



## **October 2014**

### **About this e-bulletin**

Welcome to a bumper 30th edition of the Food Futures e-bulletin - a regular update featuring brief articles on local and national news, events, funding opportunities and developments that relate to food.

The e-bulletin currently goes out directly to over 600 individuals and organisations that work or who have an interest in food, and who also pass on the e-bulletin through their own networks. It's a great way to share information and publicise events or information.

We hope you find it informative and useful and would welcome any comments or suggestions you may have for the next edition, which will go out in early 2015.

Please send all copy to Lindsay Laidlaw on [l.laidlaw@manchester.gov.uk](mailto:l.laidlaw@manchester.gov.uk)

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## **Local News, Events, Funding and Training:**

### **News from the Food Futures Team**

We would like to take this opportunity to tell you about some changes here at Food Futures; Christine Raiswell, after many years of dedicated work on the food agenda, is moving on to public health pastures new. Christine will now be working on mental health prevention within the Public Health Manchester team. Christine has been key in working with partners to develop a strong Food Futures strategy addressing food inequalities at its core, and a brand that is recognised and respected across Manchester and beyond. We would like to thank Christine for all her hard work during her time on Food Futures and good luck in her new field. The Food Futures Strategy remains an important priority for Public Health Manchester and Lindsay Laidlaw will continue the good work, with support from Sonia Andrade.

If you have any questions about Food Futures, please contact Lindsay Laidlaw on 0161 234 3540 or email [l.laidlaw@manchester.gov.uk](mailto:l.laidlaw@manchester.gov.uk)

### **Spirit of Manchester Awards**

The 'Spirit of Manchester Awards' is a series of awards hosted by MACC to celebrate the excellent work being carried out in Manchester's voluntary and community sector.

Manchester Alliance for Community Care (MACC), are a registered charity, working with a range of partners and other organisations to increase and develop the support available to the city's voluntary and community sector. As well as providing recognition to the sector in these hard times, the Spirit of Manchester Awards raise the profile of the sector amongst the general public and encourage local giving and active citizenship. Sponsored by the University of Manchester, this year's awards took place in September, attracting outstanding nominee's across a range of ten categories.

Winning the award for 'Best Partnership Initiative 2014' was FareShare Greater Manchester for their 'Too Good to Waste Initiative'. The accolade recognised the collaboration between Manchester Markets, Fairfield Environmental Services, EMERGE 3Rs and FareShare to save and redistribute good food that would otherwise go to waste from New Smithfield Market in Manchester. This surplus fruit and vegetables are then redistributed to FareShare Greater Manchester's partner charities, feeding vulnerable people in the city.

Well done to FareShare Greater Manchester in their success, and all the other winners and nominees who participated in the Spirit of Manchester awards. If you would like to know more about FareShare Greater Manchester, you can visit the link:-

<http://www.fareshare.org.uk/regional-centres/greater-manchester/>

Or for more information on MACC or the Spirit of Manchester Awards, the other winners and nominee's, visit:-

<https://www.manchestercommunitycentral.org/spirit-manchester-awards>

## **Real Food Wythenshawe: Geodome Update**

Hopefully some of you will have heard about the 'Real Food Wythenshawe Geodome' or seen it at the back of The Manchester College site and perhaps wondered what 'that big white dome is'! Over the last 12 months, The Manchester College has been working with Real Food Wythenshawe to construct a fabulous and exciting resource for the people of Wythenshawe. The 'Geodome' will be filled with innovative sustainable food systems which will supply healthy organic food to the college as well as being an educational resource, providing rich learning experiences for children and the community.

A lot of our food is imported from far off lands using lots of resources in the process. In our Geodome, we will create our own nutrients (food and fertiliser). We will use worms which will feed fish, provide 'casts' (worm poo!) to fertilise the vegetable plants and eat all our organic waste. We will have fish tanks full of Tilapia fish which will produce nitrogen rich waste which will feed our fruit and veg. Lastly we will have trays of mushrooms which will produce carbon dioxide to enhance plant growth as well as being food on our plates!

Once it is all built what will go on there? Apart from the obvious food growing, the Geodome will be used as a resource to enhance awareness of connections between food, health and climate change, 'a living classroom'. Students from local schools will come to the campus to experience the natural world around them and get involved with outdoor learning activities, such as grow your own picnic, aqua and hydroponics, food cycles, wormeries etc. Local volunteers will help to maintain the Geodome and community organisations will come to the college for a sustainability tour.

