Food in the Community

Directory of Scottish Community Food Initiatives

March 1997
The directory is based upon information compiled by:
MRC Medical Sociology Unit and Department of Human Nutrition, University of Glasgow
as part of a review commissioned by the Health Education Board for Scotland (HEBS)
Some additional projects have been identified
from the HEBS database of community health projects.

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Introduction

Welcome to the first directory of Scottish community food initiatives. The directory has been produced as a collaborative effort between the new Scottish Community Diet Project, and the Health Education Board for Scotland (HEBS).

The directory is designed for use by people who are, or who intend to be, working on food issues in the community. This is primarily local projects and community groups, but also includes other agencies such as health boards, local authorities, central government and the retail sector.

The directory is based upon an audit of community food initiatives in Scotland carried out in February 1996 by the MRC Medical Sociology Unit and the Department of Human Nutrition, University of Glasgow. This was part of a review of community food work in Scotland which was commissioned by the Health Education Board for Scotland (HEBS). Its aim was to produce a comprehensive database of community food initiatives and to assess the impact of these initiatives on food availability in Scotland, including the problems they faced in fulfilling their objectives.

The study found that ‘low income and food is a major area of concern and activity in the community health field’ and that many community food initiatives had been established (a) to overcome practical barriers to a healthy diet and/or (b) to increase information and skills. The researchers also found that ‘there is a wide range of innovative community food initiatives in Scotland, using novel and imaginative approaches to reducing the barriers to healthy eating’.

A report of the review’s findings has been published, and copies are available from the Health Education Board for Scotland, Woodburn House, Canaan Lane, Edinburgh, EH10 4SG, telephone 0131 447 8044.

The aims of this directory are fourfold:

- to disseminate the findings of the audit
- to raise awareness of the level of community based initiatives within Scotland among both policy makers and other community food initiatives
- to allow projects to make contact with other initiatives working on similar issues
- to encourage networking.

One of the main findings of the review of existing initiatives was the need to develop, support and encourage individual projects, and to develop a strategic framework within which they could operate.

Part of this framework would include a central body or clearing house which would provide an information exchange on funding sources, models of good practice and so on. This recommendation was echoed in the recent report from the Scottish Diet Action Group Eating for Health which was published in July 1996.

The Group’s analysis of ‘community action’ recognised the good work that had been done to date, but also the need for a strategic framework, and concluded that a combination of
measures was required which would 'build on existing initiatives and tap into, and stimulate, community initiative and energy'.

If you want to read the report, copies are available free of charge from The Stationery Office (previously HMSO) on 0131 479 3141.

Following the report, funding has been made available from the Scottish Office to establish a new Scottish Community Diet Project which is based within the Scottish Consumer Council. The Project has a wide ranging remit including the maintenance of this database of community activity, sending out information on good practice, supporting local initiatives, developing ideas for new initiatives, running conferences, producing a newsletter, developing training, and encouraging collaboration with other agencies such as health boards, local authorities and the retail sector.

This directory is a first step in raising awareness of the existing level of community food activity within Scotland, and developing local and national networks and alliances around community responses to food poverty.

What's in the directory?

There are over 100 initiatives included within this directory. A quick glance through the project descriptions reveals the wide range of work which is being undertaken in communities throughout Scotland.

The initiatives have been identified primarily through the audit of community food initiatives described above. In addition, some more general community health work on food has been identified through a recent review of community health projects in Scotland.

The definition of a community food initiative is not entirely precise. Some initiatives are run by local volunteers. Some projects are managed by voluntary management committees, but funded by statutory agencies such as health boards, local authorities or the Urban Programme. Some initiatives are provided directly by statutory agencies but within a community setting. The key theme which ties the initiatives together is the effort to work within and with the community to tackle the problems of food and low income in Scotland and to overcome the identified barriers to a healthy diet.

For ease of reference we have listed initiatives in alphabetical order, and also provided breakdowns in terms of type of activity (Appendix 1), and geographical area (Appendix 2). This should make it easier for you to identify other projects that are close by, that are working on similar lines or that are doing something you would like to start in your area.

The directory is far from complete. Some local communities have given us details of every initiative in their area, however small. Others have focused on the larger initiatives and have not included reference to each individual food co-op or community café within their community. Some initiatives will no doubt - for one reason or another - have been missed out altogether.

We hope however that you will find the directory useful, and will use it to inform your work and to make contacts with other groups and projects who are working on similar issues elsewhere in the country.
If you are aware of initiatives which have not been included in the directory, or are involved with a new or existing group that you think should be included, please contact the Scottish Community Diet Project and tell us about the initiative. Our aim is to keep the database as current and complete as possible, but we depend on your information to make that possible.

Please copy the form at the back of the directory (Appendix 3) and send the information in to:

Bill Gray, National Project Officer  
Scottish Community Diet Project  
Scottish Consumer Council  
Royal Exchange House  
100 Queen Street  
Glasgow G1 3DN

Tel: 0141 226 5261

**Accessing the database**

The computer database will be maintained by HEBS Information Services. You can access the current version of the database by using the floppy disks included at the back of this report. Future versions of the database will be distributed as part of the Community Projects Database on HEBS on CD. The database can also be accessed through the Internet on the HEBSWEB site, http://www.hebs.scot.nhs.uk

Bill Gray  
National Project Officer  
Scottish Community Diet Project
Aberdeen Food Co-op Network

Contact: Linda Bruce
12/16 Guild St
Aberdeen
AB1 2NE
Tel: 01224 574842

Aims to provide low cost healthy appropriate food supplies to the designated areas of Aberdeen in consultation with the local areas, Health Promotions and Aberdeen Young Peoples Project Trust. Also aims to develop and establish a central distribution point at A.Y.P.P.T. which will offer and order supplies on behalf of the local areas. Provides appropriate training and support and sharing of information for local communities.

