



What's cooking in Scotland?

Part One

How Scotland's community food initiatives are addressing the challenges of setting up cookery courses within low-income communities



community
food and health

(scotland)





About CFHS

Community Food and Health (Scotland) or CFHS aims to ensure that everyone in Scotland has the opportunity, ability and confidence to access a healthy and acceptable diet for themselves, their families and their communities. We do this by supporting work with and within low-income communities that addresses health inequalities and barriers to healthy and affordable food.

Barriers 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 also getting to the shops

Skills – improving confidence and skills in cooking and shopping

Culture – overcoming ingrained habits

Through our work we aim to support communities to:

- Identify barriers to a healthy balanced diet
- Develop local responses to addressing these barriers, and
- Highlight where actions at other levels, or in other sectors are required.

We value the experience, understanding, skills and knowledge within Scotland's community food initiatives and their unique contribution to developing and delivering policy and practice at all levels.



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Who is this for and what is it about?

This publication is for anyone who works within low-income communities and is planning to develop cookery activities to develop the skills, knowledge, and confidence of those they work with.

It will be useful for any group or agency, from a drop-in club thinking about using cookery as an enjoyable educational activity, to those thinking of setting up a community kitchen.

It is based on the experiences of community groups and agencies throughout Scotland, including those with experience of delivering cookery courses for many years and shows how they have addressed some of the issues that groups have concerns about when planning to set up and deliver cookery sessions.

It looks at the different approaches that groups and agencies have taken when developing cookery courses and gives some of the reasons why they choose to do things differently.

The case studies highlight the range of different groups that community food initiatives work with and their different aims.

The Resources section provides information about resources available online and elsewhere, such as training, healthy eating information, recipes, and guides to setting up and running community cookery. There are also checklists on food safety and health and safety issues.

We have not focused on information about the impact of cookery courses or how groups can evaluate this. This information will be available in 'What's cooking in Scotland? Part Two'.

“It has been so satisfying to witness the changes in some of the people who come to the kitchen. This can range from improvements in confidence, skills, behaviour, interaction with others, knowledge .. to name but a few.”

Staff member



Where our information came from

We gathered information for this publication from five main sources:

1. From analysing the application and evaluation forms of 24 CFHS 2010 annual small grant scheme recipients that reported back throughout 2011. This gave us information about where cookery courses were taking place, who with, costs, how the work was carried out, who helped and what impact it had.
2. We conducted an online survey in early 2011, to which 50 groups responded. Nearly all of these groups delivered regular cookery sessions, including 33 groups delivering cookery sessions most weeks of the year. This provided us with information about where courses have taken place, who with, how the cookery courses are delivered, what evaluation methods are used, and what impact the courses had on participants
3. CFHS fact sheet, 'Healthy eating and beyond – the impact of cookery sessions' (February 2011) is based on a roundtable discussion about cookery skills and attended by 21 participants. Most had taken part in the survey and had been involved in managing or delivering community cookery for several years.
4. In-depth face-to-face or telephone semi-structured interviews with six groups managing or delivering cookery sessions. These focused on how they address health and safety issues, what kitchen facilities they use, and teaching approaches.
5. Graham Walker, Director of Training for the Royal Environmental Health Institute of Scotland (REHIS), provided information on, and approval for, the sections and appendices on health and safety and food safety.

Why set up community cookery courses?

The **Scottish Diet Action Plan (1996)** highlighted that one of the barriers to a healthy diet was the skills, knowledge and confidence to shop for, and prepare, healthy meals. More recently, the **Preventing Obesity Route Map (2010)** and **Action Plan (2011)** emphasised the need for everyone to have access to opportunities to develop cookery to help prevent and address obesity. **Improving Maternal and Infant Nutrition: A framework for action (2011)** highlighted the need to promote healthy weaning and healthy eating for families. Recipe for Success, the National Food and Drink Policy for Scotland (2009) called for a stronger food and health sector. Finally national outcomes within the **National Performance Framework** include 'tackling health inequalities' and 'living longer, healthier lives'.

Many groups within the community and voluntary sector use cookery to achieve outcomes including and beyond promoting the take-up of a healthy balanced diet. Some organisations, such as those working with people who have experienced homelessness, people with mental health support needs, and many others use cookery as a social tool – to prepare a shared meal or for people to learn to work in groups. Others use cookery to teach other skills, including parenting, literacy and numeracy, food budgeting, reducing food waste, and weight management. Some groups run cookery sessions as an educational and popular activity, such as youth clubs and nurseries. Many groups also find that cookery activities are an easy way to help engage with individuals and build trust.

CASE STUDY 1

Using cookery to promote home and fire safety: Gorbals Healthy Living Network and Strathclyde Fire and Rescue

Gorbals Healthy Living Network (GHLN) in south east Glasgow was set up in 2001 and is managed by volunteers. It has delivered cookery courses since 2005 and in 2008 it began working in partnership with Strathclyde Fire and Rescue to deliver around 20 'Cook Safe' interactive demonstrations and cookery courses a year.

What it does and why it does it

Cook Safe was set up in response to an increase in house fires in the area, many caused by grill or chip pan fires. Strathclyde Fire and Rescue wanted to engage more with the local community on kitchen fire safety issues and GHLN was able to reach a wide range of people in the area. Delivering cookery sessions with an emphasis on healthy eating and fire safety aimed to reduce the use of chip pans in the area.

The cookery courses are delivered for two and half hours each week over four to six weeks. Many of the participants are referred by agencies, but the courses are also open to other people in the community. A community chef facilitates the sessions. Around six to eight people take part each week.

The courses are held in a range of venues in the area to make it easier for participants to attend. Some of the venues have small kitchens so the courses are run in nearby rooms using portable gas stoves, which are arranged so that the whole group is working around one large table. This helps the community chef to see easily if anyone needs any help or is struggling with a task.

The participants work in pairs to prepare a family meal to take home with them each week. Each family meal costs around £5 so that the meals are affordable as well as healthy. The participants get involved in choosing what they will learn to cook. Healthy eating messages are delivered by discussing the health benefits of recipes whilst these are being prepared.

During one of the sessions, a Station Commander attends and talks to the group about home fire safety and encourages individuals to be visited at home by a fire safety officer to conduct a home safety check. By working in partnership with GHLN, Strathclyde Fire and Rescue has been able to conduct home safety checks with more people in the area who are considered vulnerable and in need of help with fire prevention, such as those with drug or alcohol issues who are generally harder to reach for the Fire and Rescue service.

Strathclyde Fire and Rescue Service is currently finalising plans on how to deliver the Cook Safe programme after March 2012.

CASE STUDY 2

Using cookery to reach and engage: West of Scotland Regional Equality Council

West of Scotland Regional Equality Council (WSREC) is a voluntary organisation that aims to promote good community relations between all residents in the West of Scotland. Its activities include advocacy, policy and community development.

What it did and why it did it

In 2010, WSREC received a small grant from CFHS to deliver cookery courses for Polish women. It organised two sets of eight-week cookery courses and received further funding from Glasgow City Council to help engage with Polish women who lacked confidence with their English skills and lived in areas of Glasgow where there were fewer Polish residents. Many of the 19 women who attended the classes relied on buying food solely in Polish shops because they did not have the confidence to shop elsewhere; this limited the range of fresh and affordable foods that they could buy. The aim of the cookery classes was to develop cookery skills using the wide range of ingredients available in Glasgow, discuss where these could be bought, and show how these could be used to prepare a range of dishes, including Italian and Thai dishes as well as Scottish and Polish.

The classes were taught using English with the assistance of a bilingual support officer. The women received two versions of each recipe: one in Polish and one in English, so that they had a chance to develop their English vocabulary relating to food, and by the end of the course the women were more confident speaking to the chef in English.

They took the food they had prepared home with them to share with their families and the positive feedback they received helped develop their confidence.

Whilst undertaking this work WSREC found that some of the women attending the course were grandmothers who took care of their grandchildren whilst the children's parents were at work. It found that these women were more socially isolated. Bringing these women together provided an opportunity for them to meet other women with similar responsibilities, to have a break from caring for children, and meet new people outside their families.

These cookery courses also helped WSREC to engage with more Polish women and it will use the links it has made in the local area to develop further work with this community.



What is going on in Scotland?

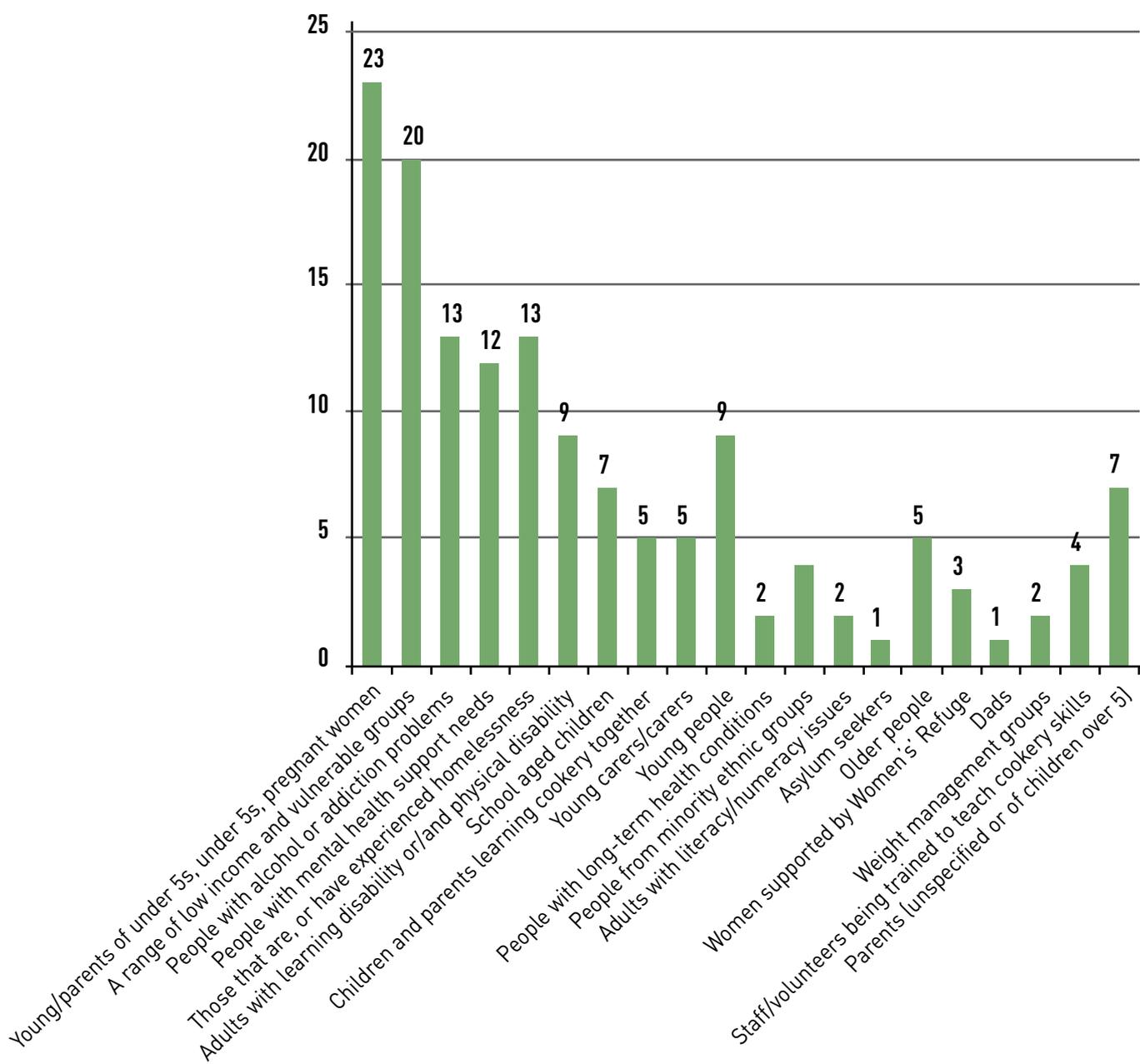
Over the last 15 months we have gathered information about community cookery in Scotland from around 70 groups and agencies, including some working with more than one group. They have all delivered, or continue to deliver, community cookery courses within low-income communities.

