



FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

Keep on running

Competitors at the recent European Athletics Championships must have used up a lot of energy to 'keep on running', a familiar experience for many of Scotland's community food initiatives.

Sustainability has been a key issue for the Scottish Executive's Developing Healthy Communities Task Group, due to deliver its recommendations to the Health Minister in early December. There has also been a recognition within the Task Group's deliberations that sustainability is about more than money and that access to appropriate support, advice, training and mentoring is as crucial to running efficient and effective community-based activity.

Adequate and timely funding, however, and the hoops gone through to acquire it, still remains an issue for many projects (see page 10). Some have looked to social enterprise approaches as a means of acquiring greater control of their work (see page 6/7), but it is clearly not the answer for all. Uncertainty hinders planning and weakens delivery, even when that uncertainty is often eventually lifted.

This year's review of the Scottish Diet Action Plan, due to report later this year, was undertaken to assist in the development of a long-term vision for improving food and health in Scotland. The unique contribution made by community-based activity to that national vision can only continue to be realised if its sustainability is treated by all with the seriousness it deserves.

Keep in touch

SCDP's very popular directory of Scottish community food initiatives will be available by the autumn as a searchable online database, as part of the redesign of our website (see page 3). All those in the current directory have been contacted to update their entries. We are now keen to hear from everyone else in Scotland undertaking community-based activity tackling social exclusion and health inequalities through food. Previous directories have been well used, not only by other local initiatives, but also by national agencies targeting specific types of activity, locations or vulnerable groups. There is every reason to believe that a searchable database, whose information will be even more up-to-date and accessible, will prove even more popular.

Don't miss out on this chance to be part of a wider network of opportunity!

If you are involved in a local project, please complete and return the form which has been inserted into this newsletter, or if you know of an appropriate initiative please pass the form on to them. Feel free to photocopy the forms, download from www.dietproject.org.uk or ask Alice for more copies. Large-print copies are available on request.

All returned forms will be included in a prize draw to take place at this year's annual networking conference, *Bridges*, on 28 September 2006.

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Policy roundup

Holyrood www.scotland.gov.uk

"The report shows that there has been a culture change within the NHS since these national standards were first published three years ago. These were groundbreaking and the first of their kind in the UK.. However, implementation of the standards has been slow. There is still a lack of co-ordination and big challenges exist around staff education and training. I want today's report to be the spur for improvement and I fully support the recommendation that each Board should draw up an action plan to improve performance." Andy Kerr, Minister for Health and Community Care. **NHS Quality Improvement Scotland (QIS)** has published a report on the performance by all NHS Boards against standards for food, fluid and nutritional care in hospitals, first published by QIS in 2003. The full report is available from www.nhshealthquality.org

*"It's very important for a **sustainable food sector** to get producers competing for public sector contracts and supplying fresh produce. I want to see more councils looking at their tendering processes and trying out this approach in their schools, so we really can buy local and eat local."* Ross Finnie, Minister for Environment and Rural Development. *"I am pleased with the impact of the pilot in educational terms. We are, after all, trying to produce educated consumers of tomorrow."* Councillor Tommy Farrell, Chair of East Ayrshire's Education Committee. Following a pilot in 2004, East Ayrshire Council rolled out in 2005 an initiative to increase the amount of food bought from local suppliers to ten primary schools. Research on the initiative, conducted for the Scottish Executive, shows a small rise in uptake of school meals, better quality and fresher ingredients, fewer food miles and less packaging and waste. The research can be downloaded from www.scotland.gov.uk/Publications/2006/07/27135746.

"Areas for horticulture, such as allotments, can be of great value to the local community .. They create an opportunity for local food production, encourage physical activity and healthy eating, offer a place to relax and to learn, and contribute to local biodiversity." Comments made by Communities Minister, Malcolm Chisholm, on

tough, **new measures to be taken by the Scottish Executive to secure and protect open spaces**. The draft policy, which is out for consultation until 3 November 2006, outlines that local authorities will be required to undertake an audit of their open spaces, set out a strategy for their management and involve communities in this process. The consultation can be viewed on www.scotland.gov.uk/Publications/2006/08/10134711/0

Westminster www.ukonline.gov.uk

"Ofcom have folded under enormous pressure from the health and consumer lobby, and under threat of judicial review by the National Heart Forum, and are now consulting on protecting children from junk food TV adverts before the 9pm watershed." Richard Watts, Sustain Campaign Coordinator for the **Children's Food Bill** (www.sustainweb.org) following Ofcom's decision to consult on this option to all interested parties responding to its consultation (see Issue 36).