Key activities and achievements
Recognition within Aberdeen of the need for such an initiative. Development of a network involving local communities.

Auchtermuchty Community Centre Café

Contact: A Johnson and N Campbell
1 Distillery St
Newburgh Rd
Auchtermuchty
KY14 7BY

As a community café its main aims are to provide home baking, homemade soup, rolls and refreshments mainly to the community centre users and to serve the wider community.

Key activities and achievements
As it started on a voluntary basis staff were not paid. The café customers have increased and more revenue was received, so the management committee has now been able to pay staff.

Bargeddie Food Co-op

Contact: John Bowcot
79 Park Road
Bargeddie
Glasgow
G69 7PZ

To give the villager the opportunity to buy fruit, vegetables and groceries at reasonable prices.

Key activities and achievements
Providing cheap fruit and vegetables.
Barra Community Cooperative

Contact: Catriona Zerfahs
The Coop Office Castlebay
Isle of Barra
HS9 5XD
Tel: 01871 810354

Retail shop of which some stock is wholefoods.

Barri Grubb

Contact: Marilyn Beagley
3 West Pilton Park
Edinburgh
EH4 4EL

To provide top quality fresh fruit and vegetables. To provide tasting sessions. To make people aware of healthy eating.

Key activities and achievements
Still running after 3 years which is a great achievement.

Bingham Bulk Buy Food Co-op

Contact: Alan Hughes
Bingham Community Complex
Bingham Avenue
Edinburgh
EH15 3HZ
Tel: 0131 669 1375

Based in Bingham, part of the Greater Craigmillar area. Membership is available to all local residents. Aims to promote healthy eating by making available low cost fruit and vegetables, as well as a limited amount of other tinned and hard goods. Project relies on Bingham Enterprise Ltd, local economic development company for most of its support.

Borders Breastfeeding Initiative

Contact: Clare Keenan (Secretary)
Huntlyburn House
Melrose
TD6 9BP
Aims to support and encourage women who choose to breastfeed; to work towards increasing overall rates of breastfeeding by addressing issues which are barriers to breastfeeding for many women and families. Objectives: in first year of initiative – to establish local audit project; to secure funding and organise training for all health professionals and lay workers involved in work with breastfeeding; to survey and report on facilities within the community where mums are welcome to breastfeed.

Key activities and achievements
Establishment of local audit; securing funding and organisation of BEST Workshops for the coming years. Survey of facilities on health care premises.

**Broomhouse Food Project**

**Contact**: Yvonne Dalziel  
1 Broomhouse Market  
Edinburgh  
EH11 3UY  
Tel: 0131 455 57043

To raise awareness of link between healthy eating and physical and mental well-being. To make food essential for a healthy diet more accessible. To have information more accessible. To provide opportunities for local people to discuss support for and barriers to healthy eating. Involve other statutory and voluntary organisations in promoting healthy eating.

Key activities and achievements
Tackling Food Issues Conference. Surviving and involving local people as volunteers.

**Broomlands Bourntrchehill Age Concern**

**Contact**: Mrs Jean Reader  
7 Lower Vennel Bourntrchehill  
Irvine  
KA11 1PQ  
Tel: 01294 212354

Drop-in Centre for elderly including lunch club recreational facilities, counselling, form filling, etc. Fifty meals are cooked per day Monday–Friday, 9.30am–3.30pm.

The centre is a very valuable part of the community. A lot of elderly people are able to live in their own homes with help from the centre. Their families are able to cope a bit better with the knowledge that their parents are being looked after for a few hours each day.

Key activities and achievements
The organisation has worked in the area for 19 years and has its own centre which is leased from a development corporation. Has also managed to buy own 16 seater bus with tail lift.
Buckie Community High School Coffee Bar

Contact: Kenneth Matthews, Community Education Worker
West Cathcart Street
Buckie
AB56 1QB
Tel: 01542 832605

The coffee bar exists to provide a service to the users of Buckie Community High School. The project also aims to provide employment and training opportunities for clients with special needs from Clydeville Day Care Centre. The clients are supported by a key worker.

Key activities and achievements
Achieved committed funding. Effective methods of working with clients established. Two clients have gone on to permanent employment.

Burnfoot Community Health Project

Contact: Audrey Laycock/ Clare Keenan
Huntlyburn House
Melrose
TD6 9BP

Community Development Project. Aims to establish nutrition issues for the community by inclusion of topic within wider discussions with focus group needs assessment; to establish contact relationships with project; to develop and evaluate initiatives which address issues raised by community.

Key activities and achievements
Extensive needs assessment using focus groups representative of Burnfoot population with report and recommendations; acquisition of community flat.

Calder Food Co-op

Contact: Brian Colett
Calder Community Centre
40–42 Calder Gardens
Edinburgh
EH11 4LG

The aim of the project is to supply healthy top grade fruit and vegetables to a deprived area. A food co-op is run selling top brand food for cost price.
**Cambuslang UCRC Food Co-op**

*Contact:* Joyce Pye / Jackie Hamilton  
Morriston Street  
Cambuslang  
G72 7HZ  
Tel: 0141 641 0214

To continue to monitor the variety of stock on sale with emphasis on healthy diet provision. To continue with efforts to establish a satisfactory networking arrangement. To continue to train volunteers in all aspects of food cooperative operation.

