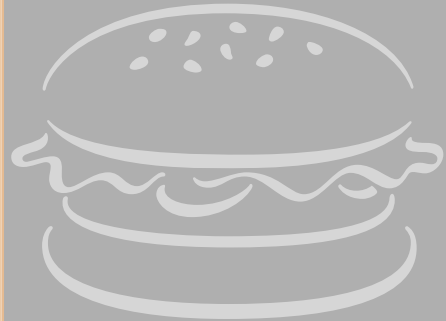




No Fare

*Working together for fairer access
to a healthy diet in Scotland*



Conference Report

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to a healthy diet in Scotland

11 June 2003 : Heriot-Watt University

Conference Report

Acknowledgements

Joint Report by: Scottish Executive, Foods Standard Agency, Communities Scotland, the Scottish Community Diet Project, Cosla and NHS Health Scotland.

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We have organised today's conference because part of our vision for taking the Diet Action Plan forward with renewed vigour is to put issues of food access at its core and to make sure that food access is the platform from which we continue to build the work.

We have here in this auditorium a depth and breadth of experience around food issues that I haven't seen gathered together for a long time and we intend to mine that experience to the fullest today.

You will see from the delegates list that we have a very wide range of expertise here. There are people from NHS primary care, people from the key agencies involved in policy making and delivery, we have people here from healthy living centres and healthy living networks, we have people from community development, from regeneration

partnerships, we have NHS boards, council and local authority organisations, community food initiatives, people from the voluntary sector and the voluntary health sector, retailers, food producers and processors, researchers and academics - and I think that there are a couple of food champions hidden among you.

To set the scene for our work we have Mary Mulligan, the Deputy Minister for Communities, looking at 'Fairer access- the way ahead'. The Minister is followed by four speakers who are actively involved in a variety of initiatives that are 'Working together for fairer food access in Scotland'.

We have brought together speakers from diverse backgrounds to support you in thinking about food access in a broad way. For the purposes of today's event we are taking a very broad definition of food access; not just looking at access to shops, this conference is about access to food.

The four themes we would like you to consider in your work today are:

- availability,
- affordability,
- culture, and
- skills.

We hope that these will underpin all of the work and discussion taking place today.

Gillian Kynoch, Scottish Food and Health Co-ordinator, Scottish Executive

Gillian Kynoch gained wide clinical and managerial experience as a dietician. She then specialised in public health nutrition and health promotion. As Scottish Food and Health Co-ordinator she is based within the Health department but works across all departments, sectors and settings to give impetus to implementation of the Scottish Diet Action Plan. She believes that the keys to success are building effective partnerships and encouraging people to be active in seeking health. Crucially, healthy eating messages need to be matched by efforts to ensure that healthier food choices are genuinely available to all.

Mary Mulligan MSP

Born in Liverpool, Mrs. Mulligan studied at University of Manchester where she graduated with BA Hons. in Economic and Social Studies. She worked in retail management and was elected as a Labour councillor for the Stenhouse ward of Edinburgh District Council in 1988 and 1992. She was returned to the Scottish Parliament as MSP for Linlithgow in May, 1999, and served as Deputy Health and Community Care Minister. After the 2003 election she was appointed Deputy Communities Minister.

I am delighted to see such a diverse range of people and organisations who are all committed to improving access to quality healthy food. The diversity of representatives here today is a strong reflection of the diversity of the solutions we need to find to give everyone in Scotland the right of access to a healthier, affordable diet.

The International Conference on Nutrition in 1992, and the world food summits in 1996 and 2002 stressed that access to a safe and healthy variety of food is a fundamental right. An optimum supply of safe and nutritious food is a prerequisite for the protection and promotion of health.

Diet is central to our health throughout life and is therefore integral to balancing health inequalities.

As part of this realisation the First Minister launched the 'Healthy Living' campaign which is at the 'front-end' of our efforts to improve the Scots diet but as most of you are aware, there is a huge raft of work underway throughout the entire food chain aimed at improving diet. Improving food

access and availability is at the core of all work. It is a truly cross cutting issue.

The Challenge

Earlier this year we launched the Health Improvement Challenge. This sets out an integrated approach to delivering improvements to the health of the people of Scotland. Health Improvement has been recognised as a cross cutting policy for the whole programme of Government. Therefore issues surrounding food access will be tackled within this all encompassing framework.

Over the coming years our efforts will be particularly focused on 4 key areas.

- the early years.
- the teenage years.
- in the workplace.
- and finally, we wish to learn from, build on and step up the contribution of community-based and community-led health improvement.

Our nutrition strategy aims to promote health and prevent nutrition deficiencies and chronic diseases to ensure optimal health especially in low-income groups and during critical periods throughout life. We want to ensure that enough food of good quality is available, while helping to stimulate our rural economy and to promote truly sustainable development in Scotland.

Food Access

Improving food access is about closing the opportunity gap, about social justice - about working, not

"...the Health Improvement Challenge. ...sets out an integrated approach to delivering improvements to the health of the people of Scotland. Health Improvement has been recognised as a cross cutting policy for the whole programme of Government. Therefore issues surrounding food access will be tackled within this all encompassing framework."

just at a strategic level, but through consulting, involving and engaging local communities, working to find solutions to meet local problems. We are all too familiar with the direct and unacceptable connection between poverty, diet and poor health.

We need to build communities which work together to tackle the problems they face. For this to work we cannot face each problem in isolation. Food access is inextricably linked to local food production, and distribution issues affecting farming, and the demise of local shops and services in urban and rural areas. It is an issue linked to transport, as well as town planning, and housing.

Food must be part of the mainstream national and regional policy agenda for area regeneration, for tackling poverty, social exclusion and for reducing inequalities in health.

Availability Affordability, Culture and Skills

Making this happen will require more recognition that we actually have a problem, and strong collaboration across government departments and between central and local government to tackle the barriers of Availability, Affordability, Culture and Skills that limit fair equitable access to healthy food for all.

In terms of Availability and Affordability, these barriers - most often combinations of them - are being tackled on a daily basis across the country at a local level. There are representatives here today from food co-operatives, community cafes and fruit and vegetable barras from both urban and rural communities who are

tackling availability and affordability as well as providing an important social service that is often overlooked.

Work on tackling the culture barrier can be seen in family centres, nurseries and schools which provide excellent examples of intervening with the early years, and often incorporate parents as well.

Many local communities have also identified the need to improve skills. Cooking skills have been shown to have the potential to do so much more than just help you keep the lumps out of the custard. They build up the knowledge and self-esteem that is essential to encouraging confident critical consumers.

Social Inclusion Partnerships

Social Inclusion Partnerships are one of many locally based organisations that are working towards not only improving access to healthy foods, but also working with the community to increase their knowledge and skills around food.

The Skypoint Café in West Dunbartonshire immediately springs to mind as an example of such a project. As well as promoting healthy eating options the café also provides a breakfast club and cooking classes for excluded groups.

The café is currently undertaking feasibility work with a view to developing a market garden on an old football pitch next to the café. This garden will grow fresh fruit and vegetables for the café and the local community.

Similarly, in East Ayrshire the SIP operates in partnership with local community based food initiatives,

community dieticians, health promotion staff and the private sector to address issues of food poverty and promote healthy eating. This is achieved by increasing awareness of the issues around food and the range of choices that are available amongst low income communities, Kids Clubs and looked after young people.

The Way Forward

The challenge is to implement integrated agricultural, environmental, food, nutrition and economic policies that put health at the fore. Today is about the ongoing search for pragmatic solutions for Scotland. Learning where we have come from and looking forward. This is not the beginning nor will we be able to scope the whole solution today.