If you would like to know more or get involved (we always need new ideas and hands on deck!), please email Rachel Harding at [Rachel.harding@wchg.org.uk](mailto:Rachel.harding@wchg.org.uk) or Maggie Karawat on [mkarwat@themanchestercollege.ac.uk](mailto:mkarwat@themanchestercollege.ac.uk)



### **The Real Junk Food Project comes to Manchester!**

The Real Junk Food Project is a café and food bank in Leeds which sources food that would otherwise go to waste, making nutritious meals for those in need on a “pay-as-you-feel” donation basis. People with more money to spend can donate more for their meal, to help support the project. There are other examples of similar projects, such as ‘Skipchen’ in Stokes Croft, Bristol. Find out more at <http://www.bbc.co.uk/news/uk-england-bristol-29540814>

Now, Cracking Good Food and Corin Bell are looking to bring this amazing project to Manchester, and are currently looking to secure the right premises. They will also need plenty of volunteers, equipment & donations, in many forms. For more information about this project, email Adele on [adele@crackinggoodfood.org](mailto:adele@crackinggoodfood.org) or Corin on [corin@freerangeprojects.com](mailto:corin@freerangeprojects.com)

## **Food Futures Growing Manchester Programme**

Earlier this year we opened up 'Round 3' of Growing Manchester, inviting applications from community food growing projects to join us in our shared ambition to live and grow, sustainably! We had an impressive response, with a wide and varied range of groups applying to access Growing Manchester and benefit from the training and resources we offer as part of the programme. We accepted over 20 new groups onto Growing Manchester, showing us there is a real appetite in Manchester to work together as a community to grow, cook and eat home-grown food.

We now have over 60 community food growing groups from across the city as part of the programme, and with the help of our Growing Manchester training provider 'Sow the City', have delivered a wide range of training courses from introduction to fruit and vegetable growing to composting, carpentry and wildlife gardening. This year we made the programme even more flexible, providing additional community development support where groups just require that 'one-to-one' guidance or access to horticultural expertise.

Due to the interest we have received in Growing Manchester, we will regularly review when we can advertise for new groups to apply to join us on the programme, but we will keep you posted about how our existing groups are getting on. If you would like to register an interest in the Growing Manchester Programme or maybe you just want to know more about other community food growing opportunities, you can contact Lindsay Laidlaw, Project Officer, Public Health Manchester on email [l.laidlaw@manchester.gov.uk](mailto:l.laidlaw@manchester.gov.uk) or telephone 0161 234 3540.



A Growing Manchester project in East Manchester caught the gardening bug this year, and look at their produce!

## **Dig the City calls for Community Show Gardens at 2015 Festival**

Dig the City, Manchester's Urban Gardening Show will be taking place for the fourth year in August 2015 and we are spreading the word early to encourage more community gardens to join in the fun. This year's festival saw landscape designers, brands like Clas Ohlson, groups like Incredible Edible and a host of amateur gardeners bring amazing floral show gardens to the city centre streets of Manchester. Community gardens won big as Rachel DeThame and Diarmuid Gavin gave best in show to Hulme Community Garden Centre, Gold medal to Beswick & Openshaw Community Garden, Food & Farm Project's green bus stop and Best in Show – Small Garden to Turton Tower Kitchen Garden Restoration Group. We are looking for more community gardens to show off their skills and promote their cause by designing a garden for the 2015 festival. Gardens do not have to be big, they don't have to be expensive (Beswick's entry was all reclaimed), they don't have to be conventional, and your garden or farm can re-house the entry in your own site when the show is over. The festival is free to enter and the Dig the City Team are always happy to talk about your project, so why not plan ahead and find out more about how you can Dig the City? Let's make Manchester bloom again in 2015!

To find out more please visit <http://www.digthecity.co.uk/enter/> or email [gary.williams@cityco.com](mailto:gary.williams@cityco.com) to download an application pack or to show your interest.

### **The University of Manchester Policy Week 3<sup>rd</sup> – 7<sup>th</sup> November 2014**

Leading thinkers from the world of politics and policy will grapple with key issues around inequality at The University of Manchester flagship Policy Week event in November.

Policy Week 2014 will include lectures, debates and workshops organised by researchers across the University, featuring expert academics, high-profile figures and policy influencers.

Dozens of events will take place on theme of Addressing Inequalities – and the week will mark the launch of the University's Social Responsibility signature programme of the same name.

For the first time, there will be a number of special themed days during Policy Week, to include education, health and urban inequalities.

All events are free but booking is essential - please follow the links below to book your places:-

<http://www.policy.manchester.ac.uk/week/>

### **News from Steady State Manchester**

Having Enough Good Food for the Manchester Region; who we need to influence and what we need to do, to multiply our impact?  
Steady State Manchester, which campaigns for transformation of the local economy so that we can all live well, with greater equity and within planetary

limits, hosted a meeting on 18th October 2014 to bring together people who want to multiply the impact of the many brilliant food projects in the region. Participants came from throughout the Manchester region and as far afield as Liverpool and Todmorden and agreed actions on waste, communication, links with Housing Associations and to organise activities! For the full write up of the event, visit:-

<http://steadystatemanchester.net/2014/10/24/>

Or contact Judith - ipogworkshop@gmail.com/ 07792 690 278 for more information on how you can get involved.

### **Whalley Range Taste Buds**

Age-friendly Whalley Range have been looking at ways to connect people who like to cook and are happy to share an extra portion of a delicious home cooked meal with older neighbours living close by who could really benefit from a hot cooked meal.