We received information from groups from all over Scotland, with the exception of Orkney

and Shetland. Many work with particularly vulnerable groups, such as people who are experiencing homelessness or young parents.

The chart below shows the wide range of groups involved in community cookery courses within our sample.

Who attends cookery sessions? (information from 72 groups)



Models of community cookery

The information we gathered from reports, the survey, and from speaking with groups, shows that community cookery falls into three main models:

1. Community groups and agencies delivering cookery sessions or courses within their own group(s) or community, either by facilitating sessions themselves or by getting help. For example, youth clubs, family support agencies and community centres. Some may use these to prepare a shared meal or deliver activities on a one-to-one basis. Many of the small grant recipients came under this model.
2. Community food initiatives, Healthy Living Centres, community food workers, or agencies delivering cookery courses to a range of groups, free of charge or for a negotiated or nominal not-for-profit fee. These are either delivered within their premises or out in the community. All six groups we conducted interviews with used this model.
3. Community kitchens available to hire with or without tutors. Two of the six groups we conducted interviews with used this model.

The **Royal Environmental Health Institute for Scotland (REHIS)** is the awarding body for a range of courses including the Elementary Food and Health course. This six-hour course provides a basic background in nutrition and is available across Scotland. It has been available since 2006 and has recently awarded its 10,000th certificate.

CASE STUDY 3

Model 1: Biggar Youth Project

Biggar Youth Project in Lanarkshire is a voluntary organisation that works closely with its local secondary school.

What it does and how it does it

Biggar Youth Project received funding from CFHS in 2010 to develop hands-on cookery courses and nutrition training for the young people that attend the club. Some young people's parents and carers also took part.

The project has delivered three courses – each of these was split into two parts. During the first part the participants completed the REHIS (see box) Elementary Food and Health course. The second part focused on three practical cookery sessions that took place in the school's home economics room. The young people enjoyed the courses and particularly enjoyed the practical sessions.

Since then the project has started delivering cookery sessions at the weekly evening drop-in session. It has a kitchen that has enough space for a small group to prepare food; this opens out onto the rest of the project's space so other young people can see what is going on in the kitchen and get involved. Around six young people take part in preparing a shared meal for the rest of the group. A post graduate nutrition student has been employed to deliver these sessions. Information about healthy eating takes place as part of informal discussion whilst the group are preparing food. The young people are aware that the student has completed a recognised nutrition course and enjoy asking a range of questions and are interested in what she has to say.

These cookery sessions were initially planned to run for six weeks, but will continue for as long as the project can continue to fund these. The cookery sessions and healthy eating messages have become integral to the activities of the project.

Models 2 and 3: Fife Community Food Workers - 'Cookwell: Livewell' project and Leven Community Kitchen

A team of community food workers (CFWs) managed by NHS Fife and Fife Council have been in post since 2006. They deliver health promoting food activities in low-income communities in the area. One of the team's main outcomes is to develop practical skills and knowledge around food and this is done primarily through running practical cookery sessions. These take place in community venues and, since 2010, more frequently in the project's community kitchen in Leven town centre.

What they do and why they do it

Community organisations have to formally apply to have a cookery course delivered to their group. The CFW meets with the group's workers or volunteers to find out their expectations and participants' needs and writes a brief project proposal based on this information. Priority is given to groups working with people from the lowest 20% SIMD¹ index. Cookery sessions usually take around two hours and are run once a week for several weeks. Occasionally, on request, CFWs might deliver a one-off cookery session. The project has found that these are useful for engaging with groups or participants not yet ready to undertake a full course.

The aim is to assist participants to develop their healthy cookery skills and promote healthy eating messages. Some groups might take part in activities such as discussing and learning about the 'eatwell plate'. Others might be less receptive to learning about nutrition in any formal way, but are happy to learn to prepare recipes that contain fruit and vegetables or are low in fat, salt, or sugar. An additional aim of the project is to promote the social aspects of cooking and eating. The groups usually prepare a meal to share at the end of the session and there is usually enough food left to take home to share with families. Participants are provided with clean containers with labels added with a use-by date and heating instructions to reiterate the food safety messages that have been given throughout the course.

Delivery of Cookwell: Livewell in the community

The project delivers some cookery courses in the community using a range of venues, including schools, community centres and church halls. The team have found that some local church halls are ideal as these have had catering facilities installed to provide refreshments for church congregations. These meet Environmental Health standards for a catering kitchen and include facilities such as separate hand washing facilities. The team also uses portable electric ovens and stoves if venues lack facilities. However, the team now encourages groups to travel to Leven so that cookery sessions can take place in the community kitchen.

The community kitchen in Leven was set up in 2010 because some of the low-income areas in Fife lacked suitable kitchens and the project had identified that a bespoke training kitchen would improve the efficiency of its work. The kitchen is based within Adam Smith College in Leven town centre. The team has found that the advantages of the community kitchen are:

- An accessible facility in the town centre.
- A facility managed on a day-to-day basis by the college. This includes dealing with bookings, maintenance, cleaning and security.

¹ The Scottish Index of Multiple Deprivation identifies small area concentrations of multiple deprivation across all of Scotland in a consistent way. More information is available from www.scotland.gov.uk/Topics/Statistics/SIMD

- Adequate space within the kitchen for group work – up to 16 people can work at six workstations.
- Domestic type kitchen facilities – the kitchen aims to reflect the types of facilities participants will be familiar with.
- A separate hand-washing sink within the kitchen.
- Space to eat a shared meal.
- Storage facilities, equipment and store cupboard ingredients – reducing the need for CFWs to transport items.
- An interactive smartboard – used for accessing various interactive websites to reinforce healthy eating messages.

The kitchen is mainly used by Fife CFWs and partner agencies but is available to other groups. The kitchen has enhanced some of the college's programmes, as it is used to deliver a range of courses for adults. Courses can either be delivered by the CFWs or some groups facilitate their own courses. Those hiring the kitchen must agree to terms and conditions and are expected to follow a kitchen guidance manual. This provides instructions on how to use the facility and health and safety and food hygiene recommendations. Facilitators are encouraged to hold a suitable food hygiene certificate. Potential cookery facilitators can also choose to attend a Train the Trainers course over three days. This includes completing the REHIS accredited Elementary Food Hygiene and Elementary Food and Health courses over two days to give them a background in both nutrition and food safety. It also includes a one-day practical session that takes potential trainers through the process of planning and teaching practical cookery sessions.

A recently commissioned evaluation report showed some very positive feedback from participants that have used the kitchen since 2010. For example, half the respondents to a postal survey reported that they consumed fewer take-aways and ready meals since attending a course at the kitchen.

Costs and funding

Courses in the community can be offered free of charge to groups that are working within low-income communities. However, groups are also encouraged to contribute towards the costs if possible, which might include providing suitable kitchen facilities, and they are expected to address any barriers to participants being able to attend, such as providing crèche facilities or additional supervision.

The **community kitchen** cost around £20,000 to install and a further £11,000 for additional equipment. The project aims to offer 75% of its cookery courses free of charge to groups from low-income communities and to have 25% of its use as income generation, by charging a fee to other groups or businesses to hire the kitchen facility. The team allow around £15 for a group of six people for food costs.

Overcoming challenges

Generating funding for the community kitchen remains an issue. The evaluation report showed that although the kitchen has been very effective at reaching low-income groups, it has not managed to reach enough businesses or groups to meet its aim to charge fees to 25% of groups hiring the kitchen. It also showed that although the kitchen provides a suitable cookery training facility in Fife, it is mainly used by groups based in Leven and other local villages and used less by groups from outside these areas. The Food and Health Strategy Group that commissioned the evaluation research will consider how to address these issues. It might consider setting up another community kitchen in another area of Fife. It is also considering running a series of 'Master classes' and using local suppliers to run workshops on fish, meat, bakery, etc for which a charge would be levied to help generate income.

Getting started

Costs and funding

The costs of setting up and running cookery sessions depends on the ambitions of the group and what resources and facilities are available.

CFHS small grant applications and evaluation reports provide information about costs from 24 grant recipients. Overall, grant recipients spent between around £2.06 and £30.79 per person for each cookery session. However, this does not reflect the true cost, as the CFHS small grant scheme is used mainly to contribute towards the costs of running cookery courses. Most grant recipients also used core funding to cover management, administration and venue costs. Some also received advice or help in kind from partner agencies.

Food costs for a cookery course varied between around £1 and £5 for each person for each session. Some of these costs reflect that some cookery courses might result in providing participants with some new foods/snacks to try, whereas others aim to provide a full family-sized meal for participants to go home with. Other groups might also provide additional 'tasters' or refreshments for participants to try as part of the course.

