



FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

You're telling me!

"Ideally, we wish to empower and support communities to be involved in developing initiatives and solutions."

From 'Improving health in Scotland: the challenge' Scottish Executive, 2003

The desire to involve and learn from local communities has been part of Scottish food and health strategies since the Scottish Diet Action Plan in 1996 and its importance continues to be reflected in the latest policy on health improvement.

This edition of Fare Choice provides no shortage of opportunities for those engaged in tackling Scotland's inequalities in food and health from a community, regional or national level to learn from the knowledge and experience of others. It also provides opportunities to contribute your knowledge and experience for others to benefit from.

Whether you are undertaking, or thinking of undertaking, a 'shopping basket survey' (see page 3), milk token initiative (see page 10), community gardening (see page 7), working with primary age children or using drama as your medium (both page 5), there is something for you in this edition of Fare Choice.

There is also the experience of a multi-faceted area-wide initiative (see page 6) whose raison d'être is to demonstrate good practice to others.

On the other hand the Food Standards Agency and local authorities are the latest national bodies looking to you to provide case studies on good examples of local interventions to share throughout the country (see page 3)



Capability Scotland, Whitehaugh Centre
(see page 7)

In other fields too, such as tobacco, research involving local communities is coming up with familiar conclusions (see page 9) reinforced by this edition's research article on cooking 'skills' (see page 4).

There is also much more to come (see page 12). However, this wealth of knowledge and experience needs to be matched by a willingness and ability to listen and learn. For this invaluable contribution to both policy and practice development in Scotland to continue, it must be understood, valued, invested in and acted upon.

On this issue's menu.....

Policy round up including Holyrood, Westminster and Brussels **page 3**

Taking stock of the Paisley experience.
See **page 6**

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

Policy roundup

Holyrood www.scotland.gov.uk

At the last meeting of Scotland's 'Food Champions', the multi-sectoral group concentrated on how they and others could achieve a Scotland proud and knowledgeable of its food, able to not only value food but also access it. Consumer education, food composition, lifelong learning, public procurement, and marketing were all areas earmarked as requiring more detailed attention. For a list of all 17 of Scotland's 'Food Champions' look up www.scotland.gov.uk/pages/news/2003/01/SEHD288a.aspx

Progress on the reform of the Welfare Foods Scheme continues to grind forward slowly. Apparently the bill should be receiving royal assent at any time, but would then require regulations for Scotland developed along with plans for implementation here. Staff at the Scottish Executive have promised to share any information as soon as they get it from colleagues at Westminster.

Westminster www.ukonline.gov.uk

Following the GM public debate the National Consumer Council (NCC) has called for the government to learn the lessons of the GM public debate to help pave the way for future dialogues with the public. It recommends that such public dialogue takes place in the future, but needs to be better planned. It is vital that sufficient resources – both time and money are made available to ensure future debates reach ordinary people, and not just those already engaged (www.ncc.org.uk).

Two "citizen's juries" have said the moratorium on the use of GM crops in the UK should continue. The juries, made up of 30 members of the public, said the possible health and environmental impact of GM crops were still such a concern that commercial planting should not yet go ahead. Their feelings were published in the People's Report on GM Crops, compiled after the jurors spent six weeks hearing expert evidence. The report was funded jointly by the Consumers' Association, Greenpeace, the Co-operative Group and Unilever (www.gmjury.org)

"Policy-makers benefit from the evidence base generated by consumer involvement processes. ..but the impact on those being consulted also needs to be considered...More long term effects, such as building trust, increasing knowledge and changing behaviour, result from consumer involvement."

A report on last March's joint National Consumer Council/Food Standards Agency seminar on 'Involving consumers in policy making: who benefits?' is now downloadable from both the NCC and FSA websites. www.ncc.org.uk, www.foodstandards.gov.uk or contact SCDP for a copy of the 17 page report (See back page for details).

Sir Donald Curry, architect of the Government's farming reforms for England and Wales, plans to encourage people to buy locally produced food. About £1.8 billion a year is spent on food by public services, and his priority is to ensure a larger share for British farmers, growers and processing firms. He said, *"We have to be realistic and concentrate first on market and county towns where the supply and distribution of local food can be more easily managed. We can then learn the lessons that will allow us to be more ambitious and to work into the cities."*

The Food Standards Agency has published a discussion paper on possible options for action on the promotion of foods that could improve children's diets and health. The Agency Board will decide next year, following public debate, which policy options it wishes to recommend to Government. These measures could cover sponsorship, advertising, labelling, endorsements, in-store activity and loyalty schemes. The publication of the discussion paper coincides with the launch of a website www.food.gov.uk/promote outlining the options, and inviting comments.

