



farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

More news, more views...



You told us in the last 'users survey' that you liked and, most importantly, used the information in Fare Choice but would have preferred it to be a bit more readable. Well, it has now been expanded and redesigned to allow even more news and views without having to cram them in.

The extra space is just as well as food remains high on both political and local communities' agendas. This edition covers everything from social enterprise (page 5) to size discrimination (page 7) and from neighbourhood shops around the country (page 4) to food dragons in Drumchapel (page 10).

However, to remain useful to everyone who relies on Fare Choice, we need you to continue contributing. If you feel your group or agency has something worth sharing with all fieldworkers, academics and decision-makers who read Fare Choice, then don't keep it to yourself.

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More smiles

Our recent change of name has meant a revamp for our promotional leaflet and other materials and we would like to take this opportunity to thank everyone who agreed to have their work photographed for us to feature. We appreciate their time, enthusiasm and smiles.

About Us

Our over-riding aim is to improve Scotland's food and health.

We do this by supporting work within low-income communities that improves access to and take-up of a healthy diet. Major obstacles being addressed by community-based initiatives are:

AVAILABILITY

increasing access to fruit and vegetables of an acceptable quality and cost

AFFORDABILITY

tackling not only the cost of shopping but getting to shops

SKILLS

improving confidence and skills in cooking and shopping

CULTURE

overcoming ingrained habits.

We help support low income communities to identify barriers to a healthy balanced diet, develop local responses to addressing them and highlight where actions at other levels, or in other sectors, are required.

We value the experience, understanding, skills and knowledge within Scotland's communities and their unique contribution to developing and delivering policy and practice at all levels.

What's Cooking? spotlight on a hot topic

In recent months we have been keeping you up to date with the Food Standards Agency (FSA) recommendation that food retailers and manufacturers adopt a front-of-pack signpost labeling system. Some retailers have already started using this system with others to follow. So what does it all mean? Jennifer Howie from FSA Scotland explains.....

Why signposting?

As we know, obesity is on the increase and poor diet is a contributory factor to heart disease, cancer and stroke. Labelling foods clearly and honestly is one way of helping to improve the nation's diet, as it makes it easier for people to pick the healthier option when shopping.

In March 2006, following extensive consumer research and consultation, the Food Standards Agency recommended that traffic light colour-coded front-of-pack labelling should be used on a range of products to provide at-a-glance information on the levels of certain nutrients.

The Agency believes that the introduction of front-of-pack traffic light colour coding should deliver three main benefits:

- Make it easier for consumers to eat more healthily
- Encourage consumers to look for and demand healthier foods
- Provide businesses with an incentive to produce foods that are lower in fat, salt or sugar

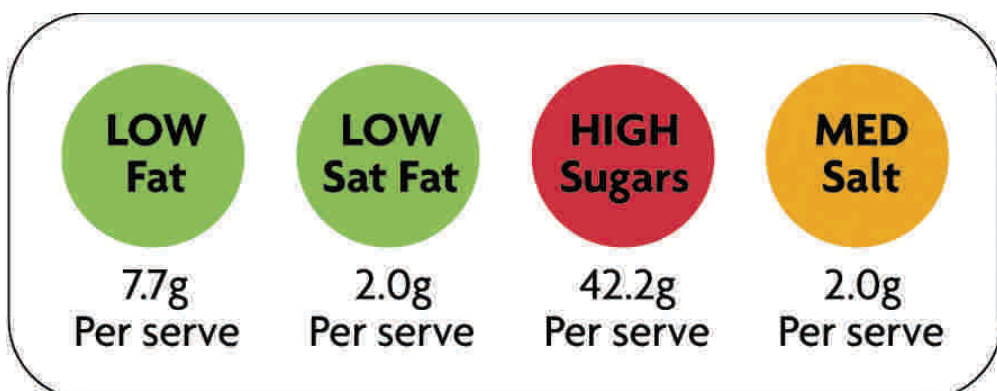
The FSA approach

The Agency's front-of-pack labelling recommendations are based on four core principles:

- provision of information for levels of four key nutrients: fat, saturated fat, sugar and salt
- use of red, amber and green colour coding to indicate, at a glance, whether the level of each nutrients is **high**, **medium** or **low**
- information on the level of each nutrient present in a portion of the product
- use of nutritional criteria developed by the Agency.

What foods will the labels appear on?

According to the Agency's own research, consumers indicated that they would find front of pack labelling most useful on convenience types of foods such as pies, pizzas, ready meals and sandwiches as the nutritional content of such products can be difficult to work out.



What do the colours mean?

A **red** light on the front of a pack indicates that the food is high in that particular nutrient. Fine occasionally or as a treat, but we should be aware of how often we choose it and the amount we might be eating.

An **amber** light indicates that the food is neither high nor low in the particular nutrient, although we should try going for green for that nutrient some of the time.

A **green** light means the food is low in that nutrient. The more green lights, the healthier the choice.

Who is involved?

Co-op, Sainsbury's and Waitrose and have been using the Agency's recommended approach for some time. Asda and M&S have also committed to following the Agency's approach and a number of other retailers are expected to follow suit.

A range of manufacturers, such as McCain's and the Covent Garden Soup company have also adopted the Agency's approach.

Ken McKenzie, Chief Officer, Scottish Co-op, said, "The Co-op has been at the forefront of clear and honest labelling and believes the FSA's front of pack traffic light labelling scheme represents a real step forward in helping consumers understand the nutritional value of foods and their contribution to a balanced diet."

What next?

Future research will examine the different models currently being used in the UK marketplace (including the 'guideline daily amount' system favoured by Tesco) to assess which is most effective in helping consumers make healthy choices in the shopping environment.

Further information on signposting can be found on the FSA website www.food.gov.uk/foodlabelling/signposting/

Team Talk

an update on our recent/forthcoming work

Let's get together

We are in the early stages of planning this year's networking conference which will be held on Thursday 11 October (venue to be confirmed). More details will be made available soon so keep watching our website.

