



farechoice

The newsletter for Community Food and Health (Scotland)

Increasing the volume

Following a busy summer of policy announcements and discussion documents (see page 5) it is now time for everyone, including ourselves, to look at what they can contribute (see pages 2–4) and what they can expect from others (see new publications on pages 14–15). Not only does every sector need to be on board but so do many disciplines (see Scoff, pages 6–7).

There will be a lot of hopes and concerns, evidence and aspirations voiced by interest groups – all well worth paying attention to. However, it is crucial that the less vocal are heard and their understanding of the challenges respected (see Take Stock, pages 10–11) to ensure that very positive aspirations for food and health in Scotland don't remain aspirations for many, but instead become a reality for all.



The Healthier Scotland cooking bus at the Commonwealth Games (see page 8)

Team talk

Hello and goodbye

CFHS was delighted to welcome Karen Laidlaw as part-time Project Administrator at the end of July. Karen previously held a post within the NHS Health Scotland Facilities team. But we were sad to lose our Inclusion Development Officer, Sue Rawcliffe, who has moved on to pastures new.

Evaluation workshops

We will be running a one-day workshop in basic evaluation, Evaluating Outcomes, on Thursday 20 November 2014 (9.45 am–4.00 pm) in Edinburgh, repeated on Thursday 12 February 2015 (9.45 am–4.00 pm) in Glasgow. For an application form please check our website.

Making your case is a recent publication focusing on the experience of community food initiatives working with older people. It will be of use to community food initiatives in building and articulating the case for their work with older people and those considering developing work in this area. It is based on consultations with the featured community food initiatives and there are illustrative models for each of their projects in the appendix. There is also a brief review of the limited research evidence to support the contribution of this work to preventative spend.



Annual development fund

This year's annual development funding is currently being awarded. We received 108 applications and information about which groups were successful will be on our website later this year. Thanks to all those who applied.

Maternal and Infant Nutrition Framework: supporting a Healthy Start

CFHS hosted an event called Maternal and Infant Nutrition Framework: supporting a Healthy Start, earlier this year. The day included learning from previous and ongoing work around Healthy Start programmes in the Forth Valley area that were supported by CFHS. The day was promoted as an opportunity for participants to network and share information with one another.

The event was an opportunity for NHS Forth Valley to showcase what has happened in the past, what is currently happening and plans for the future in relation to Healthy Start. Lesley Hetherington and Susan Kennedy, both from NHS Forth Valley, talked about how they support Healthy Start programmes in their area. They also revisited some of their work in relation to Putting Healthy Start on the Map, a programme where Healthy Start activities were integrated into communities across Forth Valley. Susan MacKellaig, from a local nursery in the Forth Valley area, talked to the audience about her work with children and parents. Catherine Johnston from the Scottish Pre-school Play Association concluded the showcase from Forth Valley.

'All organisations that have contact with communities are in a good position to communicate and provide information about Healthy Start and maternal and infant nutrition.'

Susan Kennedy, NHS Forth Valley

'Parents were empowered in relation to cooking with their children and trying new foods like fruit. One parent said, "I really enjoyed making this because it is healthy for me and my family."'

Susan MacKellaig, Fallin Nursery

Healthy Start is a UK Government programme to improve the health of low-income pregnant women and families. Pregnant women and families with children under four years old qualify for Healthy Start vouchers if the family are receiving benefits and/or tax credits. Vouchers can be swapped for milk, fresh and frozen fruit, vegetables and formula milk.

For more information please see www.healthystart.nhs.uk. A full report from this event is also available on the CFHS website.



Maternal and infant nutrition framework: supporting a Healthy Start



An event hosted by
Community Food and Health (Scotland) on
29 May 2014 at the
Albert Halls, Stirling



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.



Community café event and funding

On 26 June CFHS held a community café networking event in Glasgow. The event included a presentation about the Edinburgh Community Café Network and workshops about the benefits of networking, the healthyliving award and measuring impact, as well as space for participants to discuss where they saw their cafés in the future and what was needed to achieve this. Forty people involved with community cafés took part in the day. A report outlining key points raised in the discussions will be available shortly.

Some of the participants were interested in visiting other community cafés or hosting a visit. If your café would be interested in either of these, please get in touch with us.

A new development funding programme for community cafés was launched at the event. Groups of cafés hoping to set up a community café network or run joint promotional activities can apply for up to £1000.

