



farechoice

The newsletter for Community Food and Health (Scotland)

Harvesting knowledge: gleaning experience

At a time of major policy challenges around food, practical challenges faced by local initiatives and personal challenges faced by many individuals and families, it is reassuring that these are being addressed through the application of the collective knowledge and experience of local communities, practitioners, planners and academics across the country.

Continued support for evidence gathering, and improved monitoring and investment in community-led activity, can only inform and strengthen policy response, highlight the actions required from others and ensure underpinning principles are pursued.

This edition of Fare Choice shares learning from local practice (see pages 5–7) to national policy (pages 10 and 11) and we fully expect a similar blend



Volunteers busy at Cyrenians farm, see page 13.

of knowledge and experience at this month's Community Food and Health Scotland (CFHS) annual networking event in Edinburgh.

The many years of endeavour and understanding invested by local communities, as well as by the many agencies and organisations supporting them (see Edinburgh Community Food 20th anniversary, on page 15) should ensure food poverty continues to receive the attention it deserves, rather than become flavour of the month or left on the shelf.

Chewing things over ...

Our annual networking conference takes place later this month in Edinburgh. The theme of the day is taking a compassionate and dignified approach to food, health and inequalities.

With our usual mix of speakers, workshops and dedicated networking and marketplace time, we are expecting another interesting and informative day. We look forward to seeing some of you there. For those of you who will not be there on the day, our Take Stock article (see page 12) links with our conference speakers and their partnership working around kindness in the community.

Community-led research into food security and insecurity

Research reports from our three community partners – Central and West Integration Network, Linwood Community Development Trust and Burnfoot Healthy Living Initiative – are now available on our website.

The aim of this research was to explore aspirations of food security and experience of food insecurity from people who do not routinely access food banks. Although people know what healthy eating is and aspire to eating a healthy diet, their day-to-day experience is often constrained by low levels of disposable income. This affects their ability to afford healthy, adequate or culturally appropriate food, and also the costs of travel to access it.

Across the spectrum of food insecurity (severe, moderate or mild) people 'cope' in a myriad of ways. People have individual strategies, for example eating only when hungry and skipping meals. It is also common to use budgeting and shopping strategies like buying cheaper,

less healthy food, using frozen vegetables to avoid waste or shopping at different times to access on the day reductions. The level of food insecurity that people experience can change throughout their life course, with changes in employment status, household composition and other factors.

The researchers found that people can be reluctant to admit the level of their food insecurity. This was seen in one group that some respondents thought they were doing OK, however, their experiences would suggest mild levels of food insecurity.

A common facet reflected across each of the research teams was that sharing and coming together with others to eat was highlighted as an important and valued aspect of food security.

The research reports can be found on our website.





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 also 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.

Cooking skills blog

Our fortnightly cooking skills blog continues to provide thoughts and ideas that are influenced by our ongoing cooking skills study group. The group is currently gathering evaluation information from their regular cooking skills courses for vulnerable people and families managing on a low income. Early next year we will put their evaluation materials together and analyse them. Meanwhile, our blog posts highlight many issues relating to critically appraising cooking skills courses, such as:

- Planning cooking skills courses: deciding what you are trying to achieve, and recruiting and supporting people who are 'vulnerable'.
- Running cooking skills courses: choosing recipes, making the most of 'significant others' (such as support workers and parents) on cooking skills courses and deciding whether or not to eat together at the end of a course session.



- Finding out if your cooking skills courses are working: improving questionnaires, gathering evaluation information from referral agencies and learning to use observation techniques.
- Guest blog posts: from Gail Hutchison, Edinburgh Community Food (which is a member of the CFHS cooking skills study group), and Michelle Estradé, who is a research consultant for the Scottish Collaboration for Public Health Research and Policy.

Welcome

We welcome Katy Gordon, a PhD student at Strathclyde University, who is undertaking a short placement within the CFHS team. Katy is supporting our work on exploring how cooking skills course practitioners support people attending their courses who are facing particular hardship.

