



community
food and health
(scotland)

farechoice

The quarterly newsletter for Community Food and Health (Scotland)

Issue 56 June 2011



Healthy, fresh and local

Healthy communities, fresh ideas and local involvement are more important than ever if we are to achieve a healthier, fairer and greener Scotland. This edition of Fare Choice contains examples of all three, and the challenge is to ensure this can be maintained at a time of uncertainty, tight budgets and competing priorities for many community initiatives, voluntary organisations and their funders.

Sauchie Active 8 Fruit and Vegetable Barra (see page 12) is an excellent example of a very important dimension of a healthy community, both in terms of what is happening and how much the activity is driven by the community itself. Seeking fresh ideas around food and older people (see A Flavour Of pages 8 and 9) has highlighted not only the needs and aspirations of a specific section of the community but also the importance of tapping their experience in the formulation of policy and development of practice.



Grassroots family health walk at Rigside South Lanarkshire

Volunteering is a key facet of local involvement (see Take Stock page 10 and 11) and never more so than in European Year of Volunteering.

The contribution of Scotland's community and voluntary organisations has long been valued by government, both national and local. The price of not promoting healthy communities, encouraging fresh ideas and enabling local involvement is too high to even consider.

A great example of promoting health through using local communities and voluntary organisations to come up with fresh ideas are the recent working groups on 'food access and affordability' and 'grow your own' (see pages 6 & 15).

In this edition:

This edition's Take Stock, page 10, celebrates the contribution that volunteers are making to community food initiatives.

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.

This edition we hear from the healthyliving award.

What's cooking in the community?

All over Scotland the appetite for healthy food is increasing - and catering establishments, including community projects, need to be ready to meet that demand. That's where we can help. The **healthyliving award** is a brilliant way to help community projects and keep customers, volunteers and service users healthier & happier.

Community projects that provide food are rewarded for working hard to fill their menus with healthier food, and customers have a simple way of being sure they are eating for health. We want to make all the food dished up healthier by encouraging simple improvements to the way it is prepared, including the reduction of fat, salt and sugar.

Benefits of the healthyliving award

The best things in life are free! The award is free and dedicated support staff are available to assist you in your registration and award process.

The **healthyliving award** is about good food that's good for you and good for business and sustainability.

The **healthyliving award** may assist in your health targets and outcomes which may be beneficial in funding applications. Industry recognition – Flourish House, Glasgow has been named as a finalist at The CIS Excellence Award 2011 (Healthier Scotland Award).

Quotes from the community

"It was a challenge, but a very worthwhile challenge, for us to gain the award. The information workshop and support from the team helped us implement the changes required....now our service users have a new found interest in healthy food and welcome the new menus. There is lots of new chatter on healthy eating at meal times."

Shona Alexander, The Walled Garden, Perth

"The award has been great for our customers, we have made small changes that have had big results...the award isn't all lentils and lettuce!, it's about giving your customers choice and information...the award is free and you receive support, so you don't have to spend money on fancy ingredients or highly trained staff, If I can do it you can!"

Gerry Mullaney, Yoker Resource Centre

"The award has been amazing for us, it's brought together our team and has really motivated us to think differently and make the best of the food that we serve...our volunteers have enjoyed passing on healthy recipe tips and we now have a really exciting menu...our theme days are great fun and everyone has a laugh as well as improving their health."

Fiona Hamilton, Sunlite Cafe, Stirling

For more information contact healthyliving award on 0141 226 5261 or e-mail enquiries@healthylivingaward.co.uk

Team Talk

An update on our recent / forthcoming work.

Community Food and Health (Scotland) were delighted to have our funding confirmed recently by the Scottish Government for the current financial year, based on an ambitious business plan designed to place communities at the heart of health improvement and tackling health inequalities. The following are a number of activities already underway, building on past experience and learning.

Negotiations, involving even closer collaboration with other national health intermediaries, particularly Community Health Exchange and Voluntary Health Scotland, are also taking place as part of the government's long term commitment to community-lead health improvement and should also be reflected in much of the work in the coming year.

CFHS annual small grant scheme opened on Tuesday 7 June

Readers in Scotland will have recently received the Special Grants Edition of Fare Choice which highlights the activities of ten of the 56 groups funded through our small grant scheme last year (Bounce Higher food skills project at St. Andrews Church is featured below). The grant scheme will be open until Friday 12 August and we aim to give grants to successful applicants by the end of September. Groups and agencies can apply for between £500 and £3000 to develop food activities that will improve access to, or take-up of, a healthy balanced diet within low-income communities.

Applications packs (including the Special Edition newsletter) are available on our website or call Alice or Rita for a pack.



Learning and development programme

CFHS will be running another learning and development programme this year. The programme will include a range of learning and development opportunities, with the aim of supporting organisations delivering community food and health activities to become more resilient. A wide range of topics will be included in the programme, such as social enterprise, promoting your organisation, community engagement and becoming a Scottish Grocers Federation's 'healthyliving' programme trainer.

Details of the programme will be available soon on our website and in our ebulletin. For more information in meantime, please contact Anne.

More funding to promote community food retailing

Following on from the success of our 'January Promotion', highlighted in the last edition of Fare Choice, CFHS is once again funding community food retailers that want to increase the sale of fruit and vegetables from their co-op, stall or community shop. **For more details, please contact Anne.**

The evaluation of the January Promotion is now available from our website.

