

**FARE CHOICE**

“Innovative policies, supported by new resources, are now at work, promoting social inclusion, creating jobs, tackling poverty, improving education and making our environment safe and pleasant. They will help improve health, and progressively reduce inequality. **Projects and people at work in local communities are already helping to make that difference**”

*Donald Dewar in introduction to 'Towards a Healthier Scotland'*

The government White Paper “**Towards a Healthier Scotland**” follows on from last year’s Green Paper on Health “Working Together for a Healthier Scotland” and the 800 responses it attracted. It places tackling health inequalities as its “overarching aim”.

“**Towards a Healthier Scotland**” proposes a number of practical measures to reduce the gaps in health between socio-economic, geographical, ethnic, gender and other groups in Scotland, and places a special emphasis on improving diet and the importance of community based activity at local, regional and national levels. It applauds the work being done throughout Scotland to help improve the diet of low-income communities, and describes the work of the SCDP over the past two years as “particularly encouraging”.

The White Paper proposes to increase the funding of **Scottish Diet Action Plan** initiatives to £2 million over the next three years, of which £0.3 million has already been allocated for the continuation and expansion of the SCDP until September 2001. This money has gone towards the appointment of a second worker earlier this year, and will allow the Project to further develop its work with Scotland’s community food initiatives, including the operation of small and strategic grants schemes over the next two years. (See inside for more information)

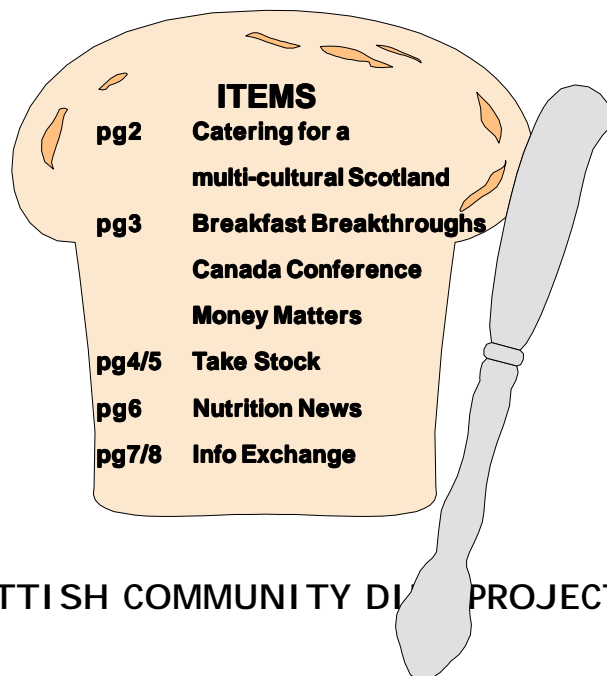
The paper also announces the appointment of a **National Dietary Co-ordinator** to give impetus to implementation of the Scottish Diet Action Plan, with a special focus on developing the contribution of primary producers and major retailers, and encouraging mothers to breastfeed.

A group will also be drawn from the public, private, community and voluntary sectors, led by the Minister for Health, to monitor progress

on the implementation of the strategy. Membership will be drawn from key interest groups, including those active within communities. This **Ministerial Group** will have a special responsibility to help stimulate and sustain the ‘grass-roots’ approach used successfully by community food and health projects, and ensure involvement of people in decisions about their health, particularly minority groups, people with disabilities, and those living in deprived communities.

“**Towards a Healthier Scotland**” concludes with an invitation by Government to every organisation, agency and individual that can do so, to work together in a concerted drive towards a healthier Scotland. The SCDP along with the West of Scotland Network of Community Health Projects and the Scottish Community Development Centre are committed to organising an event in the near future to keep those working at community level informed and involved. Watch out for details!

Full copies of the White Paper, “Towards a Healthier Scotland”, are available from Stationery Office Bookshops, price £6.00. SCDP has free summaries available while stocks last.



