



October 2012

About this e-bulletin

Welcome to the 23rd 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. We hope you find it informative and useful and would welcome any comments or suggestions you may have for the next edition.

**Please send all copy to Christine Raiswell on
c.raiswell@manchester.gov.uk**

Local News:

Real Food Wythenshawe – Job Opportunity

Real Food Wythenshawe is an ambitious five-year programme to engage and excite the people of Wythenshawe in growing and cooking fresh, sustainable food. With a grant of £1,000,000 from the BIG Lottery Fund, Real Food Wythenshawe is a large-scale programme, which will reach as far across the entire community as possible. We also want to make Wythenshawe as exemplar for how food projects in the 21st Century should be. So we're going to be building and running innovative indoor food growing systems and stimulating discussion around sustainable urban food production, alongside our many community activities. Everything we do will be inclusive, and will have the people of Wythenshawe at its heart.

This is a full time position on a 5 year fixed term contract.

The salary is £35,000 per annum, and the closing date is 8th November 2012.

To apply, please visit our website www.willow-park.co.uk or contact HR for an application form on 0161 946 9559

Job Opportunity at Debdale Eco Centre – Horticultural Development Worker

An exciting opportunity has arisen within Debdale Eco Centre (DEC) and Hulme Community Garden Centre's (HCGC) Big Lottery Funded Local Food Project for wider organisational development.

For a job description and application form please visit the Latest News page of our website – www.debdale-ecocentre.org.uk or ring Helen Dodd on 0161 220 9199. Deadline is Monday 5th November.

Food Futures wins NW Public Health Award

We are very pleased to report that '**Food Futures: Improving Food in Residential Care**' has been announced as the overall winner of the Addressing the Wider Determinants of Ill Health category of the North West Public Health Awards 2012. We will be receiving our award at the annual North West Public Health Conference Sustainable Economies for Well-Being on Tuesday November 6th. To register for the conference go to www.regonline.co.uk/nwph2012. For more information about the project contact Anna Wasielewska tel: 0161 234 3174
a.wasielewska@manchester.gov.uk

Manchester Food and Drink Festival announces award winners

2012 marked the landmark 15th anniversary for the Festival and following 18 days of celebration, the festival came to a close with the Awards ceremony on Monday 8th October.

Awards were announced in 15 categories after public voting and a stringent judging process by a panel of independent judges. Festival Director Siobhan Hanley comments: "The standard of food and drink industry in Manchester continues to reach new heights. With new venues opening and examples of innovation being seen all over the region, it has been a real delight for our judging team to review the best of the best. It is proven that being nominated for these awards has long term economic benefits for the outlets and over the 15 years of the Festival more than 500 Greater Manchester businesses have benefitted in this way."

The winners were:

Restaurant of the Year - Aumbry, Prestwich
Chef of the Year - Andrew Nutter, Nutter's, Rochdale
Pub of the Year - Port Street Beer House, Manchester
Bar of The Year - Liar's Club, Manchester
Newcomer of the Year - Bakerie and Bakerie Tasting Store
Food Pub Of the Year - Shoulder of Mutton, Holcombe Village, Bury

Casual Dining of the Year - Teacup, Manchester
Food and Drink Retailer of the Year - Booths, MediaCity UK.
Coffee Bar of The Year - North Tea Power, Manchester
Wine Retailer of the Year - Hanging Ditch, Manchester
Food Pioneer - Almost Famous, Manchester
Family Friendly Venue of the Year - Croma
Food Hero - Beau Myers, Marie Carter And The Team At Almost Famous
Howard and Ruth Award for Outstanding Achievement - David Fox,
Tampopo.
Truly Good Food Award - Trove, Levenshulme.

Cooking with the cooks!

Over the last three weeks, the Food Futures Team and Cracking Good Food have joined forces to host a series of cookery sessions across the city. Six sessions have been held in three venues across the north, central and south of the city, covering themes such as bread-making for beginners, sizzling stir fries and noodles, one pot wonders (stews and pie making) and mouth-watering vegetable curries with Tarka Dahl and Chapattis.

Sessions were aimed at individuals, staff or community groups who hold or plan to hold cookery classes or luncheon clubs for members of their community and were an opportunity for people to enhance their skills and confidence in cooking seasonal, affordable and healthy food from scratch and provide delegates with the ability to pass on new cookery skills to friends, family, colleagues and other people in the community.

Initial feedback has been extremely positive, with all attendees commenting that they'd cook the recipes again!

