

foodvision

improving community health & well-being

Manchester's Food for the Future



Manchester Food Futures is a partnership that embraces a wide range of individuals and organisations with an interest in improving food in the city.

Its ambitious goal is to create a culture of good food in the city, based on the belief that good food is enjoyable, safe, nutritious, environmentally sustainable, and produced ethically and fairly.

The project won the Food Standards Agency regional food champion in 2008 and the case study sets out how the strategy works to contribute to Manchester's LAA themes. The project has included three mini case studies:

Herbie is a mobile greengrocer run by Manchester Environmental Resource Initiative (MERCi), an environmental charity. Herbie provides affordable, fresh fruit and areas of North and East Manchester with poor accessibility to fresh foods.

Manchester Food and Drink Festival, which began in 1997 festival is now the largest and most high profile festival of its kind in the UK. The 10 day programme is packed with events in favourite restaurants and bars, competitions, cook offs, farmers' markets, exciting outdoor events, celebrity guests and the MFDF Awards.

Abbey Hey Playground Market. Pupils at Abbey Hey Primary School in Gorton run a market to help their families eat five portions of fruit and vegetables a day.

<http://www.foodvision.gov.uk/pages/manchester-food-futures>

Choose n Move



Belfast City Council have recently submitted their 'choose n move' project to Food Vision.

The project, funded by a Food Standards Agency grant, worked with local youth groups including scouts and sports groups to create a choose and move pack.

The choose n move pack contains a number of games and activities that enable a youth leader to run a one hour 'choose n move' session based around the two key messages (eat more fruit and vegetables, and be more active). Belfast also provided pedometers and a fruit and vegetable voucher to help start activities. The pack can be downloaded via a link from the case study.

<http://www.foodvision.gov.uk/pages/choose-n-move>

Warwickshire update food for health strategy



Warwickshire food for health group has updated their 2004 case study to reflect changes that have taken place to fit in with evolving structures in local government and health.

The strategy now fits with Local Strategic Partnership and aims to set up projects to meet Warwickshire LAA targets. One of those projects is outlined in the updated case study and is the introduction of a county wide policy in local government and NHS workplaces of a requirement to provide healthy choices, and guidance on how that should be achieved.

<http://www.foodvision.gov.uk/pages/warwickshire-food-for-health-update>

Food Vision needs your views



With the ten year anniversary of the Food Vision project fast approaching we are taking the opportunity to ask those who use our website whether

they think it works well, and where they think it could be improved.

Our user survey asks which areas of the site you use most, and which are the most useful. We also want to know if there are areas where you think further work or toolkits might be useful.

To have the opportunity to submit your comments you can download the survey on the website and send the completed to foodvision@lacors.gov.uk

<http://www.foodvision.gov.uk/pages/consultations>

Welsh review of BME diet projects

The Food Standards Agency Wales has published a review of dietary interventions in black and minority ethnic (BME) groups across the UK.

The overall aim of the work was to analyse the BME situation in Wales, review dietary interventions in BME groups and to recommend which interventions and models might be most applicable for piloting with ethnic communities in Wales.

For more information go to:

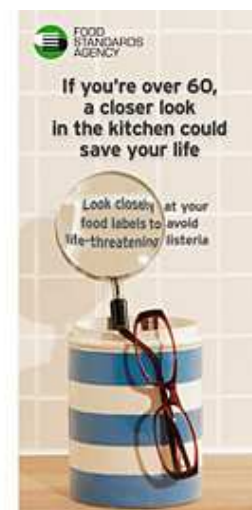
<http://www.food.gov.uk/news/newsarchive/2009/may/bmewales>

FSA look to a healthy crust

Too much salt can lead to high blood pressure, which in turn triples the risk of heart disease and stroke. Bread contributes around 20% to dietary salt and so the Food Standards Agency, in partnership with the Master Bakers Association and Norfolk County Council, will be researching salt reduction in the craft bakery sector.

The project will produce a toolkit which will help bakers calculate the salt levels and then adjust their recipes so that their bread meets the 2012 salt targets. This will be available in late 2009.

FSA look closely at over sixties



The Food Standards Agency used Food Safety week, which took place in June, to warn older people about the life-threatening danger of listeria food poisoning and the simple steps that can be taken to avoid it.

The number of cases of listeria in people over 60 years of age has doubled in the past nine years. And one in three of the people who get food poisoning caused by listeria die as a result.

Food safety messages are being targeted directly at older people through a poster and leaflet campaign, and advice will also be handed out on millions of pharmacy paper bags used for dispensing prescriptions.

If you took part in Food Safety Week and have a project which took these messages to older people which you would like to share, please contact Foodvision@lacors.gov.uk

For further information on the campaign and to order free supporting literature go to:

<http://www.food.gov.uk/safereating/hyg/germwatch/>

For more information please contact:

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

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