



In this issue:

Action plan secures
the way forward for
healthyliving award

Update on health
claims regulation

Sustainable procurement:
a winning combination

Linlithgow B & B is
Scotland's healthiest

Pass it on - what your
customers really think

A flavour of ...
courgette cake

Sky's the limit for
home-grown produce

60 second microbites

Dates for your diary



Welcome to cōretalk

In this issue sustainability is very much to the fore, as we report on recently published guidance on sustainable procurement. Some of our award holders are embracing this wholeheartedly by growing their own fruit, vegetables and herbs; read about how one such catering team is getting back to the earth in their own polytunnel.

And if you're inspired to grow your own, or just looking for a novel way to use some seasonal produce, we have a fabulous recipe for courgette cake for you to try.

If you're looking forward to some great days out as summer approaches, we have some food-filled suggestions in our Dates for your diary section.

With over 600 businesses and organisations currently holding the **healthyliving award**, it's easier to find a healthy place to eat in most corners of Scotland. For a full list of award holders and lots more information about the award, remember to visit the website at www.healthylivingaward.co.uk.

What's cooking?

Action plan secures the way forward for healthyliving award

The Scottish Government has shown its commitment to the **healthyliving award** with the publication of the Obesity Route Map Action Plan. The award features prominently in the Action Plan, which sets out targets for the uptake of the award by both public and private sector caterers over the next three years.

The Action Plan and accompanying Indicators follow the publication of the Obesity Route Map last year, as reported in the November issue of **cōretalk**. The Action Plan reflects the direction of travel set out in the Obesity Route Map and highlights key milestones which will be monitored and updated on an ongoing basis. The Scottish Government will use the Action Plan as a means of determining progress in tackling obesity.

Through the Action Plan the Scottish Government states its commitment to working with Consumer Focus Scotland to extend the



What's cooking? (Continued)

healthyliving award to all caterers within public sector organisations, and also to have a stronger presence on the high street. It also recognises that the **healthyliving award plus** offers an opportunity to increase the ratio of healthy options on menus from participating caterers.

The **healthyliving award** is also included in the list of indicators that have been chosen to monitor progress of the Action Plan. Its inclusion recognises that increasing the number of establishments that hold the **healthyliving award** could have a high impact in improving diet across Scotland.

The award has already been achieved by more than 80 per cent of NHS catering sites, and around 48 per cent of eligible local authority sites have achieved, or are working towards, award status. The Action Plan sets challenging targets to increase the number of awards in these areas as well as the wider public sector, including further and higher education sites.

The focus remains on the public sector in setting an example of best practice. However all private sector employers with dining or cafeteria facilities will also be encouraged through the Action Plan to participate in the award.

For more information and to download the Action Plan and Indicators, visit the Scottish Government website at www.scotland.gov.uk/Topics/Health/health/healthyweight/plan.



Sites such as St Johns Hospital, Livingston, are leading the way

Nibbles

Update on health claims regulation

In the last issue of **coretalk** we reported on the changes to the award that are needed to keep within new European legislation. We are aiming to introduce changes over the summer, so that the award is fully compliant with the new regulations by the end of the year.

A small number of sites are testing the proposed changes to ensure the **healthyliving award** remains practical and achievable. We will review the outcome of this pilot before making final changes to the criteria and associated guidance and materials.

We will continue to keep all award holders and applicants informed by letter. For further details please visit the website at www.healthylivingaward.co.uk.

News bites

Sustainable procurement: a winning combination

The Scottish Government has recently released new guidance for caterers on buying food sustainably which will help to provide economic, environmental, social and health benefits to the organisation as well as to society and the economy.

This guidance is aimed at anyone who is involved in the procurement of food or catering services especially but not exclusively in the Scottish public sector. It tells you how you can use procurement to support economic growth, contribute to health improvement and address national and local climate change targets.

The origin of food and drink is of increasing importance to people across Scotland. It is important for our economy given that one in every five manufacturing jobs in Scotland is in the food and drink industry.