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## Catering For A Multi-Cultural Scotland

At the launch of *Just for Starters*, the community café pack produced by HEBS, a number of community café workshops took place, one of which was facilitated by the Edinburgh based South Asian Women's Health and Welfare Project, Nari Kallyan Shangho. This workshop provided a valuable start to a discussion around the food-related concerns experienced by some members of Scotland's South Asian and other black and ethnic minority groups, and the role community food initiatives might play.

Prisca Kemp, Health Development and Promotion Worker at Nari Kallyan Shangho stressed the difficulties faced by many local Asian families in accessing an affordable, culturally acceptable diet. Food choice can be particularly problematic for many young Asian people whose lives, she describes, are often 'split in two halves – the home and Scotland' because of cultural differences.

Scotland's black and ethnic minority communities are in no way a homogenous group. Originating mainly from the Indian sub-continent, Africa, Malaysia, China, Hong Kong and the Caribbean, they are diverse in respect of languages spoken, cultural heritage, religious beliefs and degrees of traditionalism, as well as dietary habits. Traditional food patterns and dietary laws are still adhered to by many, while others may closely, or completely identify with Western style cuisine and culture, particularly second and third generation. Generalisations about eating habits in any culture, however, are difficult to make, and may vary greatly from family to family, and community to community. The best rule is to find out by asking, rather than by making assumptions.

While many black and ethnic groups have retained a rich and often healthy food culture, many also face considerable diet related health problems. Barriers to food choice include poverty, lack of transport, limited food preparation skills and equipment, linguistic barriers, difficulties in understanding food labels and healthy eating messages, restrictive traditional gender roles, and limited availability of traditional foodstuffs. This is particularly the case in remote or rural locations where ethnic minority populations tend to be smaller, or in areas of urban deprivation where access to fresh produce is often problematic and expensive. Concerns arise not only from food processing and preparation, but also in retailing and catering.

These concerns are reflected in the research

findings of the Black and Ethnic minority sub-group of Glasgow's Women's Health Working Group who spoke with a number of Asian and Chinese women's groups across the city in 1998. Food images, confusion around healthy eating messages and their compatibility with familiar ethnic foods were all highlighted as further barriers.

The research recommended more practical information on healthy eating in a form that was both understandable and culturally appropriate. The result is *Food for Thought*; a pack, produced by the local health promotion team and funded by the Scottish Office, aimed at professionals working with members of the Asian and Chinese communities. Laid out in nine sections with notes for facilitators and group work ideas, it raises awareness of cultural food issues in a simple and logical fashion and encourages small changes in diet and cooking methods. All handouts have pictures of familiar ethnic foods and have been translated into Urdu, Punjabi and Cantonese. For more information, contact Greater Glasgow Health Promotion Department on 0141 211 9241.

*Food for Thought* is one positive example of working more closely with Scotland's black and ethnic minority communities. One very small step made by the SCDP has been to offer its grant applications in a variety of languages. We are also committed to further coverage of these important issues in Fare Choice and through our seminars and other activities.

Community cafes, community coops, and other community food initiatives could also respond in a number of ways. For example, Uzma Reham, the main author of *'Food for Thought'* suggests that groups might find out if there is a local demand for particular foodstuffs, or offer a wider range of suitable options on cafe menus.

A greater openness is required to listen to and learn from each other and a recognition that we all have much to learn from the rich diversity of cultures on our doorstep.

A forthcoming event that sounds particularly useful is a **multi-cultural health awareness day** being organised by in the Southside of Glasgow by CSV Health Action Project in early July. As well as diet there will be dance, sports, aromatherapy, and much more. CSV Health Action Project are a voluntary organisation established four years ago to help black and ethnic minority people access health services throughout Glasgow. (tel: 0141 204 1680)

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For information about *Nari Kallyan Shangho*, contact Prisca Kemp, Darroch Annexe, 7 Gillespie St, Edinburgh EH3 9NH



## BREAKFAST BREAKTHROUGHS

Stage one of the **research** being undertaken by Greater Glasgow Health Board's Breakfast Club Steering Committee has been completed. This involved identifying good practice and assessing effectiveness in five existing clubs. Copies of the findings are available from the SCDP (see back page for address/tel etc). Stage two of the research will involve following the progress of three pilot breakfast clubs and should be completed by summer 2000.

