



## **April 2016**

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

Welcome to the 33<sup>rd</sup> edition of the Food Futures e-bulletin - a bi-annual 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 upcoming 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 Winter 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:-

- Lets Get Growing
- Sustainable Food Cities Manchester
- The Oasis Centre
- Helping Old Moat Eat (HOME)
- Wythenshawe Garden City Festival
- Tesco Bags of Help
- The Booth Centre
- Cracking Good Food
- Royal Mills Market
- Manchester Pumpkin Rescue
- Real Food Wythenshawe Geodome Launch
- FoodCloud & Courtauld Commitment 2025
- National News & Articles of Interest

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

### **Let's Get Growing!**

We might be in British Summer time now but for Manchester, it feels like spring has only just sprung as we finally return to a more seasonal warmer and dryer climate. If you are a green fingered foodie, be it in your garden, window box, allotment or community garden, chances are, you're now out preparing your site, getting ready for the growing season. However, if you're new to growing and want to get involved, now is a good time to connect with a local community garden to find out more about food growing.

Not only is food growing good for access to fresh and local fruit and vegetables, but it's a great way to unwind, connect with the environment and meet new people, and

whether you're a digger or a pruner, there is always something to do. The Food Futures 'Growing Manchester' Programme helps to support community food growing projects in Manchester to grow their own food, but many groups are in need of extra volunteers to help out, so this year, some of our community gardens are joining in with the 'Big Dig Day' on Saturday 16th April 2016.

The Big Dig Day is run by Sustain, the alliance for better food and farming and will give novice growers a chance to connect with participating gardens to learn about growing food and help the gardens out with spring tasks, such as preparing raised beds and sowing seeds and flowers. One Growing Manchester group opening up their project is Moss Side Community Allotment, who will be giving a tour of the garden, plus seed-sowing and potato-planting. Phil Dodd, who is part of the group explains:

*"We are a group of people who work together with the purpose of growing organic produce and expanding our knowledge of growing food. What we grow and what we learn we share. We always need volunteers of all sorts, and it's really nice to get involved and feel that you're doing something useful."*

To find a local garden participating in the Big Dig Day, visit [here](#) or if growing at home is more your style, there's a wealth of information out there to help with this. The Royal Horticultural Society (RHS) a great place to start and you can find out more about the RHS [here](#).

For more information about the Food Futures Growing Manchester Programme, contact Lindsay Laidlaw on telephone 0161 234 3540 or email [l.laidlaw@manchester.gov.uk](mailto:l.laidlaw@manchester.gov.uk)



### **Sustainable Food Cities for Manchester**

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. Sustainable Food Cities aims to help people and places to share challenges, explore practical solutions and develop best practice in all aspects of sustainable food.

Sustainable Food Cities operate an award scheme, designed to recognise and celebrate the success of those places taking a joined up, holistic approach to food and that are achieving significant positive change on a range of key food issues. The award scheme has a challenging range of key issues to meet in order to achieve accreditation, but we know Manchester has a wealth of organisations and projects already working towards a connected and sustainable food sector; so could Manchester be a Sustainable Food City? There is more to do, but we hope so and would like you to join Food Futures in our ambition, so if you think you or your organisation are working on a project or initiative that is working towards any of the Sustainable Food Cities criteria, we would love to hear more about it.

For more information about Sustainable Food Cities and the award criteria, visit [here](#) or to discuss, please contact Lindsay Laidlaw on telephone 0161 234 3540 or email [l.laidlaw@manchester.gov.uk](mailto:l.laidlaw@manchester.gov.uk)

### **The Oasis Centre – Serving our East Manchester Community**

The Oasis Centre is a community day centre where local East Manchester residents can find help, make friends, learn new skills and enjoy being part of their community. We offer crisis support, a free café, a charity shop and fun activities. We also offer a basic education programme including Cookery, Maths, English, Art and 1-2-1 reading and writing workshops. Our new Work Club helps people write C.V's, job search and learn the basics of computing.

