



farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

What's the difference?

In a policy environment that is outcome-driven and a financial environment where budgets appear to be getting tighter, it is more important than ever that community initiatives are seen to be making a difference.

In this edition of Fare Choice there are examples of groups making a difference (see pages 10 and 11), initiatives improving their ability to measure the difference they make (see Early Years Self-evaluation Collaborative page 3) and local communities planning to increase the scale of the difference they make

(see Take Stock pages 8 and 9). There is also the frustration of not being able to make as big a difference as you might like to see (see What's Cooking pages 2 and 3)

This year's CFHS annual networking event in November (see page 12) will be the usual opportunity to share news and views with others from around the country but this year will also have the theme of 'making a difference' running through it.

Whilst making a difference has always been the community and voluntary sector's raison d'être, and few groups feel they have ever taken anything other than an outcome-focussed approach, it is extremely important that the policies that are constantly evolving are supportive of those making the difference (see Policy page 6) and that any research and evaluation (see Scoff page 7) is concentrated on enlightening those who are making a difference.



The Food Train, Dumfries, see page 2.

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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

Older people

Following the launch of the 'Healthy Eating, Active Living' (HEAL) action plan (see page 6) we will be inviting articles from those working in community based food and health projects to put the spotlight on some of it's key themes. This edition we are kicking off with the theme of older people and we hear from Michelle McCrindle from The Food Train, Dumfries.

Reading through the section entitled 'Older People' in the newly published Healthy Eating, Active Living: Action Plan was positive in two ways. Firstly, no hint of the word 'burden', so often used by those writing about older people and secondly three very defined and positive actions. The positive tone seems a good omen for those of us providing community-based services to older people. One of those action points says 'we will implement appropriate interventions based on research'. Those of us who work with older people already know some elements this research is likely to tell us; that older people are still admitted to hospital and subsequently dying from malnutrition, there is not enough help with food preparation, access and shopping available, and too little is spent per meal for older people living in care homes. Let's hope this new approach changes some of that.

Scotland has a well documented ageing population - **by 2031 the number of people aged 75+ is projected to increase by 75%, with life expectancy also increasing.** However the topic of older people has rarely featured highly on the political and funding agenda, but this huge sector of our population are so much more to our society than a 'burden'. They are workers, carers, volunteers, consumers, investors and learners, contributing fully to Scottish society and its economy. It seems right and fair that we focus on the nutritional needs, health and wellbeing of older people with the same enthusiasm and zeal given to our younger population.



What's Cooking?



Meeting the nutritional needs of older people must begin with food access. This is an area with a wide and diverse range of problems:

- lack of regular accessible transport to shops
- lack of quality affordable produce locally
- domination of out of town supermarkets
- dwindling village and mobile shops
- the difficulty in carrying heavy shopping
- rising food and fuel costs

Managing the grocery shopping is often the first problem older people face as they age; many simply eat less in order to cope. Services geared towards low level interventions are often seen as less important to politicians and funders, but providing the right support at the right time can give long term results.

Since 1995 The Food Train has been meeting the challenge of food access, delivering fresh groceries to older people across Dumfries and Galloway and seeing the struggles people faced before asking for our help. Now making 15,000 deliveries of vital fresh grocery supplies every year we witness first hand those long term results - our customers eat better, feel better and stay at home for longer.

In 2006 the European Nutrition Health Alliance published recommendations to address the nutritional needs of older people, with a strong message that it's too complex for the NHS and Government alone. The third sector in Scotland is certainly ready, willing and able to help with the task of enabling our older people to keep nutritionally well for as long as possible - after all, ageing is an issue none of us can escape or ignore.

For more information on the work of The Food Train visit www.thefoodtrain.co.uk

The 'All Our Futures, Planning for a Scotland with an Ageing Population 2007' summary and action plan as well as other associated documents can be downloaded from www.scotland.gov.uk/Topics/People/OlderPeople

Team Talk

an update on our recent/
forthcoming work

Funding awarded to CFHS small grant applicants

Successful applicants to our grant scheme are currently in the process of receiving their grants. This year the CFHS grants panel had an even more difficult time choosing which projects to fund, as we received 247 applications compared to 210 last year. After much deliberation, 59 of these were informed that they were successful and around £100,000 will be given out to a wide variety of food and health projects across Scotland, from the Borders to Barra. Amongst the 59 successful projects are a healthy tuck shop support project, help with weaning for young parents and the development of a fruit and vegetable garden for people experiencing homelessness. **Further details of all the successful grant applicants will be available on our website in the next few months.**

Early years self-evaluation collaborative, stage one report

This report highlights the first stage of a three part pilot programme commissioned by CFHS, and led by Evaluation Support Scotland to support six groups to show the impact of their work with parents and children aged 0-5 years. All the projects deliver a range of activities that address health inequalities, as well as access to healthy affordable food. All six projects work with parents (or carers) and their children together from weaning through to pre-school, with the aim of influencing and sustaining better nutrition in the home.

We are keen to find out from you how useful the report is to you and your work. When you have looked at the report online we would be grateful if you could respond to three questions on our online survey. This report is now available to download from our website by visiting www.communityfoodandhealth.org.uk/fileuploads/cfhsearlyyearsselfevaluationreport-9943.pdf.

If you would like a hard copy of the report please contact us on 0141 226 5261.



Making Local Food Work

CFHS were represented at a recent meeting in London on a new working party to advise and guide new projects and developments being taken forward around the theme of local and sustainable food by Sustain. Members of the former Food Links UK network and the former Food Access Network working parties, as well as other stakeholders, have been asked to form the working party.

