

Diary

AUGUST

Evaluation Support Scotland Conference

29 August 2007
Edinburgh
More info soon: www.evaluationsupportscotland.org.uk

SEPTEMBER

Fit for Purpose - 2nd Social Enterprise and Health Conference

12th September 2007, 10 am - 4 pm
Trades Hall Glasgow
More info: www.senscot.net/view_event.php?viewid=6208

CFHS Participatory Appraisal Residential Training Course

17-21 September 2007
Cairndale Hotel, Dumfries
More info: www.communityfoodandhealth.org.uk

Scottish Council for Single Homeless and NHS Health Scotland Health and Homelessness Conference

26 September 2007
Apex Hotel, Edinburgh
More info: www.communityfoodandhealth.org.uk

Federation of City Farms and Community Gardens Annual Conference

28 September 2007
Battleby, near Perth
More info: www.farmgarden.org.uk

OCTOBER

Scottish Co-operative Healthy Living events CFHS Annual Networking Conference 2007

11 October 2007
Murrayfield Stadium and Conference Centre, Edinburgh
More info soon: www.communityfoodandhealth.org.uk

Highlands and Islands Local Food Conference 2007 'We are what we eat'

27 October 2007
More info: www.hilocalfood.net

NOVEMBER

Public Health in Scotland 2007 - annual conference 21st Century trends - threats and opportunities for Public Health

15-16 November 2007
Airth Castle Hotel, Airth
More info: www.conventionmanagement.co.uk

Free Healthy School Meals: The Hull Experience

16 November 2007
The Village Hotel, Hull



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farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

Hello

Now that the dust has settled after the recent elections, it is important for everyone involved in tackling inequalities in food and health to recognise the opportunities that face them. In both local and central government we have a large number of people becoming elected representatives for the first time and others taking on key responsibilities for the first time. With many political situations finely balanced, a far greater number of politicians have more influence than ever before.

Many politicians are already well aware and supportive of their local community café or food co-op, but now would be a good time to ensure your local and national elected representatives are not only aware of your existence, but also how you work, what you achieve and how secure your funding is.

Community Food and Health (Scotland) or CFHS also feels it has a responsibility to share the knowledge, experience, concerns and aspirations of Scotland's community food initiatives not only with others in the field, but also with the elected representatives whose decisions can make such a difference to the efforts of the community and voluntary sector and the actions required from others.

Fare Choice currently goes to all Scotland's MSPs, MPs and MEPs. If you know any local councillors who would like to receive it please encourage them to get in touch. Ensuring local authority elected representatives are kept informed is particularly important as either they or colleagues will be present on Community Planning Partnerships and Community Health Partnerships.

As ever, this edition of Fare Choice brings you what is happening, locally and nationally, on policy (see

fruitful participation

involving people in food and health work



New Publication - Fruitful Participation - for more details see pg 10

stakeholder responses to the review of the Scottish Diet Action Plan pg 2) and practice (see East Lothian Roots and Fruits - ten years on, pg 8). The latest research (see 'Scoff' on pg 7) is covered alongside training (see SCVO's 'How to lobby the Scottish parliament' on pg 14) and funding opportunities (see annual small grants pg 4).

Don't be a stranger. Make sure your work is recognised and appreciated locally, and updated regularly. If you have any news or views you want to share nationally please do not hesitate to get in touch.

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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

This edition Mary Lawton, Food Policy Manager with the Scottish Consumer Council, tells us about their new publication 'Stakeholders perspectives on the Scottish Diet Action Plan Review' containing written responses to the review. This publication will ensure that the review will remain a hot topic in the coming months. If you would like to make your response to the review why not post a comment on our discussion forum on our website www.communityfoodandhealth.org.uk.

In 1996 the original Scottish Diet Action Plan (SDAP) was published. It was a remarkable document that lasted through the transition of a UK Conservative government to a Labour government and then a further transition to two terms of devolved coalition government in Scotland. It has been subject to worldwide interest and has won many plaudits, including from the World Health Organization.

The SCC played an important role in formulating the Plan through representation on the original steering committee and we have made a major contribution to the delivery of key aspects of the Plan. Both Community Food and Health (Scotland) and the healthyliving award started out as recommendations in the SDAP.

We welcomed the review of the Scottish Diet Action Plan commissioned by NHS Health Scotland in 2006. We felt it was important to revisit the Plan and use the findings to inform future work.

When the Review of the SDAP was first published in September 2006 it was encouraging to learn of the areas of significant success:

- improving breastfeeding rates
- improving food and diet in schools
- producing health education resources and campaigns
- Scottish Community Diet Project (now Community Food and Health [Scotland])

However, the Review also highlighted the fact that population dietary targets had not been met. The hoped-for seismic shift in the Scottish diet had not taken place despite all the effort and investment. The Review gave possible reasons for these missed targets whilst accepting that for many interventions not enough time had lapsed for their impact on dietary change to be seen. It also suggested four 'directions of travel' for moving policy forward.

The Scottish Consumer Council was keen to hear other organisations' assessments of the Report, including what they saw as priorities and how to take these forward. We held a meeting with many of the key stakeholders to discuss the Review and our reactions to it.

This occasion saw a very lively, enthusiastic, wide-ranging debate with a marked consensus on many issues. There was a feeling of ownership and that there was already a good communication between many of the stakeholders.

This meeting was held under 'Chatham House' rules [to encourage openness and the sharing of information, the identity or affiliation of the participant cannot be revealed] but following the meeting it was agreed that it would be useful to publish the different perspectives from the participants in order to reach a wider audience and move the debate on. Those present generously agreed to provide a written summary of their views and major stakeholders

News

Other types of assets such as knowledge and skills on community ownership can be included. These opportunities are available to communities in all parts of Scotland, including both urban and rural areas.

What can be funded?

One area GCA are keen to support is the production and consumption of local, healthy food. For example, a community group might look to buy a piece of land to develop a community-owned allotment. Alternatively, a community group might seek funding to acquire or develop a community-owned food shop or café, which could support the sale or consumption of locally-produced food. Along with enabling healthier food choices, GCA support should also benefit the local economy.

