



Know change

Change must be at the heart of everyone's efforts to tackle food poverty, ensuring all our actions are focussed on overcoming barriers, reducing inequalities, promoting inclusion and addressing injustice.

A key aspect of change is understanding exactly what difference you have made, and this edition of Fare Choice has some excellent examples of local initiatives that are particularly clear about what they are trying to achieve and how they will know they have been successful (see A Flavour of, pages 6-9).

Whilst change can be a very personal experience, it can also be a shared one. Communities coming together to achieve change is particularly important in this International Year of Co-operatives (see Take Stock, pages 11-12).

As well as being effective, change also has to be sustainable. Most community food initiatives have little interest in providing a purely

'sticking plaster' response. Many contribute to the design and delivery of effective and sustainable policy and practice and many more would do so given the opportunity. It is crucial that the current economic austerity does not diminish or distract them from this valuable role (see SCOFF article, page 5).

As many of you will know, Community Food and Health (Scotland) and Consumer Focus Scotland are facing change ourselves.

One impact of the UK Government's recently announced UK-wide reforms to consumer advocacy has been that negotiations are well-advanced in finding a new home for CFHS, who are still in the early stages of a three year Scottish Government funding package.

We will ensure everyone is informed at the earliest opportunity when more detailed information becomes available.



North Perth Community School (see page 8)

About us . . .

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

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

AVAILABILITY

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

AFFORDABILITY

Tackling not only the cost of shopping but getting to shops

SKILLS

Improving confidence and skills in cooking and shopping

CULTURE

Overcoming ingrained habits

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

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

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

TEAM TALK

An update on our recent/ forthcoming work

Learning and development programme - new courses added

Bamboozled by policy? Don't be! Our 'Introduction to Policy' course is aimed at staff and volunteers who feel they do not know enough about food and health policies, and want to find out more. The course will look at why we need to know about policy, the relevant policies for food and health work, linking policies to activities and activities to policies, and influencing policy. The course runs on 22 November, from 10am to 3pm, in Glasgow. The closing date for applications is 9 November.

A RSPH (Royal Society for Public Health) Level 3 Award in Nutrition for Healthier Food and Special Diets course will run from 29 to 31 January next year. Ten fully-funded places are available, with applications particularly welcome from staff or volunteers working with, or supporting others working with, children aged 0-8. The closing date for applications is 5 December.

More details and the application forms for both of the above are available from our website, or contact Anne.

Local food micro funding

Six community food initiatives have received funding so far to develop pieces of work that aim to increase access to locally-grown produce in low-income areas. The range of activities that are being supported include: working with a local farmer to pilot a fruit barra; linking with growers involved in an area-wide regeneration project; developing a delivery service for isolated older people; the purchase of promotional materials; and the purchase of bike trailers for produce delivery.

All of the groups will feed back to us about the impact of the funding early next year. More details about the work of one of the groups awarded funding can be found on page 12.

A small amount of funding is still available. If you have an idea for a piece of work that fits into our funding criteria (more details are available on our website), please get in touch.

Mind the Menu follow up

Participants at the Mind the Menu event in June were asked, 'What do we know about how food, and work around food, impacts on mental health and wellbeing?'

Feedback included:

*"Social cooking and eating promotes positive mental health."
"Food brings people together."*

Building Evidence of Impact is a new free evaluation support package designed to support organisations to develop evidence of the work they are doing involving food, mental health and wellbeing, and to contribute to the overall evidence base in relation to food and mental health.

The package includes

- Four days fully funded input from experts in the field.
- Ongoing support from CFHS over 12 months to implement what you learn, including a small amount of funding to cover case study development.
- All training fees, venue costs and a contribution to reasonable travel costs if required.

Full details and an application form are available on our website. There is also a full report from Mind the Menu on the website.

On the right track? CFHS annual networking conference

Our conference is now fully booked.

The event will focus on how national policies around food and health are being put into practice within low-income communities and how food activity is supporting the wider impacts on communities that are experiencing the effects of food poverty.

The programme will feature three separate parts: a discussion kicked off by Dr. Deirdre O'Connor, University College Dublin, about 'rights based approaches to addressing food poverty' to encourage conversation on food access and food poverty; a workshop programme to learn and share around practice, skills and knowledge; and a networking session in the afternoon.

A report from the conference will be available in December.

Footing the bill or thinking ahead

In the light of increasing concern about the rise in food poverty, CFHS hosted a round table discussion on constructive food and health policy and practice in the face of austerity on 31 July.

Representatives from Edinburgh Cyrenians, Healthy Valleys, the Calman Trust and Lanarkshire Community Food and Health Partnership met with representatives from the Scottish Government, Plunkett Foundation, Carnegie UK Trust, the Poverty Alliance, Oxfam Scotland, NHS Health Scotland, and the University of Sheffield for a very constructive discussion on how to ensure that practice and policy responses to the current situation continue to help people to take control over their lives rather than create dependence.