*Key activities and achievements*  
Providing low cost food for local community in an area of high unemployment.

**Castlemilk Food Co-op Development**

*Contact:* Andy Hill  
31 Machrie Road  
Castlemilk  
Glasgow  
G75 0AG  
Tel: 0141 634 9042

*Key activities and achievements*  
Development of three food co-ops. Reductions in local income spent on foodstuffs. Many healthy eating and money saving promotions.

**Castlemilk Unemployed C.R.C**

*Contact:* Arthur Griffiths Coordinator  
1 Dougrie Terrace  
Castlemilk  
Glasgow  
G45 9BN

To provide education on healthy eating. To provide nourishing meals at affordable prices especially for unemployed, one parent families and pensioners.

*Key activities and achievements*  
To promote healthy eating awareness, cooking skills for beginners and various continental cuisines.
Clovenstone Food Co-op

Contact:  Jane Laidlaw (Secretary) or John Player
            c/o 32/7 Clovenstone Drive
            Edinburgh
            EH14 3BD
            Tel: 0131 442 2001

To provide access to low cost, good quality food stuffs to people in Wester Hailes.

Key activities and achievements
To have actually got going.

Community Education City of Edinburgh Council

George IV Bridge
Edinburgh
EH1 1UK
Tel: 0131 469 3250

Adult Education evening classes.

Key activities and achievements
Inclusion of people with disabilities.

Community Education Service – Cumnock and Doon Valley Area

Community Education Office
228 Main Street
Auchinleck
KA8 2BE
Tel: 01290 420163
Fax: 01290 425723

Local authority department.
**Community Food Workshops**

*Contact:* Anne Woodcock  
Tayside Health Promotion Centre  
7 Dudhope Terrace  
Dundee  
DD3 6HG  
Tel: 01382 228213

Three pilot workshops in Angus, Dundee and Perth to look at Community food needs and to provide examples of initiatives which have worked for other communities.

**Community Healthy Eating Worker**

*Contact:* Jenny Blair  
Tayside Health Promotion Centre  
7 Dudhope Terrace  
Dundee  
DD3 6HG  
Tel: 01382 228213

To develop work with vulnerable groups in the community (eg mothers and toddlers, over 50s), to encourage the use of cheap but healthy foods. To encourage skills development in cooking, by demonstrating cookery and showing different foods.

*Key activities and achievements*
Compiled Food Initiative Directory, written fact sheets for target groups as required. Success of project shown by the numbers of bookings from word of mouth sources, or repeat visits. Always receive positive evaluation.

**Consumer Advice Centre (Tesco)**

*Contact:* Anne-Marie Farquharson  
Crieff Rd  
Perth  
PH1 2JT

Centre for advice on healthy eating, diet and food issues. Deals with N.P.D.P.R. work, cookery demonstrations, talks etc. Provides education on food issues, schools and colleges.

*Key activities and achievements*
Amount of interest and the rate of bookings.
Cooking in Craigmillar

Contact: Kathy Cowbrough, Community Nutritionist
        Sighthill Health Centre
        380 Calder Rd
        Edinburgh
        EH11 4AU

Aimed at groups in the community who have expressed a need or desire to learn cookery skills, healthy eating and preparing food on a limited budget. Overall aim is to assist people to learn about healthy eating through food preparation, to use basic ingredients, to prepare foods people want to try and to incorporate healthy eating messages in sessions on cookery.

Key activities and achievements
The fact that it has been ongoing for 4 years thanks to those working at a grass roots level. People are preparing foods (healthy ones too) that they never thought they would.

Cookwise in Cumnock and Doon Valley

Contact: Carolyn Paton, Community Dietitian
        Ayrshire Central Hospital
        Irvine
        KA12 8SS

To help develop practical skills in cooking; to increase confidence and self-esteem in this area; to increase awareness and knowledge of the principles of healthy cooking; to help participants prepare and cook a healthy meal; to start to break down barriers to eating in a healthy way.

Key activities and achievements
Success has brought demand from other groups within the area and brought it to the attention of those.

Craigend Resource Centre

Contact: Brian Power and Jean McCreath Coordinator and Catering Manager
        McLeod Street
        Greenock
        PA15 2HD
        Tel: 01475 786739

Community Café.

Key activities and achievements
Got the project off the ground after 5 years work, various agencies involved.
**Craignech and Wishawhill Food Co-op**

**Contact:** Moira McLaren  
53 Meadowhead Road  
Wishaw  
ML2 7UX  
Tel: 01698 359068

Food Co-op operates three mornings per week from 10.00am–12.30pm. Goods are bought weekly from cash and carry. Aims to reduce the cost of shopping bills for local people, improve shopping facilities and improve nutrition. It also allows pensioners to meet with others.

**Cults Community Education Centre**

**Contact:** Mrs C Smith and Mrs G Naylor  
Earlswell Rd Cults  
Aberdeen  
AB1 9RG  
Tel: 01224 868858

Community Centre Coffee Bar, a service to all ages using the community centre facilities.

_**Key activities and achievements**_  
To provide a service to centre users, both in the daytime and in the evenings, offering a variety of healthy foods and confectionery.

**Cumbernauld and Kilsyth UWCS**

**Contact:** Mr D Hackett, Manager  
Town Centre South  
Cumbernauld  
G67 1BL  
Tel: 01236 729520 / 721341 / 823310  
Fax: 01236 738217

Welfare rights, all types of appeal representation and educational facilities.
Clydebank Bulk Buy Union
Drumry Centre
Melfort Avenue
Drumry
Clydebank
G81 2HX
Tel: 0141 951 1813

The Bulk Buy Union exists to develop food cooperatives and bulk-buy clubs within Clydebank District.