We are passionate about providing healthy, nutritious and regular food to people in need. We also recognise that food brings communities together and is a vital part of providing wellbeing and support. In the past few months, we have given out over **90** two-week emergency food parcels and provided over **1,500** free hot meals to people in need in our East Manchester community.

*"Oasis helped me sort out my debt problems and gave me emergency food. Now I'm learning new skills and have made loads of friends. Oasis has saved my life!"*  
- Sam aged 46

The Oasis Centre is open: Mondays, Tuesdays and Wednesdays from 10.00 am – 2.00 pm at Collier House, Wellington Street, Gorton, M18 8TX . For more information about services or accessing our emergency food services, please contact our Centre Manager on 07732352568 or visit [here](#) or email [info@theoasiscentre.org.uk](mailto:info@theoasiscentre.org.uk)

### **Helping Old Moat Eat (HOME)**

The Helping Old Moat Eat (HOME) was a fun and educational project delivered in the Old Moat area to address food poverty through a range of community engagement and learning activities.

Funded through the Manchester City Council Food Poverty Fund and delivered in partnership with Sow the City, Old Moat Greenies, Southway Housing Trust, Old Moat Children's Centre and South Manchester Healthy Living Network, the HOME project aimed to tackle food poverty through increased access to home grown food, improved awareness of cooking on a budget whilst simultaneously providing volunteering opportunities and skills for employment.

As part of the project, HOME trained local Food Champions who helped to generate interest in the project and spread the message throughout the area where the project was targeted. This involved visiting homes and providing advice, followed up by food growing workshops and healthy cooking on a budget courses, as well as a healthy take away service that aimed to provide healthy and affordable food through its alternative vegetarian menu.

The Old Moat community embraced the HOME project and overall, we:-

Spoke to over 500 people about food poverty and offered basic food advice, either through events, in local homes or in the street.

- Trained four local residents to be Food Champions

- Held two HOME community events with over 100 people attending.
- Created a food growing demonstration garden in the middle of the housing estate for training local residents.
- Trained 27 people on how to grow food and provided the materials for them to apply this knowledge and grow in their own garden.
- Ran well attended courses on how to cook on a budget and food safety.
- Provided healthy take away meal service

If you would like to know more about the HOME project or you are a local resident who would like to connect with a HOME Food Champion, please contact Kieron McGlasson, Sow the City on telephone: 0161 465 6954 or Email: [Kieron@sowthecity.org](mailto:Kieron@sowthecity.org)



### Wythenshawe Garden City Festival

Are you green-fingered or part of a community gardening or foodie group? Wythenshawe Garden City Festival are currently organising our 8th festival, a wonderful celebration of food, gardening, crafts and shopping local. Our festival attracts several thousands of people every year, but we do like to keep things 'fresh', so if you would like to have a stall or just get involved, please do get in touch!

**Date:** Saturday 10th September 2016 10.00am – 4.00pm

**Location:** Wythenshawe Town Centre

**Contact:** Please email [nmgsshowsec@outlook.com](mailto:nmgsshowsec@outlook.com) or visit our facebook site [here](#)

### Tesco Bags of Help Grant Scheme

The Tesco 'Bags of Help' grant scheme is funded by Tesco customers from the proceeds of the 5p charge for plastic carrier bags as a result of a government carrier bag levy. Bags of Help is available to a wide range of community groups and organisations across England, Wales and Scotland and they can apply for grants to improve local green spaces, which could include pocket parks, woodland walks and community gardens.

Successful projects will go forward to a public vote in Tesco stores which will decide whether they receive a grant of £8,000, £10,000 or £12,000. The second funding round for the Tesco Bags of Help grant scheme opens on 18 April 2016 and it is

anticipated grants will be awarded to successful groups around November 2016. The scheme is administered by Groundwork.

For more information about the scheme, the criteria and how to apply, visit [here](#)

### **The Booth Centre – supporting Manchester’s homeless people.**

The Booth Centre is a Manchester based day centre offering advice and support for people who find themselves homeless or have experienced homelessness in the past.

