

Manchester Food Futures

News Roundup and Announcements

Issue 2: Summer 2005



Welcome to the second Food Futures news bulletin. Many thanks to those of you who gave positive feedback on the first one and to those who have contributed this time. As you'll see there's a lot going on to promote good, healthy and sustainable food in Manchester – if this newsletter continues to expand at this rate it'll be about 400 pages long by next winter...

A particular welcome this time to Christine Raiswell, who took up post as the Food Futures Programme Manager on 22 August, giving this work full time co-ordination for the first time. She joins us from the City Council's Local Strategic Partnership Team and will initially be focusing on backing up the Food Futures strategy with an investment plan for food work in the city.

Colin Cox, Assistant Director
Manchester Joint Health Unit
c.cox@manchester.gov.uk

Introducing Christine



'I am delighted to take up this role and am looking forward to working with the wide range of groups and individuals who are helping to improve food for Manchester and its residents'

Christine can be contacted on 0161 234 4268 or email
c.raiswell@manchester.gov.uk



Manchester Harvest – growing food in St Ann's Square

Congratulations to the organisers of **Manchester Harvest**, who in honour of National Allotments Week (8-13 August) created a model allotment in St Ann's Square.

Manchester Allotments – It's show time!

Staying with allotments, it's show season for many allotment societies, and most if not all of them are open to the public. The fantastic displays of fresh fruit and vegetables have to be disposed of at the end of the show, and many people go home with some great bargains - sometimes vegetables they have never eaten before. What does not get sold off often gets given to local nursing homes or older people's luncheon clubs. It never goes to waste – even the inedible parts can of course be composted, helping to improve the soil for next year. See the box (right) for details of Allotment Society Shows near you.

Levenshulme Allotment Society: 3 September, afternoon, on site at Highfield Road, Levenshulme

Brighton Grove Allotment Association: 4 September, afternoon, in Birch Community Centre, Brighton Grove, **Rusholme**

Cleveleys Avenue Allotments Open Day: 4 September, afternoon, on site at Cleveleys Avenue, **Chorlton**

Ackroyd Avenue Allotment Society: 4 September, afternoon, on site at Ackroyd Avenue, **Abbey Hey**



Manchester Markets

New organic and Fair Trade markets launched

Fed up with pollution, packaging and profiteering? Look no further. As part of Organic Week, which runs from September 3 –10, Manchester Markets is running two specialist markets in the city – one dedicated to organics, the other to Fair Trade products.

The **Organic Market** in St Ann's Square will give shoppers the opportunity to buy goods that use no pesticides, artificial chemicals, colours or fragrances. Produce available will include eggs, meat, poultry, cakes and bread, and fruit and vegetables. For thirsty shoppers there will also be a chance to sample and buy beer from Manchester's most central organic and vegan brewery. Marble Beers has been using natural ingredients to create its range of bitters and ales since 2000. Their most popular drink is Manchester Bitter, but if you're feeling more adventurous the Ginger Marble is a unique experience. The Organic Market will initially

be a one-off, but Manchester Markets will be looking to extend it if it proves to be popular and successful.

Manchester's first **Fairly Traded Market** will be setting up in Piccadilly Gardens. The market is intended to promote sales of fair trade products in Manchester while developing awareness of trade justice issues in everyday purchasing. Stallholders will include On the Eighth Day, Oxfam, Friends of the Earth and the Olive Co-Operative. There will be a range of products available including clothing, gifts and books as well as food.

Both markets are being held on **Saturday 3 September**. The Organic Market will be in St Ann's Square from 10am until 5pm, and the Fairly Traded Market will be in Piccadilly Gardens from 10am until 6pm. Thereafter the Fairly Traded Market will operate on the first Saturday of each month.

Fresh food in Miles Platting

Many parts of Manchester are being identified as “food deserts” – places where it is difficult to access fresh and healthy food. Miles Platting is one such area. Manchester

Markets has now obtained funding to pilot a new market in the Miles Platting area. Fresh food will be at the core of this market, but it will include a wide range of products in order to encourage people to visit it. The market will be operating before April 2006.

Mo’Flava, Mo’Funding

Manchester Fayre is delighted to announce that since the last Food Futures update, the Mo’Flava project in secondary schools has successfully secured an additional two years funding. This means Mo’Flava will be rolled out to other secondary schools in Manchester.



The Mo’Flava project promotes a balanced diet through offering and promoting healthy food and drink choices in the dining area, supporting curriculum work in the classroom and marketing key health messages.

In September 2005, new year seven pupils will receive a Mo’Flava welcome pack containing a sports bottle, dried fruit snack, bottle of water, free swim pass, meal deal voucher and health promotion literature.

For more information about Mo’Flava please contact Laura Cornforth, Project Manager, Tel: 0161 234 7724 email: l.cornforth@manchester.gov.uk

Fit For Life – Recipe Development

Manchester Fayre has further developed its innovative primary school for Life” menus and recipes to reduce the “Fit amount of added salt, fat and sugar and incorporate more fruits and vegetables. As part of the ‘New Fit For Life 2’ menu in primary schools, they have introduced more innovative fruit and vegetable choices to encourage uptake and consumption – fruit smoothies and fruit cups are now a popular choice in schools!