Who can apply?

Greater levels of community control and influence through greater levels of community ownership and development of assets are expected therefore GCA will only invest in proposals led by organisations that are: community led, controlled by, run by and for people within a defined geographical area (this will not normally be greater than one local authority area).

Further details are available in the Investing in Communities section of the Big Lottery Fund Scotland website at the following address, www.biglotteryfund.org.uk/scotland/apply-sco.htm or contact one of BLF's funding advisors on 0870 240 2391 to discuss your idea or any queries you may have.

Publications

Tips for packed lunches

New guidance on how to provide children with nutritional packed lunches has been made available by the Scottish Executive. A week worth of sample lunches are laid out with the intention of showing how the recommended guidelines for vitamins, minerals, salt and fat content can be achieved in an appealing way for children. The Scottish Executive plans to add more packed lunch ideas in the future. The guidance is available at www.scotland.gov.uk/Topics/Education/Schools/HLivi/schoolmeals/guidance

Banking services for social enterprise

CFHS has put together a briefing sheet giving information about the services and key contacts that the main Scottish banks offer to projects using social enterprise approaches. It was produced because people working in community food initiatives using a social enterprise approach said they were finding it difficult to find local banking services that met their needs. The briefing sheet is available in the Publications Library on our website or call Alice to receive a paper copy.

Scottish Drugs Forum and Drumchapel Life Nutritional Report

In early April the Scottish Drugs Forum and Drumchapel LIFE Healthy Living Centre launched their peer-led research report. The report reviews

existing processes of assessment for looking at the nutritional needs of problem drug and/or alcohol users in Drumchapel, and includes findings and recommendations on how services could work better to break down the barriers that clients face when trying to improve their diet and manage their health through diet. For a copy of the report please contact Kenny Macdonald from Drumchapel LIFE on 0141 9446004 or kenny@drumchapellife.co.uk More info on Drumchapel LIFE is available at www.drumchapel.org.uk

Roundtable discussion

Eleven community food initiatives, as well as the Scottish Executive, NHS Lothian and the Food Standards Agency Scotland, were represented at a recent roundtable discussion facilitated by CFHS on the theme of '0-5: Children and parents including infant nutrition'. A report on the discussion will be available shortly on our website.

New website

A new website aimed at 4-7 year olds has been developed by the World Cancer Research Fund. The Great Grub Club encourages and promotes healthy eating and fun activities which will help develop positive lifestyle attitudes from a young age. It is hoped that instilling this message to this age group will help prevent future health risks. Find out more by going to www.greatgrubclub.com

Small grant scheme - hurry! Closing date for applications is 29 June.

Our small grant scheme is open to groups and agencies who wish to develop activities that aim to improve food access and tackle inequalities in diet and health. Organisations can apply for between £500 and £3000. Successful applicants would be expected to spend their grant within one year. Last year, successful applications included cookery sessions with homeless people; family lunch clubs; and vegetable gardening for those with mental health support needs. The closing date for applications is **Friday 5pm 29 June, 2007**. (Faxed or emailed applications will not be accepted). Information on the grant scheme is available on our website. Application packs are also available from Alice.

CFHS Steering Group

We had a great response to our recruitment of additional steering group members. We received many applications from a broad range of community based food and health activities around Scotland. The selection process was difficult as all applicants had loads to offer and contribute to the steering group. The final selection was made on the basis of role, location and activities and places have been offered to representatives from Fife, Dumfries and Galloway and South Lanarkshire.

Annual networking conference

Following last year's very successful 'Bridges' conference in Dundee, this year's conference will take place at Murrayfield Stadium in Edinburgh on 11 October 2007. Having taken previous participants' evaluations and suggestions into consideration, we are currently planning a programme with a range of workshops which we hope will encourage a vibrant and animated day of sharing and learning from a variety of community-based food and health initiatives. This year we would especially like to encourage increased attendance from volunteers active in community-based food activities. CFHS can offer support to those who may require it in order to attend the event. Further details will be available soon on the website. A booking form will be mailed out shortly.

Shetland visit

A recent visit to the Shetland Islands provided CFHS with a great opportunity to visit one of Scotland's most remote areas and find out what food and health activities are taking place on the island. With access

to and availability of fresh produce both barriers for all islanders, not just those on low incomes, food is therefore high on the agenda and currently there are many initiatives on the island tackling these issues. There are three community owned shops on Shetland: Burravoe Food Co-op based on Yell; Ollaberry Community Enterprises Ltd. and Eid Community Co-operative Ltd., both based on the mainland. These shops offer invaluable lifelines to people who are unable to pop out to a local shop for a wide range of reasons from lack of access to their own or public transport, mobility problems and the general impact of rural isolation. These shops are supported by the Community Retail Network which supports community retailers to become viable and sustainable enterprises. They also receive valuable support from the Co-op Group store in Lerwick. This means that they have access to a support network as well as a wide range of stock that can be delivered directly to them. Distribution costs are uniform whether a shop is in Glasgow or Shetland. All of these enterprises were set up as community action responses to the impending closure of their local shops. Under the threat of communities going into decline as a result, and long car, bus and ferry journeys to purchase even basic food items, local communities came together and developed local enterprises which addressed local needs. They are all now essential components of their communities.



CFHS also attended a Healthy Living Event organised by the Scottish Co-op at Brae Community Hall which was launched by local crofter and former Shetland Island Councillor Drew Ratter and attracted strong support from the local community. Active Schools Shetland ran a range of activities for children to try out and NHS Shetland Health Promotion Unit had a variety of resources available from local walking routes to information on healthy eating. The Co-op's new collection of Healthy Recipes

Retailing in the community

A small, but vocal, group of people from Scotland attended the Food Access Network's UK liaison event on retailing in the community in Newcastle in April. The event was an opportunity for people working in this area to share their experiences and learn from each other.

A series of workshops explored:

- retailing by the community, for example food co-ops
- supply chains, for example West Lothian's work with WELFED
- and work with retailers, for example the Scottish Grocers Federation HealthyLiving Programme.

