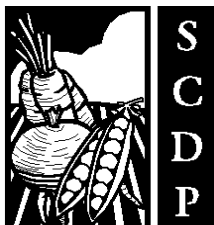


FARE CHOICE



LOCAL VOICES



we need to listen to expert views and local voices.. Donald Dewar

A new directory of Scotland's Community Food Initiatives, compiled by the Health Education Board for Scotland, is very

soon to be launched. Building on the research findings of Professor Annie Anderson at the University of Dundee and the work of the Scottish Community Diet Project, this new edition of **Food in the Community** contains contact details of over 165 community food initiatives from throughout Scotland.

To quote Professor Anderson's findings, *"it is indeed clear that community food initiatives are continuing to grow and flourish in Scotland, despite an often-difficult environment in recent years."*

From the Aberdeen Food Co-op Network to the Whitfield Parish Church Breakfast Club, this Directory will guide you through many examples of community food activity not only alphabetically, but also by health board and local authority area. **Food in the Community** also provides a snapshot of the diverse range of innovative projects taking place across the country and the wide number of groups involved. The range spans from a fruit barra in Cambuslang, to a growing food initiative in Shetland, or community cafés in Edinburgh – to name only a few!

An extended appendix section has also been added to this edition with a wider range of information such as Regeneration Partnership Contacts and helpful hints to access funding.

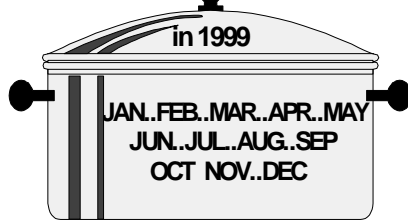
Following the huge success of the last Directory published in March 1997, Emma Witney, Community Programmes Manager for HEBS, hopes this latest edition *"will be a useful resource for groups working on food poverty issues throughout Scotland"*.

However, as its introduction states, **Food in the Community** is only as useful as groups choose to make it. Projects are encouraged to get in touch with HEBS or the SCDP if their contact details change or if they know of any new or existing community food initiatives, which are not listed within this edition.

Like any directory, **Food in the Community** does not claim to be fully comprehensive, but HEBS and the SCDP hope to continue to update it on a regular basis in order to best meet the networking needs of community groups and organisations throughout Scotland.

All groups listed within the new directory will automatically receive a copy in the near future. However, no need to panic if you do not receive a copy as **Food in the Community** will be available at no cost from the SCDP (please refer to the address on back cover) or contact HEBS Information Services on t 0645 708010. The community food initiatives database can also be accessed through HEBS on CD or on the HEBSWEB Internet site on <http://www.hebs.scot.nhs.uk>

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**WHAT'S COOKING**

From National Bug Busting Day to National Stop Snoring Week, the HEBS Health Events Calendar for 1999 will keep you posted with

a month by month line up of national and international campaigns and awareness raising weeks for the year ahead.

We have listed the key food related dates for your diary, but for your own copy of the full poster please contact HEBS on Tel: 0131 536 5500

Each event has a telephone contact, which will be able to provide you with more information about promotional materials. Your local health promotion department may also be a source of further information.

March

1-31: **Go Veggie Month**

Animal Aid

Tel: 01732 364 546

Fax: 01732 366 533

22: **World Day for Water**

United Nations. Contact your local Health Promotion Department for further information, as the UN generally does not produce materials to support specific awareness raising topics.

April

7: **World Health Day**

WHO Regional Office for Europe

Tel: +45 39 17 17 17

May

10-16: **Food Awareness Week**

British Dietetic Association

Tel: 0141 201 0165

16-21 **Breastfeeding Awareness Week**

Special Projects Programme, HEBS

Tel: 0131 536 5500

June

6-13 **National Diabetes Week**

British Diabetic Association Scotland

Tel: 0141 332 2700

7-13 **National Food Safety Week**

Food and Drink Federation

Tel: 0171 836 2460

14-20: **National Vegetarian Week**

Glasgow Vegetarian Information Centre

Tel: 01505 502 565

October

16: **World Food Day**

United Nations – Contact your local Health Promotion Dept.

