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Welcome to coretalk

From pizza places to prisons – all sorts of establishments are going for the **healthy living award**, and you can read about some of them in this issue.

Looking at the wider aspects of food and health, you can read about a network of professionals, patients and the public who are taking action towards cancer prevention. A new report on portion sizes from food and grocery experts IGD also makes interesting reading.

As we plan our annual presentation ceremony for new award winners, we are not forgetting the commitment and loyalty of our longer term award holders: you can read more about them below.

Moving into winter, our featured recipe is for a hearty meatball dish – ideal for the colder days ahead.

And don't forget about all the **healthy living award** posters and resources that are available – our Tasty Morsels article reminds you how to use these to best advantage.

What's cooking?

Honouring our long-term award holders

Here at the **healthy living award** one of the best parts of our job is when we are able to congratulate caterers on achieving the award. Even better is when that caterer has shown their long-term commitment by renewing their award for the second, third or even fourth time.

Recently we were delighted when OKI in Cumbernauld became the first site to achieve the award for a fourth 2-year term. Sodexo Business Manager at the site, Lynn McBride, has been involved with the award from the very start back in 2006.

Lynn told us: "Our canteen at OKI is seen as a flagship site for Sodexo so we were keen to lead the way by becoming one of the first premises in Scotland to achieve the **healthy living award**."



Lynn McBride,
Sodexo Business Manager at OKI

What's cooking? (Continued)

Hot on the heels of Lynn and her team are over 120 establishments of all kinds who have gained the award for a third or fourth time.

Stepping up a gear, the **healthyliving award plus** offers an even greater level of recognition to caterers who have shown they want to do even more to provide and support healthy eating.

Plus award holders are also showing their long-term commitment, with more than 20 sites now having achieved the higher level award for a second time. First to do so was the Auchterderran Centre in Fife, followed shortly afterwards by Ailsa Courtyard Restaurant at Ailsa Hospital in Ayr.

Our forthcoming award ceremony will celebrate the achievements of all our award holders, although regrettably, because of the numbers involved, we can't invite all award winners every year.

All caterers who have achieved the award for the first time will have received an invitation to the ceremony on 20 November, as well as all those who have gained the **plus** award during the past year.

The award ceremony is always a highlight of the calendar, and a chance to gather together to congratulate our latest award holders. This year we will also be making a special effort to honour those who have shown their loyalty to the award. Their commitment will be an inspiration to the new award holders who will be receiving their certificates on the day.



Our forthcoming award ceremony will be held at the Falkirk Wheel

Nibbles

New home for **healthyliving award** on the cards

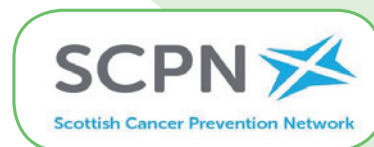
The UK government recently announced UK-wide reforms to consumer advocacy, and as part of this our host organisation, Consumer Focus Scotland, is being restructured to represent consumers in the regulated markets of energy, water and postal services. As a result, negotiations are well advanced in finding a new home for the **healthyliving award**.

The award is still in the early stages of a three year Scottish Government funding package and so despite a move to a new organisation it will very much be business as usual as we continue to deliver the award. We will ensure everyone is informed at the earliest opportunity when more detailed information becomes available.

News bites

Cancer Prevention – can you help?

*By Professor Annie S Anderson, Professor of Public Health Nutrition,
Centre for Research into Cancer Prevention and Screening*



Cancer is reckoned to be the number one fear of the general public. Most of us at one time or other have donated to cancer research. There is however, a big challenge in cancer prevention which is the difficult question of what we can do to act on the evidence that billions of research funding has discovered.

Worldwide, there is now enough evidence⁽¹⁾ to show that, in addition to smoking cessation, 42% of breast cancer and 43% of bowel cancer could be prevented in the UK by changes in physical activity, diet, alcohol and obesity (World Cancer Research Fund, 2009).

