



farechoice

The newsletter for Community Food and Health (Scotland)

Unfare

If the word 'unfare' existed, it would be an ideal description for the situation many individuals, families and communities are currently facing and responding to. From urban and rural experiences (page 8) to initiatives taking a 'hand up, not a hand out approach' to emergency food aid (page 10) this edition highlights the social justice context of food and the positive contribution communities are making (see mental health on page 3 and older people on page 4). These initiatives pride themselves on empowering individuals and communities and pursuing long-term sustainable solutions.

Scottish Government recently launched its health inequalities task force review and NHS Health Scotland contributed to this review (see page 5). Both recognise the need to understand unfairness, in all its forms, and to do something about it. The well-attended session on health inequalities at this year's third sector 'Gathering' also concluded that appropriate and consistent responses were important (see page 2).

Fairness is going to be at the heart of policy debates and Scotland's community food initiatives are determined that fairness will also be at the heart of practice.



Fallin Nursery and Out of School Care take part in the new REHIS Elementary Food and Health Course featured on page 9.

The Gathering 2014

In February, CFHS worked with CHEX, Voluntary Health Scotland (VHS) and our colleagues here in NHS Health Scotland to deliver an event at the Gathering. The Gathering is an annual conference for third sector organisations across Scotland.

The event focused on the underlying causes of health inequalities and what we can do to best address these. Delegates listened to thought provoking presentations before participating in lively discussion at their tables.

CFHS and partner organisations continue to work jointly on a programme of work to address health inequalities.

For a full report on the event please see the News section on the VHS website:

www.vhscotland.org.uk/connecting-people-a-fairer-healthier-scotland

Congratulations...

... to Jackie Cowx (Cumbernauld and District Food Co-op), Caroline Gibb (Broomhouse Health Strategy Group), Claire Harper (Fun Food Scotland), Pat McDonald (North Glasgow Community Food Initiative), Ger O'Riordan (Pilton Community Health Project), Donna Rodger (Forth Environment Link) and Clare West (Clarity Nutrition) for achieving the Royal Society for Public Health Level 3 Award in Nutrition for Healthier Food and Special Diets in January. The course was delivered for CFHS by the Nutrition Training Company.

Growing Together report

The report on 'Growing Together' – the event for community growers and retailers held by CFHS, the Food and Health Alliance and the Federation of City Farms and Community Gardens in November last year – is now available. For more information, please contact Anne Gibson.

Learning and development programme impact

An evaluation of our learning and development programme run last year was carried out in February and March. It includes feedback from participants about what they learnt from the courses they took part in, and the difference that this learning is making to their organisation. The evaluation report is available on our website. For more information contact Anne Gibson.

January promotion funding feedback

CFHS funded eleven community retailers to run promotional activities in January and February, with the aim of increasing their sales of fruit and vegetables. A report, which includes feedback from the community retailers about the impact of this funding for their organisation, is also now available on our website. For more information, contact Anne Gibson.

Community café event

CFHS is holding an event for community cafés on 26 June in the Scottish Trades Union Congress (STUC) building, Woodlands Road, Glasgow from 10.30 am to 3.30 pm.

The event will include opportunities to find out about the healthy living award (the award for caterers that provide healthier choices for their customers), and the benefits being of part of a network (from Edinburgh Community Cafés Network).

The event is free and lunch is provided. For more details, or to book a place, please contact Anne Gibson.

Food poverty

CFHS is commissioning work in 2014/15 to develop a clearer picture of the extent of food

poverty in Scotland and how this is impacting on particular communities. This will feed into our ongoing exploration of empowering and rights-based approaches to this issue and how these are being developed in practice by community organisations.

Full updates on the work will be available on our website. For further information, contact Sue Rawcliffe.

Pictorial recipes

Earlier this year we commissioned Edinburgh Cyrenians to reproduce a selection of recipes from their popular community recipe book the 'Good Food Handbook' and convert these into step-by-step pictorial recipes. These aim to be useful for people with literacy issues or learning disabilities. The recipes are now available to download from the Edinburgh Cyrenians Good Food website. The Handbook is also available at www.cyreniansgoodfood.org.uk

Second helpings

This CFHS national learning exchange on food, mental health and wellbeing took place on Wednesday 5 March 2014 at Discovery Point in Dundee. 58 people attended from a wide range of community food initiatives and community based mental health organisations.