When asked what they enjoyed about the event, people commented:

'Getting great ideas, enjoying the food and the great hints and tips'

'Seeing how many different meals you can make with a few ingredients.'

'Learning to cook different products due to their individuality. How to mix ingredients to create different dressings'

'Very thorough teacher – good pace for beginners. Makes you feel very comfortable'

Visit Cracking Good Food's blog for more information about the sessions, including some photos <http://crackingcooks.blogspot.co.uk>

Grants available for next year's International Women's Day celebration

Manchester City Council is urging voluntary and community groups to apply for grants to hold local International Women's Day events across the city during March 2013. Every year International Women's Day is celebrated with a different theme.

For 2013 the theme chosen by Manchester is women in Science, Technology, Engineering and Mathematics (STEM) an area where women are massively under represented with only 9.1% of women working in STEM in the private sector in the UK.

The grant provides an opportunity for not for profit groups to apply for small grants of £250 to £500 to host events that tackle the under representation of women in the arts, business, sport, science and the environment and to work with different groups of women in Manchester.

Councillor Sameem Ali, Manchester City Council's lead member for women's issues said: "Every year, we are proud to celebrate International Women's Day in Manchester. And to keep the day fresh, we are looking for innovative and exciting projects to celebrate women's achievements and the continued aspiration for equality in all aspects of life - particularly in relation to our chosen theme this year of Science, Technology, Engineering and Mathematics.

"We are keen to get as many community and voluntary groups involved as possible with projects that are innovative and which engage a diverse range of women, involve different groups working in partnership and projects that involve young women."

For an application form or for more information go to

<http://www.manchester.gov.uk/internationalwomensmonth>.

The closing date for completed applications is Wednesday 14 November 2012.

Manchester Carbon Literacy launches

As the first modern industrial city with its early dependence on the fuels that generate carbon dioxide, it's appropriate that Manchester should be the first Carbon Literate City. In an ambitious programme, everyone that lives, works or studies in the city will be offered a day's worth of carbon literacy training by 2014. As well as embedding awareness of the climate impacts of everyday actions, the project will address fuel poverty, lay a foundation for green-collar skills and grow demand for low carbon goods and services. For more information go to www.manchestercarbonliteracy.com

Update from Cracking Good Food

We've got a huge number of community based projects in the pipeline at the moment – with a wide range of groups in Bolton, central Manchester, Wythenshawe / Benchill, Old Moat, Chorlton, North Manchester and Salford, to name but a few. Specific events already booked in include:

- **Salford University Healthy Lifestyles Expo**

We're going to be joining a whole host of other organisations promoting healthy lifestyles at this busy event on Tuesday 6 November, in the sports hall at Salford University. We're running 3 x 45 minute hands on cooking workshops, where Harjinder will be teaching groups of 8 students how to cook up a delicious veggie curry, which is totally adaptable according to what they've got in the cupboard. Delicious healthy eating on a budget, spot on for students. For further details, please contact juliet@crackinggoodfood.org.

- **'Life Skills Not Life'**

We are continuing our 12 month project in partnership with Greater Manchester Probation Trust, and we will be delivering our third NOCN level 2 6 week hands-on cooking and healthy eating course to ex-offenders on licence within an Approved Premises, from 12 Nov to 17 Dec. The group will learn how to cook a great range of healthy affordable and delicious meals, as well as learning all about effective budgeting, menu planning, seasonality, healthy eating, and the basics of nutrition and digestion. I wonder if Christmas dinner might sneak onto the menu? We're also delighted to say that we have (fingers crossed) hopefully secured some further funding to enable us to continue with the programmes in 2013. For further details, please contact juliet@crackinggoodfood.org.

- **Stockport Council – 'Nutritious Leftovers'**

We've been doing a lot of work recently collaborating with GMWDA on the national Love Food Hate Waste campaign, delivering a series of workshops all around the Greater Manchester area, which have been very successful and we're off to Offerton Community Centre on Tuesday 13 November to show people how they can make a delicious meal from leftover wilting veg, stale bread and wrinkly fruit, transforming them into a tasty soup with croutons and lovely steamed spiced fruit with crème fraiche or ice cream. For further details please contact kim@crackinggoodfood.org.

- **Cracking Good Food Public Programme**

We've got a busy public programme of cooking sessions planned for the Autumn and into the New Year, with sessions now booked in up to the end of March next year, including Risottos with Kim, several breadmaking sessions, Japanese cuisine, Punjabi cooking and an Asian Spice Walk with Harjinder, Pasta, Pies & Puddings with The Gingerkid, as well as several wild food foraging events with Jesper Launder (www.jesperlaunder.com). As ever, we do not seek to make a profit from these sessions, just to cover costs, so we price our sessions as affordably as we possibly can in order to be accessible to as many people as possible.

