



In this issue:

Improving the health of a nation

News bites

Table talk

Tasty morsels

A flavour of ... Frozen mango banana mousse

First class honours for student catering

Nibbles

Dates for your diary



Welcome to the autumn edition of coretalk...

It has been a busy summer for the **healthy living award** team, with caterers across the country backing the award in ever-increasing numbers. With more than 600 businesses now registered and more than 140 eateries now holding the award it is becoming easier for people to eat more healthily when out and about in Scotland.

Turn to page 3 of this edition of **coretalk** to find out what successful businesses have said about the award. If you haven't yet signed up, **why not give us a call** or log onto **www.healthylivingaward.co.uk** to find out more and play your part? Alternatively, if you know of a healthy place to eat, why not encourage them to sign up?

In our article on page 5 you can read **what steps are being taken to provide healthier food** in colleges and universities.

Before we forget about summer completely, why not try our **delicious tropical recipe** on page 4, and use it as a reminder of warmer times as the temperatures fall? If you have a healthy recipe you would like to share with us, then drop us a line. We're always pleased to hear from you.

What's cooking?

Improving the health of a nation

A massive **91 establishments** collected their **healthy living awards** at ceremonies held in August and September. The events, held at The National Piping Centre in Glasgow and Our Dynamic Earth in Edinburgh saw the **healthy living award** team recognise a diverse range of businesses for their achievements.

The most recent award-holders range from a children's play area through to large workplace canteens that serve thousands of people every day. Getting as wide a variety of eateries involved as possible is a vital part of the drive to spread the healthy eating message across the country.



Award winners at Our Dynamic Earth in Edinburgh.

What's cooking? (Cont)

The **healthyliving award** team were joined by some of our partners and stakeholders at both events. George McIvor, founder of The Full Range Ltd and chairman of The Master Chefs of Great Britain, presented award winners with their certificates at the Glasgow ceremony. In Edinburgh, Wendy Barrie, well-known food consultant and Director of The Scottish Food Guide, carried out the honours and even treated the guests to an impromptu song!

Guest speakers from the Scottish Government's Public Health and Wellbeing Directorate attended both events and

stressed the important role that caterers who achieve the **healthyliving award** are playing in the wider government strategy to improve the health of the people of Scotland. They noted that this is especially vital now that spending on eating out has overtaken spending on meals at home.



Sodexo representatives from the Scottish Government sites.

Caterers are doing their bit in the following ways:

- Using the well-known green apple brand to actively promote healthier options and meet the growing demand for healthier foods.
- Finding ways to prepare and provide nutritionally balanced meals by using less salt, sugar and fat.
- Ensuring that at least half the menu choices are **healthyliving choices**, to help provide better access to healthier foods.

It was also highlighted that with the change in Scottish Government, we now enter a new phase for food and health policy for Scotland. The new administration has clear manifesto commitments including:

- "Making healthy choices more accessible".
- "Seeking clearer labelling of foods with a health benefit".
- "Working constructively with retailers and food producers to increase the availability of fresh, nutritious food".

All of these pledges are already integral to the principles of the **healthyliving award**. In fact, ministers are now able to sample the award for themselves as four Scottish Government sites operated by Sodexo received their **healthyliving award** at the recent Edinburgh event.

The award ceremonies once more highlighted the fact there is growing recognition throughout Scotland that our food culture needs to be changed. By raising awareness of the importance of healthy eating, making simple but effective changes to the way food is prepared and cooked and giving consumers choices the **healthyliving award** holders are supporting this change.

News bites

Eat Safe Award hailed a success in Scotland

The Eat Safe Award scheme was launched in Scotland on 20th January 2005, following discussions between the Food Standards Agency Scotland, the Society of Chief Officers of Environmental Health of Scotland, the Scottish Food Advisory Committee, and Scottish Local Authorities.

The Eat Safe Award Scheme aims to promote excellence in food hygiene, to increase transparency in hygiene standards in food premises, improve public confidence and consumer choice, and promote food safety management systems.

The Eat Safe Award Scheme provides an incentive to caterers to strive for standards beyond those required by law, and help consumers make informed choices about where to eat out by providing a recognisable 'sign' of excellence in standards of food hygiene.