The event showed that work with retailers is evidently emerging across the UK as a way of improving the availability of healthy food. **For notes from the event visit the Sustain website www.sustainweb.org**

Consumer attitudes towards food survey

The Food Standards Agency's seventh UK wide survey has found that there is a significant increase in awareness of the '5 a day' message with almost half of the people surveyed claiming to be trying to increase their daily intake of fresh fruit. Compared to the 2000 survey this is an additional third of consumers now more aware. Two fifths were trying to increase consumption of vegetables while almost a quarter were trying to eat more salads. A large number of consumers also said that they are using nutritional labelling to check the fat and salt content of products. **To read more about the survey visit www.food.gov.uk/science/surveys/foodsafety-nutrition-diet/cas07**

Get Scotland growing

The Scottish Allotments and Gardens Society (SAGS) have recently launched a report and accompanying leaflets highlighting their proposals regarding how best to raise awareness of the importance of gardening to Scotland. **All the information can be downloaded from their website www.sags.org.uk**

Would you like to show the nation your community's achievements?

Channel Five News offers a space at the end of their news programme, and on their website, to tell your story. You can submit a video, photograph or story to them, which can be about anything which is important to you or which you think other people should know about. Last month they featured a video sent by a children's nursery talking about, and

demonstrating, their fruit tree planting activities. They will pay £100 for any image that they use on air. **Forms and further information available at <http://news.five.tv/>**

It's good to talk

Several hundred delegates gathered in Edinburgh in March for 'Generation to Generation: Sustainable Directions for Public Health', the theme for the 15th UK Public Health Alliance's annual forum. Presentations, workshops and an awful lot of networking went on over the two day event. **More information on this event is available on www.ukpha.org.uk, as well as details of next years' conference scheduled for Liverpool in early April.**

It's good to share

IDeA Knowledge is a web resource designed to share good practice about promoting health improvement and tackling health inequalities. Designed for England, it is also a useful source of informative case studies, interviews and briefing papers for those working in Scotland. **www.idea.gov.uk/idk/core/page.do?pagelId=77225**

Aberdeen Charities launch Sunday food service for homeless people

A group of local charities and churches in Aberdeen have come together to provide a food service for people affected by homelessness. The group, Aberdeen Food Aid, is taking another step in filling the gap in food provisions at the weekend in the city. Aberdeen Food Aid was launched on Sunday 28 January, national Homelessness Sunday, and operates out of the Aberdeen Cyrenians drop-in centre. The Saturday service has also just opened.

After identifying that there was no local food provision over the weekend for people affected by homelessness and recognising that on a Monday many homeless people were very hungry because they had not eaten all weekend, these organisations came together to create Aberdeen Food Aid.

Julie Sim, Project Manager for the Aberdeen Cyrenians' project and one of the founders of Aberdeen Food Aid, commented, "... this Sunday service is excellent news for local people who don't have a home or are at risk of losing their home."

For more information contact Amy Grant, Fundraising and Communications Manager at Aberdeen Cyrenians, 01224 572877 or 07766 954 923 out-with office hours. amy.grant@aberdeen-cyrenians.org

Team Talk



FREE promotional items

CFHS has an exciting new range of free promotional items on offer to groups around Scotland:

- seedsticks
- aprons
- children's tabard-style aprons
- recipe books
- baby bibs
- canvas shopping bags

These items can be requested on the enclosed order form (Scotland only). Please complete and return this to Alice. Let us know if the order form has gone astray and we will send you a replacement. Please note that stocks are limited.

Policy

Scotland New faces

The new Cabinet Secretary for an expanded Health and Wellbeing portfolio, which includes anti-poverty measures, social inclusion and regeneration, is Nicola Sturgeon, MSP. Under the Cabinet Secretary, Shona Robison, MSP is the Minister with responsibility for Public Health. Another key Cabinet Secretary for those interested in food is Richard Lochhead MSP, whose portfolio includes agriculture and sustainable development. **A full list of all the responsibilities in the new cabinet is available from www.scotland.gov.uk/News/Releases/2007/05/17111128**

Free school meals pilot

Coinciding with the release of the latest annual survey of school meals (see www.scotland.gov.uk/News/Releases/2007/06/05104224), the Scottish Executive have declared their intention to pilot universal free school meal provision for P1 to P3s in a number of primary schools in deprived communities (see <http://news.bbc.co.uk/1/hi/scotland/6715585.stm>).

UK New proposals

Last month the FSA's Board agreed unanimously that a form of mandatory fortification of a food with folic acid should be recommended to UK health ministers. It was felt this should be as part of a package of measures to help prevent neural tube defects, which can result in miscarriage, neonatal death or lifelong disability. The Board believes its decision to recommend adding folic acid to either bread or flour will improve the diets of 13 million people who currently do not eat enough folate. The Board sent a strong message to Health Departments that further work is needed on this issue to educate the public and, in particular, potentially at-risk groups. Final recommendations will be made this month. **For more information, including a webcast of the Board meeting, visit www.foodstandards.gov.uk/news/newsarchive/2007/may/folatefort**

Europe New level of support

Local communities in Scotland have been involved in getting fruit and vegetable schemes developed within their communities, including within local schools, for many years. Many local authorities built on this good practice, particularly within schools, and this has since been further taken up by central government. Now the EU Parliament's Agriculture Committee is suggesting giving more funding to fruit and vegetable promotion campaigns and to improve conditions for their free distribution. The Committee proposes to particularly target low income communities and the under 18's.

www.euractiv.com/en/health/support-free-fruit-vegetable-distribution/article-163628

A Flavour of...

Fun with food at Falkirk Salvation Army



The Salvation Army Centre in Falkirk runs a host of services and activities, ranging from a Parent and Toddler Group and After School Club to a drop-in centre for homeless people in the area. In September 2006 the Centre began to explore ideas around healthier eating and to look at the balance of the food served in the café and to groups. In January 2007 the Centre undertook Community Café training run by the local community food development worker and the community dietitian. This was an opportunity to meet community café staff from other establishments, talk about the impact of food on people's health and wellbeing and explore how to make small changes to menus, advertising etc., to encourage the healthy eating message. Following on from this, the Centre decided to hold a training session on healthy eating with the staff from the After School Club and pilot new ideas with the children in the Club. The staff training day was held in February and soon the children started suggesting what the Centre could have on its menus and what they would like to cook in the cookery classes.