The Whalley Range Taste Buds project has been set up to do just that, to match local cooks with local diners who can enjoy a fresh home cooked meal delivered to their door free of charge. The project has already had interest from both cooks and diners who want to get involved, with cooks representative of a diverse range of cultural backgrounds, so there is the potential to offer vegetarian, South Asian and West Indian cuisine for diners. All Cooks have to undertake a Criminal Record Check (DBS) and a short food hygiene course before sharing a meal, which is paid for by the project. If you are interested in joining the project as a cook or diner, or would like to know more about The Whalley Range Taste Buds project, follow the link below:-

[www.whalleyrangetastebuds.wordpress.com](http://www.whalleyrangetastebuds.wordpress.com)

### **Greater Manchester Food Poverty Alliance – ‘Tackling Food Poverty Together’.**

Following the ‘Tackling the Growing Problem of Food Poverty’ event in Greater Manchester hosted by Kellogg’s earlier this year, a number of interested individuals and organisations have joined together as a working group under the umbrella of the ‘Greater Manchester Food Poverty Alliance’. The alliance looks at how local industry and partners can work together and build upon activity taking place in Greater Manchester to alleviate food poverty. Partners are varied and include Eversheds, Salford University, Trafford Housing Trust, the Greater Manchester Poverty Commission, Food Futures, Wythenshawe Community Housing Trust, and many more.

One of the key actions from the group is to help raise awareness of the issues and explore opportunities for local solutions. The Greater Manchester Poverty Alliance called to action local individuals and businesses to 'tackle food poverty together' and support the work of frontline services during a week of action on 13th - 19th October 2014, and all year round.

Many organisations took part in the 'tackling food poverty together' call for action, with Wythenshawe Community Housing Trust organising a big breakfast event, giving people the opportunity to have a free breakfast and also a debate on some of the issues around food that are affecting people in Wythenshawe. Other organisations worked with their staff to raise funds or volunteer time to help frontline services, whilst making pledges to continue the momentum beyond the week of action.

If you would like to know more about the Greater Manchester Food Poverty Alliance or 'Tackling Food Poverty Together', you can visit the website:- [www.manchesterfoodpoverty.co.uk](http://www.manchesterfoodpoverty.co.uk) or email Alison Last on [contact@manchesterfoodpoverty.co.uk](mailto:contact@manchesterfoodpoverty.co.uk) to find out more about how you can get involved.

### **Manchester City Council Food Poverty Fund**

At the beginning of September, Manchester City Council invited not-for-profit organisations to apply for funding of between £5,000 and £50,000 to provide immediate food needs and other essential goods and services for people in serious poverty. The Food Poverty Fund welcomed applications that provided emergency food alongside a broader package of support and activities that addressed some of the longer term causes of food poverty, improved health outcomes, helped people to acquire skills or met a specific unmet demand for emergency food in the community.

The closing date for the scheme has now passed and over 50 applications have been received, totalling more than £1.5 million from an available £400,000 funding pot. The applications will be scored and ranked by a panel, ensuring a good mix of activities across the city and covering all of the objectives of the fund. Decisions will be made towards the end of November and applicants will be informed of the outcome of their application to follow.

### **Community Food Coordinators Update**

The project works across North, Central and South Manchester to deliver healthy eating programmes within local community settings. This includes hands on cookery skills courses, accredited nutrition courses and support to setup and run cookery clubs, all for free and at accessible locations within the local community. All courses are either for a particular community group, or open for the general community to attend.

The Community Food Coordinator (CFC) project has recently been delivering a number of nutrition and cooking courses. The age ranges from 8 to 70 years old. Some groups want to develop their cooking skills, while others want to study nutrition. We always take into account the specific needs of the group, including people's existing knowledge and skills, their cultural heritage and tastes. All sessions are planned to address people's budget limitations.

Discussions are lively, and we benefit from one another's experience. Want to get involved? Take a look at the courses available below:-

## **Courses**

### **Cook and Taste (South)**

Wednesdays 5th November for 6 weeks until 10th December 12.30 - 2.30pm  
Church of the Nazarene, Wendover Road, M23 9FG  
Come and learn about food, nutrition and what's good for your body!  
Priority is given to local residents.  
To book email or call Emma Farrell on [emma.farrell@mhsc.nhs.uk](mailto:emma.farrell@mhsc.nhs.uk) or 0161 217 3951

### **Nutrition Level 1 (Central)**

Thursdays 6<sup>th</sup> November for 6 weeks until 11<sup>th</sup> December 12.30 - 2.30pm.  
Northmoor Road Community Centre, Longsight, M12 5RT  
This course is suitable for all reading and language abilities and gives a good grounding in basic nutrition. There will be a small test at the end for those who would like a qualification. Priority is given to local residents.  
To book, email or call Bernie Murphy on [Bernadette.Murphy@mhsc.nhs.uk](mailto:Bernadette.Murphy@mhsc.nhs.uk) or 01612486863 / 07971331537