The issue and control of Eat Safe Award certificates is through local authorities. The certificates are reviewed at every planned food hygiene inspection.

The Eat Safe Award scheme has continued to go from strength to strength during 2007, and recently, the 350th award was presented to Ettrick Bay Tearoom, in Port Bannatyne on the Isle of Bute.

Marion McArthur, Head of Food Law Enforcement Branch, Food Standards Agency Scotland, is delighted about this landmark award.

She said, "Awareness of the Eat Safe scheme continues to grow throughout Scotland, and I believe that as more awards are presented, they will act as further encouragement to other catering establishments across the country to strive for high standards in food hygiene and safety.

"I am confident that in the coming weeks and months further awards will be made and Eat Safe will soon reach the '500th award' in Scotland."

The number of awards issued in Scotland up to the end of October stands at around 370.

To find out more, go to www.eatsafe.gov.uk



Table talk

Read what award holders have said about the **healthyliving award**:

"It is a fantastic scheme for making customers aware of the benefits of eating healthily."
Paul B Cowley, Chef Manager, Sheraton Grand Hotel Staff Canteen, Edinburgh

"The award means a great deal to the catering staff as they are proud of the food they serve."
Muriel Leith, Support Services Manager, Victoria Hospital, Kirkcaldy

"All the materials supplied were easy to use and understand, but were full of information."
Andrew Morgan, Food Service Manager, Royal Bank of Scotland, Fettes Row, Edinburgh

Tasty morsels

Pointing the way to healthier eating

Promotion and marketing is a key part of the **healthyliving award**. Caterers who provide healthy options on their menu must also promote these choices to their customers. Here are some top tips used by award holders for promoting the healthyliving dishes:

- Write recipe details on the back of the counter menu. This allows staff to answer customer queries about ingredients. It also provides useful information about dietary requirements, allergies etc. as staff can see at a glance what is in each dish.
- Prepare evidence of your two planned promotional events in advance of your assessment visit. Some caterers find it useful to create a promotions calendar to allow them to plan in advance.
- Develop a **healthyliving award** information point where customers can go to look at the statement of commitment, information leaflets and generally find out more about the award. Have a supply of customer comment cards available so that customers can feed back their views about the award.
- Introduce “table talkers” that provide information to customers on what the award is about. You could include a healthyliving recipe from your menu.
- Hold some fun events to help promote healthy choices, such as “wok of the week”, “seafood day”, or for this month try some “healthyliving Halloween recipes”.



A flavour of

Frozen mango banana mousse – Serves 4

Recipe courtesy of Len Cumming, Head Chef, Lazels at Peebles Hotel Hydro

Ingredients:

2 large ripe mangoes
1 ripe banana
¼ cup part-skim ricotta cheese
⅓ cup skimmed milk
1 teaspoon pure vanilla extract

Instructions:

Peel mangoes and banana; cut each into 6 pieces. Place fruit in a heavy plastic bag; seal tightly. Freeze at least 6 hours or until solidly frozen.

Break pieces apart; put them into the bowl of a food processor with a steel blade. Add remaining ingredients.

Process, occasionally scraping frozen parts into softened mixture with a spatula, until mousse is smooth and creamy.

Serve immediately.



Sowing the seeds

First class honours for student catering

Now that the new term is in full swing, thousands of new and returning students at Scottish colleges and universities are already tasting success through the **healthyliving award**. Twenty-nine catering outlets at further and higher education establishments have already achieved the award, with dozens more working towards it.

One of the very first to attain the award was Glasgow Metropolitan College, which has since gone on to gain the award in five of its sites. Elizabeth Smith, Catering Services Manager, explained that the various college sites offer very different courses, attracting a wide range of students from diverse backgrounds. Some are very keen to eat healthily, while others just want chips, cheese and curry sauce!

“We have quite a mix of students here,” she said. “We serve good home cooked food, but for some of the students it’s a bit harder to persuade them to try new things. During freshers’ week we took the opportunity to re-launch the **healthyliving award** to the new students, and gave them each a free green apple. Later on in the term we held a healthy tasting day, to give them the chance to try some of the healthier options on the menu.”

