



Far-sighted

With the Scottish Government recently referring to food as 'one of the defining issues of the 21st century' and Westminster describing now as a 'unique moment in history as diverse factors converge to affect the demand, production and distribution of food over the next 20 to 40 years', (see Foresight report on food and farming, page 6) it is important that a far-sighted approach is taken, not just by planners and policy makers (see What's Cooking', page 2) but also by the many community groups and voluntary organisations making their local contribution to national and global efforts.

This edition of Fare Choice has no shortage of examples of initiatives, regardless of the short-term pressures they face, attempting to take a long-term view towards the services they provide (see food services for older people in the community, page 4) and the impact they are seeking to make (see Take Stock, page 10).

With so many immediate challenges, it is important that Scotland's community groups and voluntary organisations continue to be encouraged and enabled to embrace a long-term perspective towards the transformational change all sectors are pursuing.



About us . . .

Our overriding 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 sections 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.

CFHS is funded by the Scottish Government and based within Consumer Focus Scotland.

What's cooking?

Spotlight on a hot topic.

Take it from here

As elections to the Scottish Parliament loom, there will be no shortage of advice and recommendations awaiting any incoming administration.

By the time this edition of Fare Choice arrives you should have had sight of the action plan launched to accompany last year's Obesity Route Map available at www.scotland.gov.uk/Topics/Health/health/healthyweight

In January 'Improving Maternal and Infant Nutrition: A Framework for Action' was launched, National Maternal and Infant Nutrition Co-ordinator, Helen Yewdall, appointed (Helen.Yewdall@scotland.gsi.gov.uk) and an implementation group recruited www.scotland.gov.uk/Publications/2011/01/13095228/0

The Grow Your Own Working Group, established following last year's launch of the National Food and Drink Policy, submitted its final recommendations in February and the Food Access and Affordability Working Group will have submitted its recommendations to Ministers by the time you read this. www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/own www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/national-strategy/affordability/community

Options for taking forward the National Food and Drink Policy's commitment to 'food advocacy' will also be awaiting new ministers following a multi-agency gathering in Edinburgh last month organised by the Scottish Government (see page 6).

Many Third Sector organisations have already launched their manifestos for adoption by any incoming administration. www.scvo.org.uk/policy-campaigning/current-campaigns/election-hub/voluntary-sector-manifestos/

No doubt community groups are currently busy lobbying prospective parliamentarians and waiting to see who gets key portfolios within any new administration.

With all these plans and policies in place, backed up by no shortage of advice and opinion, the challenge will be how quickly and effectively the new administration can build on past achievements around food and health and tap the enormous potential contribution from community and voluntary organisations available to them.

"The Food Access and Affordability Working Group gave a welcome voice to a wide range of active community groups bringing together the collective array of food issues people across Scotland are currently facing. We hope to see our ambitious and innovative recommendations added to current Government initiatives, e.g. Healthy Eating, Active Living, Reshaping Care for Older People, and also embedded in the future delivery of food and health based policy."

Michelle McCrindle, Chief Executive of the Food Train and member of the Recipe for Success Working Group on Food Access and Affordability.

Team Talk

An update on our recent / forthcoming work.

New food and health course for learning disability sector

CFHS is a part of a working group that has been developing a REHIS Elementary Food and Health course tailored for the learning disability sector. The group includes members of the Scottish Learning Disability Clinical Dietetic Network, REHIS, Enable, Advocacy and the Care Commission.

CFHS has recently funded four pilot courses that will be evaluated in March and will hopefully lead to this course being available throughout Scotland later in 2011. **More information about this work can be found in the 'Current work' section of our website or contact Kim.**

Beyond Smoothies networking event

Our networking event for youth workers took place in Glasgow in February. Take Stock on page 10 has more information about this event, and also features the work of two of the groups that spoke about their healthy eating activities with young people and who presented some of their work at the event.

Learning and development programme

"... course was not only informative but also applicable, relevant and transferable."

"... was a great trainer, knowledgeable, and engaging..."

"... course has been really useful..."

"... I will go back to the management committee with fresh ideas."

"... will implement some of the ideas into my work."

"... I enjoyed the course and it will benefit the projects I am working on."

"... it was very easy going and set at a good pace."

These are just some of the positive comments made by participants who took part in our learning and development programme, run in January and February. A fuller evaluation of the programme is being carried out, with the report available shortly.

Community food initiatives with minority ethnic communities in Scotland

Reach Community Health Project presented its research report into the extent of current activity around food and health with minority ethnic communities in Scotland at an event co-hosted with CFHS on 13 December.

Key messages from the morning were the need for future networking and information sharing opportunities and also the need to start young. A full report on the event with links to the presentations is available on our website.

As a follow-on to the event CFHS offered funding for organisations working with children and families from minority ethnic communities to train their staff and volunteers in food, nutrition and health. Nine organisations now have funds to offer places on the REHIS Elementary Food and Health course and the RSPH Certificate in Nutrition and Health.



Social enterprise

In January, we held a round table discussion on social enterprise and community food initiatives. The discussion highlighted a number of opportunities and challenges for organisations that are social enterprises or aspiring to become one. A note of the meeting is available on our website.