Edinburgh Community Food and Edinburgh Cyrenians hosted visits earlier in the day to share what they are finding working across communities in Edinburgh.

In a wide-ranging session, there was discussion about the need to try to fully understand the scale

of current need in Scotland and about the role that community food initiatives are playing in tackling food poverty. There was also a concern that the voices of organisations working on the ground should be heard in the wider policy arena and an agreement that a shared statement of values might be a useful tool to support good practice.

“Let’s see food embedded in holistic services rather than people just taking away a bag of groceries.”

The notes from the discussion are available on our website and we will be looking for your input at our conference in November. We are keen to hear your views and feedback on the reality in your community to inform our future work.

Food, wellbeing and older people

This CFHS learning/networking event took place in the Albert Halls in Stirling on 12 September. It brought together 20 people from organisations that received micro funding for work involving older people around food, health and wellbeing.

The sheer diversity of the projects that were funded was identified, along with the imagination and creativity involved in projects as diverse as a cook-off between residents in three day centres, a lunch club provided by trainees from a hotel training kitchen, a home delivery service linked to physical activity, and cooking classes developed by befrienders across two sheltered housing schemes. The value for money these represent, given the number of beneficiaries and outcomes from very small amounts of funding, was also noted.

Participants shared information on what worked well with their projects, what could have worked better and considered the fundamentals required for successful community food work with older people. The material is being collated and will be shared at our conference in November.

The session ended with input from Andrew Jackson, Joint Improvement Team, on the Reshaping Care for Older People programme and the challenges community food initiatives face in getting their work recognised as fundamental to this agenda.

Small grant scheme

CFHS is currently awarding grants from the annual small grant scheme. We received 203 applications and were able to award funding to 40 of these. Information on funding recipients will be available on our website in the next few months.

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

2014 has been promised to be, "a truly spectacular year for Scottish food and drink", by Rural Affairs Secretary Richard

Lochhead, with £1 million made available, "to make sure producers and businesses are ready to grasp the opportunities". This builds on a 2011 turnover in Scotland's food and drink industry which grew by 6% and exports which hit an all time high of £5.4 billion.

More on the Food and Drink 2014 Action Plan is available at www.scotland.gov.uk/News/Releases/2012/09/action-plan-funds05092012

As Fare Choice was going to print, the Scottish Health Survey data was due to be published, which will be used to inform an update of the **Preventing Obesity Route Map** indicators and action plan.

A key date for the implementation of the **Maternal and Infant Nutrition Framework** will be next February's NHS Health Scotland conference in Edinburgh, where community activity and asset-based approaches will be particularly welcomed as it looks at 'unlocking our potential' (see Diary page).

A busy summer of policy consultations means we should shortly be hearing how a number of Scottish policy areas relevant to community food initiatives are going to be taken forward, particularly the **Community Empowerment and Renewal Bill** and the **Integration of Adult Health and Social Care Bill**, as well as the UK-wide consultation on **front-of-pack labelling**.

A Westminster consultation that has been extended is the one on **Next Steps for Nursery Milk**, which will now accept responses up to 23 October. See <http://consultations.dh.gov.uk/nurserymilk/nextsteps>



Following consultation a revamped **Mental Health Strategy for Scotland** has now been published, although with no reference to the role of food as a key factor, as well as a medium to work through (see Mind the Menu page 2).

A consultation which is still underway and should be of interest to many voluntary organisations and social enterprises working on food concerns the **Procurement Reform Bill**. See www.scotland.gov.uk/Resource/0039/00398733.pdf

Meanwhile Citizens Advice Scotland and Save the Children have both released reports in the past few weeks attempting to influence policy. They both warn of the impact **poverty** is having on the most vulnerable in society, including the ability to access a healthy, acceptable diet. How to pursue long-term solutions alongside ever increasing pressure to manage crisis situations was key to a recent CFHS policy roundtable involving practitioners, planners and policy makers (see page 3).

www.cas.org.uk/publications/welfare-changes-voices-frontline-1

www.savethechildren.org.uk/sites/default/files/documents/child_poverty_2012.pdf

With Hungary following Denmark's lead in taxing unhealthy products and Norway updating its policy on reducing children's exposure to advertising of unhealthy foods, it is always worth keeping abreast of policies being considered or rolled out elsewhere in **Europe**. The World Health Organisation's European Regional Office www.euro.who.int/en/what-we-do/health-topics/disease-prevention/nutrition is worth a regular visit as is the European Public Health Alliance at www.eph.org/spip.php?rubrique268

Food policy is obviously not limited to Scotland, the UK, or even Europe. It is significant that following last year's very timely focus on food prices, the United Nations have designated this year's **World Food Day** (16 October) theme as "Agricultural cooperatives – key to feeding the world"

See www.fao.org/getinvolved/worldfoodday/en

Emergency food provision: inspiration for a political impetus towards tackling food poverty?

