



farechoice

The newsletter for Community Food and Health (Scotland)

Listening and learning

Although all talk and no action is never acceptable, there does appear to be an appreciation of the benefits to policy and practice of finding the time and resources to listen and learn.

National bodies listening to communities (see p. 3), communities learning from each other (see p. 12), and practitioners and academics engaging (see p. 2) should improve practice and inform policy at a time when that is needed more than ever.

As the demands on community food initiatives grow and resources are expected to stretch further and further, it is very welcome that the enthusiasm to listen, learn and deliver remains as strong as ever.



Delegates listening and learning at our annual networking conference (see p. 2).

Team talk

Valuable results: small steps can make big differences to your community

The Community Food and Health (Scotland) (CFHS) annual networking conference took place at the end of October 2015 in Perth. The conference was an opportunity for people to come together, learn from each other and share experience on all aspects of food, inequality and social justice. As the title suggests, the theme was about the impact community food activity can have on local practice and national policy developments.

Around 200 people attended the one-day conference in Perth Concert Hall. Community workers, community growers, volunteers, NHS staff, local authority staff, planners, policy makers and researchers all contributed to the day.

Right from the start of the day delegates had the opportunity to network and to get to know one another. Some took part in a guided walk from the train station before the conference started.

In the morning participants enjoyed video presentations from Meal Makers, Food Train and Flat Pack meals. As well as the main stage presentations, there were a number of varied breakout sessions and plenty of time for discussion.

CFHS was delighted to have Michelle McCrindle, Food Train CEO, to chair the day. Ms Maureen Watt, Minister for Public Health, addressed the conference and took the time to visit the marketplace and speak with delegates over coffee. The audience was also treated to an interesting presentation from Jonathan Schifferes (RSA) about growing for wellbeing and sustaining social impact.



Food can be a route to engagement in the "everyday".

Jonathan Schifferes

The marketplace allowed various organisations from across Scotland, including NHS organisations, community initiatives and national bodies, to showcase their work and delegates to learn about work in different areas. Breadshare Community Bakery, The Breastfeeding Network and Zero Waste Scotland were among those organisations taking part.

Overall, the conference was considered a success by those who attended and by conference organisers. All presentations and workshops were very well received by participants, as was the opportunity to network.

Having attended this conference for the last two years there is something about [it] which I find inspiring – it is easy on a day-to-day basis to get caught up in the difficulties of day-to-day work. This conference allows for a bit of reflection and is reinvigorating to thought processes.

Delegate

A full conference report is available from the CFHS website. For any further information about the conference or the planning please contact Jane Oliver, janeoliver1@nhs.net

Conversations

Throughout October 2015 CFHS facilitated public engagement sessions within communities as part of NHS Health Scotland's contribution to the national Fairer and Healthier conversations.

Conversation focused on people within their own communities talking about health, being healthy, and what supports health within the community. People talked about the existing strengths and opportunities, fairness and health, and the social environment.

Emerging themes from the conversations, along with information about the planning and delivery of the work, have now been shared within NHS Health Scotland and Scottish Government and with the local communities where the conversations took place. Conversations like these could build an appetite locally and nationally for making a change towards fairer, better health in Scotland.

Conversation sessions took place in Johnstone Castle in partnership with Active Communities, in Lochee in partnership with Dundee Healthy Living Initiative and in Burnfoot in partnership with Burnfoot Community Futures and Borders Healthy Living Network. Videos from the conversation sessions are now available. Please see the CFHS website for more details or contact janeoliver1@nhs.net



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 sectors, 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 part of NHS Health Scotland.

Visit to Cook and Health Scientific Symposium

On 24 November we secured a place at the first Cook and Health Scientific Symposium, organised by the Basque Culinary Centre in San Sebastian, Spain. At the event international speakers from the UK, Portugal, the USA, Spain and Switzerland shared insights from previous and ongoing studies on the relationships between cooking, eating behaviours and health. Questions touched on included:

- What do we mean by cooking and how does this influence our measurement of cooking behaviour?
- What is happening, or not, around the interfaces between public policy, cooking interventions and the rise of celebrity cooking culture?
- How does involvement in cooking activity affect food choices, appetite and food intake?
- Could using consumer psychology help promote healthier meal choices?
- In what ways does cooking with children affect their food preferences, attitudes and self-efficacy?

