

FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

Let's Learn

Learning from each other has been fundamental to how Scotland's community food initiatives have developed over the years. In this edition of Fare Choice it is Community Food Initiatives North East (CFINE), based in Aberdeen, who are 'taking stock' and sharing what they have learned with everyone (see pages six and seven).

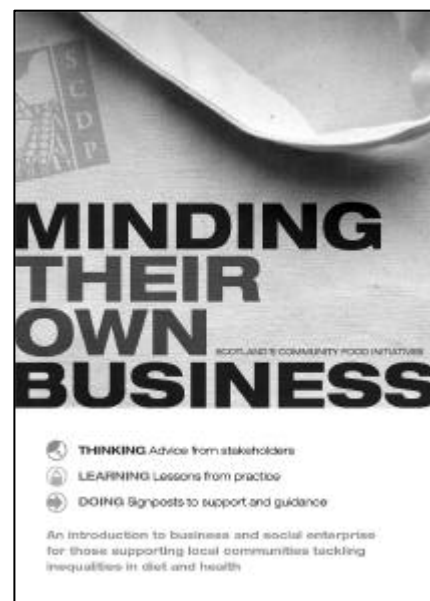
SCDP's recent users survey highlighted just how much local initiatives learn from each other. Almost nine out of ten of those who responded said they occasionally (64%) or frequently (23%) used information from the 'Take Stock' article in Fare Choice. The survey showed that all of the sections of the newsletter were being read and the information used at least occasionally by 84% to 98% of respondents.

A number of pieces of work about to be launched by SCDP, from *Minding Their Own Business*, an introductory guide to community enterprise, to the annual networking conference, *Bridges*, (see page three) and even a recipe book (see page eight), are all based on drawing together and learning from the experience of others.

Government must also learn. The review of the Scottish Diet Action Plan has now been completed and is expected to report back soon, with plans underway to share and reflect on the review's findings.

Also close to completing its work is the Scottish Executive's Task Group looking at 'supporting and developing healthy communities'. Communities tackling food access have made a major contribution to the work of the Task Group. Recommendations based on what has been learned will soon be going to the Minister for Health and Community Care.

Finally, it is always important to learn from the past and this edition's research article (page four) is doing exactly that.



Minding Their Own Business
SCDP's introductory guide to community enterprise

On this issue's menu.....

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Policy roundup

Holyrood

www.scotland.gov.uk

"The proposed legislation will ensure that all the importance of adopting a healthy lifestyle is embedded in the culture of our schools, and that health and well-being, generally, are valued highly by children, parents and schools." Consultation has begun on the proposed **Schools (Nutrition and Health Promotion) (Scotland) Bill** which the Scottish Executive plans to introduce to Parliament in the autumn. The consultation paper is downloadable from the Scottish Executive website www.scotland.gov.uk/Publications/2006/05/02142249/0 and responses are sought by the end of July.

Statistics just released from School Meals in Scotland 2006 show that since the Hungry for Success Initiative was launched in 2003, more primary pupils are now tucking into healthy school meals and setting the standard for secondary schools to follow. Education Minister Peter Peacock said, *"Our primary schools - the first to make the changes - are seeing the benefit of that sustained effort, with take-up rising overall and in some councils by a significant amount."* To read more go to www.scotland.gov.uk/News/Releases/2006/06/06100209

Westminster

www.ukonline.gov.uk

"The evidence is clear that sustainable consumption and better nutrition go hand in hand." **1 will if you will**, The Sustainable Consumption Roundtable final report to Westminster, was published last month. The report, and a useful summary that accompanies it, sets out the Roundtable's key recommendations for action in the short and longer term. The Government has committed to reflect on the recommendations and produce an action plan to further sustainable consumption by the end of 2006. The report can be downloaded along with supporting research papers from www.sd-commission.org.uk

Following conclusions from their recent public consultation (see Issue 35) the Office of Fair Trading (OFT) has announced that it will **refer the supply of groceries by retailers in the UK to the Competition Commission for market**

investigation and concluded that there are a number of concerns for the consumer. The OFT's reasons for this and a report on the responses of the consultation can be viewed on www.offt.gov.uk/News/Consultations/Grocery+Market.htm. *"This reference will allow the Competition Commission to examine in detail all aspects of the grocery sector, ensuring that consumers are able to benefit from strong competition through even lower prices, improved quality and choice, and continuing innovation in the market."* John Fingleton, Chief Executive of the OFT