New nutrition course for learning disability care sector will be available soon

Earlier this year, CFHS was involved in funding a pilot of a new Royal Environmental Health Institute of Scotland (REHIS) basic nutrition course for the learning disability sector. The course is based on the 6-hour accredited nutrition course that REHIS already manages and will provide a basic background on food and its effect on our health as well as nutritional issues that commonly affect adults with learning disabilities. The new 9-hour Elementary Food and Health course for carers of adults with a learning disability will be available in a few months.

For more information see the REHIS website www.rehis.org.uk or the CFHS website.

CFHS annual networking conference

We are delighted to announce that this year's conference will take place on 3 November 2011 at the Carnegie Conference Centre in Dunfermline. This year the conference will focus on 'food within the wider health improvement and health inequalities agenda'. The conference will be an opportunity for groups to come together and share learning, practice and skills with others tackling food and health inequalities.

If you would like to present a workshop about your food and health work please complete and return the workshop application form enclosed by 5pm on the 18 July.

Other local opportunities for community initiatives to network and share learning, identify challenges and celebrate outcomes with stakeholders around health improvement and health inequalities will be piloted before the end of the year with at least one in north/north west Scotland.

CFHS look forward to seeing you at an event soon!

Information wanted

The first meeting of the Improving **Maternal and Infant Nutrition Framework** will take place in June. Over the coming year CFHS will be keen to support community food and health initiatives working with children and families to engage with and implement activities relevant to the framework. We will be doing this by collecting and promoting examples of practice as well as gathering information about the resources that groups are using – national, regional or locally developed resources. **If you would like to let us know about activities and resources please contact Ger.**

Moving on

Katrina Reid our National Development Officer (Impact) recently moved to another Development Officer post at the Centre for Research on Families and Relationships at Edinburgh University. Many of you will have worked with Katrina over the past two years and I am sure you will join with us in wishing her well in her new appointment.

Community cafe research and mapping

The report on research into community cafes in Scotland, produced for CFHS by Clarity, is now available on our website. The research was carried out between January and March this year. The purpose of the research was to find out about the operations, funding, menus, impact and support and training needs of a sample of the 200+ community cafes identified in a mapping carried out for CFHS. The research looked in detail at twelve community cafes operating in island, rural and urban communities.

In addition to providing healthier, low-cost menu choices, the research emphasises other impacts that the cafes are achieving including reducing social isolation and providing employment and volunteering opportunities. The research highlights the cafes' economic fragility, and identifies a range of support and training needs.

The cafes identified in the mapping were asked if they would like to be included in a map of community cafes, which will be available on our website shortly. Over forty have agreed to be included so far. If you would like your cafe added to the map, it's not too late.

For more information about the report or the community cafe map, or to add your cafe to the map, please contact Anne.

Social enterprise community food network

On 12 April, representatives from seven community food initiatives met in Gorgie City Farm to discuss setting up a community food social enterprise network. Colin Campbell from Senscot spoke about what networks are, what they do and the support available to them. Everyone attending was very positive about establishing a community food social enterprise network, and a second meeting is being held on 29 June, in Fife (venue to be confirmed). Lunch will be provided, courtesy of CFHS.

For more details, please contact Helen at the Federation of City Farms and Community Gardens, helen@farmgarden.org.uk, or Anne.

Gardening Scotland

CFHS shared a stall with The Federation of City Farms and Community Gardens at Gardening Scotland this year. The Cooking Bus delivered two cooking sessions to Dr Bells Family Centre and Shakti Womens Aid.



CFHS Learning Account 2011

Community food and health initiatives are making a difference and CFHS recognises that they need support to develop their skills to self-evaluate. In 2009 and 2010, CFHS set up Learning Accounts with Evaluation Support Scotland (ESS). ESS work with community and voluntary organisations so they can demonstrate their impact, report on the difference their work is making and what they can learn as a result. ESS provides practical support and access to resources and tools.

We will be opening a Learning Account with ESS for 2011 shortly. The Learning Account will provide training opportunities for individuals from community food and health initiatives to develop their self-evaluation skills. This training will enable participants to share skills and knowledge with colleagues and increase their self-evaluation capacity and of their organisation. More information will be available on our website soon www.communityfoodandhealth.org.uk

New CFHS Publications

CFHS really value the amount of learning and experience that community food and health initiatives share with us and their enthusiasm to share their knowledge and skills with others. The following new publications from CFHS provide an insight into some aspects of community activity and communicate what is happening, how and what impact it is having. These publications are available on our website:

TV Dinners is a fact sheet that provides examples of how groups working with young people have used TV formats, such as **Come Dine with Me** and the **F Word** as an entertaining way to teach cookery skills. **How to get beyond smoothies** is a leaflet that gives top tips and ideas for promoting healthy eating activities with young people, all based on the experiences of youth workers who attended a Community Food and Health (Scotland) youth, food and health networking event earlier this year.

What is the impact of the small grant scheme?

is based on research by Clarity last year and an equality impact assessment. It shows the wide range of groups that the CFHS small grant scheme has reached over a three year period and looks at how a CFHS small grant impacted the food and health and other activities of 16 grant recipients 18 months after they received their funding.

Healthy eating and beyond – the impact of

cookery sessions is based on an on-line survey completed by 50 organisations that deliver cookery sessions and a roundtable discussion held in February with 20 people. It looks at how cookery sessions are delivered, what barriers they are trying to address, who takes part in these, how the sessions are evaluated and the impact that these have on participants.

Community food initiatives contributing to the Scottish Government Route Map for Preventing Overweight and Obesity in Scotland

explores how community food and health activities are contributing towards national priorities around overweight and obesity that are described within the Obesity Route Map for Scotland.

Gathering Information considers how three community food initiatives have developed electronic databases to gather, store and use their information.

