



## **October 2015**

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

Welcome to the 32<sup>nd</sup> 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 in or who have an interest in food, who will also distribute 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 Spring 2016.

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

Articles covered in this bulletin:-

- Manchester City Council Supplementary Planning Document (Time Sensitive)
- Food Futures Manchester at Dig the City urban gardening festival 2015
- Age Friendly Whalley Range
- The Manchester Food and Drink Festival 2015
- Kindling Trust Land Army
- FareShare Greater Manchester
- Real Food Wythenshawe
- True North TV Opportunity
- Food Works
- The Joseph Rowntree Foundation
- Sustainable Food Cities
- Sustainable Fish Cities
- Cracking Good Food
- Manchester Fayre awarded bronze 'Food for Life Partnership' catering award
- Community Food Co-ordinators
- Food Workshop and Film Screening
- National News & Articles of Interest

---

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

### **Manchester City Council Supplementary Planning Document (SPD)**

The Council is planning to prepare a Hot Food takeaway SPD and would welcome any comments you may have on this issue. It is hoped the SPD will contribute towards achieving the City's priorities of successful neighbourhoods and a healthier population, by considering the right balance of uses across Manchester's District and Local Centres and supporting healthier lifestyles, especially for our young people. If you wish to make comments on the issues outlined above and the future content of the SPD, there are a number of ways to do this, either:

Through our consultation portal at <http://manchester-consult.limehouse.co.uk/portal/>

By email to [planningstrategy@manchester.gov.uk](mailto:planningstrategy@manchester.gov.uk)

By post to Planning Strategy Team, City Policy, Manchester City Council, Level 5, Town Hall Extension, PO Box 532, Manchester, M60 2LA

All comments must be received into the Council by 5pm on 7<sup>th</sup> October 2015. Following this initial consultation, a draft hot food takeaway SPD will be prepared and representation will be sought on the content of this document, before it is adopted.

If you require any further information on this initial consultation please contact Rebecca Friday on 0161 234 4561.

### **Food Futures Manchester at Dig the City 2015!**

Food Futures Manchester and Sow the City brought fun foody activities, along with our 'Tales from the Plot' shed to this year's 2015 Dig the City urban gardening festival.

Dig the City is an annual urban gardening festival in Manchester City centre, sponsored by NCP and supported by CityCo, which brings Manchester streets alive with a weeks worth of summer gardening celebrations. This year Dig the City delivered on its promise with gardens galore, pop-up picnics, music and markets and for the first time ever, Food Future's got involved promoting food growing and our exciting sustainable food culture.

Our 'Tales from the Plot' shed was a tranquil retreat away from the hustle and bustle of the City centre where visitors could experience the authentic smells and sounds of a typical community food growing shed, view some amazing photographs of our very own Growing Manchester programme project volunteers in action and listen to the recordings of their stories, put together by Reform Radio. Our volunteers also helped to furnish our garden by providing beautiful handmade benches and tables, made from reclaimed wood.



Dig the City medals were awarded to the urban garden exhibits with entries from both professional and amateur gardeners, community gardening groups and businesses.

The gardens were judged by Diarmuid Gavin and the National Trust's City Gardener in Residence, Sean Harkin and 7 Gold, 8 Silver Gilt and 7 Silver medals were awarded. We are pleased to announce that our garden won a Silver medal! For more information on Dig the City and the winning gardens, please visit:-

<http://www.digthecity.co.uk/>

If you would like to know more about community food growing opportunities or register an interest in the Growing Manchester Programme, 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.

### **Age Friendly Whalley Range**

Interested in healthy, nutritious food but not sure about the cooking? Age Friendly Whalley Range are planning a project later this year to run through the winter months about eating well and staying healthy in the cold weather, including practical cook and taste demonstrations.

The project would be based at JNR8 Youth and Community Centre in Whalley Range, led by a local nutritional therapist, but we would also like to run sessions at other local venues such as sheltered housing organisations in Whalley Range.