The Office of Communications (Ofcom) has set out **proposals for restricting television advertising to children of foods high in fat, sugar and salt**. The proposals come as a result of research that shows that children are affected by TV advertising of foods, and national concerns regarding rising obesity levels in children in the UK. Ed Mayo, Chief Executive of the National Consumer Council commented, *"None of these proposals goes anywhere near what's needed to redress the imbalance in TV advertising of unhealthy food."* Campaigners are calling for a complete ban on all advertising of junk food in programmes popular with under 16s before 9pm and increasing advertising of healthy foods. To respond to the proposals by 30 June or read more, go to the Ofcom website at http://www.ofcom.org.uk/media/news/2006/03/nr_20060328

Brussels

www.europa.eu.int

"In 2005 at least one third of the European adult population, 130 million EU citizens, browsed the web in search of information on health. However, searching for health-related information is not always easy." On 10 May, the European Commission launched the **Health - EU Portal** to provide accessible and scientifically sound information on a range of health related topics covering six themes - My Health; My Lifestyle; My Environment; Health Problems; Care for Me and Health in the EU. The portal is aimed at EU citizens, health professionals and scientists to ensure information and data is kept up to date and will also have the latest news, statistics, legislation and publications. Information can be downloaded from <http://health.europa.eu>

There are **more new faces** at the Scottish Community Diet Project (SCDP) as the impact of additional funding from the Scottish Executive kicks in. Anita Aggarwal has joined from the Soil Association (Scotland) to take up the post of National Development Officer, with a particular responsibility for capacity building. Another new National Development Officer is Claire Street, who has joined us from Glasgow University. Claire is leading an Executive-funded initiative to share learning and develop practice in the field of food, health and homelessness. Rita Campbell has also joined SCDP from the NHS as part-time Administrative Assistant.

'Minding Their Own Business – an introduction to business and social enterprise for those supporting local communities tackling inequalities in diet and health'. As grant funding becomes more and more difficult to secure and as support for social enterprises is climbing the political agenda, should projects jump on the social enterprise bandwagon? This guide will help projects think about the business aspects of their projects, learn from the experience of others and find out where to get more advice and information. Free copies of the guide are available after the contributors' launch on 6 July. Watch out for workshops around this subject at our networking conference in September or let us know if you want more on this subject. Contact Alice or Rita for your copy.

FREE SCDP Participatory Appraisal training will take place in October in Greenock. If you are interested in taking part in this five-day residential course please contact Anita or Alice for an application form and further information.

The Royal Environmental Health Institute for Scotland (REHIS) is now providing an elementary course in food and health. It has been developed with NHS Scotland, the Scottish Executive, Food Standards Agency (FSA), SCDP, and Scottish Healthyliving Award and gives participants a basic knowledge of the link between diet and health and a recognised certificate. FSA and SCDP have provided funding to allow a limited number of courses to run in low-income communities for free and to increase the number of REHIS trainers who can teach the course. If you are interested in hosting a course or becoming a

trainer contact Fiona on fiona.burrell@virgin.net or 01592 873 364.

'Bridges', our next networking conference, will be held at the Apex Hotel In Dundee on **28 September 2006**. It will be a workshop-based event providing a great opportunity to meet with others working through food and will cover many aspects of current policy and practice. In preparation for this year's event we asked our readers to let us know what you would like to see and hear at this year's conference. We are grateful to everyone who responded and there is still time to get in touch with us and let us know your views. A booking form has been included with this edition of Fare Choice or can be downloaded from our website. Please fill it out and return to us as soon as possible. The report from last year's conference, *On Track*, is now available. Contact Alice or Rita for a copy.

SCDP recently launched this year's **Small Grant Scheme**. Grants of £500 to £3000 are available for those wishing to tackle the barriers to healthy eating. Last year SCDP funded 57 projects throughout Scotland. Successful applications ranged from youth cafés selling 'healthier' snacks and young mothers cookery sessions to 'fruit and veg on prescription' schemes and training for trainers courses. If you would like to find out more about our small grant scheme, see the grants page on our website, where you can download the special grants edition newsletter which has information on last year's grant recipients as well as application forms and guidelines. Or ask Alice or Rita for an application pack. The closing date for applications is 30 June. We aim to send out grants to successful applicants by September. SCDP would like to thank last year's grant recipients for sending in some great information and photos on what they got up to.

Herbs for free! We have herby seed sticks to give away to projects (max 50 per project). The seeds will grow into basil, parsley, chives and thyme if you plant them in a pot in a sunny place. They are great to give away to kids and adults who have never grown anything themselves. Contact Alice or Rita to get your share.

Scoff

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



Food Talk

"I mean, tinned soup, I would niver hae it in the hoose unless it wis maybe Karen [daughter] comin' in an' I wis gaun away in a hurry... we were nae brought up like that, we wis brought up to get a' thing oot o' the groun' and intae a pot..."

This is an excerpt from an interview with a Scottish grandmother conducted in the 1970s for a health study *Mothers and Daughters* (Blaxter and Patterson, 1982). Her interview, along with 45 others, is archived at ESDS Qualidata-UK Data Archive. It is just one of several collections containing rich information about food and meals.

