

coretalk



healthyliving
award

50 Summer 2019

th

The
sign of
healthier
food

50

edition



Welcome
to
coretalk

In this issue:

What's cooking?

Reformulation for health

Nibbles

Create a healthier workplace

Table talk

Investing in young people
with learning disabilities

Newsbites

Healthy promotions

Tasty morsels

Long-term achievers

A flavour of...?

Chickpea and pepper
salad with tzatziki

Sowing the seeds

On board with healthy
Scottish food

60-second microbes

Rob Cunningham,
healthyliving award
assessor

Dates for your diary

Welcome to our summer edition of Coretalk, which is also our 50th issue. As we reach this significant milestone we'd like to thank our partners and stakeholders for their ongoing support. We also want to thank our award-registered businesses, which continue to show an appetite for providing healthier food for their customers every day.

www.healthylivingaward.co.uk

NHS
Health
Scotland

What's cooking?

Reformulation for health

Reformulation is where a product is made healthier by changing the recipe, providing clearer information on portion size or changing how it is prepared. It is rated as the most effective way the food industry can help target obesity and poor dietary health, the impacts of which are profound in Scotland.

To help businesses to reformulate successfully, a variety of industry experts including research and development, food technology, nutrition and consumer insights need to be involved. To make a real difference to the health of the Scottish people, the whole food supply chain also needs to get involved, from producers and retailers to food service companies and consumers.

Food and Drink Federation (FDF) Scotland has appointed a reformulation project manager, funded by the Scottish Government, to help small to medium-sized Scottish food companies make the best use of the existing support and funding that is available, as highlighted in the Scottish Government's A Healthier Future strategy.

As caterers involved with the healthy living award (HLA), you are already reformulating your recipes by reducing fat, salt and sugar and including more fruit and vegetables and starchy carbohydrates. But what about when you want to source a healthier bought-in product? FDF Scotland's reformulation project manager, Joanne Burns, will work with your business and your food suppliers to help find a tailored solution to make their products healthier, making it easier for you to access more HLA-compliant products and improve the health of your customers.

If you would like to find out more please get in touch with Joanne at Joanne.Burns@fdfscotland.org.uk, or by calling 0131 222 8050.



Nibbles

Create a healthier workplace

Healthy Working Lives (HWL) offers information and support on a full range of workplace safety, health and occupational health related topics.

The Adviceline is a crucial part of the services offered within HWL. It is staffed by expert advisers who can give you practical support to help you meet your compliance standards and best practice within your organisation.

This could include: bespoke guidance to assist in developing your health and safety policy or risk assessments; implementing a drug and alcohol policy; supporting staff attendance policy; or practical advice on challenging issues, including bullying and harassment or managing health conditions within your workplace.

The service is confidential and aimed at not just employers, but employees and health professionals too.

For more information call the free Adviceline on 0800 019 221.



Healthy Working Lives

Table talk

Investing in young people with learning disabilities

Windmills Cafe is a social enterprise community cafe in the heart of Motherwell which invests in young people with moderate to severe learning disabilities. It helps them to develop independent living skills and get mainstream qualifications in catering and hospitality. The cafe has a reputation for quality food and family-friendly customer service, and is one of our newest healthyliving award (HLA) holders.

Development manager Alison Marsella explains what working with the HLA means to the cafe: 'In working towards this achievement we've helped provide healthy and quality meals as well as informing our trainees, staff and customers about healthy eating options. It has enabled us to encourage a balanced diet, improve our trainees' independent living skills, and help make everyone more aware of the negative effects of too much fat, sugar and salt. Our new head chef Chris Blair has also been vital in making sure Windmills has a diverse menu with a variety of vegan and gluten-free options.'

From January through to March this year, Alison, Chris and the team successfully ran an exclusive healthy eating menu to encourage more customers to choose healthier options when visiting the cafe.



Newsbites

Healthy promotions

Having an appropriate promotion and marketing strategy which works alongside the principles of the healthyliving award (HLA) and supports healthy eating is an important part of the award criteria. This can be achieved in many ways, like celebrating the renewal of your award, highlighting the healthy catering practices you use to customers, offering in-house healthy price promotions and holding promotional events.

We know caterers often find it difficult to run two healthyliving promotions per year and it comes up regularly at the assessment stage. As well as being able to find inspiration within your Guidance for Applicants folder, the national team send out a monthly e-bulletin to all award-registered sites offering ideas and suggestions. This will help to make running two promotions easier, so please look out for the e-bulletin in your mailbox. If you don't

think you're receiving it, contact the team on **0141 414 2880** or email **enquiries@healthylivingaward.co.uk** and we'll happily check this for you.

As well as your promotions, we also encourage all our registered sites to make use of the suite of HLA materials and resources to highlight your involvement in the award to customers. You can order leaflets, posters and table tent cards by completing the resource order form or by contacting the team.



Tasty morsels



Long-term achievers

Aramark at BP was recognised as one of our long-term award holders at our recent award ceremony, having been involved with the healthyliving award (HLA) for over 10 years, which is a fantastic achievement. Aramark provides the food service to the BP North Sea headquarters in Dyce, feeding over 1,000 customers each day.

Susan Phimister, catering manager, explains why they chose to get involved with the award and then progress to the plus level: 'Healthy living has always been high on the agenda with both our client and Aramark. Encouragement from our healthyliving assessor at a previous assessment proved we weren't far away from plus. As our catering team are always keen to improve the offer and encourage healthy choices, we decided to go for it and have never looked back.'

Susan continues: 'The biggest challenge was increasing the healthyliving offer to 70%. But, working with the head chef, Bruce Harper, and the kitchen team, we were able to swap out some ingredients for lower fat, salt and sugar alternatives. We now use more lean meat, vegetables, beans and pulses in our cooking and always try to buy the healthiest ingredients available to us. The introduction of a new salad bar was also a tremendous success.'