In Scotland, 78% of adults have yet to meet five a day of fruit and vegetables, more than 67% of women and 55% men do not yet reach 30 minutes of moderate activity most days of the week and over 60% of Scots are overweight or obese. In non-smokers, obesity is thought to be the main modifiable risk factor for avoiding cancer.

Scottish workplaces and businesses have been generous to cancer charities, but is there also the possibility that workers might be able to support people to make changes in diet, activity and weight control to put research evidence into action? Could workplaces take on that challenge of avoiding worker weight gain?

Everyone recognises that losing weight is tricky, but actually the first step is making sure that whatever weight someone is now, they should avoid further weight gain. Avoiding weight gain means being physically active, and in a working day taking a 10 minute brisk walk is the best starting point. Healthy food choices starting with vegetables, fruits and wholegrains is also an important first step.

If you are interested in cancer prevention in Scotland see the Scottish Cancer Prevention Network website at <http://www.cancerpreventionscotland.co.uk/> or sign up now for free quarterly newsletters by emailing a.s.anderson@dundee.ac.uk.

⁽¹⁾ World Cancer Research Fund / AICR (2009). Policy and Action for Cancer Prevention. Food, nutrition, physical activity and the prevention of cancer: a global perspective. AICR: Washington, DC

Table talk

Portion sizes – free report

The IGD (Institute of Grocery Distribution) has published a free report which summarises the current evidence in relation to portion sizes and consumption behaviour and makes recommendations for future research.

The report by IGD's Industry Nutrition Strategy Group documents some of the informal influences on portion size from an industry perspective, obtained from interviews with major manufacturers, retailers and foodservice companies.

Read more and download the report here:

www.healthylivingaward.co.uk/free-download-on-portion-sizes-from-igd/



Tasty morsels

Making the most of award resource materials

As a caterer who holds or is working towards the award, you must make sure you are using the award resources to promote your healthier catering practices to customers. This is a condition of the award, and goes hand-in-hand with providing healthier food across the menu.

It must be clear to customers that you are working towards or have achieved a **healthyliving award**, and using the resource materials supplied is the best way to do this.



A wide range of eye-catching resources is available:

- Posters: try displaying these at entrances, serveries, staff areas and on notice boards
- Wobblers: good to use on shelving, fridges and display stands
- Leaflets: display at till points, staff areas, reception areas, notice boards
- Table tent cards: put on all tables for maximum customer impact
- Empty belly posters: these are good for your own specific messages such as healthyliving events/promotions and to advise customers of key health messages

For more information and ideas remember to check your guidance folder.

If you need further supplies you can download many of the resources from the website members' area at www.healthylivingaward.co.uk/members-area/downloads/

A flavour of ...

Italian meatballs – serves 4

Recipe courtesy of St Aloysius' College, Glasgow

Ingredients:

500g lean minced beef
1 red onion
1 courgette
1 red pepper
1 carrot
6 mushrooms
1 teaspoon Cajun spice
2 sprigs basil
1 egg
100g natural breadcrumbs
2 x 400g chopped tomatoes (tinned)
1 teaspoon olive oil

Method:

1. Roughly chop onion, courgette, pepper, carrot and mushrooms.
 2. Put half the vegetables and 1 sprig basil to one side for sauce.
 3. Put remaining half of vegetables into a bowl with the Cajun spice, egg and remaining basil, blend down to a fine puree.
 4. Add mince and breadcrumbs to puree and bind together.
 5. Roll into even sized meatballs and place onto a baking tray.
 6. Cook at 190°C for 15 – 20 mins until cooked through, then set aside.
 7. In a large saucepan add olive oil and remaining vegetables you have set aside and cook for 5 – 10 mins until softened.
 8. Add chopped tomatoes and cook for a further 10 mins, add remaining basil at the end of cooking and blend down to the desired consistency.
 9. Add meatballs to sauce and heat through.
- Serve with spaghetti or pasta of your choice.