We will be incorporating insights and learning from the symposium into current and future work, especially the cooking skills study group and blog, so watch out for more updates.

Community-led research into food security and insecurity

Three organisations from across Scotland will be supporting teams of community researchers to carry out research on food security in their local areas. Those involved are Central and West Integration Network in Glasgow, Linwood Community Development Trust in Paisley and Healthy Living Networks in the Burnfoot community in Hawick. Over the next few months the community researchers will be supported to gain confidence and skills to design and carry out their own original research into community members'

expectations and experience. The research questions the community researchers have been asked to address are:

- What would/could food security look like and mean for people?
- How would this be different from where they are now?
- What would need to happen in people's communities to achieve food security for all?

We hope to be able to share the community research teams' findings by mid-2016.

Food and health activities within learning disability services

We held a round-table meeting focusing on learning disabilities in December 2015. Twelve people from across seven NHS Board areas discussed how they or others could ensure that quality food and health activities are available to people using learning disability support services. The group explored what kinds of activities are available in their area, what organisations or sectors they work with and what has been successful or challenging. Activities for people with learning disabilities across Scotland include gardening projects, cooking skills sessions, advice, shopping and menu-planning support, as well as dietetic services.



The group also discussed where and how national resources and training developed for the sector in 2010 and 2011 are being used – i.e. the Royal Environmental Health Institute of Scotland (REHIS) Elementary Food and Health Course for Carers of Adults with a Learning Disability and the Healthy Eating, Healthy Living trainers' pack. A few NHS Board areas run the REHIS course for staff regularly. However, others struggle to find capacity or have found that learning disability services are unable to release staff to take part in this 9-hour course. The Healthy Eating, Healthy Living pack is being used across a wide range of areas to train individuals with learning disabilities. Some trainers choose to select a few activities from the pack, rather than do all 22 sessions. Feedback from staff and individuals who use either of these resources has been very positive.

Further information about the meeting is available on the CFHS website under 'Our work', or contact **kim.newstead@nhs.net** for more information.

For more information about the resources mentioned:

The REHIS Elementary Food and Health Course for Carers of Adults with a Learning Disability: **www.rehis.com**

The Healthy Eating, Healthy Living trainers' pack: **www.sclld.org.uk**

Cooking skills study group and new CFHS cooking skills blog

Last edition we reported on our new cooking skills study group. We recruited eight organisations, all of which work with low-income and vulnerable groups, to take part over 18 months. The group will build on the recommendations of our cooking skills review, published earlier this year, by unpicking and discussing details of the types of activities members of the group do in their cooking skills courses, what difference they think these activities make to participants and why. They will also develop their evaluation methods, and collect short- and longer-term

outcome information from their courses, which we will pull together and help them analyse in early 2017.

We have set up a blog on our website to discuss some of the issues around improving cooking skills courses and the ways in which these can be evaluated. The blog will discuss the journey of the study group and highlight information about resources or research that we learn about on the way.

Community café learning visits

Following the success of past visits, CFHS is holding three further community café learning visits this financial year. The purpose of these is to share good practice by bringing together people involved in running or setting up a community café. At the time of writing, five visits have been hosted by community cafés in four areas – Glasgow, North Lanarkshire, Elgin and Edinburgh – with further visits planned for Perthshire and Lanarkshire.

Feedback from participants has been really positive: two people who took part in the visit to the White House Kitchen and Café Connect in Edinburgh in November commented on how useful it was for them and that it made them think again about the aim of their café.

CFHS is planning to hold similar learning visits next year. If your café would be interested in hosting a visit, please get in touch with **anne.gibson5@nhs.net**

Capacity-building fund

This year, CFHS ran a new funding scheme – our capacity-building fund – which aimed to support organisations running community food and health activities to develop skills and expertise they needed to run their services better. Groups could apply for up to £500 for staff or volunteers to take part in a learning or training opportunity. The fund is now closed, but a report about its impact will be available in a few months.

