

Healthy living award

Coronavirus (COVID-19) information

Following the guidance from the Scottish Government with regards to the coronavirus outbreak, a decision has been taken to put healthy living award (HLA) assessments and quality assurance visits on hold for the next six months, until October 2020.

We know that you will all be playing your part at home and at work to do what you can to maintain the health and safety of staff and employees, your customers and your families, while at the same time retaining a focus on your business. We are doing the same at HLA.

We recognise that this is a very fluid situation, and we are all balancing many competing priorities. We will continue to monitor the situation as things progress.

We have developed a question and answer article on our website, which hopefully covers a lot of the questions you might have about our award. You can access this and all our news at **www.healthylivingaward.co.uk/news**

The team are still available to offer remote support and you can contact us via email or through our website and social media channels at **www.healthylivingaward.co.uk/about-us/contact-us**

Please do not hesitate to get in touch.

Email — **enquiries@healthylivingaward.co.uk**

Website — **www.healthylivingaward.co.uk**

Facebook — **www.facebook.com/HealthyLivingAward**

Twitter — **www.twitter.com/hlaward**

coretalk

53 Spring 2020

The
sign of
healthier
food

Welcome
to
coretalk



healthy living
award

In this issue:

Support and information

Working together to improve health and wellbeing in Scotland
Coronavirus (COVID-19) information

Table talk

Supporting Scottish food producers

Newsbites

Community food: CFHS and Senscot updates

Tasty morsels

Good for business

A flavour of...?

Baked haddock with lemon and basil

Sowing the seeds

Inspiring healthy eating in young people

60-second microbes

Making your workplace safe and healthy

Dates for your diary

Welcome to the spring edition of coretalk. We are aware that this edition comes at a very difficult time and we want to support sites as much as possible with the changes you will be experiencing due to the coronavirus (COVID-19) outbreak and social distancing measures. We have provided some information on changes to our service and how to get in contact with us inside this edition. Check our website or follow us on Twitter: [@hlaward](#) or Facebook: [www.facebook.com/healthylivingaward](#) for the most up-to-date information.

We also bring you some light reading on seasonal springtime cooking and celebrate the success of some newly awarded sites. You can find out why City of Glasgow College's City Bistro decided to progress to the healthy living award plus. Rutherglen Town Hall Cafe's Peter Corcoran shares why he thinks healthy eating is good for business, and Joanne Burns of the Food and Drink Federation discusses its new Reformul8 project. You can also read about our move to Public Health Scotland, our new parent organisation.

www.healthylivingaward.co.uk



Working together to improve health and wellbeing in Scotland

On 1 April 2020, healthy living award (HLA) moved into Public Health Scotland (PHS). The newly established public health body reports to Scottish Government and the Convention of Scottish Local Authorities (COSLA). The organisation was formed to provide leadership at national and local levels to enable organisations to work together to improve health and wellbeing in communities.

The new public health organisation aims to address Scotland's three major health challenges which are:

- Scotland's relatively poor health (compared with the rest of Western Europe)
- the significant and persistent inequalities in health outcomes in Scotland
- the unsustainable pressures on health and social care services.

PHS has identified and will focus on six main

public health priorities and you can read more about them at www.publichealthscotland.scot

The new chief executive for PHS, Angela Leitch, took up her post in November 2019. Having spent more than 25 years working with local government, Angela brings a wealth of experience to the role. She has a deep understanding of how local communities and the wider public sector can work effectively together, which will be a significant asset to the new organisation.

For more information about the new partnership visit <https://publichealthreform.scot>, follow @phrscot on Twitter or email the reform team on publichealthreform@scot.gov

The healthy living award will remain unchanged. You can access the same support and guidance by getting in touch with the team on **0141 414 2880** or by emailing enquiries@healthylivingaward.co.uk

Coronavirus (COVID-19) information

To support our award holders and our wider readership at this time, we have pulled together ideas about where to go for advice and support that you might need.