16: **Living With Diabetes Day**

British Diabetic Association, Scotland

Tel: 0141 332 2700

Two national campaigns which may be of interest are:

Food Awareness Week, 10-16 May '99

"Give Me Five" is the theme for this year's Food Awareness Week organised by the British Dietetic Association. The campaign hopes to promote the uptake of fruit and vegetables to at least 5 portions per day, particularly amongst 4 -18 year olds. A promotion pack with supporting information will be available soon. For more information, please phone 0121 633 9555 or you can visit the BDA Website at <http://www.vois.org.uk/bda/>

National Food Safety Week, 7 – 13 June '99

"The Government regard National Food Safety Week, organised by the Food and Drink Federation, as a valuable way of promoting public health messages on food hygiene"

Jeff Rooker MP, Minister for Food safety

Organised by Foodlink, the main aim of the National Food Safety Week is to raise understanding and awareness of food poisoning and how to avoid it. Cross-contamination will be the particular focus of this year's events.

Community groups, health workers, schools, and colleges are all being encouraged to take part by organising local events, which will promote good food safety in fun and innovative ways. New promotional materials and ideas for local events are available from Foodlink.

Please contact:

Carol Elsasser, Senior Communications Executive, Food and Drink federation, 6 Catherine Street, London WC2B 5JJ.

E-mail: foodlink@foodinfo.force9.net



Scottish Parliament
Public Health White Paper
Food Standards Agency

Scots Arm to Food Agency

"The main objective of the Agency in carrying out its functions is to

protect public health from risks, which may arise in connection with the consumption of food and otherwise to protect the interests of consumers in relation to food"

*The Food Standards Agency,
Consultation on Draft Legislation, January 1999*

After fears of a delay, the Government has now published a draft Bill for its proposed Food Standards Agency (FSA).

According to the draft Bill, the new multi-million pound FSA will report to both the Scottish Parliament and Westminster, as well as having a separate Scottish Executive and Advisory Committee. The Government is committed to consulting formally on the arrangements with the Scottish Parliament after the election in May.

You may have noticed a lot of press coverage on how the agency is to be funded. The consultation paper, published alongside the draft bill, is currently proposing a flat-rate levy of approximately £90 per year on food retailing and catering premises. Currently the proposal is to tie this levy to the existing Food Safety Registration process. In other words, the current proposal is to levy food premises on the basis of what they do rather than why they are doing it.

Food premises already exempt from registration would also be exempt from the levy.

The government is keen to keep any exemptions from the levy scheme as clear and

simple as possible. Currently the proposal is for premises dealing solely in 'wrapped products' to be exempt. This may raise concerns in communities where the reluctance of local shops to sell perishable produce is already an issue.

Full copies of the draft bill and the levy consultation paper can be obtained from the Stationery Office, price £9.70. This information (and useful fact sheets) can also be accessed on the Stationery Office's website at:

<http://www.official.documents.co.uk>

All groups and individuals are invited to make comments on the draft Bill and levy consultation paper no later than **24 March 1999**. Responses in Scotland should be made to:

*Mrs H Aitken
The Scottish Office Food Group
Pentland House
47 Robb's Loan
Edinburgh, EH14 1TY*

Following the FSA draft bill, the next Parliamentary activity effecting community food initiatives will be the White Paper (outlining the government's proposals to tackle health inequalities) in Scotland due out later this month. Watch out for the coverage in the media. **Fare Choice** will also look at its implications for local activity and food in the next edition.

Fundamentally linked to all other current government central policy is the creation of a Scottish Parliament.

By the time you receive May's edition of **Fare Choice**, Scotland will have elected its Parliament. It will therefore only be fitting for **Fare Choice** to include a special feature on "Food and the Scottish Parliament". Watch this space!!



A wide range of community food initiatives and health workers from all over Scotland participated in the official launch of the HEBS

sponsored community café pack, *Just for Starters* on the 8 and 15 January in the St Bride's Centre, Edinburgh. The launch was repeated twice to cope with the enormous interest expressed by both workers and volunteers.

Hot off the press, *Just for Starters*, produced by HEBS and the Edinburgh Community Food Initiative, is a comprehensive two-volume guide featuring 'all the ingredients you need for setting up and running a community café'.

Written in a clear and understandable format by Marjorie Shepherd, an experienced café manager, the pack follows the development of 'Oasis', a fictional community café, from its conception to successful operation.

Drawing up a business plan, health and safety in the kitchen, money-saving tips, stock rotation, marketing ideas, managerial skills, and how to attract business are only some of the very useful topics covered in the pack. *Just for Starters* also includes business plan software to help put the ideas into practice, as well as a separate laminated folder with 70 tried and tested recipes.