Many thanks to all those who returned the 'Bridges' conference (September 2006) evaluation feedback form, with congratulations to Charles Donaldson from Glenrothes Virtual Family Centre who won the prize draw. The conference report is now available from Alice or Rita or can be downloaded from our website. The conference feedback has been extremely useful and will contribute greatly to how we plan this year's event. Overall 'Bridges' has evaluated well with evidence that participants have been using learning, information and contacts widely and by and large participants were pleased with the balance of workshops and speakers. We have taken on board comments made on how we might improve our event as well as suggestions on what people might like to see and hear this year. We are happy to accept any outstanding evaluation forms and if anybody would like to contribute any further suggestions to this year's programme please contact Ger as soon as possible.



Team Talk

This could be you!

Community Food and Health (Scotland) or CFHS recognises the need for greater contribution from those directly involved in delivering and supporting community based food activity to its steering group. We are currently recruiting for three community representatives on our steering group which meets quarterly. Included with this newsletter you will find information on how you can apply, as well as the support that we can give you to fulfil this role. If you think you can contribute to the development and work of CFHS we would like to hear from you. If you know of anybody who might also be interested, please pass on the information included. We look forward to hearing from you. **If you would like to discuss the community representative role further, please contact Ger.**

We need you to tell us about your activities

In the autumn edition of Fare Choice we let you know how we were making our very popular directory of community food initiatives available as a searchable directory online through our new website. So far we have had a positive response and these entries are now online. However, we are still really keen to hear from as many of you as possible. The directory has been well used in the past by local initiatives and national agencies wanting to target specific types of activity, location or vulnerable groups. Over the next few months the team will be trying to increase inclusion in the directory from current and new initiatives. We appreciate that form filling is time consuming, however we are intending to get in touch by phone, which will hopefully make the process easier, as well as provide us with an ideal opportunity to exchange news and information.

Are you using food to help people develop independent living skills?

Over the next few months we will be gathering information from projects that are running activities such as cooking, shopping or growing with vulnerable groups, eg. those with learning disabilities, mental health illnesses or vulnerable young people, with the aim of producing a good practice guide in the summer. If you are running these types of activities with any vulnerable groups and would like to share what you have learnt, please contact Kim.

400 take part in free Food and Health training

Forty REHIS Elementary Food and Health courses have now taken place around Scotland as part of a promotion of the course to low-income communities. Funding from CFHS and the Food Standards Agency (Scotland) has allowed over 400 people from community food initiatives to take part in a course for free. The promotion aimed to raise awareness of the course and give community food initiatives the chance to try out the course for free. In addition, the promotion has allowed 14 trainers working with community food initiatives to get accreditation to teach the course. One participant said, "The day helped me really appreciate and understand what 'healthy food' is!" This free promotion is now over, but to find out where your local course provider is contact **Graham Walker at REHIS at gw@rehis.com**

Healthy food in local shops

CFHS held a round table meeting on working with retailers to improve the amount and quality of fresh and healthy food they offer and find out more about work being undertaken at a national and local level. Notes from this meeting are now on our website. To follow up from this meeting we will be working around this issue in a number of ways. Firstly, we hope to develop training materials for community food initiatives (CFIs) that would like to engage with their local retailers. The training materials would build on the work carried out by the Scottish Grocers Federation which shows how profitable healthy choices can be for retailers. Secondly, we expect to learn from Khush Dil in Edinburgh as they work with retailers serving the South Asian community there. We are interested to hear from other CFIs working with shops serving BME communities, or indeed, where the retailers themselves are from a BME background. The final piece of work will aim to increase understanding and local CFIs capacity to work with retailers by bringing together practitioners in a series of learning events. The final product should be a publication that shows a variety of approaches to working with retailers and where each is most appropriate.

If you are already working with local retailers or have an interest in taking part in this work, please contact Anita.

Done the business

Doing the Business was a one-day training event held in Dunblane on 27 February on social enterprise for community food initiatives that CFHS organised. More than 20 participants took part in the day which included workshops on legal structures and business planning. Notes and materials from the day will shortly be available on the website. **For more information contact Anita.**

Food, health and homelessness baseline mapping exercise

The baseline mapping study conducted by Blake Stevenson, which aimed to draw a profile of food, health and homelessness provision and practice in Scotland, was completed in early December 2006. Copies in PDF format will soon be available on our website. The findings of the baseline mapping study have helped to identify the extent and nature of the work currently being undertaken in the area of food, health and homelessness in Scotland, as well as the aspirations of organisations in the field and developments at planning levels. The study forms a crucial basis from which the national initiative will draw on to progress its work over the next year or so. **For further information about the key conclusions and recommendations of the study or to find out more about how we intend to use the findings, please contact Claire.**



Sharing and learning around food, health and homelessness

CFHS is currently offering those directly involved in delivering and supporting community-based activity with homeless people a range of opportunities to share and learn around food and health issues. If you believe that your project would benefit from greater networking with practitioners in your local area around food and health activity with homeless people; or you are keen to learn from existing practice in Scotland; or your project would benefit from a greater knowledge and understanding of food issues relating to homeless people, then please contact Claire for full details of the opportunities on offer and/or to subscribe to her e-newsletter 'Food Matters – an update on developments in food, health and homelessness in Scotland'.