Prime Minister Tony Blair reflected on ways of **improving public health by promoting healthy living** in his second speech of 'Our Nation's Future'. Commenting that he thinks the public no longer wishes to accept advice that comes from Government, he suggested a new form of 'social marketing' relying on others such as charities, local health groups and food companies to deliver health messages. Mr Blair also made reference to working with the food industry on limiting the advertising of junk food to children and suggested a voluntary code becoming mandatory should it fail to make an impact. A full transcript of his speech can be viewed on www.number10/output/Page9921.asp

Europe www.europa.eu.int

Growing amounts of food products are being marketed and sold throughout Europe claiming to have health and nutritional benefits to the consumer i.e. 'high in fibre', 'low fat' etc. The European Commission has proposed a Regulation on the use of such claims for foods with a key objective to ensuring they are accurate and truthful. The **European Food Standards Agency (EFSA)** will be heavily involved in implementing future legislation. For more information on these issues go to http://www.efsa.europa.eu/en/press_room/focus_on_the_issues/nutrition_health.html

As mentioned in the Spring edition of Fare Choice, SCDP recently received funding from the Scottish Executive to boost **work around food, health and homelessness in Scotland**. This initiative is based on the recognition that food has proven in many sectors, including homelessness, to be an excellent medium for tackling social exclusion and for the development of independent living skills. Fare Choice readers will be familiar with the work of the Edinburgh Cyrenians (www.cyrenians.org.uk) and their 'Good Food in Tackling Homelessness' guide and DVD. The Scottish Executive are keen for this and other useful activity to inspire and inform practice elsewhere. A new national development officer, Claire Street, assisted by a part-time administrative assistant, Rita Campbell, have been appointed to oversee the work. They are currently steadily building a network of relevant contacts and interested organisations. Claire is very keen to hear from and share ideas/information with organisations/projects at all levels that either provide food directly or indirectly to homelessness groups, run social inclusion programmes around food and independent living skills for homeless people, or simply have an interest in issues of health, nutrition and homelessness. SCDP recently commissioned research which aims to map the nature, scope, scale and location of current practice in Scotland with regard to food, health and homelessness. Identifying the current practice and aspirations of homelessness-related projects, will allow SCDP, alongside local and national agencies, to develop a programme of conferences, networking opportunities, seminars, training, toolkits and guides etc, aimed at fieldworkers, practitioners, planners and policy-makers. In addition to this, a Reference Group, which will guide and inform the new initiative, has been set up and will be meeting for the first time in late September. For further information about the work or to subscribe to 'Food Matters: an update on food health & homelessness in Scotland', please contact Claire.

Bridges, our networking conference, is being held at the Apex Hotel in Dundee on 28 September 2006. The event is mainly workshop-based and there are still a few places available. This year the event will cover many aspects of current policy and practice such as the 'Building Healthy Communities' task group; starting a social

enterprise working with food; supermarkets; working with neighbourhood retailers; planning a growing project; and practical food skills in the community..to mention a few. As always, participation from all sectors involved in tackling health inequalities through food will provide an ideal forum to meet, share and learn with others. Contact Rita or Ger ASAP if you would like a place.

Following on from 'Slicing, Chopping, Dicing and other adventures in food Preparation', we have produced **sets of four placemats** using four recipes from community food initiatives around Scotland. These are now ready and 12 sets per project are now available. Please contact Rita or Alice to claim your sets, and there are still **recipe books** available too.

This year's successful **SCDP small grant scheme** applicants are currently in the process of receiving their grants. The small grant scheme received 213 applications from all over Scotland, the highest amount it has ever received, causing difficult choices to be made by the SCDP steering group's grants panel. Forty applications were successful and these covered a wide range of areas and topics, ranging from sign language interpreters for a cooking project for deaf people in Glasgow and gardening equipment for a young carers project in East Lothian, to high chairs for a weaning project in the Borders and catering equipment for a social enterprise in Stornoway. We are looking forward to hearing about how these projects get on in the next year.

After ten years of being known as the Scottish Community Diet Project we have decided to look for a **new name** that more appropriately reflects our role and remit and we are keen to have your input on this. We have enclosed a voting form for you to select your favourite from a selection of suggestions from staff and Steering Group members, or even make your own suggestion. Also undergoing change at the moment is our **website** (due to be launched in late October) which is being redesigned to meet accessibility standards and will also incorporate some additional features, including a discussion forum, searchable database of community food initiatives with featured case studies, and additional funding information.

Scoff

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



Sustainability by Co-operation?