The experience of food poverty and existence of charitable food assistance projects designed to alleviate it, have long been issues in Scotland and across the UK. But with the recent recession, rising food prices, and extensive welfare restructuring they are becoming particularly prominent. At the same time, a number of national scale organisations have been established, designed to facilitate or co-ordinate food assistance projects across the country. The Trussell Trust Foodbank Network and FareShare are prime examples. FareShare redistributes food to 700 community projects across the country, reportedly helping 35,000 people a day access food. The Foodbank Network comprises over 200 Foodbanks across the UK and in the year 2011-2012 fed 128,697 people.

But what does the growth of these initiatives really mean – for policy makers, practitioners, and crucially, those people who are living in food poverty? Emergency food projects in particular, such as food banks or soup kitchens seek to provide relief, they are a response designed to alleviate the symptoms of food poverty not to address the root causes, which are largely beyond their control. Whilst these projects are often run with commitment, compassion and a genuine effort to help their recipients in ways beyond food provision, the question of the 'solutions' to food poverty remains. In light of this, the growth of such initiatives could be seen as an important call, across all sectors and interest groups to look again, and with renewed urgency, at how we understand and address the experience of food poverty and its underlying causes. Whilst the charitable sector works hard to respond by providing relief and some alleviation from the symptoms of food poverty, their presence could also be seen as a vehicle for political pressure to prioritise food poverty. Advocacy work, with research and evidence to support it, could prove a particularly useful tool, giving voice to the experience of emergency food recipients.

What will be important, however, will be emphasising an understanding of food poverty which extends beyond the notion of 'crisis' and 'emergency', to a more holistic approach which acknowledges the importance of food not just for health but for social justice. Such an interpretation would open up opportunities for a call for responses from across policy spheres, including health, employment, welfare and community development, among others. Ongoing research is looking in more depth at the relationship between the growth of emergency food provision and the contemporary experience of food poverty in the UK. But in the meantime, the presence of these initiatives, and the voice that they can give to particular aspects of the experiences of those struggling to access a balanced, healthy diet, could provide an important source of inspiration for a more politicised response to food poverty.

Hannah Lambie-Mumford, University of Sheffield
Contact Hannah at: h.lambie-mumford@sheffield.ac.uk



We've been on an evaluation course – so what?

CFHS has offered community food and health initiatives the opportunity to build evaluation capacity with support from Evaluation Support Scotland (ESS) since 2009. Participants can take part in the ESS core course programme covering the knowledge and skills needed to collect information and report on findings.

What difference has this learning made to what they do or what they find out? In these two case studies we explore this question.

The Ripple Project is located in the Restalrig Lochend in Edinburgh. It runs 18 different activities aimed at improving the quality of life for community members by helping people to help themselves. Food and health activities include a lunch club for older people, hosting a food co-op, (via Edinburgh Community Food) and a community café. There are approximately 135 volunteers, with 40 involved in the café. Its Community Health Development (CHD) Worker accessed support to develop evaluation knowledge and focus on evaluating the benefits of volunteering for café volunteers.

Getting started

An asset-based and person-centred culture means they are very focused on the people they work with. The CHD worker developed questionnaires, however some volunteers with poor levels of literacy or English had difficulty understanding them. Learning from the programme, the worker used another approach to evaluation, using proxies, ie. alternative ways to identify changes. For example, on confidence and skills, she observed volunteers behaviours and relationships. The course gave the worker confidence to use these observations in a structured way, to monitor volunteers' progress.

What has evaluation told them?

Putting together stories to reflect change is being used to evidence progress, for example: a volunteer who helped wash the dishes consistently declined opportunities to take on other tasks. But once when the café was short staffed, seeing others under pressure motivated her to help out, making rolls and toasties. She has since gone on from not wanting to cook to making cakes for the café.

Other observations have seen growing friendships, people helping each other and building relationships with customers. Evidence provides hard data too, for example a volunteer received their first training certificate from REHIS having left school with no qualifications.

Ongoing investment in evaluation

To share learning, the worker has put together a reference pack with notes and delivered a session to other staff. Each project has developed a Weavers Triangle to share internally. This will help staff see how: activities link together, review outcomes, what existing evaluation tells them and where changes need to be made.

Are there any other benefits?

The worker has stated that using the Weavers Triangle has helped with some successful funding applications and writing reports.

“With the outputs and outcomes clear you know what you have to cover.”

St Andrews Church in Bo'Ness runs support programmes for children and young people, parents and families, and older people. Food activities include cooking with young people and a women's group; developing a recipe book; and the Tuesday Club, offering snacks, fruit and a two-course lunch to people with dementia.

The Family Worker accessed the Learning Account to improve practical evaluation skills and put her learning into action last summer with the summer food club for children. All the learning from the evaluation support was used to plan the group, with evaluation activities embedded in fun activities around food.

So how did it affect their evaluation?