Members of the Making Local Food Work (MLFW) team who are managing two strands – 'Food Co-ops and Buying Groups', and 'Food Distribution and Supply', gave an update on their progress to date. Their main aim is to link producers with consumers in order to help people access more local produce.

Together with Sustain there are also ambitions to develop a new and expanded UK- wide network of community food initiatives that feature health, the environment and the local economy. They are keen to work with UK partners to complement what is already offered region wide. More information will be available later in the year.

A webpage outlining the work of MLFW will be launched shortly on Sustain's website www.sustainweb.org or for more information phone 020 7837 1228.

REHIS Elementary Food and Health tutors for homeless organisations

As part of CFHS's drive to support the homeless sector in Scotland in its delivery of food and health promoting activities, we recently funded a handful of carefully selected individuals from organisations that work with homeless people to undertake the Royal Institute for Public Health Diploma in Nutrition and Health. After successfully completing the course and obtaining this high-level qualification, the four candidates will be able to register as Elementary Food and Health tutors with the Royal Environmental Health Institute of Scotland (REHIS) and deliver the REHIS Elementary Food and Health course directly to staff and service-users in their organisation (and/or partner organisations).

The RIPH Diploma in Nutrition and Health is delivered by the Nutrition Training Company www.nutritiontraining.co.uk/

For more details about the REHIS Elementary Food and Health course visit www.rehis.org

Thank you to all who responded to our offer. We appreciated the high response and commiserate with those who were unsuccessful.

Food, Society and Public Health Conference

Earlier this year SCOFF offered a lucky Fare Choice reader the opportunity to attend the British Sociological Association's Food Study Group's Conference on Food, Society and Public Health. On 14 and 15 July, Susan Kennedy, a community food worker in Forth Valley attended the event in London with a member of the CFHS team. The event brought together a host of researchers, practitioners and policy-makers from across the UK to explore the interactions between food, society and public health from a sociological perspective. Presentations and workshops covered a wide variety of subjects, from exploring influences on our food and diet choices and the role of government in steering these choices in the context of delivering public health agendas, to ethical issues in food and public health. **For more information visit the BSA Food Study Group webpage www.britsoc.co.uk/specialisms/Food.htm**

Pilot with community food outlet and co-ops begins

CFHS's pilot project, rolling out the SGF Healthy Living programme's training and resources, began mid-September. Eight training sessions for members of community food co-ops and outlets are being held in the Edinburgh, East and West Lothian, Lanarkshire, Glasgow, Aberdeen and Aberdeenshire, from now until early October. The sessions have been arranged with community food networks in these areas.

Around 80 community food co-op members are expected to attend the training sessions, delivered by Ross Kerr from the Healthy Living programme. The roll-out of the programme's resources, including display stands and promotional material, will commence following the completion of each training session. **For more information on the pilot, contact Anne on 0141 226 5261.**

Au revoir Claire!

Claire Street, the former Development Officer for Food, Health and Homelessness with CFHS, has now taken up a new post with the Glasgow Homelessness Network to work on a national initiative around service-user involvement and participation. Before moving she expressed how much she had enjoyed working with many of you and is very grateful for the support provided to her by key partners and stakeholders. She wishes everyone all the best in their future work.

Food, health and homelessness event in Moray

On 9 June NHS Grampian and Aberdeen Foyer, supported by CFHS, held the second of three food, health and homelessness seminars planned for the Grampian region in Elgin, Moray. The seminar brought together organisations from across Moray that were interested in exploring how food could be integrated into their work, with a view to potentially setting up a forum for workers to access more information and resources and to share best practice. **For further information on any of these issues email Annette Johnson, Food Access Advisor, NHS Grampian at annette.johnson2@nhs.net**

Food, health and homelessness, two years on...

You may remember that in early autumn 2006 we asked consultants Blake Stevenson to map the scope and scale of food and health activity in the homeless sector in Scotland (you can download this study from our website).

Two years on, we have commissioned Blake Stevenson to carry out a comparative mapping exercise, which will highlight the new national picture and measure any progress that has been achieved since 2006 in the area of food, health and homelessness.

In addition to the mapping exercise, Blake Stevenson will also be looking at how food and diet-related health is reflected and addressed, or not, in NHS Health and Homelessness Action Plans and local authority Homelessness Strategies. Finally, Blake Stevenson will be preparing a series of four case studies based on projects that have been supported in their work by the food, health and homelessness capacity building fund.

We very much look forward to sharing information from the case studies and more from this exciting piece of research once the work is completed. In the meantime, we would like to thank in advance those of you who may be contacted by Blake Stevenson for this research.

Fruit protectors

CFHS has a limited supply of inflatable fruit protectors on offer to groups around Scotland. See picture on page 7. **These items can be requested by contacting Alice or Rita on 0141 226 5261. Please note, stocks are limited.**

SCC is changing to Consumer Focus Scotland on 1 October

The Scottish Consumer Council, energywatch (Scotland) and Postwatch (Scotland) will merge on 1 October 2008. All the development projects currently based at the SCC, including the **healthyliving award** and **Community Food and Health (Scotland)**, will continue their award winning work as part of Consumer Focus Scotland. As we are going to press CFHS are confident that our contact phone number will remain the same, however our project and personal e-mail addresses will change. If you are contacting us from 1 October onwards you should still dial the same number. If you e-mail us, your message will be forwarded to us and any new contact information will be on our website as soon as we have it.

