



community  
food and health  
(scotland)

**NHS**  
Health  
Scotland

# farechoice

The newsletter for Community Food and Health (Scotland)

Issue 63 June 2013

## Getting a taste for a fairer, healthier Scotland

Upward Mobility, Edinburgh



**'Our vision is a Scotland in which all of our people and communities have a fairer share of the opportunities, resources and confidence to live longer healthier lives.'**

**A Fairer Healthier Scotland: Our Strategy 2012–2017.  
NHS Health Scotland**

Everyone should by now be aware that Community Food and Health (Scotland) or CFHS has become part of NHS Health Scotland (see back page for new contact details). Apart from the physical move, CFHS has also moved into an organisation with a remit to reduce Scotland's health inequalities. This has given CFHS a useful opportunity to reflect with our new colleagues on the achievements and challenges of some of the country's most vulnerable communities, tackling inequalities and promoting social justice through the medium of food.

This edition of Fare Choice has no shortage of examples of work that is empowering, inclusive and delivering national policy priorities (see Take Stock page 9). Despite the ever-increasing pressure on their services, as a result of the current economic circumstances, Scotland's community food initiatives are determined to continue developing constructive activity that contributes to equitable and sustainable change

for individuals, families and communities (see page 6).

As we settle in to our new home and our new colleagues get used to us, it is just as important that we ensure the benefit of our move is felt by all those we have worked with over the years. We are keen to ensure we are as accessible and useful as we have ever been and will be looking to build on existing relationships and create new ones.

**'NHS Health Scotland is committed to tackling the biggest health challenge facing Scotland – inequalities in health. We have worked alongside CFHS, and the healthy living award, who have also transferred, for many years, and I can see ample opportunities in the future for both teams to play their part in NHS Health Scotland's contribution to building a fairer, healthier Scotland.'**

Gerald McLaughlin,  
Chief Executive Officer,  
NHS Health Scotland

 **healthier  
scotland**  
SCOTTISH GOVERNMENT

## About us . . .

Our overriding aim is to improve Scotland's food and health.

We do this by supporting work within low-income communities that improves access to and take-up of a healthy diet. Major obstacles being addressed by community-based initiatives are:

### AVAILABILITY

Increasing access to fruit and vegetables of an acceptable quality and cost

### AFFORDABILITY

Tackling not only the cost of shopping but getting to shops

### SKILLS

Improving confidence and skills in cooking and shopping

### CULTURE

Overcoming ingrained habits

We help support low-income communities to identify barriers to a healthy balanced diet, develop local responses to addressing them and highlight where actions at other levels, or in other sections are required.

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

CFHS is funded by the Scottish Government and is now part of NHS Health Scotland.

# TEAM TALK

## An update on our recent/ forthcoming work

### CFHS promotional items

CFHS has a supply of canvas bags and aprons available free to community food initiatives in Scotland.

Email [nhs.HealthScotland-CFHS@nhs.net](mailto:nhs.HealthScotland-CFHS@nhs.net) for an order form.



### Study tour: improving food access for older people

CFHS is planning a study tour later this year to look at different approaches to improving food access for older people living in the community. This will build on our work to date and will be designed to stimulate thinking about new ways of working. The tour is likely to include travel within the UK and is currently being planned for September/October.

Full details of the tour, and how to get involved, will be on the CFHS website, in our e-bulletin and Facebook page in due course. In the meantime, we would welcome early expression of interest in being involved and/or ideas as to initiatives that you would be interested in finding out more about. **Contact Sue.**



Eric Liddell Centre, Edinburgh

## Funding for work on maternal and infant nutrition with minority ethnic communities

The study carried out by Black and Ethnic Minority Infrastructure in Scotland (BEMIS) last year into voluntary and community organisations' activity around maternal and infant nutrition across minority ethnic communities in Scotland found a limited number of organisations working in this area. CFHS is committed to build examples of good practice in this area and has a small amount of funding in 2013–14 to support this.

If you are already working on maternal and infant nutrition with minority ethnic communities and are looking to further develop your work, or want to start a new piece of work in this area – we would like to hear from you. **Contact Sue for more details.**

## Theory of change research

A theory of change can be a useful way to present a clear picture of your work – the issues you are trying to address, the reasons behind your approach and outlining how you plan to measure your achievements. In 2012–13, CFHS funded work with eight different community food initiatives working with older people, to look at the theories of change that underpin their work. This was based on the theory of change template developed by the WK Kellogg Foundation.

Representatives of the initiatives came together recently to look at what form their individual models could be transferred into a generic model. It is hoped that this will be a useful template for other community food initiatives to think about what they are doing, and how they plan to do it and describe this to funders and wider stakeholders. Final amendments are being made in light of the discussions and the models will be available soon. **For more information, contact Sue.**

## CFHS website

We have undertaken some work recently on the website, updating the Advice and Resources section, and revamping the home page and publications page.

**Take a look at**  
[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)



## Images of community food work

CFHS recently commissioned some new photographs to illustrate the work of community food initiatives the length and breadth of the country, which are shared by ourselves and the community groups involved. Some of these images are used throughout Fare Choice and are also highlighted on our website and Facebook page.