Dalkeith District Food Co-op
Contact: Margaret Pilat
10 Woodburn Road
Dalkeith
EH22 2AT

To provide a food cooperative for members of the Dalkeith Community on a non-profit making basis.

Key activities and achievements
The main achievements of the co-op are confidence building, self-esteem and having been in the market for 5½ years.

Deals on Wheels Food Co-op
Contact: Sammy McManus and Brian McLeary
c/o Priesthill Social Work Dept
17 Overtown Avenue
Glasgow
G53 6JB
Tel: 0141 880 6046

The group in contractual agreement with Govanhill Social Work provide a mobile shopping service to elderly/housebound clients of the department.

Key activities and achievements
Providing a caring service to all of its clients who have praised it to the highest.
Dick's Hill Resource Centre

Contact: Peter Mawson
86-92 John Simpson Drive
Stranraer
DG9 7PW
Tel: 01776 706644

Café to enable elderly, infirm and deprived persons to have a meeting point and supply snacks.

Key activities and achievements
Supplying food at a basic cost, non-profit.

Drumchapel Unemployed Community Resource Centre

Contact: P Johnstone
5 Hecla Place
Drumchapel
Glasgow
G15 8LU

To assist the unemployed and under privileged in the area.

Key activities and achievements
Welfare rights and money advice very active senior group, active women's group will run canteen with good healthy food at competitive prices.

East Lothian Voluntary Organisations Network (ELVON)

82 High Street
Tranent
East Lothian
EH33 1HH
Tel: 01875 615423
Fax: 01875 615423

ELVON is a council of voluntary services covering East Lothian area. Aims are to support, assist and develop voluntary and community organisations.
Edinburgh Family Services Unit

Contact:  Margaret La Porte
          18 West Pilton Park
          Edinburgh
          EH4 4EJ
          Tel: 0131 552 0305

To work with families of primary school children and under 5s to help them achieve a better quality of life. To continue to run drop-in centre, after school club and under 5s and a community café.

Key activities and achievements
Sticking with it for 21 years.

Edinburgh Healthy Eating and Food Co-op Development Project

c/o NELO
8W Pilton Gardens
Edinburgh
EH4 4DP
Tel: 0131 529 5252

To address the need for a radical change in the Scottish diet through the promotion of healthy eating and access to fresh vegetables and fruit in food co-ops, operating in areas of greatest need. To provide exposure to healthy foods and cookery training as well as community agriculture and launching of three new co-ops per year.

Family Centre Nutrition Sessions

Contact:  Clare Keenan/ Sheila Watson, Community Dietitian
          Haylodge Health Centre
          Peebles

Aim: to make contact and become a recognisable resource for family centre; to consider nutrition and food as an issue with groups in family centres and work with women to explore areas of particular concern and interest to them.

Key activities and achievements
Regular sessions within two particular family centres; raised awareness of nutrition and practical advice which was seen as achievable; raised awareness within groups of skills and knowledge they already have and can share together.
**Fast Fruit (now incorporated into new Food Co-op)**

*Contact:* Anita Turpin  
Health Promotions  
181, Union St  
Aberdeen  
AB1 9AT  
Tel: 01224 589901

To provide fresh fruit and vegetables to local communities in response to an expressed lack of availability of these foods by people living in designated areas of deprivation. To arrange collection of and delivery of regular supplies of produce at a low cost; to supply produce to local community premises for sale to customers; to provide health education resources and practical support; to recruit, train and support workers and volunteers to take responsibility for the sale of the produce.

*Key activities and achievements*  
The project has stimulated and maintained commitment from customers and the staff at key agencies.

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**Feel Good Papay Westray**

*Contact:* Robina Rendell  
c/o Daybreak  
Papay Westray  
Tel: 01857 644275

Group of islanders coming together to take part in activities that look at health issues in widest sense, involving outside speakers, eg dietitian, coastguard, health promotion, and using local expertise, for example on vegetarian cooking. The group meets during the winter months and currently has a small exercise group.

*Key activities and achievements*  
Existing, fostering a community spirit and raising awareness.

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**Ferguslie Community Health Project**

Tannahill Centre  
96 Blackstoun Road  
Paisley  
PA3 1NT  
Tel: 0141 887 9650

A community managed project using a social model of health and community development methodology to encourage and enable local people to identify, understand and tackle health issues which affect them, their families and their community.
Ferguslie Women's Food Poverty Group

Contact: Christine Reilly
c/o Ferguslie Community Health Project
Tannahill Centre
76 Blackstoun Road
Paisley
PA3 1NT
Tel: 0141 887 9650

Developing aspects of food in relation to health, support, advice, information, awareness, training for local women. Group established November 1992. Various initiatives tackled over this time. Latest initiative Health on Wheels (Bulk Buying Club) Project. Provision of affordable fresh fruit, vegetables, dry goods, pulses 2 days per week expanding to 3 days January 1996.

Key activities and achievements
Increased purchase of fresh fruit and vegetables within estate. Taster days within estate.

‘Fit Fine Food’ Fersands Food Co-op

Contact: Ian Armstrong
19b Sandilands Drive
Woodside
Aberdeen

The efficient running of a small scale food cooperative in a low income area of Aberdeen. To promote a healthy diet by the sale of high quality fresh fruit and vegetables, pulses, and certain staple foods at affordable prices.

Key activities and achievements
Successfully providing a service to low income families.

Food Action Group Drumchapel

Contact: William Bonner
C/O DCHP Health centre
80-90 Kinfuans Drive
Glasgow
G15
Tel: 0141 211 6166

FAD is a community based group which looks at food issues in Drumchapel.

