



Editorial

First of all, a big 'thank you' to everyone who submitted an article for the first issue of the Food and Health Alliance newsletter. You must have inspired your fellow Alliance members because we have been overwhelmed by the response to our request for articles for the second issue! We don't want you to have to wait until the Christmas issue to read about all the exciting projects that are going on across Scotland so we have decided to publish an extra issue of the newsletter in November.

Please keep the articles and news items coming in and don't forget that we are happy to publicise any food and health events which are coming up. Also if there are any particular issues you would like to see covered in the newsletter, please let us know.

The Food and Health Alliance Team

>>> A time for change! >>>

The Scottish Healthy Choices Award Scheme (SHCAS), which has acted as an incentive to encourage caterers to provide and promote healthy food choices in a healthier environment for the last 8 years, has come to an end. All awards currently held will be valid for two years from the date of issue and establishments will continue to display their award certificates during this time.

The Scottish Executive is committed to developing a new catering award for Scotland, planned for launch in Spring 2006. It is envisaged that the new award will recognise excellence in the private sector. Since the inception of the Scottish Healthy Choices Award in 1997, the scale and pace of action to improve Scotland's health has continued to accelerate. The health improvement programme has now reached a stage where a national catering award must present

new and greater challenges to the catering industry.

The Scottish Consumer Council (SCC) is spearheading the development of the new award and has established a short term working group to take this forward. The working group contains representatives from the food service and catering sector, other professional awards, and national agencies with a remit for food and health. The group met for the first time in late September.

The SCC looks forward to the launch of the new national catering award, to build on the success of the SHCAS and to improve access to healthier food choices in Scotland.

For more information visit www.shcas.co.uk or contact: Claire Brown, National Co-ordinator on tel: 0141 226 5261

Article submitted by the Scottish Consumer Council



Accessing Healthy Food: A National Assessment and Sentinel Mapping Study of Food Retailing in Scotland



The Food Standards Agency Scotland (FSAS) has recently commissioned this study with the purpose of providing a robust evidence base that will inform policy decision-making and identify the types of areas that have particular food access problems. The study will provide a national map of food retailing and describe how availability, access and price vary using local case study sites. The project is designed so that, if the need exists, it can be used as the basis for an ongoing surveillance system of food access in Scotland. This in turn will allow future diet and food initiatives to be better targeted. Interim outcomes from the project will be used to produce a methodological toolkit for future use. The final report is due to be published in December 2006. For more information on this study please visit www.csr.ac.uk/fsa.htm

In addition, a PhD studentship has been awarded which will complement the main project. The student will study food access in particularly remote Scottish areas, concentrating on household access, buying strategies, food stockholding and particular issues for low-income families.

If you would like further information on this project please contact: Heather Peace on tel: 01224 288361 or email: heather.peace@foodstandards.gsi.gov.uk

To find out more about the research and surveillance conducted by FSAS, visit www.food.gov.uk/multimedia/webpage/researchrpt04_sections (section 10).

Article submitted by Food Standards Agency Scotland

Review of the Scottish Diet Action Plan

A Review Panel chaired by Professor Tim Lang has been commissioned by the Scottish Food and Health Council of the Scottish Executive to conduct a review of the Scottish Diet Action Plan between 1996 and 2005. The findings of the Review will feed into the development of future food and health policy in Scotland. Detailed information about the scope of the review is available at www.healthscotland.com/sdapreview

The Review process is being co-ordinated by NHS Health Scotland. The Food Standards Agency Scotland is assisting Health Scotland with information and evidence gathering. One aspect of this evidence gathering has been an online survey of stakeholders, asking them to assess progress towards the desired outcomes of the Diet Action Plan over the last ten years. The Review Panel will meet for a week in December to consider a wide range of evidence, and a final report will be produced by late Spring 2006.