Ormlie Community Association, Thurso

## Learning and development programme

CFHS is intending to run another learning and development programme this year. The programme's content will be influenced by feedback from participants in last year's programme and from suggestions made by community food practitioners. If there is a topic or subject that you feel should be included in this year's programme, **please contact Anne.**

## Local food micro funding

A short report about how CFHS's local food micro funding was used by the six community food initiatives that were awarded funding will be available shortly. **For more information, contact Anne.**

## 'Winter promotion' funding

Another report, about the impact of CFHS's 'winter promotion' funding, will also be available shortly. This funding was awarded to 13 community food retailers to run promotional activities to increase their sales of fruit and vegetables. The report will highlight how some used their funding and the impact that this has made on their sales.



Tullibody Fruit Barra, Alloa

## Whatever your ambitions for food and health in Scotland - policy matters!

### Consultations – over and out

It will be in everyone's interest to watch out for the conclusions that come from the Scottish Government's

consultation over a new food body. The consultation came to an end last month and will influence the roles and responsibilities proposed for the new agency, which will build on the achievements of the Food Standards Agency in Scotland. Notes from a discussion on the issue organised by Voluntary Health Scotland and the Poverty Alliance are available at

[www.vhscotland.org.uk](http://www.vhscotland.org.uk)

Following the horse meat scandal, an expert advisory group has also been established to offer independent recommendations to Ministers around potential changes to Scotland's food safety and standards regime.

A consultation has also been completed exploring the ways in which the legislation relating to allotments may be amended. This relates to the proposed Community Empowerment and Renewal bill, with further consultation promised 'over the summer' on its draft proposals.

The revised Nutritional Guidance for the Early Years is nearing the end of wider consultation from NHS Health Scotland. The views of community groups working with young children and their families, who would use the resource, have been particularly welcomed. You have until 21 June to get a copy of the draft document and questionnaire from [debbiemclaren@nhs.net](mailto:debbiemclaren@nhs.net)

**A good way to keep up to date with any relevant consultations is through**  
[www.scotland.gov.uk/Consultations/Current](http://www.scotland.gov.uk/Consultations/Current)

### New food funding

Retailers are to receive more help to promote healthier food options in convenience stores thanks to a fresh injection of Scottish Government funding. See page 12 for more details. Most recently, a Food for Thought Education Fund has been announced that could interest schools developing the links between food, health and local communities

[www.scotland.gov.uk/News/Releases/2013/foodforthought15052013](http://www.scotland.gov.uk/News/Releases/2013/foodforthought15052013)

### Infant nutrition

A one year trial, using community pharmacies across Scotland to issue Healthy Start Vitamins, commenced in early May. See page 12 for more details.

### Health inequalities

Meanwhile, the Scottish Government's Ministerial Task Force on Health Inequalities continues to gather evidence and meet with relevant agencies, most recently a number of third sector agencies. The Task Force's intention is to build on the Equally Well report produced by the last Ministerial Task Force in 2008 and is due to report in the summer.

[www.scotland.gov.uk/News/Releases/2012/11/healthinequalities29112012](http://www.scotland.gov.uk/News/Releases/2012/11/healthinequalities29112012)

### London

London has declared its ambitions to become a 'zero hunger city'. The Greater London Authority's recent report on tackling food poverty in London is well worth a look despite the length of the address. [www.london.gov.uk/mayor-assembly/london-assembly/publications/a-zero-hunger-city-tackling-food-poverty-in-london](http://www.london.gov.uk/mayor-assembly/london-assembly/publications/a-zero-hunger-city-tackling-food-poverty-in-london)

### Vienna

Vienna is hosting WHO/Europe, a ministerial conference on nutrition and non-communicable diseases in early July. It will address policy options on nutrition and will be the first to look at nutrition and diet through the lens of Health 2020. Health 2020 is a European policy framework designed to, 'significantly improve the health and well-being of populations, reduce health inequalities, strengthen public health and ensure people-centred health systems that are universal, equitable, sustainable and of high quality.'

Visit [www.euro.who.int/en/what-we-do/health-topics/health-policy/health-2020](http://www.euro.who.int/en/what-we-do/health-topics/health-policy/health-2020)

### Kazakhstan

Finally, the 35th anniversary of the Declaration of Alma-Ata, which affirmed health as a human right, with equity at its heart, will be celebrated by the World Health Organization in November back in Kazakhstan where the declaration was made in 1978.

[www.who.int/en](http://www.who.int/en)

## Retaining farmers' interest in farmers' markets

In the past 20 years farmers' markets have grown to be an important part of local food retailing. With over 700 farmers' markets operating across the UK and 50 in Scotland, they are attractive to consumers seeking to buy local produce outside traditional agri-food systems. Increasingly there is concern for the future of farmers' participation in these markets. Current economic conditions have prompted consumers to consider more carefully the benefits that farmers' markets bring over traditional retailing. There are popular reports of declining attendance at farmers' markets as consumers become more price conscious. Yet for the loyal following which remains farmers' markets continue to offer better food quality, food safety and a human connection considered absent in supermarket shopping. For farmers' markets to be successful, however, there must be mutual benefits provided for farmers and consumers.

Since the late 1990s farmers' markets have offered a potentially attractive form of farm diversification. They have been favoured by some farmers because of their relatively low set-up costs, their promise of higher margins and potential for more secure income-stream than offered by traditional agri-food systems. There is also evidence of dissatisfaction which can reduce participation. Interviews with farmers who are current or previous farmers' market sellers have highlighted two key areas deterring them from participation.