Involving people in food and health work

Team members and two members of Scottish food and health projects recently attended and delivered a workshop at the 'International Conference on Public Participation and Corporate Social Responsibility', which was held in Glasgow. Participants at our workshop heard examples of how Scottish community food projects have developed their projects using 'participatory appraisal' approaches to involving people in decision-making. (Participatory appraisal uses methods that can help people share their experiences and plan changes.) All the examples given in our workshop were based on case studies from our publication 'Fruitful Participation – involving people in food and health work' which we published early last year. This is still available to download from our website. Participants also had the chance to visit the Hidden Gardens in Glasgow and hear about how they involve local people in planning their activities.

More information on the Hidden Gardens be found at www.thehiddengardens.org.uk

CFHS also has a limited number of 'sticky / graffiti walls' to give away to those using participatory appraisal methods in their work in Scotland. To request a sticky wall, please contact Alice. For more information on the International Association for Public Participation visit www.iap2.org

Policy

Scotland

Support for Scotland's food industry

Richard Lochhead, Cabinet Secretary for Rural Affairs and Environment announced plans to be developed for a national Food policy at the Royal Highland show in June.

An early practical example of the aspirations of the national food policy is the £5,997,230 which has just been awarded to 27 companies under the National Food Processing, Marketing and Co-operation Scheme. Up to £10 million per year is available to food processors and producers to help with new facilities and equipment, support wider marketing and consumer education and provide resources to support collaboration within the food chain. **For more information visit www.scotland.gov.uk/News/Releases/2008/08/05105633**

Single Outcome Agreements

Single Outcome Agreements (SOAs) from all local authorities in Scotland have been finalised, defining how they will deliver services aligned to local need, local priorities and what they will achieve. Your local agreement should be available from your local authority, either on their website or in hard copy. **You can also view all SOAs on the Improvement Service website by visiting www.improvementservice.org.uk and searching their document library**

Home-grown recipe required

A Canadian health expert has been brought in to help tackle Scotland's poor health record. Professor John Frank is to head a consortium of public health experts tasked with creating strategies on alcohol and drug abuse, violence and obesity. The Scottish Collaboration for Public Health Research and Policy will be lead by Professor Frank and has a budget of £3.5m for the first five years, provided by the Medical Research Council and the chief scientist office of the Scottish Government Health Directorate.

"Unfortunately, we can't simply go to the bookshelf and find a recipe that might work for Scotland. We need to come up with home-grown and home-tested solutions." Professor Frank

More information on the collaboration is available by visiting www.mrc.ac.uk/NewsViewsAndEvents/News/MRC004753

Equally Well

National and local government, as well as NHSScotland, the voluntary sector and the research community, participated in a task force to better understand the underlying causes of health inequalities and propose practical recommendations for action. Priority areas include early years, tackling poverty and mental health and wellbeing. The task force's report recognises that voluntary sector organisations are effective at addressing the factors underlying health inequalities and includes examples from Fife Community Food Project and others. To ensure that the task force's proposals have a clear steer towards effective action, a key recommendation in the report states that the Scottish Government should publish an implementation plan later in 2008. **To view the full report visit www.scotland.gov.uk/Publications/2008/06/25104032/0**

Healthy Eating, Active Lives

This action plan to improve diet, increase physical activity and tackle obesity over the next three years is the first time that joint plans have been published by the Scottish Government.

HEAL includes new actions targeted directly at population groups such as early years and older people as well as highlighting examples of projects and programmes that have already been developed. Over the coming month's, the government will be engaging across all departments and with other sectors and partners including the third sector to identify opportunities to develop a longer term and wider reaching strategy to tackle obesity.

To view and download the HEAL action plan visit www.scotland.gov.uk/Publications/2008/06/20155902/0

UK

Food policy matters

Food matters: a strategy for the 21st century was produced in July by the Cabinet Office's Strategy Unit. Advised by an expert panel that included Martyn Evans, Director of the Scottish Consumer Council, **the comprehensive document can be downloaded by visiting www.cabinetoffice.gov.uk/~media/assets/www.cabinetoffice.gov.uk/strategy/food/food_matters%20pdf.ashx**

Making sense of healthy eating messages

In recent years much attention has been focussed upon uncovering what influences food consumption.

Regulation and social marketing campaigns are employed, seeking to influence healthier food decisions. The study* described, tries to uncover some individual stories of food consumption and how healthy eating messages are being interpreted and applied in everyday life.

Working with twenty adults in their early 30s, within central Scotland, who consider themselves to be pretty free in the food consumption decisions they make, it uses semi-structured interviews with an aim of getting to the heart of their everyday stories of food and eating.

For all the respondents food is considered to be one of life's little pleasures, to be enjoyed and savoured yet, within this relatively homogeneous set of adults, attitudes towards healthy eating messages split into three distinctive sets: Message Seekers, Message Rejecters and Message Accepters.

The Message Seekers are great believers in health messages but are prone to believe every titbit of information, from any source. One woman discussed how she tries everything: drinking lots of water, eating 5-a-day, cutting down on salt but also looking for the next new superfood. Cranberries and pomegranate have been and are gone; Purple Grape juice is now the healthy choice du jour. This approach to healthy eating, while undoubtedly enthusiastic does rather lead to inconsistency and extremes of eating; as the 'Fast Show' sketch used to say *"this week I is mostly eating.. purple grapes!."*

The Message Rejecters have on the other hand become overloaded with healthy eating advice and now seek to plough their own furrow. This attitude seems to stem from discovering contradictory advice, *"first it's OK to have a glass of wine now and again during pregnancy, then you shouldn't have any at all."* As a result, this group question all healthy eating advice's legitimacy.

While this does not necessarily mean that they adopt unhealthy food behaviours, it does lead them to assert high sovereignty over their food decisions.