Some of the round table's participants are looking at setting up a community food social enterprise network. See News for more details.

Community food development workers event

CFHS hosted a small pilot networking event for Community Food Development Worker teams in March. The aim of the event was to facilitate an opportunity for the teams to meet and share learning and experiences from developing and delivering community food activities in their respective areas: Scottish Borders, Fife, Forth Valley and Ayrshire and Arran.

Future learning and network opportunities were explored and a short report on the event will be available shortly.

Community café research

The report of our research on community cafés is now available on our website. The report, produced for us by Clarity, looks in detail at the operation and management of 12 community cafés from across Scotland.

For more information about the research, contact Katrina or Anne.

Hospital retailing

Our publication about community food initiatives involved in retailing in hospitals and health centres will be available on our website shortly.

For a hard copy, contact Alice.

Food services for older people in the community

This research, jointly managed by CFHS and Consumer Focus Scotland, in conjunction with the Scottish Government, is nearing completion, with a final report from the consultants expected in early March.

A key part of the research is three case studies developed by community organisations in different parts of the country – one in Moray, one in north east Edinburgh and one in the Western Isles. These case studies provide rich information about the range of community based initiatives that older people are relying on to eat well. In all three case study areas, the material gathered is being used to inform future local work as well as informing national policy.

For more information contact Sue.





Scottish Grocers Federation’s Healthyliving programme – training the trainers

In September last year we held a very successful ‘training-the-trainers’ session for community food practitioners who work with fruit and vegetable outlets. The session provided the participants with the knowledge to deliver the healthyliving programme’s training to staff and volunteers working in their fruit and vegetables co-ops and stalls. **We are now planning another ‘training-the-trainers’ session – if you would like to attend, or want to find out more, please contact Anne.**

Student work placements

Glasgow University Public Health Nutrition Masters students are looking for community food initiatives that they could work with for their dissertation. Students have approximately 12 weeks to carry out this work over summer and could help evaluate current activities or carry out pilot work. Previous studies have provided very useful data and reports for community food initiatives.

“These projects are invaluable for students who gain practical hands on experience in real situations, engage with various stakeholders and put into practise their theoretical work”

Alison Parrett, University of Glasgow

If you have any opportunities for students or want to find out more, contact Alison at Alison.Parrett@clinmed.gla.ac.uk.

Celebrating Outcomes

In January we launched our Celebrating Outcomes publication, which highlights the important contribution that community food initiatives are making towards achieving Scotland’s national outcomes. We hope that this celebration will emphasise, both for community food initiatives and for local and national policy makers, the difference made by community food activities for local communities. In particular we hope to increase recognition of the links between this work and national and local priorities for Scotland.

We will continue to highlight the contribution of community food initiatives and keep this information ‘live’ so if you, or anyone you know, contribute towards national outcomes or local outcomes, such as through SOAs, please let us know.

Heads up!

If you would like to be one of the first to hear about our activities such as conferences and seminars, training and funding opportunities, and other news, then make sure you are signed up to receive our regular e-bulletin as well as Fare Choice.

Visit www.communityfoodandhealth.org.uk/contact/ebulletin.php to sign up.



Is your organisation using Facebook, Twitter or other social media to promote your work? If you are, we would like to find out more ... please contact Anne.

Policy

Scotland

Food advocacy meeting

The Food and Drink Industry Unit at the Scottish Government held a meeting in Edinburgh on 31 January to look at the need for a food advocacy group in Scotland.

The group heard presentations from successful advocacy groups, including CFHS, and spent time looking at a range of different options for taking food advocacy forward in Scotland. A key issue for debate was whether there is a need for a new organisation or a mechanism to co-ordinate the range of organisations and interests that exist within Scotland. Views are now being sought on a range of options outlined.

Reshaping care for older people

The Scottish Government is due to publish its plan for reshaping care for older people in March. This will be a ten year plan designed to 'optimise the independence and wellbeing of older people at home or in a homely setting'. It is anticipated that the plan will focus on three core themes, one of which is community capacity building.

To support the implementation of this plan, the budget for 2011/2012 set up a change fund of £70 million to enable health and social care partners to implement local plans for making better use of their combined resources for older people's services. A key feature of the plans is that they must be prepared and agreed by Health Boards, Councils and Third and Independent sector partners.

A national event in Edinburgh on 2 February brought together people working on local change plans to hear about developments in different parts of the country and to share their thinking on their local plans. Keynote speakers at the event were Shona Robison, Minister for Public Health and Sport, and Councillor Douglas Yates, CoSLA Health and Wellbeing spokesperson.

Presentations and information from the event are available on the Joint Improvement Team website at www.jitscotland.org.uk

Improving Maternal and Infant Nutrition: A Framework for Action

This new framework was launched by the Scottish Government in January 2011. It recognises the importance of focusing efforts on early years

and targeting those in need to ensure health outcomes for children are improved and health inequalities are reduced. The framework is aimed at all organisations that have a role in improving maternal and infant nutrition, including the community and voluntary sector.

