of the NHS in England and Wales has on the environment. A range of sustainability scenarios will be developed to show how the NHS's ecological footprint can be reduced through initiatives. NHS Estates is funding the study and the consultancy Best Foot Forward will conduct the study and produce a report by February 2004.

Brussels www.europa.eu.int
European food monitoring tool has been updated. DAFNE - Data Food Networking - a databank tool for monitoring trends in food habits in Europe, now includes 13 European countries. The new version is available online at www.nut.uoa.gr/english/.

International
The consultation process for the WHO Global Strategy on Diet, Physical Activity and Health is complete and reports of regional consultations can be accessed online at www.who.int/hpr/gc.consultation.document.shtml.

SCDP news

SCDP Practice Development Officer, Lianne Hume, together with Dr Susan Eley from Stirling University, Heather Sloan from Have a Heart Paisley and Anna Craven, a community food worker in North Ayrshire, recently attended an international conference in Lisbon, Portugal, titled Poverty, Food and Health in Welfare: Current Issues, Future Perspectives. A short report outlining the group's key thoughts and reflections from the event will soon be available from the SCDP.

Get in contact about.....

Tabards and aprons

Free tabards for nursery & primary school children are available with SCDP logo and the Healthy Living logo from the SCDP. Batches of up to 20 tabards are available free of charge to community groups and schools, while stocks last. There are still a few aprons available in batches of up to 10 as well.

Scottish Islands

The SCDP will be organising a conference to share information about access to a healthy diet on Scottish islands. The conference will be held in the west end of Glasgow on 23 October - there are some travel bursaries available. Please contact Lucy at SCDP for more information.

Study tour

We are running an study tour to Dublin in November to see a community food co-op, other community food initiatives and strategic agencies. If you would like to find out more contact Lucy at SCDP and information about how to apply will be sent out in the autumn.

Exploring, identifying and tackling community food issues by participatory appraisal is a week-long training residential being run by the SCDP in New Lanark Mill Hotel from 29 September to 3 October. A few places remain, so to find out more please contact Lianne ASAP. Applications can also be downloaded from SCDP website.

Visit www.dietproject.org.uk for up-to-date information on the project or call 0141 226 5261.

No Fare Conference and ongoing discussion

Over two hundred people from local communities, the health service, local authorities, the voluntary sector, academia and the private sector met in Edinburgh on June 11th at a conference entitled ‘No Fare: working together for fairer access to a healthy diet in Scotland’.

The event was organised in partnership by the Scottish Community Diet Project, Health Scotland, the Food Standards Agency, Communities Scotland, CoSLA and the Scottish Executive. The event opened

with a speech from Mary Mulligan, deputy Minister for Communities, who highlighted her recent spell as deputy Minister for Health and the significance of food in terms of both health and social inclusion. Although largely workshop based, one of the excellent introductory presentations was given by Mike Cook, development co-ordinator at Community Food Initiatives North East. Other presentations came from community planning, retail, and local enterprise perspectives. Eileen Freshney from the Boghall Community Action Group in West Lothian gave very interesting personal reflections on the day during the final session, alongside others from health, farming and

“Cooking skills classes have been shown to have the potential to do so much more than just help you keep the lumps out of your custard. They build up the knowledge and self-esteem that is essential to encouraging confident critical consumers”

Mary Mulligan, Deputy Minister for Communities

research backgrounds. A report on the day is being compiled for all who attended and its availability for others will be publicised in the next edition of Fare Choice.

The Scottish Community Diet Project are keen to support ongoing local discussion around Scotland on how communities and agencies can work

together locally to tackle the barriers of availability, affordability, culture and skills. SCDP are therefore offering to underwrite six community meetings up to a maximum of £500. The funding could be used for

hall hire, catering, childcare or other expenses assisting participation. Responsibility for organising a meeting in their community would lie with the applicant. If you are interested in organising a community meeting looking at the barriers to accessing a healthy diet contact SCDP for an application form which sets out the conditions and request s brief details of your plans and costs. This form needs to be completed and returned by October 3 at the latest. A geographically representative cross-section of those who apply will be selected and informed by October 10.