Networks and Networking: how four community food and health initiatives are developing networks

shares information and experiences on developing networks.

Thank you to everyone involved for their time and assistance.



Policy

Scotland

Obesity Route Map - Action Plan

In March 2011 the Scottish Government published their action plan for implementing the Obesity Route Map, along with indicators which will measure progress against these in actions. Following this, CFHS published a factsheet highlighting how community food initiatives are contributing towards national priorities around overweight and obesity that are described within the Obesity Route Map for Scotland (see Team Talk). **To download the Obesity Route Map – Action Plan visit www.scotland.gov.uk/Publications/2011/03/17104457/0**

Child Poverty Strategy for Scotland

The Scottish Government has launched Scotland's first ever national strategy to tackle child poverty. The strategy sets out what will be done to focus and drive efforts to tackle child poverty. The main aims are maximising household resources and improving children's wellbeing and life chances.

One of the strategy's key measures will be to 'reduce pressure on household budgets' which could have an impact on low-income households' ability to access affordable food. The Scottish Government has been working with partners including CFHS who led an Access and Affordability Working Group on their behalf. The working group have made recommendations to government for a stronger community food and health sector to improve access to affordable and healthy food for low income households.

The Scottish Government also outlined plans to support growth in the third sector in order to increase their contribution to tackling poverty and inequalities. **For more information visit www.scotland.gov.uk/Publications/2011/03/14094421/6.**

Reshaping Care for Older People – Change Fund

The Government published its framework - Reshaping Care for Older People – A Programme for Change in March setting out the overall vision and immediate action that will be taken. Co-production and community capacity building is one of six key themes under which further work will be taken forward on this agenda. The framework states that: 'Growing community capacity that focuses on prevention and anticipatory support will reduce

isolation and loneliness, enable participation improve independence and wellbeing and delay escalation of dependency and need for more complex care and support.'

One of the first actions has been allocations from the £70million Change Fund for 2011-12. The fund provides finance to local health, housing and social care partnerships. **The plans submitted by all 32 local authorities are available to view at: www.jitscotland.org.uk/action-areas/reshaping-care-for-older-people/change-fund-plans/**

Five of the plans make specific mention of food services. Two are looking to review/redesign their community meals service, three are looking at opportunities to increase lunch clubs in their area and the opportunities these provide for socialising and one is looking to explore the development of a range of laundry/shopping, care and repair services.

Food Access and Affordability Working Group

"...it was appreciated that participating in the working group gave an opportunity to highlight not only immediate issues, but also to set out a longer term vision of how to maximise the contribution of local communities to the challenge of food access and affordability"

Recommendations sought by the Scottish Government from a working group on food access and affordability, supported by CFHS, were sent to Ministers shortly before the recent election campaign. The report produced by the group, which involved representatives from community and voluntary organisations in Edinburgh, Lanarkshire, Fife and Dumfries and Galloway, is now available on the CFHS website.

To download the food access and affordability working group report visit www.communityfoodandhealth.org.uk/fileuploads/hard-to-stomach-5100.pdf See Fare Choice page 15 for details of a similar report from the 'grow your own' working group.

New ministerial team

Following the recent election, some new ministerial teams have been appointed. Nicola Sturgeon MSP remains the Cabinet Secretary for Health, Wellbeing and Cities Strategy. Michael Matheson MSP becomes Minister for Public Health alongside Shona Robison MSP who has been appointed Minister for the Commonwealth Games and Sport.

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).

Practices of food disposal: the everyday consumption of leftovers

Context: Today food disposal practices are high on the agenda for environmental groups and individual consumers alike in efforts to save money and avoid waste. Our gardens are invaded by coloured bins for different types of waste and one of them (the green one in our town) is dedicated to food waste. Governments, NGOs and local municipalities insist that recycling is one of the main routes to reduce the amount of food wasted daily in our homes. Although recycling is a crucial topic, we think that in order to fully understand domestic food disposal, a broader perspective investigating the range of practices surrounding "getting rid" of food needs to be adopted. This is not to say that recycling is not important, but this is to say that there are other ways of disposing of food, such as reusing leftovers.

Research question: this research aims to explore the everyday practices of food disposal in British households. We wanted to understand how consumers dispose of their food through the consumption of leftovers. Indeed we wanted to understand the material aspects of such consumption (who consumes leftovers, when and how often), as well as the symbolic aspects (what are the meanings of consuming leftovers).

The Study: we observed 20 British families living in the Midlands during their dinner time. In particular we observed the cook while he/she was planning, cooking, serving and disposing of the meal. Also we interviewed the cook about his/her family's everyday practises of food consumption. The data collected includes fieldnotes, interview transcripts and pictures. They have been analysed using a thematic approach individuating similarities and differences amongst participants.

Findings: The main findings can be summarised as follows:

1. Food disposal is not the last and disconnected practice of a linear process starting with the shopping and ending with the divestment. Food disposal is more a bridge between different practices. Dealing with leftovers is not the last point of a consumption chain, but rather a practice that can be the beginning of a new consumption cycle. For instance Susan, one

of our participants, planned her Tuesday dinner by thinking about how to use (dispose of) the previous night's leftovers.

2. Re-using leftovers requires work and skill. Although participants highlight that using leftovers is a convenient practice as the meal is "almost done", observations reveal that consumers adopt a series of practices requiring time, effort and expertise. Indeed making a meal out of yesterday's leftovers involves an ability to judge the quality of the food and an ability to transform it into something else. Sometimes such a transformation consists simply of re-heating the food or serving it on a different plate, but at other times the transformation consists of changing the look of the food. For instance, Mark, one of our participants, made a chicken and pea risotto out of his Sunday roast chicken. This transformation requires Mark to select the parts of the chicken usable for his new cooking project, to judge their quality and to use them amongst other ingredients in order to create a new dish.