The focus of the day was the impact that working involving food can have on mental health and wellbeing. The programme drew on current practice, evaluation work and tools developed by the participants in the Building Evidence of Impact programme provided by CFHS in 2013/14, as well as work commissioned by CHANGES and CFHS from the Scottish Collaboration for Public Health Research and Policy (SCPHRP).

The full programme is on our website.

Participants heard from:

- Scottish Association for Mental Health and Turning Point Scotland on their current food work and new developments that they are planning.
- The Breast Feeding Network and The Stafford Centre on the evaluation work that they carried out as part of the Building Evidence of Impact Programme.
- Edinburgh Community Food, Stepping Out and Birchwood Highland Recovery Centre provided hands on experience of the tools that they developed from their learning on the Building Evidence of Impact Programme – evaluation wheels, body maps, video and still photography, cooking stars, and use of social media all featured. (continued on page 4)

About us . . .

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

We do this by supporting work that improves access to and take-up of a healthy diet within low-income communities. 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.

- CHANGES Community Health Project on the learning from the evaluation of their Eat Well – Keep Active programme that they commissioned with support from CFHS.
- Scottish Collaboration for Public Health Research and Policy with a preview of some of their early ideas from the study CFHS has commissioned into the evidence that we have as a result of the rich range of evaluation work developed by organisations on the Building Evidence of Impact programme.
- Presentations and sessions were interspersed with time for networking and table discussions and the whole day was captured on a giant graphic by Albi Taylor for future dissemination.

As part of the after-lunch session, participants were asked a series of questions about the day. These were some of the responses:

What are you learning today?

- Great networking
- Sharing knowledge and practice
- The amount of work going on around food and mental health
- Approaches of other agencies
- Some really good ideas – embrace technology

What has inspired or surprised you so far today?

- How valuable it is hearing the impact from a service user

- The varied way food can interact socially as a tool impacting on wellbeing and mental health
- Recognition of diet, cooking skills and confidence as having a strong impact on population mental health
- Everyone’s enthusiasm

What are we thinking now?

- There is a definite link – it’s very encouraging
- New ideas, creative ways to evaluate
- It’s so important to speak to service users for evaluation, for closure and reflection from them
- Evaluation tools, make them more part of activity

Scottish Older People’s Food Task Force

At a meeting in March, the task force caught up on some of the work that task force members have taken forward since the study tour to London in 2013.

The report from the study tour (to look at approaches to addressing food access and food poverty with older people) has been finalised and disseminated and is available to download from our website.

Task force members have worked together to secure funding to support the development of a Scottish neighbourhood cooking project, which will be launched in the next few months with involvement from group members.

A draft illustrative results chain on older people eating well has been developed as part of the Scottish Government and NHS Health Scotland

strategic outcomes framework for older people, and linked to Evaluation Support Scotland’s Stitch in Time programme.

Support has been provided to Evaluation Support Scotland to commission work into the evidence base to support the links in the illustrative results chain.

The Scottish Government Development Group for Older People’s Care had a presentation on the tour and the planned next steps. Group members have shared ideas from the study tour with their local networks and partnership groups.

The group have developed ideas for a future work plan, potential new members and how best to share the information it is collecting.

For more information on the work of the task force, contact Sue Rawcliffe.

Ministerial Task Force on Health Inequalities

'The Task Force noted that engagement of the third sector remains inconsistent across CPPs and it was acknowledged that they needed to be more closely involved. This would be a priority to rectify in good economic times, but the current climate only heightens that need, given the key contribution the third sector can make to prevention and assets based approaches.'

March saw the launch of the *Ministerial Task Force on Health Inequalities* report and a series of recommendations around social capital, Community Planning Partnerships, the 15–44 age group and the implementation of a 'place' standard – all with implications for community food initiatives. See www.scotland.gov.uk/Resource/0044/00446171.pdf

NHS Health Scotland's submission to the health inequalities task force review is also now available and well worth a look. <http://www.healthscotland.com/documents/23047.aspx>

'While action will be taken at a national level, a significant contribution needs to take place locally, connecting with communities and building the hopes of people that face the greatest challenges... The focus for spending needs to shift away from meeting the cost of dealing with health and social problems after they have developed, to prevention and early intervention.'