Small grants update

The latest annual round of SCDP small grants have now been allocated to 43 community food projects the length and breadth of Scotland. The quality of all applications made to the small grant fund this year was again of an incredibly high standard and the assessment team found it a tall order to select the most innovative and deserving. Types of initiative receiving grants of up to £3000 range from growing projects in Glasgow to a lunch club with a food co-op for vulnerable young people living in the Borders. To find out more about the awards, please contact Lizanne at lhume@scotconsumer.org.uk.

Breakfast service grants update

The Scottish Executive’s Breakfast Service Grants have now been awarded to the 23 Scottish local authority areas that applied for a share in this one-off funding boost of £300,000 from Health and Social Justice budgets. Grants will go towards improving the health, education and child care dimensions of new and existing breakfast services around the country. All local authority areas were invited to take part in the bidding process, co-ordinated by the Scottish Community Diet Project, for grants of up to £15,000 per local authority area in early April. All applicants have received their awards. For more information, please contact Lizanne at lhume@scotconsumer.org.uk.

Scoff

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



Food Choices and Individual Dynamics

The connection between nutrition and health is long established, yet despite an array of public health initiatives focusing on diet, together with a corresponding increase by the private sector in the promotion of healthy choice products, there remain socio-economic patterns as to the types and quality of diet enjoyed by the population. However, what has to be remembered is that the problem of poor diet is mostly concentrated in low income groups, yet low income groups are not homogeneous. The common factor they share is that they have little disposable income, yet how that income is spent is subject to differing dynamics. For example, a couple solely reliant upon a State pension for their income will have different motivations for buying the food they do than a lone parent with two young children. Therefore when looking at, and trying to make sense of why individuals engage in the behaviours they do, one must look at such behaviours from the perspective of there being different dynamics at work for different groups. The aim of this research therefore was to attempt to identify what factors may influence lone parents in their food choices.

Lone parents were contacted initially through small scale community schemes, such as the Liverpool One Parent Family Trust, local Parent/School Partnerships, and two mother and toddler groups. This initial contact was then used as a gateway to include other lone parents not involved in any type of intervention.

As data collection continued different themes surfaced, for example how food was used to convey messages of caring and intimacy, yet the most powerful of the themes were that the lone parents were determined to be “good” parents. Here we have to place this into some of the

sociological factors that may have influence. Data from this, and other studies, consistently shows that one of the things many lone parents are determined to do, in the face of largely negative comments from both press and politicians as to what lone parents represent, is to demonstrate to themselves, their children, and to others that the quality of their parenting is equal to that of partnered mothers. This is often done by attempting to provide their children with the same things that other children get. If other children are able to have access to the foods they want, why cannot the children of lone parents?

Lone parents, who are the subject of constant debate, constant policy initiatives and quite frankly under much more scrutiny than other family forms, are expected to be able to deal with all this and then make a decision and make an effort that many in less troubled circumstances cannot, or will not, make themselves.

Yet a community initiative running in Croydon, London, aimed at lone parents to provide them with cooking and budgeting skills found that as a spin off, many women there did gain a sense of purpose and felt more equipped, more confident, to make decisions that previously they would not. Similarly, conversations with other lone parents at initiatives in Liverpool, not aimed at developing food skills, demonstrated that whilst some specific skills may be taught and learnt, it was just by virtue of the fact that these women were involved in something, and the consequences of that, that they were able to translate this confidence into other areas of their lives. They were able to develop a degree of self efficacy to challenge some of these social prescriptions as to what “good” parenting is.

This is not to say that such schemes are the answer to the problem, although of course they may be part of it, but to say that evidence does exist that demonstrates that food choices are far more complex than some would believe and that if change is really wanted, policy has to reflect this.

Mark Meadows has completed a PhD looking at the effects of welfare policy on the experiences of lone parents. markmeadows@blueyonder.co.uk

Project News

Stirling

The Let's make it better community café is now called Sunlite. The café has a good range of vegetarian food is less than a five minute walk from the centre of town and is well worth a visit. For more information call 01786 475459. The cafe also features in Insight: case studies in community development and health in Scotland published by NHS Health Scotland 0131 536 5500.