- Baseline information collected with pictures of fruit and veg to see what children liked and didn't, checking for changes at the end of the group.
- An 'evaluation tree' to encourage children to indicate how they felt about different activities.
- An evaluation wheel was used with children to record "What has been new or surprised you?"
- A body map to think about food and how it affects your body.
- A video diary collected information and children

- increased their confidence to use technology.
- They used games to get feedback, i.e. 'What should we keep from yesterday?', or 'What did they eat when they went home?'

So what did they find out?

The club activities captured information on changes in children's behaviour, such as trying and eating new foods, and what was happening in their relationships. They have amazing stories of change, they know they are making a difference and can prove it.

Tips for sustaining learning

- Integrate evaluation into the planning stages of any piece of work.
- Involve and empower colleagues to feel part of the process.
- Share the value of why we do evaluation.
- Reflect on the highs and lows of group or individual learning.
- Stay motivated, follow the plan.
- Use positive and consistent evaluation to consider growth and development .

Developing food work together in south Glasgow

Around 14 people representing community, voluntary, and statutory groups and agencies working in south Glasgow came together recently for a South Glasgow Food Strategy Group (FSG) development day. The groups that attended are involved in food activities in south Glasgow and included SEAL, the local community health project; Urban Roots, an environmental and gardening project; Women Together and WAVES, groups that support women on an array of issues including domestic abuse; housing associations; Glasgow Association for Mental Health; charities such as Oxfam; and statutory organisations such as Community Health Partnerships (CHPs).

The purpose of the day was to find out from each other what food work was taking place, with opportunities for partnership working, and to establish structures to support local food work and choose the role in the structure that best suited their group. The role of the FSG is to ensure that:

- local needs around food and health issues are identified and met;
- community food work being delivered meets a Quality Assurance standard;
- community groups have access to information about resources and funding;
- community groups find out what each other are doing and give and receive practical information; and

- community groups find out about and help shape or get involved in CHP initiatives and strategies.

Until recent restructuring there were two separate food groups meeting in south Glasgow, FASE in the south east and SWFSG in the south west, with both receiving support from the CHP. However, as some groups or agencies plan to, or already work across the south area, the groups decided on the day to create a new structure to include an overarching group – the South Area Food and Nutrition Group (SAF&NG), while at the same time retaining FASE and the SWFSG to support initiatives local to each area (see diagram below).



The SAF&NG that covers the new Glasgow City CHP South Sector will gather and disseminate information about NHSGG&C Board and local authority policies and initiatives, monitor and evaluate local food work and hear about local community activities.

Those attending the development day felt it was equally important to retain the two existing local-area groups; this ensures that local needs are met and the credibility of the groups, which has contributed to their successes over recent years, is not lost. The CHP values the information that community groups provide through local links or by conducting local consultation. Community groups value the opportunity to find out practical information locally.

The CHP will continue its commitment to provide staff time to support the local-area groups, by co-ordinating meetings, minutes and offering a development day each year for the two local-area groups to come together. It will also continue to be a source of funding, support and promote good practice around development and evaluation. **For more information about food and health work in South Glasgow, contact John Casey, Health Improvement Practitioner John.Casey@ggc.scot.nhs.uk**

Last year CFHS put together a fact sheet on how four networks in Scotland have developed successful networks. 'Networks and networking' is available in the 'conference and networks' publication section of the CFHS website.



food shop and deliver the ingredients to the group.

Snack Attack was evaluated in numerous ways to suit the age ranges of the group. Learner comments were noted and at the end of the block each family completed a grid showing what recipes they had enjoyed and which ones they had tried or would try again at home. Participants also completed the remaining section, a 'catching confidence' form that they had started at the beginning of the block. This demonstrated whether their confidence had grown on different cookery based learning topics. All methods illustrated that the families that took part learned a variety of new recipes that they would use again at home. It showed that the families tried new ingredients and felt more confident in general about using leftovers to make a healthy snack. To celebrate, each participant was awarded a certificate at the end of the final session.

To find out more about the work of Community Connectors and North Perth Community School, Adult and Family Learning Team contact Rhona Thom or Jane Westall on 01738 454250 or email RThom@pkc.gov.uk or JWestall@pkc.gov.uk

North Perth Community School Adult and Family Learning Team are featured as a case study in a new CFHS publication – What's Cooking in Scotland? Part Two. More information about this publication is on page 15.

Community Connectors - finding out about the impact of community cookery

Community Connectors is a constituted community group of adult learners from across North Perth. The group aims to run a variety of fun and innovative activities for local learners and families based on the results of local consultation. North Perth Community School supports the group.

Cookery is always popular and the group received £2,500 from the CFHS small grant scheme to deliver Snack Attack. This consisted of two blocks of ten weekly sessions focusing on making healthy snacks from ingredients the families would find in their fridge or cupboard. Parents attended with their children, although a crèche was available for younger children. During the Snack Attack sessions each family would make two savoury snacks and one sweet, with the goal of trying three new snacks per session. These were either eaten straight away, or the families took the food home to share with the rest of the family. The sessions were led by a local home economist and supported by a community learning worker. A local learner was employed to do the

Café Knowes

Café Knowes is a long-established community café, operating in the Skypoint Centre in Fairley, Clydebank. It is a wider action project of Knowes Housing Association, which is a community based charitable registered social landlord owning 1021 houses for let, a six-bed short-stay respite unit, and factoring 600 owner occupied properties in the local area.