Beyond the school gates: the influence of deprivation and the food environment

This article reports on the findings of a research project led by Dr Wendy Wills of the University of Hertfordshire, a former member of the CFHS Steering Group, for Food Standards Scotland. The project sought to provide insights about the purchasing of food and drink by secondary school pupils who go 'beyond the school gate' to buy their lunch. It was particularly focused on the importance of relative socioeconomic deprivation and the local food environment.

The study involved 651 2nd- and 3rd-year pupils, 13 head teachers and kitchen supervisors and 25 local retailers across seven case study schools, spanning five of Scotland's local authorities. It used a mixed-methods approach typical of case-study research, including a range of qualitative and quantitative elements. Findings from each data source were integrated to generate insight about the roles of deprivation and the food environment with the aim of better explaining young people's food and drink purchasing practices outside of school.

The findings of the study can be grouped around five key insights:

1 The extent of purchasing outside of school at lunchtime.

Across all schools in the study 77% of all young people said that they bought food and drink beyond the school gates at least twice per week, rising to more than 90% of pupils in the most deprived schools. Therefore, much of the food bought by these secondary school pupils is beyond the influence of the food policies within schools.

2 Where do pupils buy and why?

There are a number of different businesses competing for pupils' custom.

Food and drink outlet	% pupils purchasing
Chip shop and fast food	25.8
Newsagent and sweet shops	25.1
Supermarkets	23
Grocery and corner shops	20.1

The proximity of the outlets to the school and the ability to visit with their friends were important factors in the choice of outlet. Yet a very interesting finding from the study was that pupils are willing to travel relatively large distances for specific food items, to avoid queues and to find a space where they were welcomed by the retailer and comfortable with their friends. Therefore, restricting food outlets in close proximity to a school may not improve young people's diets.

3 What do they eat and why?

Price and taste were the most important factors in food choice. 42% of pupils reported buying sugary soft drinks and 33.55% energy drinks (i.e. drinks containing large amounts of caffeine). Chips (26.1%), sandwiches (23.9%), sweets (21.4%), chocolate (20.2%) and crisps (19.3%) were commonly reported items, with few pupils buying fruit (4.2%) or salad (1.7%).

4 The cost of food and drinks beyond the school gate.

Young people were acutely price aware and many retailers reacted by offering special discounts during lunchtime across their menus. The median spend on food and drink beyond the school gate was £1.98.

5 The role of deprivation and the social environment beyond the school gate.

The school environment acted as a push factor and the local food environment as a pull on pupils, and this was underpinned by deprivation. Young people in the most deprived areas wanted to escape the school environment, where some did not feel welcome. The wide choice of outlets and friendly rapport with local retailers made them feel more comfortable spending lunchtime with their friends around these outlets.

Overall, the study concludes that controls to the external food environment around schools could bring some benefits, but that there is a potentially greater benefit for a larger proportion of young people in Scotland from improving the in-school food culture. It builds upon previous work considering how to improve food within Scottish schools and concludes that improvements to encourage pupils to spend time in the school cafeteria on at least some days of the week should be a key aim. Involving pupils regularly in menu decisions and supplying sufficient amounts of popular foods are important, but so too is making school cafeterias welcoming social spaces where pupils can engage with each other and the catering staff.

A film is available highlighting key points from the research:

www.youtube.com/watch?v=mHqYzixQZrA&feature=youtu.be

Researchers: Wendy J Wills, Ariadne Kapetanaki, Kirsten Rennie, Giada Danesi, Alice Martin, Laura Hamilton and Aiden Bygrave, University of Hertfordshire.

