



farechoice

The newsletter for Community Food and Health (Scotland)

The principle ingredient

Since Fare Choice was first circulated in April 1997 (see Take Stock **page 6**) a growing appreciation has developed in Scotland that effective and sustainable change can only be achieved with an informed and shared understanding of what the problem is and what the answer should look like.

Fairness and dignity are the lenses both policy (see **page 5**) and practice (see **pages 9 and 10**) are being viewed through. These are the principles behind a rights-based approach, informed by both academia and communities themselves.

Communities have contributed their energy and insight for too long, only to be met with second rate, unfair or undignified 'solutions'. This edition of Fare Choice contains no shortage of local examples (see **page 11**) where fairness and dignity remain at the heart of community responses, despite the harsh economic environment and multiple barriers faced.



The changing faces of Fare Choice.

Team talk

Annual networking conference 2017

We are well into planning our 2017 conference, which will be held on 25 October at 200 St Vincent Street, Glasgow (a dedicated city centre event space offering generous NHS discounts). We will offer the usual popular mix of speakers, workshops and networking opportunities for those working in food and health. More information will be available via our website, e-bulletin and social media as plans progress.

If you have any thoughts about what you would like from the day, or if you would like to be involved in any way, please contact nhs.health-scotland-CFHS@nhs.net

The Storify from last year's event can be found here: www.communityfoodandhealth.org.uk/2016/chewing-cfhs-annual-networking-conference



Conference top table 2006, with Lizanne, Ger and Bill hastily donning the fruit and veg tie.

CFHS 2017 funding opportunities

We have two funding schemes again this year: our annual development fund and our capacity-building fund. You can apply for either or both of these.

The annual development fund opens for applications on Friday 9 June and closes on 4 August. Applicants can apply for between £500 and £2,000. This money is to develop and run food and health activities that meet the aims of one or more of the three Scottish food and health policies: (1) Becoming a Good Food Nation; (2) the Maternal and Infant Nutrition Framework; and (3) the Preventing Obesity Route Map. They must also meet the principles underpinning pursuit of 'a fairer, healthier Scotland'.

All funded activities must support people living on low incomes and be completed by September 2018.

This year's capacity-building fund also opens on 9 June. Groups that are already running food and health activities can apply for up to £500 to build the knowledge, skills and expertise they need to help deliver these activities better. The funding can be used for training or learning opportunities for staff, volunteers, management committee or board members. The closing date for applications is Friday 8 December, or earlier if all the funding has been awarded.

Further information is available in the funding opportunities supplement with this edition of Fare Choice.

A focus on cafes

Over the last few years we have supported community food initiatives involved in different areas of work to build their skills and expertise to evaluate the impact of their activities themselves. This year we want to focus our support on community cafes.

Over the next 12 to 18 months, we want to work with people running community cafes who have:

- an interest in developing their self-evaluation capacity
- time they can commit to the process
- a willingness to put more robust evaluation processes into practice within their cafes.

We would like to be able to develop resources that could be shared with other community cafes. We know that there are a range of different models of operation, from small, completely volunteer-run cafes that may open for only a few hours, through to larger social enterprises with paid staff that open every day and may host external events. We also know that aims and purposes of each cafe may vary too, for example: providing a safe community space for people to gather; encouraging integration; offering healthy affordable meals for those experiencing difficulties; and providing training or support for those in recovery or wishing to build skills for employment.

We would like to gather a group of people from a wide range of community cafes who are up for sharing insights and learning together. For more information or an informal discussion contact anne.gibson5@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 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.

All academic

June sees Jacqui and Kim attending the British Sociological Association (BSA) Food Study Group Conference in London. Kim will be presenting a poster on the cooking skills realist evaluation that various community groups across the country have contributed to. We also presented this poster at the International Cook and Health Symposium at the City of London University in March. There is an article on this work in a special edition of the British Food Journal.

Jacqui will be doing a Pecha Kucha style (fast paced and concise) presentation sharing the learning from the community-led research on food security and insecurity completed last year. An article on this work should also be appearing in the next edition of the Community Development Journal (academic.oup.com/cdj).

