



# farechoice

The newsletter for Community Food and Health (Scotland)

## On board, on track

Everyone has been busy with community activity (page 6), research (page 8) or developing policy (page 5). The common thread is a determination to head in the right direction – focusing on long-term, effective and inclusive solutions.

From local volunteers to national policymakers, everyone wants their actions to make a difference (Canny Families, page 10) and the challenge is to ensure their experience, evidence, enthusiasm and imagination is applied as effectively and collaboratively as possible.

Everyone has a contribution to make in challenging food poverty and everyone has a role in determining the direction as well as the destination – a Good Food Nation with good food communities where it's good food FOR ALL.



Learning exchange participants visit Drumchapel L.I.F.E. in Glasgow (page 6).

# Team talk

## CFHS funding opportunities – open 12 June

This year we have three funding opportunities for groups and agencies involved in food and health activities in low-income communities. These are the Capacity Building Fund and two Development Funding Schemes.

The capacity building fund is for organisations that want to build the knowledge, skills and expertise they need to deliver their food and health activities better. Organisations can apply for up to £500 to meet all or part of the costs of training or learning opportunities for their staff, volunteers or management committee. There is no closing date: applications will be considered until all the funding available is awarded.

This year we are running two development funding schemes, a one-year, and a two-year development fund. The one-year fund will be ideal for applicants with food and health activities planned that can be set up, with participants ready to take part in these within a one year period. The new two-year fund will suit those who have food and health activities they would like to set up, but that might take longer to get started, or build – such as new gardening sites or building work, or in order to engage with, and work with new audiences or areas.

We encourage one-year funding applicants to aim to ensure that some; or all of their activities can be sustained in the longer term. However, those applying to the two-year fund must be able to show how they can continue some or all of their planned food and health activities after any CFHS funding has been spent.

The closing date for the development funding applications is Friday 7 August. We are unable to accept late; or faxed applications.

More information about CFHS funding opportunities is available in the supplement to this edition of Fare Choice, or visit our website.

## Community café learning visits

CFHS arranged three community café learning visits between November last year and February. Twenty-seven people from 12 organisations took part in the visits. Initial feedback from all three was very positive. A report about the value of the visits will be available soon on the CFHS website. Thanks to Theo's Café, Reidvale Community Café, Punjabi Junction, North Edinburgh Arts Café and Elgin Youth Café for being such great hosts.

Would you like to host a community café learning visit? If you would, we would like to hear from you. Please contact Anne.



## CFHS annual networking conference 2015

Community Food and Health (Scotland) will host a national networking conference later this year in October. This will be an opportunity for you to network with others involved in community food work. We ultimately want to provide a valuable day for those involved in delivering community food activity. Planning for this year's conference has just begun and we would like to hear any ideas you have for the day.

If you have any thoughts about what you would like from the day or conference content please contact [janeoliver1@nhs.net](mailto:janeoliver1@nhs.net). The conference report from last year can be accessed from the CFHS website.

## Food insecurity in Scotland

The study CFHS commissioned from a team of academics led by Dr Flora Douglas from Aberdeen University, which some of you will have heard Flora talk about at last year's annual conference, is now available. Looking at the range and nature of food insecurity in Scotland and community responses to it, there are plans to disseminate its findings and the full report can be downloaded from both the Health Scotland and CFHS websites.

**'... the means and measures by which the experience of household food insecurity as it relates to ... food quality, quantity, certainty of supply, meal frequency, safety and social acceptability can be captured and recorded for population health surveillance and monitoring purposes in Scotland is urgently required.'**

## Health Inequalities Impact Assessment

In April, CFHS carried out a health inequalities impact assessment (HIIA) on its work plan for 2015-16, with an invited group of stakeholders. HIIA provides a systematic way to consider how a policy, plan, service or activity may affect people differently, and can inform how these are developed or implemented. CFHS has used the HIIA to identify the potential impacts (positive and negative) of the activities included in our business plan for this year, and identify if these activities may result in any unintended consequences that may potentially widen health inequalities. The HIIA report is available from [www.healthscotland.com](http://www.healthscotland.com). If you would like more information about HIIA, please contact Anne.