Help

CFHS have just commissioned EKOS to undertake a scoping study into the potential for greater collective action to address food access in the Lothians and North Lanarkshire. The need for the research was identified both by the local food co-op networks and Holyrood's Cross Party Group on Food. The more co-operation the researchers receive the more useful the findings will be and it is therefore hoped that anyone approached, or with anything relevant to contribute, is as helpful as possible. **Further information on the study is available from Bill.**

Learning in London

In the light of the Scottish Diet Action Plan review Anita and a couple of others from Scotland attended a conference in London on 15 February on making public sector food and its supply systems more sustainable, hoping to learn lessons that will be useful and transferable to the community sector. This small conference was attended by people from all over the world, and as well as the familiar ground around how to get more fruit and vegetables to the places where people buy them, the discussions included developing local food economies both here and in the developing world. The differences in Scottish and English policy were very apparent. The Curry report on farming which applies in England has been followed up with initiatives that encourage local procurement of food, and as a result, it appears that England is ahead of Scotland in this area. Conversely, England has not had a Diet Action Plan and this was clear from, for example, the fact that Government only recently introduced nutritional standards for school meals. **Further reflections from those who attended the event will soon be available on our website, or phone Anita for more information.**

Policy

Scotland

Healthy Communities

"Recommendation 12 – Build on the success of partnership working in the task group and create a new national group to oversee the implementation of the task group recommendations following their joint ministerial endorsement." An Implementation Group has now been established, as recommended, to drive forward the recommendations of the Developing Healthy Communities Task Group. Chaired by The Health Department, representatives from Health Scotland, Communities Scotland, SOLACE, Scottish Health Council, CHEX and Voluntary Health Scotland will be ensuring all the relevant agencies involved are aware of what is expected of them in the coming year to implement the Task Group's remaining 11 recommendations. The report and recommendations can be downloaded from

www.healthscotland.com/settings/community-voluntary-publications.aspx

Annual Report

"...the health of our nation is not the sole preserve of health professionals and agencies but rather it involves a whole-government approach where health improvement needs to be considered and reflected in all policies and where all policies support health improvement." **Andy Kerr, Minister for Health and Community Care.**

Before Christmas a new Annual Public Review process on health improvement in Scotland was announced by the Executive. The first report takes a whole-government approach to health improvement reflecting the Executive's aspiration to put health improvement at the heart of government business. The Executive has been seeking views on the actions set out in this year's report and also looking at how best to engage with all interested parties in the lead up to next year's report. www.scotland.gov.uk/Publications/2006/11/29141927/0

Weigh forward for Diet Action Plan

"We've got to eat more greens in a greener fashion" was Prof Tim Lang's way of summing up a key recommendation from the Review of the Scottish Diet Action Plan when it was discussed at a meeting of Holyrood's Cross Party Group on Food in February. Linking food, health, social justice and environmental justice was highlighted by the review panel, along with inclusive governance structures and better engagement with industry as future 'directions of travel'. The meeting appropriately coincided with a reception being organised in Parliament for Scottish Environment Week and the combined participants guaranteed fruitful discussions. Minutes and other papers from all meetings of the cross party group are available from

www.scottish.parliament.uk/msp/crossPartyGroups/groups/cpg-food.htm

Schools (Health Promotion and Nutrition) (Scotland) Bill

The Scottish Parliament Communities Committee has endorsed proposals to promote health and nutrition in schools through the Schools (Health Promotion and Nutrition) (Scotland) Bill. It supports the principles of the Bill as well as making a call for proposed legislation so that it will apply to the pre-school and independent sector. Committee Convener Karen Whiteford MSP said, *"The Committee wholeheartedly supports the introduction of a duty to promote health in education authority schools and the introduction of nutritional requirements for all food and drink served. However all children in Scotland should benefit from nutritious food, activities and education to promote healthy lifestyles."* The Bill is expected to go before full Parliament for debate and then a decision will be made as to whether it should proceed to stage two consideration. If the Bill passes all three parliamentary stages it could receive Royal Assent later this year.

Europe

European health inequalities portal

'Closing the Gap: strategies for action to tackle health inequalities in Europe' is co-ordinated by EuroHealthNet and the Federal Centre of Health Education in Germany (BZgA), and is co-funded by the European Commission. This new European health inequalities portal aims to facilitate and encourage the exchange of good practice between European partners on the subject of reducing health inequalities, both in terms of policy and practice. If you are keen to learn more about how communities across Europe are tackling the health gap, it is well worth checking out Closing the Gap's Good Practice Directory. It provides a host of case studies from across Europe detailing local interventions on health inequalities. **The Directory is available at www.health-inequalities.eu (follow the link on the left-hand side).**

How does size discrimination affect health?

Purpose: This research sought to investigate women's experiences of size discrimination and any effect this had on their health. The study had ethics approval and involved focus groups and in-depth one-to-one interviews.

Background: The contemporary medical and media preoccupation with population levels of heavyweight inevitably assumes justification by invoking (or implicitly relying on) popular stereotypes that link heavyweight with poor health. Yet while health is ostensibly the prime mover in political concern about fatness, the far-reaching effects of size-discrimination on large people's health and health-seeking behaviour are rarely considered.

Findings: The research supported my thesis that some of the negative health outcomes attributed to body weight may arise from prejudice (including via stress-related mechanisms) rather than solely from adiposity/fatness per se.

Many women said they avoided going to the surgery for screening and when they felt unwell because they had previously been humiliated by the doctor with comments on their weight and stereotyped characteristics attributed to them as large women. Additionally, they avoided the doctor because they did not expect their concerns to be treated seriously. One woman told of how her diagnosis of hypothyroidism had been missed for nine months and felt strongly, because of comments made by the medical team, that she had received sub-standard attention because of size-bias.

Participants also commented on the 'institutional discrimination' apparent in medicine where negative stereotypes of large people are thoughtlessly reinforced: the seemingly ubiquitous linking of large people and burgers when illustrating health-journal articles on 'obesity' epitomised this. In addition, participants felt strongly that images used in weight management literature were often demeaning and degrading and it was noted that parallel representation of patients with anorexia, or Alzheimer's disease, for example, would, rightly, not be acceptable.

Participants referred to non-empathic encounters with health professionals when seeking nutritional advice. At times these appointments had precipitated

counterproductive eating behaviour as feelings of frustration, hopelessness, outrage and low self-worth were exacerbated. Size-bias was evident in clinicians' universal reliance on weight-centred approaches to health (coupled with a normative disregard for the principles of informed consent when recommending weight-loss behaviour).

