



## **March 2015**

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

Welcome to the 31<sup>st</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, 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 Summer 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:**

### **Food Futures Growing Manchester Programme - lets get growing!**

Growing Manchester is the 'Food Futures' programme to help support community food growing projects in our shared ambition to live and grow sustainably! We now have over 65 community food growing projects on the Growing Manchester programme, so last year was a very busy year, continuing to work with 'Sow the City' and delivering a range of services and support to our growing groups. We actually counted up that we delivered just short of **700** engagements with our groups, ranging from training courses, site surveys and community development support.



Last years harvest with Manchester Mind, a Growing Manchester group.

So far this year we have helped to support groups to get started for the new growing season, what to plant, when and where and also delivering workshops on running a sustainable community garden. If you are interested in growing, it's time to start planting! This month, in an indoor propagator, you can start growing tomatoes and aubergines. Outdoors, you can sow beetroot, broad beans, carrots, Swiss chard and onion sets.

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.

### **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, as part of a wider campaign for affordable, sustainable and healthier food for all. The majority of our work is community outreach, working with vulnerable, disadvantaged and hard-to-reach community groups. We also run three 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 nearly at the end of our 'Awards 4 All' funded project in East Manchester, which has seen us cooking with groups of parents in three 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. We're currently working with them to help them set up and run their own community cooking clubs, as well as developing their links with FareShare to set up membership-based group food buying schemes, which help address issues around access to affordable fresh ingredients. We want to work with more schools in the Manchester area and plan to apply for further funding for this, following on from the success of our pilot programme. For more details, please contact [tracey@crackinggoodfood.org](mailto:tracey@crackinggoodfood.org)

### **Food Poverty Fund – Tackling Food Poverty Together**

This year, as part of a project funded by Manchester City Council's Food Poverty Fund, Cracking Good Food will be working in collaboration with FareShare Greater Manchester and three food banks in the Manchester area, to deliver cooking workshops for service users of the food banks. The workshops will focus on cooking and budgeting skills, based on the needs of the individual, as well as providing larger packs of cooking basics, essential cooking utensils and 'take away' kits with ingredients to cook at home what they've learnt at the workshop. The aim is to reach over 300 people who access food banks and support them to further develop these vital life skills. Along the way, we'll be training up food bank staff to continue with the cooking activities after the project has finished. Keep up with the progress of the project via <https://www.facebook.com/crackinggoodfood> or for more information contact [juliet@crackinggoodfood.org](mailto:juliet@crackinggoodfood.org)

### **You're not chucking that out are you?! Real Junk Food Manchester**

Things are moving on apace with our collaboration with Real Junk Food Manchester with feasibility plans and a business plan for a central Manchester venue nearly completed, to create a pay-as-you-feel donations based café and a training kitchen cooking with diverted food that would otherwise have gone to waste. Cracking Good Food aim to run a central Cookery School from the training kitchen too.

If you want to find out more about food waste, you can read this article in The Eating & Drinking Club with Real Junk Food director Corin Bell at <http://theeatinganddrinkingclub.com/2015/01/18/corin-bell-and-the-real-junk-food-project-manchester/>

If you'd like to pledge your support for the project, please visit the pledge page <http://realjunkfoodmanchester.co.uk/pledge/> or for more information contact [adele@crackinggoodfood.org](mailto:adele@crackinggoodfood.org)

### **Community Cooking Clubs**

We can train community groups and organisations on setting up & running 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 what you can do without, 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@crackinggoodfood.org](mailto:juliet@crackinggoodfood.org)

### **Cookery Schools & Wild Food**

We now run our bread making and other cooking workshops at three different locations in Greater Manchester – Chorlton, Flixton and Prestwich. But watch this space as later in the year we're also going to be running workshops at Parrs Wood School in Didsbury. Please visit our website for more details at <http://www.crackinggoodfood.org/cookery-schools/>

Or if you want to look at our upcoming wild food foraging events, please follow this link - <http://www.crackinggoodfood.org/wild-food-foraging/upcoming-events/>

### **'Dish UP'**

Does the thought of cooking give you kitchen nightmares? Do mealtimes often get you reaching for takeaway menus rather than recipe books? Dish Up is here to help!