## 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.

an insight into the world of research provided by the members of the Scottish Colloquium on Food and Feeding ... incorporated within the British Sociological Association's food study group [www.britsoc.co.uk/study-groups/foodscoff-\(scottish-colloquium-on-food-and-feeding\).aspx](http://www.britsoc.co.uk/study-groups/foodscoff-(scottish-colloquium-on-food-and-feeding).aspx)

## Impact on health inequalities

On 7 May CFHS, working with Strathclyde University researchers, facilitated a session exploring how social enterprises can reduce barriers to a healthy and affordable diet. This formed part of the University's annual Engage Week to stimulate engagement with business, industry, the public and third sectors; and enhance collaborative working.

The session attracted social enterprises and policymakers from across Scotland who are engaged with food as a means of tackling health inequalities. It aimed to map the research needs of the social enterprise sector. A number of research projects are now in progress as a result, including an opportunity for a new PhD researcher to work directly with the social enterprises involved.

We welcomed speakers who encouraged us to think broadly about how we understand the role of food within communities, the impact of local and often micro food enterprises upon the fabric of the local community, and the development of a local food culture.

In Professor Barry Quinn's keynote speech, he drew upon findings from his Northern Irish data, part of a project involving nine European countries (*Local Food as an Engine for Local Growth* (LOCFOOD)), funded through the INTERREG IVC Territorial Co-operation Programme. The overall objectives were to: examine the policy support environment for micro-sized food initiatives; identify gaps in provision; make recommendations on the policy support environment; and share knowledge and best practice across regions.

Micro initiatives contribute to the fabric of the local community and the development of a local food culture which can contribute

to key health and wellbeing outcomes. The activities of these small enterprises can also play a key role in increasing economic activity (and sustainability) of the whole community. The support environment plays an important role in helping small enterprises improve their performance and overcome barriers to growth. Barry noted that innovation, growth and competitiveness of the micro-sized, local food initiatives have not received sufficient research attention. He also discussed the lack of existing research about how localised food enterprises balance goals which are predominantly social with their commercial demands.

Barry used examples of innovative practice, e.g.

- enhancing local food sourcing and supply
- supporting local food networks
- marketing/promoting local food enterprises.

One example was 'Jarina – The Actor of Local Food Self Sufficiency' – a non-profit cooperative that connects 100 food producers with over 60 public institutions (schools, kindergartens and care homes) in the heart of Slovenia. Jarina plays a key community cohesion role, organising learning programmes for pre-school and school children, with an emphasis on preserving cultural heritage and reviving 'forgotten' vocations such as beekeeping, blacksmiths and shepherding. Insights from projects which cover such broad geographic and social terrains were inspiring and opened the scope of discussion among participants as they considered the needs of their own social enterprises.

Further details of the day can be obtained from: Dr Andrea Tonner, Convenor of the Scottish Colloquium on Food and Feeding (SCOFF), University of Strathclyde, [a.tonner@strath.ac.uk](mailto:a.tonner@strath.ac.uk)

**'We believe:  
Access to food is a basic human right. Insufficient food is a symptom of poverty. Food banks are a crisis response and will not solve the problem of food poverty. Food waste is not an effective or socially just solution to food poverty.'**

A line in the sand on food policy seemed to be drawn before the election, at least by Scotland's two largest cities. The council leaders from Edinburgh and Glasgow made a strongly-worded joint statement and the Directors of Public Health from the two cities followed this with an equally strong statement of their own outlining their fears if long-term solutions to food poverty are not introduced.