Purpose: With the recent creation of Co-operative Development Scotland (CDS), a small study was undertaken in Summer 2005 to explore the potential of the co-operative business model to help sustain community food initiatives, and in particular for Scotland's growing network of community food co-ops and community-owned shops. While the findings unearthed more questions than the study was able to answer, the following summary attempts to highlight some of the key issues raised by the wide range of community food projects that participated.

Background: With its strong Scottish roots, and rich and colourful history, the co-operative business model can be found in over one hundred countries throughout the world. Described as an equitable business approach combining social and economic goals, the co-operative business model was developed in reaction to unfair and unethical business practices in late eighteenth century Britain, and has remained an alternative to the conventional business model ever since. In keeping with the earliest co-operatives, which were set up to improve the prosperity of Britain's working class communities, co-operatives, or 'co-ops', throughout the world continue to flourish and share common business values and principles. However, despite their common heritage and ethos, co-ops are far from homogenous. In Scotland alone, it is estimated that over 250 different types of co-operative businesses exist, of which community food co-ops are considered to be the fastest growing sector.

Methods: By a combination of qualitative and quantitative research techniques, the study critically investigated the co-operative business model. Twenty-one semi-structured interviews were conducted with a range of voluntary food co-ops, community owned shops and national support

agencies. A postal questionnaire was also sent to a sample of 307 Scottish community food initiatives via the SCDP's Fare Choice mailing list.

Results: Despite a low questionnaire response rate, over 35 hours of qualitative material was collected. Results reinforced and developed the existing, but limited, evidence base for community food co-ops. Food co-ops in both urban and rural Scotland could not be easily compared, and many were found to be co-ops in name, but not in business application. Success could not be measured in terms of life span or financial sustainability alone, and improving food access was found to be only one of many motivations for food co-ops to exist. The longevity of many also suggested that they were more than simply a "short term fix" to local food access problems. Understanding of the co-operative business model, however, was found to be very low amongst the majority of participants in the study, but interest in finding out more was very high. The main barriers preventing the adoption of the co-operative business model were cited as being a general lack of confidence and understanding about how to go about setting up a proper co-operative owned business in the first instance, followed by a lack of start-up finance.

Conclusions and recommendations: To address these barriers, the study recommended the development of more practical, tailored business support packages for community food co-ops, perhaps building on the social enterprise guide recently launched by the SCDP. While financial support was sought by many, others were seeking alternative solutions to their sustainability problems. None, however, had considered the co-operative business model as an example of a social enterprise framework. Therefore, the need for better promotion and training in the model would seem urgent if Scotland is to hold on to the business model that it once gave the world.

Many thanks to all the individuals and groups that participated in this study. A slightly larger version of this article, including references, as well as a PDF of the full report are available from SCDP.

Lizanne Conway, Health Improvement Programme Manager for the Community and Voluntary Sector, NHS Health Scotland
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Project News

The **Scottish Tree Trust**, based in Queens Park allotments in Glasgow, spent a good part of last summer term hosting classes of children from Battlefield Primary School. Each Friday a whole class planted and dug in the school plot. Allotment holders have also been building (mainly using recycled materials, including recycled bus shelter panels) some impressive greenhouse structures. The Trust have also recently built a community hut for the allotment site, which as well as providing a meeting space for allotment holders (and a warm place to shelter from the rain) provides information for plot holders on healthy eating and vegetable growing. Part of the funding for these projects came from the SCDP's 2005 small grant scheme award. For more information, contact Mr Hart on 0141 649 2462

The sun came out for the **relaunch of the WECAN! 'Food for Fife' Project** at the end of June. After months when the project was 'between funding' it celebrated news of a successful three-year Lottery bid by bringing together key people for a barbeque on the sandy banks of Lochore. More than 50 people turned up to enjoy locally sourced, organic food, cooked in the open by a



friendly local chef. The project's management committee mingled with the local groups, as well as staff from the NHS, the local authority and other partner organisations. Ellen McCance, the Project Manager, was pleased that lots of new community members turned up to find out more about the *Food for Fife* project. She said, *"It was great to have a chance to celebrate and have fun, and a great way for people to learn more about our project."* The project began again in April of this year after a five month gap in funding. After a successful eighteen month pilot funded by the Community Fund, the project did not secure funding in time to continue. Luckily, there was a small reserve in WECAN's funds, so Ellen could continue on a freelance basis while the final details were finished on the funding applications and until

a final decision was made. The Inverkeithing Community Partnership also contributed funding to allow *Food for Fife* to continue its support to their Food Co-op Group during the funding gap. *Food for Fife* supports community groups in areas of disadvantage to develop local food projects which help improve the quality of life in their communities. Out of this work, they hope ultimately to build a dynamic and sustainable local food network for Fife. If you want to find out more about the project and how you can be involved or how they can support you, contact Ellen on 01592 860555 or ellen.mccance@wecan.org.uk