Key activities and achievements
Took part in research into MAFF diet. Considered survey into food price and availability. United to other similar groups in city.
Get Cooking

Contact: Jan Cresswell, Health Promotion Dept
c/o GGHB Health Promotion Dept
225 Bath St
Glasgow
G2 4JT
Tel: 0141 248 7644

Use of National Food Alliance Get Cooking Project which aims to teach cooking skills to enable people to have a healthier diet. Classes are recruited from the community and undertaken on the Health Promotion Department’s behalf by four colleges of education and the Govan Healthy Eating Project. Each group taking part attends a weekly class for 6 to 8 weeks.

Key activities and achievements
Clients enjoy classes and feel they are useful to them. Short term evaluation indicates that clients are trying more cooking at home or in hostels.

Good Food Good Health

Contact: Maureen Halcrow, Dietitian
Balfour Hospital
Kirkwall
Orkney
KW15 1BQ
Tel: 01856 885419

Healthy Eating project aimed at improving choices at the local Grammar School through colour coding of menus and linking dining room choices with that taught in the classroom.

Govan Healthy Eating Project

Contact: Matthew McCann and John McKechnie
c/o Concierge
59 Iona Court Govan
Glasgow
G51 2XL

Addresses issues surrounding food poverty and operates a Community Action Plan Against Food Poverty (CAPAFP) using community empowerment methodology. Strategically, looks to effect possible change against systemic nature of food poverty by adopting a provide and promote strategy, ie promote healthy eating and help provide healthy food at affordable prices.

Key activities and achievements
Community development allowing for setting up of largest EC Beef distribution by single voluntary agency in Scotland; setting up Scottish Federation of Community Food Initiatives.
Greater Easterhouse Community Health Project

10 Kieldermorie Road
Glasgow
Tel: 0141 781 1566
Fax: 0141 773 4641

To develop at local health action area level strategies which address health inequalities. To inform the policy making process with regard to health.

Greater Easterhouse Consumers Project

Unit 12
Queenslie Business Centre
19 Blairtummock Rd
Glasgow
G33 4AN

Initially set up as Urban Aid Project to assist local people in increasing their net disposable income. Concentrated locally in setting up food cooperatives, Credit unions, Money Advice Services. Project now funded by Strathclyde Regional Council (SRC) Social Work Department Section 10 Grant.

Key activities and achievements
Two food co-ops still running, although maximum number was five. Four new Credit Unions established and volunteers trained to run them, 120 social work staff training in money advice.

Health Promoting in Schools Food Project

Contact: Christine Watkin, Adviser Home Economics
Educational Development Service
Gardyne Road
Dundee
DD5 1NY

To introduce healthy options into school tuck shops. Six schools have agreed to pilot the initiative.

Key activities and achievements
Fruit included in pilot tuck shops.
**Healthy Castlemilk**

Contact: Ms J McGinley  
33 Dougie Drive  
Castlemilk  
Glasgow  
G45 9AD  
Tel: 0141 634 2679

A general health project, tackling all health issues in the area. Have done a lot of work on food issues, in part through collaboration with the Castlemilk Partnership and the Health promotion Department (the Food Project). Aims to improve awareness of food issues, develop new services and initiatives, pass on skills to local people, and work in collaboration with other agencies, eg schools, cafes.

**Key activities and achievements**
Commissioning research, publication of cook book, school tuck shop fruit service, successful events, raised interest in and awareness of food issues in area, inter-agency working.

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**Healthy Eating for the Partially Sighted**

Contact: Fiona Burrell  
77 Kirkbank Road  
Burntisland  
Fife  
KY3 9JA  
Tel: 01592 873364

A series of cookery demonstrations including an elderly group of partially sighted people incorporating their senses of touch, smell and taste. To include easily prepared healthy low budget food suitable for the older person. To produce large print recipes and audio tapes for the partially sighted group members. To introduce new foods to the group.

**Key activities and achievements**
Low cost healthier meals made by clients at home. Enjoyment of tasting foods new to the group members. Social interaction of the group.

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**Healthy Eating on a Budget**

Contact: Mary Applegate  
Allambee  
Easter Kinkell  
Dingwall  
IV7 8HZ  
Tel: 01349 862074
Three courses each of eight morning sessions. Looked at practical (cooking) ways of modifying diet to make it more healthy. Main aim was to encourage consumption of more fruit and vegetables but also looked at healthy eating guidelines. Each session included a discussion.

**Key activities and achievements**
Practical ideas for healthy eating on a low budget.

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**Healthy Eating on a Budget**

**Contact:** Fiona Burrell  
77 Kirkbank Rd  
Burntisland  
KY3 9JA  
Tel: 01592 873364

A practical cookery workshop for elderly people receiving support from the day care activities in the centre. Healthy low cost foods for the clients to try making at home. Social interaction between group members, to share experiences and ideas. Physical and mental stimulus.

**Key activities and achievements**
Not yet evaluated.

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**Healthy Eating on a Budget**

**Contact:** Mrs Joan Brown  
Dingwall  
IV15 9HU  
Tel: 01349 863441

Aims to implement Healthy Eating on a Budget into S2 Home Economics Curriculum. The main objectives are for S2 pupils in Home Economics classes to plan a one week menu for a family of four on a limited budget, be able to state some reasons for the poor diet of low income families, prepare some meals for one day, and present information about healthy eating on a budget in an appropriate manner.