We're also in the process of developing a second public programme based at Altrincham Grammar School for Boys.

Please see our website for further details

<http://www.crackinggoodfood.org/our-cooking-sessions/public-cooking-sessions/upcoming-events/>

- **Training the Cooks**

We're training up a new group of cooking leaders in November as we don't have enough cooks to meet demand. With all the new projects we have in the pipeline, we're still very interested in hearing from more competent cooks with great communication skills and the ability to inspire others, as we're planning another hands on training session in February. We're also keen to hear from food lovers with great organisational skills who would like to be trained up as session co-ordinators. All our cooking leaders and co-ordinators are paid freelancers. For further details, please contact tracey@crackinggoodfood.org

We're proud to have been shortlisted in this year's Manchester Food & Drink Festival Awards in the category Food & Drink Pioneers. We didn't win but thank you so much to everyone who voted for us. We have also been Commended in the Greater Manchester Probation Trust Staff Recognition Awards 2012 in the category Successful Collaboration, for our work on the 'Life Skills Not Life' project.

Community groups Zoom into focus with new website

Manchester community groups are being urged to sign up to Manchester Zoom to help promote their activities to a wider audience. Zoom, Manchester's new online community directory, gives free web space to non-profit groups looking to publicise their events. It has been designed to replace the Local Groups Database, which was set up by Manchester Libraries in 1994. See their website www.manchesterzoom.com for details.

Vote for your Local Food Hero!

Local Food has now opened its doors for voting on its shortlist of potential Local Food Heroes. We're looking for a Local Food Hero in each of the nine regions of England, so cast your vote today!

Local Food Heroes is an initiative to give Local Food projects the chance to recognise and celebrate the outstanding people who work hard to help make their project a success. We received around 100 excellent nominations from projects all over the country, and have shortlisted these into three finalists per region. Everyone is welcome to now vote for their favourite Local Food Hero finalist and determine who our nine Local Food Heroes will be.

Whether you want to vote only in your own region, or in all nine, check out our Local Food Heroes today and make your vote count.

<http://www.localfoodgrants.org/heroes>

For each finalist, the project putting them forward has supplied a short summary of what makes their nominee extraordinary. Some have even made

a short film, so make sure you check them out! You may vote in as many or as few regions as you would like - but please bear in mind that you will only be able to vote once per region with any one email address. The voting process is quick and easy, but should you require any assistance please contact Kerri Saxby on 01636 670056 or ksaxby@rswt.org.

Finally, please pass this onto your colleagues, friends and family. Tweet it, add it to your Facebook page, spread the word, and play your part in celebrating the fantastic work of these inspiring people.

Voting will close at 5pm on Tuesday November 6, so don't delay - vote today!

Events and Training:

Nearly time for....

FeedingManchester #11

Date: Saturday 10th November 2012

Time: 9.30am – 4pm

Venue: Creative Living Centre, Bury New Road, Prestwich, Greater Manchester, M25 3BL

Greater Manchester's sustainable food conference takes place again to bring together groups, individuals and organisations to discuss their work, meet new people, discuss shared interests and take part in learning lessons.

The final gathering of 2012 will head out of Manchester for the first time, with a packed FULL DAY programme arranged in collaboration with Incredible Edible Prestwich and District, offering:

- Presentations from established community food projects and growers including a 'Community Supported Bakery Special'

- Networking opportunities over a sustainable lunch

- Workshops and skills sharing including social media skills and a guide to attracting and retaining volunteers

- Discussion and action groups to take sustainable food and growing initiatives in Greater Manchester forward

To book visit www.feedingmanchester.org.uk

Are you interested in running or supporting a local cookery group?

Come along to 'A practical guide to running cook and taste groups'

Date: Thursday 29th and Friday 30th November 2012
Time: 9.30am – 5pm
Venue: Royal Oak community Centre, Brookcot Road, Baguley M23 1DU

This 2 day course will:

- Allow you to experience a cook and taste session in action
- Learn what's needed to set up and run a community cooking course and plan your own
- Gain a level 2 food safety qualification
- Develop your group work skills
- Plus get ongoing support after the course finishes in setting up and running your cooking club in Manchester

For more info or to book your place call Eleanor on 0161 217 3951 or email eleanor.murphy@mhsc.nhs.uk

Free Cooking Course!