New food body

March also saw the unveiling of the Bill to establish a new food body in Scotland, Food Standards Scotland replacing the Food Standards Agency Scotland (FSS). A number of proposed responsibilities have been outlined including, 'advising on how we improve people's diet and nutrition – playing a key role in progressing our vision of a healthier Scotland.'

You can view the Bill and accompanying documents on the Parliament's website at www.scottish.parliament.uk/parliamentarybusiness/Bills/74205.aspx and a blog to update stakeholders on progress is available at <http://blogs.scotland.gov.uk/newfoodbodyforscotland/>



Illustrative results chain – older people eating well

NHS Health Scotland has been working with the Scottish Government and other partners to develop a strategic model for optimising older people's quality of life. The main model is supplemented by four draft illustrative results chains, one of which covers older people eating well. This model has been developed by CFHS and is based on the work that organisations have shared with us over the years, including the work on the theory of change carried out in 2012. The other three results chains cover falls prevention, quality end of life care, and age friendly homes and environments.

You will find a link to the models on our website.

Foodwork in working families

Parental employment is considered a key route out of child poverty and the combined working hours of British mothers and fathers are among the highest in Europe. This leads to considerable interest in work–life balance and the wellbeing of children and parents in working families. Such concerns inevitably extend to family food practices. Forming part of a two-phase, multi-method study considering children's changing diets and working family food practices, this article reports on one of the research questions addressed. This is the question of who does the 'foodwork' in working families with younger children how it changes over time.

Foodwork is defined as all the work involved in feeding a family, including procuring, preparing and serving food, as well as cleaning up, reusing and recycling. Importantly, foodwork also involves the invisible work of thinking about family food and what everyone will eat.

Confirming previous research, analysis of the National Diet and Nutrition Survey found that women overwhelmingly remain responsible for foodwork even when in paid employment, with 93% of mothers in couple households identified as the main food provider and no significant variations by maternal employment status (employed or unemployed). Additional analysis of the Understanding Society survey examined whether the way cooking was shared varied with women's hours of work. The research found that men's contribution to cooking, like childcare, increases with women's hours of employment and decreases with men's hours of employment. For mothers in full-time work, around a third said that cooking was shared with a partner. This means that in two thirds of the cases, women were working full-time and doing most of the cooking for the family.

In the qualitative study mothers in 30 dual career couples with younger children were asked about fathers' contribution to foodwork. Confirming the survey analysis, fathers were

said to do more when women worked full time. However, men did not contribute on an equal basis overall and the planning and thinking work fell more heavily upon women with the majority of men contributing only occasionally or when specifically asked.



Women's explanations for this unequal sharing of foodwork included:

- men's longer hours of work than women's
- gendered expectations that mothers should be responsible for children's (dietary) health
- men's perceived incompetence in cooking – as unable or unwilling to procure or prepare (healthy) meals for children.

These 'legitimate excuses' served to reinforce women's control over the domestic sphere and children's diets, reproducing gendered patterns of care and paid employment. Over time there were changes in how foodwork was shared in households, with more men decreasing than increasing their share of foodwork, in some cases because of lengthening hours of work. As one mother said, 'his promotion came with more work for me!'

The 'invisible' foodwork of planning and budgeting for food also fell overwhelmingly to women. This work became increasingly important over time in households with restricted incomes when women were managing their food budgets in the context of rising food prices. Here mothers employed a range of strategies to keep costs low, including: online shopping and use of discount supermarkets; moving to cheaper products; and basing meals around special offers and reducing food waste by planning meals and freezing foods. In some families, reliance on established ethnic cuisines was a conventional way of 'making do', while in others the need to economise involved new or 'niche' practices.

Other findings from the study include: changes and continuities in children's diets in working families over time; whether working families eat together and how this changes over time; and the changing control of parents and children over children's food. The authors are presenting some of their findings at the forthcoming British Sociological Association Annual Conference in Leeds (April 2014). Further information about the study and links to recent publications can be found at: www.foodfamiliesandwork.co.uk

Researchers: Dr Rebecca O'Connell, Professor Julia Brannen, Charlie Owen and Katie Hollingworth, Thomas Coram Research Unit, Institute of Education, University of London.