Bridgend Community Allotment Health Project launched on 9 April, the day after the contractors finally finished creating the first organic allotment site in Scotland. Despite a hail storm, the day was a great success, with around 300 curious and interested visitors. There were organic workshops arranged, a start was made on their willow shelter, local food initiatives and community health projects had stalls, there was some tasty home made soup and organic rolls on offer, and kids could sow their own seeds to take home and make bird feeders with the Edinburgh Greenbelt Trust. Four months later the plots have been transformed into a productive garden and they have been harvesting vegetables and fruit for a few weeks. There are over 20 people aged from two to over 60 participating in the project weekly, from all backgrounds: mothers and young children, a group of Sikh women, older people who no longer have a garden, and those who have never grown food before. Over the autumn they will be holding a series of cooking sessions at the local community centre with South Edinburgh Healthy Living Initiative using the produce from the allotment, as well as continuing the work with school children. It is the efforts of all of these people that have created the allotment, and they reap the benefits in the vegetables they take home and in the sense of collective achievement, working together and learning from the project and each other. The project are looking forward to planning for next year, and developing the work it does outwards into the local communities in collaboration with the established network of health and healthy food initiatives.

Take Stock

Minding Their Own Business

The Scottish Community Diet Project has recently launched *Minding Their Own Business*, an introductory guide to social enterprise and business for community food initiatives.

Many community food initiatives raise a proportion of the money they use by selling things – fruit and vegetables, café food, delivery services, room hire and so the list goes on. With grant funding becoming ever more difficult to secure and the Scottish Executive wanting to “develop social enterprise as a realistic and attractive option for those who want to use their talents, energy and creativity to change communities for the better”,* is it time to consider a social enterprise model for your project by selling more goods and services as a means to make money to spend in your community?

SCDP held a short seminar on social enterprise before the launch of *Minding Their Own Business*. SCDP brought together people from a range of social enterprise support agencies and community food initiatives (CFIs) that were taking an enterprising approach. The aim of the seminar was to discuss some of the key issues surrounding social enterprise and community food initiatives and to begin to work more closely together to solve some of these issues.

Some of the key points to come from the discussion were:

- ~ clear definitions of social enterprise would be useful
- ~ social enterprise networks should be developed to include CFIs
- ~ CFIs that are enterprising need to be able to access appropriate business advice, support and ongoing training
- ~ statutory and funding agencies need to develop a better understanding of social enterprise, particularly when they relate to CFIs, and especially when a CFI is moving towards greater income generation
- ~ a wide range of skills is required to run a social enterprise and good sign-posting would help CFIs access training

- ~ creating appropriate, larger scale infrastructure to support CFIs is important and should be investigated

SCDP is now building on *Minding Their Own Business* by working on some of these issues.

Minding Their Own Business will help community food initiatives think about the business aspects of their projects, learn from the others’ experience and find out where to get more advice and information. Copies of the guide and a write up of the launch seminar are available from Alice or can be downloaded from the website.

Here are some examples of community food initiatives that are already working using a social enterprise model – and prospering!



Eday Community Enterprises Ltd

This organisation aims to ensure the maintenance of a retail outlet on the island that meets most of the day-to-day needs of the population and helps to promote their health and wellbeing. They achieve this by running a shop and operating a dividend card scheme returning 4% of sales to shareholders. The shop provides a wide range of groceries and other necessities including petrol, tractor diesel and animal feed. 60% of the islanders are shareholders.

The shop is mostly financially self sufficient but does apply for occasional grants for capital costs, for example to replace a petrol pump.

Contact Paul Lawton on 01857 622 266 for further information.

Edinburgh Community Food Initiative

This project aims to support groups of people in Edinburgh who would benefit from improved access to affordable fruit and vegetables. It achieves this by supplying 16 community-run food co-operatives with fresh fruit and vegetables and some dried goods on a sale or return basis. It also supplies fruit to children in primary school, nursery and in family centres in Edinburgh. The returns mechanism allows wastage to be kept to a

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minimum and lets co-ops keep prices low. By buying in bulk ECFI is able to price the fresh produce to the co-ops lower than if the co-ops were buying direct from wholesalers in smaller quantities. ECFI is able to provide business advice, training and health promotion activities.