Set up and run initially by West Dunbartonshire Community Health Partnership, the housing association was asked to take over management of the café, which it has done since March 2004. The café is an important part of its wider role in delivering community activities in the area - promoting healthy cooking, and providing employment opportunities and training.

The café is open Monday to Friday, from 8am to 4pm, selling meals and snacks. An added attraction for customers is free internet and Wi-Fi access in the café.

Employing four local people, it provides training places for young people unable to find work, and work experience places for up to six volunteers at a time, including adults with disabilities or

mental health issues. Providing opportunities to develop life and work skills and gain transferrable qualifications (for example, in food hygiene, health and safety, and first aid) is fundamental to the café's work. It works closely with a number of partner agencies, which refer the trainees and volunteers or provide the training.

Trainees work full-time in the café for up to 12 months, with a good record of trainees moving on to employment or further education. One trainee has recently started work at a local nursery and another is about to begin a catering course at Clydebank College. The three volunteers working in the café at the moment do so for 3 – 5 days a week.

Since 2004 the café has worked with around 160 trainees and volunteers. Initially, the housing association received funding for this work through the NHS, but this has ceased. It currently receives funding from the Robertson Trust to support the café's trainee programme, and is seeking further funding from other sources, including through the Community Planning Partnership, to take on more trainees and support the volunteer work placements.

The café is used by local people of all ages, but less so than in the past. The closure of the branch library, a reduction in the number of activities run, and an increase in hire charges for local groups, has resulted in fewer local people using the centre and the café. However, the café is very enterprising and has diversified its activities over the years.

The café's premises include a training kitchen with eight work stations. For the last eight years it has run cookery classes to a wide range

of groups, including young mothers, parents and children, young people, vulnerable adults, Gypsy travellers and groups of older people with Alzheimer's Disease. Usually, the class will cook a main course and a cake or something similar each week. Sessions are based on NHS Greater Glasgow and Clyde's 'Get Cooking, Get Shopping' programme and emphasise healthy eating messages. Participants cook enough in each session for a family meal, which they take home. Information about how to cool, freeze and reheat what has been cooked is included in every session.

The costs of running the cookery classes are mostly recouped through fees paid by organisations booking the classes, with funding sought to make up any shortfall. Café staff recognise the importance of the classes in building participants' confidence and skills - for example, for young people moving into their first tenancy.

An outside catering service provides buffets for local organisations. It also runs a fruit delivery service to all primary schools in West Dunbartonshire. In addition, the café staff prepare and deliver up to 100 two-course lunches each day for two private nurseries in the area.

Working with parents and children together has always been important for the café. Recently, it was awarded a contract by West Dunbartonshire Council to deliver cookery classes to parents and children in one local primary school, as part of the local authority's strategy to tackle childhood obesity.

For more information visit www.knowes.org/cafe-knowes



Is eating out of school a healthy option for secondary pupils?

This new report has highlighted a stark contrast between the nutritional quality of food available within school and that commonly sold by external commercial outlets near schools. The report, based on a study of five Glasgow secondary schools, indicates that many pupils who eat out of school at lunchtime buy unhealthy, convenience food of very poor nutritional quality. Researchers purchased, analysed and compared the nutritional content of popular savoury 'out of school' foods with the Nutrient Standards for schools (nutritional guidelines to which all Scottish school meal providers must conform), and found that:

- approximately half of the samples exceeded the recommended energy levels
- over half exceeded the recommended total fat and saturated fat levels
- over a third exceeded the recommended salt levels.

In an attempt to address this issue, a school lunchtime stay-on-site policy has been used in Glasgow to encourage first year secondary pupils to stay in school at lunchtime and to visit the school canteen. Another new approach, in order to increase the healthier options available to pupils, has been introduced by Cordia, Glasgow City Council's school meals provider. Cordia has recently established external food kiosks in the grounds of two Glasgow secondary schools. These kiosks sell a range of hot and cold foods and drinks and provide pupils with an alternative to eating in the school canteen (whilst complying with the Nutrient Standards for schools). Initial feedback from pupils and uptake of foods and drinks from these kiosks is very promising.

The report outlines a number of approaches that could help restrict exposure to unhealthy foods and drinks beyond the school gate. These include using licensing and planning powers to control the number and concentration of outlets selling unhealthy food in local neighbourhoods and near schools. Another option would be to strengthen the role of local authority environmental health departments to give them greater powers in relation to food safety and hygiene and to include nutritional assessment/regulation within their remit.