For more information contact kim.newstead@nhs.net

Community retailing research

Last year, CFHS commissioned the Institute for Retail Studies in the University of Stirling to carry out research to identify the issues affecting the sustainability of community retailers in Scotland. The research report and summary is now available on our website. The report includes a number of strategic and operational recommendations around

supporting the sustainability of community retailing in the future. The research findings, recommendations and their implications are currently being discussed by CFHS and community retailing stakeholders.

For more information, contact anne.gibson5@nhs.net

Capacity building fund

CFHS's capacity building fund is still open for applications. The aim of the funding is to support groups to develop new skills and expertise that will help them do what they do better. Groups running food and health activities within low-income communities can apply for up to £500 for learning or training opportunities for their staff, volunteers or management committee members. The range of activities we have supported so far include training for peer educators involved in a project for people with learning disabilities, learning visits for community retailers to generate ideas about improving sales, and nutrition training for volunteers and staff who provide meals in day care centres for older people.

The fund's guidance notes and online application form can be found on our website, or contact anne.gibson5@nhs.net for more information.

Development fund

We are currently distributing funds to those who were successful in their application to our development fund. Thanks to all who applied.

Using a community development approach to develop cooking skills courses

Dundee Healthy Living Initiative (DHLI) and Dundee City Council Adult Learning Teams are members of the CFHS cooking skills study group. As well as discussing the best ways to evaluate cooking skills courses, members of this group have shared ideas on recruiting for and running successful cooking skills courses, including how to reach people who are affected by health inequalities.

DHLI is a partnership between the local authority, the local NHS Board and local people. Community development has been central to its approach to designing and running its range of health-related activities since it was set up in 2003. Its evaluation studies have shown that this approach can be effective at ensuring that activities meet the needs of local people.

Dundee City Council Adult Learning Teams provide a wide range of services to local communities using a community development approach with a focus towards employability and capacity building.

In practice, taking a community development approach to their work means that local people are involved at all levels of developing and running the initiatives, and both benefit from and contribute to it. Activities are designed to help individuals and communities to reach their full potential.

How does this influence how they run their cooking skills courses?

The courses are co-delivered in partnership by Christine Dallas, a community health worker, and Caroline Bairner, a local authority community learning and development worker.

Both spend time getting to know people in the areas that they work in by attending



community events or activities and using these to encourage people to consider attending cooking courses or any other activities that may be relevant to them. Like many cooking course practitioners, they also recruit participants through referral agencies. Both approaches help to ensure that people most in need will attend cooking skills courses.

Each cooking skills course begins with encouraging participants to take ownership and responsibility for the course by choosing recipes, agreeing how the course will be run and establishing the ground rules. Participants may sometimes support each other with tasks, either as formal peers or on an ad-hoc basis.

Sometimes other people may attend or visit the course and this may enhance its impact. Support workers may attend with participants, which can provide an opportunity for supported participants to get help with their cooking skills in between sessions. Also, on a recent school-based parent and child course, the head teacher's unexpected visit had a positive impact: after seeing the head teacher enjoying the food, the children who were previously unwilling to try the food were happy to try it for themselves.

In keeping with helping people to reach their potential, participants are encouraged to complete the Royal Environmental Health Institute of Scotland (REHIS) Elementary cooking skills course so they can gain a recognised qualification. After the course they are encouraged to move on to other activities or courses that may help them or their communities, such as volunteering, becoming peer educators or by attending other adult education courses.

For more information contact Caroline Bairner (caroline.bairner@dundee.gov.uk) or Christine Dallas (christine.dallas@dundee.gov.uk). You can also visit: www.dundeehealth.co.uk

DHLI have shared one of their popular recipes with us, you can find this on the back page.

New community garden in Helensburgh

Residents at Dunbritton Housing Association's Clydeview development in Helensburgh worked hard last summer to establish a community garden and raised beds within the grounds of the development. The plots are being used by residents to grow vegetables, fruit and flowers, with excess produce being donated to other residents. Funding to buy the materials for the gardens was awarded by CFHS and the National Lottery. Jackie Baillie MSP formally opened the gardens in July.