SCDP is committed to complementing the research through the production of a **'toolkit'** for breakfast clubs, highlighting key issues, potential barriers and pointers to success. This should be completed around the same time as stage two of the research and any local evaluations or guidelines would be greatly welcomed. SCDP in conjunction with North Glasgow Community Health Project, are also planning a **seminar** on breakfast clubs to be held in Glasgow in early August – watch out for details.

The most recent local evaluation is noted in Prof. Anderson's column and the same project has also produced **'A Rough Guide to Starting Up a Breakfast Club'**. Copies are available from the Cambuslang Food and Health Project.  
Tel: 0141 641 5169

The **New Policy Institute** has also published ***Fit for School***, a collection of essays about the health, educational and social impact of breakfast clubs in the lives of many school age children across the UK. This useful resource costs £7.50. For more information, contact 0171 721 8421.

## CANADA CONFERENCE

**Two local community food activists from West Lothian and Dumfries & Galloway** have been selected, from around thirty who applied nationwide, by the SCDP to attend an international conference in Toronto in June, accompanied by the project's Development Officer. **'Crossing Borders: Food and Agriculture in the Americas'** has been organised jointly by the Agricultural Food and Human Values Society, the Association for the Study of Food and Society and Food Choice, an annual gathering of researchers. The event is being hosted by the Toronto Food Research Network. As well as the presentation of papers there will be opportunities to take part in workshops, visit initiatives and even taste what is being spoken about. A special section of the event will be covering 'food security'. A report on their experiences will be in the next edition of Fare Choice.



## MONEY MATTERS

As announced in an earlier mailing, the SCDP is now accepting applications for its **small and strategic grant programme** for 1999.

The project is keen to encourage applications from a wide range of groups from across Scotland. The themes for this year's **small grants** (£500 to £1,000) are a) from pregnancy to starting primary school and b) fruit and veg. Application forms/ guidance notes are available on request. Forms must be returned by 25 June.

Applications are also invited for four **strategic awards** of up to £10,000 from community food initiatives 'tackling the barriers' to a healthy, varied and balanced diet in Scotland's low-income communities. The first stage of applying for a strategic grant has been kept deliberately simple and forms are available on request. Completed forms must be returned by 26 May.

The **National Lottery's Awards for All** application pack with **Millennium projects** in mind is now available. This is a new funding programme set up to help support small groups which involve people in their local community. Grants between £500 and £5,000 are available to groups in Scotland whose annual income last year was under £15,000. For information/ application pack, phone **0645 700 777**

Supermarket chain **Tesco** have launched a **Community Award Scheme** worth up to £280,000 each year for organisations working with children and older people. Individual awards of between £2,000 - £5,000 will be made to projects in support of children's welfare and educational projects, and organisations supporting disabled people and older people. For more information on applications and criteria contact: **Tesco Charity Trust**, Tesco House, Delamare Road, Cheshunt, Waltham Cross, London

**Growing food initiatives** may be eligible for a **B&Q Green Grant** worth up to **£250** in goods from any B&Q store nationwide. Each B&Q store can forward three bids from local community based projects per year to their headquarters in London. To find out more about these grants, please contact the manager of your **local B&Q store**.



# TAKE STOCK

A new feature giving projects an opportunity to share their reflections on where they have come from and where they are going!

**CRAIGEND RESOURCE CENTRE,  
GREENOCK  
Community Cafe & Fruit Barra**

## Why?

After visiting a number of centres, cafes were found to be at the heart of community life in many areas. Since Craigend Resource Centre in Greenock wanted to create a sense of 'community', a café was chosen to be its focal point. In August 1995 a café was set up with Urban Aid funding.

The group felt that it was important for the café to provide decent and affordable meals for local people on low incomes, as well as create local employment. They also hoped that it would communicate useful information to the community, such as healthy eating messages via its menu options.