The report also recommends that more joint working with the commercial/business sector should be developed. It suggests extending initiatives such as the Scottish Grocers' Federation's Healthy Living Programme, which encourages convenience stores to develop and promote healthier products in local stores, and for more outlets that sell food to pupils to register for the healthy living award.

Fiona Crawford, Public Health Programme Manager, and one of the report's authors, concludes that, *"If healthy nutrition in neighbourhoods around schools is to become a reality, a range of factors and influences at local, regional, national and global level need to be thought about and addressed. Schools cannot tackle this alone and it will not happen overnight but progress in this arena will make a big difference to the future nutritional health and wellbeing of our children and young people."*

Notes

The research was jointly funded by The Scottish Collaboration for Public Health Research and Policy and GCPH who conducted the research along with colleagues from the MRC/CSO Social and Public Health Sciences Unit, the University of Stirling, Glasgow City Council and Cordia (Services) LLP.

The full report entitled 'Is Eating out of School a Healthy Option for Secondary Pupils?' is available here: www.gcph.co.uk/publications/371_is_eating_out_of_school_a_healthy_option_for_secondary_pupils.

A briefing paper which provides a summary of the research is available at www.gcph.co.uk/publications/354_findings_series_35-out_of_school_foods

GCPH Briefing Paper 33 on the 'Big Eat In' evaluation is available to download here: www.gcph.co.uk/publications/353_findings_series_33-are_lunch-time_stay_on_site_policies_sustainable

For more information contact: Fiona Crawford, Public Health Programme Manager at Glasgow Centre for Population Health at fiona.crawford@drs.glasgow.gov.uk or visit the website at www.gcph.co.uk.

We're all in this together

“Co-operatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility.”

Ban Ki-moon, Secretary General of the United Nations

2012 is the International Year of Co-operatives (see <http://2012.coop>). Co-operative responses to the challenge of accessing healthy affordable food has a long history, going back to the establishment of the world's first consumer co-operative by weavers in Fenwick, Ayrshire, back in 1761. The co-operative movement in Scotland continues to be amongst the strongest in the world, with consumer co-operatives, worker co-operatives and producer co-operatives covering food growing, processing, catering, wholesale and retail.

At community level, a number of Scotland's remotest communities have taken local shops into co-operative ownership. A good example is Co-Chomunn Eirisgeidh (Eriskay Community Co-operative).

Eriskay, situated between Barra and South Uist in the Outer Hebrides, has had a Community Co-operative for over 30 years. The shop regularly works with the local school, lunch club and other groups and its reach is evidenced by the fact that a tasting event last year attracted 80% of the island's population of 140. The shop employs nine staff (offering flexible working hours) making it a fundamental part of the local economy.

“Co-Chomunn Eirisgeidh fulfils a vital role, enabling people to meet as well as allowing them to carry out all of their weekly shopping locally. We also provide milk, bread, fruit and vegetables to our local school. A bus service is provided twice weekly for Eriskay residents that have no transport or have difficulty getting to us. The shop contributes to the viability of our community in a very marked and direct way. As well as offering a well-stocked and well-run shop, it contributes to decreasing social isolation, particularly amongst our elderly Gadhlig speaking population. It is the major source of news and information on the island. A local

events board is located at our front entrance, with job advertisements for businesses and information for tourists. Our shop is the hub of the community.”

Catriona Walker, Store manager at Eriskay Community Co-operative

Eriskay was a founding member, along with a number of other community-owned shops, of the Community Retailing Network (www.communityretailing.co.uk) with key support coming from the Scottish Co-op.

“I think the co-operation between the shops that has developed gives them a strength as well as direct commercial benefits. Working together has given the stores access to training and learning. Having worked with the shops for a while it has become clear that co-operation is also much more than this. The established stores learn from each other, support each other and are delighted to be able to help nurture those that are setting out. Problems can be shared, ideas are inspired and friendships have formed and this makes a real difference to the people involved.”

Kirsty MacColl, Development Co-ordinator with the Community Retailing Network

A close ally of the Community Retailing Network has been The Plunkett Foundation (www.plunkett.co.uk), which has a long tradition in England and Wales of encouraging communities to adopt co-operative responses to the challenges they face and currently has an ever expanding network of community-owned shops.

“Every community's needs are different, but we can all learn from others around the UK who have tried before.”

Peter Couchman, Chief Executive of the Plunkett Foundation

A new publication on co-operation and food in Scotland is being produced on behalf of CFHS by a Scottish authority on the subject and will be launched at this year's annual conference in Glasgow.

Fruitful collaboration

Traditionally, many community food retailers have been known as, or choose to call themselves, food co-ops. While few have adopted a co-operative legal structure, most operate within the spirit of the co-operative movement.

Increasing access to affordable, quality fresh produce within their communities in order to reduce health inequalities is why food co-ops continue to operate. Despite the growth in the number of shops selling fruit and vegetables (partly as a result of the success of the Scottish Grocers Federation's Healthy Living Programme, which has over 1000 convenience store members) food co-ops continue to play a vital role in many low-income communities, ensuring that affordable produce is available to more local people.