Many of you who are involved in food and health work and early years may have contributed experience and opinions to the Scottish Government's development of the framework in the past.

CFHS has been invited to sit on the Maternal and Infant Nutrition Framework implementation group because of the key role that community food and health organisations and initiatives have in the action plan. In the coming months we will keep you informed on how this is progressing and what your role is expected to involve. **The framework can be downloaded from www.scotland.gov.uk/Publications/2011/01/13095228/0**

Nutritional Guidance for Children and Young People in Residential Care Settings

The Scottish Government has recently published new nutritional guidance to help improve the health and wellbeing of children and young people in residential care settings. It provides nutritional and practical guidance along with information and advice that will assist practitioners to support the children and young people in their care.

The guidance is available at www.scotland.gov.uk/Publications/2011/02/17140611/0

The consultation report, 'Children and Young People's Views and Experiences of Food and Nutrition in Residential Care', that informed the guidance, is available from: www.scotland.gov.uk/341963

UK

Forward-looking

Pressures on the global food system between now and 2050 is the subject of the latest Foresight study published in January by the Government Office for Science. It calls for urgent action to ensure a rising population is fed sustainably and equitably.

The study can be downloaded from www.bis.gov.uk/foresight/

Scoff

An insight into the world of research provided by the members of the Scottish Colloquium on Food and Feeding ... incorporated within the British Sociological Association's food study group (www.food-study-group.org.uk).

Food practices among low-income mothers with young children

Context: Scottish Government policy has recognised that healthy eating is a particular challenge for some low-income families. Indeed, children in the most deprived areas of Scotland have a 30% higher risk of obesity than their peers in more advantaged areas. It is important to explore family food practices in relation to external pressures on families, such as income, but also to explore the wider meanings around parenting practices, routines, and the broader context of their everyday lives.

Research questions: this research aimed to explore the everyday food practices of mothers of young children living in a socio-economically disadvantaged area. We wanted to find out what are the key factors that shape low-income mothers' food choices with young children; how do they understand and speak about food in everyday life; and whether concerns about health are important in shaping their food choices? We were particularly interested in children's involvement, even at a young age, in shaping family food practices and how the mothers viewed such involvement.

The study: we contacted two community groups in the Lothians and carried out individual interviews with 13 mothers aged between 18 and 40 years. Six of the mothers were cohabiting and seven were lone parents. Three were in part-time employment and 10 were unemployed. A thematic approach was taken to identify areas of similarity and difference between participants' accounts.

The findings: the findings of this study identify multiple, interlinking social factors that shape parents' food practices and so shape young children's eating behaviour. The mothers were knowledgeable about healthy eating practices, distinguishing between convenience and what they described as 'proper' food (fresh, home-cooked food), but were restricted by their financial and social circumstances. Issues of cost were apparent in terms of where and how often to shop for food, and in the types of food purchased. Convenience foods were considered to be cheaper than buying fresh food and there was an unwillingness to try

out new foods given the cost implications of any rejected food. For many of the mothers there are also complex issues that are experienced in their everyday lives, including mental health problems; living with partners with addictions; and coping with children with special needs. The circumstances in which many of the women lived therefore created a sense of lacking the time to spend preparing meals and also meant that 'healthy' food choices were not always being seen as the priority in their everyday lives.

Our findings indicate that the mothers distinguished between their own eating habits and practices relating to their children. Many explicitly stated that they had a 'do as I say, not as I do' practice in relation to food. They described their own diet as 'poor' and often skipped meals. Most of the mothers described the ways in which their childhood experiences with food had shaped their own practices as parents. Some were aware that their current practices may influence their children and had begun to disguise such things as meal skipping.

Children should not be seen as the passive recipients of food. The mothers described ways in which their children, from a very young age, were able to influence what food they were eating. The mothers faced many contradictory pressures around the issue of control – the requirement to be a responsible parent demonstrated through providing an appropriate diet; the desire to respond to a child's individuality expressed through likes and dislikes of foods; and the requirement to meet the needs of the family not just the individuals within it.

Policy implications: many of the issues faced by low-income families relate to living on or below the poverty line. Nevertheless there are some gaps in support that could be offered to parents. To address concerns about costs and time pressures, more advice could be given to parents on preparing quick meals on a budget. There could also be more support around parenting strategies in relation to food, perhaps addressed in the context of pre-school provision, working with both parents and children together.

Researchers: Dr Jeni Harden and Dr Adele Willis, Edinburgh Napier University.

For a copy of the report, please contact j.harden@napier.ac.uk

A Flavour of

Community-based food and health activity in Scotland

New accredited course for cookery tutors

Edinburgh Cyrenians has been delivering cookery courses to people in the Edinburgh area who are experiencing disadvantage, isolation, poverty and homelessness as part of its 'Good Food Programme' since 2000. Although around 200 eight-week courses are delivered each year, there is usually a waiting list. It plans to address this by delivering a REHIS (Royal Environmental Health Institute of Scotland) accredited 'train-the-trainer' course. Other organisations will then be able to deliver their own in-house cookery courses.