First the promise of higher margins and more secure income by selling directly to the public are difficult to realise. Farmers considered that while farmers' markets participation requires relatively little capital investment it does come with less obvious costs which must be borne by the farmer. If the weather is inclement or footfall low, farmers are left with stock which is returned to the farm with no clear onward market, the stall must be paid for and staffed adequately to deliver sales such that one farmer noted: 'farmers' markets are a bit of a hit or a miss and if you take the labour element into it then for us it wasn't really worthwhile.' There was a common feeling that farmers' markets cannot be relied upon as a means of growing a farming business. While they may generate income to support the agricultural aims of the farm, to grow the business more adventurous forms of diversification, such as farm shops or agri-tourism, were required.

Secondly, farmers' markets were considered to be losing their distinctiveness. Supermarkets have identified consumers' desires for authenticity and begun showing their suppliers in their marketing. At the same time the availability of non-food items in farmers' markets has been increasing such that farmers consider the purpose of these markets to have shifted. One farmer said: 'I don't think there's been a single pure farming application in the last year.' This increased diversity could be advantageous attracting new interest in farmers' markets but farmers consider this unlikely. They argue that the credibility that farmers' markets give farmers is at the heart of their success and if that is eroded there will be little to attract farmer participation.

Thus while farmers consider that diversification remains their business priority, they challenge farmers' markets to retain an appropriately distinctive consumer experience otherwise other forms of diversification, such as box schemes, will be increasingly preferred.



From the start of the current economic recession, community food initiatives have reported increasing levels of food poverty in the communities they work with and within.

A growing number of community food initiatives are actively involved in establishing, operating or supporting emergency food assistance, including food banks, in response to the immediate and increasing need within their communities. While recognising the role of emergency food provision, several community food initiatives are developing services for people affected by food poverty to support them in the longer term.

The work of five of these community food initiatives is described below. Most of the work is at the early stage of development. What all have in common is the belief that a holistic and sustainable approach to alleviating food poverty is essential.

### **Community Food Initiatives North East**

**(CFINE)** has operated its FareShare franchise in Aberdeen City and Aberdeenshire for seven years, redistributing around 300 tonnes of donated surplus foods through partner agencies and its own community food outlets. It recently secured two years' funding from the Climate Challenge Fund for 'CFINE FareShare Goes Local', to build links with local growers and food suppliers and divert other surplus food from going to landfill.

CFINE is also working in partnership with six (and growing) third sector organisations that have been running food banks (one for over 20 years) to establish an Aberdeen Food Banks Strategy. One of its aims will be to improve the coordination of the sourcing and distribution of surplus food. Equally importantly, it aims to support the recipients of the surplus food to access a range of support services (including financial management, health and wellbeing, confidence building, and employability skills). The partners recognise that, for people in food poverty, simply redistributing surplus may potentially 'erode their dignity, confidence and the ability to "see a way out"'. <http://cfine.org/>

### **Lanarkshire Community Food and Health Partnership (LCFHP)**

also recognises the importance of taking a constructive approach to addressing food poverty. It intends to link the initial support available through food banks running in North and South Lanarkshire with longer term support, available through other food and health activities operating in the areas. LCFHP is involved in a pan-Lanarkshire group looking at food poverty and food banks, which includes representatives from North Lanarkshire Council and NHS Lanarkshire. This group is carrying out a mapping exercise of food banks, to be completed by September. [www.lcfhp.co.uk/](http://www.lcfhp.co.uk/)

### **Community Food Moray (CFM)**

set up a pilot emergency food box scheme in August 2011, initially funded through NHS Grampian's 'Food in Focus' fund. The scheme operated on a referral basis, through Moray Council and Moray Women's Aid, and was expected to support four people each month. Demand for the service increased significantly, with CFM identifying up to 40 referrals per month. To meet demand, CFM made the decision to establish a food bank. Local churches in the area are involved, and Elgin Youth Café's premises are used to store donated foodstuffs, which are collected from a number of locations across the area. People are asked to donate non-perishable foods that are not high in salt, sugar or saturated fats. CFM is committed to providing services that will not foster dependency; it intends to provide recipe packs and cooking skills sessions for food parcel recipients, in response to needs identified by other agencies in the area. It hopes to work with the local Citizens Advice Bureau to extend the service to include financial and welfare advice. CFM is in discussion with the Trussell Trust about future support for the food bank. [www.communityfoodmoray.co.uk](http://www.communityfoodmoray.co.uk)

Like CFM, **Edinburgh Community Food** is also investigating setting up emergency food provision with the aim being to provide healthy options and nutritional support to those receiving this service. It intends to achieve this through linking the assistance with its warehouse operation and through the food co-ops it works with. [www.edinburghcommunityfood.org.uk/](http://www.edinburghcommunityfood.org.uk/)

**East Lothian Roots and Fruits (ELRF)** is providing warehouse space for a food bank established by the local MP. Local churches are involved in the management of the food bank. The Trussell Trust has been involved in setting it up. Currently ELRF's

support for the food bank is separate from the food and health activities that it delivers. It hopes that joint publicity can be produced, so that people using the food banks are aware of the other ELRF services that they may access, including the fruit and vegetable co-ops and stalls.