Kim and Jacqui have also been doing lots of reading with the guidance of their mentor, Avril Blamey, on 'realist evaluations', 'qualitative comparative analyses' and 'contribution tracing' – all to be explained in future editions of Fare Choice. All of this is to help us get the most out of the self-evaluation materials that members of the cooking skills study group have submitted. Our analysis of the material is well underway with nearly two-thirds of the data processed.

The cooking skills blog on the CFHS website also provides updates on this work (see www.communityfoodandhealth.org.uk/category/cooking-skills-blog).

We are planning to check our findings with members of the study group in the autumn and host a learning exchange to share the learning more widely later in the year.

What's cooking in Scotland?
A realist evaluation of community cooking skills courses in Scotland

community food and health (Scotland) NHS Health Scotland

What is a realist evaluation?
A realist evaluation aims to find out: 'what works, for whom, why and in what context' by explaining the relationship between the context in which an intervention (i.e. a cooking course) is delivered, the mechanisms it triggers (i.e. how participants respond) and the outcomes it achieves. Realist evaluations try to identify the theories that underlie interventions, i.e. why they work or don't work. Theories are developed by putting together context, mechanism, and outcomes (CMO) configurations.

Why do a realist evaluation of cooking skills courses?
Community cooking skills courses in Scotland are delivered independently by a range of third and statutory sector organisations. They:
• aim to achieve a range of outcomes
• involve people from low-income communities and with a range of vulnerabilities
• can be participant led or influenced.
A realist evaluation can help unpick how a wide range of approaches to cooking courses might (or might not) work.

Research question:
What contexts and mechanisms within community cooking courses help achieve or improve the outcomes for participants from low-income communities?

An example of a possible theory could be...
Context – a participant is able to choose which recipe they want to learn to cook during a course
Mechanism – the participant feels the recipe is 'relevant' to their needs and wishes
Outcome – the participant tries the recipe again at home after the course.

For more information about realist evaluation see the RAMESES project: www.ramesesproject.org

What did we do?
Stage 1. Review: 2014 to 2015
Aim
• To analyse existing information on cooking skill courses.
Methods
• Gather grey literature (e.g. lesson plans, evaluation forms) from practitioners from at least 81 courses.
• Check underlying theories and ideas with four focus groups.
Results
• Courses seem to reach participants who are vulnerable and/or from low-income communities.
• Course activities seem to meet NICE guidelines for behaviour change theory-led programmes. Behaviour change theories can be used to understand the mechanisms that are being triggered.
Challenges
• The data were not robust enough to form CMO configurations.
Stage 2. Realist evaluation – self-evaluation study group: 2015 to 2017
Aims
• Form a self-evaluation study group of people already regularly running cooking courses.
• Gather more robust data to form CMO configurations by analysing 32 courses.
Methods
• Eight study group members (statutory and third sector) from across Scotland will discuss and submit data to CFHS.
• Each member will submit data from four courses for 'vulnerable' people or parents on a 'low-income' (*definition agreed by group).
• The group will agree to a set of outcomes and indicators to evaluate the courses.
• The group will collect triangulated data to ensure data are more robust.
Results
• Initial analysis shows that courses that aim to ensure 'relevance' by tailoring course activities and health messages to individual participants may be more important for some participants more than others. The analysis also highlights the complex approaches needed to run courses for people with multiple vulnerabilities.
What's next?
• Analysis is underway and will be completed in 2017.

What's cooking in Scotland?
What's Cooking in Scotland Part 3 is a CFHS guide that aims to encourage the use of ideas from behaviour change theory and the review.
The table below, taken from What's Cooking in Scotland Part 3, shows an example of how course activities may trigger behaviour change.
'This is relevant to my life and how I like to do things'
Behaviour change theories
Personal relevance (targeting and tailoring)
Course activities used in cooking skills courses
This could apply to health messages:
• Providing warning information to a group of parents with babies (targeting).
• Providing information about how to reduce caffeine to an individual who is not sleeping well (tailoring).
This could apply to how to involve participants:
• The group chooses recipes between them that they would like to learn (targeting).
• Some individuals learn to use scales, others learn cup measurements, depending on their skills, preferences or equipment they have at home (tailoring).