In consultation with parents, it was agreed that all the groups using the Centre should be involved in the promotion of the healthy eating message. Being aware that the parent and toddler menu was almost always crisps, sweet biscuits and cakes, staff soon realised that it was not just the children in the After School Club who needed to make better food choices, but they, as members of staff, had a responsibility to the youngest group in terms of what they were teaching them about food. They put a healthy menu into operation in early February for the Parent and Toddler groups, After School Club, and Homeless Drop-in centre, and also re-wrote the café menu to highlight the healthy choices

available to customers. Parents and children in the Parent and Toddler group took a little bit of convincing, but the After School Club children took to the new menus straight away, and the Parent and Toddler parents are very positive about the changes now, realising the importance of healthy eating from a very young age.

The introduction of more fruit and vegetables to menus was made easier thanks to links with a local farmer who delivers to the Centre once a week. The fresh veg is used in the soups and the meals, and the fruit is much appreciated by clients when it is available.

In March the children were asked what they would like to do next around food and their reply was that they wanted to see how plants grow into food. They began to plant seeds and these are now growing in the containers to the rear of the Centre. Lettuces, radishes, green beans, spring onions and tomatoes are all growing slowly, tended and planted by the kids. They will be enthusiastically harvested quite soon. The pilot project for the children culminated in a prize giving ceremony in April, which was a huge success.

Also in April, CFHS and the Edinburgh Cyrenians ran a 'sharing and learning around food, health and homelessness' event at the Centre (see Team Talk). So far the biggest change for the Centre has been to plan the introduction of cooking skills courses in the autumn for the clients using the Drop-In.

On the whole, the morale at the Centre has grown a great deal since the work on food started. Learning that it was not difficult to make changes and that the interest of the children was easily aroused in this area gave staff great job satisfaction. In their attempt to widen the healthy living message, Falkirk Salvation Army is preparing to take children from both the Parent and Toddler Group and the After School Club to Callendar Park on Friday 8 June as part of the Big Fit Walk day - the little ones to have a picnic lunch, the After School Club to do it as a sponsored walk. The After School workers are planning further food and cooking events with the children because they enjoyed it so much. The Centre's application for a healthy living award is also something that will hopefully continue the positive momentum that has so far been built up.

For more information about the Salvation Army Centre in Falkirk contact Carrie James on 01324 627 425.

East Lothian Roots and Fruits celebrate ten years

In 2002, Roots and Fruits was the subject of a 'Take Stock' article and it seems fitting to return now as they celebrate ten years of success. Prestonpans Community Centre was the venue for a celebration to recognise and reward everyone who has supported and contributed to their success since 1997. East Lothian Council for Voluntary Service, from which Roots and Fruits developed, was happy to reflect on how the initiative has grown, as well as thank East Lothian Council, NHS Lothian and a range of other funders and individuals for their continued support from the start. An award ceremony took place with certificates presented to the many volunteers, groups and children who have been involved in so many of their activities.



Here's what they have been up to since we last visited...

Mobile shop

When last featured a grant had just been received to get their mobile shop up and running. The 'orange van' is purpose built and fully wheelchair accessible. The mobile shop came about in response to poor accessibility for people outwith the main towns in East Lothian and who for a variety of reasons cannot access shops easily. The service has gone from strength to strength and villages such as Ormiston, Pencaitland, Wallyford, Prestonpans, Longniddry, Westbarns and Macmerrie are all benefiting from the mobile shop. The van follows a designated route which includes six resource centres, as well as day centres and sheltered housing. The shop not only provides an invaluable service to these communities, but as the drivers get to know their customers very well, this also enhances their level of social contact which might not be there otherwise.

Health promotion

Roots and Fruits provide health promotion activities in the local community through health weeks at local nurseries, schools and groups. Activities involve a host of creative and interactive games and quizzes that support the development of skills, confidence and knowledge around food and its wider health benefits. Roots and Fruits has also benefited from a Project Scotland volunteer placement, a health promotion graduate, to assist with these and other activities.

Cookery workshops

Roots and Fruits engages with and extends its partnership working widely throughout East Lothian by its involvement in the development of practical

cooking skills. One-off cookery workshops and weekly classes generally take place during term times and have helped to support and develop partnership working with a wide range of groups, for example:

- young people: a 'cultural cuisine' course where participants learned about different cultures through food as well as preparing food from other countries
- young families: young mums learning how to cook healthy, low cost meals using a one pot method and one-off cooking workshops for a dads group
- and more recently a 12 week course in Elphinstone with adults experiencing mental health problems. This has been very successful and has also included yoga and aromatherapy.

Other aspects of food are also being covered such as food labeling, food maps and nutrition.

Garden

The Roots and Fruits Garden has been a great success over the years and is being redeveloped at the moment so that their work can be more sustainable in the future. Roots and Fruits plan to work within school and nursery grounds to develop their own gardens. Working in this way it is hoped to maximise the benefits that the children will gain from planting and growing as part of the school curriculum and within the grounds themselves. The garden has already developed its work to complement what the children are learning and its wider aspects. This was particularly highlighted at the tenth birthday celebrations by a child waving an extra large magnifying glass and telling the audience about how much he had learned about wee beasties from studying them in the garden!

Food co-ops

Roots and Fruits' latest challenge has been the establishment of community food co-ops. With the aim of responding to local needs and improving access to fresh fruit and vegetables, a number of open days were held. Visual methods of engaging with people were used and with much enthusiasm food co-ops were identified as an acceptable way of addressing access to fresh food. In partnership with Musselburgh East Community Association (MECA), First Step and Changes, the first co-op was set up in May 2006. It is open on Wednesdays from 10am to 2pm and is staffed by volunteers with support from Roots and Fruits staff.