Brussels www.europa.eu.int

The Trust in Food Study has been set up to investigate the social and institutional conditions for the production and maintenance of consumer trust in food. The study seeks to identify and analyse factors that shape trust in the food supply and information sources. These factors include the roles of public authorities, consumer organisations, markets, consumers, NGOs (www.trustinfood.org)

Shopping basket survey

“Although the most expensive shops were often the smallest shops in small communities, some of these small shops were rated highly in other ways...Midlothian’s local shops, it seems, are valued, particularly by older people, people with disabilities or health problems, parents/carers with babies or young children, or indeed anyone without access to transport. The main problem with the smaller stores appears to be the lack of choice, particularly of fresh fruit and vegetables.”

The familiar sentiments above come from the Midlothian Community Food Survey launched in August at a conference held in the Scottish Mining Museum in Newtongrange. The survey involved a price and availability survey as well as focus groups. A similar exercise had taken place in 1999 and although direct comparisons are difficult, the survey found that not only was the price variation between stores reduced but that the variation they had discovered in '99 between stores of a particular retailer had now virtually disappeared. Although the survey paints a very serious picture, the hard work contributed by many voluntary and statutory agencies to produce the survey and the enthusiasm and commitment displayed at the conference would indicate that Midlothian is going to build on its achievements so far. Copies of 'Food for Thought: Midlothian Community Food Survey', along with a useful 14 page guide to undertaking such a survey, are available while stocks last from SCDP (see back page for details). The best local contacts for the work are Margaret Nisbet at Midlothian Voluntary Action (tel: 0131 663 9471 e: Margaret.mva@btconnect.com) or Inga Grant at NHS Lothian (tel: 0131 663 0827 e: Inga.Grant@lhb.scot.nhs.uk)

Helping develop a Local Vision

“Food related activity and interests of Local Authorities is diverse – much is already being achieved, and we want to build on this to identify and disseminate best practice. There is a need for joint working to translate the Vision into practical advice and guidance...” From 'Food: the local vision' Sept 2002.

Last year an overarching vision statement setting out the main objectives and principles for joint working between the Food Standards Agency and

local authorities was launched. www.food.gov.uk/multimedia/webpage/localvision. It aims to demonstrate how local activities on nutrition and healthy eating can contribute to the achievement of a wide range of local authority objectives in areas ranging from promoting economic, social and environmental well-being to Community Education, Local Agenda 21 and food safety enforcement. Those developing the local vision website are looking for information on Scottish food initiatives. This is an opportunity to share your knowledge with others in Scotland and the rest of the UK. The information received will be used to compile a tool kit and/or guidance document on best practice. The organisers are launching a website which is hoped will be constantly updated. What they need from people involved in food initiatives are brief details of the initiative. They will then follow this up to gather more in-depth information from you. They are hoping to gather the information needed without eating into too much of local project's valuable time. If you feel you can help, contact: Philippa Bourne, Secondee Food Vision Policy Officer, 10 Albert Embankment, London SE1 7SP Direct Line 020 7840 7237.

Still hungry

A series of conferences held in Aberdeen, Edinburgh and Glasgow raised a plentiful supply of opportunities and challenges for those improving Scotland's school meals. The 'Hungry for Success' roadshow highlighted the need for sectors to work together and areas of the country to learn from each other. Many questions raised at the three events are currently being addressed by the Scottish Executive, who are in the process of disseminating the latest information to everyone who attended the events and other relevant local staff. Any information thought to be of use is also going on the school meals website www.scotland.gov.uk/education/schoolmeals/. Leaflets for parents and pupils will be going out after the Christmas break and it is hoped to soon have a key 'Hungry for Success' contact designated for each area. Scottish Food & Drink at Scottish Enterprise along with the Scottish Executive Health Department have held two seminars for the food industry to promote 'Hungry for Success' and the product specifications devised by the Food Standards Agency in Scotland. Over 120 wholesalers and suppliers from across the UK attended.

Scoff

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



Cooks, cooking ability and food choices

The relationship between cooking ability, cooking practices and food choices is usually understood to be straightforward – what somebody can cook influences what they do cook and improved practical cooking skills should mean greater use of fresh, raw foods and an increased ability to follow dietary guidelines. But is it that simple? The relationship between cooking ability, cooking practices and food choices, a recent study suggests, is not a straightforward one.

Those involved in community initiatives are becoming increasingly aware that practical cooking skills classes can do more than ‘just help you keep the lumps out of your custard’. ‘Heightened self-esteem’, ‘confidence’ and ‘sense of purpose’ have all been noted as positive outcomes that encourage more informed food choices and help build critical consumers. Researchers in health promotion and food policy, have begun to question the straightforwardness of the relationship between cooking skills and cooking practices. They argue that approaches towards cooking, particularly confidence acquired from cooking proficiency, play a key role. The confidence to cook, it has been suggested, is as important as the ability to cook.