One of the oldest studies is *The Edwardians* (Thompson, 1975), with 444 interviews with residents of Great Britain born between 1870 and 1908. These interviews were done in about 1970 when respondents were elderly and recalling earlier years. Many questions were asked about foods eaten, cooking, special foods at holidays, home processing (i.e., jam), and behaviour (i.e., who was served first). In contrast to the idea, prevalent today, that children choose their foods, choice was not common in Edwardian times. When asked if he got to choose, one respondent replied: *"If at teatime I wanted jam and there was no jam on the table, or something else to go on bread, fish paste or something, I had to eat what was there. I wasn't given in to because I fancied something else."*

A second study, *100 Families*, has some similar questions to The Edwardians, permitting comparisons across time. These respondents were born in the middle of the 20th century. The group is a 'middle generation' of men and women aged 30 to 55 and married with children. Where possible, an older or younger member of the family was also interviewed. There are several food related questions such as who did the cooking,

did they bake or preserve, were fruits or vegetables grown, and who sat together at meals. More modern themes emerge in these interviews:

- A: ...I didn't like vegetables much as a child, so that was a problem area. Brought me into conflict with my mother quite a lot. I think the only green vegetables I would willingly eat was peas.
- Q: So what happened when other vegetables appeared on your plate?
- A: Used to get shoved to one side and I might just pick away at it to show I'd had a go. But basically it used to get shelved and I wouldn't eat it.
- Q: You were allowed to do that?
- A: My mother would say it was good for me and I wouldn't get colds and you need green vegetables, and can't survive on peas. But she wouldn't actually force me to sit at the table until I'd eaten it all. She would let me get up.

There is also one very exciting recent acquisition that is not yet published, but has been accepted. These are interviews about cooking and cooking skills done by Frances Short and published in her new book, *Kitchen Secrets* (Berg, 2006). There are diverse questions about cooking methods, influences, and questions about uses of pre-prepared foods.

- Q: What about prepared and semi-prepared foods?
- A: It's funny because this same Grandmother...if she knew the extent to which we buy ready prepared foods...she'd be absolutely horrified because of the war-time mentality...of everything must be...cooked...[edits] ... I cannot think how they [mother and mother-in-law] managed it...but then I think our lives are different because we have a much bigger social life and...we're more house proud...[now] we want to get our houses looking nice and...I always remember our house being the same for years and years...but my Mum was always cooking our food.

More information about these studies and many others can be found at: <http://www.esds.ac.uk/qualidata/>

Libby Bishop, ESDS Qualidata – UK Data Archive, University of Essex, CO4 3SQ, ebishop@essex.ac.uk
01206 872664

For more information about SCOFF, please contact the convenors Sue Gregory, s.gregory@ed.ac.uk and Debra Gimlin, d.gimlin@abdn.ac.uk.

Project News

Over a two year period, Primary Six pupils from Ardeer Primary School, Stevenston, Ayrshire, took part in a pilot initiative with a Community Food Worker, funded and supported by the Better Neighbourhood Services, to stimulate interest in healthier eating in the home and at school. The pupils themselves produced their own **recipe book 'Munch Crunch' healthy eating for children by children** which they launched at a day to celebrate all their achievements in March. A highly successful programme of eight healthy eating sessions for the pupils' parents resulted in REHIS elementary food safety certificates being awarded and some parents gaining full time employment as a result of the confidence and practical skills gained. For further information about this book or Primary Six programme, please contact: Gillian Dick/Anna Craven, NHS Ayrshire and Arran 01294 311313.

Also in March, the **Just Rural Development Trust** celebrated the opening of their new community resource centre at 96 High Street, Burntisland. The attractive shop fronted venue is for the benefit of the entire community and is completely managed by a team of enthusiastic volunteers. Activities centre on health, lifestyle and environmental awareness. The Trust's ongoing 'Radical Pink' workshops on healthy eating, budgeting and cooking are proving a great success especially with parents of children diagnosed with ADHD. In partnership with the criminal justice system, with funding from SCDP, the Trust is turning a long neglected back garden into an organically planted oasis for visitors to enjoy. Other activities include confidence building and support for people returning to work after a long absence. The Trust is hoping to set up its own social enterprise, 'La Smart Kookie', an organic café that will provide training, job opportunities and a regular income to support the holistic activities taking place in the community resource centre. The Trust has worked with and received support from a variety of organisations including DTAS (Development Trusts Association Scotland), Burntisland 2020 Development Trust, Women's Environmental Network Scotland, the SSE (The School for Social Entrepreneurs) and Fife Council. For more information contact Jan Martinez on 01592 873875 or email jrdbiorganic@yahoo.com