The study was funded as a collaborative grant between the Economic and Social Research Council (ESRC) and Food Standards Agency (FSA) in 2009 (RES-190-25-0010).

On 1 October 2010, responsibility for nutrition policy transferred from FSA to the Department of Health (DH). As a result, the research project also transferred to DH. The follow-on study is funded by ESRC and DH (ES/J012556/1).



Community Food Moray visits Edinburgh

Earlier this year Community Food Moray (CFM) visited Broomhouse Health Strategy Group (BHSG) in Edinburgh to learn more about its work. Staff and volunteers at BHSG were delighted to welcome those who had travelled from CFM. Six members from CFM made the journey to Edinburgh, including staff and volunteers.

Although one organisation is from a rural area and the other based in an urban area, both organisations support healthy eating through access to affordable food. They both aim to improve healthy eating choices and contribute to community wellbeing by selling accessible produce from a food co-op. CFM and BHSG have strong volunteer networks and undertake a number of projects to support healthy eating in areas of regeneration, with low-income families and a number of community groups. The organisations aim to provide low-cost, good quality fruit and vegetables in places that are convenient to the customer.

This learning exchange visit enabled the two organisations to participate in dialogue, develop relationships and discover solutions to common challenges. There was a lot to talk about and learn. The morning began with the visitors

talking to the manager of BHSG about the organisation and the many groups and projects that are currently running. Discussion was participative and vibrant. Conversation flowed from how management groups are run, and who sits on management groups, to applying for funding for premises and environmental health.

The visitors were then invited into the BHSG food co-op to speak with volunteers and staff. People were able to discuss their work with each other in the midst of the busy project. Staff and volunteers from CFM were particularly interested in the healthy eating recipe hand-outs on display, the display boards and the way BHSG sell small portions of grains and spices to minimise waste and cost.

What this learning exchange has shown is that people getting together and learning from each other is invaluable.



Positive feedback from community food initiatives about the new REHIS accredited cooking skills course

The Royal Environmental Health Institute of Scotland's (REHIS) new accredited Elementary cooking skills course has been gaining popularity since it was launched last October. There are 28 training centres in Scotland approved to deliver the new course. This new short course (which takes a minimum of six hours' teaching time) covers a range of basic food preparation, cooking and food presentation skills, food safety and basic information about a healthy balanced diet. Course participants are individually assessed on a continuous basis throughout the course using specified criteria. If successful they receive a REHIS Elementary Cooking Skills Certificate.

To help kick-start the new course, CFHS recently provided funding of up to £750 each to 13 groups to run one or more course in low-income communities. We recently interviewed their trainers to see how they got on and hear their views about the course. All the trainers already had experience of running their own community cooking skills courses, some for many years. We were keen to hear their thoughts on how it compared with the courses that they usually run.

Those we funded were regularly teaching cooking skills to groups in a range of circumstances. Course participants included lunch club and community café volunteers, adults with learning disabilities, young carers and parents with young children.

The trainers' feedback has been very positive: many said that the planned outcomes of the course match the aims of their own courses and the flexibility of the course suited the range of participants and circumstances. Some trainers delivered the course in six hours, but others took much longer – up to 14 hours over seven sessions. Those running longer courses tended to use the first few sessions to ensure that participants learned the skills required for the certificate before beginning the assessment. This was useful for participants that were less confident about their skills at the start of the course. One group incorporated the REHIS certificate course into its regular six-session cooking course by selecting individuals part-way through their course to work towards gaining the certificate. Class sizes varied between two and six participants; REHIS recommends a maximum of six participants per course.

The impact on both organisations and participants has been very positive. Participants are delighted to receive a REHIS certificate and have gained confidence and skills from attending the course. The trainers that ran the course for lunch club or community café volunteers (three groups) reported that it made a difference to their work in the cafés and clubs. These volunteers have increased their confidence in the kitchen and are carrying out a wider range of food preparation and cooking tasks compared to before the course. The trainers feel that the volunteers are able to take on more responsibilities.