This suggestion, and growing concerns about the decline of home-cooking and the deskilling of the domestic cook, was taken as a starting point for a recent study of domestic cooking. A part of the study examined the relationship between approaches towards cooking, cooking skills, cooking practices and food choices (use of pre-prepared /fresh/raw foods). Thirty domestic cooks spoke in detail about their values and beliefs about cooking and the skills/knowledge they use to prepare and provide food for themselves, their families and friends. The study revealed that domestic cooking involves a number of

complexities little acknowledged in existing research.

Domestic cooks, it was found, use numerous different abilities, skills and knowledge as they go about the everyday (and sometimes all-day) business of preparing, providing and cooking food. ‘Cooking ability’, for example, can be understood as involving far more than the practical techniques such as ‘frying’, ‘boiling’, ‘preparing vegetables’ and ‘making a white sauce’ often defined as ‘cooking skills’ in surveys and other research. These cooks designed meals from ‘what they could find in the fridge’, organised cooking around other necessary household tasks and busy days and ‘tackled’ new recipes and new foods as a way of showing friends they had ‘made an effort’. They cooked food that suited others’ preferences and dietary requirements, kept abreast of food fashions and trends and prepared different meals for different members of the family whilst simultaneously washing up, helping with homework and disentangling small children from their legs. Further, domestic cooks, it was revealed, each have their own, very intricate approach to cooking.

This ‘approach to cooking’, the research revealed, has a greater influence on cooking practices and food choices (in terms of ‘fresh’, ‘raw’ and ‘pre-prepared’ foods) than cooking ability. Cooking skills *do* influence cooking practices but they do so via the cook’s ‘approach’. Understanding food properties and how they combine, creating meals from available ingredients, timing food preparation and judging cooking times, boosts the cook’s confidence and lessens the degree to which they see cooking as an effort. In doing so these ‘tacit perceptual and conceptual cooking skills’ have a greater impact on food choices than practical, technical cooking ability. Though further research is required, it appears that understanding and influencing people’s ‘approach to cooking’ (determined only in part, by their cooking ability) is the key to changing their food and cooking practices.

Dr Frances Short completed her PhD on contemporary domestic cooking and cooking skills for the Centre for Food Policy at Thames Valley University (now at City University, London) franceslshort@aol.com

Project News

Khush Dil Ke Chotti Kahani Con Gitga Ka Dil Kapyar Paronta Ya Rotia Ya Gajar Ya Thail

(The Tale of Happy Heart, Paronta, Roti, Carrot and Deep Fry)

The Edinburgh Mela, described as 'a world festival with a distinct South Asian feel' has been bringing together Bangladeshi, Pakistani and Indian communities for the last 9 years to celebrate music, art, dance and fashion. The focus of the festival is on entertainment, therefore the local Khush Dil (South Asian Heart) Project wanted to present a colourful and light hearted sketch, capable of delivering a serious message about promoting health. Funding from SCDP and Lothian Primary Care Trust enabled them to hire two actors to work with them on a script, one of whom directed the group and another actress was hired to play the lead role. The roles include 5 characters, a happy heart, paronta (paratha), roti (chappatti), carrot and deep fry. Two of the roles were played by children of Khush Dil community workers and the other two roles by members of the Khush Dil team.

"The tale centres on the heart, surrounded by all the characters who claim to be in love with her. The characters try and win her love by presenting their case. A battle ensues between them until the heart calls a halt and decides against choosing any of them and does what's best for her instead. The show finishes with a song which emphasises the key heart health messages. At the end of the show, watermelons and strawberries were distributed among the crowd by the actors and the other Khush Dil team members."

Khush Dil offers a nurse led heart health screening service with nutrition and dietetic support and a range of activities such as cookery workshops, walk/jog groups, basic life support, stress management and information on heart disease and diabetes. There are now 5 community health workers representing different Asian communities who are involved in extending the activity programme to a greater number of people.

Khush Dil project members Gill Matthews or Jill Alexander can be contacted on 0131 537 4585 or email: Gill.Matthews@lpct.scot.nhs.uk or Jill.Alexander@lpct.scot.nhs.uk

Fruit by the Barrow load! The free fruit initiative in East Lothian was recently launched in the foyer of John Muir House, East Lothian Council headquarters in Haddington. A small grant from the SCDP was used to purchase the fruit barrow and a huge variety of fruit for the occasion was supplied by Tranent based community food initiative, Roots and Fruits. Schoolchildren from Humble, Musselburgh, Longniddry and Whitecraig took turns as stallholders, selling 5-a-day bags, to Council staff and visitors. The event proved extremely popular with pupils and customers alike, with over 750 bags sold over the four-day period, which was also planned to co-incide with East Lothian Food Festival. Ann McLanachan, head teacher at Longniddry Primary School said *"The primary 7 pupils have thoroughly enjoyed the experience. They learned how to be pleasant and smile to their customers, and use their people skills. It was both an educational and social event and hopefully the children's enthusiasm for eating fruit and vegetables will continue."* For more information, please contact Marjorie Shepherd, Food and Health Development Officer, East Lothian Council Tel: 01620 827 236 Email: mshepherd@eastlothian.gov.uk.