Community Food Development workers in Clackmannanshire and Falkirk recently held their first **food network** meeting along with partners Forth Valley Food links. The aim of the network meeting was to help those producing or working around food to link together better and to act as a forum for the sharing of information and resources, particularly in the regeneration areas. The objectives are: to provide a networking opportunity; to encourage sharing of good practice/ideas; to inform people about where they can access local produce; and to provide resources and information. Local people, groups and organisations had an overview of what community food development is about, a presentation on local food and a basket of fresh picked produce was provided by a local grower. What people found most useful from the evaluation included networking, funding information, and what other projects are doing. Lunch was provided from local venues. It is intended that food networks become a regular feature in Forth Valley, with the focus on sharing best practice and encouraging more groups and organisations to get involved in food activities that will help to shape the future health of their communities. For more information contact Susan Kennedy, susankennedy2@nhs.net or call 01786 431173.

"Their mission was not just to demonstrate how easy cooking meat can be, but also to get the pupils enthusiastic about what they were cooking. Since one group contained boys who had been dragged away from a Physical Education class, this was no easy task." Teacher, Falkirk High. **A collective effort from Quality Meat Scotland (QMS), Falkirk High, and Stirrin Stuff** attempted in April to demonstrate how simple and easy cooking with beef, lamb and pork was. The recipes that were being cooked were *"the kind I'd eat anyway"*, kebabs, tortillas, meatballs. After a cautious but curious start, by the end of the day almost all the staff and pupils had given the session the thumbs up. For more information on the Falkirk sessions contact Fi Bird on admin@stirrinstuff.org

www.partnersinregeneration.com is a new website published by Communities Scotland's Scottish Centre for Regeneration. Aimed at all networks and their members to connect with and learn from other networks, it hosts details of events, expert advice, support materials and useful links.

Take Stock

Community Food Initiatives North East (CFINE)

CFINE is a project that supports the development of community food outlets, provides fruit to over 50 schools and more than a dozen work places, is about to start a vegetable box scheme and become the Fareshare franchiser in Aberdeen. It is a project with big ambition but feels like a big happy family.

The project began in 1998 when a couple of local food initiatives set up the 'Food Co-op Network' as it was known then. The network successfully obtained Lottery money and went on to provide fruit and vegetables for the co-ops in the area and undertake other work*. It was recognised that food co-ops in the area get a better deal if they work together. CFINE provides the food outlets with fruit and vegetables on a sale or return basis, delivered direct to CFINE from the wholesale market in Edinburgh. The outlets are invoiced at the end of the month and CFINE deals with any waste products. CFINE now works with 18 community food outlets across the city.



Some of the newer outlets are in sheltered housing complexes. CFINE helps new outlets begin by initially staffing the stalls themselves. Usually volunteers are quick to come forward. Kathleen Murray, a volunteer at Hilton Court, the newest of CFINE's outlets said, *"When you can do something to help your neighbours you just do it. It's a great scheme and the residents find it*

very useful. It's a bus to the supermarket and a taxi back for vegetables otherwise. It's much easier for the older folk to shop here, many of them are in their 90s."

Ian Armstrong, the development worker at CFINE, said, *"In some outlets the volunteers are waiting for you, in others it takes a while, but we are happy to support these new outlets."*

Most of the outlets are open for a couple of hours a week and sell about £40 worth of food, but all are different.

Fersands Community Food Outlet has been going for more than 12 years and shares premises with the Credit Union in the area. The food outlet opens three times a week and takes around £80 every week. Norman Innes, who has been volunteering with the food outlet for nearly 10 years, thinks, *"It's good to get involved."*

The project also delivers fruit to more than 50 schools in Aberdeen, supplying their tuck shops, breakfast clubs, after school clubs and canteens through a project called 'fast fruit' that has also been running since the beginning of the project.

Dave Simmers, CFINE's co-ordinator, has big plans for the project. He is determined that it should be self financing in three years and has won Futurebuilders funding to help the project develop in a way that would allow this.

"Fund-raising is unproductive time, getting the money, keeping it, reporting on it. We want to develop as a Social Enterprise so any profit can be invested in the health and community development work we do in disadvantaged and excluded communities."

Dave is keen to emphasise that all the prices are competitive, but they are not all the same.

"Our core aim is to relieve food poverty, so groups that we work with that achieve this aim pay the lowest prices. But that doesn't mean we don't want to promote healthy eating to other groups of people. So we have been working with companies in Aberdeen that are going for Scottish Health at Work Awards, and can afford to pay a bit more to receive our service. In this way, and by achieving

Fare Choice

ever better efficiencies in our systems and the way we do things, we can earn an income and also achieve our aims."