Visitors to the centre can access a free hot breakfast, a shower and essential personal items each morning from 9am to 12 noon, as well as the opportunity to get help to find accommodation. Each day the centre offers a varied timetable of activities including art, music, drama, gardening, wood work, IT and numerous free training courses and employment workshops. A two course lunch is served for those taking part in the activity programme.

The Booth Centre has a catering standard training kitchen, staffed by volunteers, many of whom have been homeless themselves, working to develop skills and experience in the catering industry. The Booth Centre also offer free qualifications in food safety as well as training around health and safety and first aid. Our volunteers learn how to work as part of the kitchen team to serve a hot breakfast and lunch to over 80 people each day. The team were recently delighted to achieve a five star rating from the Food Standards Agency.

The centre's garden produces fresh fruit and vegetables which are used to prepare healthy, nutritious meals five days a week. As a small charity, The Booth Centre relies on generous donations of food from the general public. If you think you can help us, please visit our [website](#) for a list of items we regularly need.

### **Cracking Good Food**

An inspiring time lies ahead for community members and school children alike as Cracking Good Food deliver 2 new training courses.

### **School Workshops – Understanding and Tackling attitudes towards Food Waste**

Schools across Greater Manchester can now work with Cracking Good Food to educate young people about the social and environmental costs of food waste, both globally and locally. Our workshops include a practical and theory based approach through a presentation, film with a 'Q&A', a hands-on cooking session using surplus/unwanted foods from the food industry and a visit to FareShare Greater Manchester on New Smithfields Market to witness the volume of surplus food that is re-distributed to communities in need on a daily basis.

For further information, visit [here](#) or email [Adele@crackinggoodfood.org](mailto:Adele@crackinggoodfood.org). To be added to our email list, please contact [tracey@crackinggoodfood.org](mailto:tracey@crackinggoodfood.org)

### **COOKBank – Train the Trainer 2 Day Course**

COOKBank is aimed at people living and working in communities who want to invest in the health and wellbeing of their community and would like to set up a cooking club for community members. The course is run by experienced community cooks who will start by identifying the many interpretations of what 'good food' actually is,

helping them to understand the forces that encourage them to make unhealthy choices. Over the 2 days you will have opportunity to learn from each other's experiences and address the many issues & barriers facing healthy eating, but most importantly learn the many solutions that can be found to get you started with your cooking club. Everyone deserves good food and healthy food is not expensive once you know what to cook and how. In day 2 you will take part in a cooking session where you take it in turns to both be the trainer and the trainee! By the end of it, you'll be buzzing with inspiration and keen to get going!

We also recognise that these things take a little time to get right, so we're offering a special support package whereby an experienced cook will support your delivery of subsequent cooking sessions for £250 each, just so community members really can build on their confidence. More information visit [here](#)

**Date:** 25th and 26th April 2016 9.30am - 4.00pm

**Location:** MERCi, Bridge 5 Mill, 22a Beswick Street, Ancoats, M4 7HR

**Contact:** [Adele@crackinggoodfood.org](mailto:Adele@crackinggoodfood.org)

To be added to our email list, please contact [tracey@crackinggoodfood.org](mailto:tracey@crackinggoodfood.org)

### **Royal Mills is new monthly home for Castlefield Market**

Castlefield Market returns to a new premises – under the glass atrium of the iconic Royal Mills in Ancoats, Manchester.

The Grade II listed Former cotton mill on Redhill Street will be the new home of the monthly market, hosting the popular mix of artisan craft and wide range of food stalls and a return of the wide range of independent traders. The market is set to run every first Saturday of the month between 10am - 4pm.

If you are interested in hosting a stall, contact [castlefieldevents@yahoo.co.uk](mailto:castlefieldevents@yahoo.co.uk)

### **Join the Manchester Pumpkin Rescue**

Hubbub is a charity which takes a fresh approach to sustainability, through events, communications and campaigns.

Over the past 2 years, 25 #PumpkinRescue festivals have been successful in cutting food waste, celebrating heritage pumpkin varieties, engaging communities and saving householders money. We want to help others do the same, which is why we're calling on Manchester to get involved in 2016!