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**Healthy Eating Tuckshop**

**Contact:** Fiona Mitchell  
Banchory  
Devenick School  
Aberdeen  
AB15 5XQ  
Tel: 01224 875237
Aims to promote healthy eating, to encourage the eating of food other than chocolate bars, sweets and crisps within school.

**Key activities and achievements**
Encourage children to eat foods and snacks other than sweets.

**Healthy Nosh for Less Dosh**

**Contact:** Sheila Arrowsmith  
5 Thinderton Place  
Elgin  
IV30 1BQ

Currently a pilot project aiming to help families on low income develop cooking skills.

**Help Yourself to Health**

**Contact:** Audrey Cameron  
87–89 Park Street  
Airdrie  
ML6 0JP

A food and fuel survey has been carried out in Airdrie. It is hoped that a food co-op will emerge from this.

**Home Economics – Resource Development and Update Sessions**

**Contact:** Clare Keenan  
c/o Huntlyburn House  
Melrose  
TD6 9BP

Home economics teachers have contact with all first and second year pupils. Aims to work with local home economic teachers to identify issues in relation to nutrition on which they would like further information and resources; to provide information on current nutrition/health promotion issues; to deliver training based on above.

**Key activities and achievements**
In-service training at each session available. Contact with teachers to review nutrition element of food and health curriculum.
Johnstone West Food Co-op

Contact: William Scarff
78 Dundonald Avenue
Johnstone
PA5 0NA

To provide cheap and healthy foodstuffs for its customers who are mainly from an area for priority treatment and consist of senior citizens, disabled people, sick, one parent families and unemployed. Fresh milk, fruit and vegetables are available on the three mornings per week that we open.

Key activities and achievements
Customers are now realising the advantages of shopping with the co-op and membership is increasing and sales are improving every week.

Kaimhill Community Coffee Bar

Contact: Hamish Cattanach
Kaimhill
Pitmedden Terrace
Aberdeen
AB1 7HR
Tel: 01224 316356

Key activities and achievements
Continuing to provide a service.

Kemnay Fit Food Project

Contact: Naida Sneddon
Community Education, Kemnay Academy
Bemner Way
Kemnay
AB51 5FW

To encourage people to eat healthily on a low budget through the provision of a food co-op, provision of simple low cost recipes, cookery demonstrations and taster sessions; to provide advice and support, help with basic literacy and numeracy skills.

Key activities and achievements
Still in early stages of development but pleased with the number of people using the project.
Kirkmichael Food Co-op

Contact: William Harkin
41 Kirkmichael Road
Helensburgh
G84 7NJ
Tel: 01436 676608

To provide affordable wholesome food to the low income families in the area and to promote healthy eating options.

Key activities and achievements
To provide a central information point. To provide affordable food. Through the food co-op people are now attending further education courses.

Kirkshaws Neighbourhood Centre

Contact: William McBride, Community Worker
7 Ellismuir Street
Kirkshaws
Coatbridge
ML5 5BE

To provide a community drop-in café that offers a service of healthy foods to all sections of the community at a reduced rate.

Key activities and achievements
Providing healthy food at a reduced price to local community.

Knightsbridge Neighbourhood Network

23 Graham Way
Knightsbridge
Livingston
EH54 8LE
Tel: 01506 439430
Fax: 01506 439430

The project provides (through a range of services), a support network for the local community. This is done with the help of local volunteers and in liaison with Health and Social Services and other voluntary agencies.
Langlees Community Flat Resource Centre

14 Striven Drive
Langlees
Falkirk
FK2 7UL
Tel: 01324 638584

A community flat which operates a food co-op lunch club, meal delivery to housebound and elderly people, garden and DIY hire, women's interest group, arts and crafts, sugarcraft, housing surgery etc.

Life Programme – Horticulture

Contact: Catriona McLean
Highland Region Development Department
Kings House
Portree, Isle of Skye
IV51 9BS
Tel: 01478 612477

To show that fruit and vegetables can be grown outside in Skye and Lochalsh. Four sites of half an acre each were established and are proving successful. A coordinator helped with the marketing of the produce.

Key activities and achievements
Showing that fruit and vegetables can be grown in the area. Stimulating an interest in horticulture.

Lin craig Youth Café

Contact: Yvonne Conning
Health Promotion
7 Dudhope Terrace
Dundee
DD3 6HG
Tel: 01382 228213

Youth Café for young people, run by young people with the support of a part-time worker. Provides cheap and nourishing food for young people in an area of social priority.
**Lite Bite Healthy Eating Café**

**Contact:** Brian Chaplin  
Health Promotion Department, Western Isles Health Board  
37 South Beach Street  
Stornoway  
HS1 2BB  
Tel: 01851 702997  
Fax: 01851 704405

A café open from 11.45am–2.00pm, Monday to Friday, term time as was established in premises by Community Education in Stornoway. The café is aimed at school age young people and carries a limited range of healthy eating options at cheap prices.

**Key activities and achievements**
The café is staffed by a project assistant, all with special needs, who treat the placement as a work experience. They work in pairs each day and there are six of them.

**Look Lively Eat Wisely Healthy Eating Award**

**Contact:** Mairi Wotherspoon  
Health Promotion Dept  
Royal Northern Infirmary  
Inverness  
IV3 5SF  
Tel: 01463 230600

Aim to aid simple lifestyle changes by making the healthier choice the easier choice, for all sectors of the population. By encouraging caterers to participate in the Healthy Eating Award Scheme. To assess applicants and where applicable advise and initiate changes to satisfy the criteria of the award.