Conclusion

I would like to thank everyone who was involved in organising this event, including, the Food Standards Agency, Communities Scotland, the Scottish Community Diet Project, CoSLA, Health Scotland and the teams within the Scottish Executive .

And of course I must thank you all for your attendance and active involvement, both in the forthcoming workshops and in the future. We will all be partners in taking forward the conclusions of this conference - turning ideas into reality - turning strategy into action.

What is Community Planning?

Karen Cawte – Policy Support Officer for Community Planning, Dumfries & Galloway Council

Karen Cawte - Policy Support Officer for Community Planning, Dumfries and Galloway Council.

Karen spent her early working career in the hospitality industry. This gave her a real feel for customer focus which she transferred to her first local government post of Marketing and Customer Relations Officer for Dumfries and Galloway Council's Housing Service. She moved to the Communications Unit as Research and Communications Officer in 2000. Here her remit covered communications, including dealing with the media, and also involving and consulting residents of the region regarding the Council's business. She has recently taken up the post of Policy Support Officer for Community Planning in Dumfries and Galloway.

Community Planning is a way of working now enshrined in legislation.

The recent Local Government Scotland Act says that we all now have a duty of community planning as this responsibility covers all local agencies.

Our experience in Dumfries and Galloway shows how the community planning process can be used to address the barriers that have been identified today to ensure that everyone has access to a healthier diet.

The community planning structure in Dumfries and Galloway is shown in figure 1. It comprises a joint board, made up of the Chief Executives and

Chairpersons of the Council, NHS Dumfries and Galloway and the local enterprise company. The board champions community planning.

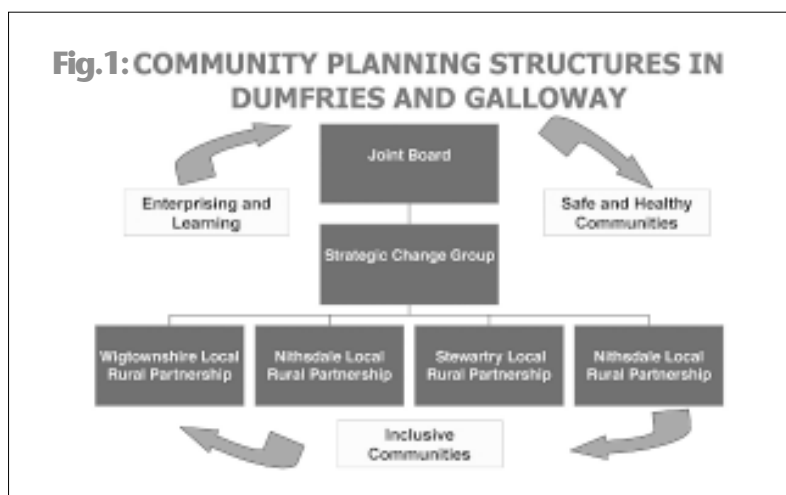
Linked to the Joint Board is the strategic change group who make sure that the principals of community planning are cascaded through their organisations. This group has representatives from the voluntary sector as well as a range of strategic agencies.

At grass roots level there are four local rural partnerships spread across the region. Their role is to link directly with the communities and provide the link between strategic and policy development work and the front line agencies. They are working partnerships, operating with the council's area committees and the local health care co-operatives to agree local priorities and policy development.

Surrounding the structure are the three themes that everyone works to:

- enterprising and learning
- safe and healthy communities
- inclusive communities.

Dumfries and Galloway has a health improvement co-ordinator developing the health agenda within the council and across agencies and community. The post is underpinned by the community planning structures and the health improvement co-ordinator also supports the safe and healthy community work. The joint health improvement plan, a sub plan of our community plan, outlines key actions towards safe and healthy communities in Dumfries and Galloway.



Examples of community planning

I have chosen four examples which I think fit the principles of community planning and link directly with the health, food and diet agenda.

Food in Schools Partnership

This is part of the inclusive communities theme and is a multi-agency group comprising education staff, DLO staff, council health improvement co-ordinator and NHS health improvement staff.

As well as looking at healthy food options, the group also explore wider issues relating to the diet of young people and also promote initiatives such as water in school, fruit tuck shops and breakfast clubs.

Building Healthy Communities Project

The Building Healthy Communities Project is a series of community based actions. These local initiatives aim, through community development, to support individuals and communities to build capacity, identify local health needs and find innovative solutions to these needs as well as developing the infrastructure for health in local areas. They have been involved in many initiatives linked with food, nutrition and diet including healthy eating initiatives in the community and schools, and the development of a healthy community cafe using local produce.

The Scottish Healthy Choices award

The Healthy Choices award operates

in Dumfries and Galloway and aims to encourage local businesses to provide healthy food options. The criteria for the award include implementation of environmental health standards, nutritional standards and offering a wide variety of healthy eating options.

Castle Douglas Food Town

This project gained its impetus from the foot and mouth disease crisis. Businesses in the region were decimated by the disease and needed to do something to get people to come back to the area.

Through this project we now have over 50 small businesses involved in providing high quality, locally produced food and drink. Many of the raw materials are locally produced and processed to add value to the whole package.

Castle Douglas food town is not just a business initiative, it has been working with the council, enterprise companies and the health service to promote not only food businesses but also looking at peoples diet and peoples access to healthier food.

Community planning

Community planning has been in place in Dumfries and Galloway for four years and it is still in its early stages. To make community planning happen you need significant cultural change in people and organisations and that is a very slow process, but, we believe that in Dumfries and Galloway it is a worthwhile process.

We now have over 50 small businesses involved in providing high quality, locally produced food and drink. Many of the raw materials are locally produced and processed to add value to the whole package

What is Community Planning?

"A process...whereby public services in the area of the Local Authority are planned and provided after consultation and co-operation.... Among all public bodies...and with community bodies".

Local Government in Scotland Act 2003

Mike Cook - Development Co-ordinator. Community Food Initiatives North East

In the 1980's Mike worked as a neighbourhood community worker in Urban Aid projects involved in youth work, community flats, welfare rights advice, housing action groups, food co-ops, mother and toddler groups, local newsletters, etc. At the end of the 80's, he became a full time father, returning to work as administrator of a council employees credit union he had helped establish. In 2002, he joined the Food Co-op Network North East (later to become Community Food Initiatives N. E.), helping to support and develop locally run community food outlets across Aberdeen.

I work for Community Food Initiatives North East (CFI,NE), a small voluntary organisation committed to partnership working around food issues. Our focus is on using a community development approach to support and develop local community food outlets.

As an organisation committed to social justice we concentrate on the poorer areas in Aberdeen and wider afield. In terms of access we don't think that the issues are just economic and political as there are also issues of access that are tied into culture, including:

- what people know,
- what their habits are,
- their experiences,
- the social and family circumstances they find themselves in.

All of these affect the decisions they make about food and health as well as every other aspect of their lives.

What are the hot issues in poor communities just now.

If I was living in the area were I work I would be worried about drugs, violence, crime, policing, housing,

services from statutory agencies, money, benefits, managing bills, neighbours, coping, depression and isolation.

Although they are not directly associated with food all those things need to be considered when promoting healthy eating and health improvement.

We need to think about those issues and wonder why is it that people are not jumping up and down when we go and mention healthy eating to them, whether they should be eating grilled mackerel or whatever.

Culture in that broad sense, is the daily practice of our projects and fully informs what we have to offer. Using a community development approach we ask and answer questions:

- Who is appropriate to bring the news of healthy eating or health improvement to people in those communities?
- Who is going to persuade and sometimes argue with them that what they should be doing is different from what they are doing now?
- Who are they going to trust when it is time to take the risk of exposing their ignorance when trying something new as that is something that none of us like doing?

