



FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

Welcome Change

Change is at the heart of what Fare Choice readers are, or should be, about. Change is therefore an appropriately recurring theme in this edition.

Some articles concern individual change (see Scoff article page 4), some policy change (see reform of the Welfare Foods Scheme page 10).

Encouraging change in the way community food initiatives operate, through sharing and learning from each other, is well covered in this edition (see community gardening page 12, cooking skills page 9, breakfast clubs page 9, mobile initiatives page 9).

Changing relationships between researchers and the researched, as well as the relationship between research and practice are key themes in both a forthcoming conference and a publication (see page 10). Planning, is an area where there is not only a lot of change but also the potential to generate more informed change (see page 7)

Effective strategies for change are required from our local schools to a global level (see page 2) and industry's contribution to change is also examined (see interview page 8 and local food



Papdale Fruit Initiative, in Orkney was launched in January, by Orcadian Big Brother winner, Cameron Stout (see page 6).

sector page 3). Change and the benefits of change need be seen from many angles, not only health but also economic and legal (see page 11).

Change for the better, whether in individuals, agencies, practice or planning may seem obvious but isn't guaranteed. It must be encouraged, enabled and sustained.

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launched **page 2**

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Policy roundup

Following last Autumn's 'Hungry for Success' seminars, an evaluation has highlighted the key concerns of the 255 participants. There was general agreement that improved school meals would only come with different agencies and different parts of the same agencies working together, as well as different parts of the country communicating and learning from each other. Further events have not been ruled out by the Scottish Executive. The Scottish Executive are also posting relevant material, contacts etc on the web – currently www.Scotland.gov.uk/education/schoolmeals Leaflets for parents are due out after Easter and child-friendly publicity is in production.

A proposal for a Members' Bill, the School Meals and Snacks (Scotland) Bill was lodged a few weeks ago by Frances Curran MSP at the Scottish Parliament. It proposes 'to make provision for nutritional meals and free water in schools under the management of local authorities; to prescribe circumstances in which education authorities must provide free nutritional school meals and milk; to confer powers on the Scottish Ministers to regulate the sale and advertisement of consumable goods on school premises; to make provision for the monitoring of nutritional standards in schools; and to make provision for a complaints procedure for pupils and parents in relation to nutritional standards and the regulation of the sale and advertisement of consumable goods on school premises.' www.scottish.parliament.uk/bills/membill.htm. A mini road show organised by the Scottish Youth Parliament and the Free School Meals campaign group will take place on 18 March (Glasgow), 19 March (Dundee), 22 March (Edinburgh). For more information call Sean Hanlon on 07743448194 or e-mail seanh_msyp@yahoo.co.uk.

John Reid, Secretary of State for Health recently launched the biggest ever public health consultation south of the border, 'Choose Health?' (see www.doh.gov.uk). It will run for twelve weeks from the beginning of March. One of the first responses came from the Muslim Health Network who are urging all Muslim health professionals, community leaders and patient forums to get involved. 'The issue of health of manual workers,

environmental smoke, second hand smoking makes the Muslim owned restaurants the frontline of this debate. Bangladeshi and Pakistani Muslims now own over 8,000 restaurants that have a workforce of over 70,000 employed in a £2 billion a year industry. The Muslim Health Network urges the various restaurant owners federations and consortiums to join in the debate.' For info visit www.muslimhealthnetwork.org

Comments submitted by governments on the World Health Organisation's global strategy on diet, physical activity and health are now on the WHO web-site at www.who.int/hpr/global.strategy.shtml 'It is important that the strategy focuses on the need for a fully integrated multi-sector approach embracing the public, private and voluntary sectors and all levels of government, to provide a supportive, health enhancing cultural and structural environment for each individual including potentially excluded communities of interest. This should be in addition to the consideration of the role of individuals and families.' stated the UK response.

Your views on food and low income issues are wanted

The Food Standards Agency (FSA) are seeking your views on a report they commissioned into 'current UK-wide work on food and low income issues and on ways in which Government could work to support food-related initiatives which target low income consumers'. The 75 page report can be downloaded at www.foodstandards.gov.uk/foodindustry/Consultations/consulteng/foodandlowincome or a copy can be obtained from Carolyn Ainsbury at FSA (Scotland), 6th Floor, St Magnus House, 25 Guild Street, Aberdeen AB11 6NJ Tel: 01224 285 156 Fax: 01224 285 168 or e-mail carolyn.ainsbury@foodstandards.gsi.gov.uk. Responses are to be with Carolyn by 21 May. Questions are suggested to help those responding. However, those active and busy in the field should feel free to give a response to all or part of the consultation and in whatever size or form they feel is most appropriate depending on their circumstances. The FSA will report on the outcome of the consultation in the summer.