More than aware of the trials and tribulations involved in running a café, Marjorie and Chris Clark, co-ordinator of the Edinburgh Community Food initiative, outlined the potential role of community cafes and the function of the training pack.

"Community cafes are well placed to provide access to cheap food for local people who may not have the ability or inclination to cook for themselves. Whether sit-in or take-away, they have the potential to provide a healthy alternative in terms of food choices as well as providing venues for a range of social needs".

Just for Starters Pack, Introduction

Graham Robertson, Deputy Chief Executive of the Health Education Board for Scotland, opened the first launch event by stressing the important role played by community cafes in tackling Scotland's health inequalities. He hoped the pack would encourage more groups to set up community cafes, as well as being a valuable resource for anyone already running a community cafe.

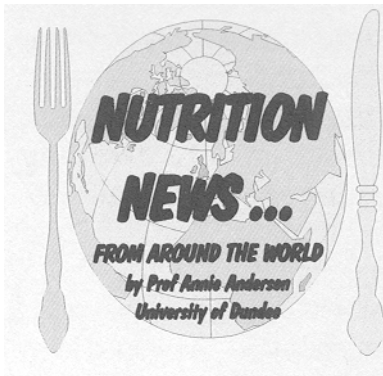
All groups who attended the launch events will receive complimentary copies of the pack from HEBS.

Just for Starters is available from HEBS at the special rate of £30 per pack for community groups, normal price £45 within Scotland and £60 outside Scotland. If you would like to purchase a copy please contact Agnes Allan, Publications Officer at HEBS on 0131 536 5500.

WHAT'S GOING ON?

Having already looked at *what's going on in oral health and diabetes*, the last edition of Fare Choice asked **what's going on with retailers?** From your limited response so far, the answer would appear to be *not a lot!*

We would still like to hear about your experiences, good, bad or indifferent, of working with major retailers, medium-sized stores, and corner shops. If we receive enough responses we will cover this issue in the May edition of *Fare Choice*. Please get in touch with us soon.



Whilst much has been published on the benefits of breast feeding, issues surrounding weaning and diet in the first year of life get considerable less

air time. Recent work from Dundee (Wilson et al, 1998) has clearly demonstrated that early introduction of solid food (that is before the recommended 4 months of age) is associated with an increased probability of wheeze and an increased percentage body fat and weight during **childhood** (ie well beyond the period of infancy) with implications for later life. The most recent national figures show that in Scotland 22% of infants had received solids by 2 months of age and 64% by 3 months (Foster et al, 1997).

Feeding is often viewed as something so basic that it is almost impossible to go wrong. Many new parents are in a vulnerable enough position without having to consult experts at every stage of child development. However, another recently published study from Daly et al (1998) on infant feeding practices in inner city Birmingham indicated that weaning practices are handed down from family and friends and are intuitive rather than informed. Yet, in this study of 100 infants, over 80% had intakes of zinc and iron below the reference nutrient intake and a further 41% had low vitamin C intakes. Twenty per cent of infants were receiving an extra scoop of powder to feeds.

Research into the reasons why weaning habits vary so much from recommendations is somewhat thin on the ground and a recent review on "Opportunities for and barriers to good nutritional health in women of childbearing age, pregnant women, infants under 1 and children aged 1 to 5" (Reid and Adamson, 1998) reports that "mothers are

thoughtful about diets of their infants and this should form a positive basis for further education" also that professional help is not always seen as appropriate. A further review on "Effectiveness of interventions to promote healthy feeding in infants under 1 years of age" (Tedsone et al, 1998) points to only one controlled study in this area where experienced mothers were used as volunteers to give support and guidance on health issues including infant feeding.

Further work on this research area continues, including current work in Dundee. Clearly health messages like avoiding solids until babies are 4 months of age is one which needs to be spread widely and supported with positive advice, especially if the health effects are not actually seen until many years later but still contribute to general ill health in children.

Daly A, MacDonald A and Booth I W (1998) *Diet and Disadvantage: observations on infant feeding from an inner city*. J Hum Nutr & Diet

Wilson A C et al (1998) *Relation of infant diet to childhood health*. British Medical Journal

Foster K, Lader D and Cheeseborough S (1997) *Infant Feeding 1995*. London The Stationery Office

Reid M and Adamson H (1998) *Opportunities for and barriers to good nutritional health in women of childbearing age, pregnant women, infants under 1 and children aged 1 to 5*. Health Education Authority, London

Tedsone A et al (1998) *Effectiveness of interventions to promote healthy feeding in infants under 1 year of age*. Health Education Authority, London



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Since January 1999, two **new faces** have joined the staff at the Scottish Consumer Council.