I think a community development approach can begin to tackle these difficult issues. Building relationships with the people in these areas and working from the bottom up, is an important factor in how we can all

address the issues here today.

This significantly helps us to understand what the problems are, because we as professionals are not the people who should be defining the problems. We may have a perspective on what the problems can be but there are other perspectives as to what the problems are. And understanding of these only come if you listen to people in these areas.

I think by creating a local, positive resource for people in terms of local food provision using local people we can help address those issues in a different way that adds value. What we are doing, in this process, is actually helping people in terms of their own personal development and in community capacity building too, while people are learning new skills.

My view is that we shouldn't look on volunteers as people who simply give, because volunteers get back from their giving. And that is part of the deal and I think that is recognised and it is a way into and a way out of the issues for both workers and residents.

It is an attraction to some people to know that there are people who will support them to learn new things, but also, that there is a way out for them when their skills have taken them somewhere else or their interests have taken them somewhere new.

This is a great thing, and it is a positive success but sometimes it means that our organisations suffer because if we are very good at what we do, the people that we have invested loads and loads of time in go somewhere else and take that investment with them. It is great for them, but it is sometimes a bit frustrating and from the outside it can look as if your organisation hasn't moved, and in fact you are often worse off than when you started.

While this might appear to be a loss, in reality, the organisation is bigger than the sum of the parts.

For the future, we are developing a 'crisis fair share' idea. The aim is to take food that is approaching the end of its shelf life in supermarkets and deliver it to homeless hostels or people who don't access that kind of quality food on a regular basis. We see it as fitting in with our general aims. The homeless folk who will be involved as volunteers running the project will move from being helped to becoming helpers. That process is important to us, as important indeed as the access to the food.

Food, social justice and health are things that all of us in the country are involved in and interested in. What I am calling for today is for us to continue to have as wide an approach to tackling the issues as we can.

I would be worried about drugs, violence, crime, policing, housing, services from statutory agencies, money, benefits, managing bills, neighbours, coping, depression and isolation.

All those things although they are not directly associated with food need to be considered when promoting healthy eating and health improvement.

Building relationships with the people in these areas and working from the bottom up, is an important factor in how we can all address the issues here today.

Carole Inglis - Business Development Manager, Skye and Lochalsh Enterprise

As Food and Drink Project Officer with Skye and Lochalsh Enterprise for five years, Carole Inglis was responsible for the integration and promotion of local food and tourism. The development of the sector has been achieved through working closely with a wide range of public and private stakeholders, building confidence and encouraging cross-sectoral networks to benefit not only producers and consumers, but the wider local community.

I was originally employed as a project officer to promote food and tourism. I began by putting together a food and drink directory and initiating a food festival. When the project neared completion the need to build on the enthusiasm generated was very visible.

One route that presented itself was the Soil Association's Food Futures programme, 'Local Food for Local People'. This aimed to develop a local food strategy from a shared vision bringing people together thereby increasing access to fresh, local food.

Why support this?

As part of the HIE network our aim is to enable the people living in the Highlands and Islands to reach their full potential and to deliver a smart, successful Scotland for the Scottish Executive while always considering the environmental and cultural impacts of what we do.

In Skye and Lochalsh 50% of the local population are employed in hotels, restaurants, agriculture and fishing (See fig.1). Tourism related jobs are important to our economy.

To build on the interest that was already there we organised a

successful Local Food conference - this was helped by having fresh, local produce firmly on the menu.

Some of the issues raised and discussed were:

- more local outlets, less regulation
- environmental concerns about intensive farming
- better use of resources: diversification
- strong demand for local meat supply
- more horticultural growers needed
- quality, cohesive marketing/branding
- education about access to local food
- better distribution and communications.

Three action groups were formed which led to various projects, one of which was a group of growers running a local box scheme. This scheme now makes well over 100 deliveries a week to local individuals.

Another project was a distribution van with regular weekly deliveries. Last year this local foodlink van carried £34,000 worth of local produce to local outlets. Much of which would not have been able to be delivered before. For example, before the food link van it wasn't possible to get local produce from Skye to Lochalsh.

One of the important outcomes of all this work is the recognition of cross cutting agendas and I was delighted to hear the deputy ministers' comments on bringing together the joined up thinking that we all aspire to.

Fig.1: Employment spread in Skye and Lochalsh

| Industry | Employees |
|------------------------------------|-----------|
| Hotels, restaurants & distribution | 40% |
| Agriculture & fishing | 9% |
| Public admin., education & health | 23% |
| Construction | 3% |
| Banking, finance & insurance etc. | 10% |
| Transport & communications | 8% |
| Other services | 3% |
| Manufacturing | 3% |
| Energy & water | 1% |

Economic benefits

One of our main aims is to keep money in the local economy, to reverse the decline of rural services, such as the village shops. Local shops started to stock local produce and this meant that people went there more often because they now had access to locally sourced food. This local loop ensures that any added value goes to the producer.

Health benefits

The health benefits include improved nutrient levels from reduced food miles, improved mental well-being, community participation and social inclusion. These are all positive contributions towards the aims of the diet action plan for Scotland and improved access to fresh affordable food.

Environmental benefits

Environmental benefits include reduction in convenience packaging, increased variety of produce grown locally and increased diversity of landscape and wildlife. Another benefit was renewed pride in traditional crofting practice, which is very important to our community.

Social benefits

We have found that the social benefits of the initiative have included:

- breaking down social and geographic barriers,
- increased local ownership and participation,
- capacity building in local communities and
- improved access to skill's development, e.g. Portree High

School now runs an annual gourmet challenge and pupils in fifth year cook a meal for the food festival.

Where next for Skye and Lochalsh.

We plan to continue to build on our success by carrying out the following aims:

- develop a centralised distribution system
- continued development of Skye and Lochalsh brand identity
- establish a monthly Producers' Market
- encourage product development for niche markets
- monitor quality levels with a 'Who Cares Wins' initiative
- encourage take-up of existing quality assurance schemes
- secure funding source to enable next stage development.

In the past visitors to Skye and Lochalsh did not come for a culinary experience – they came for 'its bracing air and scenery'. Recently, however, Skye has been described as 'probably the most sophisticated culinary island around Britain. It seems to have learnt finally, to keep the best stuff for home'. And that got me thinking. Perhaps if we kept just a wee bit more of the best in Scotland – then maybe, just maybe, we could achieve fairer access to a healthy diet in Scotland. The impossible dream? Well, in the words of social anthropologist, Margaret Mead, 'Never doubt that a group of thoughtful, committed citizens can change the world, indeed it's the only thing that ever has'.

Local shops started to stock local produce and this meant that people went there more often because they now had access to locally sourced food. This local loop ensures that any added value goes to the producer..

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Martin Meteyard - Scottish Secretary, Co-operative Group

Martin Meteyard has been involved in the co-operative movement for more than 20 years. He is currently the Scottish Secretary of the Co-operative Group (formerly CWS). The Co-operative Group has worked over many years to promote food access, both via its own stores and by supporting community ventures. Current initiatives include a corporate membership package allowing established co-ops to access the Co-operative Group's dedicated supply chain, as well as a discount card offering 10% off purchases in its shops to community food initiatives. Martin represents the Co-operative Group on the steering group of the Scottish Community Diet Project.

Historically, fairer food access has been the reason for being of the co-operative movement. Right from the very first pioneers in Scotland - the Fenwick Weavers in 1769 - through to the much better known Rochdale Pioneers in 1844 the aim of co-operative initiatives was fairer food access.

The co-operative movement aimed to provide better quality food that wasn't adulterated in the way that was very common in the nineteenth century, and to provide food at a cheaper, more reasonable price.