CFHS plans to write a report about the new course. This report will include case studies of some of the groups that we funded, and aims to be useful for those considering becoming trainers for the course or thinking about arranging its delivery in their area.

To find out more about the course, including how to become a registered trainer, or to find out where it is being delivered, contact REHIS on 0131 229 2968, or visit the REHIS website: www.rehis.com

Creative in an emergency: Exploring how community food initiatives are responding to the need for emergency food aid

Across Scotland community food initiatives are providing emergency food aid in a range of ways, with individuals and families supported to access food and meals within their communities. In February, CFHS invited key individuals to join us in a national learning exchange to share understanding of emergent challenges for creating sustainable change for people experiencing food poverty.

As well as community food initiatives representing creative and constructive ways of responding to extreme food poverty, participants included representatives from Scottish Government, Poverty Alliance, NHS, Inspiring Scotland, BIG Lottery, Trussell Trust, Food Standards Agency, Child Poverty Action Group, Oxfam and a number of other organisations.

Bringing these experts together provided an opportunity to share practice, research, knowledge and aspirations by building on current understanding, reflecting on challenges and analysing future opportunities to tackle food poverty in communities across Scotland.

Hannah Lambie-Mumford, a leading academic expert in this field from the University of Sheffield, presented food poverty and emergency food aid in the context of social justice and the right to food.

Hannah reflected on the 'food plus model', highlighting the importance of longer term outcomes beyond the provision of food. Through providing stability and continuity, food aid can create a 'space to just be/chat' and be a 'gateway to more formalised support' for communities.

Justine Geyer from Scottish Government, who commissioned the recent research into the current landscape of food aid in Scotland, provided an insight into food aid provision specifically across Scotland and the demand for this type of support.

'The provision of food aid across Scotland is dynamic and developing rapidly. Demand is increasing and different groups of people are looking for different types of support including those experiencing crisis and long standing issues, and destitute migrants.'

Fiona McHardy, a research and policy officer from the Poverty Alliance, reflected on its work alongside people in poverty to share 'lived experiences' of food poverty.

'Food banks are a crisis response – how do we ensure that they do not become a permanent solution? What responses are more rights-based and sustainable?'

Case studies from established community food initiatives gave participants an invaluable insight into local activity, aspirations and analysis.

Kirkcaldy food bank

The food bank in its development phase looked at a number of models of food bank operation and took the decision to adopt a simple system that utilises the strength of its volunteer pool with the capacity of the existing agencies who are supporting people in need. The common experience of many people who come into contact with food banks, either as volunteers or as donators, is to ask 'why do we need them?' This points to a much wider debate on the future of food banks and what the roles of the voluntary and statutory sector are, or should be, in providing food aid.

The Storehouse and Bo'ness Academy

The need for food aid has increased since we began. We are the only group in Bo'ness who try to deal with food poverty. We recently got invited to a Falkirk Council presentation on the

Scottish Welfare Fund, by a third party, and were able to help a number of people as a result of the information received. I am sure we could be of help in this way even more if we were automatically invited to such events.

The project is still in its infancy and the essence of any future involvement will always be to keep it student led. As a school we are committed to supporting and enriching the lives of not only the young people within our walls but also the wider community. The community food project has become part of the school development plan, making it an integral part of school life.

Just Play, Arbroath

As many of our families are vulnerable and have young children, we feel it is important to be knowledgeable about help that is available in the local area. We also feel it is vital to be proactive and responsive to their needs in advance of them experiencing difficulties.



Lanarkshire Community Food and Health Partnership

North Lanarkshire Food Aid supports people facing hardship and extreme food poverty through a range of coordinated interventions that have been designed to deliver a more holistic and longer-term approach than food banks have historically been able to offer. The project consists of seven connected initiatives. The whole basis of our approach is to focus interventions as much as possible through the existing network of food co-ops in North Lanarkshire. Through this mechanism, clients have a welcoming experience and have an introduction to the services that offer long-term support to families.