### **Cook and Taste (North)**

Wednesdays 5th November for 6 weeks until 10th December 12.30 - 2.30pm.  
Clayton Children's Centre, 101 North Road, M11 4NE  
Learn to cook a range of healthy meals from scratch. All abilities and levels catered for and all ingredients included. Priority is given to local residents.  
To book, email or call Rose Boyd on [r.boyd@manchester.gov.uk](mailto:r.boyd@manchester.gov.uk) or 079719331539

### **Cook and Taste (North)**

Thursdays 13th November until 18th December 12 - 2pm.  
Simpson Memorial Hall, Moston Lane, M40 9NB  
Learn to cook a range of healthy meals from scratch. All abilities and levels catered for and all ingredients included. Priority given to local residents. To book contact Rose Boyd 079719331539 [r.boyd@manchester.gov.uk](mailto:r.boyd@manchester.gov.uk)

## **Health at EVERY Size**

The Central Manchester Foundation Trust are hosting a one day course on Health at Every Size, targeted to frontline workers and volunteers in a health or social care setting, and other organisations.

Introducing Health at Every Size -a new way of looking at size and wellbeing  
8<sup>th</sup> December 2014 09:30 - 16:30  
Cheetham Hill Primary Care Centre, Cheetham Hill, M8 8UP

The course aims are:-

- To critically look at research around weight and health
- To examine emotional and physical eating
- To explore how to have a healthy relationship with food and counter the 'dieting culture'
- To promote health gain for people of every size
- To examine our own attitudes towards weight
- To offer participants further information and resources on Health at Every Size.

This will be an interactive and thought provoking day, with only 3 places remaining. To book your place or find out more information, please contact Steffie ElHassan on [Steffie.ElHassan@cmft.nhs.uk](mailto:Steffie.ElHassan@cmft.nhs.uk)

## **Cracking Good Food Update**

### **Cracking Good Food**

Cracking Good Food is a sustainable cooking network, which promotes cooking seasonal food from scratch, supporting the local economy and food producers and reducing food waste. 70% of our work is community outreach, working with vulnerable, disadvantaged and hard-to-reach community groups. We also run 3 cookery schools based in local high school facilities, a rolling wild food foraging programme and bespoke team building events & parties.

### **Cooking Up a Storm in Schools – East Manchester**

We are half way through our 'Awards 4 All' funded project in East Manchester, which sees us cooking with groups of parents in 3 different primary schools – Old Hall Primary in Gorton, Park View in Miles Platting and Seymour Road in Clayton – rolling out 6-week cooking programmes, using produce from FareShare Greater Manchester, at the end of which we'll be helping them to set up & run their own community cooking clubs. For more details, please contact Tracey on email [tracey@crackinggoodfood.org](mailto:tracey@crackinggoodfood.org)

### **Greater Manchester Waste Disposal Authority**

We've been working with Greater Manchester Waste Disposal Authority (GMWDA) in various locations in Stockport, Tameside, Oldham & Rochdale, cooking with members of the public and raising awareness of food waste, and teaching people tasty & creative ways to reduce food waste, saving them money into the bargain! If you want to know more about our work with GMWDA, please contact Adele on email [adele@crackinggoodfood.org](mailto:adele@crackinggoodfood.org)

### **YPAC & Happy Families - WINTERLICIOUS is back!**

Saturday 1 November 2014, 12 noon – 3pm

Church of the Apostles, Miles Platting

Come and join us in Miles Platting on 1 November for a public cooking event. There will be 2 'Cracking Good Food' cooking pods where our experienced cooking leaders will be cooking either a tasty veggie curry or sweet potato & bean burgers with members of the public, and then take the recipe home with you so that you can make it again. This event is available to all. Ingredients are provided by FareShare Greater Manchester, helping save unwanted food

from composting. For more details please contact Adele on email [adele@crackinggoodfood.org](mailto:adele@crackinggoodfood.org)

### **Salford University Health Awareness Fortnight**

We'll be working with the students of Salford University again in November, delivering participatory cooking events as part of their annual 'Health Awareness Fortnight', where we'll be teaching undergraduates on tight budgets how to cook tasty healthy food from scratch, for waaaaay less than the price of a takeaway! For more information, please contact Adele on email [adele@crackinggoodfood.org](mailto:adele@crackinggoodfood.org)

### **Community Cooking Clubs**

We can train community groups how to set up & run a successful community cooking club, bringing people in the community together and getting people enjoying cooking great food from scratch. We can teach you everything from how to plan your sessions to how to get the word out, how to find the right cooking space, what equipment to get and how to find those all-important small pots of funding to get your club off the ground, with all sorts of tips and pitfalls to avoid. You'll also receive our 40-page full-colour Toolkit. For more information on our cooking clubs training please contact Juliet on email [juliet@crackinggoodfood.org](mailto:juliet@crackinggoodfood.org)

We now run our public bread making and other cooking workshops at 3 different locations in Greater Manchester – Chorlton, Flixton and Prestwich. Please visit our website for more details: -

<http://www.crackinggoodfood.org/cookery-schools/>

Or if you want to look at our upcoming wild food foraging events, please visit our website here:-

<http://www.crackinggoodfood.org/wild-food-foraging/upcoming-events/>

### **Food and More**

'Food and More' deliver cookery courses and fun food activities for all ages.