The 'Good Food/Good Practice' train-the-trainers course is delivered over two days. It includes basic nutrition and practical food activities on healthy eating. Also included are ways to advise service-users on menu planning, food budgeting, and understanding food labels, as well as facilitating a group cooking session. This is followed by support for the trainee tutors to deliver an eight-week cookery course with their own service-users. Work is ongoing in gaining accreditation for the course, however whilst the course is in the pilot stage it is being run free of charge.

Chris Stevenson has recently delivered the third pilot of the Good Food/Good Practice course. Feedback has been extremely positive from everyone involved. One newly qualified cooking tutor who has been delivering courses to service-users said, "I have watched the guys learn, grow in aptitude, skill, confidence and indeed in a social aspect, enthusiasm has grown each week." Another organisation hosted an extremely successful 'Come Dine With Us' event as its final session: the newly qualified cooking tutors assisted service users in planning, preparing, cooking and serving a three-course meal to ten people including managers and support workers.

If you are interested in your organisation taking part in the next course, or would like more information about this work, please contact Chris Stevenson, chrisstevenson@cyrenians.org.uk or call 0131 554 3900. Staff enrolled on the course will need to hold a REHIS Elementary Food Hygiene Certificate. Places are limited and will be on a first-come-first-serve basis.

For more information about the work of the Cyrenians Good Food programme, visit www.cyreniansgoodfood.org.uk



Community food initiatives tackling food poverty in Ireland

Healthy Food for All (HFfA) is an all-island multi-agency initiative seeking to promote access, availability and affordability of healthy food for low-income groups. This is done via three interconnected areas of community, networking, and policy, and one of the objectives of HFfA is to support community food initiatives working with low-income groups. In 2008, HFfA was awarded funding from **safefood**, a North-South body responsible for the promotion of food safety on the island of Ireland, to establish a Demonstration Programme of Community Food Initiatives (CFIs) over a three-year period.



The aim of the Programme is to promote greater access and availability of healthy food in low-income areas through local projects, using a community development approach. Within the context of the Demonstration Programme, support for CFIs is provided through a programme approach, as distinct from a grant scheme. The projects involved have committed to shared learning and networking, providing a testing ground for CFIs, with the aim of identifying the resources and supports necessary for their development on a sustainable basis. The advantages of a programme approach are: enhanced prospects of long-term sustainability; provision of technical support; opportunities for networking and shared learning; and wider dissemination of policy and practice implications.

In September 2009, seven projects were selected for funding under this Programme. These projects are located across the island of Ireland in Derry, Belfast, Dundalk, Cork, Kerry and Limerick. They run a variety of programmes including gardening, healthy eating and living courses, and cookery demonstrations. The seven projects work with a broad range of target groups including people experiencing homelessness, people with learning disabilities, migrants, women, men, and young people. The selected CFIs are supported by a Development Worker who co-ordinates the Programme and facilitates collective training and networking.

There are three networking events per year. Topics to date have included Self-evaluation and Media and Communications. In January the Programme celebrated its first year with a networking event that focused on linking practice to policy. The different policy perspectives of the CFIs were explored and how these might fit into the national policy framework in relation to food poverty. The event facilitated CFIs and their host organisations to more fully appreciate how their contribution fits into policy and practice thinking, and building a stronger partnership between community and statutory stakeholders.

The guest speakers at this event were Geraldine O'Riordan, Development Officer with CFHS and Ian Shankland, Manager from Lanarkshire Community Food and Health Partnership (LCFHP), who provided a very welcome external perspective on their own policy and practice environment. This helped validate the learning and challenges being experienced by the Demonstration Programme CFIs in relation to linking their practice work to policy.

The networking events also incorporate a site visit to each of the participating projects during which the CFIs get to see the activities and progress being made in other areas. The Programme also aims to engage with CFIs external to the Demonstration Programme.

For more information, please contact Georgina Buffini at gbuffini@healthyfoodforall.com or visit www.healthyfoodforall.com and www.safefood.eu.



Healthy Food for All has recently produced a very useful good practice guide for community food initiatives, which is available at www.healthyfoodforall.com/good_practice_guides.htm

Take Stock

Young people, food and health

The Schools (Health Promotion and Nutrition) (Scotland) Act 2007, and the Curriculum for Excellence's Health and Wellbeing curriculum area provide information to promote healthy eating in schools, but what about outside school? Many community and voluntary organisations aim to contribute to the nutritional health of young people by running cookery, gardening and other healthy eating activities for young people.

In February, 48 individuals from these organisations shared ideas at the CFHS 'Beyond Smoothies: youth, food and health networking event' in Glasgow. The event was based on our short 'Beyond Smoothies' publication featured in the last edition of Fare Choice. This is still available to download from our website or call Alice for a copy.



The participants had many ideas on how to promote healthy eating with young people and we plan to publish their tips and ideas in the next month. Please let us know if you would like us to send a copy of this publication once it is available.

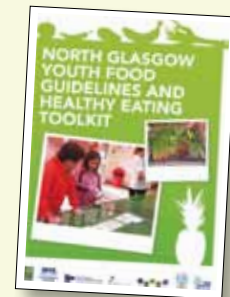
In this Take Stock, we feature two groups - a local partnership and a national charity. Both are working on improving the availability, and take-up, of healthier foods for all the young people they work with.