Whitecraig food co-op (see edition 39) opened in January and Elphinstone food co-op has just opened in May 2007. Elphinstone only has one shop in the village and has poor transport facilities to bigger villages and towns. The co-op operates from the newly opened community centre attached to the local school. Roots and Fruits worked closely with the teachers and children helping to promote the co-op to parents and local people and build a regular customer base. Partnership working is a key component to the success of the food co-ops as well as involving local people in the organising and running of the co-ops.

Cuba

Karine, the Roots and Fruits gardener, won a Winston Churchill Fellowship (www.wcmt.org.uk) to look at sustainable gardening and agriculture for communities in Cuba which involved visits to a range of growing projects there. 'Organoponicos' in Havana are small parcels of land given over to growing fruit and vegetables for the urban population. The land is laid out to a standard with seeds and equipment obtained from the government. She also visited a roof garden where a permaculturalist grew his own herbs and fodder to feed rabbits which he sold to local restaurants. Another visit met with a family who not only grew vegetables in their own small backyard but also kept chickens and a pig! Most of the fruit and vegetables consumed



in Cuba are grown in this way as there is an embargo on imports of fresh produce and transport can be limited. Organised growing in this way assists urban populations to provide for themselves without the need for transport. A full report of Karine's visit is available from www.wcmt.org.uk/public/reports/108_1.pdf For more information on growing in Cuba go to www.cosg.org.uk

What's ahead?

The Roots and Fruits Garden will soon be featured on 'Beechgrove Garden'. Having applied to the 'problem corner' slot, they have been selected for a visit in June to show them how to build paths. Many of the local primary schoolchildren will be involved and valuable skills will be passed on to those developing school gardens. This will be filmed, and we will let you know on the website when the programme goes on air.

After a lengthy application process to the Big Lottery Fund, Roots and Fruits were recently disappointed to hear that their latest funding application would not be taken forward. Over the last ten years Roots and Fruits, like many similar initiatives, has been presented with many such challenges, but has got there in the end. Having sustained their activities this long they are confident that further development of their activities will be pursued and achieved in the future with continued success.

For more information on Roots and Fruits activities you can contact Pamela McKinlay on 01875 616337. If you would like more information from Karine on her trip to Cuba she can be contacted at kchipulina@hotmail.com.

A Flavour of...

New CFHS publication - Fruitful Participation

Fruitful Participation gives readers a snapshot of how engaging with local people and involving them in decision-making and taking action can lead to more effective food and health activities.

Everything in **Fruitful Participation** is based on the experiences of workers and volunteers who have attended one of our Participatory Appraisal (PA) courses over the last four years. Over 26 people gave us information on how they had used PA approaches in their work and communities since attending one of the courses. **Fruitful Participation** uses a selection of case studies to show how PA approaches have been used. It also provides background information on participatory approaches of involving people and policy information that promotes community engagement.

Here is a taste of two of the case studies:

The Children's Garden in Glasgow

The Children's Garden is based in Glasgow Botanic Gardens. Although the garden is already very popular with children and adults, the Children's Garden committee was keen to encourage more volunteers, including children, to take part in making decisions and running activities. Like many organisations, the Children's Garden was dependent on only a handful of volunteers. The committee developed a three-day 'Team Challenge' for local children and children already involved in the Garden. During the Team Challenge children learnt about PA approaches and used these to explore their own ideas and to find out the views of visitors to the Garden. They used visual and active methods to think through what they wanted and to make sure that everyone had a chance to express their opinion. As a result of involving the children in this course, and asking them to find out visitors' views, there are now more people, including children, involved in running the Garden. There are more children deciding what activities the Garden should have, and more activities held at the garden, for a wider age range of children.



community-based food and health activity in Scotland

Youth Club, Inverness

The Partnerships for Wellbeing project 'Food First' wanted to find out what health activities young people at a local youth club wanted. The facilitator used visual methods to help them explore their views. She asked the young people to draw a body shape on a roll of paper and to draw on or around the body issues that affected their body. They also used Post-it notes to write their views and add to the body outline. They highlighted bullying, junk food and thin models as some of the things that affected their health and body image. As the result of discussing these issues, the young people decided future activities they would like at the youth club. One of these was to improve the range of snacks available at the youth club tuck shop. Since then, the young people have started to make smoothies and fruit kebabs for the tuck shop and make sure that fruit juice and lower fat crisps are also available. In the past the youth club leaders had considered making healthier snacks more available but thought that the young people would not be interested.

Encouraging the young people to think about activities for themselves made sure that they agreed with having healthier snacks in the tuck shop. It also resulted in the young people taking charge of making the

changes and promoting the new range snacks throughout the club.

To celebrate the launch of Fruitful Participation we have a limited amount of 'sticky/ graffiti' walls to give away to those who want to use them for meetings or consultation in Scotland. Our sticky walls consist of three metres of nylon fabric. You will need to spray them with 3M mount spray to make them sticky. You can then stick paper, flip chart paper or thin card to the wall. You can also move the paper around once it is on the wall. This is very useful for collecting comments or pictures from people on paper, adding them to the sticky wall and then moving them around on the wall to create themes and to prioritise people's views. To request a sticky wall, please contact Alice.

Scoff

Food choice and healthy eating in families - a process of 'negotiation'

There is much research to suggest that what children learn about food and the eating habits they develop at an early age will influence, either positively or negatively, what and how they eat as adults. Thus it is suggested that to ensure a healthy diet as an adult, healthy food choice needs to start early. Scotland continues to report poor eating habits and problems with obesity at an early age, risking serious illness, particularly cardiovascular disease in later life

This article reports on results of a qualitative action research project (Roberts 2006) conducted in 2005 in four primary schools located in the east coast area of Scotland. The study compared two schools that received a school-based lifestyle intervention package with two schools that received the standard health curriculum. The aim of the study was to see if changing lifestyle patterns in children (9-11 years), eating behaviour and physical activity, would reduce the early risk of cardiovascular disease. The anthropological evaluation of the intervention is the basis of this article.

