

coretalk



healthy living award
the sign of healthier food



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Welcome to coretalk

We wish everyone a healthy and happy New Year, and what a year we expect it to be. Scotland will welcome the world to join in the homecoming celebrations throughout the year as well as hosting both the Commonwealth Games and Ryder Cup. Over recent months we have been working with the Commonwealth Games Official Committee with regard to catering in official venues and promoting the award to local businesses, find out more below.

We have been working in partnership with the Healthy Working Lives award and encourage you to have a look at the services they offer. If the long evenings affect your mood in the winter, the MIND food guide may offer some valuable advice. On page 5 read all about the inspirational kebab takeaway in Oban that has achieved the award.

What's cooking?

Embracing the Commonwealth Games

The **healthy living award** has been given official status as a Glasgow 2014 Commonwealth Games (CWG) National Legacy Project. The award will play its part in delivering a lasting legacy for the whole of Scotland and maximising on the opportunities before, during and after the Games to make it easier for people to eat healthily when eating out.



What's cooking? (Continued)

We, along with other national agencies and bodies, have played an important role in the development of the Glasgow 2014's Games Food Charter. The Food Charter, launched at the end of November, provides guidance to suppliers, including caterers, to meet the standards that underpin Games commitments. One strand of this is healthy eating and the award will be working with the CWG official venues to encourage them to meet **healthyliving award** status in the run-up to the Games.

The award team will also be focusing on catering businesses around official venues and will be running an advertising and marketing campaign to encourage new businesses to register during January and February.

To further encourage local businesses to get involved, the team will be hosting a series of breakfast seminars. The aim is to encourage caterers in areas where people will be attending Commonwealth Games events this summer to register for a **healthyliving award**. Businesses that achieve an award around official CWG venues will be able to demonstrate their support to delivering a healthy legacy by using our dual branded materials, making it clear to their customers that they are embracing the Games.

'The **healthyliving award** team will be pulling out all the stops to make sure that people attending Commonwealth Games events next summer can easily find healthy food on their way to, from and inside the venues.'" Said Anne Lee, HLA Project Manager. 'We know that there are many catering establishments located near to Commonwealth Games venues which could easily achieve a **healthyliving award** and we'd like to recognise their commitment to serving customers healthy and nutritious food.'

Nibbles

Food enforcement does food endorsement

We have been working in partnership with Glasgow City Council Environment and Sustainability Service to promote the **healthyliving award** to Glasgow's catering businesses, and in particular those that are situated around the official venues and main transport hubs. We are working together to encourage caterers to embrace healthier catering and make it easier for their customers to eat healthily when eating out.

The Food Enforcement team has been highlighting the award to cafes, restaurants, workplaces and other catering businesses of all sizes as they carry out their routine food hygiene inspections. To be eligible to register for a **healthyliving award**, a business must first be registered with their local food enforcement team and have met basic food hygiene requirements, which equates to a pass rating in the Food Hygiene Information Scheme.

Contact us to register or find out more enquiries@healthylivingaward.co.uk

Newsbites

Food in MIND

Mental health charity, MIND, has produced a food guide explaining how different foods can significantly affect people's mental and emotional health. It describes: which foods can cause problems; which foods can help; why and how to change your diet for the better; and where to get help and advice.

Many people seek to take control of their mental health using self-help, and to find approaches they can use alongside, or even instead of, prescribed medication. One self-help strategy is to make changes to what we eat, and there is a growing interest in how food and nutrition can affect emotional and mental health.

There are many explanations for the cause-and-effect relationship between food and mood which are described in the booklet. These include: fluctuations in blood sugar levels; brain chemicals; reactions to artificial chemicals in foods; hypersensitivity; and low levels of vitamins, minerals and essential fatty acids.