Interactive Days in primary schools

The Manchester Fayre team has developed an interactive session for primary schools which incorporates examples of food hygiene, food preparation and 5 A DAY information. During the session pupils make a healthy dish, such as fruit kebabs, tortilla wraps or fruity cocktail drink. Parents, carers and pupils are invited to taste the dishes, pick up recipes and health promotion literature at the end of the school day. With additional funding secured, Interactive Days will soon be available to all schools.

Breakfast Clubs

Manchester Fayre has recently secured funding to provide breakfast clubs in all of the city's primary and special schools. Breakfast clubs currently operate in 49 out of Manchester's 137 primary and special schools. It is hoped that the scheme will not only provide breakfast for children who might otherwise miss this important meal, but will help get children into school on time and engage parents in school activities whilst enjoying a shared, relaxed breakfast.

For further information about school meals in primary schools, please contact Louise McErlain, Nutritionist, Tel: 0161 234 7724, Email: l.mcerlain@manchester.gov.uk

Food Matters

There is a new healthy eating resource in all junior schools in Manchester. The 'Food Matters' pack went out in June, giving teachers time to put into their planning for the new academic year. The pack contains everything needed to run an exciting six-session classroom and homework based healthy eating project for children in years 3 or 4. Although it's mainly aimed at teachers, the activities and worksheets in Food Matters are ideal for anyone working with children on healthy eating. The content draws on the experience of the nine schools that trialled the pack earlier this year.

Topics include the Balance of Good Health and food groups, the 5 A DAY message and barriers, the link between food and physical activity, food miles and advertising, growing, cooking and food hygiene. It's also got practical hints on holding a tasting session and where to find more information and resources. There are healthy recipes for children too. The pack was developed by Manchester Public Health Development Service as part of the 5 A DAY work and is supported by Manchester Healthy Schools Partnership.

All the city's junior schools should deliver Food Matters each year. That means every child will learn some basic principles about food and will have had a go at cooking healthy food before they move on to secondary school.

To discuss Food Matters in more detail please contact Lucy Nobes, Public Health Development Advisor, on Tel: 0161 882 2300 or email: lucy.nobes@northpct.manchester.nwest.nhs.uk. Copies of Food Matters are available for loan from the Manchester Public Health Development Libraries, North 0161 203 4101, or South 0161 611 3642



Last year's Food and Drink Festival was a rip-roaring success, attracting a record 150,000 visitors to over 200 events around the city. 2005 is set to be even bigger and better than last year. Events will take place all over the city in restaurants, bars, galleries, department stores and museums, with fringe festivals in Chorlton, Didsbury and East Manchester. Look out for celebrity chefs, cookery demos, charity cook-offs, parties, competitions, the fantastic farmers' market and of course, delicious food and drink!

The themes of this year's festival include healthy eating, local sourcing of food, and Fair Trade – all close to the heart of the Food Futures strategy. For the second year, Food Futures is

East Manchester Food & Drink Fringe Festival 2005

For the third year running there's an East Manchester Fringe to the main Food and Drink Festival. There will be a whole host of activities in schools and in the wider community. So far this year's programme includes: an attempt by East Manchester's school children to make the World's Largest Fairtrade Rice Crispie Cake, and a Smoothie Competition with the winning drink professionally produced and sold through Love Saves the Day and selected outlets in East Manchester.

In addition a number of events are being arranged in partnership with community cafes in East Manchester. At the moment the New Deal for Communities team is offering, among other things, FREE Publicity, FREE Fair Trade taster sessions and FREE poetry workshops!

If you'd like further information or to get involved in any of these events please contact either Lela Cribbin or Roger Bysouth on 230 2100 or email r.bysouth@manchester.gov.uk.

sponsoring a food festival award for healthy and sustainable eating. This will be presented at the glittering Gala Dinner on 17 October. Visit the website at www.foodanddrinkfestival.com for more details, and if you know of a restaurant, café or other eating place that you think deserves recognition, email helen@foodanddrinkfestival.com with up to 200 words on why you think the award is deserved.

Eat Yourself Happy – improve your mood with food

World Mental Health Day (10th October) is a great opportunity to raise public awareness about mental health, celebrate its positive aspects and reduce the stigma of mental health problems. In Manchester we have come together each year to celebrate World Mental Health Day through events, campaigns and the media. **The theme for this year's campaign is the benefits and impact of food on mental health.**

As part of the Manchester Food and Drink Festival activities on 10th October, we will have a stall in St Ann's Square to generate interest in food and mood through demos and information. 'Good Mood Food' from the HARP café at the Zion Centre and community dieticians will be there to support the event.

We are also launching a new self-help 'food and mood' guide on 10th October with step-by-step advice for making simple and achievable changes to diet to improve mental health. There'll be information about getting more support, websites, further reading and helplines too.