**'Our huge concern is that, if things continue the way we are, for those living in the most disadvantaged circumstances, their children will grow up in poorer health than their parents.'**

Both cities were involved in the 'Good Food for All' conference in Bristol in March, which was organised by the Sustainable Food Cities Network, where their stance was at the centre of discussions around the reach and impact of city-wide food policy developments. See <http://sustainablefoodcities.org> which also contains pages on Edible Edinburgh and Glasgow Food Policy Partnership as well as information on the network's new food poverty declaration and their 'Beyond the Food Bank' campaign.

Nationally, there has been no shortage of developments since the last Fare Choice. Food Standards Scotland (FSS) was established by the Food (Scotland) Act 2015 and formally came in to being on 1 April. The new body has already set up its own website:

**[www.foodstandards.gov.scot](http://www.foodstandards.gov.scot)**

A couple of weeks earlier saw the first meeting of the Food Commission, a 16 person multi-sectoral group appointed by the Scottish Government to drive forward the National Food and Drink Policy. It has since met for a second time, with food poverty and the establishment of a network of local champions high on its agenda. Minutes of their meetings should be available on the Scottish Government website.

Effective policy to address food insecurity and the need to listen to those experiencing food poverty was at the heart of the Church of Scotland's conference in Glasgow trying to take us 'Beyond Foodbanks'. A 'Beyond Foodbanks 2' is promised later in the year so watch out for details.

**[www.churchofscotland.org.uk/news\\_and\\_events/news/recent/seeds\\_sown\\_for\\_food\\_justice\\_movement\\_in\\_scotland](http://www.churchofscotland.org.uk/news_and_events/news/recent/seeds_sown_for_food_justice_movement_in_scotland)**

On 20 May, the Scottish Government hosted its Malnutrition Summit, again with food access as a key focus. A report from the event should be available as soon as possible.

With a Food Commission now established, driving implementation of Scotland's National Food and Drink Policy, Food Standards Scotland established and its new Board up and running, not to mention the outcome of the Westminster election and a Scottish election already in politician's sights, there should be no shortage of opportunities to contribute to encouraging a long-term view on policy – one that is focused on taking people out of food poverty permanently.

## Food and community in North Glasgow

CFHS attended this consultation seminar, held by Nourish Scotland and ngHomes on 3 March in Possilpark in North Glasgow. The purpose of the seminar was to give people living and working in Springburn and Possilpark space to talk about food issues in the area, and how these may be addressed. It included lots of discussion opportunities as well as inputs about examples of food work from other areas. The seminar was well-attended by local people. The seminar discussion will be used by ngHomes and Nourish Scotland to shape their contribution to future food and health work in the area.

## Knowing Me Knowing You 2: a learning exchange between local community and voluntary sector organisations and national policymakers

The Teacher building in Glasgow saw 10 civil servants and two members of NHS national bodies gather with 17 representatives of local community and voluntary sector organisations to discuss their differing perspectives of the shared task of tackling Scotland's seemingly intractable health inequalities.

Input was provided by three speakers working in communities experiencing some of Scotland's worst inequalities. They spoke of their personal experience of taking practical steps that they are involved in on a daily basis to support positive change for individuals and groups of people living in those communities.



Their compelling inputs were then used to stimulate round table discussion of what participants now felt could be done to enhance understanding between their sectors to improve efforts to reverse inequalities in health in Scotland in the future.

Ian Shankland from Lanarkshire Community Food and Health Partnership described his experiences in Lanarkshire in an organisation that supplies a range of food initiatives. He spoke of the increasing awareness of staff and volunteers of people seeking “the cheapest possible or indeed free food”.