3. Consuming leftovers is a practice fully enmeshed in everyday family life. Participants usually consume leftovers during their ordinary and everyday meal, wherein guests are not invited. Considered a less important food, leftovers are an intimate food and as such only family members can consume them. Although they are consumed only by family members, not everybody in the family eats leftovers. Considered a food which has lost its aura, parents usually sacrifice themselves and eat them. Children are often exempt from having leftovers in their lunch boxes or on their dinner plate and they are given "fresh" food instead.

Conclusion: This research shows how dealing with domestic food waste is not simply recycling food, but also the taken for granted and often forgotten practice of dealing with leftovers. Given the necessity to reduce our household food waste, consumers should be encouraged to reuse their leftovers. Indeed increasing the awareness of reusing leftovers rather than simply filling up the food waste bin could be a more effective way of thinking responsibly about our food consumption.

Researchers: Dr Benedetta Cappellini, Royal Holloway University, Dr Elizabeth Parsons, Keele University

A Flavour of

Community-based food and health activity and older people

In 2010, Community Food and Health (Scotland) and Consumer Focus Scotland jointly commissioned a study into food services for older people in the community.

To coincide with the publication of the findings from this study, the following examples illustrate some interesting developments involving older people and food.

Information resources

Edinburgh Food and Health Training Hub has developed an interactive food and nutrition session for older people that is being delivered in communities around Edinburgh.

The session lasts for one and a half hours and includes three new activities. It is accompanied by a booklet which covers information on a healthy diet, sugar and fat, eating on a budget, food labels, keeping food fresh and safe, kitchen tips, improving your appetite, together with a range of recipes covering breakfast, main meals, soups, snacks and puddings – all designed with older people in mind.

The materials were developed to fill the gap the Hub identified in resources for working with older people and have been tested with over 70 older people to date.



Building on research carried out in 2009, **Moray Handyperson Service** have secured funding from LEADER for a one year pilot project in collaboration with Moray Community Health and Social Care Partnership to address issues related to food poverty and older people. There are two elements to the project. One involves the development and production of a series of pamphlets covering nutrition, food safety, cooking, food storage and social eating. Older people's focus groups will be involved in deciding the design and format of the final product. The second part of the project will support the development of social networks for older people, focusing on (but not exclusive to) the importance of 'social eating'.

A focus on cooking

The Broomhouse Health Strategy Group in Edinburgh is running a series of cooking skills classes for older people. A recent evaluation identified that 60% of their customers are over 60 and 35% would like to have more information on health and nutrition.

The classes focus on some key issues faced by older people e.g. cooking for one instead of a larger family, reducing salt and sugar intake, dealing with appetite loss. A recipe book is being developed to accompany the classes and there will also be input from 'Kitchen Canny' looking at reducing waste and saving money.

Mearns and Coastal Healthy Living Network in rural Aberdeenshire are researching and piloting a scheme to help older people to cook in their own homes. This will be an extension of an existing shopping service which works with volunteers to support people with their shopping either by taking them to the shops or delivering shopping to them.

The research will explore the support older people need to cook in their own homes and the issues that may be involved in volunteers providing this support. The pilot scheme will work with an agreed number of older people to evaluate the usefulness of such an initiative.

Community meals

Orbiston Neighbourhood Centre in Bellshill has been supporting older adults in many different ways since 1995; including day care, befriending, volunteering and other activities.

Over the last year the centre has been involved with North Lanarkshire Council and other partner agencies in the realignment of services for older adults and most recently in the reshaping care agenda.

Theo's, the centre's community café, provides healthy, nutritious and affordable food and outside catering for local groups and businesses.

The centre is currently exploring the possibility of developing a home delivery meals and shopping services through the café and food store. This development is seen as an opportunity to support older adults in our community to eat well and helping to address issues of health and well being.

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The findings from the study together with a series of recommendations for future action are being launched at our event on food services for older people on June 21 in Edinburgh. Full details of the event together with information about micro funding available to support the development of community based activities involving older people and food are available on the website.

Every picture tells a story

We really appreciate the articles and images that are used in our newsletters and publications. Sharing experiences and learning from your activities are really important to highlight the range of activities being delivered and outcomes being achieved by community food and health activities. Taking photos of your activities can really enhance understanding of what you are doing and how. When taking photos it is best to try and capture specific aspects of your activities as they can be the most interesting and inform others about what you are doing, e.g. community members taking part in an activity.

Digital photography is the most popular format used by groups as the images can be inserted into reports and newsletters and shared with others. Digital photos can also be stored on memory sticks reducing the amount of space needed to store images. When you or others are using your images in a report etc, the task is to try and get a high quality image otherwise it might appear blurred or fuzzy when reproduced. You don't need to be a skilled photographer but you might need to adjust some of your camera settings. When taking digital photographs set the 'image quality' setting at the highest resolution for example over 1MB. This may limit the amount of pictures you can take at a time but it will be easier to reproduce the images clearly.

When taking photos of activities make sure you have the group and/or individual's consent before taking their picture. If you plan to use the images in reports or documents that others will see, make sure you receive written consent from the group and/or individual to do this.



Take Stock

A spotlight on volunteering and community food and health initiatives

2011 is the European Year of the Volunteer (EYV).

Throughout the year, the value and importance of volunteering is being highlighted and promoted across Europe, to encourage more organisations to offer quality volunteering opportunities.

