

# coretalk



**healthy living award**  
the sign of healthier food

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## Welcome to the autumn edition of coretalk

All the hard work of the past year in making changes to the award to meet European legislation is finally coming to fruition, and in this issue you can get a sneak preview of some of the new marketing and promotional materials that will be coming soon.

Our recent award ceremony honoured all the newest award winners, and as ever it was great to see the diversity of establishments represented. Read about one of these, a snack van that is doing an excellent job in getting away from the fast food stereotype.

Find out about the toolkit of workshops we are developing on healthy eating topics – ideal for community groups or anyone else who wants to boost their knowledge in an enjoyable way.

And with St Andrew's Day coming up, it's the perfect time to try our recipe for vegetarian haggis.

## What's cooking?

### A bright new look for the healthy living award

An eye-catching new range of posters and leaflets has been developed to help establishments get healthy eating messages across to customers. Working with a creative agency, the **healthy living award** has developed the new promotional materials to let customers know about the award and what steps establishments are taking to meet the standards.

With EU regulations meaning that caterers will no longer be able to highlight healthier choices on the menu, customers can still be assured they are able to eat healthily wherever they see the **healthy living award** logo.

The main message to customers is that the food will always be made with their health in mind. The **healthy living award** is their guarantee that they can eat healthily every time they visit. The new promotional materials are colourful, eye-catching and work hard to inform and challenge customers' food choices as they make their way through the café or restaurant.



## What's cooking? (Continued)

Messages such as “We keep salt, sugar and fat to a minimum” and “Fruit and veg available every day” are displayed on brightly coloured posters with striking graphics.

Additional posters give a variety of more specific messages, and caterers will be able to display those that are most relevant to their own type of food service.

The new resources are currently in production and we will be sending them out to caterers as soon as they are ready.

The new materials were unveiled at the recent award ceremony held at the Scottish Police College on 3 October. Project Manager, Dr Claire Brown revealed the refreshed look to the gathered award winners and guests.

Broadcaster and journalist Stephen Jardine hosted the event and presented over 170 awards over the course of the day, including a record 62 **plus** awards. Refreshments were kindly provided by Sodexo.

The day was a welcome chance for our newest award winners to come together to celebrate their achievement.



*award winners honoured at the ceremony*



*more proud award winners celebrate their success*

## Nibbles

### Calling new assessors in rural areas

With a growing number of caterers in the more far-flung parts of Scotland applying for the award, we need to expand our team of assessors.

If you live in the Highlands, any of the Islands, Argyll and Bute, Dumfries and Galloway or the Scottish Borders you could join our team. We need people to carry out assessment visits in their local area as and when required.

You should have a good knowledge of cooking and catering practices and a keen interest in healthy eating. A background knowledge of nutrition would also be useful, but formal qualifications are not essential.

We will provide full training and you will be paid a fixed rate for each assessment visit completed.

To find out more, please get in touch with our assessment co-ordinator Patricia McCartney on 0141 226 5261, or email [patricia.mccartney@consumerfocus.org.uk](mailto:patricia.mccartney@consumerfocus.org.uk).

[www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)

## News bites

### Latest Scottish Health Survey published

The Scottish Health Survey provides a detailed picture of the health and lifestyles of ordinary Scots. Commissioned by the Scottish Government, the survey is designed to make a major contribution to monitoring the health of the population over time.

The latest report is based on interviews carried out in 2010 with over 9000 adults and children from all over Scotland. Some of the main findings are:

- The proportion of adults who are overweight or obese has continued to increase since 1995, and now stands at 65 per cent. Most of these increases occurred prior to 2008, with little change seen over the last three years.
- Almost 30 per cent of children aged two to fifteen are overweight or obese. The figure for girls has remained relatively steady over recent years, with the figure for boys fluctuating more.
- In 2010, only 22 per cent of adults and 12 per cent of children consumed the recommended daily intake of five or more portions of fruit and vegetables. These figures have not changed significantly over time.

The latest report also includes a new chapter on multiple risk factors, which highlights the importance of taking an integrated approach to improving health. The report looks at the interactions between five risk factors:

- alcohol consumption
- smoking
- low fruit and vegetable consumption
- physical inactivity
- obesity

In 2010, 59 per cent of adults in Scotland had three or more of these behavioural risk factors, while 24 per cent had four or five. The research found that only 2 per cent had none of these risks.

For more details, and to download the full report or a summary of the main findings, please visit <http://scotland.gov.uk/Topics/Statistics/Browse/Health/scottish-health-survey/Publications#a1>



## Table talk

### Keeping it fresh

A council workplace restaurant is working hard to continuously improve the healthier items on offer to their customers. East Lothian Council's Peffers Place has held the award since 2007 and has recently renewed for a third term.

The **healthyliving award** assessor was highly impressed, and commented that the award gets stronger and fresher each time she visits. The staff continue to develop new recipes and new menu options, all tailored to customer feedback.

They also work closely with Healthy Working Lives representatives, as well as with the council's sustainability officer, and use local suppliers whenever possible.

Peffers Place is just one shining example of the fantastic work that is being done by award holders all across the country.

## Tasty morsels

### Toolkit of interactive workshops coming soon

The **healthyliving award** is developing a toolkit of interactive training sessions for community cafés. Each workshop looks at one of the healthy eating topics that underlie the award criteria.

The toolkit is aimed mainly at community café managers, staff and volunteers who are seeking to achieve the award. It would also be useful for anyone wanting to learn more about healthy eating.