Contact Wendy Wills:
w.j.wills@herts.ac.uk

Full report available at:
www.foodstandards.gov.scot/food-and-drink-purchasing-secondary-school-pupils-beyond-school-gate



It is as important to form your own policy as it is to inform or even keep up to date with the policy of others. In early November, NHS Health Scotland launched its organisational position statement on food poverty, offering a consistent combination of definition, measurement and appropriate actions. You can view the statement at www.healthscotland.com/documents/26408.aspx

“ We have developed this position statement in order to set out what we know about this emerging public health issue. Food poverty results primarily from income inequality and is therefore not inevitable. We need to know more about the extent of food poverty in Scotland, and we urgently need ways to measure and monitor this issue. ”

Dr Dionne Mackison, NHS Health Scotland

Since the last Fare Choice a short life working group on food poverty has been established, met and reported back to government. The findings of the group – set up by the Social Justice Directorate – are to be fed in to the Food Commission, whose last meeting before Christmas focused on food and social justice. Minutes of the commission’s meetings are available from www.gov.scot/Topics/Business-Industry/Food-Industry/national-strategy/good-food-nation/foodcommission with information on the short-life working group available from <http://news.scotland.gov.uk/News/Tackling-food-poverty-1e6d.aspx>

The Scottish Food Coalition, made up of a range of groups and agencies, has launched its core principles. These can be downloaded from www.foodcoalition.scot

“ Everyone has the right to sufficient, safe, nutritious and culturally appropriate food obtained in ways free from stigma or status, now and into the future. ”

“ Recent discussion of food and poverty has been too narrow, focusing on the growth of charitable food provision, such as food banks, and the role it plays in feeding hungry people. But charitable food provision is the tip of the iceberg – the links between food and poverty extend far beyond food banks. Critically, we need to recognise that food banks and charitable food providers are not solutions to household food insecurity, they are symptoms of society’s failure to ensure everybody is sustainably well-fed. ”

Geoff Tansey, Fabian Commission Chair.

Hungry for Change, the final report of the Fabian Commission on Food and Poverty (www.fabians.org.uk/publications/hungry-for-change/) draws on public hearings, expert testimony and the insights of people with experience of managing poverty. It sets out how a fairer food system can be built that works better for people on low incomes.

Meanwhile, Westminster’s All-Party Parliamentary Group on Hunger, a year after publishing *Feeding Britain* (<http://feedingbritain.com>), launched its report on the extent and causes of hunger in this country. It included a suggestion ‘that food banks host trained specialists who are capable of addressing the problems that have led people to be hungry’ and for a sugar tax (see opposite) funding meals over the school holidays.

The debate around a possible sugar tax continues with the latest support for action coming from the Health Committee at the House of Commons, which has also suggested a crackdown on marketing and advertising. See www.publications.parliament.uk/pa/cm201516/cmselect/cmhealth/465/465.pdf

The issues of overweight and obesity have also been in the news regularly over the last few months. The Scottish policy which aims to stop

the levels of both from increasing, *Preventing Overweight and Obesity in Scotland: a Route Map Towards Healthier Weight* (commonly known as the Obesity Route Map) was published in 2010. In October last year, a review of the policy was published by the Scottish Public Health Obesity Special Interest Group, part of the Scottish Health Network. Produced for the Scottish Government, it assesses how effective the policy has been, and includes a number of recommendations to be considered if the policy is updated or revised. One of the recommendations is that more co-produced, asset- and locally-based inequalities-focused approaches are required. www.scotphn.net/wp-content/uploads/2015/12/2015_11_13-Final-Report.pdf

Around the same time (November 2015), the Scottish Government published its latest obesity indicators, which monitor the progress of the Obesity Route Map. Based on data collected in 2014, four of the measures included in the indicators relate to nutrition.

Of the four, only one – the volume of sales of soft drinks with added sugar – has shown any significant progress. www.gov.scot/Publications/2015/11/2951

The obesity indicators also include data on the proportion of adults who are overweight or obese, and of children at risk of both. These data have been taken from a recent Scottish Health Survey. The most up-to-date Survey was also published in October last year, again for the Scottish Government. It includes data on a range of health topics and issues, including fruit and vegetable intake and health inequalities. www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey

With so much happening at a policy level, it is important that those involved with community food initiatives ensure their knowledge and understanding is being heard. It is not the time for being shy coming forward and there is a growing recognition that understanding from the front line, those experiencing food poverty and those addressing it, should inform policy development.