Volunteers are the backbone of many community food and health organisations. Whether it is serving in the fruit and vegetable co-op or cafe, delivering groceries to older people living in their community, running cookery classes or being a member of the management committee, without the contribution and dedication of their volunteers many of the community food activities taking place across Scotland would not be running.

In this edition of Fare Choice we are celebrating the contribution that volunteers are making to the work of community food initiatives, by highlighting the work of three different organisations. What all three have in common is a real commitment to volunteering.

There are many other examples that we could have included. We are producing a publication about the role of volunteers in community food and health work which will be published later this year.

If you have an example of good practice around working with volunteers that you would like to share, please contact Anne.

East Dunbartonshire Food Co-op was launched in March 2010. At the moment it runs two fruit and vegetable co-ops in Kirkintilloch, and intends to open another in Lennoxton shortly. The project is a partnership between East Dunbartonshire Community Health Partnership (CHP) and Hillhead Housing Association. Providing volunteering opportunities and supporting volunteers to share and develop their skills and expertise have equal importance to the project as increasing access to fruit and vegetables. It now has twenty five volunteers, with a core group of eight.

A volunteer recruitment programme is now being used by the project. The programme aims to ensure that volunteers recruited will both bring benefits to, and gain benefits from, being involved. People enquiring about becoming a volunteer are asked for an informal visit to one of the co-ops, to find out more about the tasks involved and meet some of the volunteers. Those that decide that they would like to become a volunteer then complete a

more formal application process, which includes applying for a disclosure and providing references.

New volunteers are recruited for a three month trial period. During this time, the volunteer is free to leave at any point. The project uses the trial period to identify any issues for, or with, the volunteer, and how these can be resolved. The volunteers are 'buddied' with experienced volunteers for the trial period.

The benefits gained by the volunteers were highlighted recently in a report produced for the project. The report highlights the positive changes that volunteers have experienced to their health and wellbeing as a result of becoming involved. The report also emphasises their levels of commitment and recognises the importance of their involvement.

Currently managed through the Community Health Partnership, the project intends to work with the volunteers and other partners to establish a management committee that will eventually take over the operation of the project.

The Meldrum Café in Oldmeldrum in Aberdeenshire was established four years ago to provide a meeting place for local people and to promote local capacity building. It operates in the old town hall and is open four days a week.

The café is a Community Interest Company, managed by a board of four volunteer directors. While one of the directors oversees its operation, the cafe generally runs itself. It is very successful, and attracts around 60 customers daily, mostly local people but also tourists and day trippers. In 2010 it made a profit of £12,000. All profits made are gifted to the café's parent charity and used to support local good causes.

Unlike many other community cafés, Meldrum Cafe is staffed and managed solely by volunteers. Many of the café's volunteers have been recruited through other local groups. No-one who wants to volunteer is ever turned away: any enquiry about volunteering is quickly followed up, and work identified for them to do. Around 50 volunteers work in the cafe, with all working at least two hours a week.

Volunteer turnover is minimal. The café attributes its success in retaining volunteers to several factors. Firstly, the tasks involved in running the cafe have been separated (e.g. baking, opening

and closing the café, washing up), with volunteers able to choose how many or few of these that they want to do. This ensures that the volunteers do not have to be involved in any task that they may feel uncomfortable with, and reassures them that they will not have sole responsibility for the café's operation. Secondly, the volunteers meet every few months to discuss and resolve any café management issues. The café also recognises the volunteers' contributions by offering free drinks and half price food any time they are working. Finally, following consultation with the customers, the tips left by customers are used to meet the cost of nights out for the volunteers, held three times a year.

Grassroots is an early intervention programme led by Healthy Valleys, a community led health initiative in rural South Lanarkshire. It aims to support vulnerable pregnant women and their families, and encourage and enable them to improve their health and well-being. It has four key priorities, one of which is volunteer development.

The volunteers are integral to the project, and they are involved in the development and delivery of all of its activities. This includes supporting the parents to attend vital healthcare appointments, running physical activity sessions, providing stop smoking support and providing information and workshops about breastfeeding and healthy eating. The volunteers have been very successful in engaging and building up positive relationships with the 'hardest to reach' families who generally live chaotic lifestyles and do not readily engage.

The project has been running since April 2009. Over the last two years, it has exceeded its target for volunteer recruitment and now has over forty local volunteers registered, with twenty nine volunteering regularly. Since the project started, they have collectively contributed over 5,500 hours of time.

Providing the volunteers with opportunities to increase their skills and build on their knowledge is a fundamental part of the project. Supporting their personal development is as important as increasing the range of skills available within the programme. A wide range of training and development opportunities have been available over the two years, with volunteers learning about everything from basic nutrition to baby yoga. The commitment of the volunteers to take part in training is impressive: on average, each volunteer has been involved in 32 hours of training.

The project wouldn't run without the dedication and commitment of the volunteers. Healthy Valleys hold regular volunteer development meetings to ensure that the volunteers are actively involved in reviewing and developing the programme and ensure they have a volunteer recognition/thank you event every year. Over the last year, Healthy Valleys' Grassroots volunteers reached the final category of SoLVE Volunteer of the Year Awards, and the Scottish Health Awards. Their dedication has also been recognised by Scotland's Learning Partnership which presented them with certificates, for their achievements in adult learning.