The co-operative movement in the second half of the nineteenth century had ordinary people doing extraordinary things, in running co-operative businesses that became, by the end of the nineteenth century, the largest food business in Great Britain.

I think that really does show what extraordinary skills people have if you can just tap into them. Time moves on and the co-operative movement is in a different phase today but these are our roots. Our roots are in communities.

Obviously there have been a lot of changes in the food industry, particularly in the second half of the twentieth century. The food industry is much more competitive today and there is a much greater concentration of ownership. It has achieved major efficiencies through a centralised supply chain. However now it requires much larger amounts of capital to be involved in food retailing and food businesses generally.

It has to comply quite rightly with a whole raft of legislative requirements, particularly focusing on food hygiene, food safety and protecting the consumer, and that means much more rigorous standards being applied. The whole industry has to invest heavily in meeting those requirements. There is a much higher cost base in terms of things like supporting refrigeration. This means a higher cost base when you are operating smaller shops than when you are operating larger shops where for example, you can run a number of fridge units from one compressor.

And it is a globalised big business. To give you some indication of what that means in terms of profitable and sustainable food retailing we generally now don't look at a proposition to open or operate a food retail unit unless it is going to turn over a minimum of £20,000 per week. That is a lot of money to come from a community.

The reason we are here is that a significant number of people have fallen through the gaps of that system, whether for reasons of location, income or other forms of exclusion.

If we are talking about access obviously a very major part of food access is the supply chain itself, the way that food gets distributed into local communities. It is a problem in some urban areas and even more so in rural areas where getting hold of genuinely fresh fruit and vegetables other than what is grown locally can be a major issue.

I want to talk briefly about two particular initiatives that we have been involved in. One is to try to promote community retailing.

Our involvement in this started with an initiative of the Highlands and Islands Development Board in the 1970's to support community co-operatives as a way of keeping food retailing within very isolated communities. They approached ourselves to see if they could access our supply chain benefiting from direct deliveries.

Over the last three years what we have tried to do is provide a more general support to people who want to get involved in community retailing. For example we have developed a community food retailing manual, which is available on the internet.

We recently received funding from the Co-operative Action Foundation to formally establish a community co-operative retailing network, which initially will operate in Scotland.

The other major initiative that we have recently launched is the community food discount card. In 2001 we piloted a food co-op discount card giving 10% off purchases at local co-op stores. It also

meant that groups could purchase single items rather than a whole case of items so that they could be responsive to local need.

Following that pilot phase we rolled it out more widely and that card is now available to all community initiatives who are spending £50 or more a week.

Although the distribution of Co-op stores misses out some areas of the country the co-op recently acquired the Alldays chain. This means that as Alldays become Co-ops they will also be able to offer the facility of the community food discount card.

I would like to make two points in relation to what we are doing.

First of all, while the Co-operative Group is the largest co-operative food retailer in Scotland, there are a number of other co-operative societies who don't necessarily operate the same kind of schemes that we do. So what I have described isn't applicable in all areas of Scotland.

I also want to emphasise that what we are trying to do is to create sustainable long term solutions. It is about supporting communities to help them achieve greater independence, greater confidence and greater capacity.

I think fairer food access is a difficult nut to crack. There are many practical problems. But it is not impossible. And what it needs is the will to do it, to go that little bit further, for big and small organisations to work together in partnership, to listen and to learn and dare I say it, to co-operate.

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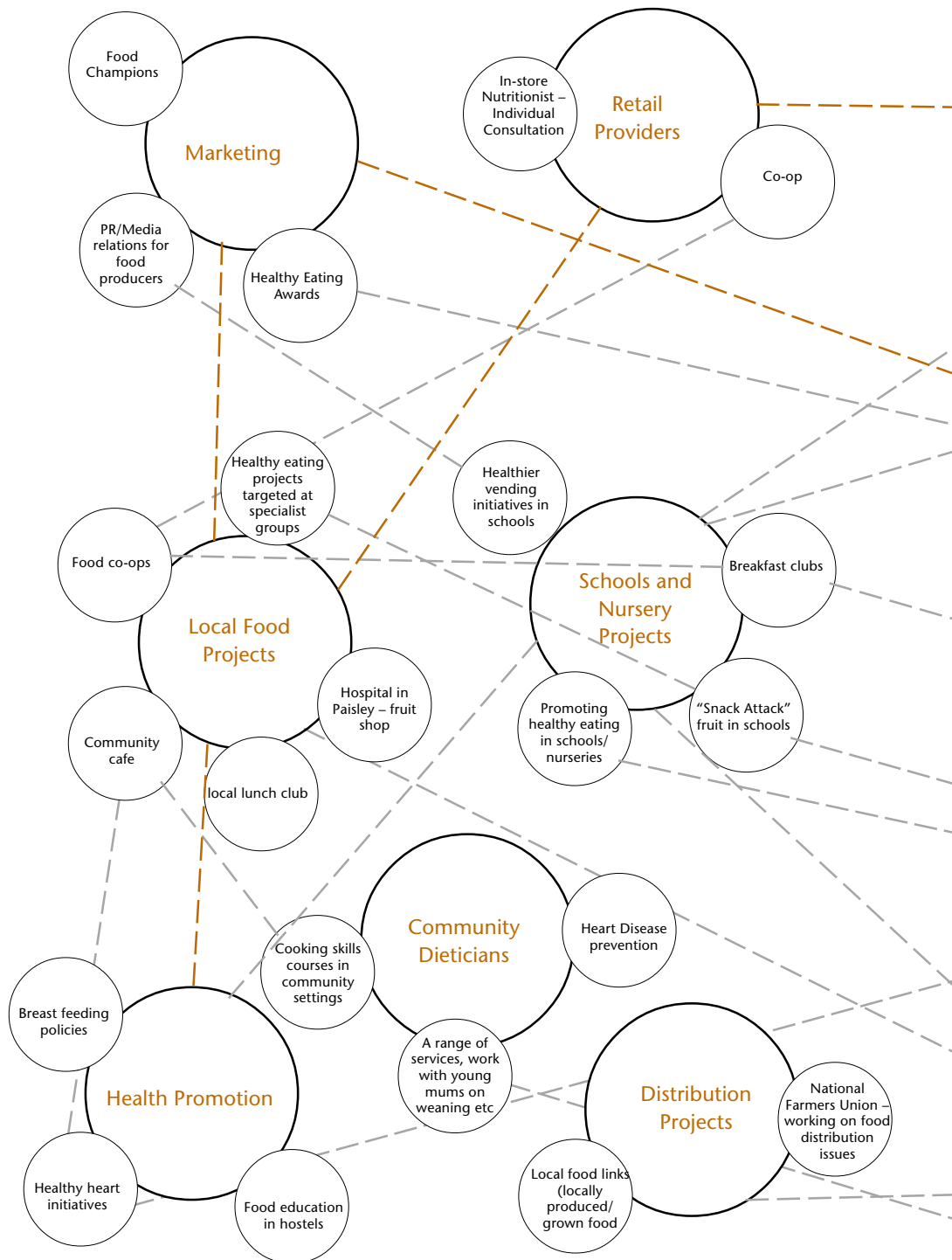
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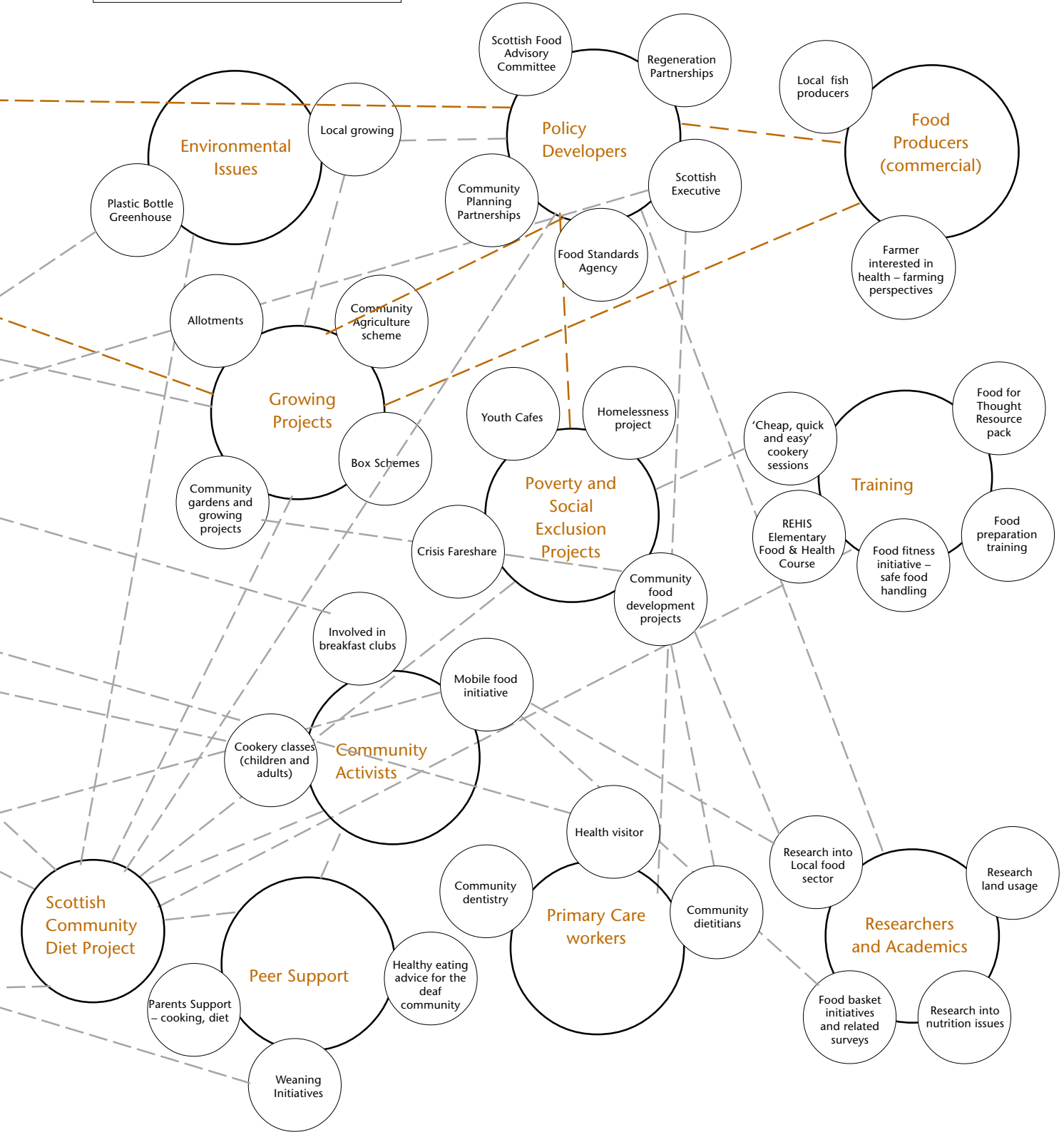
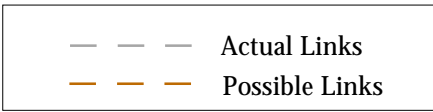
For the above manual go to: www.co-op.co.uk click on 'I want some information', then click on 'About the Co-operative Group' and then click on 'Co-operative Group publications and reports' then look at the section 'Responsible Retailing'

