

coretalk



healthyliving
award
the sign of healthier food

In this issue:

Welcome to Coretalk

What's cooking?

On your marks

Nibbles: Eating out of home: filling the knowledge gap

Table talk: New food body for Scotland

Newsbites: REHIS Elementary Food and Health course

Tasty morsels: Together. Shaping the future.

A flavour of... Banana and oat cookies

Sowing the seeds: Scottish Fire Service College

60-second microbites

Dates for your diary



Welcome to coretalk

Welcome to the summer edition of Coretalk. What a busy summer it is in Scotland! After years of preparation, the XX Commonwealth Games are about to take place and the Ryder Cup is just around the corner. Edinburgh is also bracing itself for a bumper summer of culture.

The Food Standards Agency in Scotland (FSAS) has published its research on Eating Out of Home and you can read about it on page 2. Find out about catering industry training courses provided by the Royal Environmental Health Institute of Scotland (REHIS) on page 3. Chefs@School is an initiative run by the Federation of Chefs Scotland, which allows professional chefs to share their knowledge and experience with school children and is inspiring a future generation of catering professionals. Caterers at the Scottish Fire Service College in Gullane pride themselves on providing a diet which helps to keep their customers fit and healthy. Read about it on page 5.

What's cooking?

On your marks

The healthyliving award team are sprinting flat out to ensure that the XX Commonwealth Games leave a lasting health legacy for Scotland. Glasgow will welcome 6500 athletes and officials from 70 countries, 1 million ticket holders, 6000 media staff and an additional 400,000 tourists.

What's cooking? (Continued)

The team will be pulling out all the stops to make sure that everyone attending a Commonwealth Games event during the summer can easily find healthy food on their way to, and inside, the venues. The successful master caterers have now been confirmed for the 14 official venues across Scotland. We are working closely with each caterer to assist them in adhering to the aims of the Commonwealth Games Food Charter and provide a healthy, balanced diet across all of their menus to the athletes, workforce and spectators.

In addition to the official venues, we are involved with a variety of exciting facilities in the run-up to and during the Commonwealth Games, including stand-alone training venues, family hotels, festival zones across Glasgow and local businesses. A showcase of Scottish products which embrace the aims of the healthy living award will be available across a selection of these venues, in accordance with the Food Charter.

The Food Charter provides guidance to suppliers and caterers on food issues including health, diversity, sustainability and culture, and underpins the Games' legacy commitment. It aims to become a blueprint for major sporting events held across Scotland beyond the Games, ensuring that healthy, sustainable, Scottish foods are here for the marathon, not just the 100m!

Nibbles

Eating out of home: filling the knowledge gap

The easy availability of calorie-rich food and drink in our society may be encouraging weight gain, leading to overweight and obesity. The perception is that many meals eaten out of home are high in calories. Work by the Scottish Government and the FSAS is underway, aimed at encouraging retailers, caterers and manufacturers to reduce calories in foods eaten inside and outside the home.

<http://www.food.gov.uk/scotland/news-updates/news/2014/apr/eating-out-of-home>

Table talk

New food body for Scotland

A new food body is being set up to ensure that, in Scotland, advice on food safety, nutrition and labelling is independent, evidence-based and consumer-focused.

The Food (Scotland) Bill will set up Scotland's own food safety and standards body, Food Standards Scotland, which will take over functions presently delivered by the UK-wide Food Standards Agency (FSA).

Food Standards Scotland's primary concern will be consumer protection – making sure that food is safe to eat, making sure consumers know what they are eating and improving diet and nutrition.

For more information, visit <http://www.scotland.gov.uk/Topics/Health/Healthy-Living/Food-Health/NewFoodBody>

Newsbites

The REHIS Elementary Food and Health course is a short (6 hours), accredited course in basic nutrition and the relationship between food and health. It is designed to provide nutritional information for caterers and food providers of all types including staff from restaurants, the retail food sector, staff canteens, the hospitality industry, the leisure industry, cafés, prisons, community cooperatives and other community groups.

Developed in conjunction with the Scottish Executive, the healthyliving award, NHS Health Scotland, the FSAS and Community Food and Health (Scotland) (CFHS) the course covers the following areas:

- Basic nutrition and eating for health.
- The relationship between food and well-being.
- Making appropriate quantitative and qualitative dietary changes.

The course provides participants with up-to-date information that extends their knowledge and understanding of the role of nutrition in health and consists of five modules:

- Introduction to food and health.
- The function of food.
- Energy measures and influences on food intake.
- Eating for health – food and well-being.
- Putting it all together – action planning.

In more detail, the course covers topics relevant to caterers and food providers, such as how to cater for a special diet and different nutritional requirements; food labelling; putting healthier eating into practice; food allergies and intolerances; and healthier food preparation and cooking methods.

The Food and Health Handbook is provided as a supplementary resource for participants. Participants must pass an exam to complete the course, and successful candidates receive a REHIS Elementary Food and Health certificate. The course is delivered by the Institute's extensive network of approved training centres.

REHIS has also recently launched a new practical course, Elementary Cooking Skills, which aims to provide participants with basic cooking skills, thus increasing their confidence, skill and knowledge. It broadly covers basic food preparation skills, basic cooking and presentation skills, food safety and using safe and hygienic practices. Candidates are assessed continually throughout the course using specified criteria and, if successful, will receive a REHIS Elementary Cooking Skills Certificate.