The booklet can be downloaded from the MIND website at www.mind.org.uk/media/7498/mind-guide-to-food-and-mood-2010.pdf

Other advice on mental health is available on the Information and Advice page of the MIND website at www.mind.org.uk/information-support People in Scotland can also find useful advice on mental health on the Scottish Association for Mental Health website at www.samh.org.uk

Please note: This guide is not endorsed by the **healthyliving award** and not necessarily in keeping with **healthyliving award** principles.



Table talk

Celebrating your achievement

Our award ceremony will be held in March at Scotland's national stadium and premier Commonwealth Games venue, Hampden Park in Glasgow.

Businesses that have achieved the award for the first time will be invited and can expect further information in due course. So, if you are working towards your first award and are close to completion, we recommend that you get in touch to book your assessment visit as soon as possible to ensure that you can be included in the award ceremony.

On the day we enjoy meeting chefs, cooks and managers face to face and really celebrating your achievement. We look forward to seeing many of our hard working clients on the day and hearing about your experiences.

Tasty morsels



Partnership working with Healthy Working Lives (HWL)

The **healthyliving award** and Healthy Working Lives award are working in partnership to promote both awards to businesses in Scotland.

The Healthy Working Lives award is a varied programme covering a wide list of health promotion and occupational health and safety topics open to employers of all sizes and in all employment sectors. The criteria cover topics such as: health and safety needs; raising awareness of healthy working lives; healthy eating, supporting staff attendance; mentally healthy workplaces; and health and the environment. There are three levels of Healthy Working Lives award – bronze, silver and gold – which are currently held by over 1000 employers across Scotland in both the public and the private sectors.

Teams of Healthy Working Lives advisers are based in each of the 14 geographical Health Boards across the country. They organise local training sessions and offer free workplace visits to small and medium-sized enterprise (SME) employers.

‘Although the healthy eating aspect of the Healthy Working Lives award is one part of a larger award programme it is compatible with the **healthyliving award**.’ said Lynne Galloway, Award Manager, Healthy Working Lives. ‘It is very straightforward for our silver award companies to adopt the criteria required for a **healthyliving award** and vice versa.

‘**Healthyliving award** holders have a great opportunity to take advantage of the free support, advice, resources and training that are offered to Healthy Working Lives award-registered companies.’

For more information on Healthy Working Lives, visit the website at www.healthyworkinglives.com or call their Adviceline free on **0800 019 2211**.

A flavour of...?

Chicken punjabi masala Recipe from Kebabish Curry House, Oban **Serves 4 people**

Ingredients

400g chicken breast pieces
½ onion - chopped
1 spring onion - chopped
1 fresh tomato
2 teaspoons ginger and garlic paste
½ teaspoon tomato puree
Green chilli to taste
1 teaspoon grated fresh ginger
Touch of turmeric powder, fenugreek and fresh coriander
1 tablespoon or less sunflower oil
1 tablespoon low fat yogurt

Method

- 1 Heat up the oil in a frying pan, then add the chopped onion, tomato puree, tomato, spring onion, ginger and garlic paste, turmeric powder, fenugreek, green chilli and half cup of water and cook until it softens.
- 2 Add the chicken and cook for 10 minutes.
- 3 Add ½ teaspoon fresh grated ginger, cook and stir well until it turns into gravy.
- 4 Add the yoghurt and fresh coriander and cook until oil appears on the gravy sauce.
- 5 Garnish with the remaining grated ginger, fresh coriander and chopped green chilli.
- 6 Serve with boiled rice or chapatti.

For more information on Kebabish Curry House, or other award holding businesses, visit www.healthylivingaward.co.uk/customers/healthy-eating-near-you

Sowing the seeds

Kebabish Curry House

Located in George Street in the heart of Oban, a short walk from the railway and bus station, Kebabish Curry House is one of the most recent **healthyliving award** winners. This award winning take away is the only Pakistani/Indian takeaway to hold the **healthyliving award** and one of only two takeaway businesses currently holding the award.