Some of the existing manuals and guides include lists of kitchen equipment required for cookery courses. Here are some of the basic costs you might want to consider:

Some one-off or infrequent costs

- Kitchen equipment
- Kitchen installation
- Pots and pans, etc
- Teaching resources (such as recipes, games and, eatwell mat)
- Volunteer/staff training
- Aprons, tea towels, oven gloves etc
- Plates, cutlery etc

Some regular costs

- Management/administration
- Tutor/staffing
- Transport
- Volunteer expenses
- Venue hire or costs
- Crèche
- Food and refreshments
- Certificates for participants
- Ingredients/equipment for participants to take home
- Cleaning materials
- Insurance (public liability, employer liability, car/van insurance)

Some community food initiatives consider **charging for cookery courses**. Only two grant recipients asked for a small (£2 to £2.50) contribution from participants and neither of these indicated that it deterred or excluded people from attending. However, some groups might be concerned that it could deter participants, particularly those on very low incomes or those that they are having difficulties engaging with.

Some community food initiatives that deliver cookery courses for community groups encourage or expect these groups to contribute to costs, e.g. either by charging a nominal or negotiated fee or asking groups to provide some ingredients, or help in kind, such as providing staffing or volunteer support, a venue or kitchen facilities.

“[cookery has] broken down barriers between staff and service users. They are all on the same level, having fun.”

Staff member

CASE STUDY 5

Addressing money issues - asking for contributions from participants: LINKES

LINKES is a small local charity set up by local residents in Glasgow in 2002. It operates from renovated facilities on the ground floor of two multi-storey flats. LINKES provides activities for the local community including: English as a Second Language classes, youth clubs, a young parents' group, a women's group and a senior citizens' lunch club.

What it did and why it did it

In 2010 it received a small grant from CFHS to develop food and health activities for those using the flat. One of these activities included developing a senior citizens' lunch club with a difference.

The lunch club had been receiving its meals from a local meal service for around seven years, but had been unable to address concerns about the quality, variety and temperature of the food. It used the grant funding to bring in a local catering company to provide its ingredients and help the members plan and prepare the meals for themselves.

This transition process took around five months. Ten of the lunch club members took part in three cookery training sessions with the catering company and four of these have also completed a food hygiene course. Each week the company provided the club with a cookery 'kit' containing ingredients, some equipment and instructions so that members could make their own lunch. One member was responsible for liaising with the caterer and up to five other members helped prepare the meal. Others took responsibility for cleaning up afterwards. Over the weeks, the cookery 'kit' tasks got more involved so that by the time the catering support finished, the club members were able to make a three-course meal independently.

The club members have been very satisfied with the results and have learnt new skills around preparing a meal for a large group. The catering company is still currently providing support on a consultation basis, providing menu planning assistance and some one-to-one lessons.

Each member pays £2.50 for a three course lunch. As the club is hosted in the community flat, the club has no other outgoings, and this fee is enough to sustain the club. LINKES is currently considering using what it has learnt from this experience to develop intergenerational work.



Addressing money issues - asking for contributions from groups: North Glasgow Community Food Initiative

North Glasgow Community Food Initiative (NGCFI) was set up by Glasgow University students in 2001 in order to assist people living in the area, and refugees and asylum seekers recently moving in, to come together to improve access to affordable fresh produce. The new residents wanted to be able to buy fresh produce that they were more familiar with and local residents wanted to improve the poor access to fresh fruit and vegetables. The project began by setting up volunteer-run fruit barras and has since expanded to deliver a range of food activities, including community gardening and cookery courses.

What it does and how it does it

Most of the cookery courses are delivered in the community to existing local groups. Groups and agencies apply to have a course delivered for them by one of NGCFI's six sessional workers. NGCFI delivers cookery courses to a wide range of organisations in the area, including youth clubs, young parents' groups, and agencies working with people experiencing homelessness. A cookery course usually consists of two hour sessions every week for six weeks.

NGCFI's Development Officer discusses the needs and expectations of each group and visits the group to assess whether the premises are suitable for delivering a course. Reasonable access to two sinks and adequate tables to use for portable stoves are the minimum requirement. The development officer carries out a formal risk assessment for each course and premises.

Using portable gas stoves means that the initiative can manage to deliver a cookery course for a group that does not have access to a cooker or oven, although this limits the range of recipes that the group can learn. If the group has more than eight participants, two sessional workers facilitate. Some groups might require additional support from within the group or volunteers from NGCFI assist with groups that require more help with cookery or to help supervise.

Each sessional worker tailors the course to the group, finding out what types of recipes the participants would like to try. The sessional worker uses the initiative's range of recipes. Healthy eating messages are always tailored to the group. For example, the initiative has found that young parents might be more receptive to healthy eating messages aimed at their children, whereas young people in some of the youth clubs might 'glaze over' if there is too much formal information about healthy eating. Popular recipes include pasta dishes, soups, and carrot cake.

Each six-week course begins the practical activities with basic instructions on food hygiene and knife safety and preparing some basic recipes. Many of the groups start with making a couple of different types of soup. Young parents' groups might start with learning how to prepare healthy breakfasts such as porridge, wholemeal toast and eggs, to help demonstrate the importance of a healthy breakfast.

The worker limits the amount of demonstration time during the sessions, having found that some groups are more receptive to learning whilst taking part in hands-on cooking and receiving support when required. The group prepares a range of three or four themed dishes so that they can each try a range of dishes at the end of each session. Other people linked to the cookery group, such as those attending a youth club might also come and taste the food. All the food is consumed; there is rarely any left for participants to take home.

The courses aim to promote affordable healthy eating and include tips about shopping on a budget. Some groups of young parents have reported that after taking part in the cookery sessions they have become less dependent on ready meals and take-aways and have reduced their weekly shopping bill.

Costs

NGCFI aims to provide a range of groups with access to courses free of charge if funding is available, although groups might also be encouraged to contribute to costs if they can. If funding is not available, NGCFI has calculated fees in order to help recover some, or all, of the costs. A two hour, six-week course for eight participants costs £936 or £156 per session for each group. This includes costs for one sessional worker, food, transport, administration and management. This does not include venue costs or any other costs such as crèche facilities, as the group are expected to provide these themselves.

Where to do it

Kitchen facilities

Community food initiatives reported using a wide range of facilities to deliver cookery, from using portable stoves in a staff room with a sink and community centre kitchens, to school home economics classrooms and bespoke community training kitchens.



Health and safety and food safety must be considered wherever community cookery takes place. More information about these issues is available in the Health and Safety section and in Appendices One and Two.

Each type of kitchen facility has advantages and disadvantages and issues that need to be considered:

Community kitchen

Possible advantages - Equipment available. More kitchen space - set up for community cookery.

Possible disadvantages - Setting up and running costs. Some might charge hire costs. Participants need to travel to it.

Other venues (with kitchen)

Possible advantages - Might have suitable facilities. Participants might not have to travel very far. Might be able to supplement kitchen equipment with portable stoves.

Possible disadvantages - Hire costs. Might not have adequate equipment. Might not have storage facilities for between sessions.

Other venues (unsuitable kitchen)

Possible advantages - Might be local to participants. Might be able to use portable stoves.

Possible disadvantages - Hire costs. Will need to transport equipment. Will limit range of cookery.

Own venue

Possible advantages - Might be able to use portable stoves. Participants will be familiar with venue. No hire costs. Will not need to transport equipment.

Possible disadvantages - Might lack facilities.

Where to run cookery courses: NHS Grampian **Confidence to Cook** programme and community kitchens

Confidence to Cook (C2Cook) was set up in 2004 by NHS Grampian and Aberdeen City Council. C2Cook aims to promote healthy eating messages through practical hands-on cookery, particularly in low-income communities with vulnerable groups. The brand C2Cook was developed for the first community kitchen in 2004 at Summerhill Education Centre in Aberdeen. This kitchen closed in 2011 when the centre was sold by the council. Two further community kitchens have since been set up with the assistance of Aberdeenshire Council and other agencies and funders; in Huntly in 2007, and in Inverurie in 2012. The Huntly kitchen is used to teach cookery skills to around 80 to 90 participants each month. Occasionally, C2Cook delivers cookery courses within the community, but mostly it encourages groups to use one of the community kitchens.

What it does and how it does it

The C2Cook kitchens can be hired by any community group, school, or agency to deliver cookery sessions. They are available for groups of between four and ten participants, plus one facilitator. All groups must agree to terms and conditions for the use of the kitchen and must hold an up-to-date, recognised food hygiene certificate. They can also choose to have the sessions delivered by one of the C2Cook facilitators. Those planning to facilitate their own cookery sessions must also complete the C2Cook's own two-day Train the Trainers course. This provides training in teaching techniques, nutrition messages, food-budgeting and cooking skills. Nationally accredited training in nutrition or food hygiene is also available. NHS Grampian staff offer and can deliver the REHIS courses in Elementary Food and Health and the new REHIS Elementary Food and Health course for carers of adults with a learning disability. Staff can also arrange to deliver the Elementary Food Hygiene Course.

The programme has its own 'C2Cook pack' available for participants to choose recipes from. It has a comprehensive range of recipes. All emphasise healthy eating on a budget. It also has a range of activities and quizzes to help facilitators deliver healthy eating messages and activities around food issues. Each course is tailored to the needs of the group.

The community kitchen in Huntly

This community kitchen is based within the Linden Centre in Huntly. The Centre provides day, evening and weekend opening hours, administration and cleaning support for the community kitchen, and crèche facilities can be pre-arranged. The kitchen has three workstations, consisting of an oven, hob, sink and work space and one height-adjustable workstation suitable for wheelchair users or small children. It also has a sink for hand washing, lockable storage for knives, a dishwasher and a washing machine. There is also a large kitchen table and chairs so that groups can enjoy a shared meal.

Garioch community kitchen in Inverurie

This community kitchen is based in a community hall. It has similar facilities to the Huntly kitchen. Unlike the Huntly kitchen, it is not based within a community centre with the extended opening hours and support that this provides; it is currently managed by the development officer who also facilitates many of the cookery courses.

Costs and funding

The Huntly kitchen cost around £26,000 and the Inverurie kitchen cost around £56,000 to set up, including buying and installing the kitchen and equipment. The Inverurie kitchen required extensive building work.

Groups are charged a nominal £15 per session to hire the Huntly kitchen and £25 to hire the Garioch kitchen, although in exceptional situations this might be waived. The hire costs include the use of a large range of store cupboard items, such as flour, oil, stock, herbs and spices. Each group is required to bring perishable items for cookery. If they require one of the C2Cook facilitators this costs an extra £10 per session in Huntly and £50 in Inverurie. In the past the project has helped generate income for the kitchens by charging higher rates to some organisations and businesses and will consider doing this in the future.