The project brings in more than 40% of its income through sales.

Contact John Brennan on 0131 476 7326 for further information.

Flourish House and Café Belize

Flourish House aims to support people with long-term mental health problems. Café Belize was opened to offer decent affordable meals to members, staff and visitors. The café caters for between 20 and 40 people every lunch time and up to 13 members and staff will be involved with providing the meal. Working in the café provides an opportunity for members to complete the basic food and hygiene course.



The meals in the café are priced to allow people on low income to afford them. The café does not aim to make a profit. However, sales make up a significant proportion of the income to the café.

Contact John Lynne on 0141 333 0099 for further information.

Gorebridge Health and Regeneration Project

This project aims 'to encourage awareness and stimulate action on health issues through community development methods and to promote health and wellbeing for members of the community.' It achieves this by running a number of food related projects including: weekly food stalls in community venues selling fruit, vegetables,



bread, cheese and fresh free range eggs; a mobile shop – Toot for Fruit; a Milk Token Initiative that exchanges milk tokens for the free milk and uses the 'profit' that would normally go to the retailer to 'give back' 50p worth of fruit, 50p into a book club account and 50p into a credit union account for the child; and a breakfast club that provides local primary school children with breakfast.

Last year's accounts show that nearly 20% of the project's income was generated from sales of healthy food through these and other projects.

Contact: Andrew Broadfoot on 01875 823 922 for further information.



The Green Door Catering Company

This project aims to relieve poverty through the provision of employment and training opportunities and to advance education and wellbeing to disadvantaged groups, in line with the Scottish Diet Action Plan. It achieves this by running three community cafés, cooking classes and training volunteers. The initial café in St Monans, the Green Door Café, was so successful that other agencies in Fife wanted to recreate the model and so the Green Door Catering Company was born.

Sales income is an important source of revenue, although variable across the seasons. This is complemented by grant funding from a number of sources.

Contact: Jackie Johnston on 01592 644 857 for further information.

**A social enterprise strategy for Scotland: A consultation*
 Scottish Executive www.communitiesscotland.gov.uk/stellent/groups/public/documents/webpages/otcs_014470.pdf

Question Time



Before taking over a few months ago as Chair of the Scottish Consumer Council, Douglas Sinclair had a long career in local government. He has been Chief Executive of a

number of local authorities, Chief Executive of the Convention of Scottish Local Authorities (CoSLA) and Chair of the Society of Local Authority Chief Executives (SOLACE).

Q: What do you feel are the biggest challenges facing Scottish consumers seeking access to a healthy diet?

A: There are a raft of challenges. Changing the lifestyle of many families and individuals is the priority - our life expectancy in Scotland is lower than in many comparable countries. That is a big challenge - changing behaviours is never easy, but we should take heart from the successful implementation of the smoking ban in public places - that demonstrates a greater willingness to change behaviour than might have been anticipated. The affordability of healthy food is an issue in Scotland. Whilst the trend is falling, a significant share of our population still live in poverty. Two other challenges I would mention are, firstly, accessibility to supermarkets and shops which offer a range of healthy foods, and secondly, education and cooking skills. To purchase a healthy meal is perhaps a particular challenge for older men in our ageing population.

Q: Where do you feel responsibility lies for improving Scotland's poor record on food and health?

A: This is about shared responsibility. Yes, of course, the Executive and Parliament have a big role to play, in particular in developing policy, but the Executive is not a delivery agent. So Health Boards, Councils and the voluntary sector all have a crucial role to play in taking action to promote

healthy eating. But they can't solve the problem. For example, there has been a huge focus on healthy eating in schools - absolutely right - but let's not forget that children eat a lot more meals out of school than in it. So the focus on parents and families is essential. And of course supermarkets have a crucial role to play in providing accessible information about healthy food. Last, but by no means least, is the role of consumer organisations. The Healthy Living Award - a joint initiative by SCC and the Executive - has tremendous potential to make a real difference.

Q: What contribution do you feel the new Community Planning structures could make towards improving food access in Scotland?

A: Community planning is not the best title to describe a concept with which no reasonable person would disagree. Namely, because the challenges facing society, families and individuals are more complex (and deep-seated) than ever before, they can only be tackled by partnership working across the boundaries of organisations. Community planning has made progress, but there is still a long way to go in breaking down barriers between organisations, which is not helped by Scotland's complex and crowded institutional landscape. At its heart community planning needs to reflect the key national priorities and at the same time the key local issues for the local community. Both are equally important. But if you want to analyse the 32 community plans, you would find many common themes. Amongst this will undoubtedly be health improvement. So, by definition community planning has real potential to improve healthy eating and thus Scotland's health.