More details about the funding can be found on the CFHS website or contact Anne Gibson.

The impact of obtaining a nutrition qualification

CFHS has carried out research with community food practitioners who gained funding to obtain a Royal Society for Public Health (RSPH) nutrition qualification (diploma, certificate or level 3 award) between 2007 and 2014. The research aimed to find out if obtaining one of the qualifications resulted in any benefits for the community food practitioners, their employers or the people they work with.

The research publication will be available shortly on the CFHS website.

Human rights approaches to food poverty

This work is attracting a lot of interest. At the time of writing 22 people have signed up to be members of the group.

The group met in August and heard from Duncan Wilson, Head of Strategy and Legal at the Scottish Human Rights Commission. Duncan provided an introduction to human rights legislation, the 'right to food' and the Scottish National Action Plan for Human Rights. Liz Dowler, Professor in Food and Social Policy, University of Warwick, has offered her support to the group, as has Graham Riches, Professor Emeritus, University of British Columbia, who in Liz's words 'has written and thought about this issue more than anyone'.

The level of attention that food-related policies have enjoyed since the start of the summer has been enormous. All are extremely significant to the country's community food initiatives and cover everything from schools to supermarkets, welfare reform to sustainable development.

Better Eating, Better Learning: A New Context for School Food www.scotland.gov.uk/Publications/2014/03/1606/0 was quickly followed by *Beyond the School Gate: Improving food choices in the school community* www.scotland.gov.uk/Resource/0044/00449317.pdf

'I strongly believe that children and young people deserve the opportunity to make healthier, more informed choices about the food they consume, regardless of whether they choose to eat inside or outside of school.'

Michael Matheson, Minister for Public Health

Supporting Healthy Choices: A Framework for Voluntary Action came out in late June with the consultation due to end in mid October.

www.scotland.gov.uk/Topics/Health/Healthy-Living/Food-Health/supportinghealthierchoices

The overarching refreshed national food and drink policy came out a couple of weeks later with an ambition for Scotland to become a 'good food nation'. www.scotland.gov.uk/Publications/2014/06/1195/downloads#res453219

'We believe we stand a better chance of success if we...seek to counter the perception that caring for food should only be for those who can afford to do so. Healthy, sustainable and delicious food should be accessible to everyone.'

Meanwhile, the Community Empowerment Bill was put before the Scottish Parliament in mid June and the process of establishing a new

food body began. www.scottish.parliament.uk/parliamentarybusiness/Bills/77926.aspx
www.scottish.parliament.uk/parliamentarybusiness/Bills/74205.aspx

The impact of welfare reforms on individuals, families and communities that are already experiencing harsh economic circumstances, and the additional pressures this puts on already overstretched local authority budgets, was the focus of a session organised by the Local Government and Regeneration Committee at the Scottish Parliament earlier in the summer. Along with four local authorities, Oxfam, Shelter, Citizens Advice Scotland, Child Poverty Action Group, the League of Credit Unions and CFHS were invited to give evidence to the committee, with food poverty and emergency food aid a recurring topic. A full report on the proceedings is available at www.scottish.parliament.uk/parliamentarybusiness/28862.aspx?r=9213&mode=pdf

'We have not quantified what the difference would have been, but the aggregate value of the voluntary sector here is indisputable. We would seek to continue those partnerships.'

Sue Bruce, Chief Executive
at City of Edinburgh Council, giving
evidence at the Scottish Parliament

Meanwhile, at Westminster, Frank Field MP and the Bishop of Truro are chairing an all-party parliamentary inquiry into hunger and food poverty in Britain. More information is available at <http://foodpovertyinquiry.org/>

An open letter to David Cameron from public health experts, published in the Lancet, has called for the inquiry's findings to be acted upon and for nutrition and hunger in the UK to be monitored. The letter and its 170 signatories, including a number from Scotland, can be viewed at [www.thelancet.com/journals/lancet/article/PIIS0140-6736\(14\)60536-5/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)60536-5/fulltext)

Choices and tradeoffs: citizens or consumers

Consumers are under increasing pressure to make 'better choices' for the sake of their health and the environment across a range of product categories, including food. *Scotland's National Food and Drink Policy* (2009) called for a change in the way consumers engage with the food industry, proposing that:

'We should be making our food choices in a more balanced way, taking account of food's healthiness, quality, seasonality and freshness. And our choices should also take into account wider issues such as climate change, food security, affordability, biodiversity, animal welfare and fair trade (both at home and abroad).'

