

April 2013

Publications



**community
food and health**
(scotland)

A feast of knowledge – a taste for learning



‘Scotland has both a remarkable legacy as well as an admirable current resource in its social enterprises, community and voluntary sector.’

Recipe for Success – Scotland’s National Food and Drink Policy,
June 2009

NHS
Health
Scotland

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A major reason Scotland's community food initiatives are held in such esteem is their understanding of the challenges they face, their enthusiasm to better understand the difference they make and their commitment to sharing knowledge and learning.

Over the years Community Food and Health (Scotland) or CFHS has accumulated an enormous amount of knowledge and learning from those tackling health inequalities and promoting social inclusion through the medium of food. This ranges from helping local initiatives share some self-evaluation or a practical resource, through to commissioning major independent feasibility studies or impact assessments.

All of these are available, alongside extensive signposting to other relevant material, at www.communityfoodandhealth.org.uk

The following is just some of the more recent knowledge and learning that has been encouraged or enabled by CFHS.

To keep up to date with future developments, make sure you are receiving Fare Choice (our free newsletter), sign up for our e-bulletin, find us on Facebook and don't forget to keep visiting the website.

On 1 April 2013 Community Food and Health (Scotland) became part of NHS Health Scotland, with its national remit to reduce health inequalities. NHS Health Scotland has a wealth of knowledge around food, health and inequalities that will be familiar to many practitioners and initiatives. A useful first port of call to access available research and resources is

www.healthscotland.com/resources/publications/publications.aspx

Publications can be downloaded from the 'Publications' section of our website (or use the website's search facility on the home page), or you can contact us for a hard copy.

Learning doesn't stand still

Our free newsletter, Fare Choice, encourages and enables individuals, groups and agencies to talk, learn and do by sharing news, views, evidence and experience on policy and practice.



Publications (most recent first)



Far Reaching Fare How community-based initiatives build reach into food policy and practice

March 2013,
ISBN: 978-1-907237-36-2
Code: FHH410

Looking at the role community food initiatives can play in building reach into policy and practice around food, this publication assesses this at a national and local level across geographical communities, drawing on examples from national food projects and two Health Board areas. It also looks at the ways in which work around food can be important in reaching communities of interest and identity and building reach to some of the most disadvantaged people in communities.



The impact of cooking courses on families A summary of a research study comparing three different approaches

March 2013
ISBN: 978-1-907237-34-8
Code: FHH412

This report summarises research carried out for CFHS in 2012. The research explored the impact of cookery courses by comparing three different approaches to teaching cookery, such as courses for parents or young people, or courses for parents and their children to learn together. The report focuses on the work of three groups: Edinburgh Community Food, the Adults and Family Learning Team within North Perth Community School and the NHS Ayrshire and Arran Community Food Work Team.



Getting the messages What is the impact of basic accredited nutrition courses on food and health work?

March 2013
ISBN: 978-1-907237-35-5
Code: FHH411

This publication shows what difference completing a short accredited nutrition course makes to the food and health work of those working with community food initiatives. The report is based on 35 survey participants, all of whom had completed a national accredited course, such as the Royal Environmental Health Institute of Scotland (REHIS) Elementary Food and Health course or the Royal Society for Public Health Diploma in Nutrition and Health.



Building blocks and baby steps How do community food initiatives make an impact on and influence maternal and infant nutrition?

March 2013
Code: FHH456

Based on a short programme of work to investigate the impact and influence of community food initiatives in relation to maternal and infant nutrition. Included is summary evidence from an online survey undertaken in late 2012 and four interviews with community food initiatives to explore aspects in more depth.



Cooking up connections **Working together to improve food and health for adults with learning disabilities**

March 2013

Shows what a handful of community food initiatives and learning disability support providers are doing to support people with learning disabilities on food and health. It also reports on views and the impact of a basic accredited nutrition course tailored for the learning disability support sector and developed by the Royal Environmental Health Institute of Scotland (REHIS) in 2012.



Micro funding for work around older people, health and wellbeing **What are we learning?**

February 2013

A report on the work undertaken by CFHS micro funding recipients with findings from a learning event held in September 2012 and our national networking conference in November 2012. It describes the range of outcomes that initiatives achieved for older people, what organisations need to be able to deliver these outcomes and the obstacles they face in becoming sustainable. There is a full list of the initiatives funded and there are snapshots of some of the work in more detail.