One of the first actions of the recently appointed chair of the National Consumer Council, Lord Whitty, was to launch its Food Access Radar to help councils identify areas where people have difficulty accessing affordable, healthy food (see opposite page). At the launch he said, "*The toolkit has enormous potential for alerting councils to where action is most needed and where they can have the most impact.*"

Publications

"It is a social injustice that throughout 21st century Wales some older people are struggling to gain access to a healthy diet." The Welsh Consumer Council has produced a report on '**Food Poverty and Older People**'. This report is available to download on www.wales-consumer.org.uk/Research%20and%20policy/forms/073.htm

The Nutrition Network for Wales (a joint initiative by FSA Wales and Wales Centre for Health) new website, www.nutritionnetworkwales.org.uk, has been launched. The network provides opportunities to access information and resources, as well as share practice, knowledge and learning to everyone working to improve the health of Wales.

HMIE has published '**Hungry for Success: benchmarks for self-evaluation**' a new Hungry for Success self-evaluation guide. It is intended to build on the advice given in the publication 'How good is our school?' and to be of use to staff in councils and schools who are involved in implementing the recommendations of Hungry for Success. It is available from www.hmie.gov.uk/documents/publication/hgioshfsb.pdf

The National Consumer Council (NCC) has just launched a step-by-step guide (in CD ROM format) to developing, interpreting and using a **Food Access Radar** – a tool for identifying areas where people face barriers to accessing healthy food. The toolkit is primarily targeted at local authorities and their health partners, and aims to help them map access to food using dedicated software, including Geographical Information Systems (GIS) and datasets, and to interpret the Radar outputs. Ultimately, used alongside effective community consultation, the Radar should enable local authorities and their partners to prioritise food poverty and focus resources/their work on the hardest-hit areas. For a copy of the guide, contact Saba Zaidi on 0207 8813008, email s.zaidi@ncc.org.uk.

The Poverty Alliance has produced two reports as part of a programme of work organised by the Joseph Rowntree Foundation and the End Child Poverty campaign. The first report - **Ending**

Child Poverty: Taking the Next Steps' - is the result of a consultation seminar organised by the Poverty Alliance in early 2006. It can be downloaded from www.povertyalliance.org or you can order a copy from the Poverty Alliance 0141-353 0440. The second report – '**Unequal Choices: Voices of experience exposing challenges and suggesting solutions to ending child poverty in the UK**' - is a summary of all the consultation events organised as part of the JRF and ECP work. It can be downloaded along with a variety of background working papers from www.jrf.org.uk/child-poverty

'**Safer food better business for retailers**' is a Food Standards Agency pack to help small retail businesses comply with food hygiene regulations. A similar pack called '**Starting up, - your first steps to running a catering business**' might be useful for community cafes. Free copies are available from FSA publications on 0845 606 0667 or foodstandards@ecgroups.uk.com

'**Eatwell in Sandwell**' 2004-6: **Successes, challenges, learning outcomes and opportunities**, an evaluation report on healthy eating activities taking place in the borough of Sandwell just outside Birmingham has just been published. In this report you can learn about how two strands of work were connected, facilitating conversation between health professionals, community groups and food businesses through Food Interest Groups and working with food businesses themselves, to increase the demand for and supply of healthier food. Angela Blair (Sandwell Food Policy Team) and Jim Cooper (Fresh Food Consultant) will be leading a workshop on this work at our conference *Bridges* in September. You can view the report on www.rtt-pct.org.uk/healthy%5Fliving/Eatwell-final-report-17-July-06.pdf

A small delegation from Scotland attended **Sustain's Food Poverty Project's first UK Liaison event** in Birmingham which brought together national and regional agencies and community food initiatives who are tackling inequalities in health through food. A report on this event should follow, with a possible follow-up event planned for late October in Wales. Contact Ger if you would like copies of some of the presentation handouts.

News

'Improving the diet in Wales – piecing together the jigsaw'. This was the name of the networking event for the Welsh nutrition network that took place in June this year. In the morning there were a series of presentations that explained how national to local policies were fitting together in Wales and what action was happening as a result. The afternoon was dedicated to the Awards for Food Action Locally – awarded by the Food Standards Agency Wales each year. The awards are an opportunity for the FSA Wales to highlight good practice and find out more about the community food projects in Wales. To see who won visit www.nutritionnetworkwales.org.uk/page.cfm?orgid=499&pid=10790

The **UKVillages Community Kitty** (part of UKVillages.co.uk) supports small community based projects in the UK. Small grants of £50-£300 are available with the deadline closing on 10 October. Visit www.communitykitty.co.uk/ukvillages.nsf/b?open&s=kitty for information on how to apply.

