



# FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

## Selection Blocks

*“People are not choosing, or being able to choose, to exercise and eat healthily.”*

Dr Harry Burns, Public Health Director, NHS Greater Glasgow quoted in Evening Times, June 2004.

‘Choice’ is an increasingly common notion within both food policy and practice as well as popular within branding, slogans and newsletter titles! It is without doubt a fundamental factor, but also one that needs to be recognised in all its dimensions.

In this edition of the newsletter, informed ‘choice’ can be seen as central to Scottish and UK policy development (page 2). Making healthy ‘choices’ available is also a key issue when running local initiatives such as community cafes (page 3) and delivery schemes (page 5).

‘Choice’ can clearly be influenced by location (see Island communities page 9) and equally so by culture (see Dundee International Women’s Centre, page 6). Life circumstances can also place serious limitations on an individual’s ‘choices’ (see Fareshare, page 5).

‘Choice’ does not only rest with the individual. A school can choose what kind of vending machine, if any, it feels it requires (see page 11);

the media can choose whether or not their childrens’ TV characters should be promoting unhealthy products (see page 11), public bodies make choices about when and how to consult (see GM consultation, page 4).

Promoting individual ‘choice’ is an essential part of food policy and practice, but only as long as it is accompanied by increased opportunity, confidence and capacity to choose.

Informed and responsible ‘choices’ must be the long term aim not only for individuals but also for all those sectors whose future choices will determine whether current successes are maintained and built upon.

*“There is a view that any interference in private choice is an assault on an individual’s freedoms, and this view has been used to denounce many government initiatives as a manifestation of a ‘nanny state’...Our government disagrees with this. The role of government is to protect, where necessary, and remove obstacles which individuals alone are not able to do. The role of government is an enabling one, and the role of the individual is certainly not passive.”*

Tessa Jowell MP, Westminster, Secretary of State for Culture, Media and Sport, speaking at a King’s Fund debate May 2004.

## On this issue’s menu.....

In Touch at Murrayfield  
see page 3

On course at New Lanark  
see page 3

Pudding takes its Toll  
see page 3

## Policy roundup

### Scotland

The Scottish Executive Health Department and the Food Standards Agency are establishing a new national alliance for food and health to engage, communicate and consult with all key stakeholders including food manufacturers, retailers, NHS, Local Authorities and the community and voluntary sectors. The Scottish Executive is also establishing a new cross cutting Food and Health Council to co-ordinate policy and planning and ensure the delivery of a joint action plan

The Physical Activity and Healthy Eating strands of the Scottish Executive's Healthyliving campaign have merged. You may have noticed that the Healthyliving campaign has launched new adverts on Scottish TV aimed to encourage the people of Scotland to change their behaviour towards both diet and exercise. For more information on the campaign visit [www.healthyliving.gov.uk](http://www.healthyliving.gov.uk).

The Scottish Executive recently launched guidelines for integrating sustainable development into procurement of food and catering services in Scotland. The guidelines are similar to those launch by the equivalent Government department at Westminster last year. You can download the guidelines at [www.scotland.gov.uk](http://www.scotland.gov.uk).

A Scottish diet and nutrition plan has been launched by the Food Standards Agency Scotland. The document outlines its main strategies for improving Scotland's diet and is available on [www.food.gov.uk/news/newsarchive/scotdietstrat](http://www.food.gov.uk/news/newsarchive/scotdietstrat). The strategy also recognises the importance of building wider partnerships within and beyond Government, not only in strategic policy development, but also in the delivery and implementation of initiatives at local level.

The Scottish Executive has launched a public consultation on smoking in public places. See [www.scotland.gov.uk/smokingconsultation](http://www.scotland.gov.uk/smokingconsultation) or tel 0800 027 7127.

### Wales

'Forging Links: networking to improve diet in Wales' was the theme of the second annual implementation conferences of the Welsh Nutrition Strategy. A combined total of over 300 people attended this year's conferences, held in Llandudno and Cardiff in May. A key area of discussion was the establishment of a 'Welsh nutrition network'. At the conference their 'Awards for Food Action Locally' (AFAL, Welsh for apple) were presented to a range of excellent local initiatives. More information on the network proposals, Welsh Nutrition Strategy and the AFAL awards are available on the FSA Wales website [www.foodstandards.gov.uk/wales](http://www.foodstandards.gov.uk/wales)

### UK

The Food Standards Agency is consulting on their Strategic Plan. The document can be found on [www.food.gov.uk](http://www.food.gov.uk) and the deadline for responses is 25 June.

The FSA's recent consultation on 'food and low income' (see Fare Choice 27) included a trip north by agency officials to talk to groups in Paisley and Port Glasgow. The FSA plan to report on the outcome of their UK-wide consultation in the summer.