The Garioch kitchen has been set up with lower levels of funding compared with the Huntly kitchen, and the project is currently setting up the Garioch kitchen as an unincorporated voluntary organisation in order to attract funding and become self-sustaining.

Funding, donations and staffing costs for both of the kitchens have come from a range of organisations, including the Fairer Scotland Fund, Garioch Community Planning group, Aberdeenshire Childcare Partnership group, Grampian Opportunities and the Health Improvement Fund.

Overcoming challenges

One of the benefits of being of being experienced in setting up three community kitchens has been the ability to improve the facilities for each new kitchen. The newer kitchens are more open-plan compared to the original Summerhill kitchen, enabling the facilitator to see how participants are getting on with tasks.

C2Cook emphasises the social side of cookery and eating, so most of the sessions will finish

with the group setting the table and eating a shared meal and taking home any leftover food. However, it has found that this is not always appropriate, depending on the time of day that a session is running. It might result in participants eating an extra meal that day.

Some groups attending morning sessions arrive without eating breakfast, so the facilitator suggests making something to eat before starting the session, such as a scone or a fruit muffin. Fruit is usually available for participants during sessions.



Who facilitates the cookery courses?

Most of the groups that delivered cookery courses regularly were supported by, or worked within, groups such as community food initiatives and healthy living networks or agencies such as the NHS. Their skills and experience included backgrounds in health promotion or health improvement, community development, catering and nutrition. Some worked within, or had completed one of, the small selection of Train the Trainers cookery course projects that are available in Scotland.

Train the Trainers courses are ideal for those planning to deliver cookery courses; they aim to develop skills including basic nutrition, facilitation and teaching skills, cookery and food safety (there is more information about these in the Resources section at the back of the publication). Some groups also took part in, or offered their staff or volunteers access to the REHIS Elementary Food and Health course. This course is sometimes included as part of the Train the Trainers courses. Most groups encouraged staff, volunteers, and sometimes participants, to complete a food hygiene certificate.

Some groups, including many of the CFHS small grant recipients, delivered more ad-hoc, one-off courses and some delivered these themselves. Nearly all delivered cookery sessions as part of, or to complement, their core or other activities.

Groups like these are ideal for ensuring that cookery courses are within the reach of a wide range of low-income or vulnerable communities. Most, including those that delivered the cookery courses themselves, sought the help of other organisations and agencies. This helped ensure that they promoted consistent healthy eating messages. They received help from or hired: home economics teachers, community dietitians, health improvement staff, college staff, and community food workers employed by local authorities or NHS. Some used recipe books produced by community food initiatives that promote healthy eating on a budget. A few groups also hired the help of chefs, including community chefs. Community chefs are often self-employed chefs that have chosen to focus some or all of their work on promoting skills around health eating or community cookery. However, groups should be aware that not all chefs have knowledge of nutrition.

Some small grant recipients encouraged the groups they worked with to lead or get involved in developing cookery sessions. These groups either provided formal training such as Train the Trainers courses or the REHIS Elementary Food and Health course. Others used peer-led approaches.

“They don’t make you feel stupid.”

Participant’s comments about their experience of a community food worker





Cooking Bus

The Healthier Scotland Cooking Bus is a hi-tech articulated lorry that opens out into a well-equipped purpose built mobile training kitchen. Its aim is to increase awareness of nutrition and food safety and to develop cooking skills through hands-on cookery lessons. Over 11,000 participants from schools and community groups have taken part in cookery lessons on the bus since 2008. Focus on Food manages the Healthier Scotland Cooking Bus on behalf of the Scottish Government. An evaluation report about the progress of the initiative since 2008 will shortly be available from NHS Health Scotland.

CASE STUDY 8

Cookery led by group members: New Horizons Borders

New Horizons Borders is a registered charity. It is a user-led network that provides support for its members who are adults living in the area experiencing mental health difficulties. The network has five drop-in groups throughout the Borders.

What it did and how it did it

In 2010, New Horizons received a small grant from CFHS to develop food preparation sessions that would provide healthy meals or snacks during the drop-in sessions, some of which take place over lunchtime. The grant was divided between five groups and each group planned its own activities. The members got involved by researching recipes and information about mental health and healthy eating. Two groups replaced their usual biscuits and coffee snacks with crackers, smoothies and fruit. One group now goes for a walk as part of the drop-in session and returns to prepare and eat soup. The other two groups worked together to try different recipes and prepared shared meals, sometimes by incorporating a festive theme and using healthy alternatives to traditional meals.

This type of delivery fitted well with the charity's self-help model and has helped to change some of the culture around food within the groups. Its work around food was recently complemented by a visit from the Healthier Scotland Cooking Bus (see article in box) at its Galashiels premises. Members were able to use this to learn more about cooking, nutrition, food safety and hygiene.



CASE STUDY 9

Training volunteers to deliver cookery sessions: Home-Start Deveron

Home-Start Deveron in Aberdeenshire is part of a nationwide charity that helps support local families with children under the age of five years who are experiencing difficulties, such as post-natal depression, stress, abuse or multiple births. The service is delivered by trained volunteers who provide one-to-one support, group activities and events.

What it did and how it did it

In 2010 the group received a grant from CFHS to develop cookery sessions for the parents that it supports after some of its volunteers completed the Confidence to Cook – Train the Trainers courses (see page 17 for more information about Confidence to Cook).

The charity arranged for the volunteers to deliver four cookery courses at a range of sites, including the community kitchen in Huntly. Each course was delivered over six sessions at around two and half hours per week and provided a crèche facility. The children were able to join in and take part in tasting food and trying new foods at the end of the cookery session.

The participants enjoyed the informal and social setting of the group and trying new foods, and discussed recipes that they had tried again at home. Home-Start Deveron also put together a Confidence to Cook recipe book that it sold to raise funds.

It currently does not have funding available to deliver group courses, but plans to continue supporting parents with their cooking skills on a one-to-one basis within their own homes.

If it delivers any future courses, it would use its staff, rather than volunteers, to co-ordinate and manage more of the courses, because of the amount of time and commitment required.





Recruiting participants

Some groups partly recruit participants via referral agencies or partners, such as social services, family support centres and health visitors. This ensures that participants who are most likely to benefit from cookery courses will attend. Support workers from referral agencies might also be able to encourage participants to maintain their cookery skills after attending a course, particularly if they have supported them by attending the course with them. However, some groups cautioned that this works best when partner agencies have a full understanding of cookery courses and work closely with cookery course staff and volunteers to ensure that they are aware of the participants' needs.

Most of the grant recipients delivered cookery courses within their own groups and rarely reported issues with recruitment. Some indicated that cookery sessions had helped them engage with more people in the

community, including those that they found harder to reach. Some groups ran sessions open to all people in the local community. Like many cookery courses, these sometimes take a little while to attract the numbers of participants that groups would prefer. Many use newsletters, posters and the internet to attract participants, but often report that word-of-mouth is the best method to attract participants and this sometimes takes a while to develop.

Inevitably, some groups reported that participants did not always attend courses on a regular basis, even when the participants made it clear that they enjoyed the courses. Some groups encourage participants to continue to attend cookery courses by offering a recipe book, equipment or a certificate at the end of a course. If funding is available, some also provide participants with equipment, such as cooking pots and blenders, or store-cupboard ingredients so that they can prepare recipes again at home.

CASE STUDY 10

Using cookery demonstrations to recruit participants: East End Kids and Co

East End Kids and Co in Glasgow was set up in 1999 as a voluntary-run organisation with the aim of alleviating food poverty and raising awareness of healthy eating. It runs five fruit and veg co-ops, sells fruit bags at 14 community centres, attends weaning fayres and delivers around 24 'Get Cooking, Get Shopping' cookery courses each year.

What it did and how it did it

In 2010 East End Kids and Co received a small grant from CFHS to deliver cookery demonstrations in a range of venues in order to attract a wider range of people to take part in the six-week courses. Over six months it delivered ten demonstration days to a total of around 670 people. Some of these were supported by other agencies, such as the Oral Health Team and NHS dietitians who were available to offer advice to those attending. The demonstrations successfully attracted people to sign up for six-week cookery courses. It was particularly useful for attracting individuals, such as people experiencing homelessness, that the organisation had previously had difficulty encouraging to attend courses. The demonstrations also gave the project the opportunity to learn about the needs of some of the participants attending, such as differing cultural diets. The organisation plans to continue to use cookery demonstrations in the future as a way of continuing to attract new participants.



Recruiting participants: **Healthy Valleys**

Healthy Valleys, the healthy living initiative for rural South Lanarkshire, was set up in 2003 and aims to reduce health inequalities, promote positive lifestyles and improve health and wellbeing. Its projects include work with young people and a support programme for parents, pregnant women and children under five years. Its activities include walking groups, smoking cessation support and a range of cookery activities.

What it does and how it does it

Healthy cookery courses are delivered by Healthy Valleys' large team of trained volunteers. It offers different types of cookery activities, including demonstrations, one-off workshops and six-week courses, and delivers these to a range of groups. The courses include healthy weaning, 'Feeding the family' and 'Ready, Steady Get Cooking'. These courses are targeted at parents with babies, children, adults and grandparents. The initiative successfully attracts participants that are vulnerable or living on low incomes. It does this by working in partnership with other organisations such as social services, health visitors and Integrated Children's Services, which refer participants to the initiative. Participants are also recruited from within Healthy Valleys' other programmes. The cookery sessions are open to everyone in the community and advertised through the initiative's newsletter, posters and flyers.

When the cookery sessions first started, fewer participants living on low incomes attended. However, many of the initial participants have since offered their services as volunteers, sharing their new skills and knowledge with their peers. The volunteers are crucial for the delivery of many Healthy Valley activities. They are also adept at reaching people in their communities who might be interested in, and who would benefit from, attending cookery courses.





Approaches to teaching and promoting healthy eating messages

Most groups reported that they delivered cookery courses once a week to each group over a period of several weeks. Cookery sessions took between one and three hours, with many lasting around two hours. Most groups emphasised the importance of hands-on experiential learning and all tailored their teaching methods and healthy eating messages to those they were working with. Many emphasised that healthy eating messages and cookery skills should be taught in an enjoyable or informal way. Some promoted healthy eating messages using games or quizzes such as the 'eatwell plate' mat game (see box on next page).

Some groups preferred a much more subtle approach, simply by ensuring that all the foods that were prepared or recipes used, included

fruit and vegetables or reduced amounts of sugar, fat and salt. Some discussed the health benefits of recipes whilst these were being made.