Fife

The Green Door Community Cafe, St. Monans, Fife, who have been award a SCDP grant to run cookery classes, have also been awarded a Scottish Healthy Choices Award. The Community Project Committee who run the café were recognised as Fife Volunteer Group of the year. To contact the café call Jackie Johnson, the manager, on 01333 739066 or greendoorcafe@btconnect.com.

Edinburgh

Snack Attack celebrated over 1.1 MILLION pieces of fruit delivered to Edinburgh schools in the last school year with a morning of tasty fun and sunshine at Craigmoynton primary school. In the last week of the summer term, all primary 1 pupils were invited to sample a variety of the more exotic and unusual fruits, and were presented with yellow Snack Attack t-shirts as a reward for their participation in the scheme. Snack Attack will also be providing fruit to all P1 and P2 children three times per week as part of the Scottish Executive Fruit in Schools initiative. To complement and support the initiative, there is a useful resource pack, the Snack Attack Pack. It contains practical advice and information on running a school fruit shop, based on three years hands-on experience of working with Edinburgh's primary schools. The pack can be purchased at a cost of £30 including postage and packaging. For more information please contact: Laura Nicol on 0131 467 7326 or ecfi@madasafish.com.



Fruit and Veg in Oakley

The New Ways Healthy Living Centre recently celebrated its second successful year with a seminar held in Dunfermline. This New Opportunities Funded initiative brings together a group of voluntary agencies, a mental health worker and a dietician, who all work together in new ways with the local communities of West Fife to provide additional services that can make a real impact on local health.

'Just about plums and bananas?' was the title of one of the event's workshops, which focused on the impact of the nearby Oakley Fruit and Vegetable Project, which was set up almost a year ago with the help of a Scottish Community Diet Project small grant. Despite only operating once a week out of the main reception area of the local health centre, this fruit and veg co-op is growing from strength to strength, and now even offers a fruit prescription scheme. Quotes from its customers speak volumes about its success so far: 'Fantastic prices. Miles better quality'. 'It encourages the children to eat more fruit and veg, especially when I come in after collecting them from school'. With the support of a volunteer co-ordinator and local staff, the smooth operation of the Oakley Project is down to the hard work of 11 volunteers, some of whom have been referred by the New Ways Project. The benefits of volunteering with the project are echoed by each with such comments as 'I needed to get out of the house and I enjoy it'; 'It got me back into a structured day. It would have been too big a step from where I was to my new job today'.

The Oakley Project has recently put together a very helpful start-up guide for people considering running a fruit and vegetable co-op. The SCDP can send you a copy free of charge by getting in touch with us. To find out more about the work of the Oakley Fruit and Vegetable Co-op, or the New Ways Project, please contact Debbie Vanstone, Dietician at the New Ways Project. Tel: 01383 623623.

Take Stock

Going local in Forth Valley

The issues surrounding how our food is grown, distributed and processed continue to be hot topics in the media. Combine this with the raft of campaigns and initiatives promoting a healthy lifestyle and a balanced diet, and the result is a public which is hungry for information and far more sophisticated (and questioning!) in its approach to food matters than ever before. Against this back-drop of increasing awareness of local food cultures and community diet, Forth Valley Food Links came into being in June 2002 with a mission to help develop the local food sector in Forth Valley and realise the concept of "local food for local people".

Based in Stirling and covering the whole of the Forth Valley (Clackmannanshire, Falkirk and Stirling Council areas) this 3-year project builds on the work of the earlier Forth Valley Food Futures initiative and is funded by Clackmannanshire Council, Falkirk Council, Stirling Council, Forth Valley NHS Board and the Scottish Executive. In partnership with a variety of local food producers, suppliers, retailers, community groups, agencies and other organisations throughout Forth Valley we are developing sustainable, community-oriented food growing, distribution and consumption. The emphasis is on increasing the availability of locally-grown fruit, vegetables, meats and other fresh produce, by encouraging greater diversity of production and seeking ways of channelling more of it directly to local markets and outlets.

