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## Welcome to coretalk

We're excited this month to have reached the milestone of our 2000th registration! This demonstrates the continuing growth of interest in the **healthy living award** from businesses and organisations across Scotland. We are delighted to welcome them all to the **healthy living award** family.

We've got a busy few weeks ahead in the run up to our transfer to a new host organisation – read more about this on page 2.

Catch up with us at The Gathering, where we'll be sharing a stand with our colleagues from Community Food and Health (Scotland), or come and see us at ScotHot, where all the major players in the Scottish catering and hospitality sector will be getting together. You'll find more details on both these events in 'Dates for your diary' on the back page.

With all the recent media attention on food waste, read how Zero Waste Scotland is supporting food service businesses to reduce waste and recycle more. And you can also read how one leisure centre is helping its users to integrate healthy eating with active living.

## What's cooking?

### Celebrating and showcasing the healthy living award

The spectacular setting of the Falkirk Wheel Visitor Centre played host to our annual award ceremony in November. The ceremony was hosted by broadcaster and journalist Stephen Jardine, and TV chef Nick Nairn was also on hand to congratulate the award holders and inspire them with his passion for making the most of our superb healthy Scottish produce.

Michael Matheson, Scottish Government Minister for Public Health, took time to attend the morning session. After addressing the audience he took part in a lively question and answer session with Nick Nairn and members of the audience.

As well as the award holders who attended on the day, the ceremony honoured all those who have achieved the award – many for the second, third and even fourth time.



## What's cooking? (Continued)

Videos of three long-standing award holders were showcased on the day, illustrating how the award has made a difference to their customers and to their businesses. The video clips are available to view on our YouTube channel at [www.youtube.com/user/healthylivingaward](http://www.youtube.com/user/healthylivingaward).

People who attended enjoyed the chance to network with other caterers and hear about the range of award holders, large and small - and many who had attended previous award ceremonies agreed that it was the best ever!



*Some of our award winners who received their certificates at the ceremony*

Coming up – come and see us at ScotHot at the SECC in Glasgow from 4-6 March. ScotHot is the must-attend event for the Scottish hospitality, tourism and catering industry. We'll be on stand 4350, so be sure to drop by and say hello. Register at [www.scotthot.co.uk](http://www.scotthot.co.uk) for free entry.

And the **healthy living award** is once again sponsoring the Healthier Scotland category at the CIS Excellence Awards. As this is the tenth anniversary year it's set to be an event to remember. Nominations close 8 March, so check the details at [www.cis-excellenceawards.com](http://www.cis-excellenceawards.com) and get your entries in without delay.

## Nibbles

### We're moving to NHS Health Scotland

As many of you will be aware, our host organisation, Consumer Focus Scotland, is to be restructured to be the voice for consumers on energy, post and water issues. As a result, from 1 April 2013 the **healthy living award** will become part of NHS Health Scotland, Scotland's health improvement agency with a remit to reduce health inequalities across the country.

Following the move to NHS Health Scotland, the award aims to be business as usual. Having secured funding for the award until at least 2015, our priorities will continue to be supporting the needs of our award holders and applicants and to extending the reach of the award across Scotland, making it easier for everyone to access healthier food when eating out of the home. The **healthy living award** team will continue to be based in Glasgow and contact details will be forwarded in due course.

For more information on the work of NHS Health Scotland, see our website or visit [www.healthscotland.com](http://www.healthscotland.com).

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

## News bites

### Working together to reduce food waste

*By Chloe Bellany, Zero Waste Scotland*

The Scottish hospitality sector disposes of an estimated 53,500 tonnes of food waste annually, two-thirds of which could have been eaten. The cost of purchasing and disposing of this food waste could be costing businesses up to £1,800 a tonne.

However, by changing your perception of waste, from a problem to be dealt with to a resource with real value, the cost of landfill tax could be reduced, and instead profit from the sale of high quality recyclable materials.



The Hospitality and Food Service Agreement is a voluntary agreement, delivered in Scotland by Zero Waste Scotland, which aims to support the sector in working together to reduce food and associated packaging waste, and increase recycling rates.

Working towards these targets can significantly benefit the bottom line by reducing costs and using fewer resources. Simple steps like reducing portion sizes or finding new uses for leftover ingredients can lead to real savings.

And signing up to the agreement won't just save money; it can also help prepare you for the implementation of the new Waste (Scotland) Regulations. Coming into play next year, the regulations will require all businesses in Scotland to separate key recyclable materials – paper and card, plastics, metals and glass – for recycling by 1 January 2014. And for businesses in food production, preparation or retail, a separate food waste collection will also be required – for those producing over 50kg per week, this will be required from 1 January 2014; with those producing 5-50kg per week asked to follow suit by 1 January 2016.

For information on how to sign up to the Hospitality and Food Service Agreement, as well as information about other free support and assistance Zero Waste Scotland can offer to businesses in the sector, visit [www.zerowastescotland.org.uk/hospitality](http://www.zerowastescotland.org.uk/hospitality)

## Table talk

### CiS magazine launches all-new website

In an effort to reach a larger proportion of Scotland's catering, hospitality and tourism organisations and customers, and in anticipation of the digital future of trade publications, Catering in Scotland is launching a brand-new, all-encompassing website for the collective Scottish hospitality sector and its consumers.

The new portal will bring together the entire sector in one comprehensive, easy-to-navigate online destination, complete with a mobile-responsive mini-site for information on the move.

And continuing the long-standing partnership with the **healthyliving award**, the new [cateringinscotland.com](http://cateringinscotland.com) will feature a dedicated Healthy Living section, complete with profile, latest news and upcoming events, recent videos, information on applying for the award, and case studies of **healthyliving award** recipients.