SCDP Small Grants 2004

The Scottish Community Diet Project's small grant scheme for 2004 is now open! Small grants of up to £3000 are available to help support and develop new and existing community food activity in Scotland. Successful awards have been made to a wide range of initiatives in the past from community cafes to community growing schemes. Small grants have also boosted the activity of projects engaging with a wide range of disadvantaged groups such as the users of mental health services and young carers. If you would like to discuss your ideas, please contact Lizanne Hume at the SCDP. Application packs can be downloaded from www.dietproject.org.uk or can be requested by contacting Alice. The closing date for applications is Friday 28 May 2004. We look forward to hearing from you!!

Roundtable discussions

A new series of SCDP round table discussions is soon to take off. The first will explore the use of food mapping as a potential tool to develop the work of community food activity in Scotland. Many local projects are already using food mapping techniques or considering the potential of food mapping, as are policy makers and strategists working at regional and national levels. This event will be an opportunity for all to find out more as well as share experiences. Guest participants, Dr Elizabeth Dowler from the University of Warwick, and Angela Blair, Community Food Development Worker for Rowley Regis and Tipton Primary Care Trust, will begin the discussion by sharing their experience of food mapping in Sandwell from academic and community perspectives. This half day event will take place at the Scottish Consumer Council, Glasgow on Friday 21 May. Places are limited, so if you want to take part, please contact Alice for a booking form.

Feedback from Lisbon

'Don't stop what you're all doing and never be afraid to speak out' were the words of Professor Peter Townsend speaking with the SCDP delegation at the International Conference on Poverty, Food and Health in Welfare in Lisbon, 2003. To find out more about the group's experience at this conference, a short report is now available from the SCDP or downloaded from the website.

Local food, local meetings

'Recent food and farming crises such as BSE and foot & mouth disease have raised questions of farming methods, the food supply chain and the viability of the food system in Scotland. There are also concerns about the impact of food production on the environment and on our health. Debates about global markets, cost, quality and variety all foster this new interest in the way we eat, and consequently, the way we live.'

Enclosed with this edition of Fare Choice should have been a copy of the long awaited discussion paper – 'Feeding the interest: a discussion of the potential benefits of the local food sector to the economy, the environment, communities and health in Scotland'.

Limited numbers of additional copies are available from SCDP which can also be downloaded from the SCDP website. The work was commissioned by a unique partnership of the former Food Futures programme areas, NHS Health Scotland, Highlands and Islands Enterprise, Scottish Executive Health and Environment & Rural Affairs Departments, Scottish Natural Heritage, Scottish Consumer Council and Scottish Community Diet Project.

In order to encourage local discussion, making contacts, sharing experience, identifying practical steps and informing policy, the SCDP are 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 hindering participation. Responsibility for organising a meeting in their community would lie with the applicant.

If you are interested in organising a community meeting exploring the potential benefits of linking local producers and consumers contact SCDP for an application form. The simple form will ask for brief details on what you intend to do, why and a financial breakdown. Applications will only be accepted on an official form. Deadline for applications 19 April 2004.

Scoff



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

Everyone else is doing it, so why can't I? The problems of putting health promotion advice into practice.

New Year's resolutions tend to reflect health promotion messages and public health policies because people vow to give up smoking, cut down on alcohol, lose weight and do more exercise.

In theory, losing weight is easy - eat less, exercise more. However, despite good intentions, most people find the simplistic advice of eating healthier and doing more exercise unfeasible, and obese people are regularly stereotyped as being greedy and lazy. Drawing on interviews conducted as part of a PhD study, this article will explore some of the reasons why obese people find it difficult to implement health promotion advice and lose weight.

The study incorporated a mixed method design which consisted of a community health survey and semi-structured interviews. The study participants were recruited through 3 socially contrasting GP practices northwest of Glasgow and 2600 participants aged 30-60 completed the questionnaire. Over half the participants were overweight and 19% were obese. 20 participants were subsequently interviewed.

During the course of the interview, nearly all of the participants talked about the importance of healthy eating and exercise, and it appeared that they had absorbed health promotion messages, as they seemed to know what they should be doing but that they had difficulties putting their knowledge into practice.