The first set of workshops were about capturing what's going on around food access.

As can be seen from the attendance list (appendix) the participants in this conference came from a very wide range of backgrounds - community activists, local workers, policy development workers at local and national levels, food producers and retailers, researchers, health and local authority workers, academics and health promoters. Delegates were split into seven mixed groups and given the opportunity to get to know about each other and to talk about what they did. The success of this networking exercise - group chairs had to push to get the participants to move on to the next set of partners- suggests that it was an opportunity that was long overdue and should be repeated regularly.

With 186 individuals in attendance all of the areas related to food in Scotland were represented. This diagram attempts to show the main areas of work, the projects and workers in these areas and explores the actual and possible links between them.





Local Work- many strands

The exercise overleaf gives an indication of the spread of skills interests and experience across the audience. However it does tend to dilute the complexity of some of the projects as, for example, there are projects which would sit easily under three or four of the headings in the diagram. Community based food work is a complex business. Some examples of community projects are described below.

The Edinburgh Food Initiative

This community based project distributes some 35,500 pieces of fruit per week to local schools. Their ability to bulk purchase enables them to provide fruit at a substantially reduced cost to community groups thereby contributing to addressing the issue of affordability. The initiative has employed a health promotion officer to tackle issues of education and also linked with mainstream providers that has allowed for the provision of long term contracts for staff.

Kenpark School

Is a special needs school for disabled children. Work is underway to re-educate parents and children about food. Cookery classes are provided that involve the whole family. They are then encouraged to use their new skills in the home and re-establish meal times as a family time rather than it just being about nourishment.

Plastic Bottle Greenhouse

This has been constructed within a New Community School in Perth. It is used to grow fruit, vegetables,

herbs and flowers. The same school also provides awards and prizes for those that chose healthy school dinners or bring healthy packed lunches.

East Lothian Roots and Fruits

Roots and Fruits is a community project working to promote good health among the people of East Lothian. Its main objectives are:

- promoting healthier eating
- promoting access to good quality fruit, vegetables and provisions at affordable prices.

Roots and Fruits has a range of activities which provides good quality fresh fruit and vegetables at low prices around the towns and villages in East Lothian. These comprise: a delivery service, 3 Food Co-ops and a mobile food shop. It also has a strong role in education and development around food issues and is developing a community garden project.

EarthShare

EarthShare is a not-for-profit Community Supported Agricultural Scheme in Moray, the subscribers share the risks and benefits involved in growing their food using organic methods.

EarthShare grows about 47 different varieties of fruit and vegetables and distributes these to 200 local subscribers almost every week of the year. Several social events are organised throughout the year and subscribers are kept informed about progress through a quarterly newsletter, "The Onion String".

Challenges relating to access and availability

As part of the exploration of what people did, the discussion in some of the groups covered the challenges surrounding availability and access. The main challenges identified were:

- **Housing:** issues around shopping access in poorer areas.
 - **Transport:** access issues around cost and availability; e.g. as mobility and access to shops decreases transport for the elderly, can become an increasing problem.
 - **'Food Deserts':** conflicting evidence over the existence of food deserts.
 - **Local produce:** export often more profitable than selling locally.
 - **Schools:** conflict in schools re policy and practice.
 - **Developing new approaches:** important to take the risk with innovative projects and to stick with them through initial teething problems.
- **Learning from others :** structure and support for sharing practice and information.
 - **Project Sustainability:** need for accessible funding.
 - **What works?:** a need for a clear and accessible evidence base.
 - **Research / policy:** where do all the reports that get published go?!
 - **Funding:** information, access and sustainability.
 - **Dilution of effort:** duplication of services already available.
 - **Cost:** Organic Food and affordability of Healthy Choices in Schools.
 - **Communication:** people and projects need to know what's happening.

Bill Gray - National Project Officer, Scottish Community Diet Project.

Following eight years as a community worker in the Edinburgh voluntary sector, Bill took up the post of co-ordinator at the community-managed Ferguslie Community Health Project. This local community project established and ran a number of initiatives much of the work involving food. After eight years in Paisley, Bill moved to the Scottish Community Diet Project. This project is now in its third phase of Scottish Executive funding and continues to pursue the joint aims set for it in the Diet Action Plan, namely to promote and focus dietary initiatives in low income communities and bring these within a strategic framework.

