

# coretalk

45 Spring 2018



healthy living  
award

The  
sign of  
healthier  
food

Welcome  
to  
coretalk

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## Welcome to the spring edition of coretalk.

In this issue we celebrate the success of our first-time award winners who were recognised at our annual awards ceremony in Glasgow. We also wish to applaud the successes of our long-term award holders who continue to retain the award and recognise the importance of offering their customers a healthier choice.

The coming year will be very exciting for food policy work in Scotland. The completion of the Diet and Obesity Strategy consultation will bring new

challenges to the catering industry and the work around a Good Food Nation will offer innovative and exciting opportunities for award-holding sites.

We celebrate a wide variety of awarded sites in this edition from Calmac Ferries to the Marie Trust. It is inspiring to discover how they met their own specific challenges and made the award a success in their sites.

**NHS**  
Health  
Scotland

[www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)

## What's cooking?

### Celebrating success

We recently celebrated the success of more than 80 healthy living award winners at our 11th annual award ceremony at the stunning Merchants House of Glasgow.

This was an opportunity to celebrate the success of a wide range of catering businesses from across Scotland that had achieved the award for the first time over the past 12 months. We also recognised the efforts and commitment of those that have taken on the extra challenge and achieved the Plus award.

The ceremony was hosted by Fergus Chambers, a leading figure in the catering industry. He told delegates they play a significant and important role in the wider food scene in Scotland.

Robin Gourlay, who works on the implementation of the National Food and Drink Policy within the Scottish Government and Scotland Food and Drink, and serves on the Scottish Food Commission, spoke about the vision and aspirations for Scotland to become a Good Food Nation where all people take pride and pleasure in the food they serve.

Gary Maclean, 'MasterChef: the Professionals' 2016 winner, presented the awards. He also told the delegates about his new role as National Chef for Scotland and said he hopes to work with some of them in the future.

In addition to celebrating the success of our newest award holders, we took the opportunity to celebrate some of our most committed long-term award holders, some of whom have held their awards since 2006.

Congratulations to all of our new award holders.



## Nibbles

### Be prepared for GDPR

As you may be aware, there is a new law coming into place on 25 May around the handling of customer data. This new law replaces the Data Protection Act and is called the General Data Protection Regulation (GDPR). The aim of GDPR is to protect all EU citizens from privacy and data breaches in an increasingly data-driven world.

We will be making some changes to the way we gather and store information and so it is likely that you will hear from us over the coming months.

#### What do you need to do?

Be alert to any emails, post or calls that you may receive from us regarding the above. You may also notice changes to the healthy living award paperwork and we would ask that all information is fully completed as required. We will also be revising our privacy notice and making it more readily available.

For more information, you can visit <https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-gdpr>



## Table talk

### Where there's a will there's a way

The amount of obesity in the world has doubled since the 1980s. Our surroundings have changed dramatically. We now have access to cheap, energy-dense food in ways we never did in the past. This, together with high car use, sedentary jobs, technological advances and inactive pastimes, means it is now normal to consume too much food, expend too little energy, and so be overweight.

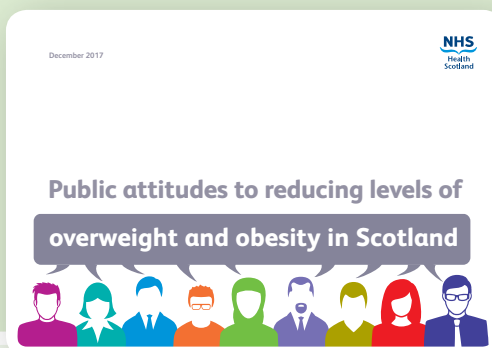
Much of the last few decades have been spent trying to persuade, nudge, educate, encourage and shame people into finding and making the healthy choices in this environment that encourages unhealthy choices. It hasn't worked. More of us have become overweight. No country has succeeded in reversing this upward trend.

But what about making our surroundings work for us and not against us? Can we make the healthy choice the easy choice? A new report by NHS Health Scotland – Public attitudes to reducing levels of overweight and obesity in Scotland – shows the public want just that.

Six in 10 people would want limits placed on the number of fast food outlets allowed in their area. A similar number would welcome restrictions on placing unhealthy foods next to checkouts. Most people want to see limits placed on the amount of fat, sugar or salt added to processed foods and drinks. And more than six in 10 people support a tax on sugary, fizzy drinks.

There are hopeful signs that there is also political will – the Scottish Government's recent draft Diet, Activity and Healthy Weight Strategy looks promising. So, with the public support and political will, can Scotland be the first country to reduce the national level of obesity?

**[www.healthscotland.scot/publications/public-attitudes-to-reducing-overweight-and-obesity-in-scotland](http://www.healthscotland.scot/publications/public-attitudes-to-reducing-overweight-and-obesity-in-scotland)**



## Newsbites

### Masterchef to promote Scottish produce

Cabinet Secretary for the Rural Economy Fergus Ewing has announced that the winner of the BBC's 'Masterchef: The Professionals' 2016, Gary Maclean, has been appointed as Scotland's first National Chef.

Mr Maclean, a senior chef lecturer at the City of Glasgow College, will deliver a key programme for government commitment to promote locally sourced, locally produced food and drink.

Gary said: 'As a passionate advocate for cooking fresh, nutritious and locally sourced food, I am absolutely delighted to be appointed Scotland's first National Chef. I'm sure my passion for education will also help to promote the benefits that Scottish produce can have on a healthy diet and will help to change our relationship with locally sourced and produced food.'

Mr Ewing said: 'The appointment of Gary Maclean as our National Chef will play a central



role in celebrating the rich larder of produce that we have available and advocate the use of locally sourced, healthy, sustainable and affordable food.'

