



October 2013

About this e-bulletin

Welcome to the 28th 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**

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Local News, Events and Training:

November is a busy month for events:

Food Futures Forum: Is Manchester a Sustainable Food City?

Date: 25th November 2013

Time: 9.30am – 12.30am

**Venue: Mechanics Institute, 103 Princess Street, M1 6DD
(please note this is a change from the previously published
venue)**

Everyone is invited to attend the next Food Futures Forum. This is an important event for the Partnership as we will be assessing how far we have come and what our priorities for the coming years should be. We will be hearing from Tom Andrews, Director of Sustainable Food Cities Network for inspiration on how to make Manchester a more sustainable food city and Mike Berners-Lee will be presenting the findings of an important baseline study on sustainable food consumption and production in Manchester. The event is free but places are limited so please register as soon as possible. A full programme will be sent out in advance. Please email Lindsay to reserve your place l.laidlaw@manchester.gov.uk

Feeding Manchester #14

**On 9th November, the next Feeding Manchester will take place at
Bridge-5 Mill from 10-5.**

The third sector, co-operatives and independent businesses, food activists and social entrepreneurs are leading the way to create a truly sustainable food system for our city and region. By utilising the vast wealth and range of experience and expertise of these pioneers, participants in Feeding Manchester #14 will be building on the visioning exercise carried out at Feeding Manchester #13 to create an action plan for how we can work to make Greater Manchester a Sustainable Food City.

To find out more and register please visit:

<http://www.feedingmanchester.org.uk/feedingmanchester14> or contact Nona nona@feedingmanchester.org.uk

Steady State Manchester – In Place of Growth Workshop

**Imagine Greater Manchester where people and the planet thrive together
and what we can do to make it happen!**

Date: 2nd November

Time: 1pm – 5pm

Venue: Manchester Methodist Central Hall, Oldham Street, M1 1JQ

Don't miss our next exciting In Place of Growth Workshop, focussing on food. Let's make sure Steady State Manchester and its supporters feed in and learn from a multitude of exciting visions and initiatives taking place right now to ensure food is sustainable, healthy, safe and affordable. Let's maximise our shared influence to ensure local politicians make sustainable food a central issue.

The afternoon will be a brilliant opportunity for us all to discuss, network, get a sense of the best vision possible and work towards next steps for making our vision a reality.

‘The landscape of our future horizon is only limited by the extent of our vision’
Tom Andrews, Sustainable Food Cities

Email _ipogworkshop@gmail.com to book and for more information

Incredible Edible Levenshulme

Passionate about local food and reconnecting people with seasonal produce, Incredible Edible Levenshulme was set up in August to bring together community groups, residents, growers and food businesses. We aim to develop growing spaces to produce free veg, herbs and fruit available to the whole community, starting with three planters on the A6 outside the Antiques Village and Trove. To date we've organised a seed bombing walk and a planting day, which featured Colombian street food from local business ¡Arepa!¡Arepa!¡Arepa! alongside a range of family activities at Tonbridge Road community allotment. We have big plans for gardening workshops, pop-up cafés, outdoor kitchen building and establishing more growing spaces in 2014 and welcome everyone who would like to get involved.

To find out more please visit www.facebook.com/incredibleediblelevenshulme or email incredibleediblelevy@gmail.com to join our mailing list.

Real Food Wythenshawe – a message from the programme Manager, Jacqueline Narayinsingh

‘The last six months have gone so quickly and the Real Food Team has been out and about at a whole host of public events and celebrations, talking to local people about the vision of real food Wythenshawe. We have had a brilliant response, with lots of local people wanting to get involved and more than 50 people invited to our first Volunteer Induction Day on 24th October. As well as saying thank you to all our enthusiastic volunteers, I would also like to say a huge thank you to the Real Food Coordinator, Rachel, Pam and Sarah. Since starting in July, they have worked tirelessly to get the programme up and running. They are all really excited about sharing their skills and knowledge with the local community to carry the work of Real Food forward, and looking forward, in turn, to learning from all of you.’

To get involved in the project contact Jacqueline Narayinsingh on 0161 946 7554 or email Jacqueline.Narayinsingh@wchg.org.uk or for more information go to www.realfoodwythenshawe.com

Didsbury Dinners News

Whether you're an indoor or an outdoor person, we've got FREE fun activities to keep you warm over the coming weeks.

First up is our next 6-week 'learn to cook' course, running on Monday evenings (6.30-8.30pm) from 28 October. This will run at Westcroft Community Centre, near Fog Lane Park (Didsbury/Burnage).

You'll learn how to make sustainable, tasty and money-saving meals in a friendly and supportive environment. Under 16 year olds are welcome, accompanied by an adult. No previous cooking experience is required, and people who live anywhere in Greater Manchester are welcome to attend.

The free course includes all food, apron and equipment hire. People who successfully complete the course will get a certificate and cookbook on graduation. We can cater for most dietary requirements.