How do you begin to tackle such a broad and challenging remit? Firstly, it must be acknowledged that substantial changes to the way we grow and market fresh produce are not going to take place 'overnight'. The process is a gradual one which relies as much on altering perceptions and attitudes - throughout all life stages - as it does on 'grass roots' changes to food growing, distribution and marketing systems. Secondly, working in isolation FVFL cannot begin to achieve this objective. Only with the active involvement and interest of the parties mentioned above can we



make a tangible impact on the local food scene. Partnership working and the establishment of good links with other food-related groups and organisations, both at local and national level, is very important to the delivery of our objectives. Sharing experience and best practice throughout Scotland and the UK can only be beneficial.

FVFL tackles the development of the Forth Valley food sector from two perspectives, with the long-term aim of seeking to re-connect with them at local level. On the one hand we are working closely with a range of voluntary groups and community-based organisations (including the New Community Schools), a number of which are interested in setting up local fruit & vegetable co-operatives (or fruit tuckshops in schools) as a means of introducing affordable fresh produce and a healthier diet to communities. We are also helping groups keen to develop community-based fruit and vegetable growing schemes of their own. Both concepts fit neatly within FVFL's aim to increase access to local fresh produce in communities.

The other piece of the Forth Valley Food Links jigsaw concerns the primary food producers - the 900+ farmers and growers of Forth Valley. FVFL is exploring ways in which local farmers can be



helped to grow more fruit and vegetables in the Forth Valley, which for example has many meat and dairy farmers but very few fruit or vegetable growers. We are strengthening

contacts with food producers, local farming bodies and other land-based organisations. In doing so we aim to engage with farmers by encouraging them to consider diversifying into commercially-viable, market-oriented horticultural production for supply to local outlets.

In both cases we are particularly concerned with increasing the availability of locally-grown produce, but until our longer-term (but on-going) efforts to encourage more local growing and supply 'bear fruit' we must supplement the currently limited local

production with produce from farm shops and wholesalers in the area. However this does not preclude us from encouraging farmers to look at ways of supplying more of their existing meat, fish, eggs, dairy and processed farm products to markets and outlets within Forth Valley rather than further afield. This links in to ideas of sustainable farming practices and the need to cut down on so-called "food miles".



As an added incentive Forth Valley Food Links offers a Small Grants Scheme open to food producers wishing to develop/diversify into horticultural production and community-based groups interested in setting up community growing schemes. This grants scheme offers funding up to £500 - particularly helpful for those enterprises and groups who often find it difficult to obtain funding through the standard channels and agencies. We are therefore extremely keen to hear from farmers, growers, allotment-holders, community groups and voluntary groups in Forth Valley with ideas for local food growing projects or schemes which increase access to fresh local produce. We work with both organic and 'conventional' food producers although we actively encourage and support the use of sustainable, environmentally-friendly growing methods wherever possible.

In partnership with food producers, community groups and local organisations we are hopeful that the Forth Valley Food Links will become a "one-stop-shop" for local food issues and will gradually start making a difference to the local food scene.

Forth Valley Food Links
Room 12 Stirling Business Centre, Wellgreen Place
Stirling, FK8 2DZ. Chris 01786 446250 or
Martin 01786 446255.

Give away

NHS Forth Valley's Health Promotion Department has produced a video and event report showing primary school pupils and teachers how to set up and run a healthy tuck shop. It is the latest development in the work of Forth Valley's community dieticians and the New Community Schools Team in helping to influence children's eating patterns for the benefit of their general and oral health. NHS Forth Valley's Health Promotion Department has recently funded grants of £100 each to 35 primary schools for healthy tuck shops, which gives a total of 49 local schools with or working towards a healthy tuck shop. Copies of the video are available from NHS Forth Valley at £12 per copy, but the SCDP have 10 to give away free to the first 10 callers to the SCDP (Call Alice on 0141 226 5261)! The SCDP will also send free copies of the Healthy Tuckshop event report, which was held in January 2003. A similar event is planned for 22 September to be held in Alloa Town Hall, Alloa, Clackmannanshire. To find out more about the event or work in Forth Valley, please contact Ann McArthur, New Community Schools Health Development Officer at NHS Forth Valley. McArthur.Ann@fvhb.scot.nhs.uk or call 01786 463031.