The new website will be online from mid-February 2013 at [www.cateringinscotland.com](http://www.cateringinscotland.com)

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

## Tasty morsels

### Keeping in touch with the healthy living award

As a caterer working towards the award, we will call you regularly to make sure you are happy working through the criteria and to answer any queries you may have.

But there are also lots of ways for you to keep in touch with us, both whilst working towards the award, and once you have achieved it.

Firstly there's our website, and in particular the members' area, where you can keep up with all the latest information, download resources and update your contact details if these should change.



We're also on Facebook and Twitter, so join us there to say hello, share your news and join in the discussion.

Finally, remember you can call or email us with any queries or comments you may have – we're always delighted to hear from you.

Our new call-to-action cards have been developed to make it easy for customers to tell us about places they think might meet the award criteria, using a freepost reply. We are also using the cards to encourage new businesses to request more information about the award - the card includes a tear off section specifically for this purpose.

All our contact details are on the back page, so be sure to keep in touch.

## A flavour of ...

### Spring green minestrone – Serves 4 to 6

Recipe courtesy of En Croute Catering Ltd, Glasgow

#### Ingredients:

400g broad beans in the pod  
200g baby leeks  
200g spring onions  
200g courgettes  
2 x 400g cans flageolet beans  
200g peas  
1 litre vegetable stock (homemade or reduced salt if possible)  
25g chives  
a handful parsley  
Minimal amount of olive oil  
A little grated parmesan, to serve (optional)

#### Method:

1. Take the broad beans out of their skin and then blanch in boiling water.
2. Thickly slice the leeks at an angle, thinly slice the spring onions and cook them in a saucepan, with a minimal amount of olive oil, on a low heat, so you are softening them and not frying them. You want them to be tender, but they shouldn't brown.
3. Cut the courgettes into 1 inch thick slices and then quarter these.
4. When the leeks and onions are soft and still a vibrant green, add the courgettes, the beans, peas and then the stock.
5. Bring to the boil, turn down to a simmer.
6. Add the chives, cut into ¼ inch lengths.
7. Roughly chop the parsley and stir into the soup.
8. Season with black pepper and offer a little parmesan to serve.

*Try serving with crusty bread.*





## Sowing the seeds

### Healthy Lifestyles for Lanarkshire leisure centre

A healthy lifestyle is not just about healthy eating – keeping active is also vital. For the people of Lanark it's easy for the two to go hand in hand, as the town's Lifestyles leisure centre café has recently been awarded the **healthyliving award**.



*Claire Andrew (centre) and staff at Lanark Lifestyles*

The centre is run by South Lanarkshire Leisure and Culture Ltd, which operates a wide range of facilities on behalf of South Lanarkshire Council. It boasts a swimming pool, gym and health suite as well as a huge range of fitness classes and activities for all ages.

Duty Officer Claire Andrew explained how they found the process of going for the **healthyliving award**: “It was interesting, as it made us look at everything we had on the menu, what we did already and what we didn't do. We were surprised to find that we were doing quite a lot of the right things already, without realising it.

“The support we received from the **healthyliving award** team whilst working towards the award was second to none. Any queries we had were answered promptly – no question was too big or too small.

“As we don't do a lot of actual cooking, most of the work was in changing to healthier products. It gave us scope to plan our menu and introduce a better variety.

“We have never served chips as there are so many different options that are healthier, such as baked potatoes. There are several chip shops in the local area but customers still choose to come to our café instead, so they obviously prefer what we are offering.”

Claire told us about some of the ways they get the healthy eating message across to customers: “Last summer we held an Olympic raffle – for every piece of fruit purchased, customers were entered into a raffle to win Olympic mascots. We increased our fruit sales by at least fifty per cent, and this has had a lasting effect on our sales of fruit.

And what does the award mean to Claire and her staff? “Gaining the **healthyliving award** has been a big achievement and we are all very proud of ourselves. It has motivated the staff and encouraged creative thinking, and we see this as just the start – we are keen to work towards doing even more to help our customers to live healthier lifestyles.”

## 60 second microbites

Fresh is a takeaway food outlet in Greenock owned by Stepwell, an innovative social enterprise company. We asked Manager Denise McCartney about her experience of going for the **healthy living award**.



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

A. To highlight our focus as a company on healthy living, to be better placed for local authority catering opportunities and to raise customer awareness of the options we have available.

**Q. What has achieving the award meant to your business?**

A. We were really pleased to achieve the award and display it in our premises. It has given us a talking point to chat to our customers.

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

A. As a company, promoting healthy living is at the core of what we already do, but the **healthy living award** gave us a focus and enabled us to communicate that message in a clearer way and gain recognition through the award for what we offer our customer base.

## Dates for your diary

**The Gathering  
SECC Glasgow**  
27 – 28 February  
[www.gatherscotland.org.uk](http://www.gatherscotland.org.uk)  
Visit us on Stand 109

**ScotHot  
SECC Glasgow**  
4 – 6 March  
[www.scotshot.co.uk](http://www.scotshot.co.uk)  
Come and see us on Stand 4350

**CIS Excellence Awards**  
Nominations close 8 March  
[www.cis-excellenceawards.com](http://www.cis-excellenceawards.com)



For up-coming dates that could tie in well with healthy eating promotions please check the promotions calendar on our website:  
[www.healthylivingaward.co.uk/members-area/marketing-and-promotion](http://www.healthylivingaward.co.uk/members-area/marketing-and-promotion)

And remember, the **healthy living award** will be transferring from Consumer Focus Scotland to NHS Health Scotland on **1 April 2013** – details to follow.



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

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