North Glasgow Community Food Initiative have recently teamed up with environmental charity, BTCV Scotland and are developing the "Grow-your-own project." The project is for anyone living in North Glasgow who is interested in getting more physical exercise, growing fresh organic produce for their own use, meeting new people and having fun. No experience is needed, and training and tools are being provided. There will also be opportunities for site visits in and around Glasgow. The project runs on a Thursday, transport is provided. To find out more phone 0141 552 8817 or email ngcfi@yahoo.co.uk

The Moray Food and Health Pilot Project has been established to look at ways to develop local food initiatives in Moray that will raise the profile of the role food plays in our lives. The Moray Food and Health Project covers: Tomintoul, Lhanbryde, Rothes, Dufftown, Craigellachie, Aberlour and Glenlivet. For more information Caroline Comerford on caroline.comerford@ghb.grampian.scot.nhs.uk

Take Stock

Healthy Eating with Have a Heart Paisley

Have a Heart Paisley (HAHP) is one of 3 National Health Demonstration projects, funded by the Scottish Executive. A community-based, multi-disciplinary and multi-agency project, it aims to reduce heart disease and promote healthier longer lives for the people of Paisley.

The project initially received £6.2 million over three years, with £1 million of this funding going directly to community based, community led projects. Early achievements have led to further funding from the Scottish Executive and the project is now entering a transition phase which will help prioritise activities for Phase 2.

Working with local partners, a range of activities and services are available to promote heart health in all settings including community centres, schools, shops, workplaces, GP practices and hospitals.

A number of policy and practice working groups exist within HAHP including the Healthy Eating Sub Group. These groups have representatives from various agencies both statutory and voluntary as well as representatives from the community.

The **Healthy Eating Sub group** is a multi-agency group with good community representation. Through this strand three full time dieticians have been employed in three different sectors: secondary care, primary care and Local Authority (looking specifically at the standards of nutrition within the care home and day care settings.) A Healthy Eating Co-ordinator has the remit to co-ordinate a consistent approach to nutrition throughout all the sectors of HAHP.

The purpose of the Healthy Eating Sub Group is to ensure national policy guidelines are embedded in HAHP practice. Other members of this group include representatives from the local further education college which plays an integral role in supporting community led lunch clubs to deliver a service within the local community. Environmental services are also represented, responsible for catering within the school setting as well as

council-run care home establishments.

A number of **community led initiatives** have been funded through the community bids component of HAHP. These include three **community lunch clubs**, two of which have their meals cooked by Reid Kerr College. Local volunteers who have enlisted the support of the College lead the activity within local community centres.

This approach has ensured the future sustainability of the lunch clubs. The college uses the lunch clubs as an outreach base for students and the community groups benefit as low cost, nutritional meals are provided for the local community. The community groups work closely with the college on menu planning and service delivery.

The other model is based around the group employing staff to cook within a community-managed centre. This model has also worked very well in that the community group has gained valuable experience in employing staff as well as having control over all aspects of running a lunch club. This lunch club is expanding shortly to include a food co-operative, allowing members to have their lunch and access good quality, low cost food at the same venue. It is hoped that both these ventures will aid sustainability and ensure that the service is not short lived.

In addition to the lunch clubs, HAHP has funded a purpose built mobile shop which provides the people of Paisley with access to healthy, affordable, good quality food. The **Health on Wheels** van carries general heart health information and helps promote any health events in the town.

A variety of other food initiatives are funded. These include **cooking sessions** for a number groups, including Women's Aid and carer groups, who would normally find it difficult to be involved. A series of **cooking roadshows** have enabled people not necessarily involved in local community groups to become active.

A number of **gardening groups** are growing their own healthy produce. One example is the Disability Resource Centre, which received funding to provide raised beds to enable wheelchair users to



grow organic vegetables. Some of these vegetables were used in the Centre by the healthy eating group, while more were sold at community events which

raised funds to reinvest in the project. Another growing initiative is operating in Hillview Nursery, which is a pre 5 establishment. The children learn about where food comes from, how it is grown and prepared and then eat it as part of a healthy meal.

Some groups have even grown into a **retail outlet**. One such group is the clients at Capability Scotland's Whitehaugh Centre. They received funding to open a fruit and veg stall within the Centre as well as carry out a series of cooking classes. The success of the stall has led the group into a commercial venture with the opening of their 'Heart Matters' shop. The group has just completed a feasibility study and is eagerly awaiting the results. A fruit shop has also been established within the Royal Alexandra Hospital in Paisley. This shop, funded by HAHP, sells fresh and prepared fruit for visitors, staff and patients and is open 5 days a week in a prime position within the foyer of the hospital.