Canny cooking: good nutrition needn't cost the earth

The NHS Ayrshire & Arran dietetic health promotion team promote good nutrition and practical cooking skills in communities by providing training and courses to a variety of organisations. One of these courses is on the cheap and nutritious (CAN) toolkit. The CAN toolkit is a way of supporting people on low incomes to eat well, by giving them practical cooking classes on how to make healthy one-pot meals quickly and cheaply using fresh ingredients. However, fuel poverty can be a major barrier to people who want to use some of their new cooking skills at home.

A chance meeting with the Faith in the Community Scotland Transformation Team and seeing their prototype Heat Retention Cooker (HRC) in action sparked an interest in trialling this method of cooking in Ayrshire in an attempt to help service users save on fuel.

A joint funding opportunity with GRAFT (the furniture reuse and recycle project in East Ayrshire) led to the prototype cooker being piloted as part of the CAN toolkit training sessions. The HRC method is not new; we used hay boxes during war times as a way of saving on rationed fuel.

The fuel-free stove prototype is insulated with flame-retardant stuffing rather than straw; it is just as efficient at retaining heat and cooking food.



You can boil food on the cooker as usual for 5–10 minutes, then place the pot in the HRC. The insulation around and on top of the pot continues the cooking process. It has been described as 'a slow cooker without the plug'. It's simple yet effective.

Made of tartan material, it oozes Scottishness. Owing to its links with the CAN toolkit course and its 'canny' or clever way of working, it has been termed the 'Canny Cooker'.

In partnership with GRAFT there are plans to use recycled materials in the next phase of the project, proving that 'good food needn't cost the earth'.

The production of 30 Canny Cookers has been commissioned thanks to funding from CFHS; in partnership with GRAFT and the Barnardo's Shine project. This will allow further trials to find out how much the Canny Cooker could potentially save people on cooking fuel costs, while still allowing them to cook nutritious, tasty food in less time.

A promotional video has been filmed for the NHS Ayrshire and Arran YouTube site to show the Canny Cooker in action. For a link to this video, please contact:

NutritionTrainingDietetics@aapct.scot.nhs.uk



Inkwell Community Kitchen

In August, Elgin Youth Development Group announced the completion of its new community kitchen and refurbishment of the Inkwell. After raising over £200,000 from a number of funders for the project and a gruelling five months of building works, the Kitchen opened on 1 August 2016.

The group has funding from NHS Grampian for its Eat Canny project to deliver 120 cooking classes a year to disadvantaged groups, money from Climate Challenge Fund to do 'plate to waste' and funding from the Big Lottery to provide cooking to benefit health. The aim is to run classes every day, twice a day. Some will be specifically for young people, young parents, carers, those dealing with chronic illness and those who live on their



own, as well as other classes open to anyone. It will also offer REHIS Cooking Skills and Elementary Food and Health courses.

The kitchen has stations for 12 people including a station to accommodate two wheelchairs.

Sustainability in Scotland's remote rural 'margins'

This section reports on a study from the Scottish Centre for Island Studies which considered how small food businesses in remote Scotland understand sustainability. This report comprised both secondary research reviewing academic and policy literature on rural enterprises and also qualitative in-depth interviews with case studies with people who craft process seaweed and other local produce into food and drink, which are key sectors for the economies of Scotland's remote communities.

This paper draws insights from areas that are not just 'rural' but also 'remote' and demonstrates the strength of 'co-production' ideas of sustainability informed by 'localness' in a global context. This co-production is essential to remote enterprises seeking to generate viable product and market share, while harnessing the material resource that a place of margin and remoteness affords, such as a clean, good and rich 'natural environment'.