Many groups highlighted the importance of teaching healthy recipes by using ingredients that are affordable, acceptable, and easy to buy locally. Some aimed to prepare family meals costing £4 or £5 (or averaging at around £1 per person for a whole range of recipes). Others included elements of menu planning, such as showing participants how they can prepare a range of meals using a small selection of ingredients.

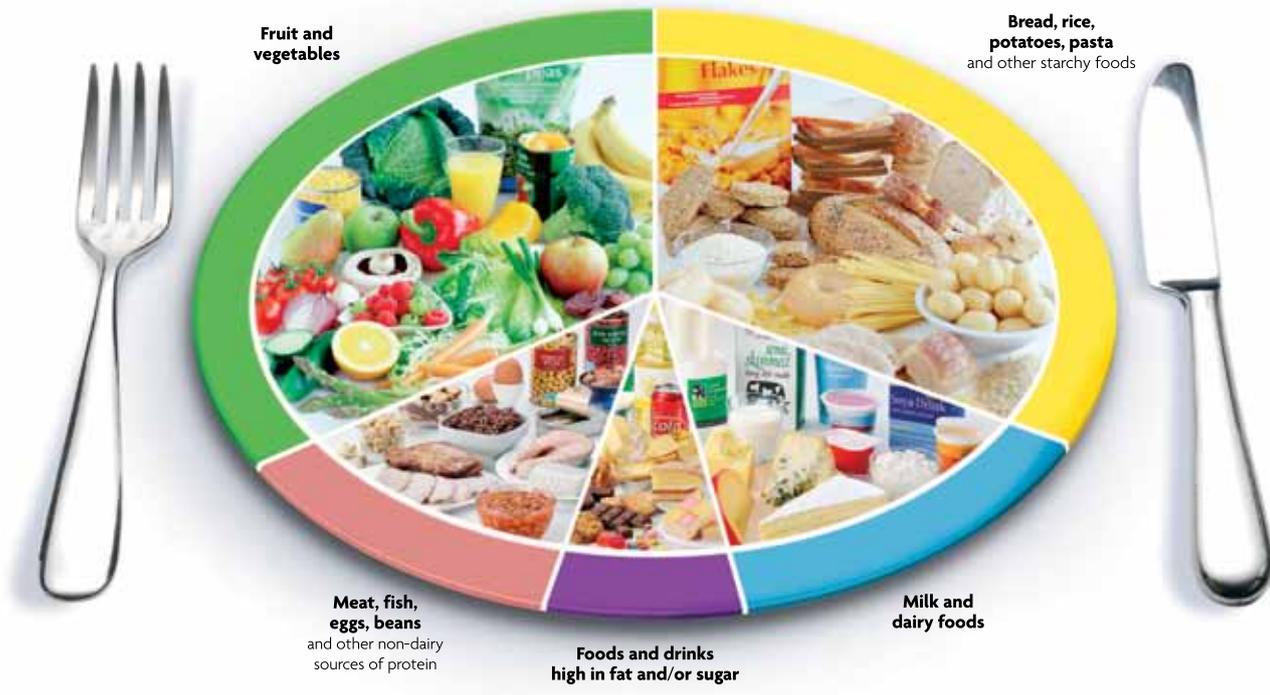
Teaching methods varied from participants working individually and following the same recipe as others, to groups working together in pairs or teams to prepare different components of a meal and sharing this at the end. Some groups used a step-by-step demonstration approach to teaching; others preferred to support participants as and when

“I have learnt to not worry if a group takes two hours to make a basic soup, when other groups can make several dishes in that amount of time, each session must suit the learning needs of the group.”

Cookery course tutor

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



The Food Standards Agency 'eatwell plate' provides information about how to plan a healthy, balanced diet.

required. This more informal approach suits participants that have varying levels of skills and confidence, or who do not want to prepare the same recipe as everyone else. However, a step-by-step approach helps keep everyone at the same pace.

A handful of groups included food shopping, farm, garden, or croft visits to complement cookery activities. Others included cookery within programmes such as weight management, weaning or supporting people with substance misuse. Others taught

cookery by supporting participants to follow adapted TV formats such as 'Come Dine With Me, the 'F word' and 'Ready Steady Cook'. Some of these included inviting guests or family members into the last session and preparing a meal for them. Those using these methods highlighted the sense of pride that participants felt when they had successfully prepared a meal for others, especially for those achieving this for the first time.

Health and safety and food hygiene concerns – what are the risks and how can these be addressed?

This section has been provided with support from Graham Walker, Director of Training for REHIS.



Why is this a concern for community cookery?

Very few grant recipients or survey respondents reported any concerns with health and safety.

We asked six organisations directly, including those from NHS projects, about how they had addressed these issues. All the organisations deliver regular cookery sessions in the community and have done so for many years. They reported very few and minor concerns. However, they all follow procedures (such as completing a risk assessment for each new course and venue) to help reduce risks. They all provide instructions to participants on food safety and other issues, such as knife safety, early on in the first session of a cookery course.

There are a wide range of potential hazards associated with teaching individuals and groups to prepare food for themselves and others. So much so, that some groups or organisations are reluctant to take the risk. However, as with other activities that can have health benefits, e.g. sports activities - the benefits can outweigh the risks. The potential benefits of teaching individuals to prepare safe, affordable and nutritious meals for themselves and their families make it worthwhile trying to overcome these concerns.

There are stringent rules for companies or organisations involved in catering or preparing meals for, or selling foods to the public. They must be registered with the local authority environmental health department, their kitchens must meet certain standards and they must undertake a range of procedures. These standards and procedures help to reduce the risk to the public. To reduce the risks to participants community cookery courses should strive to meet the same requirements as, like caterers, cookery course participants might be preparing a meal to share with others, either at home or with the cookery group. However, because the aim of most community cookery courses is to encourage participants to prepare meals at home, the facilities and teaching should reflect what participants have at home and what they will realistically do in their own kitchen.

So what are the risks when delivering a cookery course and how should these be dealt with in a way that reflects what participants will do at home? There is a checklist for issues to consider for food safety and health and safety in Appendices One and Two. Here are some of the issues and how community food initiatives deal with these.

Food handling and hygiene

The most common cause of food poisoning in Scotland is **cross-contamination**, which is bacteria, such as the bacteria on or in people and food, such as raw meat, fish and unwashed vegetables, that has come into contact with food that is ready to eat. Bacteria (or germs) are everywhere and cannot be avoided. There are particularly high levels of bacteria on people, raw foods, insects, animals, waste food and rubbish. Anyone involved in preparing food should take steps to avoid getting these bacteria onto food that is ready to be eaten, such as cooked food, cheese, salad, fruit, sauces, etc. They should know how to minimise the risks.

The risk of cross-contamination can be reduced by scrupulously washing and carefully drying hands after touching the face, hair, raw meat or fish as well as after using the toilet, blowing your nose, or handling rubbish.

All the groups we spoke to provided instructions to participants on when and how they should wash their hands. One group reported that participants with multiple cuts or wounds on their hands were asked to wear disposable gloves. Some groups might also use disposable gloves for single tasks, such as touching or preparing raw meat or fish – as some participants do not like touching these. However, the use of disposable gloves should be avoided if possible. Individuals can become complacent when wearing these and might risk transferring bacteria between raw and cooked food.

Ideally, those setting up cookery courses in community venues should aim to have **two sinks** in the area where participants will be preparing and cooking food, one for washing food and other items, and another for washing hands. This helps to reduce the cross-contamination between hands and food or items being washed. However, it is not always possible to find suitable venues with this facility. Some groups have addressed this problem by allocating nearby toilets for hand washing only (provided there is another toilet in the building!) Or they choose to prepare low risk foods only, such as 'no-cook' food preparation sessions to help reduce the risk.

However, some groups have reported that participants are keen to take part in cookery sessions, because they want to know how to prepare 'risky' foods, such as chicken, for their families. They should be instructed that it is strongly recommended not to wash raw meat and chicken as this leads to bacteria on the meat being transferred by splashing onto sinks and work surfaces.

Catering companies use colour-coded **chopping boards** to avoid contamination between different types of raw and cooked foods. Some community groups teach course participants how to use these and encourage participants to buy these, as they are widely available. However, other cookery course trainers believe it is more useful to give instructions about when and how to wash and disinfect these, so that participants know how to manage with a single chopping board.

In a catering setting, individuals who are handling food are not allowed to wear **jewellery** and must wear a hat or **hairnet** and wear protective clothing. Most groups encourage course participants to wear **aprons**, as these also protect their own clothes. Community cookery courses are less likely to ask participants to wear hats or take off their jewellery as they are unlikely to do this in their own homes.

Most people preparing a meal **taste** the food whilst they are preparing it. Most groups also encourage participants to taste each other's food. It is essential that a clean spoon is used every time an individual tastes the food from a cooking pot or shared dish. Many groups use disposable spoons to save on washing up.

Food safety: to share food or take it home?

Some groups use cookery sessions to prepare a shared meal and others use it so that participants can take a meal home with them. Both have food safety implications. Being able to take home a family-sized, or an extra meal is a useful incentive for some participants to attend cookery courses. It also an opportunity for participants' families to try new foods and could lead to participants trying to prepare these again at home. All groups gave instructions to participants (sometimes both

verbal and written) about how to chill cooked food safely and quickly, how it should be stored, reheated and when it should be eaten by. Many groups supply clean containers for participants to take food home with them.

Some groups prefer to use the cookery sessions for social purposes; to prepare a shared meal. Others avoid this because of food safety concerns. However, eating the meal straight away at the end of the cookery session can help reduce the risk that participants might not follow instructions to go home straight away and store food properly.

Kitchen equipment and knife safety

Knife safety is a concern for some groups that are new to planning cookery sessions. A lack of knife skills can cause accidents and some groups are concerned about some participants' potential behaviour with knives. Although the groups we spoke with had experience of people cutting themselves accidentally, they had not had any serious issues with behaviour. They all have methods to minimise the risks. All groups said that they supervised the use of knives and gave clear instructions to participants about using, washing, or moving around the room with knives. Some groups teach participants how to use the 'claw and bridge' method for chopping and cutting (see the Resources section for a website link for a demonstration clip). Many of the groups said they 'count knives in and out', i.e. they know who they have given knives to and make sure they get them back at the end of each session. Many also said that they store knives and other sharp items in a lockable box or lock these in a cupboard when not in use.