Healthy Eating – The main barriers that seemed to prevent people from eating more healthily were the availability and accessibility of healthy food, cost, lack of time and family responsibilities. Participants living in deprived areas were inclined

to shop locally as they could not afford bus fares to the supermarket. However, although the local shops were easily accessible, the availability of fruit and vegetables was limited and the *actual* cost of healthy food was seen as expensive. Nearly all of the participants living in the affluent area thought that healthy food was inexpensive but that the *perceived* cost could possibly discourage someone on a low income from buying fruit and vegetables. The pressure of working life combined with family responsibilities, such as childcare and housework, meant that some participants felt they had no time to prepare meals and as a result they relied heavily on pre-prepared convenience foods. Some participants were shift-workers and as a result their irregular working hours had an impact on their ability to eat healthily because finishing late at night often meant they were too tired to cook and consequently, they relied on take-away food.

Exercise – Although participants talked about the need to exercise, they felt that the cost of structured exercise such as gyms, health clubs and swimming pools were expensive. In addition, participants with a family often found it difficult to find the time to exercise, especially as many gyms did not offer childcare facilities and they could not afford to pay for a regular babysitter. An interesting finding that may have implications for health promotion is that most of the female participants suffered from body dissatisfaction and this limited their exercise choices. For example, they would not consider activities such as swimming because they didn't want people to see their 'fat bodies'. A lot of the female participants suggested that exercise classes solely for bigger women might encourage them to exercise. Many also emphasised the need to go with a friend for moral support.

It is often argued that people are fat because they do not have the willpower to lose weight. Hopefully this brief overview of some of the study findings demonstrates that there are more complex reasons why people can't implement the advice and it isn't just the case that people can't be bothered to eat more healthily and exercise.

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www.gla.ac.uk/departments/generalpractice/obesity2.htm

Project News

Pilton Community Health Project and their well known Barri Grub project are settling in to their new premises at 73 Boswall Parkway, Edinburgh EH5 2PW tel: 0131 551 1671. With a purpose-built demonstration kitchen and food co-op, the building provides an excellent base for the project's numerous activities. Coinciding with the move to a new site, Pilton Community Health Project have developed a new website www.pchp.org.uk with up-to-date news and past publications which can be downloaded.

'Everyone in Scotland should come onboard and join the Healthy Living Campaign' was the invitation made by the First Minister Jack McConnell at the **Rainbow Family Centre** in Port Glasgow in early January. Outlining new measures to tackle obesity in children, Mr McConnell announced that new nutritional guidelines for the pre-fives would soon be developed and implemented across pre-school education centres in Scotland. As part of the next phase of the Government's Health Improvement Campaign, the message from the First Minister was clear: *'..if we are to teach our children good eating habits that will stay with them for the rest of their life, we must start early.'* Already ahead of the game, Rainbow Family Centre has for some years been tackling the barriers to healthy eating faced by the families in Port Glasgow. Kickstarted by a Scottish Community Diet Project small grant in 2002, parents have since undertaken cookery skills training, which has focused on making healthy, affordable meals. Helen Douse, Nutrition Advisor for Inverclyde Royal Hospital has supported the group throughout and joined parents in preparing a range of healthy snacks for the First Minister to sample during his visit. For more information about the family centre, please contact Charlie McKay, Family Support Worker call 01475 715 724.

Have a Heart Paisley, Scotland's health demonstration project aiming to improve heart health in Paisley, has just produced a second healthy eating recipe book. With lots of easy to follow and popular recipes, this colourful resource suggests some simple tips to help ensure our meals are low in fat, sugar and salt, while still big

on taste. As its introduction emphasises, 'it's never too late to change your habits –so why not give healthy eating a go? You'll be surprised how easy it is!' To get hold of a free copy, contact the SCDP while stocks last! For more information about Have A Heart Paisley, see Edition 26 of Fare Choice (page 6), visit www.haveaheart.org.uk or call 0141 587 2479.

Every Child Grows at **Kelvindale**! Just two and a half miles from Glasgow's George Square there is an allotment where 450 under-12s are growing vegetables. Glasgow is sometimes known as the 'dear green place', but Kelvindale Primary School is a greener place than most. Tucked away behind Great Western Road, this school has had an organic allotment next to the playground for the past 5 years. Started by a group of parents and supported enthusiastically by both staff and pupils, this organic garden has 3 raised beds in which the children grow vegetables every year. Starting with the easy things (potatoes for the P1s, onions for P2s, leeks for P3s) and moving onto the more risky (beans for P4s, carrots for P5s, pumpkins for P6s), they end up with a quick crop of delicious mixed salads in their final year (P7). In 2003, they grew the biggest pumpkins in the UK-wide schools competition run by the Henry Doubleday Research Association's Schools Organic Network. Because every child grows and harvests the crops every year, there has never been a vandalism problem. Some years most of the harvested vegetables are eaten at school and some years they send crops home with recipes. No formal research has been done, but parents report that the garden results in children trying vegetables they had never previously been willing to eat. Each October the school has a harvest assembly with vegetables displayed across the stage. Nina Baker, a parent volunteer who coordinates the garden with a teacher, Arthur Lynas, is happy to pass on her experience to anyone who would like to try growing vegetables at their school. You can see more about the garden at www.kelvindaleprimary.org.uk, go the Clubs section to find the Organic Garden pages. Similarly exciting developments are taking place at neighbouring primary school, Hillhead. To be covered in a future edition.