HAHP is also helping local private businesses to promote a healthier approach. The local owner of a new healthy eating café within Paisley town Centre approached the project prior to opening for advice and guidance on what should be sold. Healthy options provided include a salad bar and takeaway fruit bowls. All meals home cooked and cooking methods are health orientated, with nothing deep-fried. The owner continues to work with HAHP to review his menu and promote the healthy eating message to his customers.

For further information please contact Heather Sloan, Locality Team Leader at Have a Heart Paisley on 0141 587 2479 or email heather.sloan@haveaheart.org.uk. You can also visit the HAHP web site on www.haveaheart.org.uk

Growing interest

Judy Wilkinson, Secretary Scottish Allotments and Gardens Society (SAGS) has written to SCDP on a year in the life of a Glasgow allotment holder, part of which is reproduced below.

"People are often surprised at the variety and abundance of vegetables fruit and flowers that can be grown in a small 30ft by 60ft plot in the west end of Glasgow. The season starts with plants that are perennials such as Good King Henry, an orache which is cooked like spinach and very good in the Spring. Last Autumn we planted spinach, chard, borrecole, leeks and purple sprouting broccoli and these were very welcome early in the year. In May the broad beans appear, lovely eaten young in the pod. This year we grew six varieties of potatoes. Summer brings salad leaves, shallots, radishes, three varieties of rocket, two kinds of peas and three different courgettes. The runner beans, lasted until the middle of October and produced a wonderful crop. The Autumn and winter fare is based on red cabbage, kale, brussel sprouts, parsnips, beet-root and chicory. We also grow about twenty different kinds of herbs which are available almost all year round. Previous generations of cooks grew and used many herbs for their salads. These leaves, flowers, seeds and roots provide essential vitamins and minerals. However such culinary inputs have mainly disappeared in recent years and it would be good to see a revival. This year other people on our allotment site have had great success with corn in their plots and tomatoes, peppers and aubergines in their green houses. We like soft fruit and our freezer is bulging with raspberries, strawberries, goose-berries, black currants and black berries. The worcester-berry resembles a cross between a black-currant and a goose-berry and makes a good, impenetrable hedge. Several people are now growing dwarf fruit trees – apples, pears and plums. The harvest this year has been amazing and it would be interesting to survey the fruit trees that grow in Glasgow. Perhaps we can revive orchards in the city and increase our enjoyment of locally grown fruit."

Judy and colleagues ran a very successful event in November showcasing Glasgow's allotments and are planning future activities. For more information look up the SAGS website on (www.sags.org.uk).

Question Time

Jeanette Longfield, Co-ordinator of Sustain: The alliance for better food and farming answers questions.

Q Sustain describes itself as ‘the alliance for better food and farming’. Who makes up Sustain and is anyone missing you’d like to be in ‘the alliance’?

A There’s over 100 national organisations in Sustain’s membership and they vary from large, well-known campaigning organisations like Friends of the Earth, through a range of professional bodies – such as dieticians and environmental health officers – to small, specialist groups like the Hyperactive Children’s Support Group. The full list is on our website – www.sustainweb.org - with links to all our members’ sites. Even if you aren’t that interested in Sustain, it’s a good website for finding a very wide range of organisations that are expert in food and farming issues. Even though the alliance is already large, I always love welcoming new members – large or small – and we don’t have enough organisations representing the devolved administrations; not just Scotland, but Wales and Northern Ireland too. Is that a big enough hint?

Q What actions, one immediate and one long term, would Sustain prioritise to make Scotland, and the UK’s, food and farming ‘better’?

A I would introduce legislation to protect children from being targeted by marketing for “junk” food. Our surveys have shown that over 95% of the ads on children’s TV are for products high in fat, sugar or salt – or sometimes all three! But it’s not just TV ads. Marketing is now invading the internet, mobile phones and even schools. I don’t think children are fair game for this kind of aggressive marketing, particularly given the epidemic of childhood obesity. One in five children aged 15 and under are either overweight or obese and rates are still rising. This can’t go on. Ninety national organisations – including the Scottish Consumer Council – agree with us that children need legal protection from “junk” food marketing, and the number is growing all the time. We’re

particularly concerned to protect families on a low income from this marketing pressure. It’s hard enough bringing up children on a limited budget, without being pestered constantly for higher priced branded products. Children are very conscious of brand status, and no parent wants their child to be picked on for having cheap, unbranded products. Unfortunately, government seems less interested in protecting children’s health, and more interested in safeguarding the interests of the “junk” food industry, advertisers and the commercial media. This ought to be an immediate policy measure, but I fear we’re in for a long, hard campaign. A really long term project, though, is making the food and farming system more environmentally and socially sustainable. Even if we all agreed tomorrow that we should radically alter what we produce and consume, it’s going to take a long time to change what we farm, how we farm, how the food gets to us and how we eat. For example, the Swedish Environmental Protection Agency calculated that we should be eating three times more cereals, but only about a quarter of the meat and meat products we currently consume. This would not only be better for our health, but would also reduce the amount of energy, artificial fertilizer and land we need to use. But if this happened overnight, the meat industry would be devastated. It will take time, not only to make the changes, but also for industries to diversify into other sectors and create new jobs to replace the ones that will be lost. It’s a big job. The sooner we start, the sooner we’ll get there.