As part of the Knowing Me, Knowing You 2 Learning Exchange the organisers arranged follow-up field visits to a number of community/voluntary organisations. At the end of March four visitors, three civil servants and one national NHS member of staff, visited Drumchapel L.I.F.E., a Healthy Living Centre that supports individuals, groups and organisations. Its aim is to help improve health and wellbeing and make sure the communities people live and work in are healthy, happy,

safe and working together. It offers a range of services with local partners in a number of areas including:

- Food and nutrition
- Active lifestyles
- Money advice
- Mental health and wellbeing
- Drugs, alcohol and tobacco

One initiative organised by Drumchapel L.I.F.E is Flat Pack Meals. This offers the community an easy and low cost way to cook a meal from scratch by giving all the ingredients and instructions. Fresh local produce is at the heart of this work. Making food packs available as a means to reduce the number of people eating only readymade meals is proving successful. Each meal pack has all the ingredients measured out in advance, making it a cost-effective option. By introducing families and individuals to cooking a meal from scratch this develops the skills and knowledge that will allow people to continue to do this on their own in the future.

## Community café photography project

Between January and April nine students on the BA Professional Photography course linked up with members of Edinburgh Community Cafés network. Each photographer worked with a small group of community cafés in the city, taking photographs that reflect the aims, and work, of each of the cafés. The photographs are being used collectively to promote the work of the cafés (including in a book of photographs available at libraries), and by the cafés themselves.

Photography:  
ruth@rutharmstrongphotography.com



## Developing evidence, supporting evaluation

CFHS commissioned two pieces of research this year, one on food poverty, the other about the impact of community cooking skills activities. Both of these are complete and information about the food poverty research is on page 14.

Here, we report on findings from the cooking skills research and CFHS activities to support community initiatives to develop their evaluation skills.

### Research into the impact of community cooking skills activities

We commissioned Avril Blamey and Jacki Gordon and Associates to study the short-term impact that cookery activities can have on participants. Our aims were to produce a study that would be useful for those running or commissioning cooking activities and to build the evidence base for community cooking skills. We wanted to go beyond finding out, 'Do cooking skills activities improve outcomes for participants?' and explore issues such as how the social circumstances of participants and the approach of the cooking skills activities can affect outcomes: 'what works, for whom, why, and in what circumstances?' Also, to explore the development of skills, knowledge and confidence around preparing and cooking healthy and affordable meals, as well as intentions to change behaviour and non-nutritional outcomes.

We wanted to make use of the wealth of information that we have gathered or heard from cooking skills trainers managers or practitioners over the years. The researchers analysed 81 sets of reports and evaluation materials or grey literature from community initiatives and agencies, carried out two focus groups with 19 cooking skills course practitioners, and two focus groups with nine cooking course participants.

The researchers faced some challenges. Unfortunately, the information within the grey literature was not scientifically robust enough to confidently say 'what works' for the varying target groups and circumstances. They addressed this by identifying practitioners' 'strategies' (what practitioners do and why they do it) and linked these to behavioural change theories or concepts, including social norms, salience, self-efficacy and goal setting. They focused on how practitioners target, tailor and provide reinforcement within their activities, i.e. how they adapt cooking sessions to a target audience, how they tailor information and activities for individuals and how they encourage participants to implement their learning (such as giving praise, free equipment or carrying out follow up activities). The research conclusions included:

- The cooking activities appeared to be targeting and successfully reaching low-income and vulnerable groups. (Based on information about the settings, the target populations of those delivering courses, descriptive characteristic of the participants and types of targeting and tailoring being done to address their needs.)
- There was evidence of consistent good practice by practitioners i.e. in line with recommendations or evidence for promoting health behaviour change from highly regarded sources, such as the National Institute of Health and Care Excellence, (NICE) and these also aligned well with strengths-based (or asset-based) approaches.



- Practitioners used a wide range of strategies between them to try and improve the outcomes of their cooking activities, and these aligned well with behavioural change concepts. Some of these appeared to be used more than others – self-efficacy, salience and social norms were used a lot; and formal goal setting less often.
- Practitioners used strategies differently with target groups and sometimes differently to each other. The research highlighted some of these, including why practitioners might encourage participants to take part in a shared meal after a cooking session, and the assumptions made about the benefits of participants taking a meal home to share with their families, or teaching parents/carers and children together.