The final group of Message Accepters perhaps behave in the way we'd most expect. They pay attention to the most dominant advice, such as 5-a-day or cutting down on salt, while filtering out those which seem a little odd. As a result this group are the champions of moderation, pragmatists who try to have healthy diets but don't sweat it if things aren't quite to plan; as one man puts it: *"I try to do the 5-a-day thing but sometimes it's only 2-a-day and sometimes much more than 5 so I figure it evens itself out."*

While this research tells the story of quite a small and homogenous group of adults, it illustrates their divergent ways of applying healthy eating advice. For those of us working within the field it suggests that there must be moderation in the messages we produce. Ill-conceived campaigns can leave our audience disengaged or so over engaged that they risk falling for any and every food fad.

*This study is funded by the ESRC. The views expressed are those of the author and not necessarily those of the funding body.

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Take Stock

Links in the chain

Getting the food people need to the people who need it is a challenge that a number of initiatives across Scotland are currently facing up to. Access and affordability have just been made one of the key strands for the National Food Policy and effective and sustainable supply chains are clearly a key element. In this edition's 'Take Stock' we are looking at a number of these initiatives and how, in their own words, they intend making a difference.

Jim Mullen at Larderbytes

www.larderbytes.com/Index.cfm is inviting people to work with him *"in shaping the future for healthy eating, local food and sustainability in their community."* He has developed *"a new business concept to address issues raised in the review of the Scottish Diet Action Plan as well as focus on portion control and menu analysis to help people eat a healthy balanced diet."* He is committed to *"making extensive use of local food in local recipes introducing cooking skills and environmental benefits creating a convergence of issues developing local food networks to their full potential."* In order to achieve these objectives Jim intends creating a new, not for profit Community Interest Company (CIC).

Some of its aims and objectives include:

- Providing better access to affordable food to address food poverty;
- Supporting education, developing cooking skills and raising awareness;
- Reducing the environmental impact of the food supply chain;
- Supporting regional sustainability;
- Creating a shared community identity;
- Supporting and marketing food producers.

Jim is looking for groups to give an expression of interest in becoming a member the CIC and would also appreciate feedback on his proposal. *"We are at a provisional stage in developing this company. Your expression will not represent a commitment on your behalf; we are simply trying to gauge the extent of interest that exists in joining us."*

"Members will benefit by gaining wider access to resources and networking opportunities with organisations that support complementary objectives. In addition the plan is that they will be eligible to apply for funding for local community projects that are in line with our objectives."

If you have any questions or require further information, please contact Jim on 07712 000413. If you would like to express your group's provisional interest in becoming a member, please email the following information to jim.mullen@btconnect.com (organisation, contact person/details, location, activity)

North Glasgow Community Food Initiative is leading attempts to get collaborative working established between projects in Glasgow on a city-wide basis, which may include joint purchasing and distribution arrangements. It has convened a meeting of community food projects in Glasgow to discuss the possibilities.

NGCFI is also aiming to establish market garden social enterprises, which can grow fruit and vegetables for sale through its fruit barras - thus enabling the initiative to take control of its own supply chain. A £750,000 application has just been submitted to the Big Lottery Fund's Growing Community Assets programme. **For more information, contact Greig Sandilands on 0141 558 2500 or email manager@ngcfi.org.uk.**

Eatwell Scotland

Seven community food networks (Lanarkshire, Edinburgh, Glasgow, Aberdeen(shire), Mid-, East and West Lothian) have been working together since October 2007 to establish a new company. *"The company, with the working name of Eatwell Scotland, will operate to meet their shared vision, values and principles"* says Angela Moohan, one of the network members. *"Eatwell Scotland will be a social enterprise, initially requiring some capital and revenue funding, but becoming financially viable over the short to medium term through trading. It will be a separate entity, controlled by the networks. It will build on and strengthen the local community food work of the networks, and will bring real supply chain benefits in terms of ethical trading, reducing food miles and developing economies of scale for all areas of its work. We anticipate that the company will be established by the end of 2008 with funding secured early in 2009. There will be many benefits for communities across Scotland as we best utilise the skills and knowledge of existing community food networks to strengthen existing and develop new and vibrant food networks that share the values of social enterprise. By merging the values and principles of co-operation with the need to make profit for the greater good, we will create sustainable food networks that will be able to address the challenges that currently exist for some in*

communities across Scotland, in relation to making healthy food choices. We will contribute to vibrant communities through increasing volunteering and employment opportunities by constantly looking at how we can use food as a tool to regenerate areas."

**If you would like further information on Eatwell Scotland please e-mail Angela:
angela.moohan@westlothian.gov.uk**

Working Better Together Project

Lanarkshire Community Food and Health Partnership (LCFHP) has been working in partnership with Total Produce and the 'Scottish Grocers Federation Healthy Living Programme' to improve access to healthy, fresh produce in local communities. Launched in September this year, LCFHP will use their local delivery capacity and buying power to assist local independent stores to increase the range and quality of healthy fresh produce. This project will complement the work of the 30 food co-ops currently working with LCFHP across Lanarkshire.

Initial surveys by LCFHP show that local independent retailers find it hard to source high quality, competitively priced fruit and vegetables. LCFHP can utilise and improve their buying power, which means wholesale prices can also be improved, as national suppliers will only be delivering to one site - the LCFHP warehouse. In this way the supply chain for convenience stores will be shortened, improving the selling price, quality and possibly range of produce.