There is a new BBC food campaign called 'Dish Up' that aims to get Mums and Dads having fun in the kitchen, cooking with simple recipes and learning easy techniques.

We are looking for participants to take part in the Dish Up campaign who can share their own eating and cooking habits: how often you cook, how much you spend, what your favourite foods are. This is for initial research at this stage, although some people will be filmed and may later become part of the campaign for television.

If you are a local parent or guardian and interested in taking part, or know someone who is, please email Hannah Salt, BBC Development Researcher at [hannah.salt@bbc.co.uk](mailto:hannah.salt@bbc.co.uk) outlining in a few honest words what you currently eat in an average week, where you live and your contact details.

For an informal chat or to find out more, contact Hannah Salt on 07713315948.

### **The Food for Life Partnership**

The Food for Life Partnership (FFLP) award scheme brings schools and their surrounding communities together based around the core ethos of healthy, tasty and nutritious food. The programme is about more than just food on the plate; it considers where food comes from and how it's grown, cooked and experienced. We provide practical advice and support enabling schools to achieve bronze, silver and gold awards, rewarding and celebrating success. Through a range of resources, advice and support we guide schools to make changes step-by-step through adopting a whole school approach. Schools awarded by the programme are growing their own food; organising trips to farms; sourcing food from local producers; setting up school farmers' markets; holding community food events; providing cooking and growing clubs for pupils and their families; serving freshly prepared, well-sourced meals and providing an attractive dining environment so lunchtimes are a positive feature of the school day.

Thanks to Big Lottery Fund support, any school in England can enrol with us free of charge, and access all the materials needed via this website along with a dedicated telephone line you can call for advice and guidance. An enhanced programme to support schools, including teacher training and local programme management, is available for commissioning by local authorities. We are also building on the success

of our work in schools to pilot wider partnerships, including nurseries, hospitals, care homes and workplaces.

To find out more and to enrol your school go to: <http://www.foodforlife.org.uk/why-get-involved>

## **New Allergen Labelling Legislation**

On 13th December 2014, the Food Information for Consumers Regulation 1169/2011 (EU FIC) changed the way allergen information appears on labels and on food that is pre-packed, sold loose or served out of home. From this date caterers must be able to answer any consumer queries regarding the 14 major food allergens that have been identified as issues for people living across Europe. Caterers can no longer say 'I don't know' or 'it could contain' when asked if a recipe contains any of the 14 allergens. This is to ensure people living with food allergy's can make informed and safe food selections.

To prepare for the introduction of the new legislation, Manchester Fayre's nutrition team (part of Manchester City Council) have been extremely busy analysing food ingredients, recipes and menus to ensure that the catering teams at the front of service are fully supported and prepared for the introduction of the new legislation. Bespoke handbooks for every operation managed by Manchester Fayre have been created, and training has been delivered to transform Unit Managers into our very own Allergy Ambassadors.

For further information about the new allergen legislation, or about food allergies, visit the following websites:

[www.food.gov.uk/business-industry/allergy-guide](http://www.food.gov.uk/business-industry/allergy-guide)

[www.allergyuk.org](http://www.allergyuk.org)

[www.anaphylaxis.org](http://www.anaphylaxis.org)

## **Moss Side Community Allotment**

### **Growing Food Workshops for Beginners**

Want to learn about food growing in a friendly casual atmosphere? Free workshops are available at Moss Side Community Allotments on growing food organically. All are welcome to attend!

- Growing Food Workshops for Beginners
- Saturday 28th March, Saturday 25th April and Saturday 30th May 2015 - all 1.00pm - 4.00pm
- Corner of Caythorpe Street and Bowes Street, M14 4UZ
- Hands on beginner's food growing works shops.

No need to book, just come along!

### **Easter Bug Hunt**

Children bring your parents to come bug hunting at Moss Side Community Allotments, and have some fun!

- Easter Bug Hunt
- Wednesday 8th April 2015 - all 2.00pm - 4.00pm
- Corner of Caythorpe Street and Bowes Street, M14 4UZ
- Easter bug hunt and build your own bug hotel to take home

No need to book, just come along!