Size discrimination outside of medicine also influenced health and the capacity to adopt a healthy lifestyle. In employment women spoke again of the struggle to be taken seriously - a type of job stress that is a known risk factor in cardiovascular disease. They also felt they had been passed over for promotion because of their size which would have knock-on effects on income-related health.

There was a sense of constantly being scrutinised when in the public gaze and several women spoke of people 'saying things without using words'. This, and more overt ridicule, plus the practical fact of getting appropriate clothing to fit, made many women reluctant to exercise, use gyms or go swimming. Moreover, this form of surveillance made most women uncomfortable eating in public and many women had avoided going out at times because they 'couldn't face' judgmental looks or derogatory comments.

Chronic stressors (including the 'anticipatory cortisol response' in which expectation of stress has a long-term detrimental influence on health via cortisol levels) adversely affect a person's cardiovascular health through changes in haemostatic processes, endothelial dysfunction, blood pressure, lipid metabolism, arrhythmias and reduced heart rate variability. Pathways linking lowered immunity and ovarian dysfunction with chronic stress are also known. Additionally, isolation and stress have a significant impact on mental health.

Conclusions: The study confirmed that actual and anticipated discrimination at an individual and institutional level, albeit at times inadvertent, significantly affects large women's stress levels, health and health-seeking behaviour.

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Take Stock

Aberdeen Foyer

Background

Aberdeen Foyer is one of three Foyers in Scotland and one of over 130 operating throughout the UK, all of which work to enable homeless and disadvantaged young people gain social and economic independence. The Foyer concept was introduced to the UK from France in the early 1990s in response to escalating youth homelessness and unemployment by providing transitional, supported accommodation alongside training and employment opportunities. Foyers seek to break the 'no home, no job – no job, no home' cycle which entraps many young people, and provides specialist support across a wide range of services aimed at developing skills and independence and a move into employment, training, education and independent living.

There are six accommodation sites within Aberdeen City and Aberdeenshire. Foyer Learning programmes involve over 800 participants per year, and a network of Learning Houses is based within key regeneration areas throughout Aberdeen City and Aberdeenshire. They work with many disadvantaged groups, including those with a history of drug and alcohol misuse, mental health problems, young offenders, care leavers, single parents and people with mild learning difficulties.

Foyer Enterprise is the trading arm of Aberdeen Foyer. Its main purposes are to generate income to support the work of the Foyer, to provide supported employment and training opportunities and to act as an interface with the wider community. Aberdeen Foyer has established a broad funding base, with over 40 funding streams from public, private and charitable and independent sources, including Aberdeen City Council and Aberdeenshire Council, Supporting People Grants, Scottish Executive, Communities Scotland, NHS Grampian, Rank Foundation and Laidlaw Youth Project.

Health Promoting Foyer

Aberdeen Foyer's success is built primarily on its extensive partnership working to achieve its strategic goals. The 'Health Promoting Foyer' is evidence of partnership working through its links with Community Health Partnerships, NHS Grampian, Health and Homelessness action plan working group, Aberdeen City Healthy Living Network, Aberdeen and Aberdeenshire Public Health Forums, and the 'health' sub group of Aberdeen City Homelessness strategy.

Aberdeen Foyer recognises that an inextricable link exists between health issues and the chaotic lifestyles, homelessness and unemployment experienced by most of the young people who engage in services. There is a history of poor health among this group, specifically malnourishment, high incidence of smoking, alcohol and drug use, lack of physical activity and limited access to mainstream health services.



Many of these young people have a poor diet, particularly the tenant group and those on 'Lifeshaper' (a community rehabilitation programme for people with substance misuse problems). The majority of its tenants do not access healthy food, partly because of living on a low income but also due to lack of information relating to healthy eating.

One of the main areas of work within the programme is to raise awareness and understanding of healthy food choices, improve practical skills around cooking, budgeting etc, improve access to healthy food choices, provide information, support and advice both on a one-to-one basis and within group work, as well as support local and national campaigns and local policy.

Foyer Learning programmes

Health is now well integrated throughout Foyer Learning, and plays a major part within Prince's Trust, Lifeshapers, Get Into Life programmes and the ICDRS (Integrated Community Drug Rehabilitation Service) Wellbeing Programme.

Within these programmes, healthy breakfasts and lunches are provided. Some teams encourage the participants to prepare and serve the lunch themselves. Interactive nutrition workshops are scheduled on to each programme and followed up by fortnightly practical cooking sessions at local community kitchens. Fresh fruit is available on a daily basis. Princes Trust Teams prepare and deliver a health project as part of their community project, eg. host a breakfast club, or run taster sessions at a local nursery, etc.

'Integrating a healthy lifestyle theme throughout our 12 week Prince's Trust Team programme has been a great success. Evaluation shows that our team members have an increased awareness and knowledge of healthy options and also cooking and health and hygiene skills. They have improved their lifestyle choices and raised their fitness levels.'

"It was also apparent that the team members really enjoyed the workshops, sessions and activities around health and there was a great deal of 'healthy' competition involved.' **Prince's Trust Team Leader**

'We had a Healthy Eating Session on Tuesday morning and I brought in sugar snap peas, baby corn, orange peppers and some hummus. The group were all very wary - two had never seen baby corn or sugar snap peas - and hummus was new to everybody!'

"One of the boys in the group was so impressed with the sugarsnap peas that he went home with the leftovers to try out on his two year old son - to replace his usual snack of crisps!' **Lifeshaper NE Team Leader**

Breakfast/lunch clubs at accommodation sites and homemakers

At Aberdeen Foyer accommodation site there is a training flat with a fully equipped kitchen and a 'homemaker' member of staff who works with tenants on independent living skills such as practical cooking, health and hygiene, budgeting, menu setting, shopping etc. Fresh fruit is available on a daily basis. Each site runs either a breakfast club or a lunch club on a regular basis. All Foyer Learning team leaders have undertaken or are booked onto health and nutrition courses.

Community café

Aberdeen Foyer's main training centre has a community café providing healthy lunches daily for service users. The café has achieved the Scottish Healthy Choices Award for healthy eating and is working towards the new **healthy living award**.