Workshops on salt and junk food will be available soon, with further topics in the pipeline. Each of these includes comprehensive notes for the workshop leader, together with suggestions for activities, relevant handouts and a list of resources required.

Feedback from groups who have participated in trial workshops has been overwhelmingly positive so far, with people saying it has really opened their eyes to what they are eating and how they can make changes for the better.

The toolkit will be available on request if you want to use it within your own community group or establishment. Alternatively we may be able to deliver the workshops to a number of community cafés in one area, given a sufficient number of participants.

Please get in touch on 0141 226 5261 to find out more.

## A flavour of ...

### Vegetarian haggis – serves 4

Recipe courtesy of Sodexo at Flotta Oil Terminal

#### Ingredients:

1 medium onion (100g), peeled and finely chopped  
1 tablespoon sunflower oil  
1 small carrot, very finely chopped (50g)  
35g mushrooms, finely chopped  
50g red lentils  
600ml vegetable stock  
25g tinned red kidney beans, mashed  
35g ground unsalted peanuts  
25g ground hazelnuts  
2 tablespoons low sodium soy sauce  
1 tablespoon lemon juice  
1 ½ teaspoons dried thyme  
1 teaspoon dried rosemary  
Generous pinch cayenne pepper  
1 ½ teaspoons mixed spice  
200g fine oatmeal  
Freshly ground black pepper

#### Method:

1. Pre-heat the oven to 190°C/gas mark 5.
2. Soften the onion in a minimal amount of oil for 5 minutes, then add the carrot and mushrooms and cook for a further 5 minutes.
3. Add the lentils and three quarters of the stock.
4. Blend the mashed red kidney beans in the remaining stock; add these to the pan with the nuts, soy sauce, lemon juice and seasonings.
5. Cook everything, well mixed together, for a further 10-15 minutes.
6. Add the oatmeal, reduce the heat and simmer gently for 15-20 minutes, adding a little extra liquid if necessary.
7. Turn the mixture into a lightly oiled 1lb loaf tin and bake for 30 minutes.



## Sowing the seeds

### A healthier take on fast food

A snack bar owner in the south of Scotland is redefining food on the move for his customers from near and far. For the past 15 years, Bill Johnstone has operated his mobile snack van by the edge of the A75 in Dumfries. BJ's snack bar caters for long-distance and local lorry drivers, as well as tradesmen from the nearby industrial estate and shopkeepers visiting the adjacent cash and carry.

Bill registered for the **healthyliving award** after attending an event organised by NHS Dumfries and Galloway in conjunction with the **healthyliving award** team. He successfully achieved the award by adapting his menu to meet the **healthyliving award** criteria, making it easier for his customers to eat healthily.

Bill explained his reasons for going for the award: "I have always offered healthier items such as fruit, and always used ingredients such as sunflower oil and low fat mayo, but I wanted to give people more of a choice by moving away from the stereotype of fast food served up by the majority of snack bars."

He continued: "We open very early and most of our trade is for breakfast. As well as bacon rolls, omelettes and porridge, I've introduced a breakfast deal consisting of a selection of healthier cereals with semi-skimmed milk, together with a piece of fruit, a low-fat yoghurt and tea, coffee or orange juice. This has proved very popular, although there will always be the people who want a traditional full cooked breakfast. That's fine, as the **healthyliving award** allows them the choice."

"At lunch time we have salad trays with roast beef, chicken or tuna – served in a box with a knife and fork – as well as homemade soup."

A butcher to trade, Bill also serves chicken and steak burgers, made up to his own recipe using lean meat.

Bill summed up: "We like to be at the forefront of what we're doing, and gaining the **healthyliving award** has given us an edge, as we are certainly the only independent outside caterer in this area with the award. It has proved to be well worthwhile, and the healthier food is selling well, which shows there is a demand for it."

Linda McFarlane, Health and Wellbeing Specialist at NHS Dumfries and Galloway said "This is a fantastic achievement for BJ's and shows that healthier food choices can be made available anywhere."



*BJ's owner Bill Johnstone with Stephen Jardine at the recent award ceremony*

## 60 second microbites

Padraig Cooper is Head Chef at Arbroath Infirmary, part of NHS Tayside and one of our **healthyliving award plus** holders. We asked him what he thought of the award and what benefits it has brought:



**Q. What were your main reasons for applying for the healthyliving award plus?**

A. The **healthyliving award** is a direct requirement for NHS establishments as per Nicola Sturgeon's directive.

**Q. Do you feel working towards and achieving the healthyliving award has been worthwhile?**

A. Definitely. Working within the health care setting, I feel we have a duty to promote and supply healthier food.

**Q. Would you recommend the healthyliving award to other caterers?**

A. Yes. People are becoming increasingly aware of and are looking for healthier choices, therefore the **healthyliving award** will be attractive to these people and would benefit any business.

## Dates for your diary

### World diabetes day

14 November 2011

[www.idf.org/worlddiabetesday/](http://www.idf.org/worlddiabetesday/)

### National eating out week

20 – 26 November 2011

[www.nationaleatingoutweek.com/](http://www.nationaleatingoutweek.com/)

### St Andrew's Day

30 November 2011

[www.scotland.org/culture/festivals/st-andrews-day/](http://www.scotland.org/culture/festivals/st-andrews-day/)

### Farmhouse breakfast week

22 – 28 January 2012

[www.shakeupyourwakeup.com/](http://www.shakeupyourwakeup.com/)



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