**Key activities and achievements**
Sixteen awards have been made plus six repeat awards.

**Mastrick Young Unemployed Project**

**Contact:** Kate Guyan  
Lang Stracht  
Aberdeen  
AB2 6JA  
Tel: 01224 208171

Project for 16–25 year olds who are unemployed or not in full-time employment.

**Key activities and achievements**
Developing self-confidence, assertiveness and communication skills among users of the project.
Milton Unemployed Community Resource Centre’s Food Co-op

Contact: Ann Cooper
460 Ashgill Road
Glasgow
G22 7HJ

Project provides information, advice, counselling, assistance and support to unemployed people and their families. Also tries to make resources available to enable them to develop educational, recreational, self help, employment or business activities. Encourages the fullest possible involvement of members in the management, functions and activities of the centre. The food co-op is one such self-help initiative.

Monklands Federation of Food Co-ops

Contact: Tom Murphy
15/17 Renfrew Street
Kirkwood
Coatbridge
ML5 5RL
Tel: 01236 420600

Coordinating body bringing together four food co-ops in local area. Providing access to good quality fresh produce at affordable prices. Provides delivery service to housebound and elderly people. Attempting to establish healthier eating patterns.

Key activities and achievements
Home delivery service, service and promote four food co-ops, promote healthy eating.

Newtown St Boswell’s Promoting Health in Later Life

Contact: Lorna Hall and Sheena Lawrie
c/o Health Promotion Huntlyburn House
Melrose
TD6 9BP

To improve and maintain the health of older people in the community in the Newtown St Boswell’s area by means of health related activity reviews. To promote the concept of positive ageing with and for older people. Objectives: To provide accessible and accurate information to older people about healthier eating and accident prevention.

Key activities and achievements
About to appoint a seminal worker.
**North Ayr Food Co-op**

*Contact:* Ian McAvoy  
Dalmilling and Whitletts Community Centre  
Westwood Avenue  
Ayr  
Tel: 01292 264578

Food Co-op is open Tuesday and Wednesday mornings in local community centre. It provides fresh fruit and vegetables on a pre-order basis and also stocks a range of packed and tinned groceries and household goods.

*Key activities and achievements*  
Held a food taster open day in 1995 in conjunction with Community Dietician and produced own recipe booklet.

**North Ayr Food Group**

*Contact:* Irene Faulds  
4E Oakwood Avenue  
Ayr

Pre-order food co-op which supplies fresh fruit and vegetables and a range of tinned and dried produce. Aims to provide cheaper healthy fresh food to its members through bulk buying; to foster spirit of self-help to enhance quality of life; to develop educational opportunities; to organise food co-op activities on non-profit making basis.

*Key activities and achievements*  
Promoting healthier eating within a limited budget.

**North Coast Community Enterprises Ltd**

*Contact:* Pat Rodlin Meg Telfer  
12 Lotts Skerry  
Thurso  
KW14 7TH  
Tel: 01641 2450

Community Enterprise supporting any initiative aimed at improving community sustainability on the north coast of Sutherland. One of the main aspects of the work is the sale of animal feed, produce and products that are grown locally.

*Key activities and achievements*  
To have reduced considerably the cost to crofters of animal feed and improved its availability thus ensuring better quality and better prices.
North West Dumfries and Dickshill Community Health Project

32 Lochside Road
Lochside
Dumfries
DG2 0LW
Tel: 01387 253782

To promote health in its widest sense through educational activities with individuals and groups to encourage participation in activities and campaigns that aim to alleviate disadvantage in the urban area from a community development approach.

Number Twenty Women's Centre

Contact:  Zoe Hoppe, Senior Social Worker
          20/1 Muirhouse Park
          Edinburgh
          EH4 4RR
          Tel: 0131 336 5111

Number 20 is a centre for women of all ages with or without children offering individual support, counselling, and advice to women. Aims to provide varied opportunities to enable the women to discover talents, share vulnerable experiences and learn new skills. Also aims to enhance women's confidence in themselves and in their role as carers.

Ollaberry Shop

Contact:  Catherine Dunn
          Ollaberry
          Shetland
          ZE2 9RT
          Tel: 01806 4211

Community owned shop and filling station.

Key activities and achievements
In 8 weeks achieving a steady weekly turnover of £5,000.
**One Parent Families Scotland (Thursday Lunch Club)**

*Contact:* Jean Russell  
101 Whitfield Drive  
Dundee  
DD4 0AG  
Tel: 01382 501972

To meet weekly as a lunch club in the premises of One Parent Families Scotland (OPFS) for a 10 week period. To plan a menu with lunch club members from a selection of low cost healthy meals for families. To monitor the group throughout the 10 week period and evaluate its progress with quizzes and questionnaires.

**Onthank Food Co-op**

*Contact:* Billy Sullivan  
Combine Community Projects  
51-55 Campbeltown Drive  
Kilmarnock  
KA3 1JP

Food co-op providing cheap and healthy food for people in the community including a delivery service for elderly and disabled people.

*Key activities and achievements*  
Building up a steady membership and providing a delivery service for elderly and disabled people.

**Orbiston Neighbourhood Centre**

*Contact:* Irene Gibson, Project Leader  
Busby Road  
Bellshill  
ML4 2BN  
Tel: 01698 842215

ONC aims to encourage and develop a sense of community for all as a practical expression of and witness to Christ’s love (Mission Statement). Runs a food co-op and community café.

*Key activities and achievements*  
The project is well ahead of time. It has more than half of its objectives in place already.
Parent and Toddler Healthy Eating Project

Contact: Mrs Maureen Watson
19A Ainslie Place
Muirton
Perth
PH1 5DF
Tel: 01382 501972

A group of parents and toddlers who meet on a Tuesday morning to have a healthy low cost lunch. Organises outings to health education establishments and have speakers on a variety of health topics.