Susan adds: 'With so many people now being more health conscious, the changes have made it easier for customers who know they will be able to get a healthy choice whenever they visit the restaurant.'

Serves 4–6

A flavour of...? Chickpea and pepper salad with tzatziki

Recipe courtesy of Jo Watson, fresh support manager, Entier

Ingredients

For the chickpea and pepper salad

600 g of chickpeas, cooked
2 red peppers, halved and deseeded
1 yellow pepper, halved and deseeded
1 red onion
4 plum tomatoes

15 ml of olive oil

30 g of fennel seeds

A small bunch of parsley, chopped

For the tzatziki

150 g of low-fat natural yogurt

A quarter of a cucumber, deseeded, and grated or finely diced

2 tablespoons of fresh mint, chopped

1 clove of garlic, finely chopped

Method

- To make the tzatziki, mix the yogurt, cucumber, mint and garlic together a couple of hours in advance to let the flavours develop.
- Cut the onion and tomatoes into wedges.
- Drizzle the pepper halves, onion wedges and tomato wedges with olive oil and colour in a griddle pan for a couple of minutes.
- Transfer the vegetables to an ovenproof dish. Sprinkle over the fennel seeds and roast at 180°C for 20 minutes or until soft but not overcooked.
- Place the cooked chickpeas in a large bowl and mix in the hot vegetables and chopped parsley. Season with sea salt and cracked black pepper.
- Serve with the tzatziki dip, or a low-fat honey and mustard dressing if preferred.

Sowing the seeds



Caledonian MacBrayne
Hebridean & Clyde Ferries

On board with healthy Scottish food

CalMac Ferries are championing healthy Scottish produce on board their fleet of vessels. The majority of their ferries hold both the healthyliving and Taste Our Best awards, enabling their customers to eat both healthier choices and local produce.

Gordon Smith, retail development manager at CalMac Ferries, explains CalMac's commitment to both awards and what it took to achieve them: 'In regards to the healthyliving award, the on-board catering teams were especially important; without their buy-in and support there was a real chance we would not have succeeded. The shore-based sales team played an integral part in gaining Taste Our Best as they liaised with suppliers and distributors to get the Scottish produce we needed.'

Gordon says: 'It can be frustrating when there is a product you would like to use but it doesn't meet the healthyliving guidelines. On the whole though, we didn't find it too difficult to achieve both awards side by side as Scotland has so many great products that there was always an alternative if needed. Sometimes simply asking your suppliers for a different spec of product can be the easiest way.'

Gordon continues: 'You have to consider the awards at the start of any menu changes and be a bit more focused with your ingredient choice as it needs to fit the overall criteria. It makes the development a lot more structured as there are always the overarching award rules that help guide decisions each step of the way.'

Regarding the difference holding both accreditations has made, Gordon says: 'The healthyliving award has helped change the way we cook and prepare meals and we consider cooking methods now as an integral part of any dish development. The Taste Our Best award helps the company demonstrate its commitment to helping and supporting the communities we serve. Customers are always very complimentary about the use of Scottish produce and as we see the trend in specific diets growing we are also finding that we are much better equipped in terms of the knowledge and skills required to be able to cater for these.'

Gordon adds: 'Our focus remains on cooking the best Scottish produce in line with healthy production guidelines. This really helps showcase the produce at its best. Having the healthyliving award running side by side with Taste Our Best simply provides the best of both worlds.'

60-second microbites



Rob Cunningham, healthy living award assessor

As an experienced chef manager working offshore in the oil and gas industry, our Lothian-based assessor Rob Cunningham knows first-hand about the various challenges facing caterers every day. Rob has been involved with the award since its launch in 2006, initially as an internal assessor while working as a development chef for Diageo.

Q: Why do you think it's worth being a part of the healthy living award?

A: The award is fantastic for Scotland. It allows caterers to reduce fats, sugars and salt to an acceptable level, helping them play their part in creating a healthier nation for the future. It makes you think about how we do things but also how we can change. It's informative and the process is really easy to follow.

Q: What are the most enjoyable aspects of your role as an assessor with the award?

A: I really enjoy meeting new people and visiting different establishments. It's so nice to see people making changes to the way they cook for, and serve their food to, customers. I also love seeing fresh fruit and vegetables being used to create dishes bursting with flavour!

Q: What advice would you give to a site who are preparing for your visit to carry out an assessment?

A: Relax! We're there to support you and offer advice. I've been on so many visits where the caterer is worried about getting things wrong. If in doubt, ask, and if I don't have the answer there is a great team in the office who we lean on for support.

Dates for your diary

Edinburgh Food Festival

19 –28 July 2019

This fantastic, free-to-visit festival gives visitors an insight into what Scotland's larder has to offer.

www.edfoodfest.com

Scottish Food and Drink Fortnight

31 August–15 September 2019

The fortnight is an annual celebration of Scotland's outstanding produce, managed by industry leadership body Scotland Food and Drink and supported by the Scottish Government.

<http://fooddrinkfort.scot>

Blood Pressure UK's Know Your Numbers! Week

9–15 September 2019

The UK's biggest and most far-reaching blood pressure testing event and awareness week.

www.bloodpressureuk.org

Seafood Week

4–11 October 2019

Visit the website to sign up for exciting ideas and recipes.

www.fishisthedish.co.uk/seafoodweek/seafood-week-news

Remember that some of these events could be used to highlight healthier eating messages and count as one of your annual healthy living promotions.

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**

Email for general enquiries and newsletter:
enquiries@healthylivingaward.co.uk

If you would like to be added to our newsletter mailing list, would prefer to receive Coretalk in electronic form, or would like to unsubscribe, 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**