'Survival' has been a key theme for Scotland's rural remote places. Peripheral regions such as the Highlands, and the island group of Shetland, Orkney and the Hebrides, have been frequently represented in both policy and cultural terms as 'tough' and necessarily adaptable communities surviving 'against the odds' of the geography, environment and economies of Scotland's remote places. Analysis based on the Scottish Index of Multiple Deprivation (SIMD) and using fragile area socio-economic indicators (for the Highlands and Islands region) confirms that many areas of rural Scotland have difficult social and economic issues to address including:

- remoteness and permanent geographical barriers
- a high dependency on micro-businesses, self-employment and public sector employment (the last of which has substantially contracted)
- falling employment in some primary sectors.

A shift towards a greater emphasis on 'enterprise' and 'sustainability' has firmly impacted on the nature of work and leisure within rural communities and it has informed policy and opportunities within remote rural landscapes. However, existing work on island and remote rural communities demonstrates a need to avoid a simple transfer of sectoral and national strategies and policies to peripheral and marginal regions, demanding further exploration of distinctive behaviours and attitudes both within and without these local environment.

One of our case studies considers seaweed, which has emerged as a real opportunity for 'sustainable' food business in Scotland's remote rural places promoted by media headlining of its celebrity endorsement and 'superfood' credentials. The seaweed business is entering a relative surge in both interest and production and its raw material locks its success to remote communities. It can be processed in various ways and offers potential for high added-value products. Indeed, in a bold and artful commodification of food provenance and an ethos of rural resource sustainability, consumers can become co-producers by taking part in an actual seaweed harvest.

We find that food and drink enterprises on islands and remote localities face different, additional and exaggerated problems to their urban counterparts. Small and isolated local markets, restricted access to business services and skills, and location at the beginning and end of lengthy supply chains means that they face higher costs. Provenance and reference to sustainable practices allows the enterprises to capture higher value in the market place, and so to overcome some of the higher prices they must impose it on their consumer markets. On the supply side, without internal and external economies of scale and scope, they call on support inherent to their communities. Sustainability wholly underpins remote rural policy and much of its practice, yet it is varied

nature needs to be further understood if a fuller appreciation of business in and of 'the periphery' is to be fully realised.

The research has implications for communities, development and business support agencies. The evolution and transformation of these remote and fragile economies is under researched and the policies of the urban areas should not be applied without recognition of the different requirements and challenges faced in the periphery.

Researchers:
Kathryn A Burnett, University of the West of Scotland, and Mike Danson, Heriot-Watt University. Please contact kathryn.burnett@uws.ac.uk for further information.



Dignity

'Dignity has been a consistent theme in our discussion. Our recurring question has been: How can society's response to food insecurity, and especially hunger, preserve people's dignity?'

Source: The Scottish Government. *Dignity: Ending Hunger Together in Scotland – The Report of the Independent Working Group on Food Poverty.*

Human rights and dignified responses to inequalities around food are central to a number of policy developments at the moment. Late June saw the government's Independent Short-Life Working Group on Food Poverty publish a report, along with the launch of the Fair Food Transformation Fund, which attracted bids from community food initiatives throughout the early part of the summer. The funding was intended to help Scotland become a 'Good Food Nation, where everyone has access to healthy, nutritious food without needing emergency food aid.'

The recommendations from the fund and report as a whole were based around principles that certainly gel with a lot of the sentiments heard from community food initiatives over the years.

1. Involve people with direct experience in the decision-making. People who have faced food insecurity should be involved in the shaping and delivering of food security, from advising strategic working groups to everyday running of local food centres. They should also have a say in how our social security systems can be more effectively developed and delivered. To reduce and eradicate poverty effectively, we must ensure people with direct experience are sat at the decision-making table. Only then can we properly understand the causes of poverty, the choices people make and develop effective solutions and strategies.