North Glasgow Youth Food Guidelines and Healthy Eating Toolkit

A local partnership of seven organisations in North Glasgow has been working together since 2009 to improve the diet of young people in the area. Health statistics showed that young people in North Glasgow had the lowest intake of fruit

and vegetables of their age group in Glasgow. The group spent several months consulting and working with young people and youth workers to try to address this problem.

Members of the partnership spent time with around 40 young people attending cookery sessions at five youth clubs. They asked them about their knowledge of healthy eating and about how food issues affected them. The young people used disposable cameras to take pictures and create a storyboard of the availability of food in their area. Thirty young people and 37 youth workers also responded to an online survey that introduced the idea of food guidelines and a toolkit for youth clubs.



Overall, the survey and discussions found that most young people thought that guidelines would affect them in a good way. They were particularly keen on taking part in practical cookery and gardening activities. Youth workers were also keen, but said that they needed more support or training on how to run healthy eating activities. The survey also found that although half the clubs delivered healthy eating activities, only about a third had adequate equipment or facilities to deliver practical cookery sessions.

The guidelines and toolkit were launched in February. As well as advice for clubs on what they can do to improve the availability of healthier food in youth clubs, the guidelines include ideas on how to run healthy eating, growing, and cookery activities, with ideas for tuck shops and recipes.

Clubs in the North Glasgow area will also be supported to implement the guidelines by having access to hands-on help to run cookery and other healthy eating sessions throughout 2011. They can also borrow resources, such as a cookery kit and an 'eatwell plate' mat with replica foods. Youth workers have also been offered training in elementary food hygiene and practical training on running a cookery class.

The other organisations involved in this partnership are North Glasgow CHP, Glasgow City Council, Greater Glasgow and Clyde NHS, Glasgow Community Planning Partnership, North Glasgow Healthy Living Community and North Glasgow Youth Stakeholders group. CFHS provided a grant for training.

The North Glasgow Youth Food Guidelines and Healthy Eating Toolkit are available to download from the CFHS website. To find out more about this work, contact Greig Sandilands from North Glasgow Community Food Initiative on 0141 558 2500 or email manager@ngcfi.org.uk

Fairbridge is a national organisation with over 20 years experience of working with some of the most vulnerable young people aged 13 to 25 across Dundee, Edinburgh and Glasgow. It is committed to working to overcome the effects of poverty and inequalities on young people and to improving the life chances of those young people who are most at risk. Over one in four of the young people it works with each year live in neighbourhoods rated the 5% most deprived in Scotland and a high number also have other support needs including homelessness, mental health issues, and low-level skills that act as a barrier to them maintaining a healthy diet.

As part of its intensive Access course, which all of the young people attend as part of their induction to Fairbridge, the young people are challenged to work together to plan, shop for and prepare their meals over the duration of the course. For many of the young people, this will be the first time that they have ever prepared any meals for themselves other than convenience food, and helps them to develop valuable independent living skills and a real sense of confidence in their own abilities, and gives them the motivation they need to make healthier meal choices in the future.

A key challenge is to design courses that the young people will find exciting, but that will also enable them to develop the skills they need to enjoy a healthy diet. This challenge is addressed by adding competitive elements to the courses. In Edinburgh, the young people take part in "Ready, Steady, Cook!" courses, where they are challenged to prepare a meal using surprise ingredients. In Dundee, the course is linked to an end event, such as the recent "F Word" event, where the young people put the cooking skills they have gained into practice by cooking a meal for a range of guests at the centre.

Over the last five years, the Fairbridge centres have delivered more and more food and health courses every year, responding to the growing needs within each of the individual cities in which they are based. In Glasgow for example, around 25% of the young people it works with are homeless, so many of the cooking courses are targeted specifically at this group and focus on raising their awareness on where to buy affordable food, how to make meals on a limited budget and



how to safely store and reheat food for future use. As well as helping young people to realise the benefits that a nutritional diet can have to their mental and physical health, the courses also aim to highlight the social benefits of communal meals, showing the young people how these can act as a valuable opportunity for people to come together and discuss what is going on in their lives.

In the coming years, Fairbridge plans to further develop the range of food and health courses for young people. It hopes to be able to provide opportunities for more young people to work towards gaining food and health accreditations as part of the courses they undergo, which they can continue to benefit from after they leave Fairbridge. It also hopes to develop relationships with local chefs in each of the three cities and incorporate their expertise into the courses that they are able to run for young people.

If you would like more information about Fairbridge, contact Joanna McLaughlin on 0131 201 0348 or email Joanna.McLaughlin@fairbridge.org.uk

2011 is the European Year of Volunteering - a year-long campaign to celebrate the work of existing volunteers, address the challenges they face, and encourage more people to get involved. For more information visit www.eyv2011.eu/.

Our next 'Take Stock' in Fare Choice 56 will feature volunteers involved in community food and health activities. Please get in touch with us by mid-May if you would like us to include work that your volunteers are doing.