[www.eastlothianrootsandfruits.org.uk](http://www.eastlothianrootsandfruits.org.uk)

## A hand up, not a hand out

There can be few voluntary organisations that have spent as much time ensuring their efforts make a genuine difference than the Edinburgh Cyrenians. From the early days of surplus food redistribution to using food to build the independent living skills of homeless people, Edinburgh Cyrenians have been at the forefront of innovative effective practice.

Carol-Anne Alcorn, Head of Enterprise, outlined the pressures organisations like the Edinburgh Cyrenians are currently under, balancing long-term developmental approach with immediate demands for emergency assistance.

**‘Whilst alert to immediate need and opportunities to help, Cyrenians takes a long-term, big-picture strategic view. Development is based on evidence and learning and we avoid fitting projects around funding, “reinventing the wheel” or duplication, preferring instead thoughtful planning and smart collaboration across all sectors. The charity aims to deal with social causes as well as the human consequences; we are committed to working with others in “the big picture”, spending time to use our evidence to influence law, policy and strategic change.**

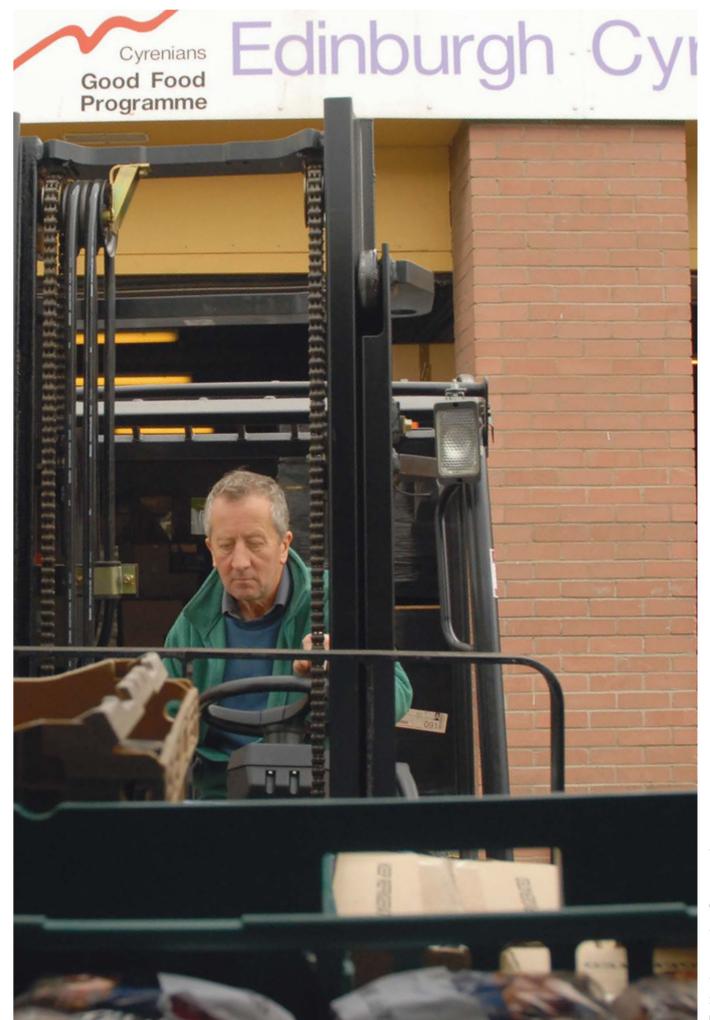
The Project continues to have a focus on a “hand up and not a hand out” and getting to the route of the problem with a holistic approach and understanding that one solution does not “fit everyone”. At this point in time the services across Cyrenians are evidencing an increase in referrals and one example would be our Good Food Programme which redistributes surplus food to around 45 organisations working in the field of homelessness and social exclusion where the number of short term emergency food packs has more than doubled in the last year. We work with social workers and support staff to ensure that people have “what is needed” in terms of diet, cooking facilities, etc. and more importantly to ensure that we do not create a reliance culture and

**get to the root of problems that have necessitated this type of support. The Cooking Classes, which also include budgeting, shopping and nutrition, currently have a growing waiting list.**

**The deep social issues Cyrenians tackles cannot be solved without winning the hearts and minds of the whole of society. In the current economic climate and time of welfare reform we need to ripple out an understanding of homelessness and social exclusion and its associated issues and generate optimism and enthusiasm for change.’**

At the forefront of the Edinburgh Cyrenians creative activity over the past quarter of a century, and well-known to many Fare Choice readers, was its Chief Executive, Des Ryan. Along with many others, we were shocked to hear of his recent untimely death. Des always stressed the need to ‘inform and inspire’ and everyone who knew him will confirm he did exactly that.

A fund is being set up in his memory. Visit [www.cyrenians.org.uk](http://www.cyrenians.org.uk) for more information on the fund, Des, and the work of the Edinburgh Cyrenians.



Edinburgh Cyrenians

## Glasgow Fareshare

The Steering Group for Glasgow Fareshare has recently been discussing its role in relation to the need for emergency food provision and the growing number of food banks in the city.

It was agreed that members were uncomfortable with the notion of food banks and, while not ruling out supplying them, feel that they need to look at each application on a case-by-case basis. Research looked at from the US and Canada suggests that food banks that were set up as an emergency measure 20–30 years ago have now become permanent. They do not want to see this happen in Scotland.