### Europe

A recent survey showed that consumer organisations in the new European Union (EU) countries fear price rises, but believe that EU membership will bring long-term benefits to consumers through better protection and wider choice. Consumer organisations in the new member states are newer, smaller and poorer than the organisations in the 15-member EU. They need support from established consumer organisations in the EU, from governments and consumers to develop and to be able to meet new challenges. There are high expectations of the benefits EU membership will bring to consumers. Consumer organisations hope to play an increased role in influencing policy and monitoring the implementation of EU consumer legislation. The full report can be downloaded from [www.consumersinternational.org/eu-enlargement](http://www.consumersinternational.org/eu-enlargement) and [www.beuc.org](http://www.beuc.org).

*“However, it is clear that such success would not have been possible without the interventions and the positive, collaborative working approaches developed between the statutory agencies, the community health projects and the community cafes.”* From **Glasgow Community Café Development Intervention Evaluation Report April 2004**. Recent work in the field of community catering has been undertaken around Glasgow, led by NHS Greater Glasgow, the Scottish Healthy Choices Award Scheme, the Scottish Community Diet Project and Glasgow Community Café Link-up, as well as involving Glasgow City Council and Health Scotland. The intervention comprised of five elements (support, resources, training, networking, and mentoring) all aimed at improving the capacity of community cafes to improve access to, and availability, affordability and awareness of, healthy food choices. A seventy-five page evaluation of the intervention is now available from SCDP or can be downloaded from the project’s website (see back page for details). A summary is planned.

**In Touch:** an opportunity to keep in touch with what is going on around the country and to share news and views on policy and practice. The Scottish Community Diet Project’s free networking conference will be held at Murrayfield Stadium on 9 September (see enclosed flyer). If the flyer has fallen out or you would like more flyers, please contact the SCDP or visit the website for more information.

**Proof of the pudding** is a workshop-based conference, which hopes to bring together a wide range of people involved or interested in all aspects of community based food research in Scotland. The overall event will provide a forum for networking, and will give participants the opportunity to explore and share some of the highs and lows about the community food research process with a view to making future practice more effective for all. The event is being jointly organised by the SCDP and the Scottish Colloquium on Food and Feeding (SCOFF). The event will take place on Thursday 28 October 2004 in the Tolbooth Arts Centre, Stirling from 10am until 4pm. To apply, please complete the enclosed form or contact Alice for more forms if required.

Building on the success of last year’s food and participatory appraisal (PA) course, **Exploring, Identifying and Tackling Food Issues by PA** will run again from 15-19 November 2004. The course will give up to 16 people working with and within community food projects in Scotland the opportunity to develop new skills as well as network with other projects. It will take the form of a five-day residential in New Lanark Mill Hotel and the programme will comprise a mixture of theory and practical experience. To find out more, please visit [www.dietproject.org.uk](http://www.dietproject.org.uk) to download a copy of last year’s report. To apply for a place, please complete the enclosed form or contact Alice at the SCDP for more forms if required.

**Food Mapping for Community Food Activity** was the title of a recent SCDP round table discussion, which brought together a wide range of participants including local projects and organisations as well as the Food Standards Agency for Scotland and staff from the Scottish Executive Health Department. Dr Liz Dowler from the University of Warwick and Angela Blair, Community Food Development Worker for Rowley Regis and Tipton Primary Care Trust, kick-started the informal discussion by sharing both the academic and community perspectives of food mapping from the experience of work in the Midlands. A note of this discussion will soon be available from our website.

**Joint SCDP and Maternity Alliance seminar on the Diet of Pregnant Teenagers** - notes will also soon be available from [www.dietproject.org.uk](http://www.dietproject.org.uk). According to the findings of ‘Good Enough to Eat?’ (Maternity Alliance and the Food Commission, 2003) many pregnant teenagers were found to face a multitude of barriers when trying to eat a healthy diet and those living away from family were found to have particularly poor diets, often struggling on low incomes. Using these research findings and local case studies of good practice from West Lothian to kick-start discussion, this half-day seminar aimed to identify practical, realistic, and local solutions to the problem of poor diet among pregnant teenagers in Scotland. For more information about the Maternity Alliance and a copy of the research findings, please visit: [www.maternityalliance.org.uk//documents/Summary\\_good\\_enough\\_to\\_eat.pdf](http://www.maternityalliance.org.uk//documents/Summary_good_enough_to_eat.pdf)

# Scoff



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

## **The GM food debate and public participation**

Recent attempts have been made to involve the public in discussions and consultations on issues related to science and technology. Public participation in science is sought as a remedy against growing distrust. The last decade has been characterised by a lack of public confidence in those who have traditionally been involved in new technologies and their introduction – politicians, industry and scientists.

Against this background, a public debate was launched across the UK in June 2003 to discuss the possible commercialisation of genetically modified crops. The following insights result from lengthy interviews conducted with representatives of the biotechnology industry and anti-GMNGOs (Non-Government Organisations), as well as with other key commentators as part of a research project 'The Discourse of the GM Food Debate'.