Q Food and farming policy in the UK seems to be in a constant state of change. Over the next year which areas will you be watching closely?

A As well as continuing our campaigns on “junk” food and agricultural policy reform, we’ll be starting a new project to tackle the practicalities of improving hospital food in three or four London hospitals. We’ll be trying not just to make the food healthier – though that’s hard enough! – but also farmed using methods that are good for the environment, and processed by local firms. The NHS, and other public sector caterers, have huge spending power that could be used to promote health, protect the environment and create jobs. We want to persuade them that this is not only desirable, but possible.

Publications

“The evaluation of smoking cessation initiatives is complex, and subject to a particular methodological challenge since it is unlikely that cessation will be an immediate outcome for many of the participants. However, there are other outcomes which can be assessed, and these include the increase in capacity in individuals and communities, which has potential to enable future work in the same field and also on other topics.”

There are no shortage of familiar themes for those working on food within ASH Scotland’s new report describing the second phase of their Tobacco and Inequalities Project. The report covers community development and engagement, health issues, inequalities, small grant work and tobacco control. The 108 page report as well as a three useful six-page briefing papers can be downloaded from www.ashscotland.org.uk/inequalities/tobacco.html

Food For Life, the recently published report from the Soil association on primary school meals in the UK (with an additional book of 12 pages specifically relating to Scotland) includes case studies of schools pioneering healthy mealtimes, as well as actions that schools, caterers, government and parents can take. To download either report see www.soilassociation.org

The Engine Shed is an Edinburgh based organisation that provides vocational training for people with learning disabilities within community workshops including bakery, vegetarian cafe, food processing and outside catering. Established since 1990 the café has recently produced a recipe book from a collection of its best selling dishes. Price £4.99 direct from the Engine Shed or Engine Shed shop at 123 Bruntsfield Place, or by post £4.99 + £1.00 p&p. www.engineshed.org.uk

Healthy Futures: sustainable development opportunities for the NHS, from the Sustainable Development Commission aims to support the NHS explore how it can maximise its contribution to a healthier population, better environment and stronger economies and communities, focusing initially on food and the capital building programme. The SDC is keen to hear about examples of good practice. For a copy of the publication see www.sd-commission.gov.uk/wp/10.htm or contact Victoria.read@defra.gsi.gov.uk

A number of **new publications** involving the Scottish Community Diet Project will be available shortly.

The report from last summer’s national conference ‘No Fare: Working together for fairer access to a healthy diet in Scotland’, organised by a number of government departments and national agencies including SCDP, has now been completed. Copies will be sent out to all who attended as soon as possible and other copies made available. The forty-odd page report includes speeches, workshop conclusions and a comprehensive contacts list.

Have a Heart Paisley, East Lothian Roots and Fruits, Health Scotland and SCDP have completed their study on mobile retail community food initiatives and will shortly be sharing its findings.

The long awaited discussion paper on the benefits of the local food sector, being produced by SCDP with a number of local and national partners, has also now been completed and it is hoped to include a copy with the next edition of Fare Choice.

A second edition of SCDP’s toolkit for breakfast clubs is currently at the printers. ‘Breakfast Clubs...more of a headstart’ has been updated to reflect the lessons learned locally and nationally about this increasingly popular form of initiative since the first edition was launched.

Reports on the SCDP-organised ‘community exchange’ between Glasgow and Newcastle last Winter, this summer’s ‘study tour’ of Lanarkshire/ West Lothian by policy staff from national agencies, as well as the reports from the recent SCDP events on regional food strategies, island communities and participatory appraisal will all be out in the New Year.

Details of where you can get copies of all the above will go on the SCDP website, and no doubt elsewhere, as soon as they become available.

A new directory of transcription, translation and interpretation services available to Scotland has been produced by Scottish Formats Resource (published by UPDATE and SAIF). The Directory highlights that good information and advice centres enable service users to make informed decisions. For copies, contact UPDATE 27 Beaverhall Road, Edinburgh, EH7 4JE. Tel. 0131 558 5200, minicom 0131 558 5202, fax 0131 558 5201, e-mail info@update.org.uk

News

“The Pilton Milk Token Initiative demonstrates that it is possible, even if in a limited way, to make a difference in the lives of families living in a low income neighborhood. This findings of the research reported here underline the importance of diet, literacy and savings in such a community.” Pilton Community Health Project in Edinburgh are kindly allowing SCDP to distribute their final report on the evaluation of Pilton Milk Token Initiative, completed last August. This popular form of intervention is particularly relevant at the moment as the implications of the review of the Welfare Foods Scheme becomes clearer. Contact Alice at SCDP for a copy.