The idea is to get people together in an informal, friendly way to meet, eat, chat, and get some tips on easy ways to cook for one and how the right foods can help you to stay well through the winter.

To register your interest or give us your thoughts, please contact Chris Ricard at [agefriendlywhalleyrange@gmail.com](mailto:agefriendlywhalleyrange@gmail.com) or telephone on 0161 881 3744.

### **The Manchester Food & Drink Festival 2015**

This September saw the Manchester Food and Drink Festival return with a huge programme of exciting indoor and outdoor foodie events taking place across Manchester. Albert Square hosted the festival hub with a wide range of tasty street food stalls, live music, cocktails and live cookery demonstrations and masterclasses.

Every year the festival hold the highly regarded Manchester Food & Drink Festival Awards, celebrating Manchester's food and drink culture across a broad range of categories. The festival judging panel is made up of the region's leading food and drink critics and experts who select the award shortlists. The judges then 'mystery shop' the nominated. The scores are combined with votes from the public, cast via the festival website, to select a winner. The awards culminated in a gala dinner held at Manchester Cathedral to celebrate the achievements within our hospitality industry.

This year's winner of the Restaurant of the Year award was The French - The Midland Hotel on Peter Street, Manchester. There were many other celebrated winners and establishments who were shortlisted and came very close. To find out more, visit the Manchester Food and Drink Festival 2015 website on <http://foodanddrinkfestival.com/news/2015/sep/22/Winners/>

### **Kindling Trust's Land Army – Volunteering Opportunity**

For the past four years the Kindling Trust's Land Army volunteers have been supporting and learning from Greater Manchester's organic farmers.

Now you too can join in. The Kindling Trust are offering the opportunity for team activity days for Manchester companies. Team activity days give you the chance to give something back to your local community and do something positive for the environment – all on a local farm with the Greater Manchester Land Army.

The Kindling Trust is working to increase local, sustainable food production for Greater Manchester. Because of the financial challenges facing farming today, we work with small organic producers who need a hand with tasks that are hard to prioritise, but that are essential to a sustainable farm. These often help bring lasting environmental and wildlife benefits. Supporting these farmers means that we can help them build viable and flourishing farms which can produce top-quality organic produce for Manchester. By providing them with volunteers, we can help keep their costs (and therefore prices to the consumer) lower, while providing volunteers with a learning opportunity and a great day out.

To find out more about this great opportunity to give your team an unforgettable experience and contribute to your organisation's environmental and CSR commitments, please contact Corrina Low at the Kindling Trust on 0161 226 2242 or email at [Corrina@kindling.org.uk](mailto:Corrina@kindling.org.uk)

### **FareShare Greater Manchester**

FareShare Greater Manchester is keen to work with schools responding to the need for breakfast clubs, holiday hunger and support for families in food / income poverty. They can provide cereals, bread, drinks, snacks and other foods depending on supplies and requirements. It's a membership scheme run by volunteers that are always looking for more help. Get in touch to discuss your school's food needs. FareShare is managed by EMERGE.

For more information contact Miranda Kaunang on 0161 223 8200 option 4 (FareShare Development Team) or e-mail [Miranda@emergemanchester.co.uk](mailto:Miranda@emergemanchester.co.uk)

### **Real Food Wythenshawe a finalist in the National Lottery Awards**

Real Food Wythenshawe is a five-year Big Lottery funded project. The campaign encourages and supports local residents to live more sustainably with a message of 'Grow it! Cook it! Eat it!'. From plant to plate, the campaign encourages and supports residents to take control over what they and their families eat by promoting ways that people can grow their own produce and learn to cook healthy, economical meals using local, seasonal produce. The ethos of the project is to change people's lives, by encouraging positive choices which will in turn improve health and well-being. This fantastic project reached the finals of the National Lottery Awards in the Environment category. For more information on the awards, see the website -

[www.lotterygoodcauses.org.uk/project/real-food-wythenshawe](http://www.lotterygoodcauses.org.uk/project/real-food-wythenshawe)

Or for more information about the project, contact Jacqueline Naraynsingh, Real Food Wythenshawe Programme Manager on email [Jacqueline.Naraynsingh@wchg.org.uk](mailto:Jacqueline.Naraynsingh@wchg.org.uk) or telephone 0161 946 7554.