Berries

Thank you to all those who applied for funding to undertake berry initiatives. Thirty initiatives from Fraserburgh to Galashiels have been using the small funding (up to £200) to promote berries in their community gardens, food co-ops, community cafes and cooking classes. Small amounts of money are being put to great use by a wide range of people from childminders to disabled groups in settings varying from schools to a sheltered housing complex. A fuller report on the work will be given in a later Fare Choice as we receive feedback. The leaflet on berries produced with the Scottish Healthy Choices Award Scheme proved so popular we have now completely run out of them. It can still be downloaded however on www.shcas.co.uk. For information on other berry activity over the summer look up Berry Scotland's website www.berryscotland.com.

Question Time

Catherine Stihler, one of the Members of the European Parliament for Central Scotland, answers your questions.

Q Why should someone shopping for groceries in Scotland be interested in discussions hundreds of miles away in Brussels about the Common Agricultural Policy? [Eyemouth]

A The reason we all should be interested in the CAP is because we pay the price for it through higher food costs. Not only does the CAP artificially inflate the cost of fruit and vegetables but it creates barriers to developing countries who are unable to export to the EU perpetuating the extreme poverty farmers face in the developing world. The estimated cost to the UK consumer according to the National Consumer Council (NCC) is £20 a week to the average family of 4. In a recent survey, 90% of European citizens believed that healthy food should be the main goal of the CAP yet it has been outdated for decades and has not been fulfilling this goal. Although the CAP takes up 50% of the EU Budget it has led to fruit and vegetable prices having been kept high and has resulted in a one billion euro subsidy to tobacco growers, even although tobacco is the biggest cause of preventable illness and disease in the EU killing half a million EU citizens every year. Urgent reform is necessary. There is still a long way to go to make sure that we have an agriculture policy which reflects the needs of our citizens and not the vested interest of the farming lobby. On top of this the European Parliament is only consulted on this issue, and decisions on CAP are still very much in the hands of the individual member states on how far the reform of CAP has been pushed. The British Government has been an advocate for reform and should be supported in its efforts.

Q As a community group tackling food and health issues on a daily basis we are keen to learn from best practice in Europe. How do you think we should go about finding out what else is happening and making links? [Perth]

A In order to find out what is happening in the European Parliament the best place to start is the website on www.europarl.eu.int. For example

the work that we are doing on Food Claims Legislation and Nutritional Labelling Legislation would be of interest to your members. Perhaps there is an amendment which they would like to suggest or an issue which they would like to see raised. At the moment people are making food choices based on misleading information. We need to take action in order that people are not fed the wrong information. As for specific projects contacting the various European partnership offices in Scotland or the European Parliament and European Commissions' respective offices in Edinburgh are good places to form links. There is also the website of the European Public Health Alliance (EPHA) on www.eph.org. They provide an excellent forum for discussion on the public health agenda in Brussels. Another interesting fact is that in German schools it is against school rules to bring cans of fizzy drinks to school or to wrap sandwiches in cling film as this is environmentally unacceptable. Just think of the reduction of tooth decay which this could bring to Scottish school children if cans were not allowed in school time?

Q Do you feel it is possible for local communities to have their voice heard within the institutions as enormous and complex as the EU? [Eigg]

A Yes, you can start by contacting your local AMEP. As Scotland has eight MEPs covering the whole of Scotland you have eight people that you can legitimately directly contact. The European institutions are much more open than many think and have influenced the more open culture which we now see in the Scottish Parliament and gradually in Westminster. The Scottish Parliament copied the open system of committee structure of the European Parliament which is seen as one of the strengths of the Scottish Parliament. Sadly, not one of the Scottish newspapers has anyone covering what goes on in Brussels. When you consider that 80% of people in Scotland read Scottish based papers, often people are given no information about decisions that are being made on their behalf, or if they are the story has a particular slant. I urge people to take an interest in European issues because they affect our day to day lives from the quality of water that we drink, to the safety of the food that we eat to the quality of air that we breathe. Europe matters.