Scotland Food and Drink has a daily briefing during the coronavirus outbreak giving information on the strategic work it is doing with industry leaders and Scottish Government, as well as the advice on offer to businesses and workers. You can read more and sign up for a daily email link at: www.foodanddrink.scot/news/coronavirus-scotland-food-drink-update/

Scottish Tourism Alliance has launched a hub of advice and information for those in the tourism industry. This includes information about the Scottish Government's recently launched business helpline which can be reached on **0300 303 0660** (Monday to Friday) – callers should

select option one to speak to the COVID-19 team. On the Scottish Tourism Alliance website you can also access its daily update on all things related to coronavirus to help protect tourism businesses. Find out more here: <https://scottishtourismalliance.co.uk/coronavirus-advice-for-businesses-covid-19/>

Scottish Council for Voluntary Organisations has developed a coronavirus information hub providing support around staffing and advice for emergency funding, helpful for community cafes and those working in the third sector. You can find out more information and get in touch with the team here: <https://scvo.org.uk/support/coronavirus/>

Finally, you can access help and support from our team by emailing enquiries@healthylivingaward.co.uk or checking our Q&A at: www.healthylivingaward.co.uk/news

Table talk

Helping food businesses

REFORMUL8

for a healthier future



Supporting Scottish food producers

We spoke to Joanne Burns from Food and Drink Federation (FDF) Scotland about their new nationwide reformulation challenge launching across the country. Reformul8 supports small- to medium-sized food businesses and works in partnership with all 32 local authorities who have identified a local Reformul8 champion. The champion will support the food business to select a range of products to be reformulated.

Joanne says Reformul8 is based on eight core principles, which include reducing fat, salt or sugars, increasing fibre, fruit or vegetables, and reducing overall calories/portion sizes. 'Each business taking part will benefit from a range of media support to celebrate the great work they

are doing within their community,' she adds.

This challenge forms part of FDF Scotland's Reformulation for Health programme, which is funded by Scottish Government. Reformul8 is an excellent opportunity for different parts of the food industry to work together to improve the health of Scotland's people. As a food service company focused on healthier options, Reformul8 allows you to support your suppliers to provide healthy, locally sourced products.

If you work with Scottish suppliers including butchers, bakers or sandwich makers, get in touch with Joanne at **reformulation@fdfscotland.org.uk** to find out how FDF could support them, which helps you to extend your healthy options.

Newsbites

Community food: CFHS and Sencot updates

Community Food and Health (Scotland) (CFHS) aims to ensure that everyone in Scotland has the opportunity, ability and confidence to access a healthy and acceptable diet for themselves, their families and their communities. It does this by supporting work with and within low-income communities that addresses health inequalities and barriers to healthy and affordable food.

In November 2019, CFHS held their annual networking event, Priceless, with Professor Wendy Wills, professor of food and public health, and director of the Centre for Research in Public Health and Community Care, University of Hertfordshire, as keynote speaker. You can read more about it at **www.communityfoodandhealth.org.uk/2019/priceless-cfhs-annual-networking-conference-4-november-2019**

Sencot works to ensure that social enterprises in Scotland have the support they need to deliver positive outcomes in

their communities. Sencot members have started to develop community cafes in their social enterprises, with much enthusiasm. An initial paper was produced which shows how community cafe activity is resourced, particularly with regards to the challenges of turning over a surplus. The paper is available at **<https://sencot.net/wp-content/uploads/2019/08/Social-Enterprise-and-Community-Cafe-Activity.pdf>**

A series of six peer-to-peer learning resources were developed and the first three facts sheets are:

- **Scenario 1:** Bringing in an external provider to operate a cafe within your premises.
- **Scenario 2:** Providing employability opportunities within a real business for people furthest from the labour market.
- **Scenario 3:** Having a space available within your premises and considering using it for a cafe.

For more information contact **mary@sencot.net**

Tasty morsels



Good for business

Peter Corcoran, catering manager at Rutherglen Town Hall Cafe, says healthy options are proving to be good for business.

'We have a cafe that serves 200 people every day and we are open six days a week,' Peter says. 'We also do catering for weddings and conferences, often another 200 people at the same time as running the cafe.'

Rutherglen Town Hall Cafe has held the healthyliving award (HLA) for about 10 years, but Peter is new to the cafe and keeping the award is important to him.

'We are all becoming more aware of the movement away from meat and towards more vegetarian and vegan options. Customers want healthy alternatives and choices to eat less meat; the award keeps healthy eating in our minds when we are menu planning, but it makes business sense too.'

Peter says they cater for a wide range of customers, and they have been able to keep old favourites on the menu by moving away from healthier cooking methods yet still keeping the flavour.

'We also want to appeal to more adventurous customers and to families,' he adds. 'Our new offers to children include healthier snacks and we want families to know their children can access nutritious food here.'

The team at Rutherglen Town Hall Cafe are planning an event in the Easter holidays, where children can taste different healthy meals and dips. Find out more by following them on Facebook at www.facebook.com/pages/Rutherglen-Town-Hall/155237351164401

A flavour of...?