*The Fruit Barra was set up in April 1998 at the same resource centre to provide good quality fresh fruit and vegetables cheaply to the local community right on its doorstep. This decision was prompted by local demand for the café's healthy options and the lack of decent fruit and vegetables in local shops. Eighty café users completed a questionnaire to find out how happy they were with the current local provision of fruit and vegetables; how often and where and when they bought them, and the types of fruit and vegetables bought. Money from Partnership funding was used to buy initial stock and send out publicity leaflets about the fruit barra to 1,100 local households. Appeals for weighing scales, a cash register and shelving were made on Radio Clyde, and a local company donated plastic bags.*

## What?

Craigend café provides food from 9am – 3.15pm, Monday to Friday. The group is very proud that fruit has replaced sweets and crisps on the serving counter. 'Celebrity cooks' are invited to cook up special dishes for the customers, and surveys have been carried out to find out what customers want on the menu. The kitchen also provides food for events held within and outwith the centre such as

health conferences and training events. All food handlers have attended health and hygiene training, and the café is registered and undergoes regular Environmental Health checks.

As well as providing meals, the staff at Craigend has become increasingly aware of people at risk in the community. The café provides a safe place for these people to visit, and staff become concerned if they have not come in for a few days. Lack of space is a problem. The kitchen and café could do with being bigger to cope with demand. Fluctuating customer numbers sometimes means that 'stand-by' foods occasionally have to be added to the menu to cope with demand.

*The fruit barra is open from 10.30am-1pm every Friday. Its organisation is time-consuming and hard work, taking up much of the rest of the week. Suppliers are contacted on Mondays, fruit and vegetable orders are sent in on Wednesdays, stock is delivered on Thursdays, with orders and deliveries taking place, and finally the barra opens to the public on Fridays. Staff always check the quality of the stock, which they insist must be high. They have already changed their supplier twice due to poor quality deliveries. Hygiene checks are also routinely carried out.*

*'Taste and try before you buy' sessions are organised, which increases demand for more unusual types of fruit and vegetables. Staff also try to get a hold of any fruit and vegetables specifically requested by customers.*

## Who?

Paid staff at the café includes one catering manager and one catering assistant, and volunteers help with serving and clearing tables. Placements from Learnig Disabilities Projects join the team to help with food preparation under guidance.

Approximately 400 sit-in meals are served weekly, and in addition to this carry-out meals and special catering is prepared.

*The fruit barra is run by the Centre's Voluntary Management Committee with the support of staff. The users of the barra fluctuate and vary from the elderly, single parent families, low-income families, and other local projects, such as the Salvation Army. The number of local users at the start was very high, perhaps in part due to the novelty value of something different. However, there have since been problems with the quality of stock, although a change of suppliers has completely rectified this situation.*



## How?

The café has expanded enormously from initially providing snacks to now being able to offer three-course meals, and cater for external events and private functions. This expansion has involved and still involves a lot of hard work, and has led to the café actually taking over some of the other area within the building!

The group is very pleased with the friendly atmosphere within the café, and problems are dealt with immediately, as the customers do not hesitate to contact the co-ordinator of the centre. All profits from the café are ploughed back into its development.

*The fruit barra has involved a lot more work than initially expected. Ordering can sometimes be problematic due to fluctuating demand, but excess stock, when there is any, is conveniently used up within the café, so wastage is rarely a problem.*

*All the group is confident that the barra is more than achieving its original aims and goals, and feel that it runs along nicely with the café on the same premises. As an added bonus, all the workers are also eating more fruit and vegetables as a result of their hard efforts to get the barra up and running.*

## Where?

The future direction of the café is onwards and upwards. All those already involved would like to see more volunteers coming forward and are determined to keep the community identity in the café. If funding were forthcoming, the centre would love more space so that the café could expand in size to accommodate its ever-growing demand. Plans are underway to introduce more healthy eating options in the menu, and if more helpers became available, the group would like to investigate the possibility of setting up a breakfast club. The Management Committee would like officials at all levels and within all bodies such as the local council and health board to recognise the volunteers' hard work and commitment. They also want more positive publicity for the centre and ideally would like support from local health workers who could give professional guidance on diet and health issues to complement the work already being done within the local community.