Food packs

In partnership with Community Food Initiatives North East (CFINE), food packs containing fresh vegetable, stock cubes and recipes are offered to tenants at a very reduced cost on a weekly basis. The homemakers then demonstrate the recipes in the training flats, and tenants can then go off with their own packs to have a go themselves!

Pack it in!

Aberdeen Foyer's smoking cessation programme incorporates healthy eating into its programme. Clients meet weekly for six weeks to receive smoking cessation support alongside healthy living advice. Weekly goodie bags are provided containing, bottled water, sugar free lollies, fruit, fruit juice etc, to prevent smoking habits being replaced by poor snacking habits.

.. "I was worried about gaining weight when I stopped smoking, The healthy goodie bags helped me stay off the chocolate!.. "

'Pack it in!' participant



Future plans

Volunteers

It is now looking at recruiting Healthy Eating volunteers who will look at engaging with young people to set up food co-ops at the accommodation sites and main training centre, as well as provide extra support for individuals around practical cooking and independent living skills.

Sorted in the Kitchen!

Some of the main issues raised by clients are, *"How can I eat healthy on a food budget of £15-20 a fortnight!", "Most recipes are for four people", "It's hard to get access to low cost healthy food."*

With this in mind, we are in the process of trying to develop with young people, the 'Sorted in the Kitchen!' resource, which will have weekly low cost menus and shopping lists, recipes and tips on cooking for one, storage and hygiene, etc written in a simple, easy to read format, possibly with a DVD to go with it demonstrating basic skills and the recipes provided.

For more information contact:

**Lisa Fallowfield, Health Projects Manager,
Aberdeen Foyer - 01224 252366**

Food Dragons

DrumchapelLIFE will shortly be launching a cookbook celebrating the success of their 'Food Dragons' programme with six local nurseries. The aim of the programme has been to support local nursery children and their parents to develop practical skills to cook simple healthy food. The 'Food Dragons' cover four foods; soup, pizza, snacks and fruit. Each has an associated dragon logo which helps the children identify with the food being covered. Working in partnership with Drumchapel New Learning Community, Drumchapel Fruit Barra, a food advisor from Sainsbury's in Drumchapel and chef John Catchpole, the programme has been delivered over three stages to two nurseries per week.

The first stage is about planning and preparation where the children make a shopping list from simple healthy recipes. Parents are encouraged to attend the nursery and support their children. The second stage involves taking the children and parents shopping to the Fruit Barra or Sainsbury's. They are met by volunteers and food advisors who engage the group in food tasting and games, guiding them through the process in a fun way as well as complementing pre-five curriculum activities. Finally stage three takes place the day after the shopping trip with the children, parents and staff divided into groups to cook the recipes they have shopped for the day before. The chef leads this session while answering questions and offering advice on healthy eating and cooking.



Participation has been high, with over 100 children taking part as well as many parents. Feedback has been extremely positive with more confidence in skills and increased willingness to try new foods being reported. Demand for 'Get Cooking' classes has been boosted with many of the parents taking part. Additionally parental involvement in a wide range of activities within the nursery has been significant. Linda Forrest from Chesters Nursery said *"I don't think we would have built up the relationships with the parents if it wasn't for the Food Dragons."*

DrumchapelLIFE hopes to develop interest in the programme outwith the local area and a steering group is currently looking at how this can be achieved. Results of the 'Food Dragons' final evaluation are due in April 2007.

For additional information contact DrumchapelLIFE on 0141 944 6004.

Tullochan Trust

Two years ago the Tullochan Trust received a small amount of funding to deliver an eight-week cookery course with the young people who attend their Trust Club. Since then, by popular demand and with the help of funding from the Big Lottery's Young People's Fund and West Dunbartonshire Council's Local Action Fund - they have continued to run these sessions and are about to complete their fifth course. Up to eight young people attend the eight week cookery course, which has a 90% completion rate. As well as learning to cook healthy meals, the course is designed to provide the young people, who are aged between 14-16 years old, with skills that are transferable into the working world. They get a chance to visit a hotel to meet staff and some participants are also able to gain an Elementary Food and Hygiene certificate. In the last two years several of the young people have been given the opportunity to practice catering on a big scale - by planning and cooking meals for up to 42 young people attending the Trust's summer residential weekends. These cookery courses have been successful partly because they are held at times of the year that suit the young people and because they are given choices on what they will learn to cook.

Tullochan Trust *Cont*

The cookery sessions are held at the Skypoint Centre's Café Knowes, where there is plenty of space to prepare and cook food, and integral to the project is that a trainer is available to run the sessions. In their final week the young people are able to show off their new skills by inviting guests to a three course meal that is cooked and prepared by the group.



The Tulloch Trust is a registered charity set up in 1996 to work with, and for, the young people of West Dunbartonshire. The Trust runs projects for 8-18 year olds using arts, crafts, drama, sport, and outward bound activities and aims to help young people widen their horizons and nurture their potential. **For more information about the Trust call Andy Flynn on 01389 606656 or visit their website www.tullochan.co.uk.**

Getting Better Together Shotts Healthy Living Centre

What needs 40 articulated lorries to carry it, weighs the same as approximately 800 small cars and would stretch for nearly 100 miles if laid out in a straight line? **1 million portions of fresh fruit and vegetables!**

This landmark quantity of fresh produce has been sold by the Getting Better Together (GBT) Project to local people in the Greater Shotts area of North Lanarkshire since Shotts Healthy Living Centre Food Co-op opened in 2004. Frank Fallan, Chairperson of Getting Better Together, said, *"Selling one million portions of fresh fruit and vegetables in only two years shows that the community of Greater Shotts is ready, willing and able to take up the challenge of helping themselves to improve their diet."*