Children in Scotland has launched its organisation's vision for the future of Scotland's children and young people in the run-up to next year's parliamentary elections. Its recommendations for child health focus on obesity, mental and sexual health and nutritious school meals for all primary and pre-school children. For details of their launch go to www.manifesto2007.org.uk

The Scottish Urban Regeneration Forum (SURF) are accepting applications for their **Regeneration Best Practice Awards 2006**. Awards are available in three categories: People, Place and Partnership. Visit www.scotregen.co.uk for further information and details of how to apply. The closing date for applications is 22 September 2006.

Questions have been asked in the Scottish Parliament about the **funding situation for community health projects** following the uncertainty in some areas regarding funding from statutory sources. (For a full transcript of the questions visit www.scottish.parliament.uk/business/officialReports/meetingsParliament/or-

06/sor0622-02.htm#Col26854). It has now been confirmed that decisions made in Glasgow will result in the closure of four Community Health Projects. While the policy agenda would appear in favour and supportive towards community health projects in the long term, some organisations working to tackle health inequalities may feel that in practice their sustainability is less secure. For more information visit www.chex.org.uk/news/news.htm

The **British Heart Foundation** has welcomed Sainsbury's decision to cut all trans fats (research has linked trans fats to increased cholesterol and risk of coronary heart disease) and flavour enhancers from its processed food and drinks. The ingredients will be cut from all 15,000 of its own brand products by the end of January 2007. The full article can be viewed at www.theherald.co.uk/news/67157.html

Local groups across North Lanarkshire and Dundee can find out how they could benefit from a share of National Lottery money in September. **'The BIG Day Out'** will be in Motherwell on 19 September at the Civic Centre and in Dundee on 25 September at 10 Constitution Road to provide practical advice and support to local groups who are looking for funding, working up their ideas or wanting to find out more about the Big Lottery in Scotland. For North Lanarkshire sessions contact Diane McGill at North Lanarkshire Council on 01236 618081 and for Dundee sessions contact Morna Wilson at Dundee CVS on 01382 305728.

REHIS is seeking a part-time (equivalent of one day per week) **Training Adviser** [bold] to provide support to prospective and approved Training Centres and to monitor, review and evaluate the provision of training and examinations in food and health by REHIS Centres. To receive further information and a job description please contact Graham Walker, Director of Training on 0131 225 6999 or gw@REHIS.com

Food Vision is a joint project between the Local Authorities Co-ordinating Office on Regulatory Services, the Food Standards Agency and the Local Government Association of England and Wales. Their aims are to promote initiatives that increase safe, sustainable and nutritious food and so improve community health and well-being. They

Fare Choice

are currently looking for case studies to be included on their website from a range of community food initiatives which will provide information and share good practice with others. You can submit case studies via a form on their website www.foodvision.gov.uk or by contacting maresa.bossano@lacors.gov.uk

Next year's **Farmhouse Breakfast Week** will take place from 21-27 January 2007. This year's theme is 'Make Time for It' and free promotional materials and resources can be ordered from www.farmhousebreakfast.com

The Scottish Consumer Council and Scottish Executive's **HealthyLiving Award** (formerly known as the Scottish Healthy Choices Award Scheme) has just been launched to the food sector across Scotland. This award will reward businesses who are making it easier to eat healthily when out and about. Visit www.healthylivingaward.co.uk for more information.

There are still some places left on **Evaluation Support Scotland's autumn workshop programme**. The workshops are for staff, volunteers and trustees of voluntary organisations and aim to support organisations show what difference they are making. For more information visit www.evaluationsupportscotland.org.uk

"at least twenty people benefit from every [allotment] plot." Over 70 people attended the Scottish Allotments and Gardens Society's (SAGS) **Annual General Meeting and Conference** in Dunblane in June. Reports from various members included information about those developing or acquiring new allotment sites, including the new site at Bridgend Farm in Edinburgh, as well as reports discussing issues such as dealing with contamination and vandalism. SAGS also reported on their request to the Scottish Executive to set up and fund a national body 'gardenscotland', similar in scope to 'sportscotland' which would be responsible for the promotion and development of accessible gardening in Scotland. There was also a report on 'SPP 11' – the Scottish Executive's consultation draft on Physical Activity and open spaces. For more information on SAGS and for reports from this conference visit www.sags.org.uk or contact

Judy Wilkinson on 0141 357 0204. For those who would like to know more about allotments, the SCDP has DVDs available of 'A celebration of allotments' (2004) from the Glasgow Allotments Forum. Contact Rita to receive a copy.