Take Stock

Papdale Fruit Initiative Orkney

Papdale Fruit Initiative, in Orkney was launched in January, by Orcadian Big Brother winner, Cameron Stout.

Cameron readily agreed to launch this exciting new project funded by the Scottish Community Diet Project. Launching the project Cameron said *'Even Big Brother realised the importance of fruit in the diet, when no money was left in our budget, Big Brother still provided fruit for each house mate.'*

This community project is based around the busy independent shop, situated within the Papdale residential area of Kirkwall. Papdale shop is used as a 'top up shop' but for many residents is their main source of groceries. This project was set up to offer fruit for sale at half price.

The overall intention of this project is to encourage the more frequent inclusion of fruit and vegetables in the daily diet, in keeping with the recommended '5 a day'. By making fruit available at a reduced rate, this overcomes the financial barriers thus making the fruit more accessible.

This was the first time Orkney had applied for grant money from the SCDP. This project was funded through the Scottish Community Diet Project – a total of £2850 was awarded to the Papdale Residents Association. This money would be used to provide a fifty per cent subsidy on fruit in the local community shop. The project had strong support from NHS Orkney comprising of the local health visitor, family health nurse and the dietitian. Furthermore, the Papdale Councillor and the Health Promotion Department supported and encouraged the project, along with the shop owner. Without good communication and joint working this project would not of been possible.

The launch was very successfully aided by the fact local man, Cameron Stout, was in attendance. Free fruit and fruit juice was served, along with one piece of fruit to all local school children, who use the shop at lunchtime. A prize draw, recipe booklets and leaflets on 'Top tips to look after fruit and vegetables' were available.

As this is a community-based project, the Papdale Afterschool Club, Papdale Residents Luncheon Club have also benefited, from this fruit subsidy. Furthermore, the drop in Papdale baby clinic will be promoting fruit and vegetables with fruit tasting session each week.

This project received headline news in two local newspapers. The project would not have been possible to undertake without the diversity of support, and enthusiasm of key members and essentially, the SCDP grant money. Papdale shop is currently selling a fruit with a fifty per cent subsidy. After one month, the fruit sales from the shop have nearly doubled.

On the day of the launch the shop was decorated to promote 'Five portions of fruit and vegetables a day'. This decoration will remain until the end of the project, along with specially designed project leaflets.

Free fruit was provided for the launch from the Islands main fruit and vegetable supplier, Knowles & Sons. At the launch free fruit tasting was available, one piece of free fruit was given to all school children visiting the shop at lunchtime. The remainder of the fruit was donated to Papdale Residents Luncheon Club and the Papdale After School Club.

To follow on after the launch: -

- The Papdale After School Club initially received free fruit, and can purchase subsidised fruit there after. The club were also supplied with health promotion products to promote 5 a day including stickers, badges and wrist bracelets.
- A talk to be given at the Papdale Residents Luncheon Club by the Dietitian and Family Health Nurse regarding the importance of fruit and vegetables in the diet.
- The Papdale Baby Clinic receives free fruit each week as organised by the Health Visitor.

For more information contact Lynne Henderson, Senior Dietitian Orkney on 01856 885 419 or e-mail lynne.henderson@orkney-hb.scot.nhs.uk

Roots to Health

Last year the Scottish Community Diet Project ran a joint promotion around berries along with the Scottish Healthy Choices Award Scheme. A very popular leaflet was produced and some micro-funding made available. Demand for the leaflet outstripped supply and an excellent range of activity was undertaken by grant recipients. From schools, nurseries, out-of-school care playgroups in the Borders to child minders, food co-ops, elderly and disability groups in the north of Scotland, berries were grown, picked, sold, cooked and eaten as part of activities that were inevitably both educational and enjoyable.