### **True North TV**

True North is an independently owned and run television company. True North is working on a brand new TV series and looking for fun couples in the South of Manchester who are passionate about food, to take part in a new show for Channel 4. The programme will consist of three couples putting their cooking skills to the test in order to win a cash prize. All skill levels are welcome to get in touch. We'd also love to hear from you if you'd like to throw a party, our amateur chefs could help cater

your bash! So, if you're planning a celebration but have got cold feet about the catering, then this new CH4 TV series may be able to help.

If you're in the South Manchester area and want to hear more, contact us on [cooks@truenorth.tv](mailto:cooks@truenorth.tv) or telephone Freya on 0113 394 5473

### **Free Training with 'Food Works'**

Healthy Me Healthy Communities (HMHC) is passionate about co-producing community health and wellbeing activities that build participation, improve resilience, promoting prevention and self-care and contributing to a thriving and resourceful community.

HMHC provides a range of programmes and support to inspire, motivate, increase confidence and improve skills and have a range of free courses available as part of their 'Food Works' programme. FREE training is available if you are interested in becoming a community food-worker and working in the food industry:-

#### **Clayton Children's Centre, North Road, M11 4WE**

Cookery Champions Plus: Running now – 10th December (excluding 29th October)  
12.45-2.45pm

RSPH Food Safety Level 2: Thursday 7th Jan – 11th Feb 12.45-2.45pm

First Class: 25th Feb – 12th May (exc 7th/14th April) 12.45-2.45pm

#### **Gorton South Children's Centre, 18 Mount Road, M18 7BG**

Cookery Champions Plus: Running now - 8th December (excluding 27th October)  
9.30-11.30am

RSPH Food Safety Level 2: Starts Tuesday 5th Jan - 9th Feb 9.30-11.30am

First Class: Starts Tuesday 23rd February - 10th May (excluding 5th and 12th April)  
9.30-11.30am

'Food Works' is made up of 3 courses and participants are encouraged to attend all 3, but participants can attend Cookery Champions Plus and Food Safety as individual courses. Along with learning practical cooking-skills, the course covers healthy-eating, food-safety, skills for delivering workshops and improved confidence and skills for finding a job. The course is free, with free crèche places and open to anyone 16+. Limited places are available.

For more information and to book a place, contact Rich Browning on email [richbrowning@healthymehealthycommunities.co.uk](mailto:richbrowning@healthymehealthycommunities.co.uk), telephone 07913 540680 or Information: <http://hnhcnews.blogspot.co.uk/>

### **The Joseph Rowntree Foundation – Call for proposals**

The Joseph Rowntree Foundation works for social change in the UK by researching the root causes of social problems and developing solutions. Together with the Joseph Rowntree Housing Trust, they use their evidence and practical experience of developing housing and care services to influence policy, practice and public debate.

The Joseph Rowntree Foundation is not a grant-making organisation however they issue 'calls for proposals' and invite submissions to them. They have a number of proposals available at present that may be of interest. Follow the link for more information:

<http://www.jrf.org.uk/funding>

### **Sustainable Food Cities**

The Sustainable Food Cities (SFC) Network is an alliance of public, private and third sector organisations that believe in the power of food as a vehicle for driving positive change. The Network, which is run by a coalition of NGOs led by the Soil Association, Food Matters and Sustain, aims to help people and places to share challenges, explore practical solutions and develop best practice in all aspects of sustainable food.