As Fare Choice was going to press, Healthy Valleys heard that Health Eating and Grassroots volunteer Gillian Armstrong had won Volunteer of the Year award for South Lanarkshire and the Grassroots volunteers got runners-up for the award 'Volunteer Group of the Year'. Also, Morag Austin, who volunteers at Healthy Valleys has won an award for a course that CFHS funded for her to participate in for the Highest Achieving Student for the RSPH Diploma in Nutrition and Health for 2010.



Bitesize

What's for dinner today?

NHS Forth Valley and NHS Fife have worked together to produce a resource that supports communities to feel confident in using the ingredients already in their kitchen, before buying more. It will help people reduce food waste and save money on their shopping.

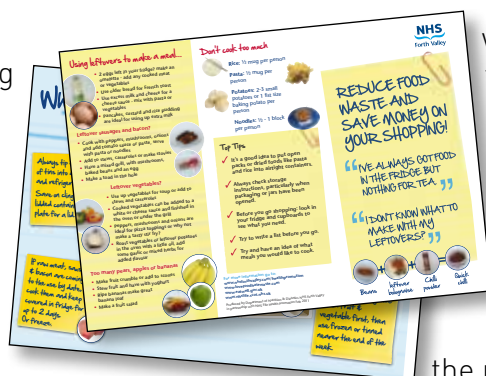
The resource is a practical, interactive, workshop based tool, with a supporting leaflet with tips and messages, on use by dates, cooking, freezing and ideas on using up leftovers.

A visual resource (a map of a fridge and photos of food items) along with supporting material which is user-friendly can be used as a workshop to generate discussion. The main objectives of the resource are to:

- Encourage individuals to use up left over foods in their fridge to make simple meals by providing non-specific 'recipes' ideas e.g. soups, omelettes.
- Consider if they need to go shopping that day or can it wait.
- Build confidence about cooking, freezing and reheating.
- Encourage individuals to purchase and consume seasonal fruit and vegetables.

For more information contact Susan Kennedy on 01786 431171 or e-mail susankennedy2@nhs.net or Lyndsay Clark on 01592 413404 or e-mail lyndsayclark@nhs.net.

Another community initiative that is supporting community members to explore food waste is Broomhouse Health Strategy Group in Edinburgh. They hosted a sessional worker to use 'Kitchen Canny' a Changeworks' project to help understand where food is wasted and offer resources to help householders to save money and reduce waste. It was well received at parenting classes and it is proposed to introduce the resource to sessions with older people. For more information **contact Lucy Aitchison on 0131 467 7678 or e-mail info@healthstrategygroup.org.uk**



Sauchie Active 8 Fruit and Vegetable Barra

Sauchie Active 8 (SA8) Community Group is a very pro-active volunteer run group providing an array of activities within the local village hall, in Sauchie Clackmannanshire. These activities include an all age youth club, ladies keep fit classes, Zumba sessions and a yearly village Gala Day.

While attending an activity a local mum asked Sandra Gruar (Chairperson SA8) if Sauchie could get a barra just like Tullibody and Coalsnaughton to use her 'Healthy Start' vouchers as she had no transport to access either of the barras.

Sandra contacted Debbie Ross Community Food Development Worker (CFDW) (Clackmannanshire Healthier Lives) to ask how they would go about setting up a barra. SA8 already had a band of hard working volunteers and wanted to recruit more. To find out if local people would actually use the barra and when, SA8 and Clackmannanshire Council Community Learning and Development Team organised a 'What's On' day in the Village hall in January 2011.

The CFDW funded soup and fruit bags provided by Tullibody Fruit Barra to give away in return for local community members completing a simple questionnaire. 47 completed the survey confirming that they would use it and suggesting the best day and time for people to access it would be while activities were taking place in the hall i.e. a toddlers group and youth club in the evening.

14 expressed an interest in helping out and were invited to attend a meeting with Sandra, the CFDW and Tullibody Healthy Living. Two women were very enthusiastic about setting up and running the barra. It was agreed that Tullibody Healthy Living and CFDW would fully support the volunteers and SA8 to provide the barra from the Sauchie Village Hall on a not for profit basis. Training on food hygiene, how to display and handle the produce and healthy eating tips were also provided.

Funding came from NHS Forth Valley's Community Food & Health Promotion grant scheme (£400) to pay for the first stock order, buy food bags, lentils and stock cubes (for the soup bags). In addition £400 came from the Healthy Futures Network, to purchase digital weighing scales and a till. Tullibody Fruit Barra supported



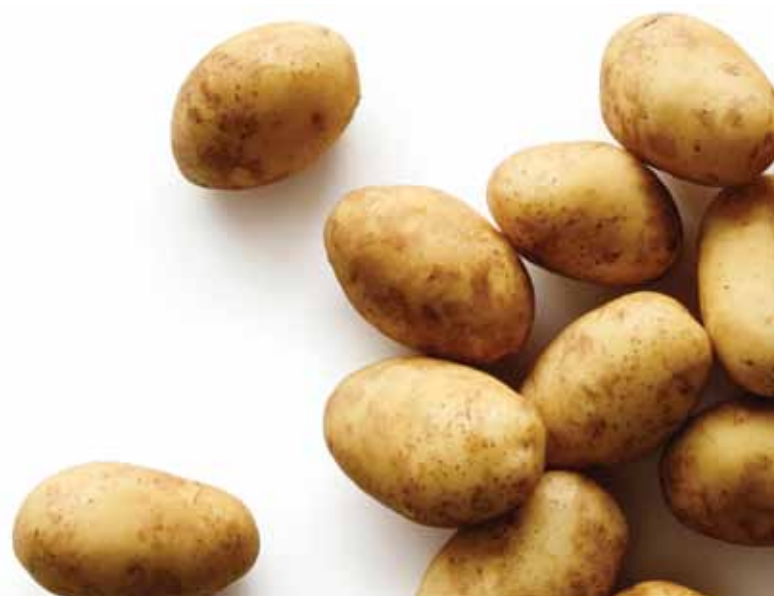
some of the workers and volunteers through sharing their experiences about what works well and not so well. The CFDW also took the volunteers to the local fruit market in Stirling to see what was in season and just how big a bag of potatoes were!!