This year the theme will be root vegetables and again a leaflet (a copy of which was inserted into this edition of Fare Choice) has been produced by colleagues at the Scottish Healthy Choices Award Scheme. Additional copies are available from both projects while stocks last and a reprint of the popular berry leaflet is also available (Maximum of 50 copies of each per request). The Scottish Community Diet Project are aware that awareness raising / promotional work around root vegetables will be popular with community initiatives but can be difficult to undertake within limited budgets. The SCDP are therefore offering to fund local activity in Scotland up to a maximum of £200.

To apply all you have to do is supply SCDP with a brief, but clear, description of the planned activity, reasons for doing it and a basic breakdown of costs. Applications which do not contain all the required information cannot be considered. There is of course, a limit on the total amount of funding available, although the project will strive to respond positively to as many requests as possible. All requests for funding must be with SCDP (see back page for contact details) by Friday 16 April and will receive a response within three weeks.

Following the very popular carrot and coriander 'seedsticks' which were used to promote a previous SCDP publication, there will also be radish and beetroot 'seedsticks' available (maximum of 50 packets of each per request).

Learning to plan, planning to learn

Copies of the report from SCDP's residential seminar, looking at 'regional food and health strategies' is now available to download or order from the SCDP. At the seminar more than one participant said '*we produced our strategy in response to the Scottish Diet Action Plan in 1996 and then it sat on a shelf*'. Appropriate data, community planning and the relationship between local, regional and national strategies were discussed frankly by participants from a range of agencies. The seminar also involved contributions from key people involved in these fields as well as feedback to a senior health improvement official.

Two issues of particular interest to many community food initiatives, namely community planning and community health partnerships, are to be dealt with at a forthcoming seminar organized by the Community Health Exchange (CHEX). The seminar will take place in Perth on the 22 June. More details available from CHEX call 0141 248 1990 or visit www.chex.org.uk.

Communities Scotland commissioned the Scottish Community Development Centre to look at the development of standards for the way in which public agencies engage with communities, with a particular focus on community planning. The draft standards have now been developed and SCDC intend to pilot them locally. Visit www.scdc.org.uk/standards.htm for information.

The Poverty Alliance (www.povertyalliance.org) have recently become one of a number of agencies to receive funding from the Scottish Council for Voluntary Organisations (SCVO) to improve the capacity of the voluntary sector to engage with the new community planning processes. Their year-long initiative will involve seminars, capacity building and the compilation of a resource for the voluntary sector in North and South Lanarkshire and Glasgow. For details of other work taking place around the country contact Calum Guthrie at SCVO, call 0141 221 0030 or e-mail Calum.Guthrie@scvo.org.uk.

Question Time

Jim Walker, the Chairman of Quality Meat Scotland answers questions for Fare Choice.

Q Where do you see meat and the meat industry contributing to an improved Scottish diet?

A There's a real opportunity for the Scottish red meat industry to contribute to what is a major issue for the Scottish nation. The red meat we produce provides a rich source of iron, protein and other essential nutrients for consumers of all ages, vital in an age when so many people are too busy to eat proper meals. The beef, lamb and pork produced by the Scottish industry is high quality, fresh and lean and is easily available in most supermarkets and butcher shops in Scotland. Eaten as part of a balanced diet, the wide range of products available, from steaks and roasts to mince and chops means that there is something for all tastes and budgets. Quality Meat Scotland (QMS) already works with a number of organisations, including the Scottish Executive, to help explain the valuable role that locally produced beef, lamb and pork can play as part of a healthy, balanced diet. As part of our commitment to this work, QMS has established a Health Education and Diet Committee made up of leading figures in the Scottish health debate who advise us in this area. The work of this Committee ranges from providing educational material on meat production and consumption for students at Scotland's schools, universities and colleges to co-ordinating a Scotland wide competition to find our Primary School Cook of the Year, challenging cooks in this sector to prepare a healthy Scotch beef dish for under 60p a head. At a more strategic level, Graeme Millar, the QMS Vice Chairman and Chairman of the Scottish Consumer Council, and I have been invited by the Scottish Executive to be part of a small group of industry Food Champions to help guide their Healthy Eating activity.

Q How important is local procurement to the meat industry and its consumers?