Each year, the Sustainable Food Cities Network focuses on a key food issue and works to help towns and cities across the Network to drive significant change on that issue. The focus for 2015-16 is on the role of cities in addressing food poverty. The campaign, called '*Beyond the Food Bank*' challenges cities to come together to identify local solutions to food poverty. The key areas of the campaign are:-

- Changing the conversation
- Building resilient communities
- Providing a strong safety net
- Tackling immediate hunger

For each key area, SFC propose a range of actions and interventions that aim to tackle food poverty and inequality, which includes signing up to the United Nations Zero Hunger Challenge.

Sustainable Food Cities will also be coordinating a response to advise the All-Party Parliamentary Inquiry into Hunger with follow-up evidence of the progress made since the recommendations of the Feeding Britain report were published in December 2014. The purpose of this update is to assess some of the wider developments that have impacted upon the numbers in this country who are hungry.

For more information on the Sustainable Food Cities network and campaign and response, visit the following links:

<http://sustainablefoodcities.org/campaigns/2015beyondthefoodbank/ourapproachtothechallenge>

<http://sustainablefoodcities.org/newsevents/news/articleid/417/call-for-evidence-all-party-parliamentary-inquiry-into-hunger>

### **Sustainable Fish Cities**

The Manchester Sustainable Fish City Working Party is a group of individuals who are aiming to work with partners to attain 'Sustainable Fish City' status for Manchester.

The pledge involves working with schools and other partners such as hospitals, higher education venues and work places to pledge a commitment to developing a sustainable seafood policy. Assessing and monitoring what is served, serving sustainable fish according to the traffic light system of the Marine Conservation Society and communicating the message to influence wider progress are amongst the actions the group aim to achieve. If you would like to know more about Sustainable Fish Cities or the working party email Mary Pegington at [sustainable.fish.manchester@hotmail.com](mailto:sustainable.fish.manchester@hotmail.com) or follow the link:

[www.sustainweb.org/sustainablefishcity/](http://www.sustainweb.org/sustainablefishcity/)

### **Cracking Good Food**

### **Manchester City Council Food Poverty Grant – Tackling Food Poverty Together**

Cracking Good Food (CGF) are now half way through the Tackling Food Poverty Together project in collaboration with FareShare Greater Manchester and 3 Manchester food banks. FareShare is focussing on building lasting capacity for the food banks to increase the number of people they can help and the quality of the food bank parcels, and CGF are delivering hands-on cooking activities to the food bank users, helping them to build skills around cooking affordable healthy food from scratch, planning, reducing food waste and saving money. Cracking Good Food are also training the centre staff to take over at the end of the project, to generate lasting impacts from the project. The project is being evaluated by Kingsley Purdham and his team from Manchester University, so we look forward to sharing their findings at the end of the project. For further information, or to get involved, please contact [juliet@crackinggoodfood.org](mailto:juliet@crackinggoodfood.org) or [miranda@emergemanchester.co.uk](mailto:miranda@emergemanchester.co.uk)

### **Kindling Trust, Manchester Veg People & Priestnall High School**

Cracking Good Food is currently working in partnership with The Kindling Trust, Manchester Veg People and Priestnall School to deliver a pilot project to redevelop their school menus. We are working closely with them to help them produce dishes cooked from scratch using local seasonal produce from Manchester Veg People (where possible), incorporating more vegetables into their meat-based dishes and developing new complimentary vegetarian dishes, all within strict budget guidelines. The project is in direct consultation with the school's students and is a really exciting project that CGF hope to roll out to other schools in the future. For more information, please contact [juliet@crackinggoodfood.org](mailto:juliet@crackinggoodfood.org) or [helen@kindling.org.uk](mailto:helen@kindling.org.uk)

### **Love Food Hate Waste & WRAP 10 Cities Campaign**

Cracking Good Food are delivering Love Food Hate Waste (LFHW) cooking sessions around Greater Manchester again, as part of the 10 Cities Campaign, this time also in partnership with Marks & Spencers, one of the main Courtalds signatories who have signed up to a voluntary commitment to reduce food and other waste in their business activities. To find a free Love Food Hate Waste cooking session near you follow the link:

<http://www.crackinggoodfood.org/community-outreach/love-food-hate-waste/>

For more information on the 10 Cities Campaign, contact Helen White on [helen.white@wrap.org.uk](mailto:helen.white@wrap.org.uk)

### **City West Housing Association – Eat It Fresh Project**

Cracking Good Food are delighted to be working in partnership with City West Housing Association in North Manchester on their 'Eat It Fresh' project, where we'll be delivering hands-on cooking sessions to their residents twice-monthly over the next 6 months and then training up their food champions to take over from us at the end of the project, so that they can continue with the cooking activities. The project will be based at their allotment site and if the success of the big launch event at the end of August is anything to go by, the sessions are going to be very busy! For more information, please contact Adele on email [adele@crackinggoodfood.org](mailto:adele@crackinggoodfood.org)

### **Mustard Tree, Manchester City Centre**

Cracking Good Food are very much looking forward to working with the Mustard Tree in Manchester City Centre later this Autumn, delivering 8-week courses to their service users around cooking skills, budgeting & planning, health & nutrition, saving money and food safety. More details to follow in the next e-bulletin but for more information in the meantime, please contact Adele on email [adele@crackinggoodfood.org](mailto:adele@crackinggoodfood.org)

### **Train-the-Trainer**

Cracking Good Food have delivered a 2-day 'train-the-trainer' event, in collaboration with Trafford Hall, to a varied group of delegates from around the country who wanted to learn how to engage with beneficiaries around real food and how to set up and deliver affordable food and cooking activities that address the specific needs of their group. Cracking Good Food are planning to run the next course in Spring 2016. If members of your organisation would be interested in attending our Train the Trainer course (based in Manchester, non-residential) please contact Adele at email [adele@crackinggoodfood.org](mailto:adele@crackinggoodfood.org) or Juliet on email [juliet@crackinggoodfood.org](mailto:juliet@crackinggoodfood.org) for further information.

### **Cookery Schools, Singles Nights and Wild Food Foraging**

Our Cracking Good Food cookery school public programme has now extended to 4 schools in Chorlton, Urmston, Prestwich and Didsbury and CGF have launched a series of singles nights called 'Cook Eat Meet' based at the Wonder Inn on Shudehill in Manchester. These are affordable social evenings based around cooking, run by talented local chefs. We also continue to run a rolling programme of Wild Food Foraging events throughout the seasons. For more information on any of these events or how to get involved, visit the Cracking Good Food website on:

<http://www.crackinggoodfood.org/>

### **Manchester Fayre awarded bronze Food for Life Catering Mark**

Manchester Fayre, Manchester City Council's catering service, has just been awarded the bronze Food for Life Catering Mark. Achievement of the Food for Life Catering Mark provides Manchester Fayre with the independent recognition that their school meals are freshly prepared, using environmentally sustainable and seasonal ingredients.

Still basking in the glory of winning the national award 'Apse Best Performer for Education Catering of the Year 2014', Manchester Fayre has been working hard over the last year to collate evidence to prove their school meals are more than worthy of the Food for Life accreditation. During a rigorous inspection at one of their primary schools, Manchester Fayre demonstrated that:

- At least 75% of dishes are freshly prepared onsite (the inspector assessed the primary menu as over 90% freshly prepared)
- No ingredients are used which contain undesirable additives, trans-fats or genetically modified ingredients.
- All meat is from farms which meet UK welfare standards
- No fish is served from the Marine Conservation Society (MCS) 'Fish to Avoid' list
- Only free range eggs are served
- Menus cater well for all dietary needs in the school population
- Menus offer in-season produce
- We know where our food and ingredients come from – more than 50% of the fruits and vegetables served to children are grown in the North West, and the majority of milk served as a lunch time drink comes from cows grazing on farms in Flixton, Manchester!