About Community Food and Health (Scotland) or CFHS
CFHS is a programme within NHS Health Scotland. CFHS supports work within low-income communities that address health inequalities and the food – cooking skills courses are a popular activity among a range of communities.

www.communityfoodandhealth.org.uk @NHS_CFHS www.facebook.com/likeCFHS

You might have noticed that Fare Choice is now 12 pages rather than 16. We have made this decision in part to prioritise time and effort on other activities, and also because we are planning to expand the blog section of our website to include relevant research, among other topics. We will also make use of the monthly e-bulletin and our social media channels to share the most up-to-date news and publications.

Despite constitutional matters understandably taking up most of the policy headlines, there are important discussions and policy developments underway which impact more immediately on food, health and inequalities. We detail some of these below.

Responses to food insecurity

The Scottish Government has established a **Food Insecurity Expert Delivery and Reference Group** following the short-life working group on food poverty that reported last year. Looking at evidence and delivery around a shift in responses from charitable to food justice models, the new group pursues a number of the recommendations from the working group's report 'Dignity: Ending Hunger Together in Scotland' (see www.gov.scot/Publications/2016/06/8020). The group is also complemented by another group brought together following a government commitment to 'explore the potential to enshrine the right to food within Scots Law in consultation with key partners'.

A number of civil society groups, led by Oxfam Scotland, involved in the above work are also collaborating on the lottery-funded Menu for Change programme (www.oxfam.org.uk/scotland/blog/2016/11/a-menu-for-change).

Following this year's distribution of the Fair Food Transformation Fund (news.gov.scot/news/funding-to-tackle-food-poverty), plans are already being prepared for next year's round.

Another area the working group had recommendations around – the measurement of food insecurity – has also progressed. The eight-question Food Experience Indicator Scale (www.fao.org/in-action/voices-of-the-hungry/fies/en/) will be incorporated into the Scottish Health Survey (www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey) with a three-question version included this year and the full eight-question version from 2018.

Obesity Strategy

Having looked at lessons from the previous 'route map,' a refreshed Obesity Strategy is expected to be published by government later this year. In the meantime, Food Standards Scotland have published their recommendations on how to improve the Scottish diet (www.foodstandards.gov.scot).

Good Food Nation Bill

While a number of groups have already started discussing what should go into a Good Food Nation Bill (www.foodcoalition.scot/events) the latest news is that formal consultation will commence by the end of 2017 with a finalised bill expected by early 2019.

School food and drink nutritional standards

The Scottish Government has established a short-life working group to review school food and drink nutritional standards and consider whether or not school food provision can be further improved. The group involves experts from Food Standards Scotland, NHS Health Scotland and Education Scotland (beta.gov.scot/news/school-food-nutrition).

Food and Drink Strategy

A new Food and Drink Strategy, 'Ambitions 2030', includes a £10m package for the industry 'to target key markets, boost innovation, focus on skills, and support local producers' (see beta.gov.scot/news/support-for-scotlands-food-and-drink-industry).

Fair trade

Scotland has retained its Fair Trade Nation status, with three out of four local authorities also achieving fair trade status (see beta.gov.scot/news/fair-trade-nation).