A Scottish company, Lochinver Larder, has won ‘best food producer’ at the 2003 BBC Radio 4 Food & Farming Awards. The ‘best public sector caterer went, encouragingly, to a school caterer from Nottinghamshire and, even more encouraging, the ‘best local food retailer’ went to a motorway service station on the M6.

‘Best food campaigner/educator’ went to Eric Samuel works with numerous community food initiatives in East London and is a friend of the project. An even older friend, Prof Tim Lang, “*watchdog and whistleblower*”, deservedly received the ‘Derek Cooper Award’. If you missed the awards on Radio 4, a full list of winners and background information on them is available on <http://www.bbc.co.uk/radio4/factual/foodprogramme.shtml>

An eight-page report from last December’s NHS Tayside conference, ‘Nutrition-related health inequalities: action and partnerships to make a difference’ is now available and a full transcript of the proceedings is available on the web

<http://www.show.scot.nhs.uk/thpc/Health%20promotion/nutrition%20conference.htm#NutritionConference>

Nearly 100 chefs from top hotels and restaurants have started to visit schools to highlight their concerns about the demise of practical cookery in the classroom and the knock-on effects for health and well-being. The campaign is backed by the Adopt a School Trust (AAST), which relies on chef members of the Academy of Culinary Arts.

Further information available from www.academyofculinaryarts.org.uk or through Elly Mercer, tel: 020 8673 6300

Coca-Cola claims it is to stop aiming its TV commercials at children. The world’s biggest soft drinks company said yesterday that it had abandoned so-called pester power advertising that tries to make children bully their parents into purchasing decisions. The decision was made after growing criticism of food and drinks companies for encouraging children to consume sweet and fatty products, a trend blamed for an alarming rise in childhood obesity. Martin Norris, communications director of Coca-Cola UK, said: “*In the case of children under 12 the responsibility for consumption should be left in the hands of parents and guardians.*”

LEAP for Health is a planning and evaluation tool developed by Health Scotland in collaboration with the Scottish Community Development Centre. The launch takes place on 29/1/04 in Edinburgh and a series of introductory workshops have been organised around the country: 17/2/04 Dumfries 24/2/04 Aberdeen, 17/3/04 New Lanark, 24/3/04 Perth, 22/4/04 Glasgow, 5/5/04 Inverness and 20/5/04 Western Isles. Places bookable through Health Scotland. SCDP have been given a number of copies of LEAP for Health which are available free to Scottish projects while stocks last.

Fish Facts’, is the latest nutrition leaflet from Scottish Quality Salmon. You can download the full-colour six page A4 leaflet from their website www.scottishsalmon.co.uk or request copies from them at Scottish Quality Salmon, Durn, Isla Rd, Perth PH2 7HG tel: 01738 587 000 e: info@scottishsalmon.co.uk

New Opportunities Fund and Community Fund are going to merge to create on new funding body. They are looking for board members in particular from Scotland in serve this new funding body. For more details visit there websites www.nof.org.uk and www.community-fund.org.uk.

Scottish Executive Health Department have developed guidelines for the healthy living logo. The guidelines are available as a paper copy or on CD. The SCDP have 100 versions of both to give away. Call SCDP if you would like a free copy.

Scottish White Stuff Milk Moustache Campaign is a joint campaign of the Milk Development Council and the Scottish Dairy Marketing Company supports its aims of promoting increased consumption of low fat, semi-skimmed milk as part of a balanced diet, targeted especially at young people who are known to have, on average, lower intakes of vitamins and minerals. Posters can be seen around Scotland endorsed by the Scottish Executive's Healthy Living Campaign.

Volunteers are required for a health research public interest group. If you have ever been a patient and are interested in having your say to influence what health research should be carried out, a team based at Glasgow Caledonian University is seeking volunteers, from all over to Scotland, to form a research public interest group. The Nursing Research Initiative for Scotland (NRIS), aims to include the views of as many patients, or people with experience of health services, as possible. The team are interested in what patients think is important and what should be researched in the health field in the future. If you would like to become involved or for further information, contact: - Sue Kinn at NRIS, Glasgow Caledonian University, Cowcaddens Road, Glasgow. G4 0BA. Telephone 0141 331 8100/03 or by e-mail – s.kinn@gcal.ac.uk The team will pay travel, out of pocket and childcare expenses.