We have a timetable of events and courses for Individuals or can deliver bespoke courses or activities for your organisation.

Please get in touch via email at [foodandmore@hotmail.co.uk](mailto:foodandmore@hotmail.co.uk) for more information or have a look at our website <http://www.foodandmore.org.uk/>

### **Making Food Fair Event**

Making Food Fair - Exploring solutions to the many faces of food poverty  
Saturday 22<sup>nd</sup> November 2014, 9.30 - 5.00 pm  
Federation House (corner of Federation Street & Balloon Street), Manchester

M4 2AH

The increasing use of Food Banks has made headline news, but our food system perpetuates other kinds of poverty as well. While families struggle to feed themselves, farming and the food sector are reliant on poverty wages, poor conditions and precarious employment. Join us as we explore a food system that is letting down so many and ask, "how can we make food fair for everyone"?

There will be inspiring presentations and discussion on sustainable solutions to food poverty with speakers from Sustain's London Food Poverty Pilot, Nourish Scotland, Church Action on Poverty and the Principal Investigator of the ERC study "Families and Food Poverty in an Age of Austerity".

Plus, there will be a chance to feed local ideas and solutions into the national Commission on Food and Poverty, led by the Fabian Society. This event is organised by The Kindling Trust and Feeding Manchester and is the 16th in an ongoing series of gatherings working to create a fair and sustainable food system for Greater Manchester. Cost is £10 which includes lunch. Booking is essential. For full details and to register for the event:-

<http://www.feedingmanchester.org.uk/civicrm/event/info>

### **Grow the Green Permaculture Project**

Platt Fields Volunteer Sunday at 'Grow the Green' Permaculture Project  
Sunday 19th November 2014 1 - 4pm.

Meet at the Lakeside Centre, the building next to the car park, Platt Fields

We are a group formed to take on a former bowling green in Platt Fields Park, and to develop it into a self-funding permaculture project, that brings together community work, research and social enterprise.

At the event, come along and get involved in building hexagonal raised beds for bee-friendly plants, finishing the 'huge beds', which use wood as fertiliser, winter planting and mulching the orchard trees, to feed them and keep down weeds. For contact details and for more information, visit:-

<https://www.facebook.com/groups/GrowTheGreen/>

<https://www.facebook.com/events/342419475937197/>

### **Good Health, Manchester Training Programme**

This year, Manchester Public Health Development Service launched their updated and refreshed training programme – the Good Health, Manchester Training Programme 2014/15.

A 'one stop shop' for public health training, the Good Health Manchester Training Programme has a range of over 50 courses covering a multitude of topics from Enabling Self Care to Stop Smoking Brief Training. The online booking system makes booking the courses even easier for you and your colleagues. Please visit:- <http://www.goodhealth-manchester.nhs.uk/training/> to browse and book onto the many public health training courses we have on offer for 2014/15. All courses are free-of-charge to those who work with Manchester people.

### **Applications now open for FREE support packages to improve school meal take up**

The Department of Education 'School Food Plan' is to improve the viability of the school meal service by increasing take up.

If schools have a below-average take up of school meals, they may be eligible for a FREE package of support, worth over £2,000 to help improve this. Not only could this help ensure the long-term viability of school meal services and increase access to good school food, but it has the potential to kick start a process of improving behaviour, attainment and attendance at the same time.

The support package is delivered by national school food experts the 'Food for Life Partnership' and funded by the Department of Education. It comprises of up to six training events for school leaders, caterers and school cooks, a tailored action plan, a range of resources and support from specialist regional staff.

#### **Who is eligible?**

All junior, middle, secondary, PRUs and special schools – including academies and free schools, who meet one or more of the criteria below qualify for support:

- an overall take up of school meals lower than 43% of pupils and / or
- less than 76% of pupils eligible for free school meals are taking up their entitlement meals and / or
- less than 35% of non-free school meal pupils are purchasing school meals.

For further information or to apply, please visit the website:-

<http://www.foodforlife.org.uk/school-food-plan/>

If you would like to speak to a member of the team in your region, please contact Emma Hooson, School Food Plan Manager for the North of England on telephone 07824345567 or email: [emma@focusonfood.org](mailto:emma@focusonfood.org)

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### **National News & Articles of Interest:**

## **Tackling Poverty through Public Procurement**

Can we reduce poverty through public procurement? This research looks at whether rising poverty and declining social mobility can be tackled by including more recruitment and training opportunities in public contracts, such as construction projects. It also highlights projects around the UK which have successfully used public procurement to address poverty through training and employment. For the full report, please follow the link:-

<http://www.jrf.org.uk/publications/tackling-poverty-procurement>

## **London Health Commission**

A report by London's Health Commission has recommended the use of planning guidance to prevent new junk food outlets opening within 400m (1,300ft) of schools.