As a result of achievement, 107 Manchester Fayre catered primary schools have received a certificate to proudly display in school. These were presented to Unit

Managers at Manchester Fayre's annual training carousel where they also received a briefing session about Food for Life, delivered by representatives from the Food for Life Catering Mark team.

Manchester Fayre have also been shortlisted in two categories of the national 2015 EDUcatering Excellence Awards! Manchester Fayre feature in the Local Authority Caterer of the Year category and the Marketing Award category which relates to the creation of the Manchester Fayre seasonal salad bar and Fresh Fayre character Larry Lettuce, which has resulted in a massive 37.6% increase in the volumes of fruit and vegetables eaten by pupils catered for by Manchester Fayre.

We will keep you posted how they get on, but if you have any questions for Manchester Fayre, you can contact Louise McErlain, Specialist Support on [L.McErlain@manchester.gov.uk](mailto:L.McErlain@manchester.gov.uk) or telephone 0161 234 5823.

### **Community Food Co-ordinators**

#### **Health at Every Size (HAES)**

The 'Well Now' course offers a different way of looking at size and health, and promotes health gain for people at the size they are now. We realise that dieting does not work long term for a large proportion of people, and can even lead to weight gain. Research shows that this approach helps people stop unhealthy weight control behaviours, increase body satisfaction, and improve psychological wellbeing. Feedback so far has been very positive! We have availability on the courses below:-

#### **North Manchester**

**Date:** Course is on a Friday afternoon, running now - 13th November 1pm - 3pm

**Location:** Congregation Church, Lees Street (off Ashton Old Road), Openshaw, M11 1NW

**Contact:** To book contact Rose Boyd on telephone 07971331539 or email [Rosamund.boyd@mhsc.nhs.uk](mailto:Rosamund.boyd@mhsc.nhs.uk)

#### **Manchester**

**Date:** Course is on a Monday evening 12th October – 23rd November 5.30pm-7.45pm

**Location:** Ancoats Primary Care Centre, Old Mill Street, Ancoats, Manchester M4 6EE

Please note this course is specifically for NHS, Local Authority, Voluntary Sector staff and volunteers

**Contact:** To book contact Bernie Murphy on 07971331537 or email [bernadette.murphy@mhsc.nhs.uk](mailto:bernadette.murphy@mhsc.nhs.uk)

#### **South Manchester**

**Date:** Course is on a Tuesday morning 3rd November - 8th December 10am-12:30pm

**Location:** Wythenshawe Community Church, Crossacres Road, Wythenshawe

**Contact:** To book contact Emma Farrell on 07917331540 or email [emma.farrell@mhsc.nhs.uk](mailto:emma.farrell@mhsc.nhs.uk)

#### **Healthy Eating for All Accredited Course Level 2**

Do you talk to individuals about food and health? This course is accredited by the Royal Society for Public Health and gives you up to date information and resources. You will take a short multiple choice exam in 'Healthier Food & Special Diets' at the end of the course.

This 3 day course explores the principles of healthy eating, nutrients, eating well at different age, special diets and other food related topics in depth, giving you the confidence to discuss these with others. Participants should have attended a Level 1 Healthy Eating for All course or have a basic knowledge of food and health

**Date:** Course takes place on 30th November, 7th and 14th December 2015 (3 full days)

**Location:** Victoria Mill, Miles Platting, Manchester

**Contact:** Please contact Peter Stretton on telephone 0161 248 1750

To book a place visit the following link:

<http://www.goodhealth-manchester.nhs.uk/training/>

### **Food Sovereignty Workshop and Film Screening**

Community Centred Knowledge will be running a food sovereignty workshop followed by a film screening celebrating the International Year of the Soil in the Yard Theatre in Hulme. The work shop will be a multi-sensory, immersive experience, exploring the colonial history of our foodways, followed by the film Symphony of the Soil, an artistic exploration of the miraculous substance soil.