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

Individual consumers are increasingly considered as powerful agents of change. The *citizen-consumer* is a key figure with purchasing power capable of shifting demand, and ultimately supply, away from unhealthy and environmentally degrading food products towards more sustainable and healthier options. This research explores the concepts of choice, power and citizenship through food

shopping and aims to shed light on the debates surrounding sustainable consumption and the assumed power of the individual shopper.

Q-methodology was used, where individuals demonstrate their point of view through the rank ordering of statements on a pre-determined scale. The results are analysed to reveal different points of view and approaches to shopping. This approach highlights trade-offs and priorities in relation to decision making.

Forty-one individuals from all over south-west Scotland, covering a range of demographics and socio-economic groups, took part in the study. Participants were asked to order a number of statements from 'most characteristic of them' to 'most uncharacteristic of them'. These statements covered a range of factors: economics, accessibility, health, product quality, ethical/social issues, care for the environment, provenance, knowledge/trust and behaviour. Preliminary findings reveal four distinct views and approaches to shopping.



Family focused: works hard to satisfy demands of the family group	<ul style="list-style-type: none"> • A sense of duty • Challenging and stressful • Relentless • Price conscious • Responsive to promotions • Seeking value • Uncertainty • Lack of confidence • A sense of powerlessness
Health focused: prepared to spend time sourcing quality produce	<ul style="list-style-type: none"> • Conscious of health issues • Worth investing time and money in making sensible choices • Selective interest in the source of products • Influenced by news items and point-of-sale information • Quality freshness and taste important
Environment focused: connects with food source, health and environment	<ul style="list-style-type: none"> • Values food • Not price conscious • Prepared to pay a premium • Habitual shopper following same routine • Selective trust in the supermarkets • Label information used but not usually for nutritional content • Wider concerns beyond the household and deeper connections with food
Convenience focused: simplifies the process of food choice and preparation	<ul style="list-style-type: none"> • Satisfying own needs a priority • Finds ways to minimise the time and effort involved in shopping and food preparation • Simplifies choice through selective concern for wider issues • Puts trust in supermarkets despite knowledge of their supply processes and power

These findings highlight the many conflicts and challenges associated with shopping for food. They suggest that rational economic decision models fail to include the important social contexts and practices of shoppers striving to satisfy the demands of their household.

All participants, regardless of shopping approach, rely upon supermarkets for the majority of their food shopping. 'Trust in the supermarkets' also emerged as a strong theme across the sample (although the level varies

between supermarket chains and product lines). This trust offers policy makers leverage to require supermarkets, rather than individual consumers, to take a lead in food citizenship in order that Scotland meets the objectives of the National Food and Drink Policy.

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Run with it

Many community initiatives across the country took advantage of the Commonwealth Games to raise awareness, build skills and have fun around food, such as Commonwealth Cookery Classes in the Southside of Glasgow. As part of the Games' Food Charter, our colleagues in the healthy living award team worked in partnership with Glasgow City Council Environmental Services to promote the award to local, final mile, catering businesses. Awards were also achieved by official venues, stand-alone training venues, Games family hotels and mobile caterers for festival zones. A dozen awards were achieved by mobile catering units in the Glasgow Green festival site alone.

Meanwhile, the Healthier Scotland Cooking Bus was a permanent feature on Glasgow Green throughout the games, attracting thousands.

Good food for all

Over the summer one of the many food-related policies being discussed (see page 5) was the Scottish Government's aspiration of 'becoming a good food nation', which, logically, requires good food cities, good food towns and good food communities.

Over 40 people took part in the launch of Edinburgh's Sustainable Food City Plan on 2 July in North Edinburgh Arts Centre. Developed by Edible Edinburgh, a cross-sector group that was established in 2013, the Plan covers six themes including health and wellbeing and buying food. Of the seven actions that Edible Edinburgh are working on in the Plan's first year, one focuses on mapping community food initiatives (including looking at their support needs and networking opportunities) and supporting events and festivals that promote sustainable food.

