

# coretalk



**healthy living**  
**award**  
the sign of healthier food

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## coretalk comes of age

Welcome to the 21st issue of **coretalk**. With 650 establishments across Scotland currently holding the award, we have seen a huge increase on the 15 we reported in our first issue five years ago.

NHS catering has undergone a revolution in the last few years, with almost all NHS staff and visitor dining rooms now holding the **healthy living award**. Read in our Tasty Morsels section how that will be extended to private and voluntary caterers in NHS sites as well. And on the back page you can read how one voluntary organisation in an Edinburgh hospital has already benefited from the award.

You can also read news about an upcoming conference and a workplace trial that both aim to impact positively on Scotland's health, and about a college that is already doing so.

And for a delicious taste of healthy eating, try our easy recipe for a warming winter soup.

## What's cooking?

### New resources coming your way

January has seen a flurry of activity as we have been organising the distribution of brand new resources to over 1000 award holders and registered businesses. If you have registered with us and have not yet received your box of goodies it should be arriving very soon.

When you open up the box you'll find a whole range of bright new materials, including posters, leaflets, tent cards and wobblers, to replace those you've been displaying in your premises up to now.

You'll also find a booklet explaining all the changes that have been made to the criteria. Most of the changes relate to the way in which you can promote healthy eating to your customers.

Remember that you can no longer use the apple symbol to highlight healthier choices on the menu. This change took effect at the start of 2012 as a result of new EU legislation designed to protect consumers from potentially misleading health claims.



## What's cooking? (Continued)

As soon as you can, please read through the booklet and make the necessary changes. You will be assessed on these new criteria at your next assessment or quality assurance visit.

Remember that 50 per cent of the food items you serve must still be **healthyliving** items (70 per cent for *plus* award holders), although you can no longer highlight them as such to your customers. The booklet gives lots of practical advice on alternative ways to promote healthy eating.

The **healthyliving award** will continue to be the sign of healthier food, so you can still display the award logo in your premises as long as it's not beside any particular food items. The logo lets customers know that you hold the award or are working towards it, and that you always serve food made with their health in mind.

To back up the new resources and make life a little easier for caterers, we are re-developing our website. The new website will include a members' area, where registered caterers will be able to log in to gain access to resources, latest updates and a whole range of support materials. Look out for the launch within the next few weeks.



## Nibbles

### Food Safety & Nutrition Live

**Wednesday 14 March 2012, Glasgow Royal Concert Hall**

This national one day conference will cover a range of 'hot topics' and provide you with the latest information and practical advice on food safety and nutrition within the catering setting. The conference will be ideal for caterers from throughout Scotland as well as other professionals with an interest in catering and food safety.

This event is organised by Medica CPD in association with The Food Standards Agency, REHIS, The University of Glasgow, Cordia, Glasgow Life, **healthyliving award**, Hospital Caterers Association, National Association of Care Catering and Catering in Scotland magazine.

For a conference leaflet or to book, contact:

Online – [www.medicacpd.com](http://www.medicacpd.com)

Email – [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com) or [riikka@medicacpd.com](mailto:riikka@medicacpd.com)

Telephone – 0141 270 8098 or 07966 561474 / 07967 479152

## News bites

### Workplace restaurant healthier options trial

By John Mooney<sup>1</sup> and Dionne Mackison<sup>2</sup>

<sup>1</sup>Scottish Collaboration for Public Health Research and Policy;

<sup>2</sup>Centre for Public Health Nutrition Research, University of Dundee

Increasing consumption of healthier meal options is a challenge that many caterers face. There is good evidence from published work in other countries that pricing discounts for healthier meals can be one way to encourage consumers to select healthy choices. However, the practical ways in which incentives might be used and what impact they have remains to be tested in Scottish worksites.

A new feasibility study funded by the Scottish Collaboration for Public Health Research and Policy will explore ways that incentives might be used. The project will proceed in three phases:

1. For each participating site, the researchers will explore with on-site caterers and staff representatives which pricing/promotion incentives would be most suitable to use in their workplace.
2. Once the design has been agreed for the 12 week intervention, consenting patrons of the workplace restaurant will receive brief pre and post-trial questionnaires covering their expectations, impressions and perceptions of the promotion.
3. Data will be collated for the sales of the healthier options, and the feedback from the questionnaires will be used to organise focus-group discussions about which aspects were felt to work well and which could have been improved.

Throughout the project the emphasis will be on obtaining insights from both catering staff and employees on what works best as a means of incentivising healthier options in workplace restaurants. The lessons learned are likely to have major implications for all those concerned with trying to improve dietary choices in general and for worksites in particular. This is an area that is recognised as having increasing importance in public health and the results will be of widespread national and international interest.

If you are interested in learning more about the study or have experiences of similar interventions in your own catering facility, then we would love to hear from you (on **01382 496444** or **d.z.mackison@dundee.ac.uk**).

## Table talk

### One step at a time leads to success

One of the most remote of our recent award winners is Scourie Guest House in Sutherland. When owners Ken and Madeline Stephen first received the starter pack they waited for a quiet time to sit down and go through the guidance together. Ken explained: "We just took it step by step. It was really not difficult, and we could always email the **healthyliving award** team with any queries we had."

Their commitment has paid off as their guests can now be assured of healthier menus as well as a great place to stay.

[www.scourieguesthouse.btinternet.co.uk](http://www.scourieguesthouse.btinternet.co.uk)

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



## Tasty morsels

### Making every healthcare contact count

*By Leigh Edwardson, Directorate for Health and Healthcare Improvement, Scottish Government*

Health promotion in acute care settings offers a significant opportunity to improve health and wellbeing and reduce health inequalities. By taking a Health Promoting Health Service (HPHS) approach where 'every healthcare contact is a health improvement opportunity', we can help to create a step change in health and well-being, shifting the focus more toward prevention rather than simply treatment of illness.