- 2. Recognise the social value of food. Projects that aim to build community around food often help to create the feeling of a place where people choose to go, rather than have to. A dignified system is one which recognises the social and transformative value of food in the community.**
- 3. Provide opportunities to contribute. Part of the stigma people face is the feeling of being a 'scrounger' and a 'skiver'. A more dignified system for tackling food insecurity would provide opportunities for individuals to volunteer in different roles, to share and learn new skills, to grow their own vegetables and to participate in local community life.**
- 4. Leave people with the power to choose. Adults in our society typically exercise choice over the food they buy. This choice is sharply constrained for people on low income. Our response to food poverty should ensure that people are able to choose what they eat, as far as possible. The choice available should include fresh and healthy food, and that where people can pay something for their food they have the dignity of doing so.**

Resources: www.gov.scot/Topics/People/fairerscotland/tacklingpovertyinScotland/food-poverty

Understanding

Effective policies rely on being well informed and it was welcome news that the Rowett Institute for Nutrition and Health in Aberdeen will be leading major Scottish Government-funded research into household food insecurity as part of a theme on food, health and wellbeing within a wider food focused strategic research programme (see: www.abdn.ac.uk/rowett/research/scottish-government-funded-work.php and watch out for a dedicated website due soon).

6 This research deliverable should involve the identification of the key factors that influence food insecurity of different societal sectors and communities in Scotland and how this relates to their health and wellbeing. 9

Listening

Greg Sandilands, from North Glasgow Community Food Initiative, gave the Scottish Government's Food Commission the benefit of his many years' experience when they met in Glasgow in June, when health was a key item on the agenda.

To see the minutes from all the Food Commission meetings, see www.gov.scot/Topics/Business-Industry/Food-Industry/national-strategy/good-food-nation/foodcommission

Sharing

Meanwhile, alongside their other activities, Nourish Scotland has been taking an international perspective, giving evidence on

food poverty at the United Nations Office in Geneva earlier in the summer. It is also helping to recruit a Scottish delegation for this year's Europe Forum for Food Sovereignty in Romania, which is just about to take place. Information on both of these events is available on the Nourish website: www.nourishscotland.org

Brexit

The decision from the referendum to leave the European Union has prompted almost 80 bodies across the UK to write to the UK government requesting that they ensure that humane, fair, healthy and environmentally sustainable food, fishing, farming and land management are central to the UK post-referendum strategy. They have also requested that new trade agreements improve, not hinder, progress made under several governments over several decades.

For more information, please visit the Sustain website: www.sustainweb.org/news/jul16_davis_letter



Take stock

This Take Stock article links to our forthcoming annual networking conference, with articles from the Carnegie Trust and Cyrenians, who are providing the morning speakers at our event. We will hear about Carnegie's 'Kindness in the Community' pilots and from the Cyrenians, a partner in these pilots, about their 'Something to Eat, Someone to Eat With' programme.

Liveable lives

There is a body of evidence that consistently shows that positive relationships and kindness are at the very heart of our wellbeing. Carnegie Associate, Zoe Ferguson, has recently begun a process to engage directly with people who want to inject kindness back into their work and communities.



This project builds on Joseph Rowntree Foundation (JRF) research which showed that acts of kindness may be small scale but nevertheless significant and can be difficult among the challenges presented by life, particularly for those experiencing poverty and disadvantage.

In an increasingly virtual world, we still live in real houses, on real streets and rely on real people to make our lives work. In the context of growing isolation and loneliness, it is worth shining a light on the infrastructure of connections and values which underpin our relationships, which remain largely invisible and taken for granted.

The evidence shows that this 'infrastructure of kindness' underpins community cohesion, participation and engagement. With increasing emphasis on genuine community empowerment but uneven confidence to engage across communities, it is worth considering the potential to encourage kinder communities as a starting point in increasing the capacity for community empowerment.

We wanted to understand what factors might enable or inhibit forming and maintaining everyday relationships and the capacity to act in kindness. We found that there are factors relating to the relative disadvantage of where we live, distinctive histories and our own biographies which shape the nature of our neighbourhoods. However, it does appear that communities can have very different infrastructures, values and atmospheres in very similar conditions.

Our work to date suggests that there might be some practical steps which could encourage kinder communities. The next stage of the project will take an approach of learning with communities and organisations involved in developing practical approaches, which explore the role of:

- noticing our connections and behaviour
- permission to engage, and boundaries for our relationships
- the stories of our neighbourhoods and how they inform our behaviour
- places to gather, particularly outdoors
- the role of staff between the formal and informal
- sharing food together
- the journey from kindness and fun to community empowerment.