Some groups deliver cookery sessions using **portable cookers, cooker tops** or **gas stoves**, either in their own premises or elsewhere. These can be used to set up a cookery course in a room next to or within a kitchen, or a room with a sink. These can be placed so that all the participants can work round the table as one group. This makes it easier for the person leading the course to see what all the participants are doing. Care needs to be

taken with electric portable cookers, to make sure the electric sockets are not overloaded and that electric cables are not going to cause a trip hazard. Some groups use portable gas stoves. Both types of portable stoves can get quite hot, so should be put on a suitable table and not near anything flammable.

Some groups report that they need to arrive early at some venues because they need to **clean the kitchen** and area where participants will prepare food. Even if the kitchen looks clean, the kitchen surfaces should be cleaned with an anti-bacterial solution before the cookery session.

What is the best way to reduce health and safety and food safety risks?

Probably the best way to reduce the risks associated with cookery in the community is to make sure that those managing, setting up, or delivering cookery courses have either completed appropriate training courses or can easily seek the advice of someone who has. They will then know how to deal with the risks. Useful training could include one-day courses in food hygiene, health and safety, how to complete a risk assessment, and First Aid. It would not be necessary (or practical) for every person delivering a cookery session to complete all these training courses. But the person responsible for setting up a course should know how to assess the risks within the venue, and the person delivering the course should know how to deal with any health and safety or food safety issues as they occur during a cookery session, and who to ask for help with First Aid within the venue.

REHIS and CFHS recommend seeking the help and advice of the local authority Environmental Health Officer, who can advise what you should look for in a venue where you are planning to teach cookery and where you can take part in training. Your local Environmental Health Officer is responsible for dealing with any food safety incidents in your local area.

Addressing health and safety issues – working with parents and children: **Pilton Community Health Project**

Pilton Community Health Project (PCHP) in Edinburgh works with local people to take steps towards better health. It runs a range of activities and groups, such as counselling, walking groups, and a range of food activities, including cookery courses and clubs.

What it did and how it did it

In 2010 PCHP's healthy eating project, Barri Grubb, received a small grant from CFHS to develop new food activities. As part of these it worked in partnership with the local primary school to run a cookery course for parents and their children aged between five and eight years old. The aim was to promote parenting skills and build family relationships as well as develop cookery skills. The families had been identified by the local school's family support teacher.

Three women and their children (a group of 10) regularly attended the two hours per week, six-week course. This was delivered after school hours and resulted in a shared two-course meal. The course took place in the project's kitchen area. The kitchen opens out onto a large room and each family worked at their own workstation with a portable electric stove and other equipment. The large cooker in the kitchen was used for larger items, e.g. boiling pasta or baking in the oven.

Everyone worked in their family groups to prepare a shared meal and each family had someone to support them, either one of the project's facilitators or the family support teacher.

The children's roles varied; they enjoyed taking the role of setting the table for the meal, but they also took part in food preparation. The parents were initially reluctant to allow their children to use sharp knives as they did not allow the children to do this at home. However, the families discussed and agreed to 'ground rules' for the cookery course, including rules about knife safety. After receiving support from the facilitators the parents became more confident about their children's ability to behave responsibly with knives and kitchen equipment. The parents also progressed over the weeks, taking more responsibility in supervising their children at all times, particularly around knives and hot stoves.

The parent support worker agreed that the course had helped build family relationships and improve parenting skills, particularly for two of the families. The group also learnt to prepare a wide range of meals and learnt to prepare a range of new foods.



Addressing health and safety concerns and promoting affordable healthy eating: NHS Ayrshire and Arran Community Food Worker project

This NHS-led project initially started in North Ayrshire in 2000 with two part-time Community Food Workers (CFWs) supported by the Community Dietitian Team. The role of dietetic professionals in managing and supporting the CFWs is seen by the project as vital to ensure credibility of the CFWs. The CFW role is to bridge the gap between health professionals and the local community and broaden access to accurate consistent information on food and health. The CFW project currently operates throughout the whole of Ayrshire and delivers food and cooking sessions to a range of age groups. Recent Scottish Government funding has focused some of the work on maternal and early year's nutrition. This includes providing training to early years workers on how to deliver healthy eating and practical food activities. The team has recently received further funding to extend the work to reach carers of older people.

What it does and why it does it

The CFW usually delivers a six to eight week hands-on practical course for up to eight people. The course is based on the NHS Ayrshire and Arran 'Healthy Cooking in the Community' manual and the 'Munch Crunch 2' recipe book. The project also uses its 'CAN toolkit' of pictorial recipes and games.

Healthy eating messages are discussed informally throughout the course and by using 'eatwell plate' games. Participants will learn to make recipes such as potato wedges, fish dippers and fruit scones. At each session, all participants follow the same recipe as the rest of the group, but a wide range of vegetables or other foods are available, so that everyone can suit their own tastes. The CFW brings in additional food for the group to try. Being able to taste and try new foods is an important part of the course.

The venue is set up so that the participants are all working around one large table for preparation, but each person also has an individual cooker or hotplate to work on. Each participant prepares their own meal, enough for a family of four, and they are given a container to take this home to share with their family. The CFW demonstrates each stage of the recipe.

Currently the team aim to ensure that each dish costs about £1 per head, (£4 to £5 for a family meal). To keep to the budget, own brand frozen and tinned vegetables and frozen fish are used as well as fresh seasonal vegetables. There is plenty of informal discussion about food budgeting in the sessions as well as healthy eating. The project also ensures that it uses equipment that participants are likely to have at home or is readily available and cheap to buy.

The courses are adapted and tailored to participants' needs. The team have also delivered cooking sessions with adults living in homelessness accommodation. Some will have addiction and other health issues. These sessions might be run as smaller groups, sometimes with the support staff assisting the participants. As these groups might share kitchens and have limited cooking space, they are more likely to be taught one-pot meals. This could include soups and stews, or a curry with added tinned potatoes – this also solves any food safety concerns, e.g. reheating cooked rice to go with a curry.

The project has recently analysed evaluation data from the CFW programmes. These show that participants have increased their confidence in choosing, making and eating different foods and have increased their consumption of fruit and vegetables. Longer term follow up results will be published this year.

Addressing health and safety issues

The team follows gold standard health and safety procedures, including severity and consequences, appropriate to an NHS project. It has access to expert Health and Safety Department advice and training.

Staff training has been key to addressing health and safety and other issues: the Community Food Work Co-ordinator received training from within the NHS on Health and Safety and is responsible for completing a risk assessment form when visiting a new venue and for each new cooking course. The risk assessment and venue requirements include considering the following:

- How far CFWs will have to carry equipment from their car to the room where they will be delivering the course.
- The weight of the equipment. NHS Ayrshire and Arran policy stipulates that portable equipment must not weigh more than 16 kg – the weight of table-top cookers.
- Does the venue have secure storage for equipment so that this does not need to be transported each week?
- Is the venue accessible for prams and wheelchairs?
- Are the toilets accessible to wheelchair users?
- Does the kitchen area have a sink with hot water for washing up and a separate sink for washing hands (not in the toilet area)? If not, is a second sink for hand washing available in a toilet that can be delegated to hand washing only and not used as a toilet?
- If there is no second sink, is it possible to deliver a 'no cook' session and take all fruit and vegetables pre-washed and take dirty dishes back to base?
- Can the room be set up with tables and chairs so that a group of eight people can work around one large table safely and the CFW can see what everyone is doing?
- Are the tables a suitable height and surface for the electric table top cookers?
- Are there enough sockets for each portable (PAT tested) electric cookers or blender? And can these be set up close to the socket with the wires tucked away so that the participants will not trip over them? Is the ring main capable of taking the load? An electrician should be consulted if there is any doubt.
- What is the fire drill for the venue and where are the emergency exits and smoke alarms? Both smoke and heat can be an issue – ventilation needs to be considered.
- Is there space in a clean fridge so that chilled foods transported to the venue can be kept cold until required?
- Consider the risks around knives. CFWs only use small vegetable knives. Risks will vary with venue and client group, e.g community halls, hostels, prisons. Issues to consider are transportation (knives are never stored in venues - they stay with the CFW in a locked box), risks of injury, possible theft.
- Is it possible to remove all risks, e.g. food contamination, minor cuts, burns, scalds, inappropriate handling of food taken home, by putting controls in place?
- Will CFW be supervising a group alone? NHS Ayrshire and Arran has a 'Lone Worker' system in place for the rare occasions that a cooking course might be run with a single CFW in a building with no other staff. The CFW logs into an NHS system via their mobile phone, and indicates their start and finish time. There is also an emergency call button. No one has ever had to use this.

After completing a risk assessment the Community Food Work Co-ordinator will visit the venue for a second time with the CFW so that they can set up a trial run of a cooking course to ensure that any other issues are addressed before the course starts.

All the CFWs complete training courses in First Aid, Moving and Handling, Food Hygiene and the REHIS Elementary Food and Health course. They also receive additional in-house training including how to deliver community cooking using the NHS Ayrshire and Arran 'Healthy Cooking in the Community' manual.

Costs and funding

The CFWs allow around £200 towards the food costs of delivering an eight-week course for eight people. This allows each participant to take home a family meal each week, with plenty of other foods for the group to taste and for refreshments during each session.

Overcoming challenges

Engaging with the most vulnerable and hard-to-reach individuals has always been a challenge; they are less likely to respond to a poster or local advert. Getting to know key workers in range of agencies and working with them to support participants has helped to overcome this issue. The CFWs also meet with potential participants in a range of settings to informally discuss food and health and offer a personal invitation to a group. Feedback on the programmes frequently mentions CFW making the sessions fun and enjoyable.

In recent years the project has focused on delivering cookery courses in nurseries and other early years settings. Initially, some early years establishments were reluctant to run cooking groups because of 'health and safety concerns' or 'environmental health rules'. This project brought Environmental Health Officers from the three local authority areas in Ayrshire together to discuss and address these concerns. Being able to clarify what the risks are and how these can be reduced helped to encourage nurseries to undertake more food related activities with children.

“Participants appreciate the approachable, empathetic and practical style of the Community Food Workers.”

Public Health Dietitian

Evaluation and impact

All the groups believed that their cookery courses had an impact. Outcomes reported often include making a difference to participants' confidence, increased cookery skills, awareness of nutrition and food safety. Others reported that cookery courses helped groups meet other outcomes, such as increased engagement with communities, social benefits, parenting skills and literacy and numeracy. All of the groups used evaluation methods to find out the impact of the cookery sessions, by asking participants to complete forms, take part in informal and formal discussion, or other methods. However, some groups reported that they have difficulty encouraging participants to complete forms and questionnaires and try out other methods such as photos, games and quizzes. Some are also interested in finding out the longer term impact of cookery sessions and a few have taken steps to develop evaluation around this. Issues around the impact of cookery courses and how these can be evaluated will be in 'What's Cooking in Scotland: Part Two.'