The agreement with the food and drink retailers that supply surplus food is that Glasgow Fareshare is able to fully trace where the food goes and how it is used. This can be difficult if it is used in food parcels and they usually supply organisations that prepare the food and feed people on site.

The overall aim of Glasgow Fareshare is to alleviate food poverty, to see the food that is supplied used to get people out of food poverty, and to be instrumental in linking people to the services and support that they need to do this.

**For more information:**

[www.moveon.org.uk/fareshare/](http://www.moveon.org.uk/fareshare/)

## Working in partnership

Tackling food poverty is as much a concern for the statutory sector as it is for the community and voluntary sectors. Cross-sectoral partnership working is the approach that is being adopted in a number of geographical areas.

For example, Glasgow CHP South Sector Food Strategy group has set up a food poverty sub group. Through this partnership approach, the group is looking at what can be done to support those in greatest need access healthier foods. There has been a growth of food banks in the area and the sub group is focusing on how best to coordinate what is already available in the area to support those who are using them.

The agenda for the group includes:-

- How to connect people to existing cooking classes which provide access to a healthy meal once a week for six weeks alongside the opportunity to build skills and confidence in preparing healthy food.
- How to link growing projects across the area to cooking classes to increase the supply of fresh local ingredients.
- Spreading the word about local food co-ops and other outlets which sell affordable, healthy food.
- Making sure that food banks users have information on local welfare rights advice to maximise their income.
- Improving access to information on the whole range of other services that are available to help individuals look after their health.



**Our annual Development Fund (formerly known as the annual small grant scheme) opens on Friday 14 June. More information about the fund is enclosed as an insert in this edition of Fare Choice, and is also available on our website.**

In this Take Stock, we focus on how five groups that received funding last year used their money to contribute to the three main Scottish Government food and health policies:

Improving Maternal and Infant Nutrition:  
A Framework for Action (2011)

Preventing Overweight and Obesity in Scotland: A  
Route Map Towards Healthy Weight (2010) and the  
Route Map Action Plan (2011)

Recipe for Success: Scotland's National Food and  
Drink Policy (2009)

More information about these policies and other  
Scottish Government initiatives can be found in the  
enclosed funding insert, or in the funding section  
of our website.

### **Perth and Kinross Association of Voluntary Service (PKAVS) Mental Wellbeing Service**

supports around 65 adults each year who are recovering from severe and/or enduring mental health illnesses. Last year it received funding to start up a Healthy Dinner Club to develop the cooking skills of those using the service. Developing the cooking skills of adults is an activity suggested in the Route Map Action Plan to prevent overweight and obesity in Scotland. The Club was also planned to provide social support for those using the service.

Nineteen people from two of the mental wellbeing support services – the Walled Garden and Wisecraft – regularly attended one of the two ten-week Dinner Club courses. The Club was held at the Walled Garden café and vegetables from the garden were used in the cookery sessions. The café chef led the hands-on cooking sessions, with support from other staff members, and participants suggesting recipes that they would like to learn. The staff team found that they had to include activities to develop basic skills, such as chopping skills and simple recipes at the request of participants. The participants also preferred all the recipes (including the more basic recipes) to be written down for them, so that they could check these during the course and

take them home. They tasted the food during the dinner club and took the meal home with them afterwards.

PKAVS staff evaluated the club using informal methods and recording participants' comments. Seven people reported that they tried every single recipe again at home and the others said they tried at least one of them again. One of the participants had recently been living with his mother until she passed away, and had since struggled with planning meals and cooking. He reported that the dinner club boosted his confidence and skills and he tried all the recipes again at home. He continued to 'talk through' the recipes with staff to feel more comfortable about preparing the recipes on his own. Participants enjoyed the social benefits of the club, particularly as this brought people from two services together.

The services will continue to run monthly dinner clubs after they have used the CFHS funding, by asking participants to contribute to the food costs. They also plan to work with participants to put together a recipe book of all the meals that they have prepared together, which will be available to buy at the Service.

The **Cottage Family Centre** supports families with children under the age of five years within a low-income area of Kirkcaldy. The Centre received funding last year to develop cooking skills and healthy eating information courses for parents using the service. The Centre also planned to include local walks. Its plans meet activities suggested in the Maternal and Infant Nutrition Framework (2010) to ensure that families with young children have access to accurate information about healthy eating as well as opportunities to develop cooking skills. Promoting cookery and physical activities are suggested by the Route Map Action Plan.

The Centre ran two cooking courses, each attended by six parents. The staff used an eatwell plate mat, borrowed from NHS Fife, to demonstrate the basics of a healthy balanced diet. This gave staff an indication of the parents' current knowledge, which helped them shape the course. Staff encouraged the parents to try a range of new



ingredients and recipes, adapting these to make sure that these were acceptable, and provided information about nutrition and costs throughout. Staff found that some parents had no experience of preparing fresh vegetables or making a meal using basic ingredients. Some of the parents reported getting a confidence boost from seeing their families enjoy a home-cooked meal they had made for them for the first time.