The report, called "Better Health for London", has been put together by former health minister and cancer surgeon Lord Ara Darzi and contains a suite of recommendations to address health issues in London. It also recommended a smoking ban in Trafalgar Square, Parliament Square and London parks. For more information about the report, please follow the link:-

<http://www.londonhealthcommission.org.uk/wp-content/uploads/Better-Health-for-London-Interactive-Summary-Report.pdf>

## **Household Food Security in the UK: A Review of Food Aid**

This report, Published by The University of Warwick and the Food Ethics Council this year, presents findings from a Rapid Evidence Assessment undertaken from February and March 2013. The aim of the research was to arrive at a better understanding of the 'food aid' landscape in the UK and the 'at risk' individuals who access such provision, as well as the means and drivers for seeking access. The research used a standardized methodology for a Rapid Evidence Assessment (REA) of existing published empirical literature. To supplement the REA, other evidence was obtained through a 'call for evidence', non-governmental sources and a small amount of rapid primary research. To read the report, go to the website:-

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/283072/household-food-security-uk-executive-summary-140219.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/283072/household-food-security-uk-executive-summary-140219.pdf)

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## **Scientific papers of interest:**

**A systematic review investigating interventions that can help reduce consumption of sugar-sweetened beverages in children leading to changes in body fatness**

Avery, A. et al.

Journal of Human Nutrition and Dietetics: Early View

Abstract:

<http://onlinelibrary.wiley.com/doi/10.1111/jhn.12267/abstract?campaign=wolibrary>

Both the prevalence of childhood obesity and the consumption of sugar-sweetened beverages (SSBs) have increased globally. The present review describes interventions that reduce the consumption of SSBs in children and determines whether this leads to subsequent changes in body fatness.

**The school nutrition environment and its association with soft drink intakes in seven countries across Europe – the ENERGY project**

Lien, N. et al.

Health & Place: Volume 30, November 2014, Pages 28–35

Abstract:

<http://www.sciencedirect.com/science/article/pii/S1353829214001063>

Abstract

The school is an important setting for promoting healthy eating especially at the transition from childhood to adolescence. This study contributes to the literature by describing practices within physical, political and sociocultural aspects of the school nutrition environment in seven countries across Europe based on questionnaires to the school management, and exploring their associations with soft drink consumption reported on questionnaires by 10–12 year olds. Several of the commonly self-reported practices could be supportive of a healthy diet (time to eat, access to water, restriction on marketing), but some practices were underutilized (i.e. discussion with stakeholders, healthy foods at events). Only a few associations of practices with the pupils' soft drink consumption were found.

**Exploring the infant feeding practices of immigrant women in the North West of England: a case study of asylum seekers and refugees in Liverpool and Manchester**

Hufton, E. and Raven, J.

Maternal & Child Nutrition: Early View

Abstract:

<http://onlinelibrary.wiley.com/doi/10.1111/mcn.12145/abstract?campaign=wolearlyview>

#### Abstract

Little is known about the infant feeding experiences of refugees residing in the UK. To enable successful health promotion for this population, such experiences must be understood. The study aimed to gain an understanding of infant feeding practices among a group of UK-based refugee mothers. Objectives were to explore mothers' perceptions and influences of infant feeding practices, to explore challenges faced by mothers in feeding their infants and to identify concerns and experiences of health care professionals with regard to caring for them. Fifteen semi-structured interviews and two focus group discussions with refugee mothers and five semi-structured interviews with health care providers were conducted in 2012. A framework approach was used to identify main themes. Overall mothers were dissatisfied with their infant feeding outcomes. A preference to exclusively breastfeed was often not achieved. Most resorted to using formula feed, perceiving that this was primarily due to a lack of support. Mothers who were positive to human immunodeficiency virus followed the UK guidelines of exclusively formula feeding for 6 months, but struggled with guilt of not being able to breastfeed. All mothers unable to exclusively breastfeed experienced a sense of loss. Lack of wider support services coupled with complex lifestyles appeared to create challenges in providing infant feeding support. The results highlight a need for an intensified response to facilitate these mothers to maintain their preferred infant feeding choices, or when required, to support them in the adoption of a new method. Using experienced refugee mothers to guide newer mothers, and integrating health and social care, would be positive starting points.

#### **Diet and growth in infancy: relationship to socioeconomic background and to health and development in the Avon Longitudinal Study of Parents and Children.**

Hunter, L. et al.

Emmett, P.M. and Jones, L.R.

Nutr Rev. 2014 Aug;72(8):483-506.