The owner, Mr Shaukat Chaudhry, and co-owner, Mr Hashmat Ali, were first made aware of the **healthyliving award** following the achievement of another prestigious award for food hygiene, the Eat Safe Award. Not content with holding an Eat Safe Award and the Best Take Away Award, Scottish Curry Awards for 2012 and 2013, they thought the **healthyliving award** would be a good opportunity to make a difference in their community.



Mr Chaudhry explained that the ethos and criteria for the award was in keeping with many of the catering practices they already undertook and so it was not especially difficult for him to make the changes required to meet the award guidelines.

'My Brother, Hashmat Ali, co-owner and in charge of preparation and cooking, always makes sure he cooks and serves the best quality, healthy and hygienic food he can to all our customers.'

The take away serves mouth-watering menu ranges, including classical dishes from India and Pakistan, with meats often being slow cooked or clay baked using locally sourced ingredients.

Of course some small changes did need to be made to ensure customers were being offered a healthier dish, including changing his cheese to a lower fat mozzarella, using only low-fat yoghurt and changing nan bread to a healthier chapatti. Keen to ensure that his customers understood what this meant to them, Mr Chaudhry has been proactive in communicating these healthier catering practices and ingredients to his customers using bright and eye-catching posters in the windows.

Mr Chaudhry hopes that achieving the **healthyliving award** will be good for business and his customers, he explained:

'I have advertised in the local press and on our Facebook page explaining what we have been doing and what changes we have made to ensure our food is healthier. There is great interest in this from our customers. People are interested to know the products we are using and are keen to buy healthier food.'

'Providing healthy food with high standards of food hygiene is important. I am optimistic that this will benefit the business and the community.'

If you live near the Oban area, why not visit this multi-award-winning business.

www.kebabishcurryhouse.com



60-second microbites



Capability Scotland's West Lane Gardens Resource Centre is a day centre that offers leisure and educational opportunities to adults with learning disabilities. Louise Murray, Support Worker, first heard about the award through the award's Real Radio campaign. We asked her about her experience of working towards and achieving a **healthyliving award**.

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

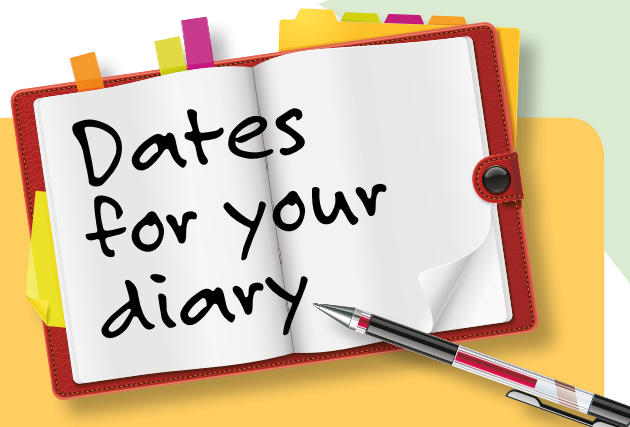
A. We wanted our service users to have more knowledge and information about healthier foods and to make better and cleverer food choices.

Q. Has working towards and achieving the award been worthwhile?

A. It has helped our service users be more informed about how healthy the food they eat is.

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

A. Yes, it has been very useful to us and I think it will benefit others



National Obesity Week
13–19 January 2014
www.noaw2014.org.uk

Farmhouse Breakfast Week
26 January – 1 February 2014
www.shakeupyourwakeup.com

Salt Awareness Week
10–16 March 2014
www.worldactiononsalt.com

All of the above events could be used to highlight healthier eating messages and therefore used as one of your annual promotional events.

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If you would like to be added to our newsletter mailing list, or you would prefer to receive **coretalk** in electronic format please contact us.

We are happy to consider requests for other languages or formats. Please contact 0131 536 5500 or email nhs.healthscotland-alternativeformats@nhs.net