The public debate, under the name GM Nation? ([www.gmpublicdebate.co.uk](http://www.gmpublicdebate.co.uk)) was first called for by the independent advisory body to the Government, the Agricultural and Environment Biotechnology Commission (AEBC) in 2001. Commentators and campaigners from both sides of the debate saluted it as an unprecedented attempt to involve the public before a decision was taken.

The debate attempted to let the public pick the issues to be discussed and the form in which they should be discussed - this was achieved mainly through foundation workshops carried out with different sections of the public. Meetings were also held with 'lay' members of the public parallel to the main national, regional and local meetings. This group was made up of people with no particular interest in or knowledge of GM. They used similar materials and discussed similar issues to those of the main public debate to strengthen the validity of the public debate results.

While the AEBC's recommendations above were followed, other important suggestions were ignored or followed only in part. Several problems soon arose. To restore public confidence the debate was to be held at arm's length from the Government. However, the Government insisted in appointing its own Central Office for Information to oversee the organisation of events. The budget necessary for running the debate was also grossly miscalculated, and although it was doubled in the end, there were delays and limited resources leading to reduced publicity and access to meetings. The Government also decided to add two other strands to the debate – a Science Review and a Costs and Benefits Review. Many commentators interpreted this as a wish to weaken the results of the public debate. A lack of integration between the strands was also reported since the public debate was to be over before the results of the first UK GM field trials were to be released. Stories were also repeatedly leaked to the national press about the Government's intention of commercialising GM, and proceeding with some GM licence applications before the debate was over.

These problems seem to argue the case for a guarded approach towards initiatives like the 'GM Nation?' public debate. The organisation of events that increase public participation at an early stage are absolutely key in moving away from the current situation of distrust. However, some of the issues suggest that there is a very real risk that public engagement initiatives become mere PR exercises.

To avoid paying lip service to democracy, we need to ensure that these initiatives are conducted in ways that are more consistent with the aims of increasing participation. Moreover, it is crucial that the procedures that we create are geared towards directing the outcomes of these initiatives into actual policy.

By Elisa Pieri : [e\\_p\\_reading@hotmail.com](mailto:e_p_reading@hotmail.com)

**Elisa Pieri** is currently researching Public Engagement in relation to the ethical, legal and social dimensions of genetics as applied in the health service at the Centre for Environment, Philosophy and Public Policy at Lancaster University.

## Project News

*“Our purposes are to provide practical help with a common-sense scheme, but also to campaign for change so that the public understands the debilitating effects of homelessness and demands social change.”* **FareShare Edinburgh & Lothian**, operated by Edinburgh Cyrenians and the first scheme of its kind in Scotland, is celebrating its fourth anniversary. The project collects surplus food from producers and retailers and distributes over 6 tonnes of fresh food each week to homelessness projects throughout Edinburgh, contributing greater choice, variety and nutrition to over 4,000 meals a week, saving an estimated £50,000 a year for recipient charities that is re-directed into training and resettlement work. The project involves a team of over 60 volunteers, 30 of whom are or were themselves homeless, as well as providing New Deal and other employment training opportunities. It also provides a healthy eating programme, devised and run by people who have experienced homelessness, for people who are homeless or are moving towards their own flats, and also promotes healthy eating as a tool in effective care and resettlement to homelessness services throughout Scotland. There is a short video about Fareshare available at a small cost from project manager Carol Anne Alcorn tel: 0131 554 390. Further information on their achievements is also available via their website [www.cyrenians.org.uk](http://www.cyrenians.org.uk) or from the director, Des Ryan, [director@cyrenians.org.uk](mailto:director@cyrenians.org.uk)

**April saw the launch of Scotland’s latest Food Train in Midlothian.** The Food Train ‘is predominantly aimed at frail, elderly people who find it difficult to shop or find it difficult to carry shopping, but anybody who is disabled in any way or has recently been in hospital for an operation and therefore, for a short period finds it difficult to shop, is welcome to access the service.’ The initiative is currently being piloted in part of Midlothian by Gorebridge Health & Regeneration Project with the support of Ageing Well and PHAB. It is backed by a Health Improvement grant from Lothian Health and has the co-operation of Scot-Mid. The inspiration came from the Food Trains that operate in Dumfries & Galloway, the best established being the one in Dumfries which has been in operation

for almost ten years. The Dumfries Food Train recently received good news from Morrisons PLC that, following the takeover, they would continue the support that currently comes from Safeway. More information on Midlothian: 01875 823 922 or [GHEALTH@aol.com](mailto:GHEALTH@aol.com). More information from Dumfries: 01387270800, [info@thefoodtrain.co.uk](mailto:info@thefoodtrain.co.uk) [www.thefoodtrain.co.uk](http://www.thefoodtrain.co.uk)