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/24947274>

#### Abstract

To assess the relationship between diet and growth in infancy and socioeconomic background, all publications from the Avon Longitudinal Study of Parents and Children (ALSPAC) covering breastfeeding, diet and growth in infancy, and the associations of these factors with socioeconomic background and later health and developmental outcomes were reviewed. Diet was assessed by parent-completed food records and parent-completed food frequency questionnaires covering infant feeding practices. Infancy growth was monitored through routine screening and by standardized measurements. Indicators of socioeconomic background were obtained by parent-completed questionnaires. Childhood outcomes were measured by standardized procedures. Rapid early weight gain was associated with later obesity. Longer

breastfeeding duration was associated with lower body fat, but not lower body mass index, and with higher IQ in mid-childhood. Breastfed infants were better at regulating their energy intake than bottle-fed infants. In bottle-fed infants, energy intake at 4 months was associated with greater weight gain up to 5 years of age. Feeding cow's milk as a main drink in infancy was associated with anemia and high salt intake. Maternal education was a strong determinant of dietary differences: low education was associated with never breastfeeding and not following feeding guidelines. ALSPAC has provided unique insights into the relationship between diet and growth in infancy and later developmental outcomes.

**Variety more than quantity of fruit and vegetable intake varies by socioeconomic status and financial hardship. Findings from older adults in the EPIC cohort.**

Conklin, A.I. et al.  
Appetite. 2014 Sep 3;83C:248-255.  
(U.K. Focus)

Abstract:

<http://www.sciencedirect.com/science/article/pii/S0195666314004413>

Abstract

Background: Beyond quantity, variety of fruit and vegetable (FV) intake prevents chronic conditions and is widely recommended as critical to healthful eating. FV consumption is socially patterned, especially for women, but little is known about multiple economic determinants of variety or whether they differ from those of quantity. Objective: To examine socioeconomic status and financial hardships in relation to variety and quantity of FV intakes among older British women and men. Methods: Cross-sectional study of 9580 adults (50–79 years) in the nationally representative EPIC cohort who responded to a postal Health and Life Experiences Questionnaire (1996–2000) and Food Frequency Questionnaire (1998–2002). Variety counted unique items consumed (items/month) and quantity measured total intake (g/day). Results: No consistent differences by any economic factor were observed for quantity of fruits or vegetables, except education in men. Lower education, lower social class and renting were independently associated with lower fruit variety and vegetable variety ( $p$ -trend  $< 0.001$ ), with differences stronger in men. Mean vegetable variety differed between top and bottom social classes by 2.9 items/month for men and 2.5 for women. Greater financial hardships were also independently associated with lower variety, with differences stronger in women for fruits and in men for vegetables. Conclusions: British older adults reporting greater economic disadvantage consistently consumed fewer different fruits or vegetables, but not lower amounts. Further nutrition studies of the protective effects, and underlying mechanisms, of FV variety are warranted for addressing social inequalities in older adults' diet quality. Dietary guidance should separately emphasise variety, and interventions should aim to address financial barriers to older adults' consumption of diverse FV.

**Association of the neighborhood retail food environment with sodium and potassium intake among US adults.**

Prev Chronic Dis. 2014 May 1;11:E70

Greer S et al

Available from: <http://www.ncbi.nlm.nih.gov/pubmed/24784906>

**Abstract**

High sodium intake and low potassium intake, which can contribute to hypertension and risk of cardiovascular disease, may be related to the availability of healthful food in neighborhood stores. Despite evidence linking food environment with diet quality, this relationship has not been evaluated in the United States. The modified retail food environment index (mRFEI) provides a composite measure of the retail food environment and represents the percentage of healthful-food vendors within a 0.5 mile buffer of a census tract.

**Reducing our environmental footprint and improving our health: greenhouse gas emission and land use of usual diet and mortality in EPIC-NL: a prospective cohort study.**

Environ Health. 2014 Apr 7;13(1):27

Biesbroek S et al

Available at: <http://www.ncbi.nlm.nih.gov/pubmed/24708803>

**Abstract**

Food choices influence health status, but also have a great impact on the environment. The production of animal-derived foods has a high environmental burden, whereas the burden of refined carbohydrates, vegetables and fruit is low. The aim of this study was to investigate the associations of greenhouse gas emission (GHGE) and land use of usual diet with mortality risk, and to estimate the effect of a modelled meat substitution scenario on health and the environmental.

**Associations between exposure to takeaway food outlets, takeaway food consumption, and body weight in Cambridgeshire, UK: population based, cross sectional study.**

BMJ. 2014 Mar 13;348:g1464.

Burgoine T et al.

Available from <http://www.ncbi.nlm.nih.gov/pubmed/24625460>

**Abstract:**

To examine the association between environmental exposure to takeaway food outlets, takeaway food consumption, and body weight, while accounting for home, work place, and commuting route environments.

**Provider communication and role modelling related to patients' perceptions and use of a federally qualified health center-based farmers' market.**

Health Promot Pract. 2014 Mar;15(2):288-97

Friedman DB et al.