The researchers made a range of recommendations, including encouraging practitioners and initiatives to improve their evaluation methods, and for commissioners and policymakers to support them to do this.

A comprehensive report and summary are available on the CFHS website. This has given us lots of ideas and we hope to be able to build on these in the coming year. We also plan to write a short report based on the study, which will include case studies to illustrate some of the findings. For more information, contact Kim.

## Improving evaluation – a lesson in good practice from the field

Whether at the national networking conference or cooking skills activities learning exchange, participants want to talk about getting better at evaluation. Over the last five years we have provided a range of different types of support to help build evaluation capacity, such as development funding for evaluation activities, one-day training events, learning accounts opportunities to attend workshop programmes or one-to-one phone support. The initiatives that participated have gained knowledge and skills that have improved their capacity to evaluate their work.

One such group is Edinburgh Community Food (ECF). Over the years it has grasped opportunities on offer and its evaluation

practice has improved. Last year we offered groups the opportunity to apply for an Evaluating Impact Learning Account, combining a programme of four one-day workshops with £500 towards the evaluation of a piece of work. ECF was awarded a place, to evaluate the impact of its Canny Families work in helping to address long-term issues of food poverty. A case study on Canny Families is featured below and on our website. Useful lessons in good practice in evaluation can be taken from this.

**Be clear about the differences you want to make:** ECF has a clear outcome statement of what it wants to achieve. It can say what it wants to change, for whom and in what way.

**Know who participates in your activities:** ECF is able to identify whether or not it has reached its target audience using demographic information and is transparent about who participates in activities using attendance data.

**Gather information about distance travelled:** ECF can clearly identify the nature of any change for participants with before or after information, using rating scales, visual representations or rich narrative information. It routinely uses a variety of evaluation methods and gathers data from a range of sources. It interrogates self-reported learning or change using data from referral agents, structured observation or third party feedback. In proportion to the depth and scale of the intervention, it follows up participants to see if change has been sustained or built upon.

**Analyse, reflect on and articulate learning:** ECF brings together the data from different evaluation tools and sources to explain the journey. It avoids over-claiming by being clear on the nature and extent of evaluation material it has drawn upon and how many participants were involved in evaluation activities, and questions its assumptions about the appropriateness of its activities, and whether they have led to the desired changes, lack of change or unexpected affects. ECF is open about things that did not work so well and things it needs to improve on in the future.

And on impact ECF has improved its ability to articulate its impact by dedicating staff time and organisational resources to evaluation activities. There is no short cut, it has thought

and worked hard to get better at evaluation. Here is their advice to others:

**'When starting a project it's essential to think about evaluation from the start and commit time to it. Making sure that you have clear outcomes and planning out exactly how you are going to evaluate them will benefit the project evaluation in the longer term and make it much easier when it comes to carrying out reporting.'**

**'Likewise, it is really important to make sure that each of the evaluation methods you are using provides you with information that will be useful. Keep it simple and concise. All of it should help to show the impact of your project to the funders.'**

## **Canny Families – Edinburgh Community Food case study**

The Canny Families project involves a programme of affordable cooking courses run across Edinburgh for parents with a child aged 16 or under. It is run by Edinburgh Community Food in partnership with Changeworks and Citizens Advice Edinburgh.

### **Background**

ECF's aim is 'to get people into healthy food, and healthy food into people.' It tackles health inequalities in low-income communities through food and health development and promotion work including cooking courses, demonstrations, nutrition workshops, health information sessions and tasting sessions. It runs and supplies food co-ops throughout the city, where people can access high quality good food and pick up cooking hints and advice.

Canny Families was a city-wide programme, which ran from September 2013 to March 2015.

### **How it worked**

Canny Families was targeted at parents in different areas of the city. It was delivered as six two-hour sessions. Five of these were focused on cooking and nutrition activity, including information about a healthy diet and where to access affordable food and one was Changeworks Kitchen Canny workshop.