The study found that, although parents could be seen to have considerable influence over what their children ate, there were a number of conditions under which their children could get round that control. These conditions depended upon things like: where the food was eaten (for example children had more opportunities to manipulate their food choice at school rather than at home); who was involved (grandparents, non-resident parents and their children's friends' family members could offer food not available at home); the flexibility of the family eating regimes (how strictly eating rules were enforced and how willing parents were to try new ideas).

At school there was a choice between school meals or a packed lunch and this could depend upon free school meal entitlement and/or parents' views about

the adequacy or acceptability of these meals, but could be circumvented by a child's choice to play games rather than eat when there was not enough time for both. Packed lunches allowed parents to choose the content, but could not stop children from swapping food, giving it away (not always out of choice) or just bringing it back home uneaten.

At home parents had more control over what went into the family meal and could use punishment and reward to enforce 'healthy eating' rules to be followed. Not all parents imposed firm restrictions on what their children ate, and some found they had mixed feelings about trying to impose foods that they themselves did not like onto their children. Equally, many parents were concerned to ensure that their children ate the food they provided and so anticipated what they knew their children liked when out

shopping. The notion of 'pester power' was also evident, particularly in the area of sweets and treats, and, although it was rare for children to have much influence here, some were good at identifying when parents might give in to their requests.

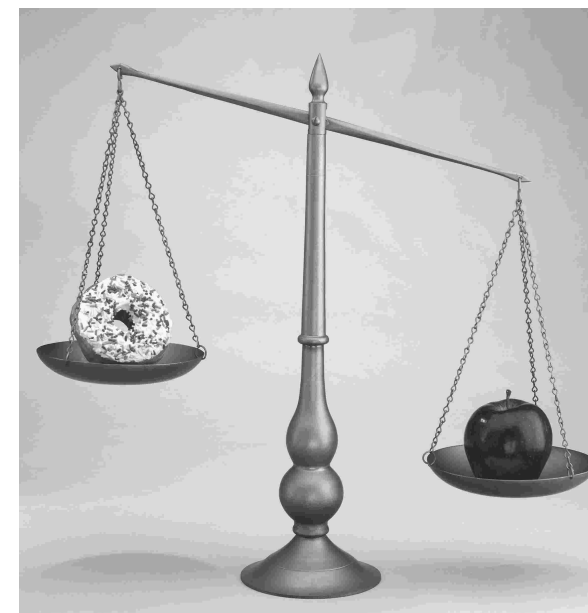
In this study the parents varied considerably in how much they believed that their children could or should make their own food choices, and also the level to which what they believed translated into action. What is clear from this study is that

children are actively involved in negotiating what they eat, where and how much, and that the choices they want to make are not always towards unhealthy end of the spectrum. Equally, parents, whether or not they have clear rules about what food their children should be eating, are aware of a need to negotiate through an active process of give and take, to encourage their children to learn to eat sensibly.

Reference - Roberts, E. M-L. (2006) Negotiating food choice: parents' perception of children's eating behaviour. *Anthropological Notebooks* 12 (1), 63-77

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For more information about SCOFF/BSA Food Study Group see www.food-study-group.org.uk

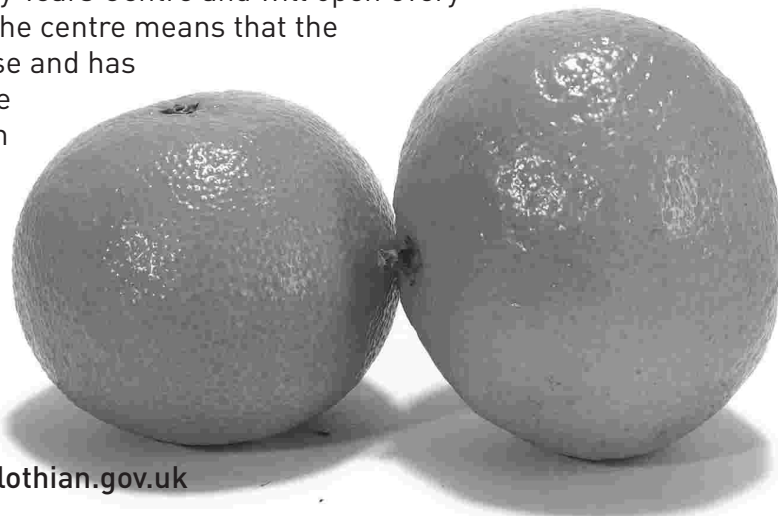


New Food Co-op for West Lothian

Knightsridge Food Co-op in Livingston opened its door for business to the local community on 19 April. Having advertised the launch through word of mouth, the co-op was packed out, with £240 worth of high quality and reasonably priced fresh fruit and vegetables exchanging hands in only two hours. The best sellers were satsumas, grapes and strawberries.

The community previously had a co-op for many years but when this came to an end a new location was sought to address the issue of insufficient access to fresh fruit and vegetables in the local area. Knightsridge Food Co-op is situated in the Knightsridge Early Years Centre and will open every Thursday from 11am to 1pm. Being placed in the centre means that the Food Co-op already has a captive customer base and has wider impact on the community as a whole. The development of food co-ops in the West Lothian area is a partnership project with West Lothian Council, West Lothian Food and Development (WELFED) and West Lothian CHP. This has been hugely successful with 14 Food Co-ops now open and a further four due to open within the next few months.