The Food Co-op located within the centre's café is an ideal location for local people to socialise while enjoying a healthy snack, as well as pick up an array

of fresh fruit and vegetables and some basic supplies such as bread, milk and eggs. Staff and local volunteers are also on hand to give advice and information on the produce available, provide tasters of new items as well as offer suggestions on recipes and ingredients. Prior to setting up the co-op, developing relationships and trust with the local community was seen as central to building up interest essential to the sustainability of their activities and the recruitment of a strong unit of volunteers. As a result the café and food co-op are core activities and help to engage local people in all other aspects of the GBT Project. A good relationship with their supplier also ensures that produce on offer is of a high quality and price that brings people back time and time again. Fruit and vegetables have been supplied to the local nurseries and schools since October 2004 with over 90,000 portions being purchased since then. The popularity of Fruit Tuck Shops has contributed greatly towards this with a local high school purchasing all ingredients for their home economics department from the co-op. Healthy Start Vouchers can also be swapped there for a wide range of items. Recently GBTs Saturday Sportscene received a grant of £205,000 from the Big Lottery and targets the under-18s in Shotts by providing free, professional coaching in several sports and has been very successful, with over 400 registered participants.

Shotts Healthy Living Centre is funded by the Big Lottery, and it is hoped that alongside support from local partners, it will not only maintain its great success but also build on its activities for the future. **For further information contact the centre on 01501 825 800.**



Bite Size

Seeing is believing

Edinburgh Community Food Initiative's tenth Annual General Meeting was a very visual affair with children from a local nursery performing, as well as the premiere of a DVD about ECFI's activities.

Appropriately for a tenth anniversary, the meeting took place in the Scottish Parliament and an excellent turn-out heard about ECFI's impact and influence over the years both locally and nationally on policy and practice. [For more information on ECFI visit www.ecfi.org.uk](http://www.ecfi.org.uk)

Healthyliving at the Green Tree Café

The Green Tree Café is a food project supported by Bute Healthy Living Initiative and part funded by the Big Lottery Fund, based at the Moat Centre in Rothesay. The café runs cookery courses and other food events such as Cooking for Kids and Basic Cooking Skills aimed at young people moving into their own accommodation, parents, single people and men.

It recently achieved a **healthyliving award** after making healthy food a priority when it opened its doors just over a year ago. The popular café has built up a loyal customer base in that time – made up of families, young people and pensioners who all appreciate being able to choose healthier options when they eat out.

Dino Zavaroni, Manager at the Café said, *"Around 85 per cent of our menu is made up of healthier options but that doesn't mean the food is any less tasty – our customers love the home-made soups and baked potato toppings like vegetable curry. We are really proud to*

Community food activity news

have achieved the healthyliving award as recognition of our commitment to making sure people can still eat healthily when they eat out."

The **healthyliving award**, recently launched by the Scottish Consumer Council and the Scottish Executive, gives national recognition to caterers and food outlets that take a range of steps to provide healthier options. More than 300 eating establishments across Scotland have already signed up to the award, which organisers hope will become a prestigious accreditation and the sign of healthier eating out.

[For further information, or to apply for the healthyliving award, please phone 0141 226 5261 or email enquiries@healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)

The Underground Healthy Living Centre, Rock Trust Café relaunch

The Underground project is re-launching on 3 April 2007. The project has been supporting 16-25 year olds in the Lothians to raise their awareness of health issues for six years. New funding and feedback from young people has led to a new café area, laundry facilities and showers being added. The project will now be open seven days a week providing free healthy food, drop-ins and group work. It will also be offering advice and information on housing, debt, training and employment, health and relationships.

[For more information, and an invite to the launch, please contact Allison Calder on 0131 557 4059.](http://www.healthylivingaward.co.uk)

New food co-op

Tuesday 20 February was an opportunity to celebrate the official opening of the new Whitecraig Food Co-op in East Lothian. Recent statistics have shown that men in Whitecraig are expected to live four years less than nearby Inveresk where the average life expectancy for men is 74 years. In addition to this the nearest supermarket is over three miles away, making access for many local people troublesome. In response to these and similar statistics local food initiative Roots and Fruits identified Whitecraig as a prime location for a community food co-op. As the community was approached it became clear that Whitecraig Primary school was keen to be involved in such a community venture. Hence the Whitecraig food co-op was born.

In partnership with Whitecraig Primary school and East Lothian Council, Roots and Fruits planned and introduced the food co-op which is held weekly within the school. Funding was made available by the health board and Lloyds TSB to both cover the start up costs and to finance a development worker to work with the school. The aim of the project is to improve health through a greater availability of fresh fruit and vegetables.



(Continued from previous page)

Each Tuesday morning the local people are encouraged to visit the co-op and purchase quality low-cost fruit and vegetables. During the morning primary seven pupils work on a rota to help in the co-op. This is an excellent opportunity for them to put classroom skills into practice. The young people stock up the co-op, weigh and sell the produce and interact with the customers.

Meanwhile Roots and Fruits supply the fruit and vegetables and a member of staff. This staff member is responsible for overseeing the project and ensuring that the young people are confident in their responsibilities.

Various people attended the launch, including local people, council representatives, local MSP John Home Robertson and the press. The opening was a great success and proved that many different groups supported the project. The project hopes to continue this success and tempt more and more local people into visiting the co-op. Roots and Fruits also plans to expand the number of food co-ops it operates in the near future allowing more people in East Lothian the opportunity to purchase low cost produce locally.

For more information contact Pamela McKinlay on 01875 616 337.

News

Enterprising conference

"Social Enterprise has the potential to contribute greatly to health improvement in Scotland. It is already making a difference to healthy eating, mental well-being, employability and physical activity." Voluntary Health Scotland held a very interesting conference in Edinburgh in late February entitled 'From social economy to social enterprise: in the business of improving health'.

A report based on the conference discussions will be available soon from www.vhscotland.org.uk

Growing interest in Gardening Scotland

After last year's successful attendance at Gardening Scotland, one of Scotland's biggest gardening events, the Garden for Life Forum, including CFHS, will be contributing even bigger displays accompanied by an edible demonstration garden. If you would like to attend this year's event, 1-3 June at Ingliston, just outside Edinburgh, CFHS has two free pairs of tickets available for the first community gardening initiatives to get in touch. Just phone/email Alice or Rita stating which day you require the tickets for.