As well as outcomes on cooking skills and knowledge, the staff reported observing that participants developed 'softer' skills, such as team skills. Parents on the course worked together to devise a rota for setting up, providing refreshments for, and cleaning up after the course. The course also attracted new parents to attend activities at the Centre and some parents began attending other activities after completing the cooking course. The local walks were less well attended, partly due to the poor weather. The Centre hopes to continue to run cooking courses in the future, using produce from the Centre allotment, to keep the costs down.

**Kirkshaws Neighbourhood Centre** provides a range of facilities for people in Coatbridge in North Lanarkshire. It has a training kitchen, a community café, IT facilities and provides a wide range of physical activities, employment training, and community support. It received CFHS funding last year to develop its cooking skills courses, to include more information to participants to help them make the links between balancing food intake, weight maintenance and physical activity. These are all activities suggested by the Route Map Action Plan to address concerns about overweight and obesity in Scotland.

The Centre received support from NHS Lanarkshire and North Lanarkshire Council to run the sessions; this included providing a creche so that the parents could attend and focus on the course. The local Asda store also provided some ingredients for the cooking course. Twenty-four participants took part, including young people and young mums. Each course was tailored to the group, as Centre staff have learned from experience that this ensures that these are interesting and relevant to each group; participants are more likely to commit to the course if they have been involved in its planning and preparation.

The course for young mums included bringing the children together at the end of each session to share the meal their mum had prepared. This provided an opportunity to support the mums with any issues around meal times and eating. In the past this has identified that some parents lacked equipment to prepare the meals again at home, and the Centre has been able to source equipment to give to the parents to address this issue, when they had the funding. The courses for young people included sharing a meal at the end of each session; the staff observed that this increased the social skills of some young people, as well as their cooking skills.

The longer term plan for this type of work is to consider developing peer-led volunteer sessions. However, promoting health activities remains integral to its work; participants will continue to have access to the community café, which offers healthy, affordable options, as well as access to physical activities and cooking courses when funding is available to run these.

**Autism Initiatives** in Edinburgh provides support for people with autism spectrum conditions. Last year, it received CFHS funding to develop its cookery courses for young adults with autism spectrum conditions. This activity meets suggestions in the Route Map Action Plan to develop cooking skills courses.

Autism Initiatives used the funding to improve its existing cooking classes. These were run by support workers working together to support individuals on a one-to-one basis in a group setting. However, Autism Initiatives wanted to develop this by paying for a workshop leader to improve the co-ordination of the course and to produce resources for this group. The funding was also used to provide training for the workshop leader.

So far, Autism Initiatives has supported around 20 participants over 30 sessions, with a core group of seven participants attending most weeks. The session leader has improved the organisation and running of the course, resulting in more regular and higher levels of attendance. The leader also developed a range of pictorial recipes and plans to develop more resources around kitchen safety. These resources have helped staff provide information about food and health to individuals within the group, all of whom have a wide range of communication needs.

Autism Initiatives hopes to continue to deliver the courses in the future. Costs are kept to a minimum because participants pay for ingredients and Craigmoynton School provides access to its kitchen and equipment.

**Shetland Isles Council** received funding last year from CFHS to developing a food growing project for a range of groups. Food growing is suggested within Recipe for Success as a way of increasing access to affordable healthy foods.

The project was promoted to a wide range of groups. This ongoing activity has so far involved a young mums group, a support group for young people experiencing homelessness, a group for people with mental health support needs, a care centre and a neighbourhood centre. The groups have started to grow vegetables in their own window boxes and shared raised beds. The project has generated a great deal of interest beyond the groups – experienced gardeners have come forward to volunteer to support the project. An important outcome for the project so far has been bringing different communities and generations together and overcoming less positive perceptions of each other. The Council plans to continue to support the groups with its gardening activities in the future and it hopes to run cooking workshops when the food is harvested in the autumn.

These five groups provide a flavour of the activities of 40 groups that received small grant funding from us last year. All of these groups used food to address local challenges and tackle health inequalities in their communities. You can find out about the 40 groups that received funding from us last year on our website.



## Healthy Start vitamins

Free vitamin supplements for children, pregnant women and new mothers on low incomes will now be available from community pharmacies.

In addition to vouchers towards the cost of milk, fruit and vegetables, the Healthy Start scheme also provides vitamin supplements to low-income families.

Previously, vitamins were distributed through NHS Boards. In a drive to ensure that everyone who needs these vitamins receives them, community pharmacies will now be able to access Healthy Start vitamins directly from their wholesalers, rather than through the NHS supply chain process.

The 1,246 community pharmacies and around 120 dispensing practices across Scotland have been asked to join the one year pilot.

**‘There is a strong link between low income and poor nutrition in pregnant women, mothers and children. As part of our work to address health inequalities in Scotland, we must make sure that everyone has access to all that is available ... By using community pharmacies, we will ensure a consistent, easily understood and sustainable method of distribution across Scotland for those in most need of these vitamins.’**

Minister for Public Health, Michael Matheson

Visit [www.healthystart.nhs.uk/healthy-start-vouchers/healthy-start-vitamins](http://www.healthystart.nhs.uk/healthy-start-vouchers/healthy-start-vitamins)



Pointers Centre, Stornoway

## Food Safety Week

As this edition of Fare Choice goes out, a number of community initiatives should have received funding and resources from the Food Standards Agency in Scotland to help them take part in Food Safety Week (10–16 June). This year’s theme was ‘kitchen check’. [www.food.gov.uk/scotland](http://www.food.gov.uk/scotland)



Sauchie Fruit Barra, Alloa

## Healthy Living Programme

**‘Combating obesity is one of our biggest health challenges and we need retailers to play an active role in helping people to make healthier food choices.’**

Minister for Public Health, Michael Matheson

Scottish retailers are to receive more help to promote healthier food options in convenience stores. The Healthy Living programme, jointly funded by the Scottish Government and Scottish Grocers Federation, provides shops with the means to display and promote fresh, healthy produce.