Also, working in partnership with the SGF Healthy Living Programme will give the retailer the opportunity to obtain advice on promoting fruit and vegetables in store to increase sales. This initiative will operate as a social enterprise reducing the need for additional core funding to LCFHP

John Cameron of LCFHP said *"This is an exciting project, which will benefit lots of communities across Lanarkshire to access a wider range of high quality healthy food."*

Further information can be obtained from Ian Shankland, Manager, LCFHP on 0141 771 9043 or email ian.shankland@btopenworld.com

Dumfries and Galloway Food Train is an example of a supply chain that is increasing access to food for people who find it more difficult to shop, particularly older people. Read more about its work in Michelle's article 'What's Cooking' (see page 2).

The Scottish Co-op has a history of supporting community initiatives tackling food access. Their Community Dividend Scheme and Community Food Discount Card have assisted a great number of groups over the years but it is their willingness to consider applications for corporate membership that has been instrumental in the development and sustainability of the Community Retail Network, Scotland's network of community-owned shops. Corporate membership allows them to receive direct deliveries on the same terms as Co-op stores. Applications forms, and information on the other support available, is available on the Co-op website www.co-op.co.uk/scotland. **For more information on corporate membership contact Tor Justad 0774 870 39112 or email tor.justad@co-op.co.uk** **For more information on the Community Retail Network contact Kirsty MacColl on 0845 217 8978 or email info@communityretailing.co.uk**

Another aspect of the supply chain that has been regularly covered by Fare Choice is the redistribution of surplus foods. For many years, the **Edinburgh Cyrenians** have been at the forefront of the constructive application of surplus food in their work to develop independent living skills with the homeless. **For more information on how they operate visit www.cyrenians.org.uk/Edinburgh_cyreniansourservices/foodandhealth.html**

The supply chain is also being looked at in the forthcoming edition of the **Food and Health Alliance's newsletter** including contributions from other sectors. **If you'd like join the Food and Health Alliance and sign up for their newsletter go to www.fhascot.org.uk/faha/21.html**

Forth Valley fruit and vegetable barras

As part of volunteers week, Gordon Banks, MP for Ochil & South Perth came along to help out at Coalsnaughton Fruit & Vegetable Barra. This was one of many other activities that were going on in Clackmannanshire as part of volunteer's week. NHS Forth Valley Community Food Development Worker (Debbie Ross) supported the event by doing a smoothie tasting session. We got Gordon to help out making and serving the smoothies for local school children and adults. Gordon was very impressed with the set up of the barra and the commitment it takes from volunteers to run such a project.

Gordon was interested to learn that there are two fruit & veg barras in Clackmannanshire, and both have been operational since early 2007. They do however function differently; the Coalsnaughton Barra is open Monday to Friday, 9am until 5pm. These hours fit in with the hours of the community cyber café, which is situated in the same hall. Tullibody Barra is open on a Thursday 11am until 3pm, and operates from Tullibody Healthy Living. Due to additional orders from local schools and nurseries the barra also gets an extra delivery on a Monday; these additional orders help with the long term sustainability of the project. Both barras are not-for-profit projects and run by a group of volunteers.

However Tullibody does have the added bonus of a part time barra co-ordinator who is funded by Tullibody Healthy Living. This post helps build the barras capacity by making the barra 'mobile', taking it to different areas of Tullibody and reaching more people, allowing them to access good quality fruit and vegetables at affordable prices.

All the volunteers have achieved their Elementary Food Hygiene and Elementary Food and Health certificates. The Food and Health course allows the volunteers to pass on their knowledge to customers and family members.

For more information contact Deborah Ross, Community Food Development Worker deborah.ross@nhs.net

Gordon Banks MP and a fruit and veg barra volunteer.



Having fun with fruit and vegetables

The 'Let's Make it Better' project, a user-led mental health charity trading as The Sunlite Traders and situated in the Cowane Centre in Stirling, are using their core business, a community café to promote healthy eating on a low budget.

Launched on the 1st May 2008, they have set up a small retail unit selling fair trade products, products produced in Scotland (usually by independents) and responsibly produced fruit and vegetables purchased from a local farm shop.

The idea was to try and encourage healthy eating through the café, making the fruit and vegetables readily available. They are already working towards the healthy living award.

(www.healthylivingaward.co.uk)

The café prices a lot of the fruit and vegetables individually, making it easier to budget. This is especially useful for people on lower incomes and also it means people do not have to purchase large amounts, so food wastage is minimal.

The supported employees and volunteers recently catered for a 'healthy party' for the 'Have Your Say Group', a group of vulnerable adults with learning disabilities that meets at the Cowane centre. The Sunlite café organised a smoothie workshop.

"Everyone had a great time" said Fiona Hamilton, the café manager, "An experience that the supported employees and volunteers hope to repeat. We also hope to have more workshops in the future, aimed at passing on the skill of cooking basic wholesome food on a lower budget. How to shop for basic store cupboard ingredients and showing that cooking can be fun."

Recently the work of the café has been covered on the BBC and in the Daily Record.

For further information on the café and details about forthcoming workshops please contact: Fiona Hamilton, The Sunlite Café, 69 Cowane Street, Stirling, FK8 1JP or tel 01786 475459

Dame Sheila McKechnie Awards 2008

During the summer the Food Standards Agency announced three winners with one award coming to Scotland. Community Food Initiatives North East were delighted to win this prestigious award and to read more about their work visit www.cfine.org

To read about more about the awards visit www.food.gov.uk/news/newsarchive/2008/jul/mckechnie08



Project closes

It is disappointing to hear of the demise of the Community Health Improvement and Regeneration Partnership in Midlothian. The team there have developed a number of initiatives around food over the years and been an inspiration to others. It is reassuring to know that discussions are taking place within and between the local authority, NHS Board and voluntary sector to minimise the impact of the closure and to look at ways of maintaining some of the excellent services supported by the team. Watch out for more details.