Places on the course are limited to 12, so pre-booking is essential. Please [download an application form](#) or [email us](#) and we'll send an application form to you. Bon appetit!

Next month we'll have 420 more trees coming our way, courtesy of the Woodland Trust. The year-round colour pack includes wild cherry, hazel, rowan, hawthorn, silver birch and dogwood.

Please meet us at the playground entrance to Fog Lane Park, Parkville Road, at 10.30am on Saturday 16 November if you'd like to join in the planting fun!

A coat, warm clothes, a pair of boots or wellies, a spade, and a flask of tea are all recommended.

Anyone who registers by email before the event will get a FREE (electronic) certificate of planting to mark the occasion.

Finally, we had a blast at Green Food Trail last month – Didsbury Dinners' annual celebration of local, seasonal food. Huge thanks to everyone who turned up to support one or more of the Trail events. You can view some of the highlights [here](#).

Support the 20mph scheme

The Council is promoting new pilot 20mph zones by offering residents grants of up to £200 for activities such as street games sessions, cycle training, walking groups and any other ideas that promote the benefits of quieter, safer streets. Sign up online to register interest and apply for a grant at manchester.gov.uk/20mph

All change for winter food and garden recycling

October sees the start of our new winter schedule for food and garden waste recycling collections in Manchester. From mid-October to early March, green bins will be collected every fortnight (both wheelie bins and the small green bins). For dates, please check your calendar or use our handy [online](#) postcode checker. From mid-March, collections will be back to every week. Visit [here](#) for more information about recycling in Manchester.

Love Food Hate Waste Cookery Classes

Recycle for Greater Manchester has partnered with Cracking Good Food to deliver FREE hands-on cooking sessions for the residents of Greater Manchester. These free classes form part of our Love Food Hate Waste Campaign.

Learn how you can save up to £50 per month by just changing how you shop, store and cook food. Discover new and imaginative recipes and how to use your leftovers to make tasty meals.

Book your free cooking class now as places are limited!
www.recycleforgreatermanchester.com

And more news from Cracking Good Food...

Cooking Programmes with Parents at Barlow Hall Primary School on Merseybank, Chorlton

We have been working in collaboration with Southway Housing again, this time at Barlow Hall Primary School in Chorlton, on the Merseybank Estate. We've just completed 2 x 4-week cooking programmes with parents, focussing on a range of basic cooking skills, healthy tasty meals from scratch, reducing waste & energy consumption, meal planning, budgeting & shopping tips. The courses were a great success, with many participants reporting increased skills and confidence around food & cooking, changes to their eating habits and saving money through cooking from scratch (full evaluation report pending). The school now hopes to secure its own funding for us to continue our work with them. For more details, please contact tracey@crackinggoodfood.org or Sharon Drinkwater at the school on s.drinkwater@barlowhallprimary.co.uk

More courses with GM Probation Trust

We're coming to the end of our latest rounds of 6-week cooking, nutrition, sustainability and healthy eating courses with high risk ex-offenders, in collaboration with The Manchester College, funded through the European Social Fund, which this time gave us the opportunity to extend our offering into a second Approved Premises, in Stockport. Last time we reported that at the end of those courses, sadly there was no more funding available and the programme would have to come to an end but we're happy to announce that GM Probation Trust has managed to come up with some funding themselves to support 4 further courses in 4 separate Approved Premises around Greater

Manchester – Chorlton, Stockport, Patricroft and Oldham – over the next 6 months. After that, as things stand, there is definitely no more funding, but we've said that before... For more details, contact juliet@crackinggoodfood.org

Other Community & Bespoke Events

Recently we've been cooking with service users at Mosaic Young People's Drug & Alcohol Services in Stockport, Adactus Housing residents in Miles Platting, Contour Housing residents in Oldham and year 5 students of Abbey Hey, and rustling up savoury stuffed pancakes at the AGM for employees of Manchester Mental Health & Social Care Trust. Coming up a shopping and cooking workshop with residents in Cheetham Hill, a collaboration with Unit 25, a 'pop up' creative community shop by Buddleia which encourages people to re-engage with their local high street. We're also going to be popping up at a staff awareness day at Oldham Council, cooking up a storm with them in November. For further information on these events, please contact adele@crackinggoodfood.org

Cookery Schools & Wild Food Forages

We've got plenty of events planned at our cookery schools in Chorlton and Altrincham over the next few months, as well as lots of wild food foraging events with our resident wild food specialist Jesper Launder. Please visit our website for further details <http://www.crackinggoodfood.org/cookery-school/> <http://www.crackinggoodfood.org/wild-food-foraging/>

Other News

Our directors Adele Jordan and Juliet Lawson took part in a 'Dragons Den'-style pitch through TogetherWorks and won a 4-day Social Investment Consultancy award. They will be working with Caryl Agard OBE. Caryl has been working in social and economic development for twenty years, during which he has gained considerable experience in developing social and community enterprises within deprived communities. He will be helping with financial sustainability plans for the organisation in the difficult economic climate.