The afternoon session is called 'What needs to be done - action planning for fairer food access'. Action planning is that crucial combination of well supported and well planned action that will make a difference to food and health in this country.

I spent Monday of this week with Have a Heart Paisley, exploring healthy eating action, and I spent yesterday piloting food and health training with caterers and community groups. What I got from both these events was an incredible combination of enthusiasm and passion matched with frustration. Frustration to do more, frustration to do better.

I feel from what I have picked up this morning, from both the speakers and the workshop that I attended, that here today, there is also an enormous amount of enthusiasm,

passion and frustration. So the afternoon workshops is your chance to use that enthusiasm and hopefully tackle that frustration by outlining ways forward to tackle issues around food and health in Scotland. It is really about where do we go from here, how do we get there, how do we know when we get there. In these sessions we need people to be brave to be imaginative and to develop approaches that will ease those frustrations.

Please remember the barriers we are looking at. Issues like availability, affordability, and cultural issues, ingrained habits and skills. We have to get down to practical issues, to look at specific steps to change and to working together to gain fairer food access in Scotland

This chapter looks at the breadth of discussion around food access in Scotland and describes the main suggestions for action. It does this by listing all of the themes identified in the groups. These themes and their associated key action points were then grouped into six related areas.

In the afternoon the participants were organised into seven groups. The group tasks were to explore ways of addressing some of the main issues around food access. The groups were each asked to identify three or four themes relating to access using the issues identified at the beginning of the conference as being key to this work:

- availability,
- affordability,
- culture and
- skills.

Themes identified

All of the themes identified as important by the groups are listed below:

- Agricultural policy, including community involvement and partnership working
- Promoting/dissemination of good practice including community involvement and partnership working
- Planning and regulation, including community involvement and partnership working
- Communication and information sharing
- Funding and sustainability
- Delivering the strategy - this refers to the gap between the strategic approach and what was needed to achieve the reality.
- Affordability Retail distribution
- Access: Planning and transport
- Education & cultural issues
- Diet

- Funding, monitoring and evaluation
- Structure
- Improving networking and communication
- Capacity building - improving food and health training opportunities
- Improving food access by the development of local food strategies
- Improving delivery networks for local food
- Food production/local food sector
- Community retailing
- Building skills
- Sustainability/funding

These themes and the key action points relating to them have been grouped into six main areas and are displayed overleaf.

Theme Group 1

Agricultural policy including community involvement and partnership working

Food production/local food sector

Improving delivery networks for local food

Key points 1

- Increase demand for Scottish products/local food
- Local production - community link
- Link farmers and food co-ops
- Encourage local producers to sell to local people - e.g. food co-ops
- Establish cost effective delivery system to consumers
- Guide to the Scottish food chain
- Public sector procurement/local produce

Theme Group 2

Affordability and retail

Community retailing

Key points 2

- Need to increase interaction between sectors
- Private sector need to work with local communities
- Government should introduce voucher scheme for low income families to purchase fruit and veg.
- Funding for a Scottish distribution network for easier access to fresh produce throughout country
- Better support for developing community retailing through subsidies and investment
- Need for larger scale production
- Strategy for getting food cooperatives products into supermarkets
- Remove snack bars from outside schools
- Support small and medium retailers 'Health promoting Retailer scheme'
- Promote food co-ops to wider community

Theme Group 3

Key points 3

Promoting/dissemination of good practice including community involvement and partnership working

Communication and information sharing

Improving networking and communication

- More opportunities to network
- Share resources (remove competition)
- More organised information sharing
- More effective collation and dissemination of information
- Central list/database providing evaluation and information on projects across Scotland
- Mapping of networks and initiatives across Scotland
- SCDP website, could include a message board/chat room
- Health working networks - formal links
- Share evaluation skills/ensure support available

Theme Group 4

Key points 4

Funding and sustainability

Funding, monitoring and evaluation

Sustainability and funding

- Health improvement funding need to be ring fenced and available to communities
- Need for longer term funding for some projects
- Better co-ordination of funding streams
- Multi-agency funding/joined up working
- Improved exit strategies for funded projects
- Research into the characteristics of a sustainable project
- One stop shop for funding community initiatives

Theme Group 5

Key points 5

Delivery of the strategy

Planning and regulation including community involvement and partnership working

Structure to deliver improved food access

Improving food access by the development of local food strategies

Capacity building - improving food and health training opportunities

Building skills

- Develop a can-do attitude through increased knowledge of regulations and confidence in ways of working
- Transparent planning process (including community planning)
- Community planning should include food as a priority
- Requirement for community planning training
- Community projects could get more involved with schools
- Local authority outlets should comply with healthy eating promotion
- Local authority should convey a uniform message e.g. school meals
- Use and retain skills within communities
- Improve access to food information -labelling
- Reduced salt in processed food
- Legislation required to establish clear structures (for local authorities delivering government framework)
- All key groups across Scotland should be supported in the development and implementation of local diet action plans (national targets into local context)
- Need to join up professional skills

Theme Group 6

Key points 6

Schools
Education
Culture and education

- Tackle food advertising aimed at young children
- More community schools
- Standardise curriculum regarding food - lead by local authority
- Need co-ordination between educators and food producers
- Information pack on seasonal availability of Scottish produce and link to school curriculum and community cooking classes
- Diet and nutrition skills and basic cooking skills should be part of curriculum
- Basic nutrition/healthy diet should be included in all hospitality and food training
- Link local colleges and communities to deliver cooking skills training
- Broaden awareness of benefits of healthy eating
- Provide basic healthy eating training
- Training for catering staff in schools
- Create more opportunities for peer support
- Better leadership from public seminars

Thank you for the opportunity to speak from the perspective of land use planning which I know is a key sector in the field of food and diet. However if you ask the majority of land use planners what the connection between land use planning and a healthy diet is I am sure they probably would look a bit puzzled. I would just like to give some impressions today, a little 'taster', and some 'food for thought' about how planning can actually contribute to today's agenda.

Perhaps I ought to say what land use planning is. Land use planning has a specific remit for the control of the use and development of land. So how on earth can land use planners work alongside other stakeholders?

Availability, affordability, skills, and

culture have been the themes that we have been looking at.

Availability

Traditionally land use planning protected agricultural land and that is why our towns and cities grew up where they are because people were producing food for consumption in towns and cities. There was tension with Urban Sprawl, so land use planning was there to protect agricultural land. But as the minister said this morning, land use planning has a lot more to do to raise the profile of the urban economy.

Land use planning is not just about food production, land use planners are also strongly involved in planning around retail provision.

I picked up very strongly from the workshops that people are aware of the issues of out of town food stores. This was the market responding to lifestyle changes, such as more women working, private cars, fridge freezers. That is fine for some, those who can afford it, but for those who can't it is not so fair.

So obviously planning policy has changed and now we really promote town centres. We have something called the sequential test and what we say to developers is that the town centre is your first choice location for development.

I don't know how many of you have had a look at the partnership agreement, which is launching the next round of discussions for the Scottish Executive. In this they are talking about local food distribution networks. Planning is going to have a

key role in providing the infrastructure to meet that part of the partnership agreement.

Affordability

A bit of a tenuous link here for planners, however we have something called planning agreements because planners do try to deal with the issue of housing, in that we use planning agreements to encourage retail developers to provide affordable housing.

Maybe we can think about similar ways that we could use planning agreements to provide for affordable food.

Skills

Community involvement and public involvement is a major issue for planners. Planners have had 40 - 50 years of experience in involving the community in really innovative ways. It isn't just about telling people what they want in their communities, it is about listening to what they want.