A new Chief Executive Letter (CEL) issued last month sets out specific health promotion actions to support health improvement in all hospital settings including community hospitals and maternity units. This first CEL of 2012 extends the aspirations and range of actions set out in CEL 14 (2008) and sets out specified actions covering a range of topic areas including: Smoking, Alcohol, Food and Health, Healthy Working Lives, and Physical Activity.

Actions in respect of Food and Health focus on developing a consistent approach to healthy eating for all food service providers across the NHS, including private and voluntary sector operators. Looking ahead, caterers will be required to follow **healthyliving award** criteria at the point of contract (re)negotiation. Where no contract exists, an implementation plan for the caterer's registration to the **healthyliving award** will need to be agreed. These steps build on CEL 14 (2008) action for the successful introduction of the **healthyliving award** for NHS canteens.

For full details, the CEL is available at: [www.sehd.scot.nhs.uk/mels/CEL2012\\_01.pdf](http://www.sehd.scot.nhs.uk/mels/CEL2012_01.pdf)

Further HPHS information and support is available at:

<http://www.knowledge.scot.nhs.uk/home/portals-and-topics/health-improvement/hphs.aspx>

## A flavour of ...

### Curried parsnip and apple soup – serves 6

**Recipe courtesy of Anita Peggie, Sir Walter Raleigh Hot Potato Company**

#### Ingredients:

1 heaped teaspoon coriander seeds  
1 heaped teaspoon cumin seeds  
6 whole cardamom pods (seeds only)  
A little rapeseed oil  
2 medium onions, chopped  
2 cloves garlic, chopped  
1 heaped teaspoon turmeric  
1 heaped teaspoon ground ginger  
700g parsnips, diced  
1 litre vegetable stock  
1 medium Bramley apple  
A little black pepper

#### Method:

1. Dry roast coriander, cumin and cardamom. Crush with mortar and pestle.
2. Soften onions in a minimal amount of oil. Add garlic and cook for 2 minutes.
3. Add all spices. Cook gently for a few minutes.
4. Add diced parsnips. Add stock.
5. Simmer for 1 hour.
6. Allow to cool slightly, then blend until smooth.
7. Peel and grate the apple and add to the soup.
8. Check for seasoning (it shouldn't need more than a twist of black pepper).





## Sowing the seeds

### Kaleidoscope transforms the pattern of student eating

Students are not usually renowned for the quality of their eating habits, but colleges and universities across the country are turning that perception on its head, as more and more of them are making it easier for students to eat healthily.

Kilmarnock College is one of the most recent to have gained the **healthyliving award**, for its Kaleidoscope Café in the main campus as well as the café within the Centre of Sporting Excellence.

Having already achieved the **healthyliving award** in previous posts, Catering Services Leader at the College, David Wright, decided that he wanted to gain this recognition for the College.

David said: "Our Principal, Heather Dunk, is very health conscious and wanted to encourage healthier eating throughout the College. When I started here 18 months ago, we took the decision to change dishes such as chips and cheese and curry sauce and offer healthier alternatives."

The College attracts a diverse range of students from school leavers to adult returners. Although within close walking distance of the town centre, many students choose to stay on campus for lunch, and so are able to take advantage of the variety of healthy food options available.

David added: "We promote our menus around the College on the plasma screens and within the designated eating areas. We focus on giving students the option to make healthier choices when it comes to food by actively promoting the healthy ingredients used in the meals. We also run regular promotions such as free bottles of water and free fruit which have proven very successful.

"The staff are really supportive and also promote our healthy eating messages. We now have many more students using the salad bar and asking for a healthy option when choosing their meals.

"Gaining the **healthyliving award** has been a great boost to my whole team and we now feel that we've made a real difference to the College."

And with a growing recognition that pupils in schools are eating much more healthily than in the past, colleges like Kilmarnock are making a real difference to Scotland's health by giving their students the chance to carry that learning process right through into adulthood.



*Kilmarnock College staff (from left): Rossanne McCrorie – Cook, David Wright – Catering Services Leader, Jane McKie – Director of Organisational Development, Ann McHarrie – Cook*

## 60 second microbites

### Liberton goes bananas!

Ian Morrison is Local Services Manager for the WRVS shop and café at Liberton Hospital in Edinburgh. We asked him how he felt about gaining the **healthyliving award**:



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

A. Everyone thought it would be a good idea, and as healthy eating is now in the forefront of the media, we said why not?

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

A. Yes, we are delighted that we won the award now hanging on our wall. We are now selling ten dozen bananas per week. Previously none!

**Q. Would you recommend the healthyliving award to other caterers?**

A. Yes, we have already told our other projects to go for it!

### Dates for your diary

#### National Heart Month – Red for Heart

February

[www.bhf.org.uk/red](http://www.bhf.org.uk/red)

#### National Food & Drink Conference

7 March

Perth Concert Hall

[www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/national-strategy/Conference2012](http://www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/national-strategy/Conference2012)

#### CIS Excellence awards

24 May

Hilton, Glasgow

nominations close 9 March

[www.cis-excellenceawards.com](http://www.cis-excellenceawards.com)

#### Food & Nutrition Live 2012

14 March

Glasgow Royal Concert Hall

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

#### Salt awareness week 2012

26 March – 1 April

[www.actiononsalt.org.uk/awareness](http://www.actiononsalt.org.uk/awareness)



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