Publications

“Assessing the impact that volunteering has on the health of individuals brings a series of issues about how health can be measured. What are the fundamental measures of health? Do they include self esteem, the ability to walk down the street feeling safe and secure, the ability to buy healthy food or pay for essential car repairs? All of these were given as examples of supporting health. To assess impact it is essential that health and wellbeing be defined in a social context. This agenda is not an easy one to pursue. Volunteering is not the salvation of Scottish health and social services. It does however appear to offer the basis of more aware, socially responsible and responsive communities that can support and enhance health and wellbeing”. The above report from **Healthy Volunteering**, Volunteer Development Scotland and the Scottish Council Foundation, 2003. The above is taken from an excellent recent publication which echoes many of the issues constantly raised by community food initiatives. The study looks at the vision and reality of volunteering in health and the aspirations and experience of those involved. A summary of the research findings can be downloaded from www.vds.org.uk or call 01786 479 593.

Sustain’s new offering, **Good Food on the Public Plate**, is for all those wishing to introduce better quality and more sustainable food and practices into public sector catering. The publication comes in five parts. It includes a review of food and catering in the public sector, considers what the benefits of ‘sustainable food’ are, provides a detailed exploration of the procurement legislation, provides guidance for producers and suppliers wishing to supply the public sector and purchasers, advice on good catering practices, a toolkit with recipe ideas and seasonality charts, a model sustainable procurement strategy and specifications, various checklists, and a directory with over a hundred links to useful organisations. The box set of five reports is available from Sustain and costs £110, plus £10 p&p. There is a 50% discount for schools, producer groups, and voluntary organisations and projects. To order online, to go www.sustainweb.org or phone 020 7837 1228.

The Mix to be launched recently will offer members of the Youth Health Network the opportunity to explore issues in more detail and communicate those points nationally. If there are any salient issues which you would like addressed through seminars or through the newsletter, please contact Helen Cogan or John Brown at Health Scotland Edinburgh. The Newsletter will be distributed through local Health Boards and will also be available on Health Scotland’s website www.hebs.com/.

Only a quarter of shoppers in Wales are happy to buy genetically-modified food - and more than a third want it banned altogether. The Welsh Consumer Council (WCC) survey - **To Eat or Not to Eat** - found that 74% of all consumers in Wales want food containing genetically-modified ingredients to be clearly labelled. And, despite a quarter of those surveyed being happy to buy foods containing GM, more than half of those interviewed said they were worried about the environmental impact of growing genetically-modified crops in the UK. More than 1,000 Welsh consumers took part in the survey. One fact which emerged from the survey was that, despite a public consultation on the subject, many people were still confused about the meaning of genetic modification. Vivienne Sugar, chair of the Welsh Consumer Council, said the report sent a clear message to politicians - that Wales was not ready for GM foods. WCC 029920255454 or www.wales-consumer.org.uk

Broadcasting bad health or Why food marketing to children needs to be controlled is a report by the International Association of Consumer Food Organizations for the World Health Organization consultation on a global strategy for diet and health. Is available from the Food Commission 020 78372250.

Two reports highlighting the problems with global food manufacturing have been published: UBS Warburg (November 2002) *Absolute risk of obesity: Food and drink companies not so defensive?* London: Global Equity Research and JP Morgan (April 2003) *Food manufacturing: Obesity, the big issue. European Equity Research.*

News

COSLA, the Convention of Scottish Local Authorities, has recently adopted a new organisational structure. The new structure is based around a small Corporate Management Team, four Corporate Advisers and seven interdisciplinary themed teams. The remits of the themed teams are: Community Resourcing (including SIPs, Consumer Protection/Trading Standards, Community Learning and Health Improvement); Education, Children & Young People; Environment & Regeneration (including Economic Development, Physical Regeneration, Transport, Water Services, Environmental Health and Sustainable Development); Governance & Democracy (including Community Planning); Health & Social Care (including Community Care and Homelessness); Image, Media & Communication; Resourcing & Capacity (including Health Improvement Capacity Building). Further information about the changes at COSLA is available from: Paolo Vestri, Policy Manager, on 0131 474 9366.