The courses were advertised using local social networking websites, poster and leaflet campaigns (in community centres, nursery schools, primary schools, a high school, local health agencies) and in community pages of a paper. Professionals in Community Learning and Development and Early Years Centres were also made aware of Canny Families.

Canny Families had four outcomes, or differences it aimed to achieve:

- Increase parents' cooking abilities.
- Increase parents' knowledge of what a healthy, balanced diet is.
- Increase parents' knowledge of how to cook affordably.
- Increase parents' eating a healthy and balanced diet.

Each session consisted of a short introduction to a healthy food topic, followed by cooking and a nutrition activity. The group ate the food prepared together, which facilitated further discussion on food and nutrition. Participants chose the recipe for the following week, for example, flatbread pizza, pitta bread pizza and sweet potato wedges, salmon fishcakes, vegetable frittata, vegetable crisps and homemade dips, sweet potato and lentil soup, tomato soup, kale chips. Healthy food and nutrition work included basic food hygiene, how to reduce intake of salt, sugar and fat, and on five-a-day, including portion size and how to access affordable fruit and vegetables.

Changeworks and Citizens Advice Edinburgh also ran a session offering advice on affordable warmth and money.

Attendance was monitored weekly and demographic information was collected from all participants. Evaluation was done using pre and post course questionnaires, structured observation, photos, evaluation wheels, a group evaluation session using focused

questions and post-it notes, quotes and video footage. The video camera will be used in follow up interviews with participants three months after the course.

Parents who require childcare were phoned each week to confirm childcare needs.

## Challenges

Working with families whose lives are often chaotic can result in a range of challenges for attendance:

- phone numbers and addresses can change quickly, e.g. three of the parents signed up to the Clermiston course could not be contacted, despite repeated attempts
- child illness can have an impact – alternative arrangements for care cannot be made
- poor weather and lack of their own transport can put people off

Childcare requirements can be hard to manage. For example, on the Clermiston course, despite ringing parents each week to confirm parents' childcare needs there often ended up being too many childcare workers. This was either because participants requesting childcare did not attend or a change in circumstances meant childcare was no longer needed and the parent did not let staff know.

When using video recording in sessions there can be practical issues in filming, e.g. when the group is too big. A camera person may be needed and advice/training or time to practice filming techniques or editing footage.

## Achievements

Evaluation findings from one course are promising as illustrated below.

Evidence showed that abilities and confidence in cooking improved for all six participants who completed pre and post evaluation activities, e.g. using knives to chop and prepare vegetables safely and following recipes. There was significant change for one participant who did not cook from scratch before, to cooking with basic ingredients every day. While for half the participants the amount they cooked at home did not alter significantly, there were differences in their knowledge of what a healthy, balanced diet is, and all reported feeling better able to cook healthy meals.

Four of the six participants felt much more able to make meals from leftovers. They could see benefits in reducing waste through better use of leftovers and store cupboard ingredients, through an initial outlay was needed for some herbs and spices. One participant reported radically reducing the amount of ready meals and convenience food they bought, which will have long-term financial benefits.

It became clear that a couple of participants had initially over-estimated their level of understanding of what a healthy diet was and their fruit and vegetable intake. Improved understanding of nutrition and portion size meant that while their overall ratings did not alter there was an improvement in their level of fruit and vegetable consumption.

## Future plans

ECF courses continue to run across Edinburgh, incorporating learning from Canny Families and other projects. Participants will be followed up three months to find out about longer-term differences and behaviour change.