Celebrations

Members of a cooking group celebrated their successful completion of a cooking course by inviting friends, staff and funders (CFHS) to a delicious three course meal. The group also received certificates for achieving the REHIS (Royal Environmental Health Institute of Scotland) food hygiene certificate.

The group is part of the Quarriers Stay project in Barrhead, who support young people who have been, or are at risk of experiencing homelessness. Part of the Quarriers activities include providing a space for some of the young people to come together and take part in activities or share a meal.

Quarriers staff arranged to take two groups of five young people to a catering kitchen in Drumchapel, where a tutor taught the groups to cook a variety of healthy and economical main meals over a period of five sessions each. Each group had the opportunity to choose or suggest recipes that they would like to learn and although some of the young people were reluctant to try new foods, by the end of the course the tutor had successfully encouraged them

to do so. Escorting the group in a mini-bus made it easier for the young people to attend, and some enjoyed the course simply because they were happy to go somewhere new. The group worked well with the tutor, who also put together a recipe book for them. The staff had arranged to give individuals who completed the course a basic equipment pack, partly as an incentive to complete the course, but also to encourage the group to try the recipes again at home. But they reported that the group hardly seemed to need any incentive to attend as they all seemed to really enjoy the course; this was evident in their high spirits on the way home after each session. Individuals also reported that they tried the recipes again at home successfully. These sessions were followed by an opportunity to complete the elementary REHIS food hygiene course. As a result of these sessions, some of the group have asked to complete the higher level Food Hygiene course and staff plan to encourage the group to maintain their skills by involving them in the regular Tuesday and Sunday meals that they provide for the group. One of the girls who completed the courses has also been finding out about college catering courses.

To find out more about this course, tel Maureen Doonan or Davie Ross on 0141 881 0181 or email stay@quarriers.org.uk

New Face

A new face at the Scottish Office of the Federation of City Farms and Community Gardens is Juliet Wilson. As the Scotland Development Worker, Juliet will oversee a major development in the Federation's presence in Scotland and will no doubt be involved in the Federation's annual conference in Battleby (see events diary). Juliet can be contacted at FCFCG Scottish Office, PO Box 17306, Edinburgh, EH12 1AJ Tel: 0131 623 7058 juliet@farmgarden.org.uk. **More information on the FCFCG is available by visiting www.farmgarden.org.uk**

Soil Association Scotland Organic Food Festival, 20 and 21 September 2008

The highlight of Scotland's organic calendar returns to Glasgow's Old Fruitmarket and Ramshorn Theatre in the Merchant City. A marketplace of organic and wild goodies will be complemented by a packed programme of cooking demonstrations, talks, debates and tastings. In partnership with Doors Open Day, more events such as guided walks will tell the story of Glasgow and food in the twentieth century. Entry to the Food Festival is free, however some demonstrations and workshops are ticketed.

For more information visit www.soilassociationscotland.org.uk or tel 0131 666 2474.

Third Sector Enterprise Fund launched soon

The Third Sector Enterprise Fund, announced by the Scottish Government earlier this year, will be opening for applications in the New Year. The fund is for third sector organisations that want to operate in an enterprising way. Grants of up to £100,000 will be available, but organisations that are awarded funding are likely to be expected to use this funding to lever in loans or other investments.

Funding will also be made available through the Fund to provide specialist support for third sector organisations developing their business ideas, such as marketing, legal, human resources and financial advice, where this is appropriate. Details about the Fund are expected to be published shortly.

Farmhouse Breakfast Week 2009

The tenth annual Farmhouse Breakfast Week will take place from 25 - 31 January 2009 and promises to be the nation's biggest breakfast celebration ever, with hundreds of events expected to take place across the country.

Run by the Home-Grown Cereals Authority and supported by hundreds of schools, breakfast clubs, restaurants, cafes, chefs and producers, the week is a celebration of the variety and provenance of the country's breakfast foods.

Free promotional materials, including posters, stickers and recipe booklets, are available to order from www.farmhousebreakfast.com, to help brand and promote events. **For further information on how to get involved please**

visit the campaign website or call 020 7520 3968.



CFHS Annual Conference

'Making a difference' is the theme of our annual networking conference in 2008. This year the event will continue to be focussed on the important contribution from community based initiatives working towards achieving national priorities. The programme will include a variety of speakers and workshops for participants to share experiences around themes such as maternal health, early years, food co-ops and networks, skills, older people and others all focussing on 'making a difference'. **You should have received a booking form, if not let us know on 0141 226 5261. Please note the deadline for returning booking forms is Friday 10 October.**



Introduction to Food and Health

A new course is being piloted by Foodwise Training. The 3 hour course was developed in response to requests from groups who require some knowledge of nutrition but are not yet ready for the REHIS Elementary Food and Health course. It is aimed at anyone who works with, or has an interest in food.

The main areas covered in this practical course are:-

1. Why a healthy diet is important;
2. Problems associated with an unbalanced diet;
3. Eatwell plate exercise;
4. Why we eat what we eat, including barriers;
5. Budgeting, labeling and menu planning;
6. Cooking methods and recipe adaption.

Foodwise Training stressed that *"The syllabus is designed to be tailored to suit the needs of the group, it is user friendly and practical without too much reading, so could potentially be aimed at people with minor learning difficulties."*

The course will be assessed by asking participants to plan a day's meals based on the Eatwell plate.

Anyone interested in being involved in the pilot (a charge may be required for travel costs) should contact Kay Johnson on 07718901813 or foodwisetraining@yahoo.co.uk (www.foodwisetraining.co.uk/index.html)

Get on Board

Edinburgh Community Food Initiative (ECFI) is looking for people who are involved with local community food projects in Edinburgh to join its Board. ECFI was established by local food co-ops more than 10 years ago and supports a range of healthy eating work across the City by delivering high quality, affordable fruit and vegetables. It's development workers are involved in developing a range of food projects - food co-ops, gardening projects, cafes etc. - in several low-income areas of the city.