A Very important. You can look at this issue from two directions. The Scottish red meat industry

is world renowned for the quality of what we produce and yet often people in Scotland are not given the opportunity to use it. This is a real problem in, for example, the public sector where you would think that the most vulnerable sectors of our population, schoolchildren and the sick, should have the right to eat fresh, locally produced, good quality food which meets their nutritional needs. At the moment, this simply doesn't happen. An example I've already raised with the Scottish Executive is public food procurement arrangements for the new Edinburgh Royal Infirmary. Meals are trucked up to Scotland overnight from Wales to be reheated (there are no proper cooking facilities) in the hospital. Not surprisingly patients often say the food is appalling. As an organisation, QMS is lobbying hard for Jack McConnell to follow the English Minister, Lord Whitty's example south of the border and drive through changes to public food procurement regulations which make it easier for public bodies to supply local produce including Scotch meat in our schools and hospitals.

Q As one of Scotland's 'Food Champions', how optimistic are you of seeing improvements in the country's food and health?

A We are certainly facing a major challenge and there will no easy solutions to what's a long standing problem. However, I know that the Scottish food industry stands ready to help. The Scottish red meat industry for example is continually looking at ways of improving production methods with an eye to producing a healthier product because we know that's what the consumer wants. Changes in the way livestock are finished have already resulted in a much leaner cut on the supermarket shelf. But much will depend on whether Scottish Ministers and the public sector in Scotland more generally, move from just telling the rest of us what to eat and start making things happen themselves. The Scottish food industry has a lot to offer and there are wins in it for everyone but we need action, not just talk, from Ministers and their civil servants if we are to realise the dream of a more healthy prosperous Scotland.

For more information on Quality Meat Scotland visit www.qmscotland.co.uk

Publications

The Scottish Community Diet Project is soon to launch the second edition of its breakfast club toolkit: **Breakfast Clubs.... More of a Head Start**. Building on the success of the first edition, this latest version draws upon the lessons of many new and established breakfast clubs across Scotland. The contribution of these projects has been to present a range of practical, planning and policy issues, which they have encountered in setting up and running breakfast clubs, and think would be of benefit to others. Single copies of the toolkit are available to anyone involved with or interested in setting up a breakfast club in Scotland. If you are based outside Scotland, you will soon be able to download the new toolkit free of charge from the SCDP website.

The report from last year's '**No Fare**' conference is now available. Organised by the Scottish Community Diet Project along with the Scottish Executive, Health Scotland, CoSLA, the FSA and Communities Scotland, the event, held in Edinburgh, focused on 'working together for fairer access to a healthy diet in Scotland'. The 43-page report can be downloaded from the SCDP website and copies are available, while stocks last, from the project.

The study into two **mobile food initiatives** supported through East Lothian Roots and Fruits (ELRF) and Have a Heart Paisley (HAHP) has been completed and a copy of the research, commissioned by Health Scotland on behalf of ELRF / HAHP / SCDP can be downloaded from the SCDP website. Health Scotland are currently producing a shorter paper based on the findings, which will be available widely.

NHS Fife and Fife Council have produced a report into **Fife Food in Schools**. The report was the work of Queen Margaret University College in conjunction with a local steering group. It considers the wider issues of food provision and consumption during the school day, including school vending, tuckshops, breakfast clubs, water provision and after school clubs. To download a copy please visit ww.show.scot.nhs.uk/fpct/foodinschools/. For more information call Claire Alison on 01592

712812 or email ClaireAlison@fife-pct.scot.nhs.uk.

For some time Fare Choice readers followed the progress of the FSA-funded research into cooking skills classes lead by the University of Dundee. Many community initiatives were involved in the **Cookwell** research, which found that amongst other things 'Cookery classes should be fun and no two groups will ever be the same..' Many have learned from the findings while others were able to acquire and make use of the Cookwell manual. Thanks to the Food Standards Agency, a further batch of Cookwell manuals has been printed and are available along with the manual on CD, while stocks last, through SCDP. www.food.gov.uk/science/research/nutritionresearch/n09programme/n09projectlist/n09011/cookwellbook

Wee green figures fun pack produced by Scottish Natural Heritage is full of games, activities and ideas to encourage young children to have fun with biodiversity 01738 444 177 www.snh.gov.uk.

'The Good the Bad and the Healthy' - A study by the **Welsh Consumer Council (WCC)** to identify the basic drivers that influence food choices in order to inform the implementation of the Nutrition Strategy for Wales. Call WCC on 02920255454.

Updated guide to funding just out



The Scottish Community Diet Project is delighted to launch its updated funding guide for community food activity in Scotland – **Source 2004**. The latest edition of Source is twice the size and bursting full of funding information. The guide highlights sources of funding from Scotland,

UK and Europe as well as community programmes. Paper copies of Source 2004 are available free of charge from the SCDP by contacting Alice (details on the backpage).