These partnerships will continue into 2017. We will document our experiences and share them as widely as possible, believing that kindness is contagious and that by talking more openly about the importance of kindness in our lives, we can encourage behaviours and activities that improve all our lives.

For further information contact Zoe Ferguson, Carnegie Associate at: zoe@carnegieuk.org

Something to eat, someone to eat with

As one of the partners, Edinburgh Cyrenians has been exploring the role that food plays in helping it meet its objectives of supporting people excluded from family, home, work or community life. Conversations held with people using their services highlighted that what mattered most to them was having 'something to eat and someone to eat with', as highlighted below by Ewan Aitken, the Cyrenians Chief Executive Officer.

'Cyrenians grew out of a drop-in cafe for rough sleepers called Skippers in Edinburgh's Grassmarket in 1996 and has been involved in growing, harvesting, proving, cooking and sharing food ever since. Our farm, a social enterprise, is home to a community of eight young homeless people who share in the work of the farm with six international volunteers, as part of their journey to independent living.'

'Our two community gardens in the grounds of the Royal Edinburgh and Midlothian hospitals provide places for communities grappling with mental health problems to meet and share in the task of making the garden grow with the community they hope to move to.'

'Our Fareshare food distribution services helps feed 4500 people every week in partnership with over 90 organisations across Edinburgh, the Lothians, Stirling, the Borders and Falkirk. The food we share is donated surplus from several big supermarket chains: good food that would otherwise end up in landfill.'

'Our food education classes teach people the art of cooking, such as fundamental skills for living independently. Some who come to us are so institutionalised that they cannot even boil a kettle. Yet when we ask those who we journey with in each of these services, in which food plays a large part, they tell us the bit that makes the biggest difference – the moment they know that their lives can and are being transformed is when they eat together. It is not enough to have food to eat, important as that is, but having someone to eat with is what makes the real life changing difference.'



'Cyrenians believe that the journey from exclusion to inclusion is an inner journey. The material and the physical do matter, but the moments of transformation that sustain happens at a deeper, human level. Those moments happen time and again when food is shared and relationships are born and nurtured.'

'In our communities, young people learn that they can look after themselves by sharing in looking after each other, taking turns to cook for the community (often using produce from the farm). In our gardens, the highlight of the week is a meal eaten outdoors, using food grown by those round the dinner table whenever possible. Every week the Fareshare operation stops for lunch, providing space for the shared experience of serving others. Our cooking classes finish with a shared meal, which is identified time and time again by participants as the most important part of the course: as one person put it: "I never thought anyone would want to eat what I had made – them finishing their plates made me feel like I matter again".'

'Something to eat, someone to eat with; food for the body, nourishment for the soul. A body fed, a life changed, human flourishing at its simplest and its best.'

As a result of the conversations, Cyrenians are developing activities which build on their current work, while providing more opportunities for its volunteers to prepare and, equally importantly, share food within communities across in the city.

For more information, contact admin@cyrenians.scot

Bringing community cafés together

CFHS held another community café networking event on 1 September 2016, in the Pearce Institute in Glasgow. The event, which was fully booked, included a range of practical workshops, discussion sessions and lots of networking time. A report about the event will be on our website soon.

At the time of writing, CFHS was also arranging more community café learning visits to three well-established and successful cafes across the country. The aim of the visits was to provide opportunities for café staff, volunteers and managers to meet other café practitioners and share ideas and good practice. Two of the visits were to Fly Cup Catering in Inverurie and Windmills Café in

Motherwell. Both community cafés provide training and work experience for adults or young adults with learning disabilities. The third visit was to the Annexe Café in Glasgow – the first community café to hold the healthy living award. A report about the three visits and their impact will be added to our website shortly.

CFHS have also planned a learning exchange in early November in Edinburgh for those managing or running community cooking skills courses. The aim of this event is to provide opportunities for practitioners to critically appraise their work and hear more about the CFHS cooking skills study group.