The organisation has recently adopted a new mission statement 'to get people into good food and good food into people' and is currently working on achieving it's business plan. The Board needs people from local food projects with a commitment to taking the organisation forward. The Board meets monthly for 2 - 3 hours. Between meetings there are papers to read and there are lots of opportunities to take on other tasks.

For an informal chat about ECFI and what being a member of the Board would involve, contact Anita Aggarwal (Board member) on 0131 551 1671 or Karen Miller (Office and Warehouse Manager) on 0131 467 7326.

ECFI are also currently recruiting a **Chief Executive**. They are looking for an experienced, entrepreneurial manager with a community development ethos to consolidate and develop their work.

Salary: £31,821 p.a., pro rata for 21 hours.
For an application pack phone 0131 467 7326 or email office@ecfi.org.uk
Closing date: Thursday 25th September.

Caroline Walker Trust

'Challenges for the 21st Century' is the title that has been given to the first Caroline Walker Trust Eating Well Conference. A particularly impressive line-up has been arranged to address key issues in public health nutrition at this event, scheduled for Tuesday 25th November in London and CFHS is keen to ensure there is a Scottish presence. A free place, plus transport and accommodation costs if required, is on offer to a Fare Choice reader. Just write or e-mail with your contact details and a brief explanation of how you would benefit from attending, by Friday 10 October. The successful applicant will hopefully be attending along with a CFHS member of staff and a member of the CFHS steering group. For more information on the conference see www.cwt.org.uk/events.html

New healthy stores initiative for England

The Department of Health is providing funding of £800,000 over the next three years to pilot a scheme which aims to support corner shops in deprived areas in the North East of England to sell more fruit and vegetables. The pilot has been modelled on the successful Scottish Grocers Federation's Healthy Living programme. Shops taking part in the pilot will receive advice and resources to help them promote fresh produce and encourage local shoppers to buy more fruit and vegetables. The pilot, which starts in the autumn, aims to recruit 120 stores into the scheme by May next year.

The pilot is branded as part of 'Change4Life', a new mass movement supported by the Department of Health, which aims to improve children's diet and increase their level of activity, reducing the threat to their future health and wellbeing.

Publications

Out to Lunch

"Purchasing food out of school is seen by pupils as a positive experience. This choice to eat out should be seen by policy makers as an opportunity and not a threat."
Out to Lunch, SCC, August 2008

The Scottish Consumer Council, soon to form part of the new agency Consumer Focus Scotland, has recently launched the findings from a survey it commissioned of S3 and S4 pupils at three different schools, to examine why young people chose to take their lunch outside school and what they bought to eat.

"These are young adults learning to make important decisions about their diet and they need help to make the right choices. While the key to improving lunchtime choices for Scotland's teenagers is about supporting them with the information about good food and healthy eating, the Scottish Government and local councils have to play their part as well. Surely this is an opportunity for local retailers to offer healthier 'on the go' options at affordable prices for the young people who make a positive choice to eat away from school. Instead of shouting about the food choices of young people, we should be working with them, their parents, schools and local retailers to develop an approach where young people can enjoy their lunchtime breaks and feel able to choose healthier food on the go whether they're in school or **out to lunch**."

Douglas Sinclair, Chair of the Scottish Consumer Council

You can download a full report of **Out to Lunch** and a very useful summary of research by visiting www.communityfoodandhealth.org.uk/fileuploads/out-to-lunch.pdf

Takeaway Health

"With the takeaway market now worth more than £8.5 billion in the UK, it is clear that consumers need healthy food choices to be available in a range of settings, including their local takeaway restaurant."

The National Consumer Council (soon to become part of the new agency Consumer Focus) published an interesting report on take-aways earlier in the summer. The study looked at nutritional information available to consumers using the country's leading take-away chains. It also looked at what information consumers would expect and how they would use it. **Takeaway health: how takeaway restaurants can affect your chances of a healthy diet** can be downloaded by visiting www.communityfoodandhealth.org.uk/fileuploads/takeway-health.pdf

Cut-price, what cost?

Cut-price, what cost? How supermarkets can affect your chances of a healthy diet is the fourth in a series of reports in which the National Consumer Council rate the UK's top eight supermarkets on how they help their customers shop, cook and eat more healthily. The ratings are based on the salt content of supermarkets' own-brand foods, front and back-of-pack nutrition labelling, price promotions, prevalence of sweets at the checkout and the information and advice the supermarkets make available.

With a two-year gap since their last report, they were expecting evidence of big improvements from the retailers on all the health indicators. Unfortunately, this was not the case.

"It is easy to see how far the supermarkets still have to go to help their customers choose and enjoy a healthier diet." NCC Sainsbury's came top in the ranking for the second time in a row with the Co-op a close second. Morrisons came last for the fourth time in a row. **You can download Cut price, what cost? by visiting www.communityfoodandhealth.org.uk/fileuploads/cut-price-what-cost.pdf**

Cooking Skills

We are frequently asked for support to locate resources around cooking skills programmes and to share experiences on their effectiveness. The Cookwell programme, developed by the University of Dundee and funded by the Food Standards Agency UK is a transferable, community-based skills programme. The tutor's manual has been recently revised and includes recipes from minority ethnic groups in Scotland and England. **It can be downloaded by visiting <http://www.food.gov.uk/multimedia/pdfs/cookwellmanualv2.pdf>**

Guidance on developing evaluation tools to measure the impact of cooking skills programmes on food knowledge, attitudes and behaviours in community settings is also provided. **For this guidance go to visit www.food.gov.uk/science/research/researchinfo/nutritionresearch/foodacceptability/n09programme/n09projectlist/n09011/n09011f**

As mentioned in Team Talk, if you would like additional information on how some community projects are measuring impact, the Early Years Self-evaluation Collaborative stage one report highlights methods which can be transferred to a variety of settings.