*The main obstacle in the fruit barra's future development is lack of money. With additional funding the volunteers could be employed to run the barra, and this would increase the number of*

*days it could run each week. Additional equipment such as a chill cabinet, especially in the summer months, would also be a possibility if more money was available. The group has already contacted local supermarkets to find out about the possibility of one being donated. A van would allow the barra to be mobile, allowing the service to reach pupils within the four local schools (2 primary and 2 secondary) as well as other groups within the community who might not be able to currently access it.*

Both the café and the fruit barra are central to the development of a wider food strategy within the Inverclyde area. This is being co-ordinated by the Social Inclusion Partnership (SIP) and has keen involvement from the local health board and local council as well as the wider community of Inverclyde.

## Conclusion

The group at Craighend advises other projects to do their homework thoroughly, and to look carefully at the grants available.

***“Visit lots of other projects to learn from the experience of others, but always identify your local needs so that what is provided is what is both wanted and needed. Setting up and running community food projects is time consuming, so the more volunteers willing to help the better. Finally, get a really good co-ordinator but you're not getting ours!”***

### **Contributed and compiled by:**

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### **For further information, please contact:**

#### **CRAIGEND RESOURCE CENTRE**

McLEOD ST,  
GREENOCK PA15 2HD  
TEL: 01475 786 739

***If you would like to ‘Take Stock’ in a future edition of Fare Choice, please get in touch.***



It has been really interesting for me to read about some evaluation work carried out by local projects. The following projects provide much detail about current work and

raise a number of questions which many of us struggle over and help to focus ideas on what research issues need to be addressed.

The HEBS database contains a wealth of information on projects but it can be hard to visualise what many projects do, what they aim to achieve and what success has been attained.

#### **Fruit Barras evaluation by Vicky Hood**

A recent report on two local fruit barras (which sell fruit and vegetables in 2 local areas and relate to other initiatives such as recipe booklets and food demonstrations) describes membership growth, residence of users, price comparisons with other retailers and monthly sales. Interviews with volunteers have also been conducted. Overall the results are very encouraging- clearly a local project used by a significant number of local people (400 members in one of the areas). Most members spent £2-5 pounds and a sample of users claimed that more produce and a wider range had been purchased. The price comparisons were fairly staggering - but no mention of quality! The report presents some positive feedback for the efforts to date and highlights future needs especially with respect to marketing. There are of course unanswered questions like do people actually eat more fruit and veg or simply change where it is purchased, does cheaper fruit and veg mean that more is purchased or the same amount with more cash for other foods etc?

#### **Hallside Breakfast Club Pilot Scheme by Eleanor Murray**

Breakfast clubs seem to be springing up everywhere and networking of projects is undoubtedly needed. This report provides a good deal of detail about the efforts to establish a breakfast bar starting from a parental survey through to a pilot service providing breakfast for 22% of the school role. There are nutritional queries which perplexed this group (and I'm sure many other groups) including the concept of whether a warm breakfast would be desirable (from a nutritional perspective the thought makes me shudder!!), using a natural sugar rather than an

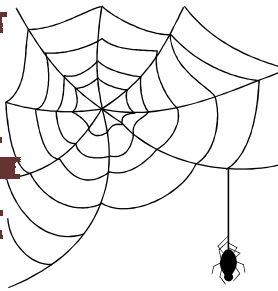
artificial sweetener (sugars are cariogenic- natural or not, just because something is artificial doesn't mean it is bad!). There is no discussion on the use of wholegrain cereals and bread, low fat milks and types of fruit juice although judging from the concern over health these issues must have been raised. Fruit seemed to very clearly on the menu and appreciated by the users. Inevitably any questionnaire is open to bias but it is encouraging that nine of the 21 children returning evaluation forms said they did not usually eat breakfast prior to the introduction of the club. Perhaps the important thing here is to ensure that providing healthy choices are as important at breakfast as any other occasion and just getting something down isn't the only consideration. But, everyone has to start somewhere and if all the efforts put into place to get this initiative going could be sustained then the potential for improving diet could eventually be realised.

