

coretalk



healthy living
award
the sign of healthier food

In this issue:

Welcome to Coretalk

What's cooking? The food industry urged to take further action

Nibbles: Community Food and Health Conference

Table talk: Excellence shines through

Newsbites: Guidance on children's menus

Tasty morsels: Keeping you on board

A flavour of... Tony's farmer's vegetable soup

Sowing the seeds: Food vans dump the junk and the stereotype

60-second microbites

Dates for your diary



Welcome to coretalk

It has been a sporting summer in Scotland with Glasgow hosting the XX Commonwealth Games and, at the time of writing, the excitement of the Ryder Cup still to come.

With 675 awards held by caterers across the country, and another few hundred proceeding with applications, the healthy living award team are as busy as ever.

We would be delighted to receive healthy living award recipes from any award-holding businesses to add to our website and help promote what you are doing. You can email them to us at feedback@healthylivingaward.co.uk

In this edition you can read all about the Scottish Government's new framework for the food industry, Subway achieving its first ever healthy living award and some great and unusual award-winning mobile units that traded at the Glasgow 2014 Glasgow Green Live Zone.

What's cooking?

The food industry urged to take further action

The Scottish Government launched the new Supporting Healthy Choices voluntary framework in June. This framework sets out specific voluntary action for the food industry, including retailers, manufacturers, caterers and the public sector, in order to support healthier diets in Scotland.

What's cooking? (Continued)

Michael Matheson, Public Health Minister, announced the new framework by visiting a Subway store in Edinburgh. The sandwich chain, which has 154 franchises in Scotland, was one of the first major companies to sign up to the framework.

The framework was produced in partnership with the Food Standards Agency in Scotland and sets out 17 commitments for action across four priority areas:

- Putting children's health first in food-related decisions.
- Rebalancing promotional activities to encourage healthier choices.
- Improving education and information available to customers.
- Reformulating recipes to reduce levels of salt, sugar and fat.

Subway's Edinburgh city centre store in the St James Shopping Centre was presented with its healthliving award at the launch, making it the first high-profile high street food-on-the-go retailer in Scotland to hold the award. Achieving the healthliving award is one of the key commitments for this kind of business in Supporting Healthy Choices and one of eight commitments Subway Scotland has signed up to. The company has made a commitment to gain the healthliving award in all of its Scottish stores.

Mr Matheson said:

'I welcome the fact that Subway, a major high street name, has committed to working with us and signed up to the framework. Eating out plays an important and increasing part in people's lives and people deserve to be able to eat healthier food.'

www.scotland.gov.uk/Topics/Health/Healthy-Living/Food-Health/supportinghealthierchoices

Nibbles

Community Food and Health (Scotland) annual networking conference

This national networking conference will provide a unique opportunity for those involved in community food activity to network with colleagues, discuss national activity and local practice, and share experience, evidence, hopes and concerns on all aspects of food, inequality and social justice. The conference will have an underlying theme of tackling health inequalities and promoting social justice through community food activity.

Taking place on Wednesday 29 October 2014 at the Grand Central Hotel, Glasgow, 10 am to 3.30 pm.

A full programme will become available when registration opens in late August/early September 2014. **www.communityfoodandhealth.org.uk**

Table talk

Excellence shines through

Congratulations to Sodexo at the Scottish Government on winning the 2014 Healthier Scotland Award, presented at the prestigious CiS Excellence Awards in May.

It was a closely contested award this year, with all three finalists demonstrating excellence in encouraging healthier eating and making the healthier choices the easy choices within their businesses. Sodexo went a step further, excelling in their approach to addressing health inequalities through their work with children from disadvantaged areas of Scotland and educating them on the benefits of healthy lifestyle choices.

The two runners up were Inspire Catering at Kilgraston School and Martha's restaurant in Glasgow. All three finalists should be proud to have made the final shortlist.



Newsbites

Guidance on children's menus

The Scottish Government made a commitment in the Supporting Healthier Choices voluntary framework to publish a guide for caterers on healthy options for children's menus.

It has been recognised that many caterers offer children's menus and have an important role to play in the food choices that are made. It is therefore important that these caterers are offered best practice guidelines to encourage menus that offer children:

- sensible portion sizes;
- a range of healthier options;
- food and drink which is marketed responsibly; and
- nutritional information about what is on offer so parents/guardians and children can make informed choices.

A short-term working group has been put together to take this piece of work forward. The healthy living award have been asked by the Scottish Government to chair the group. Those sitting on the group include representatives from government agencies, food suppliers, the catering industry, the Food Standards Agency and higher education.

The working group will ensure that the new guidance will be consistent with existing and emerging Scottish government policies, including the healthy living award. It will also take into consideration the findings of a literature review of children's menus. It is expected that the group will report its findings later this year.

Tasty morsels

Keeping you on board

A healthy living award is valid for a period of 2 years. We write to all award-holding businesses three months prior to the expiry of their award, explaining what needs to be done and including the relevant documentation to make the reapplication process as simple and quick as possible. We strongly encourage caterers to reapply as soon as the reminder arrives to ensure that the award remains active.