We know around 18,000 tonnes of pumpkin are currently sent to landfill each year in the UK. Based on previous festivals, we know that one festival could significantly reduce this figure and give thousands of people the chance to engage with the issues, meet others and learn new skills.

Last year community gardens, kitchens and cafes across the UK opened their doors to the public, hosting pumpkin cooking and composting sessions and seasonal feasts. This year, there's plenty of time to encourage people to get growing their own gourds in advance too.

In order to make it as easy as possible for anyone to get involved we've created a quick guide to running a #PumpkinRescue Festival. We're also making freely available a range of promotional materials, providing access to a national media and

social media campaign. With this help anyone can create a pumpkin festival that celebrates food, introduces new skills, carves up Halloween conventions and creatively encourages people to think about the food they throw away. A #PumpkinRescue could be a one-off event with your group or part of a wider collaborative programme and we will help your group to access surplus pumpkins with the help of the Gleaning Network, a charity that coordinates volunteers, farmers and food redistribution charities in order to salvage the thousands of tonnes of fresh fruit and vegetables that are wasted on farms every year across the UK.

For more information about #PumpkinRescue and to find out how to get involved in Manchester #PumpkinRescue, please visit [here](#) or email [holly@hubbub.org.uk](mailto:holly@hubbub.org.uk) for more details.

### **Real Food Wythenshawe – Geodome Launch**

Real Food Wythenshawe's Geodome will hold an official launch this May, marking the occasion with a number of special events throughout the week commencing 9th May 2016.

The Geodome is a 'living classroom' located at Manchester College's Centre for Sustainability at the back of their Brownley Road Campus in Wythenshawe. It houses an integrated ecosystem to produce food and has been designed to showcase modern indoor growing techniques and demonstrate what sustainable food production can mean in an urban setting.

There will be a Community Garden Party to celebrate the launch of the Geodome on Wednesday 11<sup>th</sup> May 2016, and we would like to invite you to come along and join in the fun. There will be a pop up badminton net, face painting and an array of market stalls where you can buy local goods from the Crossacres Craft Group.

**Date:** Wednesday 11th May 2016

**Location:** Geodome, Manchester College's Centre for Sustainability, rear of the Brownley Road Campus, Wythenshawe, M22 9TG

**Contact:** For more information, contact Rachel Harding on [rachel.harding@wchg.org.uk](mailto:rachel.harding@wchg.org.uk) or 0161 946 9168



## **FareShare FoodCloud & Supermarket pledge to drive down food and drink waste**

### **FoodCloud**

FareShare FoodCloud is a new initiative that has rolled out across the United Kingdom, to help direct surplus food from supermarkets to charities, for free and Manchester is one of the first cities to benefit!

The scheme links charities and community projects with their local Tesco store that has surplus food at the end of the day. FareShare FoodCloud offers the leading store level solution and enables good surplus food to be redistributed directly to frontline organisations, leading to a reduction in waste and more people being fed. FareShare FoodCloud ensures that charities and community groups are safely matched with a suitable Tesco store and that they are fully supported in getting the most out of their local collections. Tesco has invested significantly in the people and technology required to deliver a reliable and well managed programme. Together they hope to share their learning's so that FareShare can then help others to adapt the solution to meet their needs. FareShare brings its unique knowledge of the UK charity food redistribution market and its experience of providing food as well as the support required to deliver a simple and safe solution. The Irish social enterprise FoodCloud brings its knowledge of the technology and online applications needed to connect businesses that have surplus food to charities in their community. If you are a charity interested in FoodCloud, you can register your interest [here](#).

### **Courtauld Commitment 2025**

Tesco has also joined forces with some of Britain's leading supermarkets, such as ASDA and Sainsbury's, in a pledge to drive down food and drink waste by a fifth within the next decade, backing a voluntary agreement which also aims to reduce greenhouse gas emissions created by the food and drink industry.