The event stimulated discussion and energy, focusing on learning from and sharing the creative and constructive responses of community food initiatives. A clear thread from the discussions was the need to harness this energy and maintain momentum. Further key themes are explored within a full report from the event, which is available on the CFHS website. The headline themes include:

- understanding emergency food aid and how communities are responding
- learning from an established community food sector and the current challenges
- continuing to develop constructive responses to the demand for emergency food aid
- social justice and influencing future local and national policy development.

Participants were asked to share key messages for practitioners, policymakers and funders:

Key messages for practitioners:

- Need to network locally and nationally, and be aware of issues of stigma and dignity.
- Work together, for better understanding and reaching solutions. Think of the individual as a whole person, not just their food needs.

‘Provide a hand up not a hand out: ensure your clients are receiving wider support from your own or other organisations.’

Key messages for policymakers:

- Need clear Scottish food poverty strategy – take a rights-based approach and listen to what is happening at grassroots level.
- Better cross communication between government departments, listening to what is happening at grassroots.
- Need for strategic role at authority level, coordinated at national level – any policy must allow organisations the ability to operate specific needs of their local community.

Key messages for funders:

- Recognise the role of emergency food aid organisations in supporting anti-poverty work and meeting the basic needs of people in real hardship.
- Input resource at facilitation and development level to integrate services and make the best use of current resources and systems in place.
- A real difference will be made through access to ‘affordable’ food. People need to be able to make a journey along a route from emergency/crisis aid to affordable food.

CFHS is continuing to work with our partners by continuing to bring together experts to sustain, refresh and reflect on the issues going forward.

Clearly echoed throughout the day was a call to recognise that this learning exchange was just the beginning. The agenda for the day was both complex and challenging, requiring a longer term collaborative approach to tackling the need for emergency food aid. While experience and understanding of established community initiatives was seen as already playing a key strategic role, locally and nationally, this needs to be built on in the future.

CFHS is building on a programme of work to harness the wealth of expertise in the community food sector to identify, explore and expand on examples of community food practice; support networking and learning exchange; and develop a clearer picture of the extent and growth of food poverty in Scotland, as well as awareness of empowering and rights based approaches in addressing food poverty.

Community Food and Health (Scotland) annual conference October 2014

Would you like to share your work at our forthcoming conference?

The conference planning group would like to invite you to showcase your work. Creative, innovative or challenging practice from across Scotland presented in a way that suits you, such as a poster, a presentation or a workshop.

The event is for people keen to share experience, evidence, hopes and concerns on all aspects of food, inequality and social justice.

Those attending the conference will include community food initiative workers, people from community gardens, volunteers, NHS staff, planners, policy makers and researchers. The conference will be an excellent opportunity for people with an interest in food, community food initiatives, health inequalities and social justice to come together.

The conference planning group welcome submissions on any aspect of community food work. If you are interested in being involved, please contact Jane Oliver for further information.

Venue and registration information will be made available shortly, please look out for details on our e-bulletin and website.

Community Food Fund

The Community Food Fund is a Scottish Government-funded scheme that aims to promote local food and drink. Applications are welcome from food and drink producer groups, networks and community organisations that want to develop a food trail or network or establish local food and drink events (including farmers' markets) that will celebrate and promote food and drink throughout the year. Applicants can apply for up to £25,000. Several community food initiatives have been awarded funding from the scheme so far.

The scheme has four application rounds each year, up to March 2015. The closing dates are usually in late March, June, September and December.

More information about the fund can be found at www.communityfoodfund.co.uk

Growing Livelihoods

CFHS recently took part in a roundtable discussion about 'Growing Livelihoods', a new, two-year development partnership established by the Plunkett Foundation, Land Settlement Association Charitable Trust and Carnegie UK Trust. This partnership aimed to create new opportunities in smaller-scale food growing for young people, those new to the sector or those seeking a new direction.

More information about the development partnership and its aims can be found at

www.carnegieuktrust.org.uk

or www.plunkett.co.uk

Checking food labels – made easier

'Now I don't need two pairs of hands to juggle a magnifying glass, a food label card and a shopping basket when trying to read a food label in the supermarket.'