Broomhouse street party

Broomhouse Health Strategy Group (BHSG), Broomhouse Centre and Broomhouse Parish Church ran another successful street party for the local community on 11 August 2016. Alongside a range of activities for all ages, and information stalls, BHSG's smoothie and fruit kebab stalls were very popular.



Orbiston Neighbourhood Centre's 21st birthday celebration

On 5 August 2016, Orbiston Neighbourhood Centre in Bellshill held a birthday party for members, friends and supporters to celebrate opening its doors exactly 21 years ago. The centre runs a food co-op and community café as part of a range of services for the local community. Martin Johnstone from Faith in Community Scotland was asked to cut the birthday cake. Martin was instrumental in setting the centre up.

Publications

Behind the headlines

With no shortage of claims and counterclaims around diet and nutrition constantly surfacing in the media, 'Behind the Headlines: your guide to the science that makes the news', produced by NHS Choices, merits a regular visit. The source, nature and scale of research and the validity of any conclusions are explained in a particularly accessible manner. See www.nhs.uk/news/pages/newsarticles.aspx?TopicId=Food%2fdiet

Living at the sharp end: Citizens Advice Bureau clients in crisis

Analysis of data from Citizens Advice Bureaus (CABs) in Scotland has shown that increasing numbers of clients are experiencing periods of no income, and are unable to afford food, fuel and rent. This report looks in detail at the causes of gaps in income; the impact of gaps in income on CAB clients; and the adequacy of existing crisis assistance provided by statutory agencies.

www.cas.org.uk/publications/living-sharp-end

Falling short: the experiences of families below the minimum income standard

More than one in three families in the UK now have an income below the minimum income standard (MIS), a benchmark based on what the public agrees a household needs as a minimum to live on. This study from the JRF comprised in-depth interviews with 30 families on low incomes. See www.jrf.org.uk/income-benefits/minimum-income-standards for further details.

The Federation of City Farms & Community Gardens

The Federation of City Farms & Community Gardens outdoor cooking leaflet *Tatties and Kale: Cooking and Feasting on the Plot in Scotland* is a must for community gardens that want to cook on site. It includes ideas about what to cook and how, equipment needed, and health and safety tips.

www.farmgarden.org.uk/system/files/feasting_scotland.pdf

Another community food initiative reaches a milestone

Congratulations to Edinburgh Community Food which celebrated its 20th anniversary on 6 September. Aileen Campbell MSP, Minister for Public Health and Sport, and Councillor Ricky Henderson, Vice Chair of Edinburgh Integrated Joint Board, joined the other guests at a celebration, which was held in Serenity Café, to hear about Edinburgh Community Food's current work and its achievements over the previous two decades.



Recipe

Healthy macaroni cheese

Serves **2-3**

Preparation time: **20 minutes**

Cooking time: **20 minutes**

Ingredients

- 170g of macaroni
- 2 small carrots, peeled and sliced
- 200g of broccoli florets
- 1 small leek, trimmed and sliced
- 50g of corn flour
- 600ml of semi-skimmed milk
- 100g of low-fat mature cheddar, grated
- ½ teaspoon of mustard
- Pepper, to season



Instructions

1. Cook the macaroni until tender according to the instructions. Once cooked, drain well.
2. Meanwhile, lightly cook all of the vegetables so that they still remain slightly crunchy and then drain well.
3. Place the cornflour in a saucepan and add a small amount milk. Blend to a smooth paste.
4. Heat gently adding the rest of the milk a little at a time and whisk until thickened.
5. Add $\frac{3}{4}$ of the cheese, mustard and pepper.
6. Mix together the vegetables, macaroni and sauce and place in ovenproof dish.
7. Scatter with remaining cheese.
8. Bake in a preheated oven, 200°C, gas mark 6, for about 20 minutes until golden brown.

This is one of the most popular recipes that Dundee Healthy Living Initiative and Dundee City Council Adult Learning Teams teach on their cooking skills courses – you can find out more about their work on page 5

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