Cooking healthy recipes on a budget. Trying out new recipes and eating together afterwards.

Every Tuesday starting:

20th November to 15th January 10am – 12pm

Moston Children's Centre, Adrian Street, Moston, M40 5EA. The course is open to anyone but priority will be given to North Manchester residents. Free crèche places are available.

To book a place contact Rose Boyd on 0161 908 2880 or email r.boyd@manchester.gov.uk

Healthy Eating for All Level 2 training

Duration: 6 x ½ day course

Trainer: Steffie ElHassan

Date: 8th, 15th, 22nd, 29th November, 6th, 13th December 2012

Time: 9.30am – 12.30pm

Course Aims:

- To provide participants with knowledge and understanding of food, health and nutrition. This includes key messages for those of different ages and on special diets
- To give participants the confidence to discuss food and health issues with others

This course is accredited by the Royal Society for Public Health. Participants take the short exam 'Level 2 Award in Healthier Food & Special Diets' at the end of the course. The course is for frontline workers in a health or social care

setting e.g. fitness trainers, assistant practitioners, nursery nurses, community workers.

****Participants should have attended the Level 1 introductory course or have a basic knowledge of food and health****

To apply go to: <http://www.mphds.org/> and click on 'Training', or contact Peter Stretton: peter.stretton@mhsc.nhs.uk
tel: 0161 248 1750

Organic Food Growing Training at Debdale – a few places left

Starting: Friday 9th November 10am-12pm (6 week course)

Every Friday morning for six weeks you will learn the basics of food growing and how to grow fruit and vegetables organically.

This course is being held at Debdale Eco-centre.

If you are interested in booking on to this course please email Marva Lashley, Horticultural Trainer at Debdale Eco-Centre, at marva@debdale-ecocentre.org.uk

Debdale Eco-Centre - Weekly Programme

Tues - Volunteering session 10.00 - 12.30

Weds - Growing for Wellbeing 10.00 –12.30

Thurs - Parents and Toddlers 10.00 - 11.30

For further details on any of our sessions please contact Debdale Eco Centre on 0161 2209199 or visit www.debdale-ecocentre.org.uk

Greater Manchester Land Army Needs Volunteers

The Land Army is going out **31st October and 5th November** to help local organic growers with manual tasks such as weeding, harvesting and planting. Pick up 9am from Hulme and back by 5pm on all days. Lunch, hot drinks, snacks and gloves provided. Let us know if you don't have wellies or good boots as we may be able to help. You will need waterproofs. Please email chloe@kindling.org.uk if you would like to join us for any of these tasks.

Townstock 2012

5th & 6th November
Halifax, West Yorkshire

Townstock is the first national event for people who want to get on and do something about their towns and the councils and businesses who help it happen. Townstock is bringing together community projects and independent

retailers, high street brands, council leaders and national organisations like the Community Development Foundation and the Centre for Local Economic Strategies. For more information go to <http://townstock.co.uk/>

National News:

Food Hygiene Rating Score App Launched

The Food Standards Agency has launched a free mobile app which allows you to check if a restaurant, takeaway or food shop you want to eat at or buy food from has good food hygiene standards.

The food hygiene rating score is given to a business at the end of the inspection by the Local Authority Inspector. This rating score reflects the standards of food hygiene found on the date of inspection, and the results from participating Local Authorities, including Manchester City Council, are now available for the public to view directly on the FSA website or via the app.

You can view the scores on line or download the app for free at:

<http://ratings.food.gov.uk/>

Single system for nutrition labelling announced

The Department of Health has announced proposals for front-of-pack nutrition labelling that clearly displays: how much fat, saturated fat, salt and sugar and how many calories food products contain. The new proposed system includes using: colour coding, guideline daily amounts (%GDA) and high/medium/low text

Many retailers already use variants of a hybrid system. However they each display the information with different visuals, colour and content making it hard for consumers to compare foods.

Following the announcement, the UK Governments will be working with industry and other partners to agree the detail of the system. For more information go to <http://www.dh.gov.uk/health/2012/10/nutrition-labelling/>

Seattle releases Food Action Plan

The City of Seattle has just released its excellent food action plan. The Plan was prepared by the Office of Sustainability and Environment in partnership with the Seattle Food Interdepartmental Team, and with input from the wider community. To read the plan go to

http://www.seattle.gov/environment/documents/Seattle_Food_Action_Plan_10-24-12.pdf