Available from: <http://www.ncbi.nlm.nih.gov/pubmed/23986503>

**Abstract**

Farmers' markets have the potential to improve the health of underserved communities, shape people's perceptions, values, and behaviors about healthy eating, and serve as a social space for both community members and vendors. This study explored the influence of health care provider communication and role modelling for diabetic patients within the context of a farmers' market located at a federally qualified health center. Although provider communication about diet decreased over time, communication strategies included: providing patients with "prescriptions" and vouchers for market purchases; educating patients about diet; and modelling healthy purchases. Data from patient interviews and provider surveys revealed that patients enjoyed social aspects of the market including interactions with their health care provider, and providers distributed prescriptions and vouchers to patients, shopped at the market, and believed that the market had potential to improve the health of staff and patients of the federally qualified health center. Provider modelling of healthy behaviors may influence patients' food-related perceptions and dietary behaviors.

**Diet, cognition, and Alzheimer's disease: food for thought.**

Eur J Nutr. 2014 Feb;53(1):1-23.

Otaegui-Arazola A et al.

Available from: <http://www.ncbi.nlm.nih.gov/pubmed/23892520>

**Abstract**

**Introduction:**

The prevention of Alzheimer's disease (AD) has become a real challenge due to its rising prevalence and the lack of an effective cure. Diet and nutrients have gained significant interest as potentially modifiable protective factors.

**From menu to mouth: opportunities for sodium reduction in restaurants.**

Levings and Gunn

Prev Chronic Dis. 2014 Jan 23;11:130237

Available from: <http://www.ncbi.nlm.nih.gov/pubmed/24456646>

**Abstract**

Restaurant foods can be a substantial source of sodium in the American diet. According to the Institute of Medicine, the significant contribution made by

restaurants and food service menu items to Americans' sodium intake warrants targeted attention. Public health practitioners are uniquely poised to support sodium-reduction efforts in restaurants and help drive demand for lower-sodium products through communication and collaboration with restaurant and food service professionals and through incentives for restaurants. This article discusses the role of the public health practitioner in restaurant sodium reduction and highlights select strategies that have been taken by state and local jurisdictions to support this effort.

### **Greenhouse gas emissions and the Australian diet--comparing dietary recommendations with average intakes.**

Nutrients. 2014 Jan 8;6(1):289-303

Hendrie GA et al.

Available from:<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3916862/>

#### **Abstract**

Nutrition guidelines now consider the environmental impact of food choices as well as maintaining health. In Australia there is insufficient data quantifying the environmental impact of diets, limiting our ability to make evidence-based recommendations. This paper used an environmentally extended input-output model of the economy to estimate greenhouse gas emissions (GHGe) for different food sectors. These data were augmented with food intake estimates from the 1995 Australian National Nutrition Survey. The GHGe of the average Australian diet was 14.5 kg carbon dioxide equivalents (CO<sub>2</sub>e) per person per day. The recommended dietary patterns in the Australian Dietary Guidelines are nutrient rich and have the lowest GHGe (~25% lower than the average diet). Food groups that made the greatest contribution to diet-related GHGe were red meat (8.0 kg CO<sub>2</sub>e per person per day) and energy-dense, nutrient poor "non-core" foods (3.9 kg CO<sub>2</sub>e). Non-core foods accounted for 27% of the diet-related emissions. A reduction in non-core foods and consuming the recommended serves of core foods are strategies which may achieve benefits for population health and the environment. These data will enable comparisons between changes in dietary intake and GHGe over time, and provide a reference point for diets which meet population nutrient requirements and have the lowest GHGe.

### **Social relationships and healthful dietary behaviour: evidence from over-50s in the EPIC cohort, UK.**

Soc Sci Med. 2014 Jan;100:167-75.

Conklin AI et al

Available from:<http://www.ncbi.nlm.nih.gov/pubmed/24035440>

#### **Abstract**

Social relationships are an important aspect of a person's social environment that can protect against a wide range of chronic conditions and facilitate

recovery from disease. Social relationships have also been linked to dietary behaviour which may be an important pathway through which social circumstances exert their influence on health. Yet, questions remain about which structural aspects of social relationships most affect healthful dietary behaviours and whether different structural components interact to produce a combined effect. Using data from adults (=50 years) in the European Prospective Investigation of Cancer-Norfolk study (1996-2002), we examined marital status, living arrangement and social isolation in relation to scores for variety of fruit and vegetable intake as a marker of diet quality associated with adverse health outcomes. Data were analysed with multivariable linear regression models for gender-specific and interaction associations. We found that being single or widowed was associated with a lower variety score, particularly vegetable variety, and associations were enhanced when combined with male gender, living alone or infrequent friend contact. Lower variety scores for lone-living were also observed, especially for men. Infrequent friend contact interacted with living arrangement to amplify negative associations of lone-living with variety, with statistically significant differences in contact frequency for vegetable variety. Lower levels of friend contact were associated with reduced variety of fruits and vegetables in a graded trend for both genders; the trend was more pronounced among men. Family contact appeared to have limited association with vegetable variety in men; among women, weekly contact was significantly and positively associated with vegetable variety compared to daily family contact. Results highlight the importance of considering living arrangement and/or frequency of social contact when assessing whether widowed, single or lone-living older adults are at risk of lower fruit and vegetable variety.

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