Accommodating a vegan on a cookery class

AR was referred to Edinburgh Cyrenians as he was having difficulty shopping and cooking for himself. He had decided to follow a vegan diet for moral reasons, but his cookery skills were not sufficient to support his choice.

Cyrenians had previously accommodated vegetarians quite easily on its cookery courses, but a vegan diet presented quite a few new challenges. These included not just what recipes to cook, but also what nutritional advice was to be given while still making use of the Eatwell plate. The NHS and the Vegan Society websites provided valuable nutritional information, which was collated into a five-page handout and made available at the class.

AR had expressed his desire to be able to meet his nutritional needs without recourse to too many manufactured substitutes that would be too expensive. This influenced the choice of recipes, as they had to include foodstuffs that were readily available. The recipes also had to be similar in cooking techniques, timings, etc. to what the other class members were cooking for both practical and inclusiveness reasons.

AR was introduced to new foodstuffs that he had perhaps not previously considered. A variety of ingredients, including nutritional grains such as couscous and quinoa, nutritional yeast and tofu, were introduced in recipes with great success.

You can find one of the vegan recipes used on the back page of this edition.

Launch of the Midpark Hub

In the previous edition of Fare Choice we featured Rebecca and Suzie from Building Healthy Communities in conversation with Iain Stewart from Edinburgh Community Food, as they discussed the challenges of trying to set up a community café within Midpark Hospital in Dumfries.

We are delighted to report that the official launch of the Midpark Hub took place on Wednesday 9 December. A range of staff, visitors and patients were present to hear from Interim Director of Public Health Andrew Carnon, Board Chair Phil Jones and our very own Anne Gibson, all extolling the benefits of community cafés.

After the ribbon cutting, guests were treated to a lovely healthy buffet and had some time to chat and visit the display boards.

We wish the Midpark Hub all the best for the future and look forward to hearing how they get on.



Café Academy: a lot of learning and profit too

With support from staff, a group of pupils from Kirkcudbright Academy have set up Café Academy, a pop-up café. The aim is to provide a supportive but real business context in which the pupils can learn about and practise skills for work. So far the café has run twice, once in October and once in early December. On both occasions it was run in the school, and attracted lots of customers from the school and the local community. It has been a big hit with its customers and has made around £900 in profit, which is being used to buy equipment for the café. The pupils aim to run more pop-up cafés throughout the year, using other venues in the town as well as the school.



Spotlight on... Pollok fruit and vegetable stall

A new fruit and vegetable stall opened in Pollok Health Centre in South Glasgow on 20 January. The stall will run on Wednesdays and Thursdays between 12 pm and 2 pm and is open for anyone living and working in the area. It was set up by NHS Greater Glasgow and Clyde's South Glasgow Health Improvement Team, who are running the stall in partnership with two local voluntary organisations: Greater Pollok Integration Network, which is providing volunteers to run the stall, and Pollok Credit Union, which is providing information and signposting around financial inclusion services.

The stall was set up as part of the team's work around the Scottish Government's Maternal and Infant Nutrition Framework. It will be signposting families to information about Healthy Start vouchers and providing information about cooking on a budget and other programmes and services available in South Glasgow.

For more details about the stall, contact Lesleyann Currie,
Lesleyann.Currie@ggc.scot.nhs.uk



Healthy Food for All

This Take Stock celebrates the excellent work undertaken with community food initiatives by our colleagues at Healthy Food for All, an all-Ireland charity addressing food poverty by promoting access, availability and affordability of healthy food for low-income groups.

Healthy Food for All runs three main programmes, working on policy, particularly around food poverty, with school initiatives and with community food initiatives.

Its Community Food Initiative Programme from 2013–15, with funding from *safefood*, supported 10 community food initiatives over the course of three years. A recent video series, 'End Food Poverty: Community Food Initiatives Work', showcased the work being carried out by these initiatives in addressing food poverty. The videos can be viewed on the Healthy Food for All website, www.healthyfoodforall.com. All the funded CFIs are also featured as case studies on their website, along with case studies of school work being undertaken within the area and some useful good practice guides and resources.