### **Raised Bed Workshops**

Come to Moss Side Community Allotments to learn how to make a raised bed and the benefits of planting in raised beds!

- Raised bed workshop
- Saturday 14th March and Saturday 11th April 2015 at 1.00pm - 3.00pm
- Corner of Caythorpe Street and Bowes Street, M14 4UZ
- Learn how to make a raised bed and what materials to use

No need to book, just come along!

### **Debdale Park News**

#### **Reach for the Skies In 2015**

Are you 19 years or over and unemployed? Want to learn a variety of new skills and gain qualifications? Come to Debdale Eco Centre for FREE training on growing fruit and vegetables!

- Reach for the Skies in 2015
- 6 week programme of courses running on Tuesday's 10 - 4pm
- The Programme starts 14th April 2015
- Courses take place at Debdale Park, 1075 Hyde Road, Gorton M18 7LJ
- Learn how to grow fruit and vegetables and develop a community garden through a wide variety of practical training and hands on activities
- AQA Awards

For more information, contact Debdale Eco Centre on 0161 220 9199 or [www.debdale-ecocentre.org.uk](http://www.debdale-ecocentre.org.uk) or [www.facebook.com/debdaleecocentre](https://www.facebook.com/debdaleecocentre)

#### **Heritage Day at Debdale Park**

Come along to the opening of the Heritage Garden and Lodge in Debdale Park!

- Heritage Day at Debdale Park
- 22<sup>nd</sup> March 2015 12-3pm
- Debdale Park, 1075 Hyde Road, Gorton M18 7LJ
- Opening of the heritage garden by Sir Gerald Kaufman MP and opening of the lodge in Debdale Park.
- There will also be free taster sessions on plant dying and also a free talk on medicinal and culinary plants by John Steedman. There will be children's activities and refreshments available.

For more information, contact Debdale Eco Centre on 0161 220 9199 or [www.debdale-ecocentre.org.uk](http://www.debdale-ecocentre.org.uk) or [www.facebook.com/debdaleecocentre](https://www.facebook.com/debdaleecocentre)

## **Manchester leads research to find ways to tackle food poverty and waste**

University researchers will work with charities to explore how to reduce waste and get food to those who cannot afford it.

The University of Manchester is to work with charities to research ways to tackle food insecurity and reduce food waste in the UK.

A joint project with FareShare Greater Manchester, Lifeshare, Cracking Good Food, the Rainbow Christian Centre and the Compassion Food bank will look at how society can reduce waste and get more food to those who cannot afford it. For more information, follow the link-

<http://www.manchester.ac.uk/discover/news/article/?id=13842>

## **Greater Manchester Poverty Action Group – Poverty Monitor**

Inspired by the evidence base and recommendations of the Greater Manchester Poverty Commission's (GMPC) report of February 2013, the Greater Manchester Poverty Action Group was launched early in 2014.

The Greater Manchester Poverty Action Group (GMPAG) is based upon principles of cooperation between organisations. The overarching aim is to collectively influence behaviour and create action on poverty. This is reflected in the following objectives:

- Raise awareness surrounding issues of poverty, and activities which are addressing them;
- Network those who are working to address poverty in Greater Manchester;
- Be a catalyst for action within Boroughs and across Greater Manchester as a whole;
- Help provide a voice for those in poverty across Greater Manchester;
- Support and challenge the culture and practices of social, public and commercial sector organisations in relation to addressing poverty.

On 10<sup>th</sup> December 2014, the Greater Manchester Poverty Action Group launched the Greater Manchester Poverty Monitor, designed to help people concerned about poverty in Greater Manchester to monitor the level of poverty, its distribution across the city, and the trends. The monitor sets out key poverty data, including a set of interactive charts and maps for Greater Manchester, made available through the GMPAG website, alongside a report looking at what local residents think about poverty in the region. The research was carried out by the University of Manchester and the website presents a range of indicators that outlines what is happening to households on low incomes, and about some of the causes of low income, as well as qualitative information what poverty means to people in Greater Manchester.

