



Newsletter

good for Edinburgh | good for you



October 2012

Community Access to Fruit and Veg

We are proud to supply and support the city's numerous community-run fruit and vegetable co-ops. These co-ops are dotted all around the capital, aiming to provide local people with access to high quality yet cheap healthy foodstuffs. By establishing co-ops in areas without sufficient access to good food and amenities we hope to remove some of the barriers to healthy eating, such as affordability and ease of access, and to make fruit and veg shopping a more fun and social experience. The co-ops also provide an array of volunteer experience for all sorts of people, whether they be recently unemployed, passionate about healthy food, have learning difficulties or want to brush up their CVs.

A volunteer at Broomhouse co-op told us: "Brilliant, great, the best place I've ever been. The staff and other volunteers are brilliant; a lot of banter with the customers, the customers are fantastic. All the volunteers help each other."




THE ROYAL ENVIRONMENTAL HEALTH INSTITUTE OF SCOTLAND
Improving and protecting public health in Scotland

We deliver REHIS accredited courses, at both community and professional level. The courses offered are **Elementary Food Hygiene and Elementary Food and Health**. All candidates receive a certificate upon successful completion of a small test.

Candidates complete the 7 hour-long course(s) with a thorough understanding of how to demonstrate Food Safety at home and in the work place; and/or a full understanding of the relationship between food and health throughout the different life stages.

The certificated courses take place in a socially interactive setting, and provide candidates with many invaluable transferrable skills.

A multifaceted approach is used to deliver the courses, to help ensure the teaching style is suitable for all levels. Audio and visual resources are used to accompany interactive group activities. These help to place newly-gained knowledge into real life scenarios and place emphasis on the key messages.




Improving Health in All Walks of Life

The Willow Project aims to address the social, health and welfare needs of women in the criminal justice system by reducing offending and related needs. It is a partnership project between NHS Lothian, Edinburgh Council and SACRO (Safeguarding Communities, Reducing Offending.)

Our Food and Health Development worker's role at Willow is to provide key nutritional information to help improve quality of life, advice on healthy eating on a budget as well as addressing various body image issues many of these women have. Each lunchtime the women are prepared a healthy, nutritious meal and are provided with simple recipes to encourage cooking at home as opposed to surviving on a diet rich in convenience foods, sugar and saturated fat.

Edinburgh Community Food looks forward to continuing and developing this project to help support and work towards healthier, happier lives for those utilising this service.

Contact the ECF if you want to get newsletters directly admin@edinburghcommunityfood.org.uk

Fresh Fruit and Veg at a Hospital Near You

Edinburgh Community Food (ECF) are pleased to announce they will now be selling fruit and veg at the Royal Infirmary, Little France 2 days a week. Anyone can come along to the stall, next to the RBS Branch, 8am-2pm Wednesday and Friday to buy a full range of fresh fruit and veg, dried fruits and pulses. Prices are kept as low as possible and any profit made is used to support ECFs work in communities across the city. You can also find us at:



Western General Hospital

Monday and Thursday 8.00am – 2.00pm
– Oncology

Royal Edinburgh Hospital

Morningside Place
Tuesday 8.00am – 2.00pm – McKinnon Building



Lauriston Building

41 Lauriston Place
Tuesday 8.00am - 2.00pm - Main Entrance

Royal Infirmary of Edinburgh

Wednesday and Friday 8.00am – 2.00pm - Main Corridor (next to Royal Bank of Scotland)



New Support for Older People in Leith

The Leith Food Folk is a new project which supports older people in Leith to access and enjoy good food. We run affordable fruit and veg stalls (open to everyone) in Leith and McDonald Road libraries and are recruiting a team of volunteers who will deliver packages of groceries to older people in their homes.

We use a resource developed by ECF called *Eating for Health and Wellbeing: A Resource for Older People* to provide relevant nutritional information, tips on staying healthy and recipe ideas. In addition, a free basic cookery course is being run in 2013 for anyone aged 50+ who would benefit. To find out more, visit us at one of our library stalls (see the website for more information on times and locations), call Emma on 0131 4677326 or email epattinson@edinburghcommunityfood.org.uk.



Price Comparison

Product	ECFI Prices As at 8.10.12	Tesco Price	Sainsburys	Morrisons Price
Onions	52p per kilo	90p per kilo	£1 per kilo	£1 per kilo
Carrots	75p per kilo	90p per kilo	90p per kilo	90p per kilo
Pomegranates	47p each	75p each	50p each	-
Baking Potato	£1.17 per kilo	£1.30 per kilo	£1.50 per kilo	£1.50 per kilo
Honey Melon	£1.98 each	£2 each	£2 each	£2 each
Grapes (500g)	£1.64 per punnet	£2 per punnet	£2 per punnet	£2 per punnet
Single Pepper	59p each	80p each	80p each	88p each
Dates	£1 per pack (250g)	£1.50 per pack	£2.09 per pack (200g)	£1.69 per pack
Spring Onions	62p each	70p each	70p each	70p each

Food, Health and My Child

In partnership with NHS Lothian and City of Edinburgh Council ECF are delivering Early Years food and health work across Edinburgh. The Food, Health and My Child programme has been developed to target families with children aged 0-3 years living in areas of deprivation around the city to reduce health inequalities. Our Early Years development worker delivers a 6 week programme with parents and carers which includes interactive nutrition workshops and is complimented by practical cooking skills. These focus on preparing food suitable for an early year's diet. The sessions are supported by appropriate information, materials and recipes and will provide parents with:

- Knowledge, information and support
- Opportunities to raise confidence and self esteem
- Opportunities to develop or enhance cooking skills



Staff from early year's establishments identify parents who would benefit from the programme and support them to attend sessions. Between now and Christmas parents and carers from Pilrig Children and Family Centre, Gilmerton Children and Family Centre, Spinney Lane Nursery and Goodtrees Neighbourhood Centre will have the opportunity to take part in the Food, Health and my Child programme. For more details contact Amy Hickman, ahickman@edinburghcommunityfood.org.uk