Bitesize

Happier customers, better sales

To coincide with the 'Healthy Living' fortnight run in January by the Scottish Grocers Federation's healthy living programme, community food initiatives that had taken part in one of the programme's training sessions were invited to apply for a small amount of funding from CFHS to promote their fruit and vegetable co-ops and stalls. Eighteen community food initiatives were awarded between £150 and £900 to run promotional activities with the 60 fruit and vegetable co-ops and stalls that they are supporting. Every organisation used their funding differently; here are some examples of what they did.

Co Chomunn Eirsigeidh, the community-run shop on the island of Eriskay, ran a healthy eating event, to encourage its customers to buy and eat a bigger range of fruit and vegetables. Local schoolchildren and other volunteers helped the shop staff prepare and cook a range of simple, but delicious, meals using a variety of fruit and vegetables. Catriona, the shop manager, reports that the event was a 'great success', with nearly a quarter of the island's population taking part in the event. The shop hopes to repeat the event for the island's Over 60's club.

Broomhouse Health Strategy Group in Edinburgh used the funding to run a 'Winter Soup Week'. It produced and distributed a newsletter throughout Broomhouse, promoting the range of soup bags for sale in its shop. The bags were sold for 50p, half their normal selling price. The bags contained all the ingredients needed to make a pot of soup for four people. Every customer buying a soup bag was given a free 'Easy Peasy Soup Recipe' booklet as well. 106 bags were sold during the week and 26 the week after. The Health Strategy Group also promoted its soup, smoothie and fruit bags at three other local venues, selling an additional 86 bags. Verbal feedback from the customers was 'excellent', with some trying vegetables that they had not bought before. The shop volunteers are going to continue to sell a variety of soup bags, with their recipes.

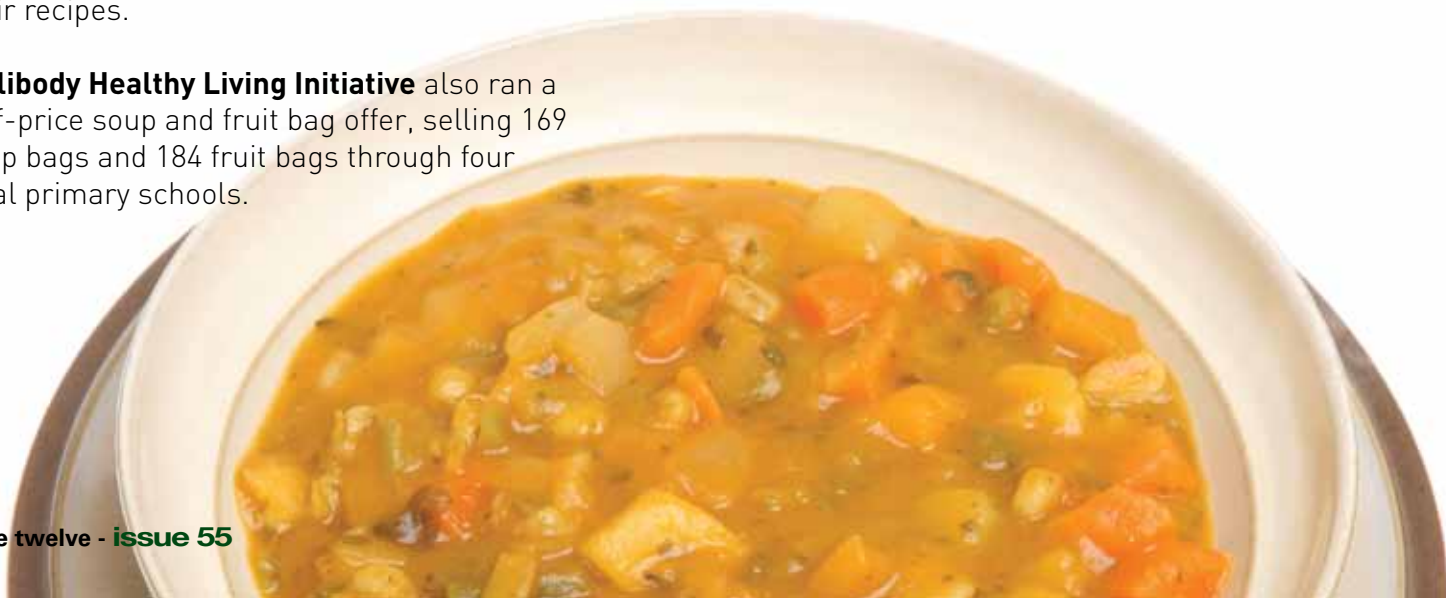
Tullibody Healthy Living Initiative also ran a half-price soup and fruit bag offer, selling 169 soup bags and 184 fruit bags through four local primary schools.

The Sunlite Café in Stirling used its funding to support its 'breakfast around the world' events. Café volunteers used fruit and vegetables sold on the stall in the café to make a range of delicious juices and drinks. Not only have the café's customers been encouraged to eat breakfast, the stall's vegetable sales have increased.

For more details about this funding programme and what it achieved, please contact Anne at CFHS.