Article submitted by NHS Health Scotland

INDUSTRY SITE VISIT PROGRAMME

The Scottish Food and Drink Federation (SFDF) is facilitating a programme of site visits to food and drink manufacturers for staff at the Food Standards Agency Scotland (FSAS) and members of its Scottish Food Advisory Committee (SFAC). A similar series of visits took place in 2004.

During the Summer, FSAS staff and SFAC committee members visited Baxters Food Group, Macphie of Glenbervie, Devro (Scotland) Ltd, International Fish Cannery and MacSween of Edinburgh.

Howard Pendrich, SFDF Vice Chairman and Quality Systems & Regulatory Affairs Manager of Devro (Scotland) Ltd said that the visits had been “an extremely worthwhile exercise for all parties concerned and offered an opportunity for continued dialogue between manufacturers and the FSA”.

George Paterson, FSAS Director said, “these fact-finding visits are vitally important to us, in particular they have allowed us to find out, first hand, the issues affecting food manufacturing companies in Scotland and to discuss both current and impending food regulation”.

Article submitted by the Scottish Food and Drink Federation

Cookwell in East Ayrshire

The Chip Project (Community Health Improvement Partnership) implements Cookwell classes in the community. Classes are run specifically for clients who attend our Lifestyle on Referral scheme and Allies Project (for homeless people) in East Ayrshire. The aim of the programme is to encourage participants to be aware of dietary issues relating to coronary heart disease, diabetes, hypertension, obesity and other dietary related health issues.

Classes consist of two hourly sessions and are run over a six-week period. Cookwell is free and open to anyone in the community.

Participants are identified through the Chip Project and other community projects. Cookwell is a practical course where participants make their own choices from a selection of healthy recipes. During the course we cover the five food groups and emphasise that eating healthier does not necessarily mean omitting food you like.

Meal planning becomes part of their life and we suggest participants make small changes to their diet or set



achievable goals which in turn can lead to greater changes and a healthier lifestyle.

We have organised classes for Community groups, Teenagers, Homeless, Carers, Young Carers, Families, Young Mums, and Adults with additional supported needs.

Key recommendations include:

- Increase intake of oily fish to twice a week
- Reduce saturated fat intake
- Change to Polyunsaturated/monounsaturated fats
- Eat five pieces of fruit/vegetables per day
- Cut down on salt
- Healthy eating can be enjoyable, tasty and within budget.

The Chip Project is managed by the Leisure Development Section of East Ayrshire Council. For more information, contact Kate Todd on tel: 01563 576689.

Article submitted by East Ayrshire Council

Harvest time in North Glasgow

It's that time of year again in the garden when you get hungry just looking at all the tasty fruit and vegetables that are ready for the picking.

The North Glasgow Community Food Initiative aims to engage people in practical and sustainable food related projects that inspire health and well-being and celebrate the diverse nature of communities in North Glasgow. We do this by running cookery groups, healthy kids clubs, selling cost price fruit and vegetables in community venues and through our allotment.

The allotment is run jointly with the British Trust for Conservation Volunteers (BTCV). We managed to harvest a bumper crop of leeks, potatoes, runner beans, lettuce, radishes, peas, spinach, courgettes and the list goes on! This is a major achievement for the project as they had to start from scratch on a new plot in May due to soil contamination on the last allotment. The fruit and vegetables are shared among the volunteers working on the plot. However, some of the volunteers were unsure of what to do with the produce so we decided to give them a few ideas by getting everyone together and cooking up a harvest feast with what we had grown. The afternoon was a



great success with everyone getting stuck in with the cooking and lots of tasty dishes on the menu like stuffed courgettes, spinach curry and runner bean, mint and feta salad.

To find out more about the initiative, please contact us on tel: 0141 552 8817 or email info@ngcfi.org.uk or visit www.ngcfi.org.uk

Article submitted by North Glasgow Community Food Initiative

West Dunbartonshire's Hygiene Scene

West Dunbartonshire Council's Environmental Health Section recently launched its new Hygiene Scene Primary School Handwashing Campaign.