“The salad bar is always popular, as are stir-fries, and our pasta sauces have been getting a lot of favourable comments. Our home baking range is also popular – especially our courgette loaf! We don’t tell the students what it is at first, but once they try it they usually love it, and it’s become a favourite.”

The University of Edinburgh holds **healthyliving awards** at eight of its sites across the city. These outlets range from a small coffee kiosk to a restaurant that provides 2000 students staying in halls of residence with their breakfast and dinner each day. The various eateries cater for students and staff, and some are also open to the public.

Ian Macaulay, Assistant Director of Catering at the University, has seen big changes over the last five years in what students are looking for, as the huge efforts made in the school catering sector filter through. He said, “Students now come in looking for the salad bar and baked potatoes, rather than pizza and chips.” He added that the key to success lay in providing choice. “We find that fresh fruit smoothies are hugely popular and also fresh fruit salad and panini with healthier fillings. People want healthier food but they don’t want to sacrifice taste, so we have been running training workshops for our chefs to increase their appreciation of how a slightly greater use of certain herbs and spices can further enhance flavour.”

David Ross, Catering Manager at Forth Valley College in Falkirk has also been encouraged by students who have become used to eating more healthily in school. David, who holds **healthyliving awards** for both the student and staff restaurants, said, “We promote the healthier options by running regular theme days, and we hold fresh fruit Fridays when we give away fruit for free. Our sales are buoyant, and uptake of fresh fruit has gone through the roof!”

“We are delighted to have achieved the **healthyliving award**. Caterers don’t normally get a lot of praise, so it’s great to get recognition that we are doing a good job.”



Nibbles

Coming soon ...

Look out for the new **healthyliving award** website, due to be re-launched soon. The new website will include lots of lively features and articles, an enhanced award winners section, plus all the current information on the award and how to register. And it's all in a format that's easier to navigate and brighter to look at!

Delicious and healthy!

The **healthyliving award** has put together a recipe booklet featuring delicious recipes from a few of our award holding establishments.

The booklet contains a number of starters, main courses and desserts, and we have developed it to help promote awareness of the **healthyliving award** among the general public. We have distributed copies at Foodies at the Festival and the Dundee Flower and Food Festival, with feedback having been very positive to date.

Have a look at the booklet on our website at www.healthylivingaward.co.uk and tell us what you think.

BBC Good Food Show Scotland

The **healthyliving award** team will be on stand C64 at the very first **BBC Good Food Show Scotland** at the SECC in Glasgow from 2nd - 4th November. Why not come along and say hello to the team, and pick up a free copy of the **delicious and healthy** recipe booklet?

You can also take the opportunity to indulge in some serious foodie retail therapy and see demonstrations from celebrity chefs including Gordon Ramsay, Nick Nairn and James Martin.

For more details see www.glasgow.bbcgoodfoodshow.com

Dates for your diary

Scottish Restaurant Awards

Nominations close 9th November 2007

The **Health Conscious Restaurant of the Year** category is sponsored by the **healthyliving award**.

For details see

www.scottishrestaurantawards.co.uk

Food Standards Agency Scotland: Recipe for Success

20th November 2007, Galashiels

Celebrity Chef Phil Vickery will demonstrate how to cook up some healthy, nutritious meals in a safe and hygienic way. The event is free and tickets are available from the FSAS.

For more information, tel: 01224 285149
or email

press.scotland@foodstandards.gsi.gov.uk

Eating Disorders - Childhood Obesity, Bulimia and Anorexia

22nd November 2007

Hilton Glasgow

[www.gla.ac.uk/developmental/cpd/
NewCourses.html](http://www.gla.ac.uk/developmental/cpd/NewCourses.html)

Food and Health Alliance Conference

5th February 2008

www.fhascot.org.uk

healthyliving award • Scottish Consumer Council

Royal Exchange House • 100 Queen Street • GLASGOW • G1 3DN
Phone: **0141 226 5261** • Minicom: **0141 226 8459** • Fax: **0141 221 0731**

Website: www.healthylivingaward.co.uk

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 additional copies of **coretalk** in electronic format please contact us.*