Captain Taylor's Coffee House

Streetwork, a charity that works in Edinburgh to reduce and alleviate homelessness, officially opened its coffee take-away shop on 26 January, with CFHS invited to attend. Captain Taylor's Coffee House, on South Bridge in the city centre, has been set up as a social enterprise. As well as providing great coffee, the Coffee House is providing employment and training opportunities for people using Streetwork's services. The Coffee House also has space available for hire for events and conferences. www.streetwork.org.uk.



News



Cooking bus visits Musselburgh

The Focus on Food Campaign's Cooking Bus, featuring a fully equipped teaching kitchen, rolled into Musselburgh Racecourse in

November and caused quite a stir. During the week, the wide variety of school and community groups – ages ranging from five year olds to more mature adults - who climbed on board the bus were treated to a 90 minute cookery session that taught practical skills such as food hygiene, knife handling, and the basic principles of a healthy balanced diet.

Each group had the opportunity to experience the facilities and worked together to produce tasty treats like tomato and basil tartlets, spinach and cheese pie, potato and beetroot salad and delicious fruit smoothies. Each participant was given a full pack of recipes to try at home.

Fiona Henderson, a teacher from Loretto Primary School in Musselburgh, summed up the experience:

“We all had a fantastic time on the Cooking Bus. It was very well-organised and instructive. We would love the Cooking Bus to come to our school for a whole school ‘cook – in’ and lunch together.”



To support the activities of the Cooking Bus visit and the development of cooking in the community each school and community group was invited to apply, free of charge, for a fantastic Cookit box. Each Cookit contains everything needed to teach basic cooking skills to groups of 6 to 12 pupils, including a set of table cutlery for 12.

Irish rover

Coleraine and Donegal were joint hosts for the latest meeting and study visits to be undertaken as part of the Northern Periphery Programme's Retail in Rural Regions (RRR) project. The Community Retailing Network (CRN) is the lead Scottish partner in a study that also involves Finland, Iceland, the Faroes and both Northern Ireland and the Irish Republic.

A report on the latest meeting is available on the CRN website and the RRR website has more on the overall study into sustaining rural retailing, due for completion late autumn.

www.communityretailing.co.uk

http://ruralshops.blogspot.com/p/news_23.html

Linking thinking

Making connections between policy and practice was key to both the speeches and workshops at the latest Food and Health Alliance conference, held in Dundee in February. With Lanarkshire Community Food and Health Partnership presenting, Edinburgh Food and Health Training Hub and the Federation of City Farms and Community Gardens running workshops and others taking part in the impressive market place, participants could not fail to appreciate the contribution made by the community and voluntary sector to the delivery of national policy priorities around food and health. **A report from the day will be available to download from www.fha.org.uk**

Eatwell website to close

The Food Standards Agency will be closing its popular 'eatwell' website by the end of March. The current resource will be archived and continue to be accessible, until a long-term solution is arrived at, by redirecting from www.eatwell.gov.uk. CFHS has signposted the community food and health sector to the 'eatwell' website in the past as the information contained within it is highly valued and viewed as accurate and consistent. We will keep you informed of its new location and any future developments through our website, newsletter and e-bulletin.

Farmers' market consumers: a Scottish perspective

In 2009 Glasgow Caledonian University carried out a piece of research to explore what influences people to shop at farmers' markets. Research was carried out at four farmers' markets across Scotland using a questionnaire. The findings suggest that enjoyment of cooking, an interest in health/nutrition, freshness of food, local provision and resource conservation issues are the main influences for customers of farmers' markets. In addition, urban consumers reported enjoyment of shopping at farmers' markets more so than rural customers. This study was based on a relatively small sample size (159 valid responses from four farmers' markets out of a possible 80+ markets) and recommends that more research needs to be carried out to provide greater understanding of the motivations and characteristics of Scottish consumers at farmers' markets.

The full research article is available by using the search facility at <http://onlinelibrary.wiley.com> or contact Katrina at CFHS.

Community Food Moray

Members of Moray SEN are joining forces to establish Community Food Moray as a new independent organisation. Originally started by CFINE, a project co-ordinator and 30 volunteers deliver a wide range of community health initiatives across Moray that include access to affordable fresh fruit and vegetables. CFINE will continue to support the project through advice and guidance to the new board during the transition period to ensure a viable future for the new venture.

Contact CFINE on 01224 596156 or by email at info@cfine.org

Community food social enterprise network

Following CFHS's recent round table on social enterprise, the Federation of City Farms and Community Gardens is hosting a meeting in mid-April on establishing a community food social enterprise network. The meeting is open to any community food and health organisation that is, or is aspiring to be, a social enterprise.

For more details contact Helen Pank, helen@farmgarden.org.uk, 0131 623 7058

Scottish Assembly for Tackling Poverty 2011

Over 400 people attended this event held in Glasgow on 17 and 18 February. It was an opportunity to debate and discuss the trends in poverty and ways of better understanding the problems facing communities in Scotland. On the second day the focus was on key actions that need to be taken to deal with poverty and how to ensure in the current climate that these actions are taken forward.