More details about Edible Edinburgh and the Plan can be found here:

www.edible-edinburgh.org

A Towards a Sustainable Food City seminar was also held on 30 April in St Andrew's in the Square in Glasgow. A short report is available at the link below.

www.gcph.co.uk/publications/513_towards_a_sustainable_food_city_glasgow_event_report

'Food is important to local people's lives in many ways. Firstly, at a time when many families are feeling financial pressures, it is essential they can buy healthy food in their community at an affordable price.'

Renfrewshire Council Leader
Mark Macmillan

The event's title, 'Food matters', was confirmed when over 80 local representatives turned up in Paisley earlier this summer to take forward a sustainable food strategy for Renfrewshire.

More information is available from Engage Renfrewshire and Renfrewshire Council, who jointly organised the event.

www.renfrewshire.gov.uk

www.engagerenfrewshire.com/

As towns and cities across the UK address the issue of sustainable food, the website of the Sustainable Food Cities network is packed with the latest news from around the country and details of upcoming events.

<http://sustainablefoodcities.org/>

Elementary food and health training

BEMIS Scotland is the national umbrella body supporting the development of the ethnic minorities third sector and the diverse range of communities and individuals this represents. The organisation aims to address inequalities by empowering communities working towards an inclusive society that recognises diversity and encourages everyone to participate as active citizens. BEMIS received funding from CFHS to deliver elementary food and health courses to women from diverse communities in Glasgow and Clydebank. Two sessions were held in Clydebank and one in Glasgow. A total of 30 women from a very broad age group attended the training, with nationalities including Thai, Indian, Pakistani, Afghani, Polish, African, Sri Lankan, Cameroonian and Scottish. Sessions were delivered in English, Urdu and Punjabi. Thirteen women took the training in Glasgow and seventeen women went on to take the REHIS Elementary Food and Health training in Clydebank. Ten of the 11 women who sat the test passed.

The women in the group were actively interested in learning more about food and nutrition and sharing their experiences. They particularly enjoyed drawing their eatwell plate and talking about the changes they would make as a result of the training. There was particular concern about salt intake, with some women feeling that they were adding too much butter to their chapattis. They were also interested to talk about the benefits of using different spices and including fish and shellfish in your diet. The session also covered the importance of vitamins, particularly vitamin D, and the role that diet can play in preventing diabetes and coronary heart disease.

‘We talked about different cultures and different ways of preparing food for a healthy diet with good fats such as olive oil, and using less of saturated fats like butter.’



Cooking in the community

Garry Place is an organisation supporting young people within a shared occupancy environment. They also provide community-based support to young individuals who move onto permanent tenancies. Last year Garry Place received CFHS funding to run food-focused programmes for young people.

Garry Place runs its cooking groups at a local community health project in Camelon, Falkirk. We went along to see at first hand the great work being carried out. The group managed to make a variety of dishes in the time available. Participants showed off a range of cooking skills and talked confidently about what they could make. In addition, it was clear to see that staff gained satisfaction, knowledge and skills from running the sessions.

‘Our young people continually request cooking activities and are keen to attend cooking groups.’

Garry Place

Developing the evidence base

CFHS regularly commissions studies to inform future work and develop learning from work that is taking place across Scotland. In this edition we cover what has happened to the findings from one of the research studies commissioned last year and what is in the pipeline for the coming year.

In 2013/14 the Scottish Collaboration for Public Health Research and Policy (SCPHRP) was commissioned to analyse self-evaluation reports produced by organisations involved in the Building Evidence of Impact programme. This programme looked at the impact of work involving food on mental health and wellbeing.

The organisations that generously shared their evaluation work and reports were Birchwood Highland Recovery Centre, Carr Gomm, CHANGES, Edinburgh Community Food, NHS Tayside, Stepping Out, The Breast Feeding Network and The Stafford Centre.

Michelle Estrade from SCPHRP gave us this update:

'...Findings from this work were published in an NHS Health Scotland report, and an article has been prepared for publication in an academic research journal. In addition, I presented results from this project at the UK Public Health Research Centres of Excellence conference in Leeds in June. The presentation was well received, and it generated particular interest from members of the Centre for Diet and Activity Research (CEDAR) in England, as well as Ireland and Northern Ireland's Population Health Observatory (INIsPHO).'

The full report is available on the CFHS website.