Lizanne Hume has been appointed as

Development Officer with the Scottish Community Diet Project and will be working with Bill and Jacquie on the Project's new and existing activities. Lizanne has previously worked with Poverty Alliance and the Community Health Network Project.

The second new face is Catriona Mafarlane, who is now in post as co-ordinator of the Scottish Healthy Choices Award Scheme, a joint initiative between the Health Education Board for Scotland and the Scottish Consumer Council. Catriona will be working part time, and can be contacted Tuesday - Thursday at the Scottish Consumer Council.



The latest recommendation from the **Scottish Diet Action Plan** (1996) to be implemented has been the production and launch of **Smart Cooking**, a short course on practical healthy food preparation for S3 to S6 pupils by the Scottish Consultative Council on the Curriculum.

The Scottish CCC will distribute **Smart Cooking** free to all secondary schools in the near future, but its uptake in schools is not compulsory. Teachers are being encouraged to use the 10-hour course flexibly to help pupils understand in a fun and hands-on way how a balanced diet can positively affect health and wellbeing.

Described as a 'worksheet free zone', **Smart Cooking** is hoped to become a valuable asset for young people throughout Scotland, with lasting benefits extending beyond the classroom.



Highland Health Board has published the **Foodlinks** National Conference Report following an unavoidable delay due to staff absences. '**Foodlinks**' was a two-day conference held in Inverness in November 1997 as part of the Highland health Board's 'Good Food, Good Health' initiative.

The report gives a full account of the event which considered the links between land use and food production; the marketing, access and availability of food to communities; and the lifestyle and behavioural factors that influence what we eat. For a copy, please contact the Highland Health Board's Health Promotion Department t 01463 230 600



Achieving a healthy diet is a major challenge for the consumer. Does biotechnology offer fear or new horizons? Who can we trust to inform us what is safe? Are the food industry and Government conspiring to protect or exploit?

These and similar questions will be put to the floor in the second of a series of seminars on the theory and practice of food, diet and health at the University of Dundee. **The Consumer and Food**, organised by the Centre for Applied Nutrition Research, will take place on 26 February from 9.30am – 4.30pm in the West Park Conference Centre, Dundee. Speakers will include Martyn Evans (Director, SCC) Jeanette Longfield, (National Food Alliance) and Prof Hugh Pennington (Uni of Aberdeen).

Places are priced at £75 per person, or £65 if employed in the voluntary sector. For more information, please contact Anita Alexander at the University of Dundee

☎ 01382 345 637.



Two new reports from the highly acclaimed **Food Facts** series take a look at modern milk and beef production – What are the environmental and social problems? What can we do to resolve them?

"Where's the Beef?" and "The Perfect Pinta?" are priced £4 each, including p&p, from **SAFE (Sustainable Agriculture, Food and the Environment) Alliance, 94 White Lion Street, London N1 9PF** ☎ 0171 837 8980





How much does it cost families with children to reach an acceptable standard of living in the UK? What incomes do they need to avoid poverty and deprivation? What incomes do they need to be able to afford and access an adequate, acceptable and nutritious diet?

The Family Budget Unit have attempted to answer these and similar questions in **Low Cost but Acceptable**. After consultation with local groups, the research estimates that to adequately feed a couple with two children for a week, the minimum total budget for food could be no less than £59.16, and for a lone parent with two children a minimum of £37.47 per week would be required.

Low Cost but Acceptable claims that estimates like these could help governments develop policies, which more effectively address food poverty. The report costs £19.99 or £12.99 to voluntary organisations and community groups.

Available from Biblios Publishers' Distribution Services LTD, Star Road, Partridge Green, West Sussex RH13 8LD. Customer Orderline ☎ 01403 710 851



Based on the experiences of members of the National Food Alliance's Food Poverty Network, a toolkit has been produced for anyone interested in developing a successful community food initiative, which will aim to improve access to good quality, affordable food for people on low incomes.

Using a number of case studies, **Making Links** looks at many practical issues such as getting started, consulting with communities, finding sources of help, networking, and undertaking evaluation. It is also recommended for established projects, which want to expand, change direction, improve their evaluation systems, or simply find out what other people are doing.