As the day falls within the month of Ramadan, the fasting season for Muslims, the main campaign week will be 7th – 13th November so everyone can be included in the celebrations. Campaign activities will be supported by

- food and mental health sessions – with the chance to sample some healthy lunches
- a session on managing the media
- support and funding from PCT Community Nutrition Service
- support and funding from the 'Cook and Taste Practical Guide' initiative
- events hosted at Manchester Libraries

If you would like more information about the campaign week or would like to organise an event or activity please contact Shamin Malik, Public Health Development Advisor on 0161 882 2309 or email Shamin.Malik@northpct.manchester.nwest.nhs.uk

Food, physical activity and young people

A new steering group has been established to lead on work relating to food, physical activity and young people.

The first meeting, held at the end of July, achieved its aims to bring food and physical activity services together to identify current initiatives and support and begin to establish where the gaps may be. Through an introductory mapping exercise the group shared 'the what', 'the where', 'the how' and 'the with who' for their organisation. Time was also spent looking at what the main national and local drivers are that direct individual services.

Everyone attending the meeting felt that it would be good to continue to meet as a 'Children and Young Peoples' Steering Group for Food and Physical Activity' in order to identify the best ways of working together to meet the needs of Manchester children and young people and to

take forward the children and young peoples' part of Food Futures. A second meeting has therefore been organised for Monday 19 September, 9:30-11:30, in Room 16, Mauldeth House, Mauldeth Road West, Chorlton, M21 7RL.

If you would like to be involved in this group, please attend the next meeting or contact Lucy Nobes or Claire Duggan, Manchester Public Health Development Service, Manchester Healthy Schools Partnership, on 0161 882 2300.

Email:

lucy.nobes@northpct.manchester.nwest.nhs.uk

claire.duggan@northpct.manchester.nwest.nhs.uk

Rich rewards for fruit and veg shoppers in East Manchester

The new Herbie timetable and loyalty card was launched at the Ancoats and Miles Platting Summer Festival on 20 August. The Zest and MERCi organised event saw local residents enjoying free goodie bags of fruit and information about healthy eating, and joining in drumming workshops, salsa and yoga taster sessions and T shirt designing and painting by the library.



The new timetable sees the round expanding with extended hours and extra stops. It now offers a service around Ancoats, Ardwick, Beswick, Clayton, Collyhurst, Miles Platting and West Gorton. Saturday stops will also be operational by mid September.

Herbie is a mobile fruit and veg van that offers top quality produce at affordable prices. It is able to do this through funding it secures from sources which include central and north PCTs. It's run through local voluntary group MERCi.

The loyalty card offers customers the opportunity to spend and save at the same time. Supported and developed through Zest it means that for every £2.50 local residents spend on fruit and veg their card will be stamped. Six stamps entitles the customer to £1.50 off their next shop.

Toddlers tuck in

As part of the North Manchester PACE Team (Physical Activity and Community Exercise project), Newton Heath Locality Officer James McInerney organised five healthy eating sessions throughout August at the Beehive in Brookdale Park with the Parents and Toddler Group. As part of Junior PACE, which promotes healthy activities with local families the group got stuck into preparing healthy snacks the first week and then increased the heat in the kitchen the following weeks with chicken marinades, curries, soups and desserts. All of course healthy, low in fat and high in taste!

Recipes have been given out at the end of sessions and there has been some excellent feedback with the groups gaining a few more ideas and using ingredients they have not tried before, mainly with herbs and spices.

For more information about Healthy Eating sessions in Newton Heath contact James at Newton Heath Health Centre: 0161 681 0940

james.mcinerney@northpct.manchester.nwest.nhs.uk

For more information about Herbie, or to get a copy of the new timetable contact Mark at MERCi on 0161 273 1736 email: markt@bridge-5.org or for more information about Zest telephone 0161 277 8808.

Recipes

Battery Park in Chorlton have kindly provided some healthy recipes for you to try.....

Berry Bonanza Smoothie

300ml cranberry juice
1 cup of mixed summer berries
1 dessert spoon of bio yoghurt
½ a banana

or get out your juicer and try

Green Refresher Juice

A handful of spinach, watercress and parsley
2 stalks of celery
2 inches of cucumber
an apple
3 kiwis

Forthcoming events...

3 and 4 September Manchester allotments' shows – see main article for details

3-10 September Organic Week

3 September Organic Market, St Ann's Square

3 September Fair Trade Market, Piccadilly Gardens

9/10, 23/24 September Farmers' Market, Piccadilly Gardens

7/8, 21/22 October Farmers' Market, Piccadilly Gardens

7-17 October Manchester Food and Drink Festival

11/12, 25/26 November Farmers' Market, Piccadilly Gardens

7-13 November
World Mental Health Day
Food and Mood campaign week

The next issue of Manchester Food Futures will be out in November 2005. If you have any suggestions for the newsletter or events you would like to advertise please contact Christine Raiswell, Food Futures Programme Manager 0161 234 4268 or email: c.raiswell@manchester.gov.uk