Research into the impact of community cooking skills activities

Over the summer we commissioned a study to explore the immediate or short-term impact that cookery activities can have on participants. Cooking is a popular activity run by a wide range of groups and agencies within low-income communities across Scotland. CFHS alone has provided funding for hundreds of cookery courses since it was established in 1996. However, there is little published research evidence available about the impact of this work in the UK. The most significant review of research was produced by the Evidence for Policy and Practice Information Co-ordinating Centre (EPPI-Centre) in 2011. Although the review identified over 11,000 potentially relevant reports, most of these were excluded because they were not UK-based or not considered to be of high enough quality. As a result, it concluded that there was not enough evidence to show that cookery courses were beneficial.

Our aim is to produce a study that will provide useful information for those running or commissioning cooking activities, as well as building the evidence base for community cooking skills. However, rather than trying to find out, 'Do cooking skills activities improve outcomes for participants?', the researchers will be exploring how the social circumstances of participants and the approach of the cooking skills activities can affect the outcome on participants. Put another way, we want to know what works, for whom and why. Over the summer we began this study by gathering evaluation reports and other materials from agencies and communities that have run cooking activities. Thanks to everyone who contributed to this.

The researchers have been analysing these reports and will shortly be discussing and checking their findings with a selection of cooking skills trainers and within cooking skills participant focus groups. Reports from this research will be available in March 2015. For further information contact Kim Newstead.

The nature and extent of food poverty/insecurity in Scotland

This study is currently being commissioned and work will take place throughout the rest of 2014. The current focus on the growth in demand for emergency food aid in Scotland, the reasons for this and the ways in which different organisations are responding to this is important. There is, however, recognition that there are many more people likely to be experiencing food poverty and insecurity who do not make use of emergency food aid provision and that the experience will not be the same for everyone.

This study will look at this wider picture and try to answer some key questions about the current levels of food poverty/insecurity in Scotland, what is happening to these levels and the experience of particular vulnerable groups. The researchers will also look at how community food initiatives are adapting, or might need to adapt, their current work to address these challenges.

We are particularly interested in how food poverty/insecurity is being experienced by older people, people facing destitution and those living in rural and remote rural areas. These are all groups that are not often covered by existing studies. The researchers will want to speak to people who are working in these areas, so if you have information/experiences that you would be willing to share we would love to hear from you.

The final study will be shared widely and will influence CFHS's work in 2015/16. We are aware that there are several different pieces of research taking place at the moment and will be working with key partners to make sure we complement each other's work and get the best value possible from the resources we have.

Community is the answer

'Community is the answer' was a three-day international conference held at Glasgow University earlier this summer. NHS Health Scotland sponsored the first day, which focused on health, and CFHS organised a 'world cafe' event involving North Glasgow Community Food Initiative, Active Communities Renfrewshire, the Federation of City Farms, Trellis and CHEX. Also taking part was a Canadian University that had developed a participatory game around food, health and sustainability (see <http://communityistheanswer.org/>)

There were reflections on the conference at 'Community Development: what vision for Scotland', which was held in late June. Over 100 people attended this conference, which included several interesting presentations about current community development practice and thinking in Scotland and Europe, the Community Empowerment Bill and the Commission on Local Democracy. More about the conference can be found here: www.communitydevelopmentalliancescotland.org/category/past-events

Joining up local responses in an emergency

Tapping local knowledge and joining up local services were at the forefront of the Scottish Government's thinking back in August, when they announced over half a million pounds' investment, over the next two years, into local efforts to address emergency food aid.

Eight larger awards, ranging from £30,000 to £50,000, and a further 18 smaller awards of up to £10,000 were distributed from Aberdeen to Ayrshire. A number of the successful bids involved community food initiatives in various roles.

A further half a million pounds is to be invested in the infrastructure of surplus food distributor, Fareshare, who earlier in the summer appointed Gillian Kynoch as Head of Fareshare Scotland. Many Fare Choice readers will remember Gillian from her time as Food and Health Co-ordinator at the Scottish Government.

Zero Hunger across the planet

UN Secretary General Ban Ki-moon has launched the Zero Hunger Challenge, a global initiative calling on governments, the private sector, civic society and the public to play their part in eliminating hunger in our lifetime.

More information is available from the World Food Programme at www.wfp.org/zero-hunger or from the Zero Hunger website at www.un.org/en/zerohunger/index.shtml#&panel1-1

New UN Special Rapporteur on the right to food

On 30 May, Olivier De Schutter completed the second term of his mandate as the UN Special Rapporteur on the right to food. He will be replaced by Professor Hilal Elver from the University of California.

