

coretalk



healthy living award
the sign of healthier food

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Welcome to coretalk

The future's looking bright for the **healthy living award**, and you can read below about our plans to make even more of an impact across Scotland.

We have a wide and varied range of catering businesses and organisations on board, and are always delighted to receive enquiries and registrations from all types of food outlet. In this issue read about a charity that is going all out to promote healthier food to the people eating in its café.

We've launched a helpful staff training resource for caterers working towards the award, and you can read more about it on page four.

As well as our website we now have a Facebook page where you can keep up to date with all that's going on, and share your own news and comments with us. Be sure to take a look at www.facebook.com/HealthyLivingAward.

What's cooking?

healthy living award plans to build on success

Over the last six years the **healthy living award** has gone from strength to strength, seeing many 'firsts' and a number of constructive changes along the way.

Back in 2006, six varied catering establishments from the borders to the highlands became the very first award winners. Today nearly a quarter of a million people a day are able to eat healthily when they visit one of our award holding sites all across Scotland.

The Scottish Government recognises the impact the award is having, and has given its vote of confidence by committing to a further phase of funding for the award.

A business plan which ties in with several of the Scottish Government's national outcomes has been approved. Under this plan we will be concentrating our efforts on clearly defined programmes of work.



What's cooking? (Continued)

These include:

- Building on our links with contract caterers
- Promoting the award to the public sector, especially local authorities and the NHS
- Promoting the award to colleges and universities
- Making the award more accessible to the general public by involving food service outlets on the high street
- Exploring ways of reaching all population groups across Scotland, including those in lower income communities

We will also renew our efforts to raise awareness and promote the award to all eligible catering sectors, as well as consumers and stakeholders. This will be helped by further developing our website and **coretalk** newsletter, as well as through advertising, PR work and exhibiting at local and national events.

In addition we intend to build on our links with national and local agencies and other relevant initiatives, working together to achieve our aims.

All of this will take place alongside helping and supporting all registered businesses to achieve or renew their awards, and welcoming applications from all eligible catering outlets. We will also continue to regularly review the award criteria and procedures.

The business plan going forward is exciting, challenging and should make a real difference to the **healthyliving award's** place in the catering sector in Scotland for years to come.

Nibbles

Top marks for Jo at the Catering in Scotland Excellence Awards

healthyliving award holder Entier and the team at Robert Gordon's College in Aberdeen were celebrating after winning the Healthier Scotland category at the prestigious CIS Excellence Awards in May.

This award acknowledges Entier's commitment to providing and supporting healthy eating at the school. Jo Watson, Entier's unit manager, has worked tirelessly to improve the choice and variety of food available, allowing the 900 pupils to eat healthily while still enjoying the food they love.

The CIS Excellence Awards recognise the finest of Scotland's talent from the catering, hospitality and tourism industries across the country. The Healthier Scotland category was sponsored by the **healthyliving award** in association with Healthier Scotland.



Healthyliving award's Claire Brown, Jo Watson of Entier and Shereen Nanjiani who hosted the awards

News bites

Food standards body for Scotland

Scottish Ministers have agreed to create a new Scottish body for food safety, food standards, nutrition, food labelling and meat inspection.

The move follows the recommendations of the Scudamore review, which was commissioned by the Scottish Government. This followed the UK Government's decision in 2010 to move responsibility for nutrition and food labelling in England from the Food Standards Agency to the Department of Health and the Department of Environment, Food and Rural Affairs.

Public Health Minister Michael Matheson said:

"The changes in England removed significant capacity in the FSA's nutrition and labelling functions for Scotland and needed to be addressed. I thank Professor Jim Scudamore and his colleagues for their months of work to develop this comprehensive report which we have been considering since publication in April.

"We have accepted all their recommendations. A new body will allow a Scottish approach to be taken to tackle poor diet and food-borne diseases and should support our food and drink industry in growing its strong, international reputation for safe, quality food.

"The new body will be at arms-length from the Scottish Government. The body will encompass nutrition and labelling policy, and meat inspection policy and operational delivery, in addition to food safety and standards. We will establish a new body which is independent, evidence-based, consumer-focused and transparent.

"Creating a new Scottish Food Standards body will require primary legislation, and we plan to consult on options before end of this year."

Marieke Dwarshuis, Senior Director of Consumer Focus Scotland, said:

"We are pleased that this new Scottish body is intended to be transparent and consumer focused and we look forward to seeing the detailed proposals on how it will carry out its vital roles."

Table talk

Community Food & Health (Scotland) annual networking conference

The CFHS annual networking conference will take place at the Grand Central Hotel, Glasgow on Wednesday 7 November. This event will bring together everyone who has a role or interest in community food and health activity that addresses health inequalities in Scotland. The conference theme will focus on practical examples of how national policies around food and health are being delivered at local level.

The day will include a programme of workshops, speakers, networking and discussion opportunities. Booking forms and programme information will be sent out early in September.