Minister for Public Health Aileen Campbell said: 'The National Chef will play an important role in delivering our healthy nation ambitions. Gary will also promote the benefits of healthy food for our physical, mental and social wellbeing.'

## Tasty morsels



### Calmac goes the distance

Calmac provides a service to ferry people to and from the stunning islands off the west coast of Scotland. There are currently 11 vessels working with the healthyliving award across the fleet.

Sandra McRae, onboard services manager for MV Hebrides, explains why they got involved with the award: 'I really felt that gaining the award would enable the ship to "play its part" in offering healthier choices to our passengers. Our customers are captive for the period of time that they are on board so the food that the vessel offers is therefore really important in enabling the customer to make a healthier choice.'

Gaining the award wasn't without its challenges. Sandra says: 'The initial biggest challenge was changing our own mindsets to always think "healthy" when preparing and selling the food. I am happy to say that it has now become second nature to all the people who work on board.'

Sandra explains why the Calmac vessels remain committed to the award: 'It can be difficult for our passengers to maintain a healthy diet when extensive travel is part of a daily routine. By maintaining the award, we are making a commitment to our passengers that we will continue to provide healthy and nutritious food when they travel with us.'

[www.calmac.co.uk](http://www.calmac.co.uk)



**Caledonian MacBrayne**  
Hebridean & Clyde Ferries



## A flavour of ...?

Serves 4

### Salmon and broccoli fishcakes

Recipe courtesy of Calmac

#### Ingredients

4 salmon fillet portions, approximately 150 g each

1 head of broccoli

A handful of chopped dill

Zest of 2 lemons

25 g of plain flour

2 eggs

20 g of breadcrumbs

4 spring onions, chopped

Lemon wedges, sprig of parsley and side salad or mushy peas to garnish

#### Method

- Cook the broccoli florets. Blitz the raw salmon and cooked broccoli to combine. Transfer to a separate bowl and add the spring onion, dill and zest of one lemon.
- Mix thoroughly and divide the mixture into eight balls then shape into fishcakes. Chill in the fridge for about 30 mins to firm up.
- Combine the remaining lemon zest with breadcrumbs and then coat the fishcakes using the flour, egg and breadcrumbs.
- Very lightly spray the fishcakes with a little olive oil and bake in oven at 220°C until golden brown and cooked through (approximately 15 mins).
- Garnish with lemon wedges and a sprig of parsley, and serve with a healthy side like homemade mushy peas or a mixed salad.

## Sowing the seeds



## Marie Trust makes a difference

The Marie Trust is a homeless day centre in Glasgow providing frontline services for individuals affected by homelessness, addiction, mental health problems and offending behaviour. The trust works with the most excluded individuals within society, providing a wide range of services to meet the needs of people who are affected by poverty and disadvantage. It recently achieved the prestigious healthy living award Plus in its not-for-profit cafe.

Frances McKinlay, who leads the STEP (Skills Development, Training and Employability Project) work at The Marie Trust, explains: 'We deliver a training kitchen for our users, and offer training in all aspects of kitchen work. The opportunities to gain work experience and qualifications are extremely valuable in assisting with future employment.'

After gaining funding to employ a dietitian in 2016, the trust made the decision to achieve the prestigious HLA Plus award. Frances says: 'A lot of people use the cafe on a daily basis and this could be their main meal of the day. We had some opposition from people in the centre wanting to keep the menus as they were but we have a duty to ensure that what people are eating here at The Marie Trust is healthy, nutritious and will benefit their wellbeing.'

Frances describes the benefits that working with the award has brought: 'It's been great for our team, volunteers and cafe users to develop increased awareness of the links between diet and health. The people who use the cafe service often don't have much choice when it comes to food, due to budgeting on a limited income and often relying on donations, so developing our service to ensure that each person can get a cheap healthy meal here at the centre is a real bonus.'

Frances explains: 'We want people to take an interest in their own health and try new recipes and give us feedback. Food has always been used as a way of engaging with people. Healthy food doesn't just mean salad, you can make a hearty, healthy meal and still meet the guidelines of the healthy living award Plus.'

She adds: 'This is possibly the best thing we could have done for people who come to the centre with regards the development of our volunteers in the kitchen and the menus we now offer. I am really proud of the team and their commitment to making the centre a better place for people who come here.'

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

## 60-second microbites



### Sodexo at OKI

OKI at Cumbernauld is one of our longest continuous healthy living award holders, having been part of the initial pilot process in early 2006. Anna Collins, Sodexo unit manager for OKI, feeds around 150 people each day for breakfast and lunch service.

#### Q. What are your main reasons for staying with the award?

A. We feel it is important to offer the customer a balanced and healthy alternative choice.

#### Q. Do you feel that achieving the award has been worthwhile?

A. Yes, achieving the award helps us to promote healthier eating to our customers and staff.

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

A. The award shows our customers that we are committed to offering and promoting healthier eating through our menus.

#### Q. Any other information or promotions that you wish to tell us about?

A. We deliver a range of seasonal healthy options in our site such as undressed salads, fresh fruit and low-fat ingredients, and always use healthier cooking methods.

## Dates for your diary

National Asparagus Month  
May 2018

Create some healthy and seasonal asparagus recipes.

[www.britishasparagus.com](http://www.britishasparagus.com)

National Vegetarian Week  
14–20 May

Go to the website to order free resources to support your event.

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

British Sandwich Week  
20–26 May

[www.britishsandwichweek.com](http://www.britishsandwichweek.com)

British Nutrition Foundation  
healthy eating week  
11–15 June

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

#### Summer of sport

Celebrate this summer's sporting events, such as Wimbledon, the European Championships and the World Cup, by creating exciting, healthy themed menus.

Some of these events could be used to highlight healthier eating messages and therefore count as one of your annual promotional events.



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