For more information contact Angela Moohan, Community Health Development Worker 01506 771724 or e-mail angela.moohan@westlothian.gov.uk



Community Food Initiatives North East (CFINE) FareShare launch

Aberdeen's Lord Provost John Reynolds launched CFINE's FareShare scheme at its warehouse in Aberdeen on Wednesday 25 April 2007. This is the third scheme in Scotland, the others being run by the Cyrenians in Edinburgh and Dundee. CFINE is developing a FareShare scheme in Aberdeen whereby supermarkets' and food producers' surplus foodstuffs are collected and distributed to those experiencing food poverty, for example, facilities for people who are homeless, women who have experienced domestic abuse and in the regeneration areas. The FareShare Scheme is an additional strand to CFINE's work on tackling food poverty and increasing food access. CFINE aims to improve health and wellbeing and contribute to regeneration in disadvantaged and excluded geographical and interest communities by promoting the consumption of fruit, veg, pulses and other healthy products. It also encourages and supports volunteering, which brings a range of personal, family and community benefits. CFINE supports

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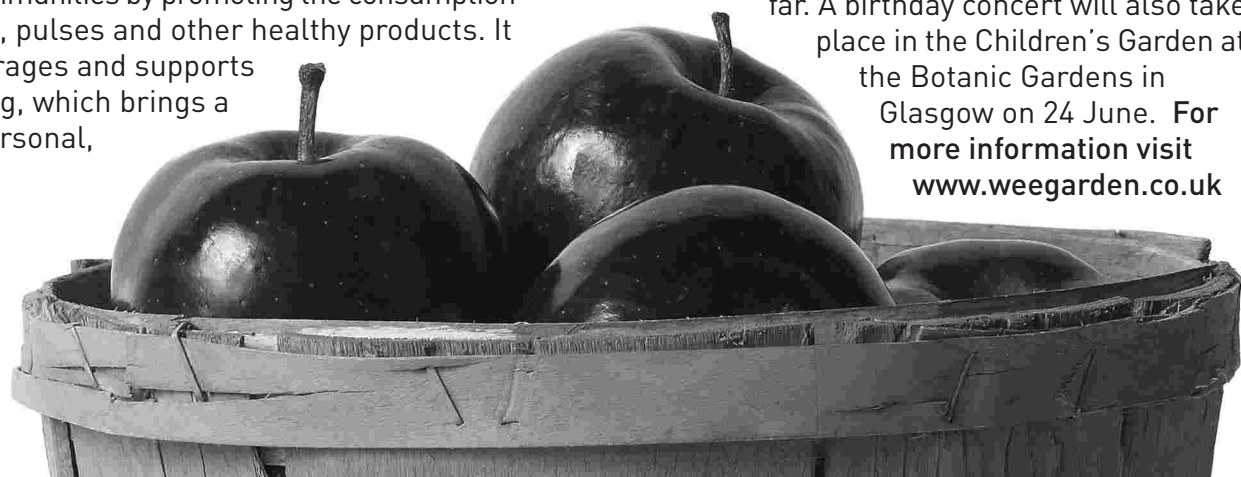
Community

Food Outlets in Aberdeen's poorer geographical and interest communities and supplies fruit and other produce to over 70 nurseries, schools and community organisations.

If you would like more information on any aspect of CFINE's work, phone 01224 596156 or email cfine@btconnect.com

The Children's Orchard Project

The Glasgow Children's Orchard (see Issue 36), part of the Children's Garden, is well on its way to getting hundreds of fruit trees planted across Glasgow. The project, supported by Glasgow City Council, now has over 500 trees planted in a range of places across Glasgow including schools, parks, allotments and community gardens. An award ceremony took place in May for all the schools, groups and individuals involved in its success so far. A birthday concert will also take place in the Children's Garden at the Botanic Gardens in Glasgow on 24 June. For more information visit www.weegarden.co.uk



complemented these activities with a healthy lunch of butternut squash soup, rolls, fresh fruit and fruit smoothies on offer for people to sample. Other partners involved were Shetland Islands Council Community Learning, Shetland College and Adult Learning.

The Health Promotion Department on Shetland was recently involved in the local co-ordination of the Scottish Public Health Networks mapping study of obesity strategies in Scotland. With a new dietitian for Shetland in post from April the current dietetics service will be reviewed as well as a new Health Promotion Officer for Food, Physical Activity and Obesity contributing to food and health activities.

Community Enterprises for Participation in Enterprise (COPE), a social enterprise that supports adults with disabilities participate in a range of local businesses and enterprises, has taken over the running of the community fruit and vegetable box scheme that was previously operated by FAVE in the Mossbank area of Shetland. Following a very successful Food and Drink Conference in February focussing on local food production, a strong interest in the promotion of locally produced food was identified. It is hoped that some greenhouses currently for sale in Tingwall will be purchased by a group of local growers making produce available locally. It looks like there will be a lot of new developments around food in Shetland and we will keep you up to date on how these activities are going in the coming months.

Opportunities for learning and sharing around food, health and homelessness

CFHS's food, health and homelessness initiative is currently offering agencies who work with homeless people across Scotland a series of opportunities to come together to explore practical ways of developing food and health activities that boost their clients' independent living skills, preparing them for a life away from homelessness. These opportunities are also a chance for agencies working in the same locality to better link in with each other and get to know each other's work. Recently we ran a training event in Falkirk based on the Edinburgh Cyrenians Good Food in Tackling Homelessness programme. This event brought together a diverse range of workers from across Forth Valley. We are hoping to support a similar event in Grampian, this time based on the Aberdeen Foyer's work with vulnerable young people. A food, health and homelessness forum is set to take place in the coming months in Dumfries. This event hopes to bring together people from across Dumfries and

Galloway and beyond to discuss 'hot topics', share practice and explore solutions, with a particular focus on the development of independent living skills for people who have or are experiencing the damaging effects of homelessness. If you feel your organisation or your local area would benefit from a similar opportunity, please get in touch with Claire.

The food, health and homelessness initiative is also promoting a series of Royal Environmental Health Institute for Scotland (REHIS) Elementary Food and Health courses and Elementary Food Hygiene courses for agencies who work with homeless people. The Edinburgh Cyrenians recently ran two Elementary Food Hygiene courses, one with homeless workers, and one with people who had previously been homeless. To read more about how the Cyrenian courses went, or for more details on the courses generally and how to apply, then contact Claire to sign up to the e-newsletter 'Food Matters - an update on developments in food, health and homelessness in Scotland'.