Many food co-ops, and other community food retailers, want to source more locally-grown fruit and vegetables to sell in their outlets. As well as meeting customers' demands, buying and selling more local produce is more likely to bring economic benefits for both the grower and the seller, and environmental benefits.

CFHS is running a local food micro funding scheme this year (see page 2), to assist community food retailers operating in low-income areas to increase the amount of locally-sourced fresh produce that they can buy and sell. However, identifying and making links with local growers is not always easy. Two of the organisations funded through our scheme to date have been part-funded to overcome this barrier.

Lanarkshire Community Food and Health Partnership (LCFHP) intends to use some of its funding to build links with local growers, both commercial and community, including those that are part of the Clyde and Avon Regeneration Project. This area was once a thriving food growing area, and the Project aims to regenerate many of the neglected orchards and market gardens, bringing them into productive use, and provide a market for the produce. LCFHP plans to sell the produce that it can source through some of the food co-ops and other outlets that it supports. It also hopes that building relationships with local growers will result in produce being grown to order in the longer term.

Community Food Moray also supports a number of community food outlets. It is committed to use local produce as much as possible, to support local growers, support the local economy and limit food miles, as well as increasing access to affordable local produce for the many rural and vulnerable communities that it works with. It, too, intends to use some of the local food micro funding awarded to build links with local farmers.

As 2012's International Year of Co-operatives comes to an end, there is every sign that not only co-operative structures, but also co-operative values are going to play an increasing role within communities seeking long-term, sustainable solutions to the food and health challenges they face.



Community cafés and breastfeeding

Edinburgh Food and Health Training Hub (EFHTH) has been running a pilot project to build the capacity of a network of community cafés in Edinburgh to improve their sustainability and address training needs.

An NHS Lothian Infant Feeding Advisor recently met with members of the community café network to discuss breastfeeding and supporting the cafés to register as Baby Friendly cafés in Edinburgh. This initiative supports the Scottish Government's 'Improving Maternal and Infant Nutrition - A Framework'. This initiative with community cafés involved in the hub will also run as a pilot in order to test out assessment and criteria that could possibly be rolled out to commercial cafés in the future.

The initiative would involve training staff, volunteers and management committee members:

- to inform and build their awareness about breastfeeding;
- to promote breastfeeding in the community cafés and support breastfeeding customers in their community cafés;
- to support staff/volunteers to engage positively with other staff/ volunteers or customers feeding their babies; and
- to help signpost the cafés to other external resources and sources of information/support.

Working together, EFHTH, the community café network and NHS Lothian would develop the pilot with EFHTH assessing the cafés involved for Baby Friendly accreditation. Learning from the pilot would be reviewed and used to develop the initiative with commercial cafés and other cafés.

Planning and development for this initiative is in very early stages and we will be following the pilot's progress over the coming months.

For more information contact
lmclellan@edinburghcommunityfood.org.uk



Cyrenians Farm is 40

Cyrenians farm celebrated 40 years of growing people (and potatoes) on 7 August.

Friends and supporters of the farm gathered to hear from volunteers, the young people who live there, and Pam and Nick Rodway, the very first community members. Visitors enjoyed tours of the farm, a video made by the volunteers and young farm residents and some fantastic food from Cyrenians Good Food Project.

Growing Communities in Scotland travel bursaries

The Growing Communities partnership has a travel bursary scheme funded by the Big Lottery. This is open to anyone actively engaged in community gardens, therapeutic gardens or city farms who would like to visit other such groups to share ideas and good practice. **Up to £300 is available and more information can be found on the Trellis website at www.trellisscotland.org.uk/funding**

Diploma successes

Congratulations to Iain Anderson, Carol Henry, Kirsty Flannigan, Fiona Paterson Jacqui Salter, Annmarie Scott and Pat Tweedie, who were funded recently by CFHS to obtain the Royal Society for Public Health Diploma in Nutrition and Health.

Everyone did very well in the course assessment, with all being awarded a Distinction or a Merit pass.



Playing with Food

Residents from Cranhill in Glasgow have developed their own theatre production in conjunction with A Moments Peace Theatre Company. The piece is the culmination of weekly drama sessions for local, settled, and newly arrived Cranhill residents at Cranhill Development Trust, exploring experiences of home and belonging through shopping lists, recipes and smells, sights and sounds of their kitchens.

Participants also produced a Playing with Food cookbook - a collection of memories and recipes.

“Along the way new friendships have been formed, memories have been shared, exciting theatre has been made and a lot of lovely food has been described, cooked... and eaten.”

Not just pears or potatoes, but paint pots too!

Broomhouse Health Strategy Group had a whirlwind summer of volunteer work, resulting in the fantastic transformation of Broomhouse Market in South West Edinburgh where it is based.

It was made possible thanks to funding and paints from the Dulux Let's Colour Programme, and over 60 volunteers contributing over 200 day's work and is a great example of



community empowerment and tackling the physical environment to help improve the mental wellbeing of the local community.