To make sure you don't miss out, sign up to receive the CFHS e-bulletin by visiting www.communityfoodandhealth.org.uk/contact-us.



Tasty morsels

New staff training presentation now on the website

The members' area of the **healthyliving award** website is open to all award holders as well as businesses and organisations who have registered for the award. Have you visited yet?

When you log in you'll be able to access a whole range of resources and information to help you gain and maintain the award.

The latest feature just added is our new training guide for all catering staff. This PowerPoint presentation gets across all the essential information about the award conditions in an appealing and captivating way.

With lots of bright illustrations, it encourages staff to think about healthy eating by posing a series of questions, as well as informing them about the award.

For your site to gain the award, both kitchen and front-of-house staff must be aware of the **healthyliving award** and the healthier catering practices you are using. So make sure all your staff get the chance to watch the presentation as part of their initial induction, as well as making it a part of your ongoing staff training programme.

You can find the guide in the staff training section of the members' area at www.healthylivingaward.co.uk, using the login details sent to you when you registered. Haven't got a login? Register now at www.healthylivingaward.co.uk/caterers/register-today.



A flavour of ...

Pineapple chicken parcels – serves 4

Recipe courtesy of Rachel House, Children's Hospice Association Scotland

Ingredients:

4 medium chicken breasts
Good pinch ground ginger
Good pinch garlic powder
2 spring onions, sliced
8 rings red pepper
4 rings pineapple (canned in unsweetened juice), drained
Small amount of light soy sauce

Method:

1. Cut 4 large squares of foil and place a chicken breast on each.
2. Sprinkle with ginger and garlic powder.
3. Scatter the spring onions over the chicken, then top each with 2 rings of red pepper and 1 ring of pineapple and sprinkle with a little soy sauce.
4. Wrap the foil around the chicken and cook at 200°C for 20-25 minutes.
5. Serve with boiled rice and a selection of vegetables.

If you have a healthy recipe to share, please send it in to coretalk@healthylivingaward.co.uk

www.healthylivingaward.co.uk



Sowing the seeds

Promoting healthy eating for all

TouchBase, in Glasgow's Kinning Park, is an exciting and innovative resource centre for disabled children, young people and adults. Run by the charity Sense Scotland, the facility offers support throughout the day as well as visual arts, drama and music facilities and sessions, and a range of fully accessible meeting rooms.

The TouchBase café, which has held the **healthyliving award** since not long after its opening in 2008, resides in a bright and airy courtyard within the centre. As well

as catering for the people who use the day resources and their families, it's also open to the local community and attracts a number of regular customers from the surrounding offices.

Catering Manager Chris Oxley has been running the café for the past two and a half years. With 25 years experience in the restaurant business, he is now delighted to have the opportunity of making a difference by working for Sense Scotland.

Chris told us about some of the changes he has introduced since taking over at the café. He explained: "We have a varied menu with a range of daily specials. Most of our menu is made up of fresh food, and very little is processed or bought-in."

"We try and run a healthy promotion day every week. For example, we did a fish promotion recently where our trainee chef gave an introduction to healthier methods of cooking; showing how to poach rather than fry the fish.

"We'll also do fruit promotions where we buy in exotic fruits such as watermelon and lychees, to encourage the people we support and customers to try different fruits."

"In August we plan to have a focus on healthy cooking, when we'll give cookery demonstrations and invite local suppliers along. We've had great support from local companies in the past, and they've provided products such as smoothies and healthier snack bars."

Chris and his team are doing a fantastic job at the TouchBase Café, and with so many imaginative promotions going on they are an inspiration to caterers everywhere!

Sense Scotland works with children, young people and adults who have communication support needs because of deafblindness, sensory impairment, learning and physical disabilities. To find out more about the charity phone 0141 429 0294 or visit

www.sensescotland.org.uk



Manager Chris Oxley (left) and the TouchBase Café catering team

60 second microbites

Ann Houston is the owner of Breadwinners, a café in Rutherglen. Opened in 2009, Breadwinners is based on providing a choice of freshly prepared, healthy food. We asked Ann what she thought of the award and how it has benefited her business.



Q. What were your main reasons for applying for the healthy living award?

A. To encourage healthy options and provide a choice for my customers, ensuring confidence that their food is made with their health as the main concern.

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

A. Yes, I have promoted this on my website and facebook account and have put the logo on show.

Q. Would you recommend the healthy living award to other caterers?

A. I would recommend, no problem. I feel this can enhance any caterer's business.

Dates for your diary

Scottish Food & Drink Fortnight

1 – 16 September
www.scottishfoodanddrinkfortnight.co.uk

World Heart Day

29 September
www.world-heart-federation.org

National Curry Week

8 – 14 October
www.nationaleatingoutweek.com

Apple Day

21 October
www.commonground.org.uk

Community Food & Health (Scotland) annual networking conference


7 November
www.communityfoodandhealth.org.uk



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