**Hillhead children’s garden** is a new project in Glasgow Botanic Gardens which aims to give local children the chance to learn about growing fruit and vegetables. The project has been developed by a group of parents – mainly from Hillhead Primary School - with a view to allowing city children access to a piece of garden. The intention is that it is used as an educational resource for the school during school hours while also being a resource for children out of school. At the start of the Easter holidays they held a ‘fruit treasure hunt’ – hiding washed and bagged fruit around the gardens. The fruit was donated by Safeway. Despite scepticism from some parents, the children loved the treasure they found. It involved about 80 people from various schools and playgroups. *“Our approach is that children must be accompanied by carers, parents, grandparents and so on. We are very keen on grandparents and older people being involved – as they have the time and experience to give to children.”* Funding for the project came from lottery sources and other places such as the SCDP, Kelvin Clyde Greenspace, and B&Q. They have a management group who have had help from a landscape architect, from Land Services at Glasgow City Council who adopted the project and have used it as a training exercise for apprentices, and also from staff at the Botanics. *“It is however conceived as a children’s garden, and we hope that management control and development will come from children and in that sense the script has yet to be written.”* In the autumn they will be planting their organic apple trees. For more details contact [John@johnhancox.com](mailto:John@johnhancox.com)

**Consumer Council staff from Belfast, Cardiff and London** visited the Sunflower Cafe [www.theannexehlc.org/public\\_docs/pages/cafe.htm](http://www.theannexehlc.org/public_docs/pages/cafe.htm) and Oatlands allotments [www.gorbalslive.org.uk](http://www.gorbalslive.org.uk) in Glasgow while up meeting Scottish colleagues in May.

## Take Stock

### Dundee International Women's Centre

Consider the difficulties of moving to a new house.... in a new community... in a new country.... with a new culture.... where the only people you know are your close family. Now imagine that you cannot speak the language. These are the types of problems faced by thousands of immigrants around the UK, many of whom live in cities like Dundee where they not only have to learn English, but also the local dialect. This can often lead to feelings of isolation and depression through a lack of contact or conversation with people other than family members. For 35 years, the Dundee International Women's Centre (DIWC) has worked to tackle such issues by offering a welcoming, warm environment in which all women, particularly those from black and ethnic minorities, can learn, socialise and broaden their horizons.

#### How was the DIWC established?

The DIWC was initially established as the Dundee International Women's Group as a missionary project to help immigrant women with little English to access mainstream services. Over the years it has evolved into the DIWC, a self-funded charitable unit of the YWCA of Scotland, and has taken on a more social, educational and recreational role. It is now run by a management committee comprising 13 women (9 of which are from ethnic groups), with the help of 34 volunteers. Over the past year they have been working through some significant changes around the centre's structural set-up including plans to become an independent organisation with charitable status.

Through a variety of activities, the DIWC aims to empower women by building self-esteem and encouraging their participation in recreational and educational classes, such as cooking, arts and crafts, English language and IT. Overall, it hopes to provide an informal environment in which women can come to learn and make new friends.

#### Who Attends?

The DIWC now has well over 100 members aged

from 12 to pension age. Within this there is a youth group for 12 to 21 year olds called 'Macara' whose programme of activities have included dance, theatre, arts and crafts, and outward bounds weekends. With limited facilities to cope with this growing number of members, the management team are currently searching for a new venue.

While the majority of members are from ethnic minority backgrounds, some native Scots attend as well, making the project a real cultural mix of languages and experiences. According to Caroline Solstad, a Swedish placement student, this variety makes the project 'more interesting' rather than confusing as some might first expect.

#### Focus on Food

Of all the classes held, their informal cooking class has become one of the main routes through which new members start to come to the DIWC. Pervin Ahmad is the DIWC Acting Project Manager and has a degree in Food Health and Welfare. She explains, "*The centre has had a long history of cooking. In the beginning the purpose was more social, but over the last few years it has become more active. Cooking is something that many women feel safe and comfortable doing so it is a good access point to the centre. Gradually they become more involved as their confidence grows and this often leads on to their participation in other classes... we have had women who have gone on to university after gaining qualifications from attending the courses we arrange.*"

Generally the cooking classes involve a mixture of taster sessions and group cooking sessions. The taster sessions involve a different volunteer member each week demonstrating an authentic home recipe for an informal group of members to taste, whereas in the group sessions everyone learns a new recipe. In 2001, the SCDP funded a 'Healthier Options in International Cooking' course where members initially attended a food hygiene course and workshops surrounding the theoretical aspects of a healthy diet. Volunteers then cooked international recipes using healthier alternatives. The course stimulated a great deal of discussion and some of the healthier versions of recipes were included in an international recipe book produced by the DIWC and funded by the

## Fare Choice

SCDP. However, Pervin Ahmed also commented that “encouraging participants to try healthier alternatives had a mixed response, with some reluctant to alter traditional recipes.” This perhaps serves to highlight one of the many factors involved in food choice and a significant cultural barrier to dietary change.

The DIWC also runs courses on a variety of other subjects including English and IT, and recreational activities such as drama, exercise

as what to feed their children. We would also like to expand the activities of the centre to include more for older women who tend to have more health issues, such as diabetes and heart disease.”