Supported by Hungry for Success, the campaign aims to raise awareness of how easily germs can spread and the importance of handwashing amongst primary school children. As part of the campaign, an inter-schools competition is running with the chance to win a cash prize.

Schools become involved by hosting a launch event where pupils take part in UV light handwashing demonstrations and activities. Following the launch, schools continue to promote handwashing to pupils and the wider school community by carrying out handwashing lessons and developing a handwashing wall display in the school canteen.

In March 2006, the school judged to have most successfully adopted the campaign will be announced as the winner. Two runners-up will also receive prizes.

Contact: Caroline McMenemy, Health Promotion Officer, Environmental Health Section, Environmental

Services, West Dunbartonshire Council, tel 01389 738244 or email caroline.mcmenemy@west-dunbarton.gov.uk



Linnvale Primary School in Clydebank enjoying the launch of the campaign.

Article submitted by West Dunbartonshire Council

Food Access in Communities



An 18-month assessment funded by the Big Lottery Fund has been looking into food access in communities across NHS Argyll and Clyde.

The assessment looked at what current activity/work is occurring in order to address food access issues. This included: who delivered and received these activities/work; what partnerships were involved; funding arrangements; monitoring and evaluation procedures; sustainability of the activities/work; and whether the activity/work was written into local plans and policies.

Information was gathered from a wide range of individuals and sectors through the use of focus groups, postal surveys and individual interviews between December 2004 and April 2005.

The findings of this assessment will be available from November 2005, in the form of a report and a 4-page

summary report (available at www.nhsac.scot.nhs.uk).

Two events to present and discuss these findings are being held in early November in Inverclyde and Argyll and Bute. Implications for local action on food and health will be discussed, in particular how local planning partnerships can use the information to inform future policy and strategy development.

If you would like to attend either event or obtain a copy of the report, please contact:

Alice O'Connell,
NHS Argyll and Clyde
Ross House, Hawkhead Road,
Paisley PA2 7BN
Email:
alice.o'connell@achb.scot.nhs.uk



Article submitted by Big Lottery Fund

Food in the Community - A South Lanarkshire Seminar

South Lanarkshire's Food and Nutrition Group, a sub-group of the Health & Care Partnership, hosted a half day seminar looking at Food in the Community at the Council's Hamilton headquarters in September. The seminar was aimed at community groups and representatives and staff from partner agencies and the voluntary sector around South Lanarkshire. It was built around three central themes:

1. Access and availability of food in the community
2. Production of food in the community
3. Practical skills relating to food in the community.

We deliberately selected a wide range of issues as we see the event as kick starting a larger process for developing and co-ordinating activity around food and nutrition in the community. The seminar centred around two workshop sessions which covered issues as diverse as support for small business and social economy enterprises, growing herbs in urban areas, a practical demonstration on preparing a baby's first

foods, presentations on activities of South Lanarkshire's local Health Initiatives and Pam Pams Fruit game, where participants got into a range of activities aimed at introducing pre-fives to fruit and vegetables.

Initial feedback was positive and a number of actions will come both directly and indirectly from the day. These include future events, based on feedback from participants, as well as discussions between groups who used the opportunity to exchange ideas and begin to sketch out areas of work at local level.

The Seminar was funded by the South Lanarkshire Community Planning Partnership.

For more information contact:
Ruth Campbell
(email: ruth.campbell@lanarkshire.scot.nhs.uk)

Dr Michele Dowling, Planning Manager, Health,
South Lanarkshire Council
(email: michele.dowling@southlanarkshire.gov.uk)

Article submitted by South Lanarkshire Council

FOOD4LIFE in Edinburgh

For the second year running, Environmental Health Officers will be promoting healthy and safe eating to young people by visiting University Freshers Fairs with fruit, vegetables and information in partnership with Scotmid and NHS Lothian. Students can take part in a quiz to test their food hygiene knowledge while eating healthy snacks.