Keeping going

A concern for many groups once they have started delivering cookery sessions, is how to continue to deliver these, either to reach more people or so that participants can continue to learn. Some groups report that participants are often disappointed when a short course finishes and a few offer more advanced cookery courses for participants. Groups able to deliver cookery sessions for themselves within their own venues might find it easier to continue to fund cookery sessions, particularly if these are embedded into other activities, such as youth cafés or employment training.

Keeping going: Broomhouse Health Strategy Group

Broomhouse Health Strategy Group (BHSG) in Edinburgh originated in 1993. By 1995 it had opened up a volunteer-run shop selling fresh fruit and vegetables. Since then it has expanded its work to include walking groups, exercise classes, a local shopping delivery scheme and regular cookery workshops.

What it does and how it does it

In 2010 BHSG received a small grant from CFHS to develop its cookery courses and deliver these at four primary schools for local parents. These took place over five weeks and the parents enjoyed learning to prepare recipes such as pizzas, tuna burgers and yoghurt cake. However, like some participants from the Group's other cookery courses, they were disappointed to not be able to continue after meeting for five sessions. The Group has recently been able to solve this problem. In late 2011 it received funding from Comic Relief to start running regular cookery drop-in sessions at its newly developed kitchen facility – called 'Cookin' Drop In'. Participants that have already completed cookery courses have found these useful for keeping up the momentum of trying to cook regularly and keeping in touch with others. Newcomers are able to try out cookery sessions without the need to commit to a five-week course. As the participants have to leave the kitchen through the shop, it has been easy for participants to buy the fresh ingredients that they will need to make the recipe again at home. The chef trainer bases recipes on the produce already within the shop, and new produce that can be obtained easily from their suppliers. The shop regularly expands its range to cover these new ingredients.



Conclusion and next steps

This publication has demonstrated the wide range of groups working within low-income communities delivering cookery courses in all kinds of settings, sometimes using a limited range of resources or facilities. It shows that it is possible for almost anyone to consider developing safe and healthy cookery activities for a group or service that they work with.

There is a wealth of experience of delivering cookery courses throughout Scotland and plenty of good quality information and help available to make sure that participants are given accurate and consistent healthy eating messages and develop their skills, knowledge and confidence to prepare healthy meals for themselves.

“I enjoy going to the cooking course. It gives me more confidence in meeting new people and cooking different things.”

Appendix One

Food safety

The venue for cookery sessions:

Have you considered the following?

- Is the cookery area and kitchen equipment clean and in good repair?
- How will you keep chilled food cold at the venue - is there a fridge available where you can store food?
- Is hot water available for washing hands and equipment?
- Is there a sink with hot and cold water available for washing dishes and food?
- Is there an additional sink or wash hand basin available for participants to wash their hands (preferably not in the toilet area) in easy reach of where the cookery course will be delivered?
- If the only available wash hand basins are in a toilet, is it possible to allocate one of the wash hand basins for course participants hand washing only?
- Are soap and hygienic hand drying facilities available?
- Can the windows be covered or closed to reduce the risk of flying insects coming into the food preparation area?
- Where can waste food be disposed of?

The course

Have you considered the following?

- Will you be able to supervise the course at all times?
- What meals and foods will you prepare? Are these high-risk foods (ready-to-eat food such as salad, cheese, cooked foods) or low-risk foods (such as vegetables and fruit that will be cooked)? Do you know how to reduce the risks associated with these foods?
- How will you keep chilled food cold while it is being transported?
- Is there enough time before the course for volunteers or staff to clean the surfaces and equipment (with an anti-bacterial solution) before participants arrive?

- Do you have disposable, or enough, clean spoons or cutlery available so that participants can use a clean implement each time they taste food from a shared container or cooking pot (either their own or others)?
- If participants and others will be sharing or tasting each other's food (at home or during the session) have they been adequately supervised by someone who understands food safety?
- If participants plan to take food home with them, do you have clean containers available?
- If participants plan to take food home with them, do they know when the food should be used by, how to store and re-heat it? Are you able to reinforce verbal messages about this with labels or written instructions?

The participants, staff or volunteers

Have you considered the following?

- Do you have procedures in place to ensure that you know about, and can take appropriate action, if any of the participants have colds, flu, sickness or diarrhoea?
- Are any of the participants allergic to any particular foodstuff?
- Do participants, staff and volunteers (and anyone else handling food) understand and will implement food safety procedures appropriate to the course? Such as:
 - When and how to wash hands (using anti-bacterial soap).
 - Wearing a clean apron.
 - Using a clean implement each time they taste food from a shared container or cooking pot.
 - Using separate utensils and equipment for raw and high-risk food.
 - When to clean kitchen implements, such as knives or chopping boards, during the cookery session.

- How to cool down hot food quickly, if they plan to take it home with them.
- Asking participants to remove jewellery, tie up or cover their hair, and remove nail varnish to further reduce food safety risks.

Further help and training

- Have you considered seeking the help and advice of your local authority Environmental Health officer, who can advise you on food safety procedures appropriate to your venue or group?
- Have you considered ensuring that those leading, or assisting the cookery sessions have recently completed a recognised Elementary Food Hygiene certificate course (such as REHIS)? REHIS and CFHS would strongly recommend that anyone leading a cookery session has completed this.



Appendix Two

Health and safety

The venue for cookery sessions:

Have you considered the following?

- What is the fire safety procedure for the building?
- Is there a smoke alarm in the room in the area where food will be cooked? Can this be isolated/removed for the duration of the cookery session? Who will be responsible for ensuring that it is switched on again at the end of the session?
- How accessible is the venue? Will staff or volunteers have to carry equipment very far?
- If you plan to use portable gas or electric stoves, is this acceptable to those managing the venue?
- If you plan to use portable gas or electric stoves, are there tables suitable? (i.e. height and surface)
- If you plan to use any electric equipment (portable cookers, blenders) are there adequate numbers of electric sockets and are they in good condition? Can electric cables be tucked away where participants will not trip over them?

The course

Have you considered the following?

- Will you be able to supervise the course at all times?
- The size of the group - do you have adequate staff or volunteers to supervise?
- If participants are referred by other agencies - do you have procedures for finding out their needs? Such as extra help or supervision required?
- Do you have a fire blanket available?
- How to store knives and other sharp implements when these are not in use (such as in a locked box or cupboard).

- Knife safety procedures (such as 'counting knives in and out' and teaching knife skills at the beginning of the course).
- Do you have access to a First Aid kit (including blue plasters)?
- Do you, or does someone at the venue have First Aid training?
- Do you know how to deal with scalds, burns and cuts?

The participants, staff or volunteers

Have you considered the following?

- Procedures for being aware of and knowing how to deal with any allergies, food intolerances or relevant medical conditions of anyone involved in the cookery session?
- If equipment is being transported to a course - do staff or volunteers know safe lifting and moving techniques? Do you have a weight limit on the amount they can carry?
- Do participants, staff and volunteers understand and will implement knife safety procedures appropriate to the course?

Further help and training

- Have you considered seeking the help and advice of your local authority Environmental Health Officer, who can advise you on health and safety and training?
- Have you considered ensuring that the person in the organisation responsible for managing or leading the cookery sessions has recently completed a recognised Health and Safety course (such as REHIS)?
- Have you considered First Aid training?

Appendices One and Two have been provided with support from Graham Walker, Director of Training for REHIS.

Resources and further information

Information and resources are available free of charge unless indicated.

Healthy eating information and resources

Contact your local NHS board to find out about the availability of resources, leaflets and other help. The organisations below also provide resources and information about nutrition.

The **eatwell** website is managed by the **Food Standards Agency Scotland** and has information on the 'eatwell plate', quizzes and games and a wealth of information on food safety and nutrition including nutrition myths, allergies and ages and stages.
www.eatwellscotland.org

The Scottish Government's **Take life on** campaign website has information about healthy eating including tips and recipes.
www.takelifeon.co.uk

The **British Dietetic Association** provides information about nutrition and research. It has a wide selection of food fact sheets on topics including food and mood, sports and general healthy eating.
www.bda.uk.com

The **British Nutrition Foundation** has a wide range of information on nutrition available on its website and leaflets and posters available to buy.
www.nutrition.org.uk

The **British Heart Foundation** has games and activities available to purchase by donation, including a vinyl 'eatwell plate' floor mat and food cards to go with it.
www.bhf.org.uk

The **Comic Company** produces and sells a wide range of health promotion resources, including games, postcards, vinyl 'eatwell plate' floor mat and fridge magnets.
www.comiccompany.co.uk

NHS Ayrshire and Arran dietitians have produced the 'CAN toolkit'. This provides a wide selection of games, (e.g. labelling, hidden sugar) and pictorial recipes. This is available in some Scottish NHS Resource Libraries or contact NHS Ayrshire and Arran to find out about the availability and costs of a CD version.

Tel: 01563 575413

Email: fionasmith@aapct.scot.nhs.uk

Recipes and recipe books

These **recipe books** are available on the CFHS website.

The **CFHS recipe book** is a compilation of tried and tested recipes from community food initiatives throughout Scotland.

Chat and Chaat by Khush Dil (Happy Heart) provides recipes from south Asian cookery groups in Edinburgh.

