

coretalk



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

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Welcome to coretalk

It has been a busy time at the healthy living award (HLA). There have been some staff changes and we welcome Mark McVerry to the award team now Angela Kell, Assessment Co-ordinator, is on maternity leave. Mark has been quick to get up to speed on the award criteria and is keen to get on with the job in hand.

We have worked with various sectors of the NHS and in this edition of Coretalk we take a snapshot of the types of caterers within the NHS we are already engaged with and those we would like to work more closely with.

In this edition you can also find out a little about diabetes and will find links to tools which can help you assess your risk. We remind all registered businesses of the 6-month timeline to achieve the award on page 3. And finally, why not enjoy the delicious recipe from Lezzetli who recently re-achieved award status.

What's cooking?

Partnership working with the NHS

When the **healthy living award** was established in 2006, a number of hospitals embraced the award and were early adopters of the principles of the award, achieving award status very quickly thereafter.

In 2008, as part of the 'health promoting health service' concept, the Scottish Government tasked the NHS with achieving the **healthy living award** in staff and visitor catering outlets across all acute and community hospitals. The details of this were outlined in a Chief Executive Letter in March 2008 (CEL 14). The catering outlets were to achieve award status by March 2009 and **healthy living award** plus status by March 2011.

www.healthylivingaward.co.uk

NHS
Health
Scotland

What's cooking? (Continued)

In 2012 another Chief Executive Letter was issued to address specific health promotion actions to support health improvement across all hospital settings, including the development of a consistent approach to healthy eating. All catering outlets in the NHS (including private, voluntary and 3rd sector) would be required to achieve a **healthyliving award**.

The **healthyliving award** team are keen to support the NHS and other organisations responsible for achieving award status. We can offer support to registered businesses in various ways, depending on the need of the establishment(s). This includes group information, a mentoring service, and assistance around criteria and product suitability.

We have excellent examples of good practice from within the NHS and would like to share these with caterers who feel this will be challenging. 136 NHS awards are held across various establishment types, including: NHS in-house catered hospital dining rooms and coffee shops, contract-managed workplace restaurants and voluntary organisation-run coffee shops and tea bars.

We are keen to encourage all caterers operating in the NHS who haven't registered to do so, and to discuss any additional support needs with the HLA team.

Register today at www.healthylivingaward.co.uk/caterers/register-today

The award is not open to hospital patient catering.

The health promoting health service concept deems every healthcare contact as a health improvement opportunity. Health promotion offers a significant opportunity to improve health and reduce inequalities, complementing action in other settings.



Nibbles

Edinburgh community cafés – putting them on the map

For some time Edinburgh Community Cafés have had an online map of their café's whereabouts. Now, thanks to generous funding from the Small Steps Big Difference Campaign, they have printed 3,000 handy A3 fold-out versions too.

The map features 36 cafes in Edinburgh and lists their address, telephone number, opening hours and local bus numbers. There is a colour-coded key which highlights the special facilities each café has – from holding the **healthyliving award** to exhibition space, weekend openings and children's play areas.

If you live in the Edinburgh area you can pick up your copy from your nearest café, library or community centre. If you can distribute these maps or if you work with people who might benefit from having a list, then Edinburgh Community Cafés would like to hear from you.

www.edinburghcommunitycafes.org.uk

Newsbites

Diabetes in focus

By Stephen Fyfe, Diabetes UK

With over 220,000 people diagnosed in Scotland, and numbers predicted to grow to over 350,000 by 2030, type 2 diabetes is never far from newspaper headlines. Another 620,000 people are at high risk of developing type 2 diabetes as they have some of the risk factors, such as a large waistline, being overweight, a family history of type 2 diabetes or are over the age of 40 .

Diabetes is a condition where your body can't produce or doesn't produce enough insulin, or where the insulin doesn't work properly. If you don't have the right amount of insulin you can become very ill.

No less serious than type 1 diabetes, where insulin injections are used to immediately regulate glucose levels, type 2 diabetes is treated by diet and exercise, medicines, and in some cases insulin.

Being a healthy weight is important for the management of all types of diabetes, and indeed for anyone who might be at risk of diabetes, which for most people means getting the balance right about eating a healthy diet. Making these steps will help to manage diabetes and protect long-term health.

This diet is the same whether you have diabetes or not, so eating 5 a day, watching portion sizes and understanding food labels are just as important as taking medication and being active.

Anyone diagnosed with diabetes will have the support of dietitians and diabetes healthcare teams. Information is also available from Diabetes UK at www.diabetes.org.uk/guide-to-diabetes

Find out your risk of type 2 diabetes at www.diabetes.org.uk/riskscore



Table talk

Are you committed?

When you register for the **healthyliving award** you will receive your starter pack, including your Guidance for Applicants folder and Statement of Commitment. One of the first things you must do is display the Statement of Commitment, this lets your customers know you are working towards the award and are **committed to achieving it within six months**.

It is important that there is a limit on the time a business has to achieve the award to ensure the credibility of the award. We do appreciate that occasionally the timeframe is not suitable, in which case it can be discussed and extended. To make sure you make good progress we encourage you to follow the timetable in section 4 of the guidance folder. If you find you are slipping behind schedule you can contact us for further support.

Call **0141 414 2880** or email asktheteam@healthylivingaward.co.uk

Tasty morsels

Inverclyde Royal League of Hospital Friends Tea Bar

Inverclyde Royal League of Hospital Friends Tea Bar has recently re-achieved a **healthy living award**.

The League of Friends Tea Bar is a volunteer-run café, Helen Wylie, Tea Bar Convener, has been volunteering at the tea bar for 33 years and works with a network of 90 volunteers. It was important that the volunteers were well versed in the award criteria and the reasons why the café was embracing the award. These volunteers help towards keeping costs down and enable the charity to give money back to the hospital. Last year £160,000 was gifted back to Inverclyde Royal.