Policy update on the food, health and homelessness work

We recently ran a policy seminar with a small but diverse group representing most areas of homelessness and health on exploring practical and realistic ways of encouraging decision-makers and planners to make food issues a higher priority within NHS boards. So far we have been discussing the essential points from the seminar with the Scottish Executive in relation to the Scottish Executive Health and Homelessness Standards, and hope to move forward on this in the next few months. Finally, we hope to approach key players at NHS level directly, following a systematic review of each Board's Health and Homelessness Action Plan. The full notes from the seminar are available on our website or from Claire. For updates on how the work is progressing, sign up to Food Matters.

Shopped

The findings of the recent study commissioned by CFHS from EKOS into the potential for collective action by food co-op networks in east-central Scotland are due out shortly. More information will be available soon on the website and we will highlight the conclusions along with any actions that spring from them in the next edition of Fare Choice.

Social enterprise study/conference in California

Food featured highly in the study tour/conference on social enterprise recently undertaken in California by a Scottish delegation, involving a range of national and local social enterprise agencies and government representatives, including CFHS's national officer. As well as taking in the interesting annual conference of the USA's Social Enterprise Alliance, (www.se-alliance.org) the delegation visited some fascinating initiatives.

Mama's Hot Tamales (www.iurd.org/mamasHotTamales) is a community café in a Latin American community in Los Angeles which combines cooking, art and crafts and community development. Rainbow Grocery (www.rainbowgrocery.org), with a history dating back to the early seventies, and the more recently established Arizmendi Bakery (www.arizmendibakery.org) are both worker owned businesses in San Francisco that value democracy in the workplace as highly as the quality produce they sell.

Practice in the USA varies enormously, as you would expect, but most community initiatives visited held similar basic beliefs and aspirations to those found here, promoting inclusion and tackling inequality.



Martin Meteyard, representing Co-operative Development Scotland, admiring the vegetables in the Rainbow Grocery, San Francisco.

How to lobby Scottish Parliament - SCVO training course

Ger recently attended a half-day session organised jointly by SCVO and the Scottish Parliament that focused on how the parliament works and how groups can get more involved. If your local community group have an interest in finding out more, Outreach Services offer sessions free of charge throughout Scotland. This can be through a community outreach event (organised by Outreach Services, see website for event locations and dates) or requested presentations.

More information on the conference and visits is available from Bill. The Scottish Executive Health Department funded the CFHS participation with the intention of informing their future practice around social enterprise approaches within community-based health improvement.

Visit www.scottish.parliament.uk/vli/outreach/community.htm for more information on how to apply or attend.

Funding for improving youth work facilities

YouthLink Scotland's 'Youthwork facilities improvement fund' is available to any organisation involved in youth work that is building the self-esteem of young people, developing their skills and building their capacity. There is no upper limit on applications, although applications of more than £75K must be discussed with a member of Youthlink staff before submission. There is also no lower limit. The closing date for applications is 6 July 2007. For more information visit www.youthlink.co.uk

The Big Lottery Fund - Investing in Communities

The Big Lottery Fund (BLF) in Scotland launched its Investing in Communities portfolio of funding in May 2006. A total of £257 million will be invested between 2006 and 2009 to bring real improvements to communities and the lives of those people most in need. Growing Community Assets (GCA) is one of four investment areas to help local communities become stronger and more sustainable by helping them obtain and develop local assets (physical assets) such as land, buildings and equipment

not present also agreed to contribute. These views appear in our new publication 'Stakeholder Perspectives on the Scottish Diet Action Plan Review'.

Theme One [closer integration between the policy goals of Scotland's diet related ill health and those of social justice, sustainable development and agriculture] of the SDAP Review has also been the subject of a very successful meeting of the Cross Party Group on Food (for which the SCC and the Scottish Food and Drink Federation provide a joint Secretariat).

It is hoped that this publication sparks further interest and lead to action. Full copies of the SDAP Review are available from NHS Health Scotland or can be downloaded from their website www.healthscotland.com.

For further information on the SCC Report or Cross Party Group on Food contact Mary Lawton Food Policy Manager (m.lawton@scotconsumer.org.uk).

Stakeholders who participated in this publication: Tim Lang, Professor of Food Policy, Centre for Food Policy, City University
Dr. Claire Brown, Project Manager, healthy living award

Bill Gray, National Officer, Community Food and Health (Scotland)

Dr. Kevin Hawkins, British Retail Consortium
Gillian Kynoch, former Food and Health Co-ordinator, Scottish Executive

Flora McLean, Director, Food and Drink Federation
George Paterson, Director, Food Standards Agency Scotland

Hugh Raven, Director, Soil Association

Graham Robertson, Chief Executive, NHS Health Scotland

Maf Smith, Scottish Director, Sustainable Development Commission

Dr. Lesley Wilkie, Director of Public Health, NHS Grampian

Gillian Lewis, Head of Health Promotion, NHS Grampian

James Withers, Strategy and Communications Director and Deputy Chief Executive, National Farmers Union Scotland.

If you would like to have your say on a topic or current issue related to community food and health activity and have it included on this page please let us know.

Team Talk

an update on our recent/forthcoming work

Goodbye

Our colleague Anita Aggarwal has recently moved on to pastures new and taken up a Senior Development Worker post with Pilton Community Health Project (PCHP) in north Edinburgh. Established in 1984 and using a community development approach, PCHP works with the local community to tackle issues which affect their health. We wish Anita all the best for the future. For more information visit www.pchp.org.uk.

Participatory appraisal course

This year's participatory appraisal course will take place in Dumfries from 17-21 September. You will find more information and an application form enclosed (for those in Scotland). Anyone involved with community-based food and health work in Scotland can apply to attend this FREE course. You might be a volunteer or member of staff of a project or be involved with developing food and health policy in your area. We want to achieve a good mix of participants from all these backgrounds on the course this year. Please hang the poster on the wall so other people can see it too.

So what is Participatory Appraisal? (PA). PA is a family of approaches and methods which enable local people to explore issues that are important to them. The methods are very visual and help to get people involved in decision making processes and are particularly useful to reach those who are usually excluded.

New CFHS publication

We have also just brought out 'Fruitful Participation', a publication that discusses how people have used PA approaches since attending one of our PA courses which have run annually since 2003. Summaries from two of the case studies in Fruitful Participation can be found on page 10.