The agreement, called the Courtauld Commitment 2025 was produced by the Waste and Resources Action Programme (WRAP) and has 98 signatories across a range of sectors. WRAP estimate the agreement will save the UK economy around GBP20 billion and put the country on track to meet the UN's Sustainable Development Goal to halve food waste by retailers and consumers by 2030.

Department for Environment, Food and Rural Affairs (Defra) minister Rory Stewart said: *"Food waste - at any stage from the farm to the house - is something we should avoid. It wastes precious water and resources. So I am delighted that this great group of food and drink companies has come together with Wrap to reduce our food waste"*.

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

### **New 'Eatwell Guide'**

The new Eatwell Guide says a healthy diet should now include more fruit, vegetables and starchy carbohydrates, and fewer sugary foods and drinks.

The new Eatwell Guide shows the revised proportions of the food groups that help us meet official advice and nutrient requirements. The guide replaces the 'Eatwell Plate' and has been refreshed to reflect updated dietary recommendations, including those

on sugar, fibre and starchy carbohydrates from the Scientific Advisory Committee on Nutrition (SACN) report on Carbohydrates and Health in 2015. For more information, click [here](#)

### **New Public Health England data on salt consumption levels**

The National Diet and Nutrition Survey (NDNS) shows that on average adults are eating 8 grams of salt per day. For more information click [here](#)

### **Early exposure to peanuts ‘cuts allergy risk in children’**

In a randomized trial, the early introduction of peanuts in infants at high risk for allergy was shown to prevent peanut allergy. In this follow-up study, we investigated whether the rate of peanut allergy remained low after 12 months of peanut avoidance among participants who had consumed peanuts during the primary trial (peanut-consumption group), as compared with those who had avoided peanuts (peanut-avoidance group). For more information click [here](#)

### **Royal Society for Public Health: Introducing ‘activity equivalent’ calorie labelling to tackle obesity**

This briefing paper suggests that displaying activity-equivalent calorie information on food packaging, alongside current front-of-pack information, could help improve calorie labelling making it easier to understand and more relatable to people’s daily lives. For more information click [here](#)

### **Sugar Tax**

A new sugar tax on the soft drinks industry will be introduced in the UK. The levy is squarely aimed at high-sugar drinks, particularly fizzy drinks. Pure fruit juices and milk-based drinks will be excluded and the smallest producers will have an exemption from the scheme.

It will be imposed on companies according to the volume of the sugar-sweetened drinks they produce or import.

There will be two bands - one for total sugar content above 5g per 100 millilitres and a second, higher band for the most sugary drinks with more than 8g per 100 millilitres.

### **Novel ways to tackle obesity and create healthy environments**

The Town and Country Planning Association and Local Government Association, with support from Public Health England, have launched a report, Building the foundations: Tackling obesity through planning and development. The report is the result of a workshop series in 2015 demonstrating innovative practice from fourteen local authorities and their partners on how to tackle obesity and other problems by using planning policy and in making decisions on new housing developments. Leading public health policy experts and planners in councils across the country have committed to ensuring that their systems, processes and policies do what they can to promote a healthier environment, particularly towards children. For more information, click [here](#)

### **Parent-only interventions for childhood obesity (5-11 years)**

Parent-only interventions for childhood overweight or obesity in children aged 5 to 11 years. This systematic review looks at the efficacy of diet, physical activity and behavioural interventions delivered to parents only for the treatment of overweight and obesity in children aged 5 to 11 years. For more information, click [here](#)

### **European food and nutrition action plan 2015-2020**

This action plan sets a number of objectives to contribute to improving food system governance and the overall quality of the population's diet and nutritional status. These objectives include: create healthy food and drink environments; promote the gains of a healthy diet throughout life; reinforce health systems to promote healthy diets; and strengthen governance, alliances and networks to ensure a health-in-all-policies approach. For more information, click [here](#)

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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 the Food Futures Partnership or Manchester City Council. We do our best to ensure that all information is accurate however contact details are provided for each event or activity should you require more information. Thank you reading.

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.