At this stage we also highlight the healthy living award *plus* to caterers and encourage them to think about whether they are ready to take their commitment to healthier catering to the next level.

The healthy living award *plus* is only open to caterers who have held the award for a full term (2 years). It rewards businesses who can demonstrate a greater commitment to supporting healthier eating. As with the standard award, certain conditions must be met. The key challenges include increasing the provision of healthy living award items to 70% and encouraging healthier purchasing habits by limiting the range of crisps, confectionary etc., in addition to removing these items from the point of sale.

Whether a caterer decides to reapply at standard level or aim for healthy living award *plus*, the healthy living award team are here to support them. After all, it is these businesses that are playing their part in making Scotland healthier.



A flavour of...?

Tony's farmer's vegetable soup Recipe supplied by the Annexe Café, Glasgow

Serves 6

Ingredients

1 tsp vegetable oil
1 large leek (chopped into small discs)
½ small turnip (cubed or grated)
2 carrots (cubed or grated)
100g red lentils
1 litre vegetable stock
Handful of chopped parsley
Freshly ground black pepper to taste

Method

1. Heat the oil in a large pot.
2. Add the leeks and cook gently for a few minutes.
3. Add the carrots, turnip and washed lentils and cook for a further 3 minutes.
4. Add the stock and half the parsley, cover and simmer gently for 30 minutes.
5. Use the hand blender if you like a smooth soup – short pulses if you just want to thicken it.
6. Add the remaining parsley and freshly ground pepper to taste.
7. Serve with wholemeal crusty bread and enjoy!

For more information on the Annexe café or any other award-holding businesses visit www.healthylivingaward.co.uk/customers/healthy-eating-near-you

Sowing the seeds

Food vans dump the junk and the stereotype at Glasgow Green Live Zone

Glasgow did a fantastic job of hosting the 2014 Commonwealth Games, already dubbed 'the best Games ever'. Not only did the Games bring together elite athletes from 71 nations, competing across 17 sports, it offered entertainment and cultural events across the city.

At one of the most popular events, the Glasgow Green Live Zone, organised by Festival 2014, the park was transformed into a free experience. This included family activities, live music, comedy, dance, sporting activities, arts and crafts and much more.

In the large food village in the middle of the park, some of Scotland's leading producers showcased Scottish ingredients. These food units also helped to shake off some of the stereotypes around Scottish food by offering fresh, healthy options while still providing for the masses. Twelve of the catering units trading in the food village were healthy living award holders:

- The Real MacKay Stovie Company
- Loch Fyne Oysters
- Mutley's Crepes
- Alandas Scottish Seafood Grill
- Eat Balanced Ltd
- Woodburns Pizza
- Lovsushi Ltd
- Yo! Frooty
- Puddledub Buffalo Ltd
- Highland Hog Roasts
- Winston Churchill Venison
- Bhatti Wraps

Over 500,000 people visited Glasgow 2014 Live Zones throughout the Games, so these healthy living award holding mobile food units were busy. The healthy living award team quality assured each of these units in the days leading up to the event to ensure that 50% of their menu choices were approved healthy living award options, as stipulated in the award criteria.

Well done to the 12 award-holding food vans that were involved in this event. The vast majority of these mobile caterers will retain their healthy living awards, ensuring a legacy of healthier food options as they trade at festivals and other events across the length and breadth of the country for months and years to come.





60-second microbites



Tony Osborne is the cook in the Annexe Café, a busy community café which is part of the Annexe Healthy Living Centre in Partick, Glasgow. The café has held a healthy living award since 2008 and in July took this commitment one step further and achieved the healthy living award *plus*. According to Tony it's the best kept secret in Partick!

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

A. We applied for the healthy living award as the building was a Healthy Living Centre and therefore we were keen to promote healthy activities and part of this was having a community café ... naturally this led onto delivering healthy food for the local community at affordable prices.

Q. Do you feel working towards and achieving the healthy living award has been worthwhile?

A. Achieving the healthy living award reinforced our healthy ideals and gave us the stamp of approval that what we were doing was recognised by a wider audience.

Q. What do you think the healthy living award means to your customers?

A. The customers of the café know that the food is always healthy, so it's nice to get the recognition of the healthy living award *plus* on the wall now as a sign of our commitment to quality healthy food at affordable prices.



Community Food and Health (Scotland) annual networking conference 29 October, www.communityfoodandhealth.org.uk/2014/cfhs-annual-networking-conference-2014/

Scottish Chef Conference 17 November, www.scottishchefsconference.co.uk

Food Matters Live ExCeL, London 18–20 November, www.foodmatterslive.com

Scottish Healthcare Conference 6–7 November, www.hfs.scot.nhs.uk/conference-2014

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We are happy to consider requests for other languages or formats. Please contact 0131 314 5300 or email nhs.healthscotland-alternativeformats@nhs.net