Publications

Nutrition and Addiction

A recent publication by Glasgow Addiction Services summarises the key findings from a scoping exercise looking at the nutritional care currently provided within their service. The report found that there were high levels of nutritional problems amongst service users and identified some gaps in the service, including the need for more robust nutritional screening procedures, staff nutrition training and a lack of suitable nutrition education resources. The report will now be used by Glasgow Addiction Services to help develop strategies to improve nutritional care across the service.

A copy of the report can be downloaded by visiting www.communityfoodandhealth.org.uk/fileupload/s/nutrition-scoping-exercise.pdf

Portion sizes

The Food Standards Agency UK organised a meeting of nutritionists and academics to help inform the Agency's understanding of issues relating to portion size, energy intake and its relationship to weight gain. Earlier research had shown that although a range of trends had developed with different food items many of these trends were inconsistent. This evidence helped discussion at the meeting focus on where advice and action for consumers should be concentrated. Possible next steps will be explored at a stakeholder forum in the autumn.

To read more about what was discussed visit www.food.gov.uk/news/newsarchive/2008/jun/portionsize

Fat Chance

In July the Food Standards Agency also updated key industry stakeholders on the amount of saturated fat the UK population is eating, currently 20% above Government recommendations, and how this could be reduced. The update included discussion of a public health campaign which will raise awareness of the health implications of eating too much saturated fat and give people practical tips on how to choose a diet lower in saturated fat. A fascinating presentation from a marketing perspective was given which can be viewed by visiting www.food.gov.uk/multimedia/pdfs/satfatpres.pdf

Making a difference?

"...families who are hard to reach by traditional services may feel more comfortable with volunteers from their own community. Initiatives which engage mothers within the community and train them as 'experts' help to build capacity within the community, in addition to supporting other mothers. Mothers targeted by the

intervention may find it easier to trust their peers. However, not all evaluations of the use of volunteers have been positive, and it is important that volunteers receive appropriate training and support in their role."

Angela Hallem at the Scottish Government, Health Analytical Services Division has produced an interesting report entitled 'The effectiveness of interventions to address health inequalities in the early years: a review of relevant literature'. The 145 page document can be downloaded from www.scotland.gov.uk/Resource/Doc/231209/0063075.pdf

WHO Report

"Social justice is a matter of life and death. It affects the way people live, their consequent chance of illness, and their risk of premature death. We watch in wonder as life expectancy and good health continue to increase in parts of the world and in alarm as they fail to improve in others."

World Health Organisation

'Closing the gap in a generation: health equity through action on the social determinants of health' has just been published by the World Health Organisation. The full report and executive summary make very interesting reading and can be downloaded from www.who.int/social_determinants/final_report/en/index.html

Food fables

"We're not against treats and we're not against marketing, but we are against irresponsible company practices and hollow company commitments. You just have to walk around any supermarket to see the wealth of cartoon characters persuading children to pick the less healthy option."

Sue Davies, Chief Policy Adviser at Which?

Food Fables - the second sitting (The truth behind how food companies target your children) revisits a study the consumer organisation undertook in 2006. Although notable improvements by some were found, they also discovered many major food companies taking advantage of lax regulations and still using irresponsible approaches to negatively influence children's food choices.

More information on Which's campaign on children's food is available at www.which.co.uk/campaigns/kids-food/index.jsp

Diary

SEPTEMBER

Scotland's Organic Food Festival

Two day Soil Association event

Saturday 20 September 2008 • Merchant City, Glasgow

More info: www.soilassociationscotland.org

Healthy Care Matters

The Scottish Healthy Care Network Conference and AGM

Thursday 25 September 2008

The Beardmore Hotel and Conference Centre, Clydebank

More info: www.sircc.strath.ac.uk

Health of Older People Conference

Thursday 25 September 2008 • Teacher Building, Glasgow.

Organised by the University of Glasgow.

More info: www.gla.ac.uk/media/media_80195_en.pdf

OCTOBER

Federation of City Farms and Community Gardens

Annual Scottish conference

Thursday 2 October • Battleby, near Perth

More Information: www.farmgarden.org.uk/scotland

(see news)

NOVEMBER

Childhood obesity: working together for a healthier future

Monday 10 November 2008

This one day conference will examine how the Scottish Government intends to tackle increasing rates of childhood obesity, through the Healthy Eating, Active Living action plan and the broader strategy for a healthier Scotland

More info: <http://conferences.holyrood.com/content/view/623/142/>

CFHS annual networking conference

Tuesday 11 November 2008 • Thistle Hotel, Glasgow

'Making a difference' - the latest developments in food and activities relating to policy and practice in Scotland

Deadline for bookings Friday 10 October

More info: www.communityfoodandhealth.org.uk/about/currentwork.php

Annual Public Health Conference: Forging New Collaborations

Thursday 13 November 2008 • Macdonald Aviemore Highland Resort

2 day event

More info: Richard.Snowden@shsc.csa.scot.nhs.uk

The Caroline Walker Trust Conference

Tuesday 25 November 2008 • Kensington Town Hall, London

More info: <http://www.cwt.org.uk>



community
food and health

(scotland)

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healthy living