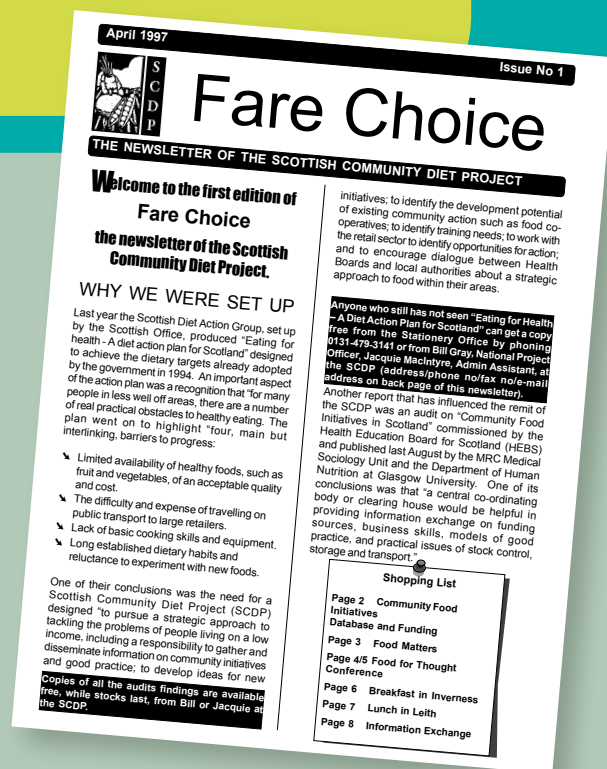
Take stock

First issue, still an issue

Twenty years ago the first Fare Choice went out. Eight pages of policy, practice and research under the guise of what was then known as the Scottish Community Diet Project.

The policy was the ground-breaking Scottish Diet Action Plan, which recognised that 'for many people in the less well-off areas, there are a number of real practical obstacles to healthy eating', specifically referring to issues around accessibility, availability and affordability. It also recognised the need for a cross-cutting response. It states that we need 'a framework in which everyone with an influence on what we eat – from food producers and processors to the NHS, local authorities, schools, caterers, retailers, the media and, of course, consumers themselves - can choose to work together to bring about dietary improvement in Scotland'. 'Community action' was just one element of the framework, recognising the need to be 'building on the experience gained from the projects ... and tapping into community energy and expertise'. Some of the language may have changed but the principles are not a million miles away from current policy.

Familiar names such as Edinburgh Community Food and the Food Train, then only operating in Dumfries, were already on the scene and were using Fare Choice to learn from others and share their experience. The Food Train



were seeking 'other project's experience of surrogate shopping and negotiating contracts with social work departments'. Nowadays, they would be the obvious place to go for anyone wanting to ask the same question.

Edinburgh Community Food had just opened their new premises in Leith and were already clear about their principles to give people direction, not instruction.

For long-term change to occur, it is important for people to gain their own critical awareness of the food they eat (or don't eat) and the effect this has on their health.

The first national conference had taken place in Edinburgh and the first edition of Fare Choice was promoting a second in Paisley after 200 people had signed up for the 70 places at the first event. Alongside workshops led by practitioners, policymakers and academics, Professor Tim Lang gave the keynote address, presenting challenges that have echoed down the years.

Food is a battleground of competing interests ... The state is not thinking creatively ... We must re-engineer the food economy ... We need to gain for food poverty the profile achieved by food quality.

Professor Tim Lang





Also making its first appearance was the development fund, and it was already clear about who was to be invested in.

• The key feature of any application, however, must be that it will involve working within and with Scotland's low-income communities to improve access to, and take-up of, a healthy varied diet. •

With items from Cambuslang to Inverness, and a piece on research from around the world, the first edition of Fare Choice recognised the importance of turning local, national and international knowledge into effective action.

By the second edition, the role of the country's retailers was under the spotlight, alongside how to take advantage of new technology (e.g. the internet) that was becoming increasingly accessed by community initiatives, and encouragement for communities to have their say on what form the proposed new Food Standards Agency should take. The item on recent research was also full of conclusions that continue to be heard.

• An increasing number of studies highlight the importance of breakfast on a wide range of functions ... Nutrition education is not all about telling people what to do, in fact there is a slow but increasing awareness of the social environment as a starting point and not a backdrop. •

Fare Choice first appeared under the Scottish Consumer Council – a body committed to supporting disadvantaged consumers – and 20 years later it goes out through NHS Health Scotland with its focus on health inequalities.

Most community food initiatives continue to see themselves in terms of what would nowadays be referred to as 'food justice'. They engineer informed and imaginative local responses that avoid victim-blaming while highlighting gaps or inadequacies in the actions of others. Local initiatives also continue to show an appetite for learning from each other and understanding the difference they make, complementing and complimenting each other's achievements – an appetite Fare Choice hopes it continues to satisfy.

For those keen to confront Hegel's assertion that all we learn from history is that history teaches us nothing, you can find all 75 editions of Fare Choice, plus a few special editions, on the CFHS website, along with most of the publications produced over the years (see www.communityfoodandhealth.org.uk).