Strengthening food work across minority ethnic communities **A focus on maternal and infant nutrition**

February 2013

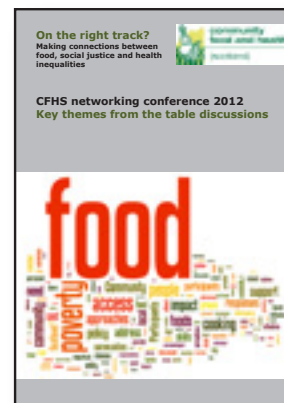
A mapping exercise carried out to provide a snapshot of voluntary and community organisations' activity in relation to maternal and infant nutrition across minority ethnic communities in Scotland.



From the ground up **A snapshot of community and voluntary contributions to improving maternal and infant nutrition in Scotland**

February 2013

This report represents a small sample of community and voluntary sector activity that supported maternal and infant nutrition at a particular point in time – spring 2012.



CFHS networking conference 2012 **Key themes from the table discussions**

January 2013

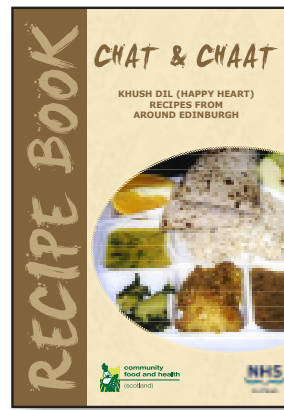
A note of key themes and points gathered from participants in response to discussions on what it is like in communities where there are signs that people are experiencing food poverty.



Shared tastes and common values Food, health, communities and co-operation in Scotland

November 2012

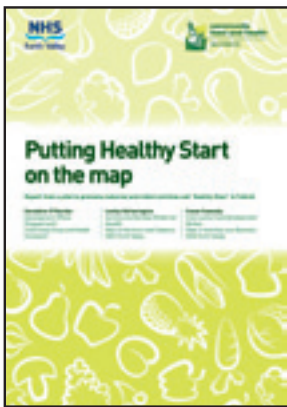
An exploration of Scotland's past, current and potential future relationship between cooperation, food and health.



Chat and Chaat (CFHS/NHS Lothian)

September 2012

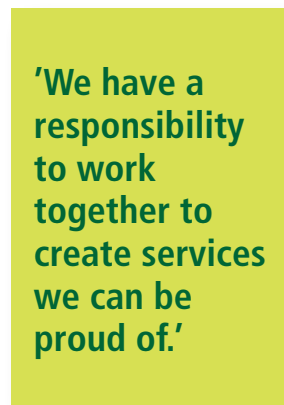
A healthy eating manual of South Asian recipes from groups based in and around Edinburgh. Developed in cookery and nutrition workshops, held as part of the NHS Lothian Khush Dil Project between 2002 and 2008, the recipes are a mixture of traditional dishes and new creations that groups have worked to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



Putting Healthy Start on the Map Report from a pilot to promote maternal and infant nutrition and 'Healthy Start' in Falkirk

November 2012

This report outlines the work, activities and outcomes of the pilot and provides detail on the pilot's progress for anyone wishing to learn from this and develop similar activities with a community focus.



Footing the bill or thinking ahead

August 2012

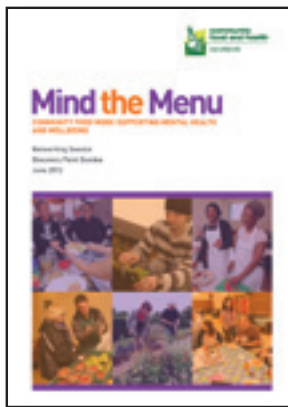
CFHS brought together a range of local and national agencies for a round table discussion on 'constructive food and health policy and practice in the face of austerity' on 31 July 2012. The discussion looked at how, in the face of reports of increasing food poverty, to develop policy and practice responses that are progressive and empowering rather than potentially fostering dependence.



What's Cooking in Scotland? Part Two How community food initiatives are finding out about the impact of cookery courses

October 2012
ISBN: 978-1-907327-30-0

Information from policies, research and community food initiatives in Scotland to find out what difference community cookery makes to people in low-income communities.



Mind the menu Community food work supporting mental health and wellbeing

August 2012

This report is from a national networking event held on 6 June 2012 at Discovery Point in Dundee for community organisations working with food around mental health and wellbeing. It includes links to the presentations, reports from workshops and information provided by participant organisations on their future support needs.