## Quotes

**'I'm now more confident in using vegetables because I can chop them up the right way.'**

**'I learnt that using leftovers aren't a bad thing. I made some fab dishes from my cupboard and fridge without spending a bomb and taste so much nicer and looking from start to finish.'**

**'Learning new recipes was so much fun and I really enjoyed trying new foods.'**

**'It is good to know healthy foods to cook for my family and me.'**

**'I learned about nutrition, healthy food.'**

**'I buy lots of veg now.'**

For more information about this work contact [www.edinburghcommunityfood.org.uk](http://www.edinburghcommunityfood.org.uk)

## Funding awards

Broomhouse Health Strategy Group (BHSG), frequently featured in Fare Choice, was shortlisted for the 'commitment to health category' at the Scotland Food and Drink Excellence Awards. The winners of this and the other categories were announced at the end of May and are available at [www.scotlandfoodanddrink.org/news.aspx](http://www.scotlandfoodanddrink.org/news.aspx)

BHSG was also one of 197 community anchor organisations to receive a share of £12.6 million awarded from the Scottish Government's People and Communities Fund in February. The focus of the Fund is the promotion of social inclusion and tackling poverty, including the mitigation of welfare reform. Other community food and health work supported by the Fund includes the developments of Royston Community Food Hub in North Glasgow, and of Govan Food Hub and Community Gardens in South Glasgow; both are being funded through local housing associations, which are working in partnership with community food initiatives.

The Climate Challenge Fund also awarded funding totalling £1.9 million to 26 groups in April. This included awards for groups to establish community gardens, community allotments or 'grow your own' schemes, including Glasgow East End Women's Aid, Heart of Scotstoun Limited and Lambhill Stables in North Glasgow.

## Community garden project opens

Glasgow Wood Recycling is very proud to have been a part of a recent project to build the new community garden, in Killearn Street behind the Possilpark Health Centre. The project was commissioned by the NHS and designed by erz studio architects.

Local people are now able to access more growing spaces to enjoy all the benefits of gardening, including growing vegetables and being outdoors

Glasgow Wood Recycling was responsible for putting in the planters, greenhouses and

shelters which are all made from reclaimed timber and all the finishes are organic paints and varnishes. The roof of the shelter has sedum plants growing in it and rainwater runs off and collects in barrels.

The garden was recently officially opened to the public and so it's all systems go.

Glasgow Wood Recycling can be found at 739 South Street, Glasgow and you can contact Peter on [peter@glasgowwoodrecycling.org.uk](mailto:peter@glasgowwoodrecycling.org.uk).



## Eat Better Feel Better

The Eat Better Feel Better campaign has been up and running since the start of January. There has been a great response so far from families, community groups and retailers from across Scotland.

Since the start of January, [www.eatbetterfeelbetter.co.uk](http://www.eatbetterfeelbetter.co.uk) has been visited 85,000 times, with the recipe pages proving especially popular. It also features top tips on dealing with fussy eaters, details of local events, cook-along videos, supermarket offers and more.

If you have a group or event you would like to see on the website, simply visit the event section of [www.eatbetterfeelbetter.co.uk](http://www.eatbetterfeelbetter.co.uk) and scroll to the bottom of the page. There has been lots of interest in this page from families looking for details of local support, so it is a great way to spread the word about your services.

Kirsty day, 21, is a student from Edinburgh and a mum of one.

Kirsty was a big fast food fan, but following the birth of her son Kelvin three years ago, she decided that she didn't want him to be brought up with bad food habits and leading an unhealthy lifestyle.

Following a visit by Kelvin's health visitor, Kirsty asked about support to help her make changes to her diet. She was put in touch with Pilton Community Health Project, a local group which runs a range of courses including 'cook and taste' sessions and offers advice on budgeting and help with meal planning. Kirsty explains:

**'I was eating a typical student diet, but as a mum I wanted to be able to set a good example. I knew for some time that I needed to make changes, but I didn't have the knowledge or support, and always thought that eating healthier was expensive.'**

**'With my new knowledge of food and the cooking skills I have learned, I find it really easy to make healthy meals with fresh ingredients now. Over the course of the week it's affordable to eat and cook with fresh ingredients instead of pre-packed products, and it definitely feels better eating fresh food. Some of my dishes actually work out cheaper than buying ready meal equivalents. I definitely feel better by eating better.'**



# Publications

## Food plus in practice

This CFHS publication looks at community food initiatives that are working to reduce food poverty through delivering a range of services. It includes examples of eight community food initiatives that are offering emergency food aid and more. It can be found on our website.