SA8 had received funding from 'Awards for All' to open an internet café, which they decided to launch on the same day as the barra. Both were officially launched on 11 May by the local provost. Approximately 80 to 100 local people attended and sampled recipes and produce on sale through fruit and soup tasters. It was a huge success with produce selling out in less than 3 hours!!!

In time they hope to register with the 'Healthy Start' scheme and deliver to the elderly and those who are house bound in the local area.

The barra is open every Wednesday 10am - 1pm. The internet café is open Monday 12-3pm; Wednesday 11-2pm, Thursday 10-3pm, and two teen nights on Tuesday and Friday 6.30-9pm.

For more information contact Debbie Ross on 01259 724324 or e-mail deborah.ross@nhs.net



News

Healthy Living Award changes

The healthyliving award is continuing to work to ensure that the award continues to grow and be successful while working within the limitations of new EU legislation. The main change will be that award holders and those working towards the award must in the near future stop using the healthyliving award apple logo to highlight healthier items on the menu and to consumers. This change is a result of European Regulation (EC) No 1924/2006 on Nutrition and Health Claims Made on Foods. According to this regulation a health claim is defined as any claim that states, suggests or implies that a relationship exists between a food category, a food or one of its constituents and health. Using the apple logo against a menu item is seen to imply that it is healthier therefore a health claim is being made.

The overarching principles of the award will remain: to work with and reward caterers across Scotland for making it easier for consumers to eat healthily when eating out. The conditions of the award will also continue to be based on the principles of a healthy balanced diet, namely using ingredients and cooking methods which result in less fat, salt and sugary foods being served.

A working group has been set up which will determine what this means in practice for the award and a pilot is due to commence in the next few weeks. This will involve a small number of sites testing proposed changes before final changes are made to the criteria and the associated award guidance and materials.

In the meantime, award holding businesses can continue to highlight their menu using the apple logo until later this year. The award team is keeping businesses up to date with progress. **You can visit the award website for more information or to find out more about the award and award holders www.healthylivingaward.co.uk or call 0141 226 5261.**

Eatwell

Last edition we reported that the Food Standards Agency 'eatwell' website was closing. Some information is still available on the Food Standards Agency Scotland website by visiting [visit www.food.gov.uk/scotland/scotnut/eatwellplate/](http://www.food.gov.uk/scotland/scotnut/eatwellplate/).

Another source of Information on 'eatwell', is also currently available on the Scottish Governments Take Life On website. Visit [www.takelifeon.co.uk/files/SG-1151-TLO-InfoCard-Nutrition-LR\[4\]\[1\].pdf](http://www.takelifeon.co.uk/files/SG-1151-TLO-InfoCard-Nutrition-LR[4][1].pdf)

Healthy eating DVD for people with learning disabilities

The Scottish Consortium for Learning Disability (SCLD) has made a new DVD about healthy eating called 'Food for Thought' for adults with learning disabilities. People with learning disabilities and family carers talk about their experiences of healthy eating. The messages in the DVD are not all about 5 a day or giving up treats. They show people enjoying healthy eating, cooking and spending time with family and friends. They also show how eating a healthier diet could improve quality of life.

SCLD has a limited supply of DVDs available, if you would like to receive a free copy of the 'Food for Thought' DVD, please contact SCLD on 0141 418 5420 or email administrator@scl.co.uk Priority will be given to groups or agencies based in Scotland.

Changes to Healthy Start Voucher Scheme

Pregnant women and families with children under four can get Healthy Start vouchers to the value of £3.10 per week. Since 6 April, Healthy Start vouchers can be used to buy plain frozen fruit and vegetables in addition to milk, fresh fruit and vegetables and infant formula milk. The vouchers cannot be used to buy any fruit and vegetables with added fat (oil), salt, sugar or any other ingredient like oven chips or seasoned stir fries. Added ingredients will be listed on the ingredients label. **For more information about Healthy Start visit <http://www.healthystart.nhs.uk/>.**

New farmers market

A new farmers market at Gorgie City Farm has been set up to encourage visitors and the local community of Gorgie to access fresh, local, seasonal and good quality produce. The former Green MSP, Robin Harper opened the market in March

"The market will surely take its place as a well supported and extremely popular addition to the community and environmental and educational services that Gorgie City Farm provides."

The market will run every third Saturday of the month from 9.30am to 2pm.

For more information visit www.gorgiecityfarm.org.uk

Publications

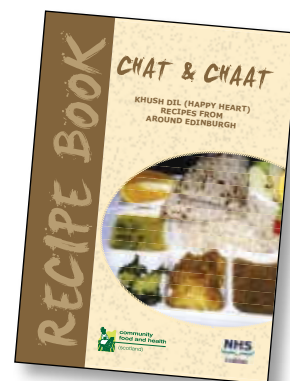
Chat and Chaat

This new resource is a healthy eating manual of South Asian recipes from groups based in and around Edinburgh.

Developed in cookery and nutrition workshops, held as part of the NHS Lothian Khush Dil Project between 2002 and 2008, the recipes are a mixture of traditional dishes and new creations that groups have worked to make healthier while keeping their unique quality intact.