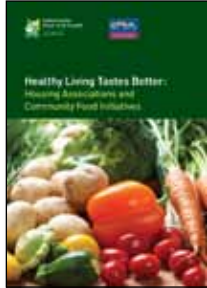
Presentations from the event are available at www.povertyalliance.org

Publications

Healthy Living Tastes Better

Increasingly, housing associations are recognising the role that food and health activities can play in improving the health and wellbeing of their tenants. CFHS's new publication showcases the work of some of the housing associations that are involved in community food and health work.

The publication is available from our website. For a hard copy, please contact Alice.



Beating the Budget recipe book

West Lothian Council is committed to improving the health of people experiencing homelessness. All its homeless accommodation units have a staff member trained to deliver cooking classes to residents. These classes are designed to increase confidence when cooking and to learn how to cook healthy, tasty meals on a budget. Reading food labels, understanding recommended daily allowances and kitchen hygiene are all covered in the classes too. At the end of the class participants can sit and eat their meal together - which can also increase social skills and social networks - and can even take some home for a take-away.

The cooking classes are promoted by staff in the units and in a quarterly homelessness newsletter. There is even a 'month' in the Health Improvement Team Food and Health Calendar 2011.

To complement the classes, staff planned to create an easy-to-read comprehensive recipe book. A working group was set up that included representatives from homelessness, health and users of the homeless service. All the recipes in the book were assessed and a traffic light system was adopted to show how healthy each recipe is. The working group also ensured that the recipes could be made from a range of equipment, so that there is something for everyone, no matter what facilities they have.

The recipe book was funded by CFHS and will shortly be available to download from the CFHS website. CFHS also has a limited amount of copies to give away to groups working in Scotland, please contact Alice if you would like a copy.

If you would like more information please contact Lisa Tumblety, Homelessness Development Officer 01506 281356 or email

lisa.tumblety@westlothian.gov.uk

To further develop this work the group is planning to develop organic gardens at all the homeless accommodation units. This will eventually provide fresh produce for the cooking classes, provide a relaxing alternative support environment and give homeless people the opportunity to learn new skills and interests.



Fair?

Two recent reports, 'Food Justice' from the Food Ethics Council and the New Economic Foundation's 'An Inconvenient Sandwich' underpinned a very informative seminar in London in January. With excellent speakers, a very experienced panel and useful workshops, social justice and food was explored from local, national and global perspectives.

For more information visit www.foodethicscouncil.org or www.neweconomics.org

Our Mutual Food

A new report from One Planet Food is based on research carried out at the Falkland centre for Stewardship with the help of funding from the Esmee Fairbairn Foundation. The report intended is intended to 'bring the reader on a journey from the global impact of a food system to the possibilities of a particular region to develop a more sustainable alternative'. Although the research is based on Fife, it is hoped that the report will have wider relevance and can be applied to any region in Scotland.

The report is available at www.senscot.net/view_res.php?viewid=10667

New publications from the Joseph Rowntree Foundation

A review of poverty and ethnicity in Scotland

reviews literature and data sets to establish the main patterns and themes from research on ethnicity and poverty in Scotland.

Community consultation on poverty and ethnicity in Scotland

looks at the reasons for differences in low income and poverty among people from various ethnic backgrounds in Fife and Highland. Read the reports at www.jrf.org.uk

Diary

MARCH

Senscot Fit for Purpose Conference

18 March

Royal Society Edinburgh

More info: www.senscot.org.uk

National Salt Awareness Week

21-27 March

This year's focus is 'Salt and Men's Health'

More info: www.actiononsalt.org.uk

APRIL

World Health Day

7 April

Antimicrobial resistance and its global spread

More info: www.who.int/world-health-day/en

S2S Social Enterprise Fair

Wednesday 20 April

Corn Exchange, Edinburgh

More info: www.s2sfair.com

MAY

Fruity Friday

13 May

Annual awareness day of the links between diet and cancer prevention

More info: www.fruityfriday.org

JUNE

Gardening Scotland

3-5 June

Ingliston, Edinburgh

More info: www.gardeningscotland.com

National Men's Health Week

13-19 June

Raising the profile of men's health

More info: www.mhfs.org.uk

Co-operatives Fortnight

25 June – 9 July

National campaign to highlight the co-operative business model

More info: www.uk.coop/yourstoshare



community
food and health

(scotland)

Contact us . . .

Bill Gray

National Officer

0141 227 6468

Anne Gibson

Development Officer

0141 227 8436

Kim Newstead

Development Officer

0141 227 8431

Ger O'Riordan

Development Officer

0141 227 6457

Sue Rawcliffe

Development Officer

0141 227 6462

Katrina Reid

Development Officer

0141 227 1840

Alice Baird

Admin/Information Officer

0141 227 6463

Rita Campbell

Administrative Assistant

0141 227 6464

CFHS

c/o Consumer Focus Scotland

Royal Exchange House

100 Queen Street

Glasgow

G1 3DN

Tel: 0141 226 5261

Fax: 0141 221 9695

cfh@consumerfocus.org.uk



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scotland
SCOTTISH GOVERNMENT

For updates on community food and health between issues of Fare Choice,
please visit our website to sign up for our monthly e-bulletin

www.communityfoodandhealth.org.uk