The extra cash will now mean that the participating retailers will be able to expand the range of produce covered by the programme, including bread, breakfast cereals and frozen vegetables.

The programme will also now target expansion of membership in hospital shops and restaurants. Programme members will be encouraged to engage more with young people, helping them make healthier choices and promoting healthier ‘meal deal’ choices.

£305,000 is being committed this financial year along with new guidance for retailers. The new funding comes as revised Scottish Dietary Goals are published, providing the basis for the significant expansion of the product range in the Healthy Living programme.

Visit [www.scotland.gov.uk/Topics/Health/Healthy-Living/Food-Health](http://www.scotland.gov.uk/Topics/Health/Healthy-Living/Food-Health)

## Eatwell and feedback

*Eatwell everyday* is a new web-based healthy eating resource developed by the Food Standards Agency in Scotland.

At the core of *eatwell everyday* is a detailed example of a week's menu that meets dietary recommendations, including recommendations to increase intake of fruit and vegetables, oily fish, and starchy carbohydrates, and to limit intakes of sugar, fat and salt. The week's menu meets the UK dietary reference values for an average adult female, but advice is included about adapting the menu for those with different requirements. The resource also includes advice for families with young children.

The menu provides an example of how the **eatwell plate** may be translated into a week of healthy eating.

The resource is not intended to be a prescriptive diet plan. However, it does contain supporting information, including printable recipes and shopping lists, to help consumers try the week's menu for themselves and so identify where they may need to make changes in the longer term.

Commonly consumed foods, based on consumer purchase information, form the basis of the week's menu (tips for substituting foods are included). Affordability and food waste were considered and to address these issues the variety of foods in the menu has been kept to a minimum – for example, types of bread and fruit juices. The menu meets the World Cancer Research Foundation recommendation for energy density.

Importantly, the resource includes a practitioner's information tab for those involved in promoting healthy eating.

The Food Standards Agency in Scotland, at this early stage in the resource, is very keen to receive feedback from practitioners, including those working in low-income communities, about their experience, and the experience of the individuals and families they work with, of using the resource.

*Eatwell everyday* can be accessed at [www.eatwelleveryday.org](http://www.eatwelleveryday.org) and comments should be sent to [eatwelleveryday@foodstandards.gsi.gov.uk](mailto:eatwelleveryday@foodstandards.gsi.gov.uk)



Helmi Dundee

## Action on Additives

The Action on Additives campaign has been relaunched. Building on the previous campaign run by the Food Commission, the campaign will now be overseen by First Steps Nutrition Trust and will be funded from charitable trusts. You can sign up to their free newsletter via the website, or follow them on Twitter @actionadditives

See [www.actiononadditives.org](http://www.actiononadditives.org) and [www.firststepsnutrition.org](http://www.firststepsnutrition.org)



## Food Train rolls into Glasgow

‘Thanks to the hardworking volunteers at Food Train, I am sure this vital service will be as much of a success here in Glasgow as it is in Dumfries and Galloway, West Lothian, Stirling and Dundee.’

Alex Neil MSP

Food Train’s newest branch in Glasgow was officially opened on 13 May by Alex Neil MSP, the Cabinet Secretary for Health and Wellbeing, at Samaritan House, Govanhill.

Food Train Glasgow is initially being funded through the Transformation Fund, Glasgow City Reshaping Care Partnership and a unique partnership with local Housing Associations and has ambitions to be city wide by 2015/16.

Speaking at the launch, Food Train Chief Executive Officer, Michelle McCrindle, said, ‘We are delighted to bring Food Train to older people in South Glasgow, offering them a food access solution and engaging the talents of local volunteers. Our unique partnership with grocery retailers will ensure local older people receive regular supplies of fresh foods of their choice with the added benefits of greater social contact through our volunteers. With the increasing number of older people living in Scotland it is paramount they all have access to good food and we hope our venture here in Glasgow demonstrates we have a successful model that can support older people anywhere in Scotland.’



## For Later Life – Age UK annual conference

This conference took place in London on 25 April and included a useful session on food and malnutrition. The session heard presentations from three speakers.

Dr Lisa Wilson gave a very helpful overview to the subject, highlighting the fact that malnutrition among older people can include both undernutrition and obesity. She also spoke about the role that screening can play in addressing this and provided information on the work of the Malnutrition Task Force.

Rachel Masters spoke about work happening in the North East of England around identifying and treating undernutrition in the community.

Jackie Hayhoe from Age UK gave examples of how the Age UK ‘Fit as a Fiddle’ programme has been promoting healthy eating and physical activity across the UK.