The Farmhouse Breakfast 2004 campaign is an opportunity to organise events promoting the nutritional value of breakfast during Farmhouse Breakfast Week 25 - 31 January 2004. An information pack is available on request to brand, promote and support events. The pack is available free of charge and includes posters, stickers, recipe leaflet, schools activity sheet, and a comprehensive how to get involved guide. The campaign is an initiative run by the Home Grown Cereals Authority (HGCA) with the support of the Meat & Livestock Commission (MLC), National Farmers Union (NNFU), Womens' Food & Farming Union (WFU), and Food from Britain (FFB). For further information contact Therese Coleman, on 020 7520 3971, therese.coleman@hgca.com or visit www.hgca.com/breakfast.

The Health Development Agency (HDA) recently undertook an exercise to identify ongoing research across the UK into effective interventions to promote a healthy diet, including the promotion of fruit and vegetables. It is intended that the information collected from this exercise will help

inform the development of an evidence base for effective interventions in public health as well as contribute to future resources and guides. Interim findings about the range of research collected so far are now available as a word document. To find out more, please contact Karen Peploe at the HDA. Email: karen.peploe@hda-online.org.uk

Do you find yourself having to say "no!" to your children nagging for sweets or chocolate displayed at the checkout? Do you wish you didn't have to have this conflict when you're trying to pack and pay at the end of your shop? The Food Commission, as part of its Parents Jury Campaign has resurrected the Chuck Sweets off the Checkout Campaign which ran 10 years ago with a lot of success. They noticed sweets, soft drinks, and other snacks creeping back onto supermarket checkouts, so the campaign has been renamed Chuck Snacks off the Checkout. Would you like supermarkets to remove all snacks from the checkout? (You don't have to be a parent to take part.) For details of how to take part in the campaign go to the Parents Jury website: www.parentsjury.org.uk or call 020 7837 2250.

A Which? survey has shown that parents are concerned that food marketing strongly influences their children to hanker after junk food. Three in four parents surveyed by Which? said advertising and other promotions make it hard to insist that their children eat healthier foods. Although parents agreed that a range of factors influenced their children's choices, 70% thought there should be no advertising of junk foods during children's TV viewing times. www.which.net/media/pr/aug03/which/junkfood.html

The Food Programme on BBC Radio 4 looking at Food Poverty presented by Sheila Dillon and produced by Jessica Mitchell has won the 2003 Glenfiddich award. See www.glenfiddich.com/foodanddrink for information about the award scheme.

The Scottish Consumer Council is looking to appoint a part time consumer network coordinator. Application packs are available from 0141 2265261. The deadline for submitting completed applications is 26th September.

School News

The latest annual survey of school meals is based on information collected in January 2003 from all education authorities in Scotland. The main findings are: The percentage of pupils who were entitled to free school meals in January 2003 was 19. This figure has fallen each year since 1998, when it was 22 per cent. In January 2003, 20 per cent of primary pupils and 16 per cent of secondary pupils were entitled to free school meals. Of the 659,669 pupils present on census day, 51 per cent took school meals. This percentage has risen each year since 1999, when it was 46. Glasgow City had the highest percentage (40 per cent) of pupils entitled to free school meals, with Shetland Islands the lowest at 6 per cent. More information from www.scotland.gov.uk/stats/bulletins/00261-00.asp.

School meals took a leap into the future when pupils in Sunderland became the first in Europe to pay via eye scanner. The device identifies students by their iris and also allows parents to bar their children from buying chips or burgers. Jamie Hall, 12, said, 'The scanner is a great idea, but I don't fancy my mum knowing exactly what I eat. She's always trying to get me to eat my greens and eat healthy. I'll never be able to have chips again'.

The last few months have been busy for the Healthy Choices Award Scheme. The number of Awards throughout Scotland is now at an all time high. The increase in Award numbers has been helped along by the 142 Primary Schools in Fife that have achieved Commended Awards. 4 million meals a year are served by the Council Catering Service who have worked closely with the local Health Promotion team and their own frontline staff to promote healthier choices.

Find out more about Health Promoting Schools in Scotland by visiting their website www.healthpromotingschools.co.uk/.

