



# foodvision

improving community health & well-being

## Harvest moon

Ground Work Derby & Derbyshire have submitted their second Food Vision case study on the Ilkeston Harvest Moon festival.

The aim of the festival is to inspire and integrate high quality arts initiatives into the community and also enhancing food growing opportunities and experiences.



The festival included lantern making workshops, drumming sessions, and food growing activities. The activities were celebrated with an attendance of over 150 people at a feast event at the allotments followed by a lantern and drumming procession around the nature reserve (pictured).

Go to: <http://www.foodvision.gov.uk/pages/harvest-moon>

## Cardiff teach friends to make healthy choices

Two Community Dieticians from Cardiff & Vale NHS Trust have posted a case study outlining their peer led food and fitness initiative delivered to Black and Minority Ethnic (BME) groups in Cardiff.

The project trained 10 women from 5 different BME communities on key healthy eating messages. This enabled the women to cascade the knowledge gained to their own communities in their own languages. This initiative has demonstrated that engaging and empowering people in educating others can be an effective way of promoting informed choice and impacting this on their peers, especially when delivered in their own language.

Go to: <http://www.foodvision.gov.uk/pages/cardiff-peer-food-and-fitness-scheme>

## Kent CC's record breaking 4<sup>th</sup> case study!

Kent Trading Standards Sue Harvey has broken FV records by posting her fourth case study on the Food Vision website. Working towards less salt is a project which took place across workplaces in Kent and aimed to reduce salt intake in employees eating in work canteens.



In partnership with the Food Standards Agency the project was in two parts; supporting workplace caterers reduce the salt content of foods offered in the employee restaurant, and designing an educative and interactive workplace display for employees to support reducing salt intake.

Go to: <http://www.foodvision.gov.uk/pages/working-towards-less-salt>

For more salt partnership projects go to: <http://www.food.gov.uk/news/newsarchive/2008/jun/salt-part>

## Helping Solihull teenagers eatwell

The Helping Solihull Teenagers Eatwell project was developed to give teenagers from the most deprived areas of the borough the confidence to make healthy food choices.

Teenagers are vulnerable to diet related illnesses through poor nutrition; they are grazers who grab food on the go that is often high in calorie content but not always nutritionally complete. The project aimed to reach these teenagers with emphasis on those from the most deprived wards of the borough and was designed to be interactive in nature through workshops.

Workshops involved food preparation, a 'see and try' session, look at the label exercise, and a hand washing exercise using a UV light box and disclosing cream. Discussions and demonstrations were held to explain salt, fat and sugar GDAs and the portion sizes of fruit and veg that contribute to your "5 a day".

Go to: <http://www.foodvision.gov.uk/pages/helping-solihull-teenagers-eatwell>

## Nipper's nutrition



East Sussex Councils Nippers Nutrition project studies the nutritional content of meals provided to children at 10 day care nurseries and undertakes a project to change the food offered to their charges.

The projects interesting results, that some nurseries were providing too many vegetables and too few calories, sparked international comment and show that sometimes finding the unexpected can lead on to a very worthwhile project.

Go to: <http://www.foodvision.gov.uk/pages/nippers-nutrition>

## Cabinet office says "food matters"

The Food Matters report sets a precedent for food to be treated as one strategic area. It states, ' Given the challenges ahead and the changing nature of the food debate, a more integrated approach is needed which does a better job of combining the health, food safety, nutrition and sustainability aspects of food choice.'

It replicates the aims of Food Vision by advocating linking food issues together, whether they are related to the economy, environment, farming, food safety, waste or the wider health agenda.

[http://www.cabinetoffice.gov.uk/strategy/work\\_areas/food\\_policy.aspx](http://www.cabinetoffice.gov.uk/strategy/work_areas/food_policy.aspx)

## LACORS survey reveals health dangers of school holiday kids' meals

A survey of children's meals at popular leisure attractions has revealed the shock findings that meals offered to children on school holidays at activity centres, including theme parks, wildlife parks, and museums, will be offered meals which are overwhelmingly in excess of the recommended kids' guidelines for fat, saturated fat, salt and sugar.

The report calls for venues to offer 'healthy option' meals alongside current menu options so that parents can have the choice of what they feed their children

For more go to: [www.lacors.gov.uk](http://www.lacors.gov.uk)

## Germwatch

Grubeye (pictured) is the star character in the Food Standards Agency's new 'GermWatch' campaign. He revels in poor food hygiene and delights in the misfortune of those at risk of food poisoning.



Launched as part of Food Safety week the campaign aims to warn people about the dangers of poor food hygiene and provide helpful advice to enable them to fight back against the germs.

To find out more about grubeye and to get resources which will help you spread the campaign's messages go to:

<http://www.eatwell.gov.uk/keepingfoodsafegermwatch/>

## In brief 4Cs in the desert

Working in partnership with the local PCT Leeds Council has piloted a project which uses frontline EHPs to deliver food safety and healthy eating messages direct to businesses in a way designed to communicate those messages effectively.

<http://www.foodvision.gov.uk/pages/4cs-in-the-desert>

## Cooking food for life

East Lindsey DC have outlined their project which aims to tackle obesity by providing cook and taste sessions focusing on healthy menu planning using healthy fresh ingredients and healthy cooking methods.

<http://www.foodvision.gov.uk/pages/cooking-food-for-life>

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### For more information please contact:

Food Vision, LACORS,  
Local Government House,  
Smith Square, London, SW1P 3HZ  
E-mail: [foodvision@lacors.gov.uk](mailto:foodvision@lacors.gov.uk)  
Tel: 020 7665 3888  
Web: [www.foodvision.gov.uk](http://www.foodvision.gov.uk)

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