Price £20 or £10 to Food Poverty Network Members. Please contact the National Food Alliance ☎ 0171 837 1228



The **Maryhill Community Health Project** and **Killearn Adult Resource Centre** have been working with a group of adults with learning difficulties to explore ideas and issues around healthy eating. During 1998 the group met weekly to participate in shopping trips, cooking sessions and workshops aimed at raising awareness of healthy eating. The group then used their artistic skills to express their own ideas about food and health in a visual way to create a series of powerful images, titled "*Pictures of Health*". From February onwards these pictures can be viewed in the Killearn Adult Resource Centre, Shakespeare Street, Maryhill, Glasgow.

For more information, please contact Maria Docherty at the Maryhill Community Health Project on 0141 357 4696, or James Dale at the Killearn Adult Resource ☎ 0141 946 4602.



Halfway Fruit Barra presents "**Party In My Mouth**", a collection of recipe ideas from folk in Cambuslang. The 22-page colour booklet contains useful local information as well as a healthy balance of recipes from potato wedges to apple yoghurt dessert. The booklet was researched, collated and edited by Lynn Brennan, Eleanor Murray and Judy Tait.

Available free from the Cambuslang Food and Health Project. Please contact Lynn Brennan ☎ 0141 641 5169 to find out how to get hold of a copy.



As part of their 'pathways out of exclusion' seminar series, the Big Issue have organised '**Towards Food Security**' on 25 February at 29 College Street, Glasgow. Lasting from 9.30am until 4pm, the seminar will involve workshops as well as contributions from Damian Killeen (Poverty Alliance), John Brennan (Edinburgh Community Food Initiative) and Jim McCormick (Scottish Council Foundation).

The seminar fee is £30 but some free places may be available. For further information and application forms contact Neil Trotter, The Big Issue in Scotland, 29 College Street, Glasgow G1 1QH ☎ 0141 559 5555.





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Fife Council's locality working group in Cowdenbeath, a multi-agency body, are currently planning a series of **'Spring Clean Your Health'** events for March 1999.

Activities will aim to challenge, inspire and support local parents and their children to make a few minor healthy changes to their diet, which need not cost an arm and a leg! Events will include a practical cookery session for parents facilitated by the local leisure centre, the promotion of reduced price local produce by traders, and a number of cross curricular activities within local schools.

The working group co-ordinating these events would be pleased to hear from groups throughout Scotland who have done, or are planning to do something similar. Please get in touch with Joanne McCreery at Fife Healthcare NHS Trust Health promotion Department t 01592 712 812 (ext 301)



Rural Initiatives Scotland 1998/99 is a small grants scheme, which is intended to stimulate new projects in rural areas which are organised on a voluntary basis for community benefit. Rural Initiatives Scotland wants to support sustainable development in rural areas with grants up to a maximum of £1000 for projects that make an impact on the community, improving the quality of local people's lives. They are looking for new projects that will be run by a community group or voluntary organisation that require assistance with start-up costs. Closing dates for applications are 22 February and 28 June 1999, and 17 January 2000.

For an application pack please contact, Rural Forum, Highland House, St Catherine's Road, Perth, PH1 5RY t 01738 634 565.



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



North Lanarkshire Federation of Food Coops in conjunction with the Summerlee Training Resource Unit and the North Motherwell Partnership are running a **12-week food/retail skills course** for unemployed people in North Motherwell, Forgewood, Orbiston, and View Park. Training began January 1999 and includes food hygiene, first aid and basic computer skills. Work experience will also be provided with a local food coop.

All trainees will receive £15.00 per week to cover expenses, and a premium of £75.00 will be paid to all trainees who complete the course.

For more information, please contact Andrew or Tam on t 01236 436 801



The Scottish Community Diet Project is keen to build up its bank of information in various fields. One such field is **FOOD CO-OPERATIVES**.

Is your food co-op willing to send us a copy of its constitution, volunteer guidelines, training materials, monitoring and evaluation systems, reports, press coverage, and any other relevant documentation? If so, we would greatly appreciate it as we would like to hold this information for local communities trying to start up a co-op and for initiatives trying to improve the support available to food co-ops and food co-op networks. Please send any relevant materials to the Scottish Community Diet Project Thanks!



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

Scottish Community Diet Project

Bill Gray, National Project Officer : Lizanne Hume, Development Officer : Jacquie MacIntyre, Project Administrator
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