So maybe you could seek out and then make use of planners' skills in public involvement.

Culture

In terms of culture I think planning also has something to offer in the pro-active policies it sets out in its plans. For example, one strand of town centre management is all about trying to change the culture of how we celebrate food.

People have been talking today about fast food. I think there is something called the private realm and the public realm. What planning is about doing is trying actually to get people to spend a little more time

celebrating food and I think that there are initiatives that planning can do, for example through town centre management to promote this argument.

In developing access there are connections with land use planning. It is all about P's:

- people,
- place,
- power,
- participation

it is about protection but it is also about:

- promotion,
- partnership, and
- participation of the community

Action planning and land use planning: remember us!

Land use planning is not just about food production, land use planners are also strongly involved in planning around retail provision.



I was asked to reflect on the work of today from a health perspective. What I would like to do is run through some of the key points that I picked up, mainly from the workshops this afternoon, but also one that struck me very strongly from the workshop this morning.

This morning I was really struck by the diversity of interest within the workshop I was in. There was hardly any duplication of professions, just a range of different constituencies, agencies and sectors who are actively engaging with the issue of improving food access for people in Scotland.

The point that really struck me, a new thought for me, was that poor access is not just a function of poverty, but there can be problems in more affluent areas too.

This was very well illustrated with an example about a woman who had just had a new baby in a more affluent suburb of a city, who suddenly finds herself without a car because her partner uses it for work. She now realises that there are no shops within walking distance to where she lives and how is she going to do her shopping? Access issues therefore can affect a wide range of people.

In the afternoon the issues that were identified in our workshop were agriculture, planning and the sharing of good practice.

In relation to agriculture we discussed what it is possible to grow in Scotland and there were the usual examples: we grow berries, turnip and potatoes and so on.

But in thinking about what else we could grow we came upon the problem that we would need to use polytunnels, and we would need to heat them and this has cost implications and a negative environmental impact.

Someone in the group pointed out that can be viewed as a real opportunity, in that we could link up with another sustainability issue, the issue of renewable energy. We could attempt to develop polytunnels powered by renewable energy and then we have two sustainable strands running alongside one another and we also increase the diversity of foods that are grown within Scotland for the local population.

Many of the foods we import are just grown in polytunnels somewhere else in Europe, so why not grow them here if we can find an appropriate place on agricultural land.

Another interesting point came up when discussing policies and planning. This was the idea of health impact assessment in relation to food and food access. Health impact assessment is the exploration of all the impacts and effects on health of a change in policy or a new planning application (similar to the use of environmental impact assessments). The assessment takes place at the early stages of planning and policy

development and the findings of the assessment are supposed to be addressed in the next draft of the policy. It would be useful to develop this around food access at both local and national levels. The group felt that this could be an example of where we could share practice across the country.

The group discussed regulation and the usual frustrations with EU and national regulation arose, whilst at the same time, acknowledging that these really are necessary for a safe and secure food supply.

But there was also a feeling that sometimes regulation is almost self imposed in the sense that people are a bit fearful of regulation and they perhaps lack confidence in knowing what they can and can't do. We took the example of nurseries not using cooking skills exercises with children because of concerns as to whether they should be using knives.

To address this we felt that groups need to build relationships between the people who are doing the work and the regulators. So that rather than stepping back and not doing things for fear of doing the wrong thing, people need to communicate with the enforcers. For example, they could start a dialogue with their local environmental health department and

find out what it is that they can do; taking a can- do rather than a can't do approach.

Finally we talked about planning processes. We were much less knowledgeable about this in our group but we focused particularly on the need for transparency in the process and the planning enhancement issue. We were concerned about the way large retailers sometimes come into an area and offer incentives to enhance their application for a new build, such as the provision of new roads, or a local leisure centre and so on. These developments can cut smaller retailers out of the picture.

We were able to pull together all the strands of our discussion as follows. When considering new retail or other kind of food development, there is a need to look at the impact of the development not just in terms of its overall impact on the environment and health, but also more specifically at its impact on food access. Assessing impact in this way offers opportunities for dialogue with local authorities and other key agencies and partners, simultaneously raising their awareness of the issues and increasing the likelihood of more diversity in our retail environment.

Another interesting point came up when discussing policies and planning. This was the idea of health impact assessment in relation to food and food access.

Thank you for asking me to reflect on the day from a community point of view. A lot of the work that I have come across today has a similar feel to our local work. There are volunteers involved with it, there are places where people actually hold food co-ops and get access to people who live in semi-rural or urban areas. An awful lot of this is very similar to my own experience I didn't realise just how similar that work was throughout the whole of Scotland.

Other areas that I also found very interesting were around the sharing of good practice, and about agencies being involved in communication, sharing of information and knowledge. In West Lothian where I am involved, we are working with a broad network, and to be honest, if it wasn't for the network there would be a lot of people without access to fruit and vegetables.

Being here lets me see that networking is accepted as a very important part of food, health, and other activities in the community.

To keep networks going and to continue to keep volunteers involved, one of the important things is training and support for training. Many volunteers have never actually had any general training although they may have done certain things like food handling and preparation courses.

I think that broader training would rub off on people in the community. People do have difficulties in knowing what they should be eating and how they should be cooking it. I think that if there was some way that the money could be kept going for training, a lot more people would take it up.

Another important area in the community is around skills and knowledge, and this can be very diverse. For example, this could be about involving people from different cultural backgrounds, or it could be about involving people who don't know how to cook, don't know what to buy, or how to budget their money. Then there are issues around people who have dietary problems and allergies.

There are a lot of people in communities who are from ethnic minorities and they often feel excluded from community activities because they don't eat or cook things in the same way as we do. Now, would it not be a good idea if some money was provided to bring these ethnic groups in to do some training with local people to let them be aware of what it was that they needed to eat

and how to cook things.

Accessibility is also an issue. If you have a food co-op, you can distribute food within communities, but if you don't have a local facility (a store or central supplier) to access supplies from then you will have a problem developing food co-ops in the area. The people in that community could find it very difficult to access a good range of fruit and vegetables.

It would be useful to put money into communities to provide premises or re-use other premises to help develop support for a range of community food action.

Remember community activists are the people who can make a difference in their community but we need support from all sectors to keep that going.

To continue to keep networks going and to continue to keep volunteers going, one of the things that is important is training and the keeping up of training.

Being here lets me see that networking is accepted as a very important part of food, health, and other activities in the community.

For me it has been a fascinating day and I now realise now how very little I know about food access. The purpose of the organisation I work for is to increase the competitiveness of Scotland's farming and food related industries. We are a co-op owned by some 78 agricultural food related businesses. They include First Milk, the Scottish Association of Farmers Markets and East of Scotland Growers to name a few.

The Scottish Agricultural Organisations Society (SAOS) represents groups of producers from the very largest down to the very smallest growing a wide range of different produce. It draws its membership from the wider Scottish farming community. It has 54,000 members and the throughput of this sector is substantial, at over a billion pounds per annum.

The size of SAOS raises two points. Firstly, if people want to source produce then the collaborative sector is a great place to start. If SAOS can be of any help in assisting people and making them aware of what is available and what time of year it is available, then we can certainly provide some information.

It is also a great place to try and engage farmers. Their activities encompass most areas of primary production, including for example, broccoli, cabbage, carrots, cauliflower, potatoes among other things. We haven't quite mastered the art of oranges and mangoes yet but maybe we will if we get heated poly-tunnels.

Those are some of the products related to fruit and vegetables. But there is also beef, lamb, milk and all the other various foodstuffs that Scotland is very good at producing. Normally you grow products in the areas of the country that are more suited to doing so and that usually means vegetables in the east coast and milk on the west coast where the grass grows.