Three one hour documentary programmes are being made for BBC Two about the history of the diet industry and the rise of obesity. A family is being sought to illustrate many of the issues. SCDP have agreed therefore to publish the following call for volunteers. *“Are you struggling to beat bad eating habits? Do you and your kids need to lose weight? Have you tried every diet and given up? Do you feel it's time to make a change? BBC Television is looking for a family to take part in a short amount of filming. We'd like to hear from you for a documentary series investigating why, despite decades of dieting, more of us are overweight than ever before. If you'd be prepared to have a confidential discussion about these issues please do get in touch and we can tell you more about our upcoming series. Contact Sara on 020 8752 7191 or Email sara.tiefenbrun@bbc.co.uk.”*

A mixture of new and familiar faces from a range of backgrounds and food research interests participated in a successful day of networking organised by the Scottish Colloquium on Food and Feeding (SCOFF) and the British Sociological Association Food Study Group. Held at the University of Edinburgh, the October event was a day of sharing and learning as well as tackling difficult issues such as finding funding for qualitative food research and best practice in research commissioning. Dr Elizabeth Dowler, University of Warwick, launched the day with a presentation, which mapped out past achievements and future challenges for food poverty research in the UK. Dr. Dowler encouraged the group to maintain and build on their networking links. SCOFF and the BSA Food Study Group joined forces in 1994 to provide a network to facilitate the dissemination of information about current research interests in all aspects of food production and consumption. SCOFF members regularly contribute to Fare Choice and a short booklet of articles from past editions has been produced by the SCDP to highlight the existing and growing links between community food activity and research. To obtain a copy, please contact Alice at the SCDP or download from the SCDP website. SCOFF / BSA Food Study Group is open to all who are interested. It holds regular events throughout the year for its members, who pay a one-off joining fee of £23. To find out more, please contact Wendy Wills, SCOFF Convenor: Tel 0131 651 1206. Email: wendy.wills@ed.ac.uk

The Co-op supermarket group have adopted a GM-free stance. The ban will extend to all Co-op brand products, food grown on their farms, the feed of animals reared for co-op products and investments made by the Co-op bank. A recent study by the supermarket found that 55% of respondents were against GM. The Co-op said *“We have listened to the experts on both sides of the debate. We have consulted our customers and members and evaluated available evidence. But, on the strength of current scientific knowledge, and the overwhelming opposition of our members, the Co-op is saying no to the commercial growing of GM crops in the UK. And we would urge other consumer-led businesses to follow this precautionary approach”.* www.co-op.co.uk

DATES FOR YOUR DIARY

January

13 Scotland's Food Production, diet and social justice - 3:30pm - 6 pm Committee Room 1, Lord Balerno Building, Heriot-Watt University, Riccarton, Edinburgh, EH14 4AS. For further information about Scottish University Network for Sustainability visit www.suns.org.uk.

21 Food as Treatment: Making the Links, London a conference organised by the Better Hospital Food programme. Speakers include Lord Warner, Health Minister, and Dr Michael Stroud. Chaired by Lloyd Grossman. Contact: NHS Estates, nhs.estates@doh.gsi.gov.uk, tel: 0113 254 7070

28 Salt Awareness Day organised by CASH. This year's themes will be consumer understanding and salt labelling. The main event will be held at the House of Commons and health professionals throughout the country will be encouraged to put on their own display or event. Results of our salt survey exploring consumer understanding of salt in the diet and the labelling of salt on food products will be highlighted for Salt Awareness Day. Look out for further details on our website (www.actiononsalt.org.uk)

February

23 - 24 The Gathering, held in the SEC C, Glasgow, attracts around 3000 people from voluntary sector workers, volunteers, job seekers, to individuals from private and public sectors, and many more. There will be 80 organisations exhibiting at this event which is Scotland's first voluntary sector fair. If you or your organisation would like to join them please contact Alex Thomson on 0131 474 6152.

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



If this copy of Fare Choice has been sent to the wrong address, you wish a copy to be sent to another agency, a different part of your own organisation, or you no longer wish to receive a copy, please let us know

Lloyds TSB Foundation Scotland is holding its latest series of surgeries throughout Scotland, from Hawick to Elgin, to discuss potential projects, for which the Foundation might be able to provide financial support. Surgeries are for local recognised charities and by appointment only. If you would like a one to one session call for an appointment on 0870 902 1201.

Events to plan for....

19 - 22 April

Sustaining Public health in a changing world: Vision into Action. Brighton. UKPHA annual forum, this year incorporating the World Congress of Public Health. Call 020 89770011 or visit www.ukpha.org.uk

May 28 - 31

XIV International Congress of Dietetics, Chicago <http://www.internationaldietetics.org/icd.asp>

Meaty questions needed....

Jim Walker, the Chairman of Quality Meat Scotland (QMS), will answer questions in the next edition of Fare Choice out in February next year. QMS is committed to improving the competitive position of Scotch beef, lamb and pork in both the domestic and export markets through effective promotion, marketing and industry development.

Going fast....

SCDP still have some of their nursery-age tabards and primary/secondary-age aprons available. Requests of up to twenty tabards and ten aprons from local groups and schools will be welcome while stock last. Contact Alice, see details below.

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

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