Munch Crunch 2: Recipes for Change. Munch Crunch 2 is a collection of simple recipes to encourage healthy eating and cooking put together by the NHS Ayrshire and Arran Community Food Worker team.
www.communityfoodandhealth.org.uk

Easy Cooking For You is a recipe book produced by Glasgow City and East Dunbartonshire Community Health Partnerships (CHPs) and the University of Glasgow and supports its 'Get Shopping, Get Cooking' programme.
www.chps.org.uk/content/default.asp?page=s619_14_2

NHS Grampian has produced some accessible recipes, which are suitable for people with learning disabilities.
www.nhsgrampian.org/nhsgrampian/gra_display.jsp?pContentID=7564&papplic=CCC&p_service=Content.show

Information on how to develop cookery sessions and recipes

Resources tailored for children and young people

The North Glasgow Youth Food Guidelines and Healthy Eating Toolkit was developed in 2011 and includes recipes and information about running cookery sessions. This is available on the CFHS website.

www.communityfoodandhealth.org.uk

Sorted in the Kitchen is a pack for individuals living on their own and looking after themselves for the first time. The pack was developed by Aberdeen Foyer in 2009. It provides guidance on how to shop, budget, prepare and cook wholesome meals on a limited budget of around £15 per week. Sample recipes and information on how to purchase copies of the pack are available in the Foyer Health section of its website

www.aberdeenfoyer.com

What's Cooking? was developed by the Food Standards Agency Scotland in 2007. It provides information on setting up and running community and school food clubs in Scotland and has a range of recipes.

www.food.gov.uk

Get Cooking! was developed by the Food Standards Agency Wales in 2005 and includes information on setting up cookery sessions and recipes aimed at work with young people.

www.food.gov.uk

Resources tailored for adults

Confidence to Cook is a large A4 pack produced by NHS Grampian and is available to buy. It contains information on facilitating practical food skills sessions and a comprehensive recipe section focusing on budget cookery. Current cost per pack is £30 plus postage (April 2012).

fiona.matthew@nhs.net

The **Good Food Members Handbook** was developed by the Cyrenians in Edinburgh, based on their experience of delivering cookery sessions for people that have experienced homelessness. The handbook provides information on how to plan sessions, equipment lists, information on healthy eating for adults and recipes.

www.cyreniansgoodfood.org.uk

Healthy Cooking in the Community is a comprehensive manual for the delivery of practical cooking sessions to encourage healthier eating. This resource was developed by North Ayrshire Community Food Workers to enable the delivery of individual workshops or sessions to community groups. It is a comprehensive guide to using the Recipe Book, **Munch Crunch 2: Recipes for Change**. Munch Crunch 2 is a collection of simple recipes to encourage healthy eating and cooking. Both publications are available on the CFHS website.

www.communityfoodandhealth.org.uk

How to.... run a cookery workshop and recipe sheets were produced by NHS Forth Valley to support its community food development project. These are available in the Health Promotion section of the NHS Forth Valley website.

www.nhsforthvalley.com

The CookWell Book was produced by the Food Standards Agency based on a research project in Scotland. It provides information for cookery tutors and has a wide selection of recipes.

www.food.gov.uk

Fife Community Food Project has developed **Cooking with the community in 5 easy steps** by Iain Anderson, Catherine Mullan and Katie Thomson to support its Cook well: Live Well activities. It is available on the CFHS website.

www.communityfoodandhealth.org.uk

Middlesbrough Council's Food4Health

Healthy Cooking skills project has resources available on its website including a 'Healthy Cooking Skills Trainers Guide', recipes and video clips: www.middlesbrough.gov.uk

Training on basic nutrition and food hygiene

The Royal Environmental Health Institute of Scotland (REHIS)

REHIS acts as the awarding body for a wide range of courses and has information on its website on where the following courses are available:

- Elementary Food and Health course (minimum six-hour course)
- Elementary Food Hygiene (minimum six-hour course)
- Elementary Health and Safety (minimum six-hour course)
- Elementary Food and Health for carers of adults with a learning disability (minimum six-hour course)

Tel: 0131 229 2968

Email: contact@rehis.com

Web: www.rehis.com

Information about knife skills

The **Focus on Food** website has information about the 'claw and bridge' chopping technique and other cookery techniques.

www.focusonfood.org

The British Nutrition Foundation's **Food - a fact of life** programme provides video clips of the 'claw and bridge' technique on its website.

www.foodafactoflife.org.uk/VideoActivity.aspx

?siteId=14§ionId=62&contentId=73&titleId=83

Training for trainers in Scotland

The organisations below deliver training suitable for those planning to set up and run community cookery courses. They were developed for community food initiatives working in the local area. However they have all accepted, or will consider accepting individuals from other areas to take part in training. Contact them to find out about availability and costs.

Edinburgh Cyrenians Good Food programme runs an accredited REHIS / Cyrenians Good Food Good Health Joint Award. This comprehensive course, specifically tailored for those supporting people from vulnerable groups, is taught over two days followed by eight, two hour practical cooking sessions. It focuses on basic nutrition and food budgeting and the skills required to deliver practical cooking classes. It will consider delivering this course in other areas.

Contact **Chris Stevenson**

Tel: 0131 554 3900

Email: goodfood@cyrenians.org.uk

Website: www.cyreniansgoodfood.org.uk

Confidence to Cook delivers food and health training for trainers over two whole days or four half-days. This provides training in teaching techniques, nutrition messages, food-budgeting and cooking skills.

Contact **Fiona Matthew**

Tel: 01224 558414

Email: fiona.matthew@nhs.net

Website: www.hi-netgrampian.org/hinet/6960.html

Fife Community Kitchen delivers a Train the Trainers course over three days. This includes completing the REHIS accredited Elementary Food Hygiene and Elementary Food and Health courses over two days and includes a one-day practical cookery session.

Contact **Lyndsay Clark**

Tel: 01592 226498

Email: lyndsayclark@nhs.net

West Lothian Health Improvement Team delivers the Community Food and Nutrition Skills (CFNS) programme. It is a modular courses endorsed by the British Dietetic Association and credit rated (level 6) for the Scottish Credit and Qualification Framework by the Scottish Qualifications Authority. It is run through the team's 'get cooking' project. It is divided into eight Units; all units must be completed to receive the Certificate in Community Food and Nutrition Skills. However, learning hours are awarded for each unit completed.

Contact **Shiona Jenkins**

Tel: 01506 775626

Email: shiona.jenkins@westlothian.gov.uk

Website: www.getcooking.org

Edinburgh Food and Health Training Hub provides a range of training to those involved in community cookery in Edinburgh. Half-day courses have included 'Kitchen safety and knife skills' and 'Food and mood'.

Contact **Lyndsey McLellan**

Tel: 0131 467 7326

Email: lmclellan@edinburghcommunityfood.org.uk

Website: www.foodandhealthtraining.org.uk

Further information about community cookery in Scotland

The following publications are available on the CFHS website.

Evaluation of Fife Community Kitchen, NHS Fife (2012) provides a report from commissioned researchers - Blake Stevenson.

Healthy eating and beyond – the impact of cookery sessions. This fact sheet provides a snapshot of the impact of community cookery skills in Scotland and highlights some of the issues that initiatives need to consider when planning or developing cookery sessions. (2011)

TV Dinners: adapting TV formats to promote healthy eating and cookery skills. This factsheet provides examples of how three groups were inspired by TV formats, such as 'Come Dine with Me' to create a friendly competitive environment to teach cookery skills. (2011)

Beyond Smoothies: developing cooking and healthy eating activities for young people is a six-page report that shows what 20 groups and agencies learnt and gained from running cookery sessions and taking part in a basic nutrition course. (2010)

A short introduction to training the trainers - healthy cookery courses. This fact sheet summarises information gathered from across Scotland on activities that 'train the trainers' to deliver healthy cookery and food preparation skills in low-income communities. (2010)

A taste for independence: using food to develop skills for life. This guide discusses the experiences of 21 organisations throughout Scotland that work with a range of vulnerable groups to develop their independent living skills (2007).

The CFHS newsletter, **Fare Choice**, and **e-bulletin** provide information on what is going on in Scotland around food and health. They include information on policy, opportunities, project news and events. Sign up free of charge on the CFHS website or contact CFHS.

www.communityfoodandhealth.org.uk

Information about Scottish Government policies and initiatives

Information about these policies is available on the Scottish Government website.

Preventing overweight and obesity in Scotland: A route map towards healthy weight (2010) and Action Plan (2011)

The Route Map was developed in partnership with CoSLA and supports a collaborative approach to making prevention of obesity key to future work.

www.scotland.gov.uk/Publications/2010/02/17140721/0

Improving Maternal and Infant Nutrition: a framework for action (2011)

A framework of action for NHS Boards, local authorities and others to improve the nutrition of pregnant women, babies and young children in Scotland.

www.scotland.gov.uk/Publications/2011/10/13095228/0

Recipe for Success – Scotland’s National Food and Drink Policy (2009)

This document outlines the next steps towards a national food and drink policy for Scotland.

www.scotland.gov.uk/Publications/2009/06/25133322/0

Scotland Performs

This Scottish Government website provides more information about the national performance framework.

www.scotland.gov.uk/About/scotPerforms

The Healthier Scotland Cooking Bus

The Healthier Scotland Cooking Bus provides a hi-tech, well-equipped purpose built mobile training kitchen. It is managed by Focus on Food. Contact them directly to find out how to arrange it to work with your school or community group. The website provides information about how to apply for a visit from the bus: www.focusonfood.org

An evaluation report on the Cooking Bus is available on the NHS Health Scotland website:

www.healthscotland.com/documents/5805.aspx



Case study contacts

NHS Ayrshire and Arran Community Food Worker Project

Tel: 01563 575413

Email: fionasmith@aapct.scot.nhs.uk

Broomhouse Health Strategy Group

Tel: 0131 467 7678

Email: info@healthstrategygroup.org.uk

Website: www.healthstrategygroup.org.uk

NHS Grampian Confidence to Cook

Tel: 01224 558414

Email: fiona.matthew@nhs.net

Website: www.hi-netgrampian.org/hinet/6960.html

New Horizons Borders

Tel: 01896 755510

Email: lisa.nhb@hotmail.co.uk

Website: www.newhorizonsborders.co.uk

Healthy Valleys

Tel: 01555 880666

Email: info@healthyvalleys.org.uk

Website: www.healthyvalleys.org.uk/contact.html

East End Kids and Co

Tel: 0141 551 8811

Email: mick@kidsandco.org.uk

Website: www.kidsandco.org.uk

Pilton Community Health Project

Tel: 0131 551 1671

Email: barrigrubb@pchp.org.uk

Website: www.pchp.org.uk

West of Scotland Regional Equality Council

Tel: 0141 337 6626

Email: admin@wsrec.co.uk

Website: www.wsrec.co.uk

Fife Community Food Workers/Fife Community Kitchen

Tel: 01592 226498

Email: lyndsayclark@nhs.net

LINKES

Tel: 0141 954 4833

Email: infolinkes@yahoo.co.uk



Home-Start Deveron

Tel: 01261 819964

Email: rthom:homestartdeveron.org.uk

Website: www.deveronhomestart.org.uk

Biggar Youth Project

Tel: 01899 220889

Email: byp@theoldauctionring.org.uk

Website: www.theoldauctionring.org.uk

North Glasgow Community Food Initiative

Tel: 0141 5582500

Email: food@ngcfi.org.uk

Website: www.ngcfi.org.uk



Community Food and Health (Scotland)
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
www.communityfoodandhealth.org.uk

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