A great deal of the production is designed to go into existing supply chains, such as the supermarket retail structures, which, as well as serving the needs of price, also have convenience packaging, presentation and that adds costs. That approach may not be appropriate to the food access issues that we have been discussing today.

My key impression of the day is how do we bridge that gap, how do we bring primary producers and community food groups closer together? As I said at the start, my

knowledge of what goes on in the community food initiatives sector is very small, so please bear that in mind as I make some comments.

I know the community food initiatives sector is extensive, with about 170 initiatives in Scotland. I have been to see one or two of the larger ones and they tackle the range of issues that we have been discussing today, availability, affordability, accessibility, attitudes and aptitudes.

From a primary producers' perspective we would really only be able to help in the areas of accessibility, availability and affordability. Community food initiatives procure food supplies in a fairly fragmented way. Some of it is accessed through cash and carries, some through local shops, and some from supermarkets. I know there are alternative approaches being adopted for example by the Edinburgh Community Food Initiative, North Lanarkshire Federation of Food Co-

op's and the Community Food Initiative in the North East.

In order to attract primary producers you will need to source more produce in a planned way. At the moment orders are local, uncoordinated and hampered by the fact that they are quite small. However, potentially, as a group you actually purchase quite a lot of stuff. Perhaps there is more forward planning that could be done.

If we can overcome these structural issues it would make the purchase plans more attractive to a whole range of people, then you could improve the quality of the produce that you get, you could improve the price and you could improve availability.

My main comment would be to try and grow the infrastructure that is already there, but grow it in a coordinated way that bolts onto the existing supply chains that are in place.

**Dr George M. Paterson,
Director, Food Standards
Agency Scotland**

Born in Edinburgh, George obtained BSc and PhD degrees from the Department of Chemistry at Edinburgh University. Following post-doctoral research at the National Research Council in Ottawa, Canada, he worked for many years for the Canadian Government in a variety of scientific and management positions.

As Director of the Food Standards Agency Scotland he has overseen the build up of strong working partnerships with the Scottish Executive and other organisations working to improve diet and nutrition in Scotland.

As I took part in the conference today I was wondering what I should say in my closing remarks and I came to the decision that after thanking the appropriate people I would focus on what do we do next.

With the diversity of participation and attendance, from academia to front line staff and from community activists to the policy developers - there has been a lot of shared learning.

The Deputy Minister, Mary Mulligan, set the tone for the day and we then had a wide range of interesting and useful speakers. The well structured and supported workshops made it easier for us to focus on the issues at hand.

This conference addressed a wide ranging topic, that it has been successful, is because of your active participation, which is what the complexity of the topic required.

Where do we go from here? There will be a report coming out from the event, and there will be actions that will need to be addressed within it. However individually we should all take something away from today and attempt to action it in our work. If we really think about putting the thoughts, ideas and good practice that has come out of today, into improving policy and services then we will have an impact on improving food access across the country.

I hope that you can do that.

This conference brought people from across the food sector together, and through a combined effort from all participants, we came to a much better understanding of the challenges facing us in the years ahead.

We looked at issues of access to healthy foods in poorer areas, at the availability of transport for consumers and how to maximise the opportunities to improve food access. We also explored the need to understand the economic drivers influencing the balance between export and local markets for food in Scotland.

We established that we need to continue to support our schools as they move towards putting policy into practice. We felt we needed to scrutinise why healthy choice options are too often reported as more expensive. Overwhelmingly, we agreed on the need to communicate more widely, to share our experiences and learn from one another. This conference was one step in that direction.

We agreed that we needed to 'consider further' the challenges and complexities around improving food access in Scotland. However, one of the successes of the day was the amount of positive thinking from all parties. Through discussions we collectively established a way forward to at least begin to address many of the challenges identified.

We agreed that:

- There is a need for greater interaction between farmers, communities and retailers

(including food co-ops) to develop flourishing local food economies in Scotland.

- It is important to ensure that funding for community projects is effectively co-ordinated across different agencies. The processes of community planning partnerships must be fully exploited to build effective initiatives and projects into core service provision locally where appropriate and to ensure improved food access locally.
- It is important to support and inform local planning through the development and implementation of local diet action plans involving all key sectors and settings including schools, communities and local authorities.
- We must ensure that there is a comprehensive approach to healthy eating at schools and colleges linked into, and supported by the community. This includes contributing to the public debate around food advertising aimed at young people, supporting healthy eating within the curriculum and ensuring that our young people are aware of the benefits of healthy eating.

The challenges identified at the conference are too great for any one organisation to tackle and there is scope for further discussion and debate. However, we each have our own area of expertise where we can make a difference and share our experiences with others. Together, taking a cohesive approach, we can make the positive difference to our national diet that we all strive for.

This report will be circulated to all participants who attended the conference as well as those who expressed an interest in attending. The key Agencies in Scotland will also receive a copy.

Useful Web links

Scottish Community Diet Project : <http://www.dietproject.org.uk/>

NHS Health Scotland : <http://www.hebs.com>

Berry Scotland : <http://www.berryscotland.com>

Communities Scotland : <http://www.communitiesscotland.gov.uk/>

Co-op : <http://www.co-op.co.uk>

Healthy Living Campaign <http://www.healthylivingscotland.gov.uk>

National Federation for City Farms and Community Gardens : <http://www.farmgarden.org.uk>

Scottish Community Development Centre : <http://www.scdc.org.uk/about.htm>

Scottish Council for Voluntary Organisations : <http://www.scvo.org.uk>

Scottish Healthy Choices Award : <http://www.shcas.co.uk/>

Soil Association : <http://www.sascotland.org>

Foundation for Local Food Initiatives : <http://www.localfood.org.uk>

Thrive : <http://www.thrive.org.uk>

Community Health Exchange (CHEX) : <http://www.chex.org.uk>

Cosla : <http://www.cosla.gov.uk/>

Food Commission : <http://foodcomm.org.uk/>

Food Standards Agency Scotland : <http://www.food.gov.uk/scotland/>

Friends of the Earth Real Food Campaign : http://www.foe.co.uk/campaigns/real_food/

Forward Scotland <http://www.forward-scotland.org.uk>

Scotland's Health on the Web : <http://www.show.scot.nhs.uk/>

Scottish Diet Action Plan : <http://www.scotland.gov.uk/library/documents/diet-00.htm>

Scottish Executive : <http://www.scotland.gov.uk/>

Scottish Food and Drink : <http://www.scottishfoodanddrink.com/home573.asp>

Sustain: the alliance for better food and farming : <http://www.sustainweb.org/>

Appendix: conference delegates

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|-------------|--------------|---|--------------------------------------|---------------|
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| Amber | Askew | Corbals Healthy Living Network | amber.askew@ghln.co.uk | 0141 429 0360 |
| Hazel | Bailey | Kilmuir & Logie Easter Development Group | kale842499@aol.com | 01862 842 499 |
| Alice | Baird | Scottish Community Diet Project | abaird@scotconsumer.org.uk | |
| Margaret | Barrie | Goldenhill Resource Centre | margaret.barrie@glacomen.scot.nhs.uk | 01389 811 700 |
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| Karen | Barton | Centre for Public Health Nutrition Research | k.i.barton@dundee.ac.uk | 01382 496 445 |
| Louise | Bauer | Inverclyde Regeneration Partnership | bauer@inverclyde-reg.demon.co.uk | 01475 725 081 |
| Christine | Bayne | Galashiels Academy | | 01896 754 788 |
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| John | Brown | Lanarkshire Primary Care Trust | john.brown@hebs.scot.nhs.uk | 0131 536 5500 |
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