Clearly there are a number of issues affecting women from abroad who speak little English, but the DIWC provides a good example of the considerable benefits organisations like these can bring about.

### Top Tips

When asked how to go about setting up an initiative like this the members of the DIWC had a few pieces of advice:

? Keep it informal to encourage people to come.

? Ensure that people do not feel under any pressure to take part in courses, such as the cooking course.

? Beware of the needs of the class. For example, make sure, where possible, that the food can be consumed by everyone, e.g. vegetarian or halal, and try to pay expenses and provide a crèche to avoid dietary, financial and childcare barriers.

? Make sure that potential members are aware that these needs will be met.

The DIWC is funded from the Communities Scotland Social Inclusion Partnership Fund, Dundee City Council, Unemployed Voluntary Action Fund and other local and smaller grant giving bodies. It also has working partnerships with Dundee College, Abertay University, Dundee Rep. Theatre, Dundee Contemporary Arts, Dundee City Council and a wide range of local and voluntary organisations.

Many thanks to the following members of the DIWC for their contributions: Pervin Ahmad, Caroline Solstad and Vittoria Faraldi.

For more information, please contact:  
Dundee International Women’s Centre  
49 Lyon Street Ground Floor Left,  
Dundee DD4 6RA  
Tel 01382 562 058, [www.diwc.co.uk](http://www.diwc.co.uk) or e-mail:  
[enquiries@diwc.co.uk](mailto:enquiries@diwc.co.uk)



## DUNDEE INTERNATIONAL WOMEN’S CENTRE

classes (as part of the Healthy Living Initiative) and arts and crafts. Where possible, a crèche is available to maximise the numbers available to attend.

### Remaining Issues

Whilst the DIWC has succeeded in tackling a considerable number of problem areas, Pervin Ahmad says, “this is just the tip of the iceberg, there are many more issues that need to be addressed. Women have shown an interest in nutrition during pregnancy. The centre seems to attract many pregnant women and they would like to know more about how to eat healthily during pregnancy and breast feeding, as well

Many thanks to everyone who took part in our database spring clean. We had a great response to this and we hope you will notice the difference. Please continue to keep in touch with any changes to your details

## Question Time

Graham Wallace, Markets Manager for Glasgow City Council and Co-ordinator of Glasgow wholesale market answers SCDP's questions.

**Q** What is the Glasgow wholesale market?

**A** The wholesale market moved from Candleriggs in 1969 to its present site in Blochairn. The site is open 24 hours 7 days a week. The backbone of the operation is the fruit and vegetable market which starts in the early hours of the morning and starts to wind up about nine. There is also a purpose built fish market which sells out even earlier. Independent retailers, caterers and individuals visit the market to make purchases. About 60% of sales are on site sales and the rest are done by telesales and e-mail. Many traders now deliver if the order is big enough. I am aware that several community food initiatives purchase fresh produce from the wholesale market.

**Q** What is the significance of the wholesale market?

**A** This market is incredibly important to Scotland because it is the largest fish, flowers, fruit and vegetable wholesale market. There is a privately run market in Edinburgh, a small market in Gateshead and the next big market is in Manchester. The market helps combat congestion in the city centre by breaking the loads of fruit and vegetables shipped into Scotland in articulated lorries. Some of the traders have contracts for fruit in schools in Ayrshire and Lanarkshire. We do tours for school groups around the market on request. We have links with catering colleges and are excited about being involved in Glasgow's programme for culinary excellence. Glasgow City Council run markets once a week in Possil, Drumchapel, Easterhouse and Govan where many of the traders at the wholesale market take stalls. Glasgow City Council have also supported farmers' markets where only

producers and processors have stalls. The best sellers are always fruit and vegetables at farmers' market but unfortunately they are not available all year round – for example Scottish tomatoes disappear over the winter. There aren't enough traders to meet the demand at farmers' markets.

**Q** Where would you like to see the market in 10 years time?

**A** As more and more people eat out - it has been the caterers who have made the most impact on the market. They have demanded a wider range of produce and better quality. The market should be a one stop shop and I think it could benefit from a greater delicatessen range – currently we only have one cheese producer and 3 retailers who peel, slice or chop fruit and veg. The markets in France offer processed food, for example olives, pate and humous in addition to a huge range of fresh produce. We are also thinking about tackling the waste we produce. The market generates over 36 tonnes of organic waste a week and have started to look into composting schemes which would also make use of the wooden pallets. Landfill is so expensive; it should be a cost effective option.

Graham represents the market on the World Union of Wholesale Markets and is currently working with markets in Paris and Hamburg to draft the European regulations on hygiene and food stuffs which will be out for consultation shortly.

For more information on Glasgow Markets visit [www.glasgow.gov.uk](http://www.glasgow.gov.uk) or call 0141 287 2500. The market is situated at 130 Blochairn Road, just off the M8.