**Both evaluations are available from Cambuslang Food & Health Project. Tel: 0141 641 5169**

For a more national perspective the Joseph Rowntree Foundation have just published a report of *Food projects and how they work* by Pauline McGlone, Michael Nelson, Barbara Dobson and Elizabeth Dowler. This study draws on the experience of 25 food projects (including several in Scotland) examining how projects work, what they can realistically achieve and how they can help issues related to health and social inequalities. In many ways the report echoes existing Scottish work commissioned by HEBS. The 2 key factors influencing sustainability were funding and community involvement, but professional support, ability to reconcile different agendas, shared ownership were also highlighted. The time for projects to become established was also studied - two years was considered the usual sort of time involving considerable effort from a number people. The researchers comment that success needs to be measured in various ways "Food projects can help to overcome social isolation, give people a sense of worth and increase feelings of well being. They can also help in raising levels of skills and training, enable individuals to take more control of their own health and welfare, as well as promoting healthier eating". In conclusion, the keys to making projects work are defined as flexibility, community ownership, patience, committed back up, training and support and access to funding that is not short-term or only focused on innovation. (ISBN 1 902633 05 9, Price £12.95) Excellent summaries can also be downloaded from <http://www.jrf.org.uk>



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**Child Poverty Action Group (CPAG)** has launched its *'Free School Meals For Children Who Need Them'* campaign. The campaign has three main aims: to extend free school meals to children

from families receiving the new tax credits; to ensure that the government adopts statutory nutritional standards for school meals; and to maximise the take-up of free school meals by children who are already entitled to them. CPAG is looking for examples of best policy and good practice within local authority and individual schools provision of school meals in terms of providing healthy nutritious meals, and healthy eating initiatives. If you can be of any help, or for more information about the campaign, please contact **'Free School Meals Campaign'** CPAG, 94 White Lion Street, London N1 9PF



**Forth Valley Food Links Seminars** took place throughout March in Stirling's LETS (Local Exchange Trading Scheme) Community Café. Each seminar began with a superb healthy lunch prepared by the café team. Topics ranged from developing a local food economy and establishing local box schemes, to community cafes. To take forward the Forth Valley food links programme a report is being compiled which will map current community food activity within Forth Valley, illustrate the potential for fruit and vegetable production in the local area, discuss the key findings from the seminar series and make recommendations. For information contact Janey Brown at Forth Valley Health Promotion Department on 01786 463031 ext.366



**The first Scottish Community Gardens and City Farms Conference** took place in Edinburgh on 21 April. Facilitated by Edinburgh Community Organic Gardeners and organised by the Federation of City Farms and Community Gardens, the event drew together a body of over 50 participants from a wide range of organisations committed to the creation of a stronger Scottish network for community growing initiatives. The next stage in the process will be the production of a full conference report. Contact the FCF&CG on 0117 923 1800.

**The One World Centre** is a Development Education Centre based in Dundee. The Centre and resource library is open to the public Monday to Thursday and its staff can provide support to students, teachers, community groups and others interested in such topics as global food issues, trade, poverty, and health. For more information please contact Ann Gammack at the One World Centre, 189 Princes Street Dundee DD4 6DQ. Tel: 01382 454603



Perth City Centre was a hub of activity on Saturday 3 April as Perth and Kinross Agricultural Forum held their first **Farmers Street Market**. The first recent event of its kind, shoppers gathered to purchase locally produced fruit, vegetables, fresh fish, meat, home baking, wines, and plants. Councilor Alex Murray, Convener of Planning Economic Development, described the market as being "an exciting development for the Perthshire farming community, local food and drinks producers and Perth City Centre". For more information about future dates for the market, contact Jennifer Neil at Perth and Kinross Council Media Office on 01738 475047.



The Poverty Alliance have published the speech made by their Director, Damian Killeen, at a recent conference organised by the Big Issue. Copies of **"Food Security – A Challenge for Scotland"** are available from the Poverty Alliance. Tel: 0141 353 0440.