FOOD4LIFE, a Food Standards Agency (FSA) funded local food hygiene initiative, aims to reduce the incidence of food poisoning in young adults. A colourful 20-page booklet has been created for young adults living independently for the first time to prompt them to think about healthy eating choices. It contains simple recipes and healthy eating and food safety messages linking to the FSA's 4 C's campaign. Over 100 organisations involved with young people will receive copies of FOOD4LIFE to enhance their existing support work.

A second strand of the project links to local communities and provides formal food hygiene training for voluntary and community workers involved in cooking activities with 16-25 year olds. To date, one community worker has passed REHIS Intermediate Food Hygiene and four people are studying the Diploma in Advanced Food Hygiene. As a result of their training, two community workers have decided to become REHIS registered presenters and an application has been made to establish the Edinburgh Community Food Initiative Training Centre. The new trainers will provide a training resource for local communities and their organisations.

Article submitted by City of Edinburgh Council



Food for Thought

Edinburgh Cyrenians operate in the belief that everyone can play a part in society and that society is a richer place if they are allowed to. We provide innovative solutions to social problems that bring all the sections of community together as part of the solution.

The Good Food in Tackling Homelessness programme mixes FareShare food distribution with education, training and health promotion to achieve the following results in a year:

350 tons of quality checked surplus fresh food (estimated retail value £750,000) is distributed to 43 projects in Edinburgh and West Lothian, adding variety, nutritional value and enjoyment to approximately 150,000 meals.

Over 12,000 hours of volunteer help engaged in running the programme with 75% provided by people who are or were homeless or have issues such as mental health and addiction, helping themselves by helping others and building self-esteem and structure in their lives.

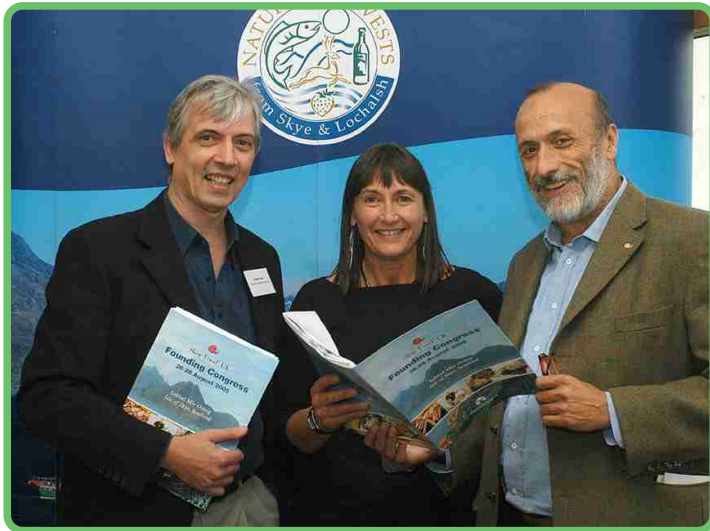
Homeless projects receiving food are able to offer a wider choice of healthy food and divert savings from food bills into other activities, which have a value of around £50,000, enhancing the life of people who are attempting to move away from homelessness.

94 Cooking at Home classes were delivered in 7 different settings in 2004/5 to help homeless people to learn to enjoy good food as they move towards their own homes.

Over 600 copies of our Good Food in Tackling Homelessness Handbook were sent to practitioners around Scotland and there were 780 downloads from the website, helping share ideas and learning.

Find out more about our work and approach at www.cyrenians.org.uk or contact Carol-Anne, Sam or Jeanie at the Depot: 84-86 Jane Street, Leith, Edinburgh EH6 5HG. Telephone 0131 554 3900 or email carol-anne@cyrenians.org.uk

Article submitted by Edinburgh Cyrenians



picture taken by Alan Donaldson



Slow Food UK Founding Congress on the Isle of Skye

The formation of Slow Food UK took place on the Isle of Skye at the end of August. Over 150 members of the British Slow Food Movement from farmers and producers to policy makers and food writers shared their ideas, experiences and vision for the future. This reflected the movement's success in promoting sustainable agriculture, ecology and the pleasures of eating.