Here we feature two of the CFI case studies from their website, told from the viewpoint of individuals who were involved with two of the projects: Fettercairn Tallaght Growing Community Roots Project in Dublin and the rural Dunmanway Grow It, Cook It, Eat It Project. Further information about these projects can be found on the website, as well as Maria and Charlie's story from Dunmanway.

Fettercairn Tallaght Growing Community Roots project – Foluke's story

'Hi my name is Foluke Oladosu. I am a resident of Fettercairn. I was so delighted to have taken part in the recent cookery course in Fettercairn Community and Youth Centre.

'The course was at the right time, just before Christmas, as I have been struggling lately to prepare healthy food at low cost for my family of five.

'Firstly, I learned how to do purposeful food shopping, to be able to buy the ingredients for the meals that I plan to cook. I discovered that it is a wasteful habit to just buy whatever I see that is available in one supermarket or to buy something because it is on sale or buy one get one free – most of which ends up in the bin.

'Secondly, the food course gave me the idea of making my food from scratch, like cheese sauce, curry sauce, salad dressing, etc. I discovered that homemade meals are cheaper and healthier. I avoid the preservatives, excessive sugar and massive salt level in my family meals. With the ideas I got from the course I can now turn my leftover food, like mash potato, bacon, vegetables, fish, ham, etc. into other delicious meals.

'I used this idea during Christmas time with my leftover bacon at a festive family breakfast and the leftover Christmas turkey. With some vegetables from the food hamper, I was able to make a delicious bacon and turkey pie for my family. Happy days!'



Dunmanway Family Resource Centre's Grow It, Cook It, Eat It project – Justine's story

Justine and her four children have been involved in the Dunmanway Family Resource Centre for the last four years since they moved to the area. They have all participated in a number of garden activities, including Munch Bunch, Families Growing Together, summer camp and the after-school programmes. The family really enjoy the opportunities to be involved in activities where the children learn about nature and get the most out of the outdoor space that the community garden provides. This was an intergenerational experience where Justine, her children and her mother Mandy, a volunteer at the community garden, were able to relax and enjoy the space.

Justine's entire family participated in the Families Growing Together programme where the facilitators used horticultural methods to assist with communication skills within the family. 'Boyd has lots of energy and finds it difficult to settle on one activity but Nikki and Freya, who ran the programme, were very good with him. It was lovely for the kids to grow their own vegetables from seed; they grew peas, runner beans and carrots. We don't have the room in our own garden, so this was great. Luke and Boyd loved digging and weeding and would definitely come back again this year,' says Justine.

Luke and Boyd also joined the after-school club where children share a healthy snack

followed by a number of garden activities focused on biodiversity. The addition of a garden meeting room has enabled these activities to run during the winter. The garden is ideally situated on Justine's boys' walk home from school.

Justine's younger children, Tyler and Aaliyah, joined the Junior Munch Bunch, a growing and cooking programme for parents and toddlers. They used nursery stories such as The Little Red Hen and Jack and the Beanstalk to learn about growing, cooking and developing fine-motor skills, while having fun and preparing and sharing food together with their parents. For example, the children planted corn and made popcorn and cornbread – learning through fun is the main aim.



- It is an amazing experience working with Community Food Initiatives (CFIs). In Healthy Food for All (HFfA) we are bowled over by all that the projects achieve, despite challenging times, and their willingness to share this learning. There are many benefits to running a CFI but one of the areas often referenced is in relation to the positive effects they can have on the mental health of participants. As you can see in the stories above, the CFIs help boost confidence, encourage social inclusion, and help improve the overall wellbeing of communities. We are proud to work with these projects and recognise them as a viable means to tackle the multi-dimensional issue of food poverty at local level. 🍌

Government recognition of the importance of community food initiatives

With no shortage of policy discussions underway (see p. 8) it was good to see the Scottish Government take action to build the resilience of a number of key networks supporting community-led food activity around the country. Community Food Initiatives North East (CFINE), Edinburgh Community Food (ECF) and Lanarkshire Community Food and Health Partnership (LCFHP), who between them have around 20 years' experience addressing food poverty, are all to have their capacity to support local activity boosted.