**Date:** Friday 16<sup>th</sup> October 2015, 4.30pm – 6.30pm Food Journey workshop Run by Community Centred Knowledge followed by a 7.00pm film screening of 'Symphony of the Soil' introduced by Filmmaker Deborah Koons Garcia. There will be a Q&A at the end of the film. Film screening tickets are £6.

**Location:** The Yard Theatre, Old Birley Street, Hulme, Manchester, M15 5RF

**Contact:** For more information or to book your place on the workshop, contact Mama D on email [communitycentredknowledge@gmail.com](mailto:communitycentredknowledge@gmail.com)

To book a Film screening tickets are £6 on the door or online here:

<https://www.ticketsource.co.uk/date/200254>

---

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

### **University of Cambridge research on portion sizes**

Larger-sized portions, packages and tableware lead to higher consumption of food and drink, Cochrane review finds. A new review has produced the most conclusive evidence to date that people consume more food or non-alcoholic drinks when offered larger sized portions or when they use larger items of tableware. The research, carried out by the University of Cambridge and published in the Cochrane Library, suggests that eliminating larger-sized portions from the diet completely could reduce energy intake by up to 16% among UK adults or 29% among US adults. For more information, follow the link:

<http://www.cochrane.org/news/portion-package-or-tableware-size-changing-selection-and-consumption-food-alcohol-and-tobacco>

### **Trans Fats**

Could a UK ban on trans fat save 7,200 lives by 2020? This is the conclusion of a new modelling study looking at whether banning trans fatty acids, associated

with "bad" cholesterol and heart disease, would improve public health outcomes. For more information on this study and to read the conclusion in full, follow the link:

<http://www.bmj.com/content/351/bmj.h4583>

### **How Food as a Reward is Detrimental to Children's Health, Learning and Behaviour**

Based on a review of literature, this article explores the link between childhood obesity and adverse mental and physical health, learning, and behaviour outcomes. The role in providing children with food as a reward in the relationship between obesity and detrimental health and performance outcomes are examined.

For more information on this article, follow the link:

<http://www.ncbi.nlm.nih.gov/pubmed/26201761>

### **Exploring Sugars in the Foods We Buy**

The Scientific Advisory Committee on Nutrition (SACN), a committee of independent experts that advises the Government on nutrition issues, now recommends that the average intake, across the UK population, of free sugars should not exceed 5% of total dietary energy intake. But what are free sugars and how might we reduce our consumption?

BNF has produced a resource "*Exploring sugars in the foods we buy*", which we hope will clarify some of the major areas of misunderstanding and provide a useful guide to those who want more information on this fascinating, but sometimes complex, subject. For more information, follow the link:

[Exploring sugars the food we buy](#)

### **NHS to Improve Food and Nutrition for Staff and Patients**

After estimates put the cost to the NHS of staff absence due to poor health at £2.4bn a year, Simon Stevens NHS England Chief Executive has announced three pillars - under a £5 million initiative - to improve the health and well-being of staff.

The third pillar calls for national action to challenge and support catering contractors and PFI providers to raise the standards of food and nutrition.

Measures include:

- Providing easily understandable nutritional information and appropriate portion sizes
- Building on the Government Food Buying Standards to ensure a healthy and sustainable food and drink offer
- Food and drink offered in vending machines should meet existing nutritional standards

For more information, follow the link:

<http://www.england.nhs.uk/2015/09/02/nhs-workplace/>

---

Please note, the Food Futures bulletin is a regular partnership update featuring articles on local and national news, events, funding opportunities and developments that relate to food. As such any views or opinions expressed within the bulletin or associated web links may not necessarily represent the views of Manchester City Council. If you have any concern about the content of this bulletin, please contact Lindsay Laidlaw on [l.laidlaw@manchester.gov.uk](mailto:l.laidlaw@manchester.gov.uk) or 0161 234 3540.