Slow Food is committed to preserving biodiversity and local culture by developing initiatives to support small farmers, artisan producers and residents. In keeping with Slow Food's values, the event was a unique opportunity to showcase the very best of Scottish produce, with carefully sourced, quality traditional foods from the Highlands and Islands and beyond, including rare-breed beef and mutton, shellfish, heirloom vegetable varieties and artisan bread and cheese, all deliciously prepared by top local chefs.

Since its foundation in 1986 in Italy, Slow Food has become an international movement, winning the support and involvement of people throughout the world as they have become increasingly concerned about the quality, diversity and sustainability of their food. In Britain there are now over 35 Slow Food convivia in rural and urban communities and over 2,000 members, who participate in local, national and international events and activities.

Carole Inglis, Skye and Lochalsh Convivium Leader said "We were honoured that Skye was chosen to host the Founding Congress as it was up against some stiff competition from around the UK. Although Slow Food Skye and Lochalsh is the UK's youngest convivium, the area is well known for its thriving local food culture hosting a range of initiatives with economic, environmental, community and health benefits".

Slow Food in the UK has worked with government agencies and other organisations to secure increased recognition and support for Britain's small farmers and artisan producers; efforts that have won praise in the UK and abroad. The Movement's founder, Carlo Petrini agreed: "The launch of the Slow Food UK Association is an important achievement for our Movement. It is the result of the dedication and hard work of volunteers over many years to make the British aware and proud of their gastronomic patrimony".

For more information contact: Carole Inglis at Slow Food Skye and Lochalsh by email slowfood@lochviewhouse.co.uk or tel: 01478 612841 or visit www.slowfood.com and www.skyefoodlink.co.uk

Article submitted by Skye & Lochalsh Enterprise

FORTHCOMING EVENTS

8 November

'A Recipe for Success'

Kilwinning Academy, Kilwinning

Cookery demonstration by Chef Wendy Barrie with Clyde FC Manager and former Rangers footballer Graham Roberts assisting in the kitchen. Opportunity for people to air their views on any food-related issue. Hosted by 'Big Brother' winner Cameron Stout. Organised by Food Standards Agency Scotland. To book a place or for more information tel: 01224 285120

or email press.scotland@foodstandards.gsi.gov.uk

10 - 11 November

Improving Health in Scotland: Overcoming the Challenges of Geography

Aberdeen Exhibition and Conference Centre, Aberdeen

The two-day conference programme will cover a wide variety of public health issues and will consist of keynote addresses and workshop sessions.

For more information contact Henri Forman on tel: 0131 623 2508/2533 or

email: ph2005@conventionmanagement.co.uk

21 November

Healthy Scotland Convention 4

Radisson SAS Hotel, Glasgow

It will bring together individuals and organisations who work to improve health so that they can share knowledge, experience, ideas and emerging practice.

The focus will be on work to reduce inequalities, celebrating success and identifying good practice.

For more information contact: Jackie Willis, Health Scotland, Clifton House, Clifton Place, Glasgow, G3 7LS or tel: 0141 3001021 or

email: jackie.willis@health.scot.nhs.uk

24 November

Scottish Food Advisory Committee

- Open Meeting

The Whisky Heritage Centre, Edinburgh, 10.00 am

The main topic under discussion will be the new food hygiene legislation. The public will also have the opportunity to ask the Committee questions on any food-related issues. For more information or to register your attendance, contact Jane Ferries on tel: 01224 285104 or

email: jane.ferries@foodstandards.gsi.gov.uk

Next Issue

If you have any contributions for the next issue, please contact us at:

Food and Health Alliance Team

FSDN Branch, Food Standards Agency Scotland

ST Magnus House, 25 Guild Street Aberdeen AB11 6NJ

Tel: 01224 285159 or email: dietandnutrition@foodstandards.gsi.gov.uk

Food and Health Alliance

Supported by:



Disclaimer Notice

The views expressed in this newsletter may not necessarily reflect those of the Scottish Executive or the Food Standards Agency Scotland.