Among a wide range of work, CFINE currently supports 63 community food outlets, making affordable produce accessible to disadvantaged and vulnerable communities. This involves over 200 volunteers, work placements and trainees. It also works alongside all the relevant agencies, including FareShare, credit unions and housing associations, and is the lead partner in Aberdeen's Food Bank Partnership.

ECF supports not only food co-ops across the city, including hospital settings, but also a network of over 50 community cafés. In addition, it supports food and health training through its work with partners in the Edinburgh Food and Health Training Hub. In recent years programmes have been developed targeting early years and older people.

Since 1990 LCFHP has developed from a network of food co-ops to eight different programmes covering everything from cooking classes and community cafés to a home delivery service and establishing mini orchards at nurseries. Its 25 staff, half of these full-time, includes four nutritionists.

None of these networks have emerged overnight and nor would they suggest their

success has been without the odd backward step over the years. However, they all provide the crucial support environment that allows the imagination and enthusiasm of local communities to construct local responses and feed their understanding in to the responses of others. The benefits of this joined-up approach certainly seems to have been appreciated by the Scottish Government.

Good Food for Glasgow charter launched

Following a very successful event focusing on food poverty in October, the Good Food for Glasgow charter was launched in early December by the Glasgow Food Policy Partnership. 'Good Food for All' sums up the ambitions of the growing partnership of Glasgow agencies and communities.

<http://goodfoodforall.co.uk>

As well as being tasty, healthy, affordable and accessible to all, our food should be good for the planet, for animals, for those involved in growing, making and selling it, and for our whole community.

Food Buddies

Borders Food Buddies is a new project, established by Outside the Box in the Scottish Borders, that develops peer support for people with dementia and their carers. The aim of the project is to encourage older people to eat well and enjoy the social aspects of food, such as having company, social inclusion through food-related activities and opportunities for sharing experiences.

Visit <http://otbds.org/projects/borders-food-buddies/> for further information.

Publications

New publications from CFHS

Recently available to download from the CFHS website is a fact sheet which reports on three community café learning visits that took place between November 2014 and February 2015.

Also available soon is the report and evaluation of our annual networking conference from October 2015.

We have also recently produced an updated version of our publications catalogue, which lists recent publications, research and factsheets since April 2013.



Quick, easy, local and seasonal

- **A microwave is a very energy-efficient and low-cost appliance that can produce healthy food quickly. The contents of this recipe book are organised by season so you can see and use what is available at different times of the year.**

The Federation of City Farms and Community Gardens, on behalf of One Planet Middlesbrough, has developed a very useful microwave cookery book which can be downloaded from www.menvcity.org.uk/wp-content/uploads/documents/Microwave%20cookbook%20WEB.pdf

It needs to change

A very informative and accessible 'situation report' on the Scottish diet was launched before Christmas by Food Standards Scotland. *The Scottish Diet: It needs to change* uses infographics to highlight the nature and scale of the challenge. The colourful 27-page report can be downloaded from www.foodstandards.gov.scot/scottish-diet-it-needs-change

- **Poor diet exists across all the population but the most deprived tend to have the poorest diets.**



Recipe

from Edinburgh Cyrenians

(see p. 10)

Chard/kale, sweet potato and peanut stew

Serves **4**

Preparation time: **15 mins**

Cooking time: **45 mins**



Ingredients

- 2 tbsp oil
- 1 large onion, chopped
- 1 tsp cumin seeds
- 400g sweet potato, cut into chunks
- ½ tsp crushed chilli flakes
- 400g chopped tomatoes
- 140g peanuts
- 250g chard/kale, roughly chopped

Method

1. Heat oil in a pot and fry the onion until golden.
2. Stir in cumin seeds and fry for 1 minute.
3. Add sweet potato, chilli flakes, tomatoes and 750ml of water.
4. Whizz peanuts in a blender until very fine. Add to stew. Simmer for 15 mins.
5. Stir in chard/kale and simmer covered for 8–10 mins.
6. Serve with quinoa for a protein boost. 100g will provide an extra 14.12g.

Nutrition facts and tips (per portion)

- 13g protein
- 6g fibre
- 33g carbohydrate
- 25g fat (4g saturated)

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