NHS Forth Valley's Dietetic department is currently trying out a new wallet-sized card to help individuals check labels in the supermarket more easily. The team gave out wallet-sized cards in the past, which provided a table of 'what is high' and 'what is low', in terms of sugar, salt and fat per 100g of the food product. They used the Food Standards Agency's traffic light system, which aims to make it easier to read food packaging labels. However, the team had also started providing magnifying glasses to go with the card in response to hearing that some individuals find it difficult to read the small-sized writing on food labels. It has now gone a step further and has recently produced a wallet sized card, with a magnifying glass attached.

So far the response has been good, individuals find it much more practical and easy to use compared to carrying and using the items separately. The cards were designed locally and cost less than 60 pence each to produce when producing 2500 at a time.

If you would like to find out more about producing these, contact Debbie Ross, Community Food Development Worker at NHS Forth Valley, deborah.ross@nhs.net



Stay Well Project

Central and West Integration Network has produced a case study on its Stay Well Project, which works in conjunction with three elderly day care centres in Glasgow serving minority ethnic communities.

The case study covers work to develop awareness in relation to healthy eating with older people attending the centres. Sessions were held between March and June 2013 and included reminiscence discussions on food and culture, input from a nutritionist on healthy seasonal food available in the local community, information on the eatwell plate, and visits to a vegetable garden. They also covered practical salad and smoothie-making sessions, and related arts and crafts activities.

The case study discusses the wider context of culture and food, barriers to healthy eating for older people from minority ethnic communities and good practice guidelines in relation to work with minority ethnic communities around food and healthy eating. The case study is available on our website.

New CFHS publications (available from our website)

Study tour to London: approaches to improving food access/addressing food poverty with older people

The study tour (1–3 October 2013) saw 10 people taking part in a busy two days, including 10 different visits/meetings across London. This report provides an overview of the tour and details of the organisations visited.

All on one plate: annual networking conference evaluation report

CFHS hosted our free national networking conference in October 2013. The event was for people keen to share experience, evidence, hopes and concerns on all aspects of food, inequality and social justice. The report gives background information, conference content and the results from an online evaluation survey.

Making your case for funding and investment in community food work with older people – learning from the field

Despite evidence on the importance of food in maintaining health and wellbeing for older people, community food initiatives often struggle to attract longer-term funding and investment. This can be especially difficult when potential funders are balancing increasing demand and reducing resources. This publication supports community food initiatives in making their case for funding and investment.

The contribution of community food initiatives to national food and health programmes

In 2012, CFHS provided funding totalling £15,000 for six community food initiatives to build on their current work with one or more of Scottish Government's food and health initiatives. The factsheet illustrates the work that was undertaken and challenges faced.

Health inequalities impact assessment

'Embedding human rights-based approaches into existing impact assessment processes can help mainstream human rights into the work of public authorities.'

NHS Health Scotland's publication answers frequently asked questions around health inequalities impact assessments (HIAs). Downloadable from www.healthscotland.com/documents/23116.aspx Anyone likely to be engaged in analysis or planning around national or local initiatives can order copies by e-mailing nhs.healthscotland-hia@nhs.net

One of the NHS Health Scotland staff working on HIAs will be Katrina Reid who has moved from her current role within CFHS.

Confidence to cook

NHS Grampian's practical food skills resource pack is undergoing a makeover. All recipes have been reformulated by a dietitian and software has been used so all recipes can be traffic-lighted in line with Food Standards Agency guidelines and meet current portion size recommendations. This will enable participants in practical cookery sessions and weight management programmes to compare labels on ready meals to cooking from scratch in order to make informed choices.

The revised resource pack includes key messages for all ages and stages (from pregnant women, weaning and independent living through to supporting older adults and people with learning difficulties) to cook in their own homes. It will also include physical activity messages.

For further details contact Fiona Matthew, Public Health Practitioner (Specialist) fiona.matthew@nhs.net or phone **01224 558414**.



June

Annual development fund launch

13 June

Application packs will be available from our website or contact us for a hard copy.

www.communityfoodandhealth.org.uk

BSA Food Study Group Conference 2014: Food and Society

30 June

British Library Conference Centre, London

www.britsoc.co.uk/media/61543/Food2104-CFP.pdf

October

CFHS annual networking conference 2014

More details available on our website soon.

www.communityfoodandhealth.org.uk

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