For more information on farmers' markets in Scotland visit [www.scottishfarmersmarkets.co.uk](http://www.scottishfarmersmarkets.co.uk)

Many thanks to everyone who has applied to be part of the new **2004 Directory of Community Food Initiatives**. This is currently being compiled and will be available shortly.

**Publications**

The Scottish Community Diet Project is about to publish a report about **food and health on Scottish Islands**. The report results from a seminar attended by people who live and work in island communities and deal with food and health issues. The seminar was also attended by the Food Standards Agency, the Scottish Executive, the Scottish Co-op and Highland and Islands Enterprise. Call Alice at the SCDP for a copy of the report, details on back page.

**NHS Quality Improvement Scotland have published their national overview of diabetes services in Scotland**, reporting on performance across Scotland against the standards set in 2002 and including relevant examples of local initiatives. *"People with diabetes are the most important determinants of the outcomes of their care. With access to the right information and care they can make informed decisions about their diabetes and become key partners of the healthcare team, promoting self management, independence and confidence, and minimising the risks of long term damage."* The national overview and local reports (per NHS board) are available from NHS Quality Improvement Scotland (tel: 0131 623 4300 /0141 225 6999) or can be downloaded from [www.nhsquality.org](http://www.nhsquality.org)

**'Starting up: your first steps to running a catering business'** is a very practical publication from FSA Scotland, aimed at 'people setting up a restaurant, café or other catering business'. The good practice and legal requirements highlighted would undoubtedly be useful to caterers in the community and voluntary sectors. FSA Scotland has supplied SCDP with a number of copies. Contact Alice if you would like to receive one.

**Consumer Attitudes to Food Standards** available from The Food Standards Agency call 020 7276 8000 or visit [www.food.gov.uk](http://www.food.gov.uk). This annual survey shows that although most food shopping is done at supermarkets, local shops play an important role in top up shopping. It also finds that although awareness of the importance of daily consumption of fruit and vegetables has increased, there has been little change in the number of people claiming to have eaten at least five portions the day before the survey.

**A new toolkit to help professionals tackle food poverty at local level** was launched in early June at the Faculty of Public Health's annual conference in Edinburgh. 'Nutrition and Food Poverty' brings together in one volume information essential to developing a local food poverty strategy. Although largely written with English policy and structures in mind, the 164 page toolkit is packed with invaluable information on developing strategy and practice. The toolkit can be downloaded from the National Heart Forum and Faculty of Public Health websites [www.heartforum.org.uk](http://www.heartforum.org.uk), [www.fph.org.uk](http://www.fph.org.uk) and hard copies can be ordered from the National Heart Forum, Tavistock House South, Tavistock Square, London WC1H 9LG. T: 020 7383 7638, [enquiry@heartforum.org.uk](mailto:enquiry@heartforum.org.uk)

The Human Nutrition Department at the University of Glasgow are organising two one-day conferences. The first is titled 'The Scottish Syndrome: Coronary Heart Disease (CHD) as a killer', and will be held on Thursday 16 September in the Thistle Hotel, Glasgow. The second conference will focus on the prevention and treatment of childhood obesity and will take place on 4 October in Hampden Park, Glasgow.

Both events should be of interest to health professionals, academics, researchers and people working with community health projects. The cost of each event is £110 per delegate. Registration forms have been included with this edition of Fare Choice. To find out more or to obtain more registration forms, please contact Carolyn Fraser at the University of Glasgow: Tel: 0141 201 9264 or [cf24f@clinmed.gla.ac.uk](mailto:cf24f@clinmed.gla.ac.uk).

The SCDP, along with the University of Glasgow, are delighted to be able to offer **four free places** at each event for people currently working with community food projects in Scotland. If you would like to be considered for one of these free places, please write to Lizanne at the SCDP, stating which conference you would like to be considered for, with a brief explanation of your reasons for wishing to attend. Declarations of interest for a free place at either event must be returned to the SCDP no later than Friday July 23, 2004.

## News

The Scottish Consumer Council now has a new part-time Policy Manager covering the area of Food. Mary Lawton has had a variety of roles in industry and trade associations including running the European Fragrance and Flavour Association.

A second new face is Louise Lawson, who has joined the SCDP's steering group as the new representative from SCOFF - the Scottish Colloquium on Food and Feeding. Louise is currently a Research Associate at the University of Glasgow and is involved in the external evaluation of the National Demonstration Project, Have a Heart Paisley.

**Kilbirnie's Radio City Healthy Living Centre** hosted the recent launch of Ayrshire's community food worker evaluation findings. Amongst the wide range of participants attending the event was Dr Mac Armstrong, Chief Medical Officer for Scotland, who could not help but be impressed by the initiative's success. The Community Food Worker Project was undertaken in selected Social Inclusion areas across Ayrshire and Arran and, using a lay worker approach, aimed to help improve the skills and confidence of local people around food and healthier eating. The project is an example of joint working between NHS Ayrshire and Arran, East Ayrshire Social Inclusion Partnership, North Ayrshire Social Inclusion Partnership and the SCDP. The University of Paisley undertook the evaluation of the project and free copies of the findings are available from the SCDP. For more information about the project, please contact Jane Jackson, Community Dietitian, NHS Ayrshire and Arran. Tel: 01294 323137.

