

Welcome  
to  
coretalk

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## Welcome to our autumn edition of coretalk.

In this issue we celebrate the success of a broad range of awarded businesses, including the Glasgow Gurdwara, oil and gas installations caterer Entier and care home operator Erskine. We also catch up with Liam MacDonough, executive chef at the Scottish Parliament.

This edition shows what additional services we offer to our registered businesses, from bespoke Web2Print materials, to keeping up to date with the healthy living award on social media. We will be attending a

range of events this autumn, such as the Guest Scotland event and also the COSLA annual conference. If you are attending any of these industry events please come and say hello.

We would like to welcome Megan Gorman to her new role in the Quality Assessment team. She will be covering the maternity leave of Fiona Paterson.

## What's cooking?

### Web2Print

Over the last year, the healthyliving award team has been working with our colleagues in NHS Health Scotland to develop a range of bespoke award materials. We can now offer our registered businesses access to a range of personalised award resources through our Web2Print system.

We have developed a suite of customised healthyliving award materials using graphics, background colours and straplines to make them individual to specific sectors and stakeholders. Currently available to tailor to your needs are an A5 flyer, A3 and A4 posters, and a table tent card. The posters and flyers have a variety of background colour options to suit your premises plus a variety of food and service images to select. For larger groups or sectors within the catering industry we can use your own logo and food graphics to tailor the resources specifically to your business.

At the start of the year we piloted the use of Web2Print materials with two contract caterers which proved to be very successful. We added their logo and food service images to the posters and ensured that the background colours fitted with the design of each site. The second stage of the pilot was to develop sector-specific materials for some businesses including bed and breakfasts, community cafes and education sites. The bespoke materials included sector-specific images and straplines on the posters and leaflets.

If you feel that the Web2Print materials could be of benefit to your business please contact the healthyliving award team for more information on 0141 414 2880.



## Nibbles

### We are on social media. Are you?

By following us on Twitter or giving us a thumbs up on Facebook you can stay up to date with all of our latest news. We Tweet and post on Facebook on a regular basis about new award holders and good news stories. So if you have something fun or interesting you want to share with us that relates to the healthyliving award, then get in touch. We would love to hear about your business achievements, good news stories and events. What's more, we can follow you or like you back and share all your news. Social media has proven to be a successful way for growing the reach of your business, keeping up to date with other similar businesses and allowing your customers to learn more. Why not join the growing trend by linking up with the healthyliving award team?



 **@hlaward**

 **@HealthyLivingAward**

## Table talk

### Caring for our veterans

Erskine Home and Cafe has been caring for veterans and their spouses in Scotland since 1916. Erskine offers unrivalled nursing, residential, respite and dementia care.

Erskine Homes currently holds the healthyliving award in three sites: Erskine Bishopton, Erskine Bishopton cafe and Edinburgh.

Michael Jones has worked for Erskine Homes for the last 15 years, with the last two years in his current role as head chef at Erskine Bishopton restaurant and cafe. Michael was aware of the award having held it in a previous role and felt it was important to use his knowledge and experience to help Erskine Bishopton achieve it.

Michael explained: 'While it was relatively easy to alter our service in the restaurant, we faced more of a challenge amending our menus in the public cafe to meet the award criteria. People took some time to embrace the food changes but we now have them all onboard'.

Michael told us how at Erskine they enjoy the whole food story, from planting to plate, with their customers. 'Residents can enjoy gardening at the home with seasonal produce grown in their greenhouses. The chefs can then make a range of healthy meals with the produce.'

Michael added: 'It's great how the healthyliving award and Healthy Working Lives link together to promote healthy sustainable practices'.

[www.erskine.org.uk](http://www.erskine.org.uk)



## Newsbites

### Working towards a healthier Scotland

In August the Public Health Minister, Aileen Campbell, visited Pilton Community Health Project to highlight the forthcoming consultation on a new Diet and Obesity Strategy.

Ms Campbell said:

**'We have worked hard to tackle Scotland's obesity problem. While we have seen improvements, there is not a quick fix and it's important we take the time to get our approach right. That is why we will consult on our new Diet and Obesity Strategy this autumn'.**

By the time this newsletter is printed it is likely that the public consultation over a new Diet and Obesity Strategy will have begun. It is important that evidence and

experiences from all interested parties is heard, including those from the catering sector. To have your say, visit the Scottish Government's consultation hub at:

**[consult.scotland.gov.uk](http://consult.scotland.gov.uk)**.

If you are looking for more information on obesity, or perhaps a way to incorporate this subject into a promotion or activity, then there was World Obesity Day on 11 October, with a strong preventative message. Closer to home there is no shortage of information from Obesity Action Scotland who now blog and vlog.

**[www.obesityday.worldobesity.org](http://www.obesityday.worldobesity.org)**  
**[www.obesityactionsotland.org](http://www.obesityactionsotland.org)**





## Tasty morsels



### Glasgow Gurdwara

The Gurdwara in Glasgow has been working with the healthyliving award since 2014. In that time the Gurdwara achieved the standard level of award and has recently achieved the Plus award by increasing the range of healthy food they serve.

Sukhcharan Kaur, education coordinator at the Gurdwara, explains why they chose to get involved with the award:

**'We serve approximately 2,500 meals per week at the Gurdwara and wanted to help change the way the community eats. It was important for us to raise awareness and the importance of healthy living to our community'.**

Sukhcharan adds: 'The award has helped bring people together and focus on their health. People have been more open to talking about health and food. Many people have asked for copies of recipes and tips on how to make traditional recipes healthier'.