The new **REHIS elementary course in Food and Health** has got off to a good start. More than 600 people have already been trained and 55 centres across Scotland are now approved to teach the course. To find out where you can take the course contact Graham Walker on 0131 225 6999 or gw@rehis.com. Promotion of this course in low income communities is progressing well. There has been wide interest in becoming a trainer, particularly from people who are already working with community food initiatives and delivering training. The first free courses have taken place in Stornoway and Fife and SCDP is looking forward to receiving feedback from participants. Other courses have been planned for Highland, Grampian, Tayside, Lothian, Greater Glasgow, Dumfries and Galloway, Orkney and the Western Isles. It is also hoped to run a course with a food, health and homelessness theme to support this work. For more information about this promotion paid for by the Food Standards Agency Scotland and the Scottish Community Diet Project contact Fiona Burrell on 01592 873 364.

"Lunchtime is not all about nourishment...it meets physical and psychological needs." Donatella Giovannini speaking about nurseries in Pistoia, Italy. '**An appetite for life**' was the appropriate title for a recent Children in Scotland conference, held in Dunfermline, looking at young children, food and eating. Following a presentation based on experiences of a Chinese childhood, local practice was highlighted from Italy, Sweden, Germany and North Lanarkshire. A perspective from the Department of Health south of the border was given as well as from the European Commission. www.childreninScotland.org.uk www.childrenineurope.org/english.php

The Executive has published its **annual survey of school meals and healthy eating initiatives** from information collected in early 2006 from all publicly funded schools in Scotland. This statistical publication notice can be downloaded from www.scotland.gov.uk/Publications/2006/06/05151555/0

DATES FOR YOUR DIARY

September

11 Communities and Wellbeing in Scotland: Creating a new approach, Hilton Grosvenor Hotel, Edinburgh. Contact Mackay Hannah on 0131 556 1500.

20 Child Health and Wellbeing, University of Glasgow. Contact Carolyn Fraser, 0141 201 9264, www.gla.ac.uk/developmental/cpd/courses/CHWB.pdf

28 Bridges, SCDP free annual networking conference, Apex Hotel, Dundee

28-5 October British Food Fortnight. Visit www.britishfoodfortnight.co.uk for more information.

29 Ending Poverty in Scotland, Taking the Next Steps, the Poverty Alliance Annual Conference and AGM, Candleriggs, Glasgow. Contact poe.mchugh@povertyalliance.org for more information.

October

9-15 Scottish Mental Health Week Further details from www.wellscotland.info

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

26-27 Planning for a Sustainable Scotland, the Sustainable Scotland Network Annual Conference,

Our Dynamic Earth, Edinburgh. For more information see www.sustainable-scotland.net/conference2006

31 The first Physical Activity and Health Alliance Conference, Murrayfield Stadium, Edinburgh. Further details from www.paha.org.uk

31 The Federation of City Farms and Community Gardens Scotland National Conference, Battleby, Perth. Contact helen@farmgarden.org.uk for more information.

November

1 World Vegan Day. For more information visit www.worldveganday.org.

4-5 Soil Association organic food festival, Old Fruitmarket, Glasgow. For more information visit www.organicfoodfairs.org.uk

8-10 European Food Standards Agency, Nutrition and Health Claims Conference, Bologna, Italy. See policy section. For more information visit www.efsa.europa.eu/en/science/conferences/nhc_conference.html

10-11 National Homelessness Conference, Apex Hotel, Edinburgh. For more information visit www.scsd.org.uk

16-17 Scottish Public Health Conference, Delivering Healthy Public Policy: the next steps, Peebles. Contact Henri Forman on 0131 623 2508.

Visit www.dietproject.org.uk for more information on events. If you have an event coming up let SCDP know!

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



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

How to get in contact with the Scottish Community Diet Project

The SCDP team are: Bill Gray, National Project Officer; Anita Aggarwal, Development Officer; Kim Newstead, Development Officer; Geraldine O'Riordan, Development Officer; Claire Street, Development Officer; Alice Baird, Administrator/Information Officer and Rita Campbell, Administrative Assistant. SCDP c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN Tel: 0141 226 5261 Fax: 0141 221 0731 E-mail: info@scotconsumer.org.uk Reports, back issues of the newsletter, toolkits, information about the project and other useful links are available on the SCDP website www.dietproject.org.uk