**The SCDP recently joined projects from Bradford and Airedale District Food Network** to share in their Celebration of Food Day, which marks the third year of this growing and successful local network. The event was an opportunity for projects to celebrate success with presentations, lively music, fruit costumes and fantastic food made by a local fair trade café. Bradford's first Local Food Directory was also

launched, meaning that networking between projects could continue afterwards. Networking further afield for 14 food project volunteers and workers has since been made possible as a result of the hard work of Carolyn Lowing, Foodlinks co-ordinator for Bradford Community Environmental Project. This group recently travelled to Scotland on a mini food project tour covering a number of food projects in Glasgow, Stirling, Alloa and Gorebridge. The SCDP together with Stirling's Let Make it Better Project were delighted to welcome the Bradford tour to the new venue of Stirling's Sunlight Café for an informal networking supper on the evening of the tour's first day. Many thanks to all who helped make this trip possible, and a special thanks to those who agreed to host our visitors. For more information about the Bradford and Airedale District Food Network, please contact Carolyn Lowing on Tel: 01274 749000. Web: [www.bcep.org.uk](http://www.bcep.org.uk).

The publication of **the Scottish Executive's Social Economy Action Plan has been further delayed**. The Executive has announced the commitment of funds totalling £17 million to develop the social economy over the years 2003 – 2006. However, without the Action Plan it is still unclear as to how the Executive intends to use those funds. To keep up to date with Executive publications visit [www.scotland.gov.uk](http://www.scotland.gov.uk).

**The Constituency Health and Well-Being Profiles 2004** have been produced by NHS Health Scotland in partnership with the Information and Statistics Division (ISD) of NHS Scotland and Communities Scotland. Copies of the profiles are available from Jackie Willis, Programme Manager, NHS Health Scotland on 0141 300 1021 or on the website: [www.healthscotland.com/profiles](http://www.healthscotland.com/profiles)

The **Scottish Healthy Choices Award Scheme** has revamped its website. Visit [www.shcas.co.uk](http://www.shcas.co.uk) to find out more about the award and award holders in your area.

**If you are working in the voluntary sector in Scotland** and are keen to know more about the grants awarded directly from the Scottish Executive visit [www.scotland.gov.uk/library5/social/gvsg-00.asp](http://www.scotland.gov.uk/library5/social/gvsg-00.asp) to read the SE's guide.

**A new website** with case studies of community food initiatives and signposts to information on policy changes and funding has been launched by the Food Standards Agency and agencies which advise local government. Visit [www.foodvision.gov.uk](http://www.foodvision.gov.uk) to see if there is useful information for your work - there is a facility to submit a case study if you have some work which you would like to post on the site.

**'Local Food for Local Consumers'** was the theme of a recent seminar organised by the Scottish Colloquium on Food and Feeding (SCOFF) and the Scottish University Network for Sustainability (SUNS). The meeting gathered a diverse attendance and was chaired by Mark Ballard, MSP (Green Party) with contributions from Professor Annie Anderson about the visions and reality of the Berry Scotland Programme, and Ken Hughes, Communications Executive from Scottish Quality Salmon. For more information, please contact Wendy Wills: [wendy.wills@ed.ac.uk](mailto:wendy.wills@ed.ac.uk) or Kate Beckmann: [kate.beckmann@sistech.co.uk](mailto:kate.beckmann@sistech.co.uk).

**Greenspace Scotland's e-bulletin**, is an update about greenspace activity across Scotland and the rest of the UK. For more information visit [www.greenspacescotland.org.uk](http://www.greenspacescotland.org.uk).

The Health Education Trust has recently published information about **healthy vending machines in schools**. To view the information and find out more about the Food Standards Agency pilot project visit [www.healthedtrust.com/pages/Vendingnews1.html](http://www.healthedtrust.com/pages/Vendingnews1.html).

**The BBC worldwide**, the commercial arm of the BBC has published its long awaited **food and nutrition policy**. This commits the BBC to use nutritional guidelines for the sorts of foods that can be promoted to children by means of its licensed pre-school characters such as the Teletubbies, Tweenies, Fimbles and Bill & Ben. Previous guidelines meant children's characters could not promote fizzy drinks and boiled sweets, but the new rules go further. <http://news.bbc.co.uk/1/hi/3599403.stm>.