For further details on any of these courses contact Jackie McCabe, Director of Training or the REHIS Training Section at REHIS, 19 Torphichen Street, Edinburgh EH3 8HX or by telephone on **0131 229 2968** or by email at **jm@rehis.com** or **training@rehis.com**



Tasty morsels

Together. Shaping the future.

Chefs@School is an initiative run by the Federation of Chefs Scotland to help teachers in Scottish schools bring the message of food education to life in the classroom.

We are seeking volunteer chefs from all over Scotland to join us in helping to deliver **#inspiringfoodeducation**. This is a project that really does make a difference, promoting positive messages about eating well and the opportunities available to young people in our industry. We have nearly 400 schools on our database seeking a chef partner, covering primary schools, secondary schools and schools for children with special needs.

All we ask is that each chef makes two school visits a year. If you could spare this time then please get in touch on **0131 553 0048**, email us at **info@chefsatschool.org** or register at **www.chefsatschool.org**.



'I am absolutely delighted to see the Chefs@School project get off the ground and it's fantastic to see so many great chefs from all around Scotland so keen to become involved. This is something that schools have been crying out for, for a long time now. It's a great opportunity for chefs to engage with children, not only on the importance of healthy eating, but the pleasure of preparing and eating fresh food. My hope is that it will provide an attractive, fascinating and fun subject incorporated into the school curriculum. If this in turn inspires more children to consider a career in hospitality then the time invested by chefs will be very well spent. To this end I would encourage as many chefs as possible to sign up for this really exciting opportunity to promote our industry.'

Andrew Fairlie, chef

A flavour of...?

Banana and oat cookies Recipe supplied by Nicky Thompson, Sodexo, at Hampden Park

Ingredients

900g mashed banana
4 tbs ground cinnamon
1800g rolled oats
140g desiccated coconut
170g honey
240g olive oil

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Make the mix into 24 individual biscuit shapes and place on a non-stick baking tray.
3. Bake in a pre-heated oven at 160°C for 25–30 minutes.
4. Leave to cool and enjoy.

Makes 24 cookies

Sowing the seeds

Scottish Fire Service College

Our path to a better day

Roseanne Wylie, Business Manager, Prestige at the Scottish Fire Service College

Here at the college we try to make everyone's day a better day. We pride ourselves on being able to offer a balanced diet. The healthyliving award has given us a step-by-step guide to achieving this.

Breakfast is said to be the most important meal of the day. We encourage our customers to eat a high-fibre breakfast that will keep them going throughout the day – we call this the 'fuller for longer' option. Items include porridge, fruit, plain yoghurt or high-fibre cereal. We offer a selection of brown, malted bread and rolls with low-fat spreads, and fruit juice and water are available.

At lunch we have a delicious assortment of salads, lean meats and oily fish such as pilchards in a tomato sauce, mackerel or flaked tuna in spring water. We steam, poach, oven bake or grill our meat and fish.

For our afternoon teas we have a variety of sliced fresh fruit and mixed nuts are available alongside our optional 'heavenly treat'.

Dinner in the evening is well thought out after an energetic or classroom-based day. Students have a huge choice of quality cooked meals ranging from hearty beef casserole to tangy chicken curry, with brown rice served as an alternative to white rice, potatoes and seasonal vegetables. We regularly remove chips from the menu and replace them with baked potatoes and a variety of fillings, such as chilli con carne.

Staff are trained on healthy living and we update information when required. There is a daily briefing about our menu at services times so that our catering team can assist customers with any enquiries.

Our refectory is full of information for our customers to browse and take away. This is aimed at educating people on the benefits of a balanced diet. We also attempt to avoid placing temptation in the way of our customers at points of sale or in vending machines.

A tip for any organisation aiming to gain the healthyliving award would be to find a healthier alternative for every item on their menu, whether it is a reduced-fat version, low in fat or uses a healthier cooking method, as long as it falls within the criteria set by the award. It can change your life.





60-second microbites



Musselburgh Rugby Football Club is a long established and successful rugby club based at Stoneyhill, Musselburgh. Denise Talac (left) and Sally Findlay (right) are Mini Team (P1–P7) mums who, along with other parents, run the kitchen during home games and training sessions.

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

A. We wanted our kids to make healthier food choices around their games and training schedules and we knew this would only be possible if the food on offer was not only healthier but exciting and tasty.

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

A. Working towards this has been so worthwhile; the best bit for us is that the kids have embraced the new menu and they love it. Receiving the healthy living award is down to them accepting the changes we've made – we're so proud of them.

Q. Would you recommend the healthy living award to other caterers?

A. Absolutely! We proudly display our award for visiting teams to see and we would recommend all sports clubs go for it. After all, good nutrition is the foundation of healthy, happy children as well as winners.



Food Safety Week
16–22 June, www.food.gov.uk

Diabetes Week
8–14 June, www.diabetes.org.uk/Get_involved/Diabetes-Week/

Glasgow 2014 Commonwealth Games
23 July–3 August,
www.glasgow2014.com

Glasgow Merchant City Festival
24 July–3 August,
www.merchantcityfestival.com

healthy living award, NHS Health Scotland, 5th Floor, Meridian Court, 5 Cadogan Street, Glasgow G2 6QE

Phone: **0141 414 2880**

Fax: **0141 414 2818**

Website: www.healthylivingaward.co.uk

www.facebook.com/HealthyLivingAward

Twitter: @hlaward

E-mail general enquiries:

enquiries@healthylivingaward.co.uk

Newsletter:

coretalk@healthylivingaward.co.uk

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 314 5300 or email nhs.healthscotland-alternativeformats@nhs.net