**Presentations from the conference are available at [www.ageuk.org.uk](http://www.ageuk.org.uk)**  
**Information about the Fit as a Fiddle programme is available at [www.ageuk.org.uk/health-wellbeing/fit-as-a-fiddle](http://www.ageuk.org.uk/health-wellbeing/fit-as-a-fiddle) and the Malnutrition Task Force at [www.malnutritiontaskforce.org.uk](http://www.malnutritiontaskforce.org.uk).**

## National and regional food policy council workshop

Newcastle Institute for Research on Sustainability (NIReS) held a workshop about food policy councils on 9 May in Newcastle. It included inputs from Mark Winne and Pam Roy from the USA, both of whom have extensive involvement with food poverty councils operating at local, regional and state level. It also includes presentations from practitioners involved in developing food policy councils in the North East of England, and from established councils in Brighton and Bristol. Iain Stewart from Edinburgh Community Food also spoke about the work of the organisation and its links with Scottish food and health policy. The workshop closed with NIReS agreeing to hold a further event for those participants interested in exploring the establishment of food policy councils in the North East of England.

**For more details about the content of the workshop, please contact Anne.**

# PUBLICATIONS

## Recent publications from CFHS

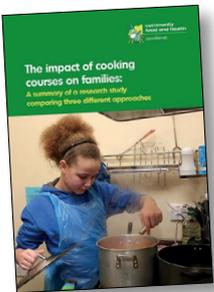
**Cooking up connections** shows what a handful of community food initiatives and learning disability support providers are doing to support people with learning disabilities on food and health. It also reports on views and the impact of a basic accredited nutrition course tailored for the learning disability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



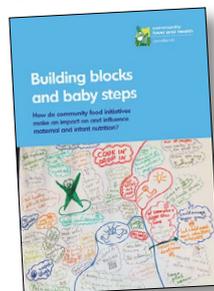
**Getting the messages** shows what difference completing a short accredited nutrition course makes to the food and health work of those working with community food initiatives. The report is based on 35 survey participants, all of whom had completed a national accredited course such as the Royal Environmental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



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

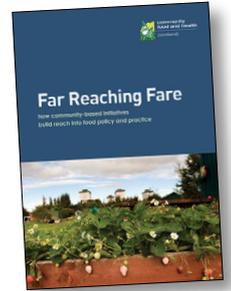


**Building blocks and baby steps** reflects a short programme of work to investigate the impact and influence of community food initiatives in relation to maternal and infant nutrition. Included is summary evidence from an online survey we undertook in late 2012 and four interviews with community food initiatives to explore aspects in more depth.



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

people in communities. Case studies from Sauchie Active 8 Fruit and Vegetable Barra, Toot for Fruit in Mid Lothian, North Glasgow Community Food Initiative and Aberdeen Foyer Lifeshaper programme provide some practice examples.



## Equalities and Human Rights Practice Guide

Age UK's 'Fit as a Fiddle' programme has some useful resources on its website. This guide presents ideas, strategies and examples of good practice in equalities and human rights work relating to healthy eating and physical activity. See also their guide to Engaging Faith and BME Communities in Activities for Wellbeing.

[www.ageuk.org.uk/professional-resources-home/services-and-practice/fit-as-a-fiddle/fit-as-a-fiddle-resources-2013/](http://www.ageuk.org.uk/professional-resources-home/services-and-practice/fit-as-a-fiddle/fit-as-a-fiddle-resources-2013/)

## Research about salt reduction

The Food Standards Agency has recently published a report showing how the food industry is performing in terms of reducing salt levels in food products. This showed that reformulated food products over recent years have removed tonnes of salt from everyday food products, although there is still scope for improvement. There has been positive progress in reducing salt, particularly in retailer own brand products, but more progress needs to be made on branded products. 'Monitoring progress in Scotland against the FSA salt targets using market research data' is available from [www.foodbase.org.uk](http://www.foodbase.org.uk)

# DIARY

## JUNE

### **CFHS development fund launches**

**14 June 2013**

[www.communityfoodandhealth.org.uk/funding/](http://www.communityfoodandhealth.org.uk/funding/)

### **Tackling health inequalities in Scotland**

**26 June 2013, Edinburgh**

<http://healthinequalities.holyrood.com/>

## AUGUST

### **Child healthy weight event**

**28 August 2013, CoSLA conference centre, Edinburgh**

[www.healthscotland.com/news/events/index.aspx](http://www.healthscotland.com/news/events/index.aspx)

## SEPTEMBER

### **Scottish Food and Drink fortnight**

**1-16 September 2013**

[www.scottishfoodanddrinkfortnight.co.uk/](http://www.scottishfoodanddrinkfortnight.co.uk/)

### **Public health Scotland: promoting a healthier nation**

**5 September 2013, Our Dynamic Earth, Edinburgh**

[www.publicserviceevents.co.uk/257/public-health-scotland](http://www.publicserviceevents.co.uk/257/public-health-scotland)

### **Public health England: 1st annual conference**

**10-11 September 2013, Warwick University**

[www.fph.org.uk/events/public\\_health\\_england\\_annual\\_conference](http://www.fph.org.uk/events/public_health_england_annual_conference)

## NOVEMBER

### **Faculty of Public Health Annual Public Health Conference Making Scotland a Healthier Place**

**7-8 November 2013**

[www.fphscotconf.co.uk](http://www.fphscotconf.co.uk)



**community  
food and health**

(scotland)

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

[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

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