Speaking of developments during his time as Special Rapporteur, he highlighted the growth in local initiatives and food policy councils creating the conditions for a transition from below. He also highlighted a move from traditional dietary guidelines:

'We are paying greater attention not just to what we ingest, but also to how and when we eat, and we are recognizing that food is also about culture, pleasure, and conviviality. Many encouraging developments of this type could be mentioned.'

<http://www.srfood.org/en/end-of-mandate-looking-back-and-onward>

Mealmakers launches

Just 10 months after our study tour to London, Mealmakers, based on one of the initiatives we met, the Casserole Club, launched in Scotland on 4 August. After months of hard work, Food Train proudly launched this new neighbourhood meal-sharing project that uses an online platform to connect volunteers of any age who have a passion for cooking and want to be active in their communities (cooks), with older neighbours over the age of 55 (diners) who would appreciate a home-cooked meal. Once a cook and a diner have been matched, the cook will prepare an extra meal and deliver it to their diner at a time agreed by both parties.

The project, which is sponsored by the Scottish Government and the Rank Foundation and has been launched as a pilot in Dundee, aims to reduce food poverty and malnutrition, improve diets and combat social isolation by breaking down the barriers that lead to loneliness.

If you would like to sign up as a cook or a diner, visit www.mealmakers.org.uk, phone **0800 783 7770** or email Hello@mealmakers.co.uk

You can also follow Meal Makers on facebook at www.facebook.com/MealMakersScot and Twitter [@MealMakersScot](https://twitter.com/MealMakersScot)



Publications

Emergency food aid: a National Learning Exchange

'This is a complex and challenging agenda and there was broad recognition that this learning exchange must mark the beginning of ongoing collaboration across sectors.'

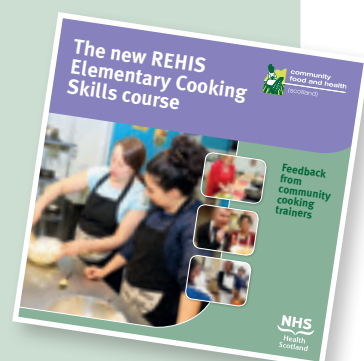
The report, and a useful summary, from the national learning exchange looking at emergency food aid held in Edinburgh in the spring are now available on the CFHS website. It is the product of discussions that included practitioners, planners, policy makers and academics. The knowledge, skills and experience that already existed in community food initiatives was recognised as a major asset. Getting beyond food parcels and taking a 'hand up not a hand out' approach was considered crucial and there was unanimity around these responses not becoming long term or integrated into the welfare system.



The new REHIS Elementary Cooking Skills course

The Royal Environmental Health Institute of Scotland (REHIS) developed a new short accredited cooking skills course that provides participants with basic cooking skills, with the aim of increasing their confidence, skills and knowledge. Early this year, CFHS supported the availability of this course by providing funding to groups and agencies to register with REHIS and deliver the course in low-income communities.

This report provides an overview of 12 of the groups' mainly positive views of this accredited course and about what impact it had on the communities where they work.



The whole truth

'The Scottish Doughnut' is not an attempt to claim local origins for the cake but a fascinating use of the shape by Oxfam to represent what just and sustainable development might look like in one conceptual framework. *The Scottish Doughnut: a safe and just operating space for Scotland*, along with a useful summary, can be downloaded from <http://policy-practice.oxfam.org.uk/publications/The-Scottish-Doughnut-A-safe-and-just-operating-space-for-Scotland-323371>

School food across Europe

A new publication from the European Commission comes with the catchy title of *Mapping of National School Food Policies across the EU28 plus Norway and Switzerland*. Interestingly, however, it presents English, Welsh and Northern Irish policy discretely. <https://ec.europa.eu/jrc/sites/default/files/lbna26651enn.pdf>

Eating well

First Steps Nutrition Trust has recently published *Eating well: vegan infants and under 5's*. This and other useful publications from the charity, which takes no funding from commercial organisations, are downloadable free from their website:

www.firststepsnutrition.org

Healthy living guidance for promoting produce

The Scottish Grocer's Federation (SGF) has produced the *SGF Healthy Living Programme – Guidance for Promoting Produce*. The guidance is designed to help retailers decide what foods they can promote through the Healthy Living Programme and how to do it. The guidance can be found at **www.scotland.gov.uk/Resource/0042/00421369.pdf**

Raising Spirits

Raising Spirits. Allotments, well-being and community is a small but fascinating book written by members of the Glasgow Allotments Forum and the Scottish Allotment and Gardens Society. The book's Glasgow launch was used as an opportunity for plot holders, community groups, housing associations and the like to discuss the new allotments legislation that has just been introduced by the Scottish Parliament, the first for 64 years, as part of the Community Empowerment (Scotland) Bill.