The tea bar traditionally sold a large number of cakes, including cream cakes, but made changes to the food offering in recent years. Cakes are still on offer but the range has been vastly reduced. The tea bar now offers brown and wheatgerm-filled rolls, with salad to accompany them. There is also fresh fruit, fresh-fruit pots, low-fat yoghurts and other items which comply with the healthy living criteria. Like all awarded businesses, the tea bar had to ensure at least 50% of the menu offering adhered to the award criteria.

Helen explained that simple things were challenging, such as sourcing the correct products. Ordering fruit and vegetables was not difficult, but ordering in bulk was resulting in too much waste. Helen now works around these problems by buying certain products from the local supermarket herself, while the fruit and vegetables are bought daily by a volunteer. This is no mean feat for the network of volunteers, who Helen said 'are not young in years!'

Helen is very enthusiastic about the award and is thrilled to see people making small changes, like requesting salad in their cold meat rolls. The demand for cakes has not disappeared but perhaps the availability of healthier choices will encourage customers to consider an alternative.

A flavour of...?

Mushroom salad

Recipe from Lezzetli, Edinburgh

Serves 4 people

Ingredients

500g closed cup mushrooms
 1 large carrot
 1 small red pepper
 1 large gherkin
 2 spring onions
 Fresh dill
 Olive oil and lemon juice

Method

- 1 Bring a pot of water and generous squirt of lemon juice to the boil.
- 2 Cut the carrot into batons and blanch for 2 minutes.
- 3 Wash and quarter the mushrooms, add to pot and blanch for a further 2 minutes.
- 5 Drain and rinse under cold water.
- 6 When cool, add the following: red pepper – cut lengthwise, gherkin – cut lengthwise, spring onions – cut finely lengthwise, a handful of fresh dill – finely chopped.
- 7 Dress with 2 tablespoons of extra virgin olive oil and lemon juice.

For more information on Lezzetli or another award holding businesses visit www.healthylivingaward.co.uk/customers/healthy-eating-near-you

Sowing the seeds

Make it a healthy pit stop

At the Pitstop Café's recent healthy living award assessment they managed to re-achieve the award for a second term and, according to their assessor, Mary Crustier, did so with flare and gusto.

Mary told us that in this small community café 'the catering delivers the award criteria with flair and imagination' Mary explained 'the café was very busy on the day I visited and it is clearly very popular locally. They are continuing to develop the healthy eating theme and Eve, the Catering Supervisor, has enormous commitment to carry it through.'

The Pitstop Café is a social enterprise that is based within the Pennypit Centre in Pestonpans. It was set up in 2009 and offers work-based training opportunities to young adults with additional support needs. The students work with up to four trainers per day on increasing their confidence in the learning of transferable skills within a catering environment. They also assist the trainees in moving into paid employment in a mainstream workplace after successful completion of their training.

Eve Smith is the catering supervisor at the café. Eve started working at the centre four years ago as a youth worker before taking the position of café assistant and now supervisor. Eve's role is varied and very much hands on, it involves working with the trainees and delivering training modules, such as food preparation, as well as managing the café and all that entails. You will see her doing everything from organising the outside catering order to cleaning tables, and operating the till.

Eve has been keen to maintain and build on the momentum of the first **healthy living award** the café achieved in 2011. She has introduced many new items to the menu, including lots of healthier choices such as fruit pots, homemade soups and wraps.

With Eve's enthusiasm for the award she is perfectly placed to ensure the five trainees are given the right guidance about the award; they know which are the healthier items on the menu and why. She wants to ensure that their customers are informed of the healthier menu items.

Eve explained: 'We have such a diverse customer base, ranging from young mums with babies who attend the breastfeeding group, to knitting groups and walking clubs, as well as local residents. We explain to customers what the healthier choices are. But we are also making smaller changes across the menu which means those who aren't choosing the healthier items are still benefiting. [For example] we offer a grilled cooked breakfast and you can opt for a poached egg instead of fried.'

Eve continued: 'We have seen a benefit to holding the award. Customers give us good feedback and are more often looking for salads, fruit pots and brown rolls.'

If you are near Pestonpans and need to refuel we recommend you have your pit stop at The Pitstop.

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



60-second microbites



Andrew Roberts, Retail Development Manager for Royal Voluntary Service (RVS) has been integral in the coordination of RVS cafés within the NHS setting achieving **healthyliving awards**.

So far 11 cafés hold an award. The **healthyliving award** operating within the voluntary sector brings its own challenges and the RVS are committed to the principles of the award and are adapting their food offering to fit. Andrew was responsible for producing HLA fact sheets for the RVS volunteers, enabling the volunteers to have a quick and easy guide to the award.

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

A. As all of our cafés are within hospitals or health centres it is important for us to help our customers make healthier choices. The **healthyliving award** gives us the framework to do this.

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

A. The award gives us a point of difference from our competitors. Adding new healthier ranges has also added to our sales.

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

A. Most definitely. It is great to show our customers that responsible retailing is extremely important to us.



Scottish Chef Conference
4 November
www.scottishchefconference.co.uk
Come and visit us in the exhibition area.

Scottish Healthcare Conference
7–8 November
www.hfs.scot.nhs.uk/conference-2013
Come and visit us in the exhibition area.

BBC Good Food Show
18–20 October
www.bbcgoodfoodshowscotland.com

Community Food and Health (Scotland)
Annual networking conference
31 October
www.communityfoodandhealth.org.uk

World Diabetes Day
14 November
www.idf.org/worlddiabetesday

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