PUBLICATIONS

New CFHS publications

What's cooking in Scotland?

Part Two explores how community food initiatives are finding out about the impact of cookery courses using a wide range of evaluation techniques. The publication discusses the challenges of evaluating community cookery courses, the impact they make and highlights research around cooking skills. It also includes an at-a-glance guide on 20 evaluation methods used by 11 community food initiatives that took part in a CFHS evaluation project. **To receive a hard copy of this publication, please contact Alice.**



Considering economic evidence – more food for thought

The interest and need for economic evidence of your impact is becoming more prevalent. Whether developing your social enterprise or making the case for your contribution to preventative spend agendas. This short fact sheet reflects on lessons from those who have developed economic evidence, reflecting on benefits and resources needed to develop it. By the end you should be able to assess your own readiness and capacity to develop economic evidence.

The value of CFHS 'January Promotion' funding for community food retailers

This fact sheet looks at the impact of awarding small amounts of funding for community food retailers. The factsheet summarises feedback from 12 community food retailers funded to run promotional activities in January and February this year.

All three publications are available to download from our website.

Maternal and infant nutrition

Two further publications will be available on our website shortly. 'Putting 'Healthy Start' on the map' outlines how a pilot programme between CFHS and NHS Forth Valley engaged with existing community initiatives within two localities in

Falkirk to develop and integrate food activities within their services that promote maternal and infant nutrition and 'Healthy Start'. The second provides a snapshot of activity reporting on community and voluntary sector contributions to delivering local and national priorities around maternal and infant nutrition focussing on six areas in Scotland.

Helm recipe book for young parents

Helm is a charity that works with around 300 young people in Dundee and Tayside each year. Around 70 young parents access the service to receive support on breastfeeding, weaning and healthy cookery. Over the last year, the young parents and Helm's nutritionist have been involved in designing, testing and re-testing recipes and taking pictures for a recipe meal planner booklet. Helm worked with a range of NHS and other partners to make sure the booklet provides accurate information on weaning and diet during pregnancy and to make sure that the booklet is accessible and useful to people with limited literacy skills or on low-incomes. It provides information on Healthy Start vitamins, eating during pregnancy, weaning, healthy eating and has recipes suitable for quick meals, using a microwave and family meals. Helm will distribute the booklet to early years' groups and agencies in the area. Helm has a limited number of copies of the recipe meal planner available to groups or agencies working with parents in other areas (one copy per group).

Helm is also considering producing the booklet for sale in the future and putting the recipes on its facebook page. **For more information or to request a booklet, contact Sarah Ellis, sarah.ellis@helmtraining.co.uk tel 01382 224464, www.helmtraining.co.uk facebook@HelmHealth**

Healthy Weights Outcome Framework

The Healthy Weights Outcome Framework, which will be familiar to many Fare Choice readers, is going interactive. Live links to evidence within logic models is just one example of NHS Health Scotland's efforts to make the framework as useful as possible to planners and practitioners.

Well worth exploring at www.healthscotland.com/OFHI/Obesity/content/obesitytools.html

DIARY

NOVEMBER

On the right track? Making connections between food, social justice and health inequalities
CFHS annual networking conference

7 November

Grand Central Hotel, Glasgow

More info: www.communityfoodandhealth.org.uk

Heads up for Public Health: Inspiration, Integration and Innovation

Committee of the Faculty of Public Health in Scotland annual conference

8-9 November

Crieff Hydro

More info: www.fphscotconf.co.uk/

The UK Community Food Sector: Towards Sustainability through Collective Action and Social Enterprise

22 November

Central Hall, Westminster, London

More info: www.cfine.org/events.html

2013

FEBRUARY

Improving Maternal and Infant Nutrition in Scotland: Unlocking our Potential

NHS Health Scotland Maternal and Infant Nutrition Conference

7 February

Dynamic Earth, Edinburgh

More info: www.healthscotland.com/documents/6075.aspx

The Gathering

Connecting, inspiring and showcasing Scotland's third sector

27-28 February 2013

SECC, Glasgow

More info: www.gatherscotland.org.uk



**community
food and health**

(scotland)

CONTACT US . . .

Bill Gray

National Officer
0141 227 6468

Anne Gibson

Development Officer
0141 227 8436

Jacqui McDowell

Development Officer
0141 227 8443

Kim Newstead

Development Officer
0141 227 8431

Ger O'Riordan

Development Officer
0141 227 6457

Sue Rawcliffe

Development Officer
0141 227 6462

Alice Baird

Admin/Information Officer
0141 227 6463

Rita Campbell

Administrative Assistant
0141 227 6464

CFHS

c/o Consumer Focus Scotland
Royal Exchange House
100 Queen Street
Glasgow
G1 3DN

Tel: 0141 226 5261

Fax: 0141 221 9695



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SCOTTISH GOVERNMENT

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

www.communityfoodandhealth.org.uk

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