Sustainable procurement can also protect the environment. The Food Climate Research Network estimates that in 2008, the food industry produced between 20 and 30 per cent of the greenhouse gases that cause global warming.

Procurement legislation also means that the public sector must be open, fair and transparent in the way that goods and services are bought.

Examples of sustainable procurement provided in the Guide include:

- specifying fresh and seasonal produce in tender documents
- removing barriers which stop small businesses bidding for work
- structuring contracts in a way that attracts a wide range of suppliers
- working with your suppliers
- addressing quality and nutrition
- buying food which will help to meet the Scottish Dietary Goals
- taking account of how food has been produced and processed
- thinking about its distribution
- considering animal welfare

View the guide 'Catering for Change: Buying Food Sustainably in the Public Sector' on the Scottish Government's website

www.scotland.gov.uk/Publications/2011/01/12154555/8



Table talk

Linlithgow B & B is Scotland's healthiest

Lumsdaine House Bed & Breakfast recently gained the **healthy living award plus**, making it the only B&B in Scotland to have achieved this accolade.

To achieve a **healthy living award plus**, establishments must increase the provision of **healthy living choices** from 50 to 70 per cent of the food served, in addition to implementing a variety of other more stringent criteria.

Margaret Millican, Owner of Lumsdaine House B&B, said: "I am delighted to receive the award and be recognised as a sector leader in the provision of healthy food. I have always believed in using high-quality produce and preparing it with skill, commitment and passion to create healthy, tasty dishes for my guests."



Photograph courtesy of Linlithgow Journal & Gazette

www.healthylivingaward.co.uk

Tasty morsels

Pass it on - what your customers really think

Award holders now have the chance to get feedback from their customers, through the **healthyliving award** comments cards.

Since the launch of the award we have supplied these postcard-sized cards for award holders to display. Customers can fill in their comments and return them to the **healthyliving award** team by means of a freepost address.

The team uses these comments to follow up any complaints or concerns that customers may have. However, the vast majority of comments we receive are very positive, so we thought it's only right that we should pass on the praise to where it's due!

From now on, our administration team will scan the comments cards we receive each quarter, and send them on to the relevant award holder. To maintain customer confidentiality, we will blank out customer names and contact details.

Past comments we have received about various establishments have praised everything from the menu choice to the service, and even the artwork on the walls! Many of them are appreciative of the healthy options on offer. They often make us smile, and we hope they'll give caterers a boost too.



A flavour of ...

Courgette Cake

Recipe courtesy of University Hall at the University of St Andrews

Ingredients:

4 eggs
500g pitted dates
250ml water (for dates)
450g self-raising flour
¾ teaspoon bicarbonate of soda
1½ teaspoons ground cinnamon
450g peeled and grated courgettes

For topping:

50g low-fat cream cheese
granola

Method:

1. Preheat oven to 200°C.
2. Simmer the dates until soft, leave to cool and then chop into small pieces.
3. Whisk the eggs briefly then add chopped dates.
4. Fold in flour, bicarbonate of soda and cinnamon.
5. Add courgettes and mix well.
6. Line a cake tin with greaseproof paper, add mixture and bake for 35 minutes (30 minutes for a fan-assisted oven).
7. Leave to cool and then top with low-fat cream cheese and sprinkle with a little granola.



Sowing the seeds

Sky's the limit for home-grown produce

Sky may be best known as a media company but at their Livingston site, which caters for 2,500 employees per day, they are showing that healthy local produce is a hit by growing much of their menu on-site in their very own polytunnel.

Buying local and using seasonal produce is a mainstay of sustainable procurement but actually growing produce on-site goes one step further. This is not only great news for the environment; it can also be cost effective for the business too. What's more, Sky have also attained the **healthyliving award**, which is doubly good news.