**SIP Transition:** 'What is happening to Scotland's Social Inclusion Partnerships (SIPs) is a complex, but crucial concern for many community food initiatives. The regeneration arm of Communities Scotland (a Scottish Executive agency reporting directly to Ministers) currently has responsibility for managing the SIP programme. However, control of SIPs is being devolved from Communities Scotland to local Community Planning Partnerships (CPPs). This process is currently taking place and involves several stages. As part of the process, CPPs must submit a self-assessed Statement of Readiness to Communities Scotland. The Statement must satisfy Ministers that the CPP meets, or is making real and tangible progress towards partnerships working; 'effective and genuine' community engagement; a focus on the most disadvantaged areas; and financial performance and outcome monitoring. The final element of the integration process is the production of a Regeneration Outcome Agreement (ROA) by the CPP for approval by Ministers. The ROA is designed to provide a strategic framework which links national and local priorities for tackling disadvantage with spending and activities, through SIPs and partners' mainstream resources. This is aimed at improving outcomes for disadvantaged areas and groups. From 2005/06, the agreement will provide the basis for each three year funding period. If you work within the community/voluntary sector and would like more information, contact Calum Guthrie, Scottish Council for Voluntary Organisations, Floor 3, Centrum Building, 38 Queen Street, Glasgow, G1 3DZ. Tel:0141 221 0030, [calum.guthrie@scvo.org.uk](mailto:calum.guthrie@scvo.org.uk).

**'Learning from local initiatives'** was the focus of a recent event held by the Social Research Association in Scotland. Chaired by the Scottish Executive, speakers from academia, the public and private sectors shared a common belief in the potential for local initiatives to better inform national policies. As community food initiatives have highlighted for many years, the event emphasised the importance of involving communities from the outset in the decision making process. The SRA holds regular training days, events and seminars and a list of these can be found at [www.the-sra.org.uk](http://www.the-sra.org.uk).

## DATES FOR YOUR DIARY

### June

21 Childhood Obesity, Changing Scotland's Culture, Murrayfield Stadium and Conference Centre, Edinburgh. For more information call 0131 272 2130 or email [obesity@holyrood.com](mailto:obesity@holyrood.com)

24–27 Talisker Skye & Lochalsh Food and Drink Festival 2004, [www.skyefood.co.uk](http://www.skyefood.co.uk), or 01599 555403 or [shona@skyefood.co.uk](mailto:shona@skyefood.co.uk)

26 Healthyliving day for women only in the Southside of Glasgow, call Ravina 0141 420 6600

### August

3 The Great British Beer Festival organized by the Campaign for Real Ale. Visit [www.camra.org.uk](http://www.camra.org.uk) for more information.

### September

3-5 Dundee Flower & Food Festival  
[www.dundeeflowerandfoodfestival.com](http://www.dundeeflowerandfoodfestival.com)

4-12 Organic Week [www.organicweek.org](http://www.organicweek.org)

9 In Touch: the SCDP's free networking conference will be held at Murrayfield Stadium, Edinburgh. See enclosed leaflet for details.

14 Sustainable Food Procurement in the Public Sector: The Future for Local Food 9.30 am – 4.00 pm, Tolbooth Stirling. For more info about this free event and an application form contact Forth Valley Food Links on 01786 446250/446255 or email: [info@fvfl.org.uk](mailto:info@fvfl.org.uk), or visit [www.forthvalleyfoodlinks.org.uk](http://www.forthvalleyfoodlinks.org.uk)

16 The Scottish Syndrome: Coronary Heart Disease as a killer. A conference in Glasgow which will focus on antioxidants and metabolism, exercise, diet, drug therapy and smoking. Speakers include Dr Aileen Keel of the Scottish Executive and Professor Gordon Lowe of the Royal Infirmary. Please contact Carolyn Fraser on 0141 201 9264 or e-mail [cf24f@clinmed.gla.ac.uk](mailto:cf24f@clinmed.gla.ac.uk) for more information.

18 – 3 October, Scottish Food Fortnight organised by the Scottish countryside alliance educational trust. Leaflets, posters and more info available from [www.scottishfoodfortnight.co.uk](http://www.scottishfoodfortnight.co.uk) or call 0131 335 0200

23 East Lothian Food Festival. Contact 01620 827 877.

### October

4 Childhood Obesity Conference 2004 it aims to provide up to date information on the prevention and treatment of childhood obesity. Please contact Carolyn Fraser on 0141 201 9264 or e-mail [cf24f@clinmed.gla.ac.uk](mailto:cf24f@clinmed.gla.ac.uk) for more information.

28 Proof of the Pudding: Food Communities and research practice in Scotland. Tolbooth Arts Centre, Stirling. Free to attend. Organised by SCOFF and SCDP. See enclosed leaflet for details.

### November

15 - 19 Participatory Appraisal Training, New Lanark Mill Hotel - see enclosed leaflet for details.

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



The Scottish Community Diet Project: Supporting local communities tackling inequalities in diet and health.

### How to get in contact with the Scottish Community Diet Project

The SCDP team are: Bill Gray National Project Officer, Lucy Gillie Development Officer, Lizanne Hume Development Officer and Alice Baird Project Administrator. SCDP c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN Tel: 0141 226 5261 Fax: 0141 221 0731 E-mail: [info@scotconsumer.org.uk](mailto: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](http://www.dietproject.org.uk)