Baked haddock with lemon and basil

Recipe courtesy of Scottish Qualifications Authority in Dalkeith

Ingredients

- 2 x 200 g haddock fillets
- 10 ml olive oil
- Small handful fresh basil, chopped
- 1 lemon

Method

- Place haddock on a tray brushed with a little oil.
- Sprinkle the haddock with basil and squeeze the juice of the lemon over.
- Bake for 10 minutes at 200°C.

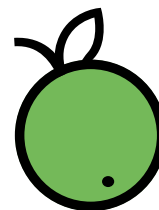
Serve with seasonal vegetables including kale, spring greens and broccoli.

Trying to be healthier and greener? Look at Greener Scotland's seasonal cooking calendar for 2020 to find out what flavours are popular this spring: www.greenerscotland.org/sites/default/files/EIS-calendar13-14.pdf

Greener Scotland is run by the Scottish Government and gives you lots of tips and ideas on how to recycle food and reduce your food waste. Find out more at www.greenerscotland.org/food-waste/about-food-waste



Sowing the seeds



healthyliving award **plus**

**CITY OF GLASGOW
COLLEGE**

Inspiring healthy eating in young people

The healthyliving award (HLA) team recently reviewed City of Glasgow College's City Bistro, an organisation that has gone from the standard HLA to achieving the HLA plus. The HLA plus is a higher level award – challenging but achievable – and criteria include that 70% of the food served must be healthy choices. To find out more about the plus award go to **www.healthylivingaward.co.uk/caterers/the-plus-award**

Emma Chalmers is the operations manager for City of Glasgow College within the hospitality and leisure faculty. It is one of the top performing colleges in the UK, offering over 2,000 courses. In Emma's role, no two days are the same. She oversees several commercial food outlets across the college campuses.

'City of Glasgow College has been a longstanding supporter of this award and we have held it for a number of years,' Emma says. 'The award allows us to consciously promote healthier options to students, staff and visitors. The food we sell in City Bistro, where we hold the award, is produced by students at the college as part of their course. This means that not only are we promoting healthy

eating to customers, we are also teaching future catering professionals techniques and ingredients that are key to living a healthier lifestyle.

'The healthyliving award has made us focus on how we source the best and healthiest products for City Bistro. The plus award is really just about us taking it one step further and making a few more tweaks to the daily menus.'

Emma says they did not need to make many adjustments in order to achieve HLA plus. They swapped some cereals for those on the compliant list, and they have switched to low-fat yogurt and cheese, which were easy changes to make.

Emma is passionate about promoting healthy eating to young people and adults and says: 'By having so many healthy options available we are helping to encourage healthier purchasing habits among our students, staff and visitors.'

City Bistro and City of Glasgow College are now working on how they can spread the word about the HLA award plus, and they are planning to have more healthyliving plus days at their venue.

60-second
microbites



Dates for your diary

Father's Day

21 June 2020

Remember that all desserts need to be HLA compliant for all promotions.

British Nutrition Foundation Healthy Eating Week

September 2020

Encourage workplaces, universities and schools to promote the importance of eating healthily.

www.nutrition.org.uk/healthyliving/hew/bnfhew20.html

Eat & Drink Festival

15–18 October

Find out more about local producers.

www.eatanddrinkglasgow.com



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

Making your workplace safe and healthy

Healthy Working Lives (HWL) offers free information and support on a full range of workplace safety, wellbeing and occupational health-related topics, from online modules and face-to-face training to templates and resources.

HWL has put together a page of information and advice for employers, employees and businesses during the coronavirus outbreak, which can be accessed here: www.healthyworkinglives.scot/workplace-guidance/illness-absence/Pages/coronavirus-guidance-for-employers.aspx

The HWL Adviceline is staffed by expert advisers who can give you practical support to help you meet compliance standards and deliver best practice within your organisation. This could include advice on: developing your health and safety policy or risk assessments; implementing a drug and alcohol policy; challenging issues such as bullying and harassment; or supporting staff attendance and managing health conditions within your workplace.

HWL also runs an award programme, supporting you to put in place a structure of health and support for your employees. If you are currently working towards our HWL award and want to know what changes are in place due to the coronavirus, please access our Question and Answer sheet at <https://eportfolio.healthyworkinglives.com/news.aspx>

For more information on HWL services and the award, call the free Adviceline on 0800 019 2211 or visit www.healthyworkinglives.scot

healthyliving award, Public 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 list 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.phs-otherformats@nhs.net