The introduction to the publication describes the process of how the recipes were produced 'The energy in the room was always full of enthusiasm as women discussed the challenges of cooking with less fat, different types of fat, less sugar and salt or alternatives to sugar and salt. The chattering was often deafening above the shopping, stirring and bubbling pots'.

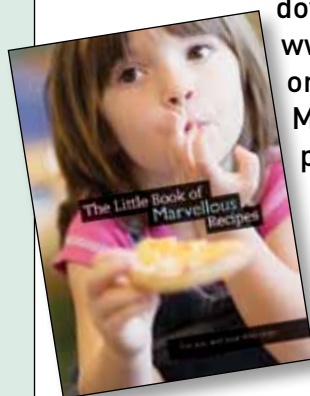
CFHS have some free copies available – contact Sue if you would like one.



The Little Book of Marvellous Recipes

This recipe book has been created in partnership with Edinburgh Community Food Initiative, NHS Lothian and The City of Edinburgh Council. The book has been developed from an early years health project called 'Food, Health and My Child' which is running across Edinburgh to target families with children aged 0-5 years living in areas of deprivation around the city of Edinburgh. ECF, is a key partner as a result of their extensive experience of working in low-income areas and delivering relevant activities. **To**

download the recipe book visit www.edinburghcommunityfood.org.uk/assets/files/documents/Marvellous%20Little%20Book.pdf



Community growing in Scotland – towards a framework for action

The Grow Your Own Working Group was established in November 2009 to take forward the actions on growing your own food which were identified in the Scottish Government's Food and Drink Policy.



- Ensure that allotments and 'grow your own' projects are strategically supported
- Produce practical advice and best practice guidance that will appeal to public bodies, communities and individuals to help them develop local 'grow your own' initiatives.

The framework for action complements, supports and underpins some of the actions identified in the report of the Grow Your Own Working Group which was presented to the Environment Minister in February 2011. **To download a copy visit www.greenspacescotland.org.uk/communitygrowingscotland/**
To download a copy of the recommendations report visit www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/own/gyorrr

Economic Evidence

Earlier this month, the Economic Evidence Working Group launched a web based briefing paper entitled 'Exploring the Use of Economic Evidence to Support the Health Improvement Contribution of the Third Sector - What is it? How useful? Where to start? How to move forward?'. This briefing paper aims to:

- increase understanding of economic evidence
- explain why its collection and methods to collate it can be useful
- highlight some of its limitations
- share the experiences of some organisations who have used economic evidence, through case studies which
- signpost organisations to a wide range of further sources of information.

The main audience for this briefing is Scotland's Third Sector health improvement organisations. The briefing builds on a programme of work that began in 2007 following the launch of the recommendations of the Ministerial Task Group on Community-Led Health.

More information and a copy of the briefing can be downloaded from: www.healthscotland.com/uploads/documents/15422-EconomicEvidenceReport.pdf



Routes to Sustainability

The second and updated version of this resource pack from the Community Health Exchange (CHEX) is now available. This resource highlights sources of advice, information, toolkits etc to help community – led health initiatives plan their long term sustainability. It contains information on business planning, monitoring and evaluation, addressing health inequalities, working with communities, influencing policy and practice, marketing, partnership working, advocating your agenda and funding.

To download a copy visit www.chex.org.uk/uploads/routes_to_sustainability__second_edition_.pdf?sess_scdc=4902a67501127808c8cafd242a69131d

Growing Up in Scotland – Findings from year 5

Growing Up in Scotland (GUS) is the longitudinal research study following the lives of thousands of Scotland's children from infancy through to adolescence. GUS provides new information that is helping develop policies and services for young children and their families. The study provides information and data about the circumstances and experiences of children involved, changes that might be happening or influencing children's outcomes. The study also provides strong argument and evidence for targeting "the right services at the right time to the right people". Dr Christine Puckering, University of Glasgow

Four new reports using data from the first five years of the study were launched at a recent GUS conference in May:

- Change in early childhood and the impact of significant events
- Parenting and child health outcomes
- Cognitive development between pre-schools and school entry
- Parental service use and informal networks in the early years

The reports can be downloaded by visiting www.crfr.ac.uk/gus/index.html

Diary

JUNE

Maternal and Infant Nutrition Conference

21 June

Beardmore Hotel Clydebank

More information contact lynn.soutar@nhs.net or call 0141 354 2957

Meals and messages – a focus on food services for older people living in the community

21 June

10.00 am – 1.00pm

Norton Park Conference Centre, Edinburgh

For more information contact Sue Rawcliffe 0141 227 6462

Co-operatives Fortnight

25 June – 9 July

National campaign to highlight the co-operative business model

More info on: www.uk.coop/yourstoshare

AUGUST

World Breastfeeding Week

1 – 7 August

This year's focus is engaging and mobilising youth intergenerational work

More info on: www.worldbreastfeedingweek.org

CFHS small grant scheme closes

7 August at 5pm

More info on: www.communityfoodandhealth.org.uk

OCTOBER

Federation of City Farms and Community Gardens national networking event

7 October

SNH HQ Battleby near Perth

More info soon on:

www.farmgarden.org.uk/farms-gardens/your-region/scotland

NOVEMBER

3 November

CFHS Annual Networking Conference 2011

Carnegie Conference Centre, Dunfermline

More details available soon

10 – 11 November

'Quality, Public Health & Scotland: Improving Standards in a Changing Climate'

Macdonald Aviemore Highland Resort

For more info e-mail publichealth@shscevents.co.uk or call 0131 275 6497.



**community
food and health**
(scotland)

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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