More information available at **www.postcardsfromscotland.co.uk/book_06.html** and selected bookshops.

Practical resources

NHS Forth Valley Health Improvement team have recently added new resources to their website to help address health and economical food issues, particularly aimed at those working with vulnerable individuals and families.

Mini Steps to better nutrition is aimed at anyone supporting people experiencing difficulties in achieving a basic balanced diet, such as those with addiction, alcohol or mental health issues. It has ideas on pacing for groups or individuals and focuses on the most

important food and health messages.

Keeping the Meal Real provides session plans, quizzes and some very simple recipes to support and enable staff or volunteers to deliver basic food related sessions. It can be used alongside *Mini Steps to better nutrition* as a tool for teaching nutrition, developing skills and knowledge in food choices, meal planning and budgeting.

What's for dinner is an interactive toolkit with session plans and ideas to support individuals develop confidence to plan and create meals, reduce food waste, save money and help address budgeting issues in a less formal manner.

The *Shop, Cook, Eat* recipe book and shopping list for one or two people aims to develop skills in shopping and budgeting and encourage regular eating. This is particularly useful for people who are moving into their own or supported accommodation.

All these materials and more are available from **www.nhsforthvalley.com/healthpromotion** (click 'nutrition').

For further details contact **susankennedy2@nhs.net** or call **01786 434491**.

Older People Eat Well – Literature Review

CFHS worked with Evaluation Support Scotland's Stitch in Time programme to produce this publication. It provides an introduction to the literature on the ways in which the third sector supports older people to eat well and is available to download from the CFHS website.

The focus is on providing examples of evidence that illustrate how the support provided by the third sector results in the desired outcome of Older People Eat Well. This is outlined in the nested outcome model that CFHS developed with colleagues in NHS Health Scotland. The full nested model is included as an appendix and it is anticipated that it will soon be available on the Joint Improvement Team website as part of the overall outcomes framework for older people.

www.jitscotland.org.uk

Fare Choice – tell us what you think

In this edition we have enclosed a short survey on Fare Choice that we would be grateful if you could complete and return to us to inform our planning for the future.

Many thanks.

A survey form titled 'farechoice readership survey' with the 'community food and health (scotland)' logo. It includes instructions on how to complete the questionnaire online or offline, and four numbered sections for respondents to provide feedback on their sector, the value of Fare Choice, useful aspects of the program, and other likes/dislikes. The NHS Health Scotland logo is at the bottom right.

farechoice
readership survey

community food and health
(scotland)

We would be very grateful if you could find the time to complete the questionnaire below. Alternatively, you can complete the survey online at <http://surveys.healthscotland.com/index.php?288861/lang-en>

As stated in Fare Choice, we are keen to ensure that we are meeting the needs of those we work with and the information you provide will be very useful to us. Please complete the following questions by writing in the blanks or ticking the boxes as appropriate.

1. Which sector are you in? Please choose the one that best reflects your role.

Community/voluntary	<input type="checkbox"/>
NHS	<input type="checkbox"/>
Local authority	<input type="checkbox"/>
Private sector	<input type="checkbox"/>
Academic	<input type="checkbox"/>
None	<input type="checkbox"/>
Other	<input type="text"/>

2. How valuable overall is Fare Choice to you?

Please rate this on a 1–4 scale where 1 is low and 4 is high.

3. How useful are the following aspects of Fare Choice for you and your work?

Please rate each on a 1–4 scale where 1 is low and 4 is high.

Updates and discussions on policy	<input type="checkbox"/>
Information and ideas on other people working in the sector	<input type="checkbox"/>
Research and publications	<input type="checkbox"/>
News and events	<input type="checkbox"/>

4. What else do you like or not like about Fare Choice?

NHS Health Scotland

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