We continue to support the National Gleaning Network by helping to find volunteers to glean crops from farms in the North West.

We are now members of Fareshare and try to use Fareshare produce for as many sessions as we can, in order to do our bit to reduce food waste.

If you're hot on social media...please like our Cracking Good Food Facebook page <https://www.facebook.com/crackinggoodfood> for a regular feed (no pun intended) of our cooking activity. Or follow us on Twitter at @Crackingfood.

All sessions are blogged so check them out on <http://crackingcooks.blogspot.co.uk/>. We now have a Factsheet for a potted

version of what we do and we've launched a bi-monthly newsletter. If you'd like to be added to the mailing list please email tracey@crackinggoodfood.org

Debdale Ecocentre 'Extracting Natural Dye from Plants and Vegetables' Workshop

Tues 29th October 1-3pm at Debdale Ecocentre.

Use our fabric or bring along your own to create some fabulously fashionable autumnal colour effects with natural dyes.

For further information or to book a place go to our website www.debdale-ecocentre.org.uk or contact Charlotte Caygill on 0161 220 9199.

Update from Community Food Coordinators Project

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

For more information contact:

Rose Boyd – North Manchester

Tel.: 07971 331 539

r.boyd@manchester.gov.uk

Bernie Murphy – Central Manchester

Tel: 0161 248 1767 / 07971 331537

bernie.murphy@mhsc.nhs.uk

Emma Farrell – South Manchester

Tel.: 0161 217 3951 / 07971 331540

emma.farrell@mhsc.nhs.uk

EMERGE & FareShare NW: Fresh Food Project

Since July 2013 the Fresh Food Project at EMERGE has re-distributed 48 tonnes of fresh fruit and vegetables to FareShare NW's charity and food bank partners. This includes 32 tonnes 'captured' from New Smithfield Market, with

the support of Fairfield Materials Management, and 16 tonnes of cauliflowers and cabbages gleaned from a Lancashire Farm. Fresh food is now a regular part of FareShare NW's offer to the Manchester groups fighting food poverty. One parent told us recently "We made fruit salad last night. I think it's bad that all the food would be sent to waste land as there are many families that need that food". For more information about the Food Project contact Miranda Kaunang: Miranda@emergemanchester.co.uk. More volunteers are needed to help sort through short life fruit and veg and to pick brassicas. If you are interested please contact Liz Lauder: volunteering@emergemanchester.co.uk or go to www.emergemanchester.co.uk or call EMERGE on 0161 223 8200. Thank you.

Boggart Hole Clough Café re-opens with help from the community

The lakeside café in Boggart Hole Clough Park is set to re-open next week after closing three weeks ago when the former operator stepped down due to poor health. Risked with complete shutdown, local community group FC United have now agreed to manage the operation, in partnership with the Manchester College, providing a training opportunity for unemployed people gain skills in catering and customer service.

The café will be open for two days a week, between 10.30am and 3.30pm on Tuesday and Wednesday – which have been identified as the days the park is most popular with activity groups.

National News

Government announces universal free school meals for Reception to Year 2

Deputy Prime Minister, Nick Clegg, recently announced that the Government will fund schools in England to provide every child in reception, year 1 and year 2 with a hot, healthy meal at lunchtime.

Universal free school meals for primary school pupils was a key recommendation of the School Food Plan launched in July this year. For more information about The School Food Plan go to <http://www.schoolfoodplan.com/>

Queen Margaret University, Edinburgh offers first MSc in Gastronomy

Gastronomy is the study of food, food culture and food systems; not just how food is prepared and eaten, but how it is grown, traded, considered and communicated, its value to us, and its effect on the planet and our future. Gastronomy takes seriously the question of how to understand and affect food culture, while maintaining awareness of environmental, social, physiological and economic wellbeing and the importance of celebrating good food.

The MSc Gastronomy is an exciting development in academia and beyond, as it is the first gastronomy degree of its kind to be offered in the UK. It is a chance to cultivate a more serious dialogue around food and sustainability issues.

For more information contact Charlotte Maberly, MSc Gastronomy Lecturer
CMaberly@gmu.ac.uk

Sea bass stocks fall to their lowest in 20 years

Scientists urge restrictions on fishing as stocks of the species sink to their lowest in the past 20 years. Stocks of the palatable species have sunk to their lowest in the past 20 years, according to a new assessment by the International Council for the Exploration of the Seas. Scientists have urged a severe cut in the permitted catches of sea bass in the European Union. They believe that only by restricting wild catches by at least a third around the British Isles in the next year can stocks be allowed to recover, and they called for similar measures in other European waters. For more information go to <http://www.theguardian.com/environment/2013/sep/18/sea-bass-threatened-fish>

Scientific Papers Summary