• It is important to remember that whatever new initiatives, strategies, policies or agencies appear in the future they will need to be informed by past experience and current practice, adding to years of effort in many Scottish communities. •

Just Add... observations of a practical and strategic nature based on evidence gathered and generated during the first five years of the Scottish Community Diet Project 2002



Variations on a theme

Networking events are part and parcel of the community food landscape. The three events listed below may be of interest to those working on food poverty outside the central belt.

In April, there was a meeting on Feeding Central Ayrshire hosted by Dr Phillipa Whitford MP, Vice Chair of the All-Party Parliamentary Group on Hunger. This meeting brought together people from across the area to talk about assets, challenges and opportunities to address food insecurity. People shared insights from projects that are being developed in Feeding Britain pilot areas across the UK. There were energetic discussions and an appetite to better coordinate or share learning between those there. A small sub-group will be looking at how to take things forward.

In Dundee, Abertay Food Jam kicked off further positive networking and relationship building around the theme of food poverty. Participants came from a wide range of backgrounds and interests, including community growing and farming, public and private sector, social enterprise, arts and academia. Here again there was a consensus that there is a need for better intelligence

about what is going on and improved connections between organisations. A small sub-group are looking at the next steps.

NHS Forth Valley's Nutrition and Dietetic Health Improvement Team facilitated a celebration of community food activities at Camelon Community Project Office on 21 February 2017. This event highlighted and shared the great work happening around food across the area. The aim of the event was to give organisations and individuals who are involved and interested in food activities an opportunity to share best practice, network with others and celebrate their achievements around food. Around 50 people attended the event, including staff and volunteers from a wide range of community groups, community cafes and organisations. Four speakers shared their experiences of food work and nine organisations, including ourselves, attended to display and share their work.

Funding success

Big Lottery Fund

Broomhouse Centre and Enterprises has recently received £1.2m of funding from the Big Lottery Fund and £800k from the Scottish Government's Regeneration Capital Grants (in partnership with the City of Edinburgh Council). Added to the £500,000 already pledged, this funding will provide a new community hub facility that will run activities for all age groups, offer training and employment opportunities, and also a central cafe space where local people can gather.

Healthy n Happy Community Trust in Lanarkshire, and Tayport Community Trust in Fife, have also received substantial Big Lottery Funding to develop community hubs.

Climate Challenge Funding

Tullibody Healthy Living is just one of many community food projects to be awarded funding from the latest round of Climate Challenge Funding. The funding was for further development of its Tullibody community garden project.

Take and Make – DIY meals in Edinburgh

Edinburgh Community Food (ECF) recently launched its latest service – affordable recipe bags for people who want to eat well. Each bag contains ingredients and a simple recipe for a meal for four people, with no waste ingredients left over. Any leftover portions can be refrigerated or frozen for another day. All recipes provide several portions of vegetables per person and contain no fish, dairy or meat. Recipe bags include: Thai green vegetable curry and rice, spiced lentil soup and vegetable

chilli with rice. ECF are selling the bags at two different costs. The slightly higher cost is used to subsidise the price for those who will benefit the most. These are available to buy from ECF's various outlets across Edinburgh.

For more information about Take and Make, contact Karen or Sally on 0131 467 7326 or visit the ECF website: www.edinburghcommunityfood.org.uk



Cooking courses and food insecurity

Our most recent report, 'Just getting on with it', will soon be available on the CFHS website. It discusses findings from interviews and a survey with those running cooking courses in Scotland. All those who took part in this brief research project discussed the kinds of activities they do, and how they implement them. Their aim is to try and ensure a dignified approach when they support people they believe are experiencing food insecurity. Case studies from six organisations are also available on our website.

Time for celebration

Congratulations to East Lothian Roots and Fruits, which celebrated its 20th anniversary on 27 April. Supporters and friends joined staff and volunteers at a party held in Prestonpans Community Centre. Councillor Willie Innes from East Lothian Council and Moyra Burns from NHS Lothian Health Promotion both spoke about the importance of Roots and Fruits' work in and with communities.

Do you run community cooking skills activities in Scotland?