CFINE is also just beginning a vegetable box scheme that will deliver to workplaces. The target audience is busy parents who want to provide fresh and healthy food for their children, but struggle to get to the shops. At £6 for a box that contains 10 pieces of fruit plus carrots, onions, tatties, salad and three 'surprises', it is a very attractive offer.

But the next big thing for CFINE is the Fareshare project. CFINE has won the franchise from Fareshare UK to deliver the contract in Aberdeen. CFINE will negotiate with local supermarkets and restaurants to pick up any unsold food that is within safe 'use by' dates. This will be distributed to homeless hostels, community food outlets, women's refuges and so on. While the primary beneficiaries will be people who are homeless, other people in food poverty will also benefit.

With all this going on there is hardly space to mention the soup packs that were distributed through the food outlets last year. There was a definite rise in the amount of vegetables sold as a result of making up the packs. Some people who would never have made soup tried it out for themselves for the first time. Interestingly, as Spring arrived, sales of soup packs stopped. Soup is for winter. Obviously.

One thing that is clear visiting CFINE on their open day in May, was that despite the rapid growth of the project, the personal touch is still apparent. Staff and volunteers all take time to introduce themselves and everyone knows everyone. Volunteers in the warehouse, on Project Scotland or New Deal placements are well looked after, but worked hard! Each is valued for their contribution, and encouraged to do the best they can.

Volunteering is an important part of the project and CFINE is developing volunteering opportunities. CFINE supports people with physical, learning or social disabilities, using a social firm model. They currently have three adults with learning disabilities who volunteer weekly, accompanied by their carer. A resident of a local homeless project, Aberdeen Foyer, has already completed a 12-week placement and keeps coming back for more.

While he was packing fruit in the warehouse he said, *"It keeps me busy and I've learned stuff."*



Along with 28 others he received an award from Anne Begg, the local MP.

The project can be summed up by Dodd Crombie, the store and delivery person, who has been with the project since February. He described why he enjoys his work.

"It's the people you meet, it's phenomenal, they're all laughing, looking happy. It's a fine thing to do." He grinned.

Some interesting facts about CFINE

- 19 community food outlets
- over 50 'fast fruit' customers
- 12 Scotland's Health at Work companies
- 29 volunteers
- over 100,000 pieces of fruit in 05/06 worth £56,000

Contact CFINE at:

4 Poynerook Road
 Aberdeen
 AB11 5RW
 tel: 01224 596 166
 email: cfine@btconnect.com

*You can read more about CFINE's beginnings in edition 13 (May 2000) of Fare Choice, available on our website in the publications section.

Question Time

Jeanette Longfield is Co-ordinator of Sustain: the alliance for better food and farming, a network of around 100 organisations. See www.sustainweb.org for more information and details on how to join.

Q: How would you sum up Sustain's role in the challenge to improve the country's food and health?

A: Improving the country's food is a massive job, and obviously needs lots of people tackling it, in lots of different ways. I think Sustain's role – as an alliance – is to help different organisations work together when they have something in common, so that the pressure for change becomes irresistible. Working together means people can draw strength from each other, share knowledge and – when it doesn't go as well as hoped – offer a shoulder to cry on!

Our biggest coalition at the moment is on the Children's Food Bill, which we are trying to steer through Westminster as a Private Member's Bill. It aims to improve children's health by providing legal protection for children from all forms of junk food marketing, alongside other elements to improve both school food, and food education/skills in schools. The Bill has attracted the support of over 160 national organisations and over 11,000 individuals so far. If you'd like to get involved, go to our website.

Q: If you could persuade the Scottish Parliament to introduce two measures to tackle food access, what would they be?

A: I think improving food access is about making good food available, affordable and attractive. Unfortunately, the Scottish Parliament doesn't (yet!) have all the powers it needs to tackle all of these but, if it did, I'd ask MSPs to improve affordability, by raising the minimum wage and increasing benefit levels.

But it's no good having the money, if where you live doesn't have a decent range of shops, and the choice of food restricted. This takes us into the complicated worlds of planning and competition law, and what shops should be allowed to open and where (and, even more difficult, how you prevent shops closing). As I can't think of a simple way to tackle this, I'd like to suggest that the Scottish Parliament takes the lead in the UK – once again – and implements the Children's Food Bill! By protecting children from sophisticated junk food marketing – not just on TV, but on the internet, mobile phones, viral marketing, games and a myriad of other methods – the Scottish Parliament remove one of the powerful pressures that makes junk food so attractive. Without the siren call of the junk food marketers, it would be much easier to encourage children to experience the joys of really tasty, fresh, local and healthy food.

Q: How confident are you of major change in the country's food and health in the coming years?