Hungry For Success the strategy document from the Scottish Executive for a whole school approach to School meals in Scotland can be downloaded from www.scotland.gov.uk/library5/education/hfs-00.asp

New Faces

Anita Aggrawal is the new Community Supported Agriculture Officer for Scotland employed by the Soil Association. Previously she worked with a community project in Broomhouse, Edinburgh. Anita can be contacted through the Soil Association's Scotland office on 0131 552 3937 or check out the Cultivating Communities website www.cuco.org.uk.

Áine Kennedy is the new Practice Development Manager at CHEX (Community Health Exchange). She has a particular interest in participatory action research - where community development meets research - and incorporating creativity and the arts into research and practice. Áine can be contacted at CHEX on 0141 248 1990 or e-mail aine@scdc.org.uk.

Health Rights Information Scotland (HRIS) is a new project at the Scottish Consumer council funded by the Scottish Executive Health Department. It should also make patient information on rights more widely available and consistent. Information about the project is available at www.scotconsumer.org.uk/project/patient%20info.htm. If you'd like to be kept up to date with the project's progress please email at hريس@scotconsumer.org.uk

If you would like to introduce a new face or advertise a vacancy please get in contact with the Scottish Community Diet Project - details on the back page.

Question Time

Send in questions to the SCDP for Jeanette Longfield, Co-ordinator of Sustain: The alliance for better food and farming. Sustain advocates food and agriculture policies and practices that enhance the health and welfare of people and animals, improve the working and living environment, enrich society and culture and promote equity. It represents over 100 national public interest organisations, and is independent from the agri-food industry. Jeanette is a member of the Food Standards Agency's Consumer Committee. Questions must be sent to SCDP by October 25th.

DATES FOR YOUR DIARY

September

7-14 Glasgow's Health Week. Glasgow Healthy City Partnership call 0141 287 9993.

12-14 Oxford Symposium on Food & Cookery contact Silvijia Davidson 07740 940919.

12 City farms and gardens for social change in Europe, Sheffield call 0117 923 1800.

19 Aiming High for Health and Well-being; the annual conference of the Scottish Out of School Care Network, Glasgow 0141 564 1284.

20 Sept - 5 October Scottish Food Fortnight www.scottishfoodfortnight.co.uk

20 Sept - 10 October British Food Fortnight www.britishfoodfortnight.co.uk

21 Hold a tea party for Alzheimer's Scotland and celebrate Mathiesons Alzheimer's Tea Day www.alzscot.org/fundraising/teaday.html or call 0131 243 1453 (office hours) and asking for Dianne Laing.

23 Scottish Poverty Watch 10am - 4pm Woodside Halls, Glasgow. Call the Poverty Alliance for details 0141 353 0440.

29 - 3 Oct Exploring, identifying and tackling Community food issues by participatory appraisal.

October

3 Childhood Obesity & Eating Disorders: A one day conference for all persons interested in the prevention, education and treatment of obesity in children. It will also provide current information on eating disorders. The programme includes

presentations and breakout sessions to address the needs of a variety of professionals call Carolyn Fraser, 0141 201 9264 F: 0141 201 0674.

9 North Ayrshire Food and Health Strategy conference, Gillian Kynoch will speak and there will be 9 workshops along the same themes as the Scottish diet action plan.

23 Food and health on Scottish Islands Conference. For more information or to book a place contact SCDP 0141 226 5261.

30 Pesticide Residues Committee annual open meeting, at the Quality Hotel in Glasgow in conjunction with the Scottish Consumer Council. Free admission, including lunch, will be by ticket only (deadline 30 September), since places are limited www.pesticides.gov.uk/committees/PRC/prc.htm or call 01904 455756.

November

13 & 14 Public Health Conference at Dunblane Hydro. The Scottish Community Diet Project will be involved in two sessions. See www.show.scot.nhs.uk/shsc/Convention.

20 - 21 Eating at school: Making healthy choices, Strasbourg, e-mail laurent.lintermans@coe.int

Events to plan for....

19 - 22 April Sustaining Public health in a changing world: Vision into Action. Call for papers by October 3. Call 020 89770011 or visit www.ukpha.org.uk. This is a UK event which Scottish community groups often participate in.

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