We are currently running a short, 10-minute survey to get a basic snapshot of how many groups, organisations and agencies throughout Scotland run cooking skills activities, and to find out some basic information about who they are for and how they are run. We would like to hear about a wide range of types of cooking skills activities, from weekly structured community cooking courses all year round for anyone in a low-income community, to occasional cooking activities run for people within their own community group. Our survey is available on our website or contact Kim (kim.newstead@nhs.net) for more information. If you want to find out about cooking skills courses in your area, we have information in the resources section of our website or visit the Scottish Government eatbetterfeelbetter website (www.eatbetterfeelbetter.co.uk).



Pamela McKinlay, manager, with driver Robert and oldest customer Bella.

Social Enterprise Action Plan

Community food organisations involved or interested in social enterprise may want to read the Scottish Government's Social Enterprise Action Plan, 'Building a sustainable social enterprise sector in Scotland' that was launched in April. The plan, which runs from 2017 to 2020, includes key actions for each of the three priorities included in the plan: stimulating social enterprise; developing stronger organisations; and realising markets.

Food at the Farmhouse – BIG ideas about community food



Bridgend Inspiring Growth (BIG) is a small but fast-growing charitable enterprise in south-east Edinburgh. Almost entirely volunteer run, BIG aims to help people live more healthily and happily, strengthen community involvement, and contribute to local health, learning and green space strategies. Its focus is the renovation and transformation of the once-derelict Bridgend Farmhouse into a community-owned centre for learning, eating and exercise. With the help of £820 development funding from CFHS, BIG has been building on incorporating food into its weekly drop-in activities. Once its new, fully accessible training kitchen and cafe are open, Food at the Farmhouse will be even more centre stage.

With the builders on site since January and the farmhouse off limits, volunteers have created a temporary outdoor kitchen/diner in the garden so that everyone can take a break from physical activities and be sociable over hot soup and other food. At the same time, BIG's partnership with Sandy's Community Centre in Craigmillar has offered people on low incomes the opportunity to 'Come Dine Wi' Me', through cookery skills workshops and a drop-in cafe. Backed by The Kilted Lobster's founder and award-winning chef, Colin Hinds, Come Dine Wi' Me has enabled families and older people to enjoy a delicious three-course meal once a week, free of charge.

At the end of March, Tommy Sheppard, MP for Edinburgh East, dropped by to see the progress for himself, meet volunteers and enjoy delicious homemade food. Hard-hat tours of the building site quickly gave everyone a keen appetite, especially for the roast pepper tart prepared by BIG board member Hazel Cornish.

Recipe: Roast pepper tart

- Roast a sliced, seasoned pepper and courgette in olive oil.
- Roll out a sheet of ready-to-roll puff pastry into an oblong shape, place on a baking tray and fold over the edges to form deeper sides.
- Spread with pesto.
- Add a layer of seasoned chopped tomatoes, then the pepper and courgettes and cover with chopped tomatoes.
- Bake at 180 degrees for 15 to 20 minutes until the puffed sides are golden brown.
- Slice and serve with a beetroot, orange and goats' cheese salad, and spinach and cheese muffins.

There are more examples of how funding recipients have got on in our funding opportunities supplement.

Recipe

Berry summer pudding

Serves 4

Ingredients

- 8 slices of white or wholemeal bread, crusts removed
- 1½ to 2 lbs of mixed berries, e.g. strawberries, raspberries, blackcurrants, redcurrants (fresh or frozen)
- 1 oz of caster sugar
- 3 tablespoons of water



Instructions

1. Line a (2 pint) bowl with bread, keeping a slice or two for the lid.
2. Simmer berries, water and sugar gently until juices run.
3. Pour the fruit mixture into the bread-lined bowl, leaving some liquid for later, and cover with the remaining bread.
4. Place a plate small enough to sit inside the bread lid and weigh it down using tins.
5. Refrigerate overnight.
6. Turn out on to a plate and pour the remaining juice over the top.
7. Serve with low-fat yoghurt and crème fraiche.

This recipe was taken from the Scottish Community Diet Project recipe book, first printed in 2005 and then reprinted as the CFHS recipe book in 2007. The book, which contains recipes from community groups and our colleagues at the healthy living award, can still be found on our website at www.communityfoodandhealth.org.uk/publications/the-cfhs-recipe-book

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