Looking back and moving forward

This Food and Health Alliance event held on 27 February enabled participants to celebrate and reflect on the implementation of the Scottish Diet Action Plan (SDAP) as identified in its Review. In his opening address Prof. Peter Donnelly, Deputy Chief Medical Officer, thanked everyone for their considerable efforts in contributing towards a process that is more a "marathon than a sprint". Gillian Kynoch, Food and Health Co-ordinator with the Scottish Executive Health Department, outlined that the event's themes will feed into future thinking on emerging themes such as maternal nutrition, infant feeding, healthy places for children, public sector food and the food industry, social marketing and evaluation. **For further information contact Kate Barlow, Food and Health Alliance Co-ordinator on 0131 537 4736.**

Another familiar face with a new name

Previously well known to Fare Choice readers as Sustain's Food Poverty Project, the Food Access Network (FAN) now has its own website, www.foodaccessnetwork.org, as well as a renamed members' newsletter, Fanmail.

UK link-up

Following the successful UK liaison events organised by Sustain's Food Action Network last year in the Midlands and Wales, a number of future events are being planned, again funded by the FSA and assisted by local networks. The events so far have allowed useful networking between all sorts of community food initiatives, but the events currently being planned are to be themed. The first event in 2007 will take place at the Assembly Rooms in Newcastle on April 17 and will cover the theme of 'retailing in the community'. If you are involved in a food co-op, a community-owned, shop trying to improve/save your neighbourhood or village shop, or any other relevant activity, why not get in touch with Lisa at the Food Access Network (lisa@sustainweb.org) as soon as possible, telling her why you want to go and whether you require funding to make it possible.

The second of this year's UK liaison events is coming to Scotland. It will take place in Glasgow in June on the theme of '0-5: from maternity to nursery'. If you are involved in community-based work on diet and young parents, such as a weaning initiative, cooking for toddlers, or any other related activity, please consider applying for a place at the event. As above, contact Lisa at the Food Action Network explaining why you should be there and giving a breakdown of what costs you require. This event will be confirmed soon so watch out for more details on our website.

On course for success

The REHIS (Royal Environmental Health Institute of Scotland) Elementary Course in Food and Health goes from strength to strength. A well-attended trainers' meeting held in Dundee College in February gave trainers the opportunity to air their views on the course, as well as meet up with key national agencies and hear from people involved in the course's development and promotion. **For more information on the course and where your nearest accredited training centre is, contact Graham Walker at REHIS on 0131 225 5444 gw@REHIS.com**

Scottish organisations commit to regeneration

Some of Scotland's leading organisations and networks involved in regeneration attended an event on 1 February at Our Dynamic Earth in Edinburgh where commitments to work together and share experiences were made. They plan to do this as part of their involvement in Partners in Regeneration, a Scotland-wide network which brings together different networks to help them co-ordinate their activity and exchange their experiences to support more joined up approaches to regeneration.

Craig McLaren, Director of the Scottish Centre for Regeneration said, *"Regenerating communities is very complex and it works best when a range of players, disciplines, agencies and local people work closely together."* Partners in Regeneration is open to national networks involved and interested in community regeneration across Scotland. **For further information contact Anna Stansfield on 0141 419 1690 or visit www.partnersinregeneration.com.**

Perceptions on food and health

"Objective measurements of the environment provide a picture of the 'actual' environment, but the young people's perspective provides information on how they use this environment in relation to food and physical activity."

'Food environments, food cultures and obesity' was the title of the first in a series of multi-disciplinary seminars looking at the role of the social and physical environment in tackling obesity, organised by the Economic and Social Research Council and held in London on 17 January. Presentations from Newcastle, Sheffield and Rotterdam covered 16-18 year olds and their perception of their environment, a critique of tackling childhood obesity through parents and a review of studies on environmental determinants. Papers from the seminar and details of the remaining seminars in the series are available at

www.geog.qmul.ac.uk/obesity

Plantlife Scotland

Pond Alert! is a Plantlife Scotland awareness-raising project aiming to ensure that garden and community ponds are no longer a source of invasive non-native aquatic species, but instead are stocked with native plants that are good for our countryside and wildlife. This is achieved by providing advice in leaflets, through workshop sessions and making site visits. **For further information contact Su Cooper on 01786 479382, suzanne.cooper@plantlife.org.uk.**

UK spending on food and drink

In January Defra (Department for Environment Food and Rural Affairs) published its first set of data on UK purchases and expenditure on food and drink in 2005-2006. These statistics showed that there has been a 7.7% increase in expenditure on fruit and vegetables and a 6.1% decrease in expenditure on confectionery. In late May Defra will publish data on regional and demographic variations in food expenditure. **More information is available at www.defra.gov.uk/news/2007/070118d.pdf**

Advertising of junk foods to children

Ofcom has completed its consultation on restrictions to the advertising of foods high in fat, salt and sugar as proposed in November 2006 with a total ban on ads during children's programmes and children's channels as well as adult programmes which attract a high number of children under sixteen. Restrictions will be phased in from 1 April 2007. Jill Pitt, National Consumer Council said, *"These actions will cut children's exposure to junk food TV ads but won't affect advertising during many programmes most watched by children."* Richard Watts, Coordinator of Sustain's Children's Food Campaign, also said, *"Ofcom has slightly watered down already weak new rules. They have failed to protect children from junk food adverts or help solve the childhood obesity crisis."*

To read Ofcom's report visit www.ofcom.org.uk/consult/condocs/foodads_new/statement/

Funding surgeries

Lloyds TSB Foundation for Scotland is holding a series of grant surgeries throughout 2007 around Scotland to give local recognised charities an opportunity to have a one-to-one session with one of their Assessors. **For details of where and when these surgeries are being held, along with an application pack and details of the Foundation's criteria and priorities visit www.fundingthefuture.org.uk (follow the link to 'surgeries' at the top of the page).**

Support for health and homelessness initiatives

The Rayne Foundation, a grant-making organisation based in London, has a special interest in supporting projects which address the health needs of homeless people, in particular projects which seek to increase the active participation of homeless people in their health. Potential applicants should note that they must be able to demonstrate how they meet each of the Foundation's aims. **Full details of these aims, along with the grant-making criteria and guidelines on how to apply can be found by visiting www.raynefoundation.org.uk or by contacting their Grants Manager, Susan O'Sullivan on 020 7487 9630 for brief guidance** (please note that due to limited resources, they are unable to discuss applications at length before submission).