A: On the one hand, I'm optimistic. Sales of healthy, organic and fair trade foods are all on the rise, and more people are reconnecting with the source of their food by buying direct from farmers markets and box schemes. People are also showing increasing interest in reviving local speciality foods and taking pride in their food culture.

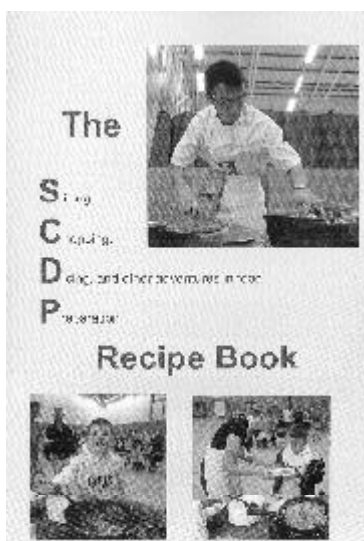
On the other hand, people are getting fatter and fatter. The rate of increase in levels of obesity doesn't even seem to be slowing down, let alone stopping. Our choice of shops is shrinking in many places, as multinational supermarket chains get bigger. Farmers continue to desert the land in despair, while cheap imports are sucked in from far flung places, often with little effective legislation to protect labour standards, the environment or animal welfare. All this in the context of global climate change, with oil running out and oil prices climbing ever higher.

I believe we can – by working together – get ourselves out of this mess. But sometimes I'm not sure!

Sustain, 94 White Lion Street, London, N1 1PF
Tel: 020 7837 1141 www.sustainweb.org

Publications

Some of the work being undertaken by community food initiatives across Scotland, for example, healthy eating and awareness sessions, confidence building and practical skills classes are reflected in **recipe books** produced by projects themselves. We feel it is important to share their energy and enthusiasm with you in many ways. **'Slicing, Chopping, Dicing and other adventures in food Preparation'**, is a compilation of some of those recipes and a limited number of six copies per project are now available or can be downloaded from our website. Phone Alice or Rita for your copies on 0141 226 5261. We are very grateful to everyone who has contributed recipes to this book and are delighted to give you the opportunity to share in their success as well as try out some of their recipes for yourself.



To coincide with our attendance at **'Gardening Scotland'**, Wendy Barrie developed six recipes using ingredients from the 'Gardens for Life' exhibit which we were involved in. A limited number of one set of **recipe cards** per request is available by contacting Alice or Rita on 0141 226 5261.

"Multiple barriers to change (structural, social and financial) should be addressed simultaneously to improve effectiveness of interventions and is likely to be particularly required in disadvantaged communities to reduce existing inequalities in health." **'Primary Prevention of Cardiovascular Disease in Scotland: We Must Go Further'** is the title of a report from Scotland's Heart Health Executive Group. The 33 page report, which looks at current practice and future scenarios, is published by Health Scotland. ISBN 1-84485-282-2.

NHS Health Scotland have developed a resource **'Towards Healthy Living - helping adults**

choose change' aimed at health professionals working in community settings and complementing the healthy living campaign in a variety of settings. Health Scotland are also offering short two-hour sessions to raise awareness of the information and tools contained within the pack, as well as complementary resources. These sessions are free and available at various locations, however places are limited. To receive a pack and/or book a place on one of their sessions contact Monica Smith at Health Scotland, 0131 537 4700, monica.smith@health.scot.nhs.uk

The **annual Family Spending Survey** (for spending between 2004 and 2005) has recently published its full report. In general, the report shows that expenditure on fruit and vegetables has gone up slightly and expenditure on foods high in saturated fat has gone down. People in Scotland spend more on soft drinks than anywhere else in the UK and the long-term unemployed spend the least amount of money on vegetables compared with others. The full report can be downloaded from: www.statistics.gov.uk/statbase/product.asp?vlnk=361

Milton Food Project aims to improve access to healthier choices within the area by working closely with the local community. Due to popular demand a book compiling all the **soup recipes** made in their community shop has been produced. SCDP have a limited number of copies available, please contact Alice or Rita if you would like one.

The **Glasgow Children's Orchard** - a project of the Children's Garden, Glasgow Botanic Gardens, is now well and truly started. They have planted their first 100 organic trees in schools, parks, allotments and community spaces across Glasgow, many in partnership with other community groups. Schools have been very happy to take the apple trees and as they blossom in May and fruit in October, they fit in rather well with the school year. They plan to run blossom festivals and Apple fairs. And the future? They want to get the next 100 trees planted next winter, so if you know suitable sites in Glasgow, or you would like to help them deliver this, get in touch with John Hancox on 0141 946 7122, john@weegarden.co.uk

News

Could your community be the Scottish Community of the year 2006?