Customers can go and view what will next be on the menu and this improves education and awareness of what foods are in season, as well as how food is produced. Customers are also more confident about trying new dishes because they have seen the plant literally grow from seed.

The polytunnel is the brain-child of William Thomson and Andrew Little who give up much of their spare time to produce fantastic home-grown fare and incorporate it into a healthy menu.

William Thomson, Executive Head Chef, said: "any home-grown produce is used in the restaurant and the customers really enjoy it. Our customers like to wander though the polytunnel on their breaks to see what is ready for eating, and some even have small plots."

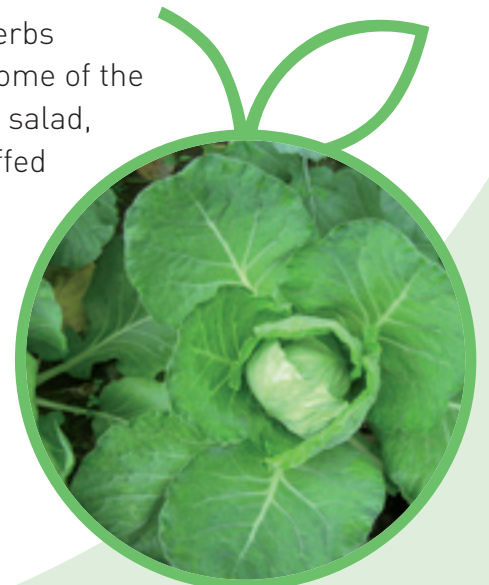
The herb garden features parsley, sage, thyme, rosemary, chives and basil and the aromatic coriander is used in favourite curries. Almost everything in the tunnel has been grown from seed and the tomatoes, in their many varieties, are thriving as are the cucumber, beetroot, courgettes and beans.

The winter crop brought parsnips and Brussels sprouts as well as oriental vegetables like pak choi, and this month root vegetables, peppers, chillies, garlic and salad vegetables have been planted. All these different types of ingredients have and will be incorporated into Sky's menu.

Cooking demonstrations are also on offer using the vegetables and herbs grown in the polytunnel, and that has boosted interest in the menu. Some of the customers' favourite polytunnel dishes include spinach and red onion salad, rhubarb crumble and vegetable and chicken risotto topped with a stuffed courgette.

Sky have recently built another polytunnel at their Dunfermline site, so staff there can also look forward to lots of fresh home-grown produce.

Other **healthyliving award** establishments who also grow some of their own produce include Sir Walter Raleigh Hot Potato Company and HMP Addiewell.



60 second microbes

Chris Parry is Catering Manager at The Police Treatment Centre, a centre based in Auchterarder providing respite for serving and retired officers. We asked Chris about his experience of the **healthyliving award**:



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

A. Improving the eating habits of our service users and staff. We reviewed our food and beverage operation and implemented a number of changes. The **healthyliving award** fitted in very well with our new style.

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

A. Yes. The whole team gets more job satisfaction knowing they are actually helping service users make better dietary choices. In addition, both our service users and staff comment that the healthy option is usually more eye appealing.

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

A. Yes. It is well worth the effort of applying and most professional kitchens will find they are half way there already.

Dates for your diary

**World cancer research fund
Fruity Friday**

13 May

www.fruityfriday.org

Loch Fyne Food Fair

14 – 15 May

www.lochfyne.com/Events/Loch-Fyne-Food-Fair.aspx

British Sandwich Week

15 – 21 May

www.britishsandwichweek.com

National vegetarian week

23 – 29 May

www.nationalvegetarianweek.org

CIS Excellence Awards

26 May

www.cis-excellenceawards.com

Gardening Scotland

3-5 June

www.gardeningscotland.com

Taste of Grampian

4 June

www.tasteofgrampian.co.uk

Food safety week

6 – 12 June

www.food.gov.uk/safereating/hyg/germwatch/

Royal Highland Show

23 – 26 June

www.royalhighlandshow.org



**healthyliving
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the sign of healthier food

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