People's Millions

The Big Lottery Fund (BIG) will be opening the People's Millions programme from March 2007. Launched in partnership with ITV in 2005, many projects across the UK have received funding which have made a difference to their local environments. Some examples from last year include a community garden and a baby café bus for new and expectant mums. This year the maximum grant has been raised to £80,000 + VAT and BIG are also looking for applications that help people use and enjoy their environments. The fund is open to voluntary and community groups, local authorities, schools and health organisations. Successful applications are decided by television votes taking place in November 2007. The deadline for applications is 17 May 2007.

For more information visit www.biglotteryfund.org/prog_peoples_millions.htm .

Lottery funds diverted to fund Olympics?

The National Council of Voluntary Organisations have reported that the UK government is considering diverting lottery cash (particularly small grants such as Awards for All) to fund the 2012 Olympics. Many organisations across Scotland have accessed Awards for All funding in the past - all providing small community based services for the local area. Loss of, or a significant reduction in, the available funds for Awards for All would therefore have a major impact on a community level. A petition has been started to record objections to community groups losing out. **To sign the petition, visit <http://petitions.pm.gov.uk/Defend-funding>.**

PUBLICATIONS

Booking in for healthy eating

'When Sammy met Sally' is a new book promoting the importance of healthy eating to nursery age children. It uses plain and simple language which explains to children the benefits of establishing good eating habits for the rest of their lives. Marianne Paterson, Headteacher of Ladywell Nursery in Clackmannanshire, where the book was launched by Health Minister Andy Kerr, said *"It has very good messages about healthy eating written in a fun way that captures the children's imagination."* The book has been developed in partnership with Albert Bartlett and Son, supplier of root vegetables and plans are in place for the book to be rolled out to nurseries across Scotland. www.scotland.gov.uk/News/Releases/2007/01/24133036

Good fundraising guide

The Institute of Fundraising has recently made its 'Good Fundraising Guide: where to start' available free to download from www.institute-of-fundraising.org.uk/documents/good_fundraising_.pdf. The aim of the guide is to give charities & fundraisers a wide ranging overview of the funding process and would be beneficial to anyone new to fundraising and wanting to make the most of the resources that they have.

New guide for better value

The Social Economy Unit at Communities Scotland is working with the Scottish Executive to develop a strategy for social enterprise in Scotland which will also link with the Executive's vision for the voluntary sector and wider social economy. A number of 'Better Value Guides' are aimed at those in the public sector who buy services and highlight the benefits that social economy organisations can bring and can be downloaded from www.communitiesscotland.gov.uk (follow the links on the left to the Social Economy Unit). **Communities Scotland also provided funding for a business planning guide to developing social enterprise which is available from www.forthsector.org.uk/docs/New_BusPlanGuide.pdf**

Guide to raising funds

The Scottish Council for Voluntary Organisations (SCVO) is making available free of charge for a short period the updated version of 'How to Raise Funds' guide. The guide has been fully updated by Pam Judson and is aimed at small and medium-sized organisations working in Scotland. It explores fundraising myths and truths, what you need to have in place before you can fundraise effectively, writing effective proposals, researching funders, bringing it all together and what to do when you get the money.

Copies can be downloaded from www.scvo.org.uk

Diary

MARCH

3rd national conference on obesity and health

19 March 2007 Manchester Conference Centre
More info: <http://obesityandhealth.co.uk>

Equipping the Community & Voluntary Sector for Health Improvement

20 March 2007 Lighthouse, Glasgow
More info: shamin.akhtar@scvo.org.uk

Supporting social enterprise in a rural setting: lessons on business support

27th March 2007 Birnam Arts and Conference, Birnam, Dunkeld
More info: nicola.mulholland@scvo.org.uk, 0141 225 8031

UKPHA Annual Public Health Forum

28 - 29 March 2007 Edinburgh International Conference Centre
More info: www.ukconference.org.uk

APRIL

Scottish Co-operative Healthy Living events

4 April Lerwick, Shetland
22 April Oban
More info: 0141 304 5400, scottish.membership@co-op.co.uk

Sustain UK Liaison event; Retailing in the Community

17 April Assembly Rooms, Newcastle
More info: from the Food Access Network on 020 7837 1228

Celtic Food and Drink Festival

22 April 2007 Scottish Crannog Centre, Kenmore
More info: www.crannog.co.uk

S2S Social Enterprise Trade Fair

26 April 2007 Perth Concert Hall
More info: Cheryl@indigops.com

MAY

The Gathering

24 - 26 May 2007 Scottish Exhibition & Conference Centre, Glasgow
More info: www.gatherscotland.org.uk

JUNE

Gardening Scotland

1 - 3 June 07 Ingliston, Edinburgh
More info: www.gardeningscotland.com

Development Trust Association Scotland Conference

10 - 11 June 2007 Easterbrook Hall, Crichton, Dumfries
More info: www.dta.org.uk

SEPTEMBER

CFHS Participatory Appraisal Residential Training Course

17-21 September 07 Venue to be confirmed
More info soon: www.communityfoodandhealth.org.uk

Federation of City Farms and Community Gardens Annual Conference

26 September 2007 Venue to be confirmed
More info soon: www.farmgarden.org.uk

OCTOBER

CFHS Annual Networking Conference 2007

11 October 2007 Venue to be confirmed
More info soon: www.communityfoodandhealth.org.uk

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