The Calor Scottish Community of the Year Awards offer prizes of £2000 for the overall winner, or £750 for the category winners. Closing date for applications is 30 June. See www.communityoftheyear.org.uk for more information about categories and details of how to apply.

Is food labelling effective? Tesco and Sainsbury's have revealed that sales of 'unhealthy' foods have fallen dramatically since they introduced clearer food labelling. Sainsbury's is using a scheme proposed by the Food Standards Agency (FSA). Waitrose have also recently introduced the FSA 'traffic' light labelling, but its too early to measure any results. There are concerns that customers will be confused if each supermarket uses a different scheme. To find out more about the FSA's proposed scheme see <http://www.food.gov.uk/foodlabelling/signposting/>

The Food Standards Agency is **investigating access to a 'healthy' basket of food across Scotland**. Researchers have developed a healthy sample of foods and are now using this to 'map' where these foods are available and at what price in some chosen areas of Scotland. On completing this work, they will produce a toolkit that will help organisations do their own research in other areas. A final report will be published in December 2006. For more information see www.csr.ac.uk/fas.htm

Peanuts4Benefits: The London School of Hygiene estimates that the weekly income needed for healthy living should be a bare minimum of £91 nationally, but nearer £125 in London. This year Benefits have risen by as little as 50p per week for some claimants, and remain well below this minimum. Clearly, this affects claimants' ability to afford a healthy diet. For further information on this campaign see www.peanuts4benefits.co.uk

Futurebuilders funding – Learning Fund. This fund pays for training or learning "that will directly help the organisation to deliver more or better services. The project must provide evidence for how the learning will help generate income by selling your services." Several community food

initiatives have made successful bids to the Learning Fund. For more information visit www.communitiesscotland.gov.uk and click on 'Grants', then 'Futurebuilders Scotland', then 'Learning Fund'.

The Big Lottery in Scotland is now ready to take applications. The Big Lottery aims to have closer contact with applicants and has made the application process easier. There are no deadlines. The Big Lottery is investing in social change in four different ways: **growing community assets** will help communities become stronger by acquiring or developing assets for their own use; **life transitions** will help build stronger more vibrant communities; **dynamic, inclusive communities** will support projects that help people deal with change in their lives and encourage them to move on; and **supporting 21st century** will invest in projects that enable people to cope with new patterns of life and the pace of change communities are experiencing. The Big Lottery in Scotland has £257 million to spend by 2009. Projects can apply for funding for up to 5 years and from £10,000 to £1million. Your project does not need to be a registered charity to apply. There are also these other funding pots; **'Investing in Ideas'** – a fund to help organisations develop their ideas - organisations can apply for up to £10,000, and the **Young People's Fund**, which has £20 million to spend before July 2007. For more information see www.biglotteryfund.org.uk or call 0870 240 2391.

The upper limit for applications to the **Awards for All** funding scheme has been raised to £10,000. For information on Awards for All see www.awardsforall.org.uk or call 0845 600 2040.

This summer a **newly opened Asda store in Huntly**, Aberdeenshire will attempt to show that it wants to work with local shops. Asda customers will receive a £5 voucher for George when they spend £25 in store as well as £25 in other businesses. Asda states that it chose Huntly to insure local traders benefit from the new shoppers its store will attract to the town and plans a number of other community initiatives to complement this scheme. For more information see <http://thescotsmanscotsmans.com/scotland/cfm?id=612002006>

Another supermarket, Tesco, and Eddie Stobart Ltd. are **working together to reduce road congestion** by cutting 260 lorry journeys a week in Scotland. Funding from the Scottish Executive's Freight Facilities Grant (FFG) will help move Tesco containers between Coatbridge and Daventry by rail. www.scotland.gov.uk/News/Releases/2006/04/26091038

The **Glasgow Centre for Population Health** is providing free Participatory Appraisal training for a limited number of people involved in health or wellbeing projects in Glasgow. The project aims to shape the work of the Glasgow Centre for Population Health by using the expertise of those living in the city. There are no places available for the current course, but for more information on the project and to find out about other courses, contact Pete Seaman on 0141 221 9439 or pete.seaman@drs.glasgow.gov.uk

The Engine Shed in Edinburgh made it to the Top 50 list of best places to eat in The Guardian newspaper. The Engine Shed produces a range of healthy organic wholefood products and provides a training environment for people with learning disabilities in their community café and food production workshop. See the full list on www.guardian.co.uk/food/Story/0,,1761530,00.html where there are a few more Scottish entries.