**Foodscape** is an interactive and visual food map of Cambuslang, which has arisen from research funded by Greater Glasgow Health Board and Cambuslang Regeneration Partnership. It has been designed on Internet software, and is currently available on CD ROM. Foodscape has the potential to be used as a resource by local community groups and organisations wishing to access up-to-date information about food and health, and provides an effective illustration of the local food economy in a visual and accessible way. For more information about Foodscape or a copy of the CD contact Louise Lawson on 0141 646 1704 (E-mail: [louise\\_lawson@lineone.net](mailto:louise_lawson@lineone.net))



**Food in the Community**, the second edition of the Directory of Scottish Community Food Initiatives, has now been launched by HEBS. If you have not yet received a copy and would like one, please get in touch with the Scottish Community Diet Project on (address on back page).



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*Fare Choice* recently featured 'Smart Cooking'; a ten-hour course aimed at S3 and S6 pupils on simple and healthy food preparation skills. The Scottish Consultative Council on the Curriculum (SCCC) has distributed the pack to all Scottish secondary schools, but it can also be purchased by groups for £10.50 from the SCCC at Gardyne Road, Broughty Ferry. (Tel 01382 455053).



The Centre for Applied Nutrition Research (CANR) in Dundee will be holding a one-day conference titled *The Mother and Food* on Friday June 4<sup>th</sup>, 1999. Topics covered will include diet in pregnancy, obesity prevention, osteoporosis, and the mother as gatekeeper of the family diet. Places cost £65 for community / voluntary sector, and £75 for others. CANR and SCDP will each sponsor a free place, so if interested please get in touch with SCDP ASAP. For further information about the event contact: Professor Annie Anderson  
School of Management and Consumer Studies  
University of Dundee, Dundee, DD1 4HT  
Tel: 01382 345 383  
E-mail: a.s.anderson@dundee.ac.uk



In response to the Scottish Diet Action Plan, **Greater Glasgow Health Board and the Scottish Co-op** have instigated a project exploring the role of retailers in promoting healthy eating within the community. The project has been running since July 1998 in the East End of Glasgow, centered on Scottish Co-op's Barrachnie store. Programmes and events have included National Breakfast Week, in-store promotions, cookery classes for local mums as well as work within local primary and secondary schools. The project has just secured joint funding from GGHB and Scottish Co-op to continue till July 2000 and will expand to include two other stores within the city. Evaluation is underway and reports will be available later in the year.

The views expressed in *Fare Choice* are not necessarily those of the Scottish Community Diet Project unless specifically stated.



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For further information contact Joy McPheat, Nutritionist, Eastbank Health promotion centre, 22 Academy St, Glasgow G32 9AA (tel: 0141 201 9803)



During Museums Week (15-23 May) the **North Ayrshire Museum** in Saltcoats is staging exhibitions, activities and events on the theme of food. The famous Ayrshire tattie takes its rightful place in the proceedings, with many archive pictures. *The Food Show* will run until 26 June. For information please contact the North Ayrshire Museum: 01294 4641 74



Cambuslang Health and Food Project have produced *Getting the Message Across: Food Access Issues in Cambuslang*. Based on focus group research, the report includes a number of recommendations for action, which will be addressed by the project. Please contact Lynn Brennan on 0141 641 5169 for a copy.



**GM FREE, A Shopper's Guide to Genetically Modified Food** by Sue Dibb and Tim Lobstein of the Food Commission, explores in layman's terms the issues around GM food in the UK, and clearly explains how to read food labels for GM ingredients, as well as listing hundreds of GM-free foods on our supermarket shelves. Available from bookshops, priced £4.99, or £5.70 (including P&P) from the Food Commission on 0171 837 2250.

## HOLYROOD ON A PLATE



FOOD, LOCAL COMMUNITIES  
AND THE SCOTTISH PARLIAMENT

Accompanying this edition of *Fare Choice* should be our special edition on "Food, Local Communities and the Scottish Parliament". If you missed this special edition or would like further copies please get in touch at the address below.



If this copy of *Fare Choice* has been sent to the wrong address, or you wish a copy to be sent to another agency, or a different part of your own organisation, or you no longer wish to receive a copy, please let us know.

Scottish Community Diet Project

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c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow G1 3DN, Tel: 0141 226 5261 Fax: 0141 221 0731  
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