News

'**Confidence to Cook**' has been developed in partnership by Aberdeen City Council and NHS Grampian using Health Improvement funds to bring cookery skills into the community. Support workers have been offered training to allow them to run their own cooking groups in their own setting or in the training kitchen based within Summerhill Community Centre. Further information available from Fiona Matthew 01224 551 316 or Shirley Beattie 01224 556 305.

Life Style Grants programme 2004 run by the National Heart Research Fund is seeking applications from community organisations, community researchers and partnerships. The fund is keen to support lifestyle intervention activities such as healthy eating. Grants of between £1,000 and £10,000 are available see www.heartresearch.org.uk/lifestyle_grants.htm

Planning aid for Scotland is a voluntary organisation run by qualified and experienced town planners who give free advice and information on all aspects of town and country planning and related issues to individuals, community councils, tenants associations and voluntary groups. For more information call 0131 555 1565 or visit www.planning-aid-scotland.org.uk.

The Food Standards Agency has published its fourth **Consumer Attitudes to Food** reports covering the English regions, Scotland, Wales and Northern Ireland. The 2003 surveys highlight trends on issues including shopping, eating, labelling, and food poisoning. To download visit www.foodstandards.gov.uk/news/newsarchive/casregions2003.

Three quarters of foods labelled farmhouse are produced on industrial premises, says a government survey showing that 40 per cent of **food labels** are misleading or ambiguous for shoppers. The Food Standards Agency study criticises supermarkets and food and drink manufacturers for duping shoppers with labels such as fresh, natural and traditional.

This year **BBC Scotland** is planning to team up with a number of charity and community groups across the country. It is hoped the partnership will have mutual benefits. Partners will be offered volunteers from the BBC staff to assist in whatever area they might feel a need. For more information write to Jennifer Allan, BBC Radio Scotland Room 4117 Queen Margaret Drive, Glasgow G12 8DG or call 0141 338 369.

Linking groups by phone is a service provided by the **Community Network**. For a free Telephone Conference Call demonstration call 0207 923 5250 or visit www.community-networking.org

Parents of toddlers are to be able to get free fruit and vegetables, the government has announced. The move is an extension of the existing scheme under which parents can obtain vouchers for free milk. The Healthy Start scheme replaces the **Welfare Food Scheme**, set up during World War II to protect the health of children during rationing. For more information visit www.dh.gov.uk/publications. A briefing paper on the updates of the Welfare Food reform has been posted on the SCDP website. Visit www.dietproject.org.uk and look under publications.

Proof of the Pudding is a workshop-based conference being organised by the SCDP and the Scottish Colloquium on Food and Feeding (SCOFF). The event will bring together a wide range of people involved or interested in community based food research in Scotland from commissioners and others who fund and manage research projects; researchers who carry out research activities with communities in any setting or scale; project staff involved in recruiting researchers to most importantly the 'researched' - members of communities involved in community food research either in the past, currently or in the future. Proof of the Pudding will take place on Thursday 28 October 2004 in the Tolbooth Arts Centre, Stirling. Registration forms will be circulated shortly, but to find out more, please contact Lizanne Hume at the SCDP or Dr Wendy Wills at SCOFF: wendy.wills@ed.ac.uk.

Berry Healthy

It is almost two years since the Berry Scotland Programme led by a voluntary board of experts from a number of disciplines received funding for a scientific co-ordinator's post based at the University of Dundee. Since then the Programme has been very active. Within academia, a research meeting of Scottish-based scientists interested in the health benefits of berries was held last year, and a number of applications for research funding have subsequently been submitted. Within the community, funding was obtained from the Lottery Awards for All to pilot a very successful project to introduce locally grown berries into primary school meals in Angus. Claire Paterson, is joining the Programme as marketing co-ordinator. Over the next year she will examine how Scottish berries are currently marketed and seek ways to expand and improve current marketing practices in the industry. She will also be facilitating new product development, including frozen fruit, drinks and healthy desserts. To help community groups, the Berry Scotland Programme is undertaking a survey within the voluntary/community sector to find ways in which the provision of local berries can be improved in Scottish food initiatives. If you are part of a community or voluntary group, please go to www.berryscotland.com/surveyform.htm to submit the form electronically. Alternatively, the survey can be done over the telephone on 01382 496447. This brief survey will take only 5 minutes to complete and will help identify ways in which community groups can make better use of Scottish berries. Enter before 16 April to be in with a chance of winning one of three £20 Tesco gift vouchers. More info www.berryscotland.com

SIGN UP NOW !