If you would like to know more about GMPAG or the Greater Manchester Poverty Monitor, follow this link:-

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

## **Introducing Health at Every Size (HAES) – a new way of looking at size and wellbeing (1 day course)**

Do you know people who struggle with their weight and have tried every diet? This FREE course is for anyone who is interested in an alternative to dieting!

- Health at Every Size (HAES) course
- Friday 5<sup>th</sup> June 2015 9.30am – 4.00pm
- Rusholme Health Centre, Walmer Street, M14 5NB
- The course will explore how to have a healthy relationship with food, promote health gain, look at research around weight and health and examine attitudes towards weight.
- Promote health gain for people of every size

To book onto this course, go to: <http://www.goodhealth-manchester.nhs.uk/training/> or for more information about this and other HAES courses, contact Steffie ElHassan, Community Dietitian on [Steffie.ElHassan@cmft.nhs.uk](mailto:Steffie.ElHassan@cmft.nhs.uk) or 0161 861 2316/2333

## **'Healthy Eating for All' - Accredited courses Level 2**

Do you talk to others about food and health? This course is accredited by the Royal Society for Public Health and gives you up to date information and resources about food and health, as well as increased confidence.

- Healthy Eating for All 3 day accredited course
- 1<sup>st</sup> June, 8<sup>th</sup> June and 15<sup>th</sup> June 2015 (3 full days)
- Victoria Mill, Lower Vickers Street, Miles Platting, M40 7LH
- Accredited course providing up to date information and resources on food and health. You will take a short multiple choice exam in 'Healthier Food & Special Diets' at the end of the course. You will need to have a basic knowledge of food and health, or to have attended a Level 1 course

To book go to: <http://www.goodhealth-manchester.nhs.uk/training/> or for more information contact Steffie ElHassan, Community Dietitian on [Steffie.ElHassan@cmft.nhs.uk](mailto:Steffie.ElHassan@cmft.nhs.uk) or 0161 861 2316/2333

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

### **Food fight: Saturated fat advice**

There have been claims that official guidance to cut down on saturated fat had been based on shaky evidence.

In the 1970s and 80s, there was a big push away from saturated fats in the US and UK as experts cautioned they were bad for the heart.

Scientists writing in the journal 'Open Heart' have now argued this advice lacked the solid scientific trials needed to back it up.

But many experts have come to the defence of the original guidelines. For more information see the article in full at:-

<http://www.bbc.co.uk/news/health-31357438>

## **Systematic Reviews - Health Effects of Foods**

York Health Economics Consortium have undertaken systematic reviews and literature searches to inform systematic reviews in animal health, food safety and the health effects of foods. Examples of the projects include:

- Yoghurt and weight management;
- Listeria and ready to eat food;
- Uptake of Vitamin D guidance;
- Health benefits of probiotics;
- Animal welfare;
- Mycoprotein.

Follow link below for more detail:-

<http://www.yhec.co.uk/services/food-and-food-safety-projects/>

## **Sugar Intake Guidelines**

New guidelines released by the United Nations Health Agency recommends that adults and children worldwide reduce their daily sugar intake to boost health and stave off non-communicable diseases.

The World Health Organization (WHO) says intake of 'free' sugars – monosaccharides (such as glucose, fructose) and disaccharides (such as sucrose or table sugar) – should make up less than 10 per cent of daily energy intake, while a reduction below five per cent of energy intake per day would provide additional benefits. For the full story, follow the link:-

<http://www.un.org/apps/news/story.asp?NewsID=50236>

## **Sheffield University Research Paper - Food poverty in the UK**

This research looked at the rise of emergency food provision in the UK and at the implications of this phenomenon for the realisation of the human right to food. It focussed particularly on exploring two aspects outlined by the notion of the right to food: the adequacy of emergency food provision explored in relation to questions of acceptability and sustainability; and what the rise of food charity means in terms of the state's duty to respect, protect and fulfil the right to food. The research involved the collection of extensive qualitative interview data from two of the UK's biggest national emergency food charities. For more information, follow the link:-

<http://speri.dept.shef.ac.uk/wp-content/uploads/2015/02/SPERI-Paper-18-food-poverty-in-the-UK.pdf>

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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 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.