Sowing the seeds

Healthy eating for a captive market

HMP Addiewell in West Lothian has become the first prison to achieve the **healthyliving award plus**, and what's more, for both their prisoner and staff canteens.

We spoke to Neil Quinn, Catering Manager for Sodexo Justice Services at the prison, to find out how the healthier options have been received by the prisoners.

Neil explained: "Since arriving at HMP Addiewell in September 2009, my goal as Catering Manager was to fulfil the dietary requirements of prisoners by offering a diet suitable for the Scottish prison palate, but also to encompass an option to eat healthily.

"While some establishments offer only minimal choices, I decided to double the choices that would be available at Addiewell, so that prisoners would have more than one meal to choose from if they wanted to eat healthily. As a result, we introduced five choices at lunch and six at dinner.

"Having seen the **healthyliving award** at other prisons we decided that it would be a good benchmark for us, carrying a recognised and respected logo.

"The changes went down a treat with the ever growing population at Addiewell. The food was one of the most talked about topics on the landings, and the comments were almost entirely positive.

"I would also say we've seen an increase in the uptake of purposeful activity and an improvement in behaviour among the prisoners since introducing the healthier menus.

"Although our budgets are very tight, we've been able to make savings by changing brands where possible, and when buying in bulk these savings can add up. This has allowed us to purchase healthier ingredients such as unsaturated vegetable oils and wholemeal bread.

"Having held the award for two years, and always eager to up my game, the **healthyliving award plus** was an obvious progression for me and the team. We found we were already meeting most of the plus criteria anyway, so it meant minimal extra work.

"The feedback received from the new menu changes for the plus award has also been very positive. We hold consultative forums on a weekly basis and again, feedback from these has been good, with prisoners even putting forward suggestions for healthier variations to some of the dishes on the menu."

Although crime may not pay, serving healthier food to those serving time has certainly paid off for Neil and his team.



*Team left to right-Chris Kemp (Prison Officer)
Sara Robertson (Team Leader) Neil Quinn (Unit
Manager) Douglas Ross (Prison Officer)*



60 second microbites

Graeme Rankin is the owner of CC's, the first wood fired pizza takeaway to open in Glasgow, and the first pizza place in Glasgow to gain the **healthyliving award**. We asked Graeme about his passion for pizza, and his experience of going for the award.



Q. How did you become involved with the healthyliving award?

A. I read a newspaper article condemning the amount of salt typically found in takeaway pizzas compared to those from supermarkets. Having greatly reduced the salt in my pizzas I got in touch with Consensus Action on Salt and Health (CASH), who had written the article, and they put me onto the **healthyliving award**.

Q. What makes a healthier pizza?

A. First and foremost, less salt! Too much salt kills your taste buds and masks taste and there is no need for it. We also use only a small amount of mozzarella, as you should be able to taste the base, the sauce, the cheese and the toppings – not just cheese.

Q. How do you encourage your customers to choose healthier options?

A. If a customer asks for extra cheese or a less healthy topping such as pepperoni, we encourage them to have it on only half the pizza and to try the other half our way. Most people take up our suggestions!

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

A. Absolutely! Having the award means I can look my customers in the eye knowing that we produce a healthier pizza, and that they have that choice.

Dates for your diary

World diabetes day

14 November

www.idf.org/worlddiabetesday/

National eating out week

18 – 24 November

www.fedrest.com/nationaleatingoutweek.html

St Andrew's Day

30 November

www.scotland.org/culture/festivals/st-andrews-day/

Farmhouse breakfast week

20 – 26 January 2013


www.shakeupyourwakeup.com



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the sign of healthier food

healthyliving award • Consumer Focus Scotland
Royal Exchange House • 100 Queen Street • GLASGOW • G1 3DN
Phone: 0141 226 5261 • Fax: 0141 221 9695

Website: www.healthylivingaward.co.uk

 www.facebook.com/HealthyLivingAward

E-mail general enquiries: enquiries@healthylivingaward.co.uk

Newsletter: coretalk@healthylivingaward.co.uk

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