The Scottish Community Diet Project are now pulling together the 2004 Directory of Community Food Initiatives. To make sure your community food initiative is in it download the form from www.dietproject.org.uk or complete the application form included in this copy of Fare Choice. If you would like further information please contact Andrew Simpson on 0141 226 5261, or asimpson@scotconsumer.org.uk. If you have already sent in your application form, and would like to confirm we have received it, you can view an up-to-date list of directory entries in the news section of the SCDP website.

Obesity

A shock wave of obesity statistics has hit Scotland and it is no surprise that the issue is headline news in almost every type of media. Scotland's First Minister, Jack McConnell, only days into 2004, announced further new measures to step up government action to help tackle the obesity epidemic in Scotland (see page 5). Journals such as Public Health News have highlighted the gloomy array of public health consequences linked to obesity such as type II diabetes and heart disease. Rising obesity levels not only have dire public health implications. As with all matters relating to food, obesity has to be considered from a multitude of perspectives, of which health is only one. From a legal angle, the New Law Journal recently covered an article on the development of obesity litigation against the fast-food industry in the US. (Vol. 153, No. 7108). With two obesity claims against McDonald's already underway in the US, the writer asks if these could be the first in a wave of litigation against the global fast food industry as social attitudes to health and risk change and obesity statistics continue to grow. The cost of obesity to the NHS and UK economy is estimated at £2.6bn per year, so it is no surprise that The Economist magazine ran a series of articles in its December edition titled 'A survey of food'. From the battle of vending machines to the global growth in convenience food sales, the Economist highlighted the epidemic scales of obesity internationally and cautioned that 'it isn't just people in rich countries that are getting fat'. In the world as a whole, the World Health Organisation now estimates that more people are obese than malnourished (WHO, 2000). Developing countries are also going through changes in the ways they eat and in what they eat. For example, between 1989 and 1997, more wealthy Chinese communities cut their consumption of traditional grains by 15% while increasing meat consumption by nearly half, egg consumption by double, and fat and oil consumption by treble. What has taken a century to happen in the West, including Scotland, seems to have taken a decade in China. The food problems faced by individuals, communities, nation states and globally can only be better understood and combatted through using all the disciplines at our disposal.

DATES FOR YOUR DIARY

April

1 Building Local Compacts for Health Tolbooth Stirling call Voluntary Health Scotland 0131 557 6845.

19-22 Sustaining public health in a changing World: Vision to Action Brighton to book on line visit www.ukpha.org.uk

22 Scottish Food Advisory Committee open meeting, Edinburgh 01224 285100

27 Space to Grow Conference, Tolbooth Arts Centre, Stirling. The SCDP, along with Greenspace Scotland and the National Federation of City Farms and Community Gardens have jointly organised this workshop based event. Further information and how to book a space is available from Joy Nelson, Greenspace Scotland on 01786 465934 or info@greenspacescotland.org.uk. Also watch the SCDP website for details. The event is free to volunteers (£20 for everyone else).

30 Community Planning Seminar, Perth run by Communities Scotland, SCVO and CVSs in strengthening the voice of community and voluntary sector on Community Planning Partnerships. For more information call 0141 248 1990 or e-mail Janet@scdc.org.uk

May

7 Conference on Weight Management, Glasgow. The conference is intended to provide a clinical update on weight management and to offer practical advice and strategies on how this can be most effectively achieved. Call Carolyn Fraser, Dept of Nutrition, Queen Mothers Hospital on 0141 201 9264.

8 Contemporary Issues in Home Economics, West Park Centre Dundee call Yvonne Dewhurst on 01224 274635 for information

13 Food Standards Agency UK board open meeting, Inverness 01224 285100

13 Local food for local consumers: improving the links, Main Library, University of Edinburgh, George Square, Edinburgh 12 - 2.30. Prof Annie Anderson representing the Berry Scotland Project and Ken Hughes from Quality Scottish Salmon will speak. It is free but you need to confirm your place. Contact Wendy Wills on 0131 651 1206.

June

3-4 Dialogue with Communities, West Park conference centre, Dundee. Call 0141 2481924 or visit www.scdc.org.uk for info.

9 The British Heart Foundation is organising its first ever Docklands Jog around the Leith area of Edinburgh.

19 Scottish Allotment & Gardens Society AGM will be held at New Victoria Gardens, Glasgow. More information from secretary@sags.org.uk

September

9 SCDP networking event - keep this date free - more information on www.dietproject.org.uk

22 Scottish Food Advisory Committee open meeting, Shetland Islands call the FSA on 01224 285100.

October

28 Proof of the Pudding see page 10.

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 SCDP 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