Not only ... but also Celebrating the contribution of community food initiatives towards developing local outcomes

May 2012

Following on from a previous study looking at the impact of community food initiatives on national outcomes, the experience of a number of local projects in the design and delivery of local outcomes has been compiled on behalf of CFHS by the Scottish Community Development Centre. This publication illustrates and analyses community engagement with local outcomes.



What's cooking in Scotland? Part One

May 2012
ISBN: 978-1-907237-23-2

Based on the experiences of community groups and agencies throughout Scotland, this publication shows how they have addressed some of the issues that groups have concerns about when planning to set up and deliver cookery sessions.



Adding to the mix Community food initiatives and the private sector working in partnership

May 2012

This publication includes the experiences of 10 community food initiatives. It looks at how and why they are working in partnership with the private sector, explores the benefits that working in this way can bring and discusses the challenges that they have encountered.



The Vital Ingredient The importance of volunteering for community food initiatives and their volunteers

May 2012

With examples of volunteering in community food and health work, this publication demonstrates the value of volunteering for the volunteers and the community food initiatives.



Retail in Rural Regions Final Report – Scotland

(CFHS, Community Retailing Network, Consumer Focus Scotland, European Regional Development Fund, Northern Periphery Programme)

January 2012

The final report, produced from a Scottish perspective, on the northern European transnational study into rural retailing.

Local food microfunding report

June 2013

A report on the activities of community food initiatives that were awarded CFHS micro-funding to increase their use of locally grown produce.

Impact of 'winter promotion' funding, 2013

June 2013

'[the winter promotion funding] is one of the most successful promotional activities we run and the timing helps boost co-op impact in a difficult time of year.'

A summary of the feedback from community food retailers funded by CFHS to run promotional activities in winter 2013.

Combining ingredients for a Healthy Start

March 2013

This factsheet provides a snapshot of how some community food initiatives are supporting women, parents and children to access the Healthy Start scheme.

Feedback – the value of CFHS January Promotion funding for community food retailers

September 2012

'... [taster sessions] can be time consuming, but think they are worthwhile – it helps build up better relationships with customers and participants.'

A summary of the feedback obtained from 12 of the 15 community food retailers funded by CFHS to run promotional activities in January and February 2012.

Considering economic evidence? Here is some more food for thought

September 2012

'We looked at four of our services at the same time, though it was a lot of work, it really helped highlight differences between them. One service in particular came out with a much higher return on investment than the others and we were able to identify areas where we could make improvements.'

This factsheet builds on previous work with NHS Health Scotland, CHEX, and Voluntary Health Scotland in exploring the use of economic evidence in the third sector.

Evaluation – CFHS summer promotion funding for community food retailers, 2011

January 2012

'Due to summer events being so popular, we have now advertised our services to other community groups if they would like us to attend local events.'

A summary of feedback from organisations awarded funding from CFHS through a funding scheme run in summer 2011.

Studies/evaluations

The impact of community cookery skills on families – a comparison between three different approaches

Consilium Research and Consultancy

January 2013

‘It’s interesting to learn from other parents and listen to what healthy food they like to cook for their children.’

In October 2012 Consilium Research and Consultancy Limited was commissioned by CFHS to explore the impact of different approaches to delivering community cookery skills activities on families. The research aims to identify and analyse the sustainable outcomes for families engaging in three approaches to delivering cooking courses.

From local to national and back again. Learning exchanges between community and voluntary sector health organisations and Scottish Government civil servants

The Scottish Government

November 2012

‘Interesting and useful experience from the perspective of hearing at first hand the challenges of the organisation and how national and local government can have both a positive and negative impact on the role they play in achieving national objectives.’

Three health intermediaries, CFHS, VHS and CHEX, in collaboration with the Scottish Government Third Sector Unit created opportunities for structured dialogue between community-led health organisations and Scottish Government officials.

Development of a produce supply chain between community growers, caterers and retailers in Edinburgh

October 2011

‘If it was supplied at reasonable prices and quality locally, we would buy from them (community growers).’

CFHS commissioned Blake Stevenson to carry out this research into the feasibility of establishing a produce supply chain between community growers, caterers and retailers in Edinburgh.

In the coming years it will be more important than ever that initiatives are informed by the best available evidence, and much of that evidence and practical experience rests within communities themselves.

To keep up with, and contribute to, all the knowledge generated and learning shared by Scotland’s communities:

- regularly visit **www.communityfoodandhealth.org.uk**
- join in learning events and share your experience
- subscribe to Fare Choice, our free quarterly newsletter
- sign up for our e-bulletin
- find us on Facebook
- (and most importantly) keep in touch and keep informed.

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