## Making the connections

Other recent publications looking at food poverty include 'Making the Connections: A study of emergency food aid in Scotland' written by Mary Anne MacLeod, published by the Poverty Alliance and funded by the Scottish Government.

**'It must be acknowledged that the solutions to food poverty do not lie with food bank volunteers, but with a preventative approach focused on decent incomes and equitable access to affordable, nutritious food.'**

[http://povertyalliance.org/article/voluntary\\_groups\\_providing\\_critical\\_support\\_to\\_address\\_food\\_poverty\\_in\\_scotland](http://povertyalliance.org/article/voluntary_groups_providing_critical_support_to_address_food_poverty_in_scotland)

One result has been a web-based resource aimed at assisting those delivering emergency food aid to better link with mainstream services [www.foodaidscotland.org](http://www.foodaidscotland.org)

## A recipe for inequality

In March the Fabian Commission on Food and Poverty published their interim report, 'A recipe for inequality: Why our food system is leaving low-income households behind'. The interim report can be downloaded from the Publications section of [www.fabians.org.uk](http://www.fabians.org.uk) and a final report is due later in the year.

**'Without radical change to the UK food system, millions more people will struggle to access affordable, nutritious food.'**

## Good Food For All: Do we have the ingredients for a well-fed north Edinburgh?'

This report from the community conference on food poverty held in Pilton, north Edinburgh, which we mentioned in the last Fare Choice, is now available from [www.pchp.org.uk/news/2015/good-food-all-report-conference](http://www.pchp.org.uk/news/2015/good-food-all-report-conference)

**'All the groups spoke about a need for community campaigns or a better collective voice on this issue to influence changes in policy. Using a human-rights approach may be helpful.'**



## LOVE Food Hate Waste – Save More

LOVE Food Hate Waste has a practical and useful activity resource pack to help communities to save money by reducing food waste. 'Love Food Hate Waste – Save More' has been designed for, and was tested with a range of community-based organisations and proved to be both engaging and helpful.

Edinburgh Community Food was one of the highlighted test case studies who used the materials with several groups they work with, including women involved in the criminal justice system, unemployed men and parents with young children. Nearly all of those supported by ECF enjoyed the resource activities and found them useful, 62% reported that it would help them reduce food waste and 53% said it could help them save money.

The activities pack has five main themes - planning ahead, understanding 'sell by' and 'use by' dates, storage - including information about freezing and defrosting, measuring portions and ideas on using up leftovers.

Save More is available to download free from the Love Food Hate Waste website:

<http://england.lovefoodhatewaste.com/content/love-food-hate-waste-save-more-pack-run-sessions-your-community>

## Using price policies to promote healthier diets

A new publication by WHO Europe looks at the use of price policies to promote healthy diets using recent policy developments in Denmark, Finland, France and Hungary as well as the European School Fruit Scheme. The report can be downloaded from the Publications section of [www.euro.who.int/en/home](http://www.euro.who.int/en/home)

## Beyond the school gate

One of the first publications to go on the new Food Standards Scotland website was a look at 'the influence of deprivation and the food environment on food and drink purchased by secondary school pupils beyond the school gate' undertaken by a team led by Dr Wendy Wills a former member of the CFHS steering group.

**'Spending time with friends was often seen as essential by young people and this informed where they spent the lunch break, with the place (location and customer service) being more important than the food or drink on offer.'**

[www.foodstandards.gov.scot/food-and-drink-purchasing-secondary-school-pupils-beyond-school-gate](http://www.foodstandards.gov.scot/food-and-drink-purchasing-secondary-school-pupils-beyond-school-gate)



# Diary

## June

### CFHS funding opportunities launch

12 June

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

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

## Save the date

### CFHS annual networking conference 2015

28 October 2015 – Perth Concert Hall

More details available soon from.

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

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