The Gurdwara hosted a successful Health Day in June where they served smoothies, fruit and healthy sandwiches to the community and were supported by other health organisations. It was such a success that a second Health Day is planned for 2 December. Sukhcharan explains why the health day in June was an amazing success:

**'The day brought together all sections of the community, from seniors to children. It was a very positive day and prevented any challenges to progression to the Plus award as everyone understood the importance of why we were doing it'.**

[www.glasgowgurdwara.org](http://www.glasgowgurdwara.org)



## A flavour of ...?

Serves 4–6

### Traditional saag

Recipe courtesy of Glasgow Gurdwara

#### Ingredients

- 1 kg of baby spinach leaf
- 3 heads of spring greens
- 1 head of broccoli (including the stems)
- 2 or 3 leeks
- 4 tsp of rapeseed oil
- 2 medium onions, finely sliced
- 1 head of garlic, finely minced
- 2 tbsp of ginger, finely minced
- 3 green chillies, finely chopped (or to taste)
- A large handful of coriander, chopped

#### Method

- Finely chop the green vegetables and place in a pan to boil with enough water to cover the greens.
- When greens are soft, drain off the water and blend until nice and creamy.
- Put oil in a separate pot. Add the onions and sauté until golden, then add the garlic.
- Once the garlic is golden, add the ginger and chillies.
- Next mix the spinach mixture into the onions and top with the chopped coriander.
- This is now ready to be served with chapatis, freshly chopped salad and low-fat yogurt.
- Potatoes or paneer could be added to the spinach base to make saag aloo or saag paneer.

## Sowing the seeds



## Entier

Entier is Scotland's largest private independent catering and facilities management company providing catering, hospitality and housekeeping services. The caterer, which has its headquarters in Aberdeen, was founded in 2008 and delivers catering to the oil and gas industry. It ensures more than 4500 people on oil and gas installations are served healthy and tasty meals each day by their 760 staff. Within the Entier estate there are 39 sites that are actively working with the healthyliving award. These units are a mix of oil and gas industry sites and FRESH cafes across Aberdeen.

Scott Jackson, director for RSG (the remote services arm of the Entier family), explained that, as a company, Entier wanted to demonstrate that they are committed to healthy eating across the business and have a holistic approach to encouraging customers and clients to eat healthily. Confidence levels are high with customers and clients across the Entier group, who appreciate that the food on offer has been prepared in a healthier way.

Scott explained: 'Entier have a whole food approach to their catering by operating a "Health by Stealth" method where all food is prepared and cooked in a healthier way. Recipes used by Entier have been nutritionally analysed by the Rowett Institute of Nutrition and Health, which

further enhances the credibility of Entier's commitment to healthier catering practices'.

Operating on oil rigs and installations has not been without its challenges, said Scott. 'The offshore units are working remotely, so getting the information to the HLA team was a challenge. The team allowed us to be assessed by telephone, which was supported by emailing photos and other evidence. Also, encouraging healthy eating to an offshore workforce can be a challenge but because any changes were put across in a positive way, the offshore crews understood what we were trying to achieve and have been supportive'.

Highlighting why Entier have remained involved with the award, Scott explained: 'The award demonstrates commitment from Entier to provide a healthier approach to our customers, helping them have informed choices and a consistent approach across all of our business streams'.

Scott understands the importance of making healthier choices when working on an offshore installation, where a full service of meals and snacks is provided 24/7, 365 days a year. He said the influence that health and nutrition has on supporting the health and safety of customers can increase productivity and morale and create a safer working environment.

**[www.entier-services.com](http://www.entier-services.com)**

## 60-second microbites



## Dates for your diary

If you are planning any healthy living award promotional days, remember to retain evidence for your next assessment.

1. Diwali: 19 October – see recipe for inspiration
2. World Vegan Day: 1 November – [www.vegansociety.com](http://www.vegansociety.com)
3. Guest Scotland: 1 and 2 November – Edinburgh International Climbing Arena, Ratho
4. National Sandwich Day: 3 November
5. Guy Fawkes Night: 5 November – why not fire up your taste buds with some healthy, warming autumn dishes
6. St Andrew's Day: 30 November – offer some Scottish specials

### Scottish Parliament – public cafe

The public cafe at the Scottish Parliament is open to visitors and tourists from around the world who are visiting the parliament. The site has recently achieved the prestigious Plus accreditation in addition to the Plus award for the Scottish Parliament restaurant.

Liam MacDonough, group executive chef for Sodexo at the Scottish Government, explains what achieving the award means to him and his staff.

#### **Q. What were your main reasons for applying for the award?**

A. We believe in giving our customers the opportunity to make healthy choices for themselves. By having the healthy living award Plus accreditation, our customers can have confidence using our facilities without having to compromise on making healthier food choices.

#### **Q. Do you feel working towards and achieving the award has been worthwhile?**

A. Definitely, yes. It recognises our work to help our visitors make healthy choices, it also reinforces to our own staff the importance of a healthy diet.

#### **Q. What do you think the healthy living award means to your customers?**

A. I think it gives customers the confidence that our food is prepared with the principles of a healthier lifestyle in mind.

### **Save the date – 21 March 2018**

We will be hosting the annual healthy living award ceremony. Visit the award website for more details [www.healthylivingaward.co.uk/news](http://www.healthylivingaward.co.uk/news)



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