The **Scottish Food and Health Alliance** is looking for a steering group member to represent the community sector. They are looking for a community representative "with at least three years work experience preferably from a variety of different types of community initiatives, a strong passion for food and health improvement work who wishes to be involved in the Alliance's work as a member of the steering group." Recently established, the Steering Group includes representatives from food and health stakeholders and policy areas such as the Scottish Executive, FSA Scotland, NHS, NHS Health Scotland, local authorities, primary producers and the food industry. Meetings are planned to take place quarterly and their intended role is to: be responsible for the strategic direction of the Scottish Food and Health Alliance; be aware of the Scottish Diet Action Plan, current food and health policies and the current Scottish Food and

Health Council action plans; advise on information and research needs; monitor the development of the Alliance and recommend improvements. Applications "must include either a current CV or a letter outlining your experience" detailing type/s of initiative/s, role or tasks, length of time you have been involved and reasons for applying. Submit to Kate Barlow, Food and Health Alliance Co-ordinator, NHS Health Scotland, Roseberry House, 9 Haymarket Terrace, Edinburgh, EH12, 5EZ. Contact Kate Barlow or Josephine O'Sullivan if you have any questions on 0131 537 4700. Information on the Alliance can be viewed on www.scotland.gov.uk/Topics/Health/health/19133/17908

Community Health Exchange (CHEX) is looking for information from community health projects about the security of their funding – particularly if it is coming from statutory sources. Projects in Glasgow and Lothian are facing a lack of clarity about how they will be financially supported while Community Planning Partnership and Community Health Partnership local structures are being put in place. If you have any information on this topic that you would like to share with CHEX, they would like to hear of your experiences good or bad. Call 0141 248 1990 or email chexadmin@scdc.org.uk

North Glasgow Community Food Initiative is one of two projects to win the UK Dame Sheila McKechnie Award for Community Food Initiatives run by the Food Standards Agency. The £15,000 over three years that comes with this award is especially welcome as the project is currently having difficulty covering its core costs. A fundraising appeal launched in March has raised over £8000. For more information about this project or how to contribute to the appeal see <http://www.ngcfi.org.uk/id22.html>

Sustain are organising **liaison and information sharing events around the country** funded by the Food Standards Agency (UK). The first event is to be held in Birmingham on 18 July and will include a small number of funded places for Scottish delegates. If you are interested in attending please contact Lisa Wilson on 020 7837 1228 or lisa@sustainweb.org. Further details should be appearing soon on the Sustain (www.sustainweb.org.uk) and SCDP websites.

DATES FOR YOUR DIARY

June

22-26 Flavour of Shetland Food Festival. Visit www.flavourofshetland.com for more information.

26-28 Social Firms UK annual conference, University of Warwick. Contact on 01737 764024 or info@socialfirms.co.uk

July

24-26 Seventh National Regeneration conference, University of Warwick. Contact Emma Tozer on 020 7929 9489, emma.tozer@rtpi.org.uk

August

25 An appetite for life: young children, food and eating, Edinburgh. This Children in Europe special one-day conference will consider the social, cultural and nutritional importance of food in the development of young children and examine policies and practice in Britain and other EU countries. Further information available from www.childreninScotland.org.uk/eur

September

1-3 Dundee Flower and Food Festival. Visit www.dundeeflowerandfoodfestival.com for more information.

2-17 Organic Fortnight - a nationwide celebration of organic food and drink. Visit www.soilassociation.org/web/sa/saweb.nsf/GetInvolved/orgweek.html

18 Taste of Mull and Iona Food Festival. Visit www.mict.co.uk/food for more information.

25 - 8 October British Food Fortnight. Visit www.britishfoodfortnight.co.uk for more information.

28 'Bridges' Scottish Community Diet Project annual networking conference Apex Hotel, Dundee. See enclosed flyer for more details.

29 Highland Feast. Visit www.highlandfeast.co.uk for more information.

October

2-6 October SCDP Participatory Appraisal 5 day Residential Training Course, James Watt College, Waterfront Campus, Greenock. Contact Alice for an application form.

6-12 Seafood week. Visit www.seafish.org.uk/seafoodweek/ for more information.

16 World Food Day. organised by the Food and Agriculture Organization of the United Nations. Information from last year's event and updates for 2006 available from www.fao.org/wfd/2005/index.asp?lang=en

25 Food, diet and health, the 8th annual one day conference, organised by the University of Glasgow, to be held at the Lighthouse in Glasgow. Contact David Gentles on 0141 201 9533 or djg8@clinmed.ac.uk

31 The Federation of City Farms and Community Gardens Scotland National Conference, Battleby, Perth. An opportunity to network with other people and organisations involved in community gardening. Contact helen@farmgarden.org.uk for more information

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



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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; Anita Aggarwal, Development Officer; Kim Newstead, Development Officer; Geraldine O'Riordan, Development Officer; Claire Street, Development Officer; Alice Baird, Administrator/Information Officer and Rita Campbell, Administrative Assistant. SCDP c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN Tel: 0141 226 5261 Fax: 0141 221 0731 Email: 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