Key activities and achievements
Providing a low cost healthy eating venue. Visiting educational establishments and getting speakers.

Plains Food Co-op

Contact: Anne McIllduff
c/o 171 Main Street Plains
By Airdrie
ML6 7JQ
Tel: 01236 842123

Plains Food Co-op has 400 members and opens 2 days per week to provide low cost food to its members.

Key activities and achievements
Has its own premises, trades to the public 2 days, home delivery service to elderly people.

Possil/Parkhouse Community Health

Ardoch House, 25 Ardoch Street
Possilpark
Glasgow
G22 5QG
Tel: 0141 336 4667
Fax: 0141 336 4667

Community based project working with local groups/individuals to address locally identified health needs and issues. Working to the principles of Health For All, ie Empowerment, Equity, Collaboration, Participation, Primary Health Care.
**Print*feld Community Project**

*Contact:* Kit Trail  
11a Printfield Walk Woodside  
Aberdeen  
AB2 2AU

To help families on low incomes and offer healthy and cheaper products.

*Key activities and achievements*  
New facility in the area.

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**Queenslie Food Group**

*Contact:* Mrs P Cochrane  
5 Penston Road  
Glasgow  
G33 4AB

To provide quality food at affordable prices. To promote healthy eating. To distribute welfare goods eg milk tokens and general health information.

*Key activities and achievements*  
Successful turnover. Valuable community resource.

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**Redburn Vineburgh Community Café**

*Contact:* Mrs Jane Gaw  
Dickson Drive  
Irvine  
KA12 9ER  
Tel: 01294 311279

Offers a relaxed atmosphere while eating a low cost meal which everybody can afford.

*Key activities and achievements*  
A full calendar of functions, ie weddings, engagements, birthdays, as well as full daily catering to groups within the centre.
**Riccarton Food Co-op**

*Contact:* William Gemmel  
c/o 42-48 Barnwell Road  
Kilmarnock  
KA1  
Tel: 01563 523654

To provide inexpensive food to people in the area. To promote healthy eating.

*Key activities and achievements*  
Has supplied inexpensive foods.

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**Riverview Centre**

*Contact:* Gordon McCrae  
3 Mansion Avenue  
Port Glasgow  
PA14 6QP  
Tel: 01475 786739

To alleviate problems of poverty, deprivation and unemployment in the area. To regenerate the Kelburn/ Woodhall community by improving the physical amenities in the area. To provide a base for a range of social and economic initiatives by the voluntary sector; a community laundrette, café, well woman clinic, adult education and information point.

*Key activities and achievements*  
Bringing together the community to be active in tackling problems they see in their community, ie lack of training courses, information and advice on a number of issues.

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**Rural Food Poverty**

*Contact:* Anne Woodcock  
Tayside Health Promotion  
7 Dudhope Terrace  
Dundee  
DD3 6HG  
Tel: 01382 228213

Research into the difficulties of eating a healthy diet on a low income in rural areas of Tayside.
**Rutherglen and Cambuslang Unemployed Workers Centre**

**Contact:** John Dunipace, Coordinator  
Victoria Street  
Rutherglen  
G73 1DT  
Tel: 0141 647 0331

**Key activities and achievements**

Provision of low cost meals to the unemployed.

**Saltcoats Neighbourhood Access Project (SNAP)**

**Contact:** Mrs Elizabeth Thomson  
Wheatley Road  
Saltcoats  
KA21 6ES

To promote education and health. To foster community spirit and a sense of achievement. To provide a contact point for people seeking help and advice. To refer people to appropriate local organisations where necessary. To provide facilities for recreation and leisure activities.

**Key activities and achievements**

Running a varied programme with youth groups, adult education courses, hobbies groups, drop-in groups, craft courses; achieve participation and positive feedback.

**Schools Nutrition Action Group**

Dalgety Bay  
Tel: 01383 825280  
Fax: 01382 822049

Aims to introduce to one secondary school and its associated primary schools a food and health policy by adopting the Schools Nutrition Action Group (SNAG) system to achieve this. The aims of the SNAG groups could be to help towards providing a health promoting environment in school, to form a school based healthy alliance between teachers, pupils and catering, ensure consistent messages between classroom and canteen, tuckshop and vending machines, to market and promote healthy choices and ensure that consumers and providers are involved.
SNAGS – School Nutrition Action Groups

Contact: Lynda Wilde, Pam Lindsay, Dental Health Promotion
Ayrshire Central Hospital
Irvine
KA12 8SS

School based alliances in which staff, pupils and caterers, supported by health professionals work together to review and expand the range of food and drink provided in schools via tuck shops, vending machines, the midday meal, catering at social functions and also breakfast provision.

Key activities and achievements
Launch of initiative within Kilmarnock Academy; provision of healthy snack bar in Ayr Academy – on site catering facilities.

St Paul’s Community Project

Contact: Russell McLarty
30 Langdale Street
Glasgow
G33
Tel: 0141 770 8559

Runs a Monday lunch club, afternoon club and home visits provided by participants on training for work and volunteers. Participants and volunteers are provided with quality training including catering skills, computer skills, first aid. A fruit and vegetable co-op ran for 6 months but is no longer in operation.

Key activities and achievements
Running the lunch club for 18 months, Monday afternoon club, home visits 6 months, fruit and vegetable co-op.

Stevenston Food Co-op

Contact: John MacDonald
Social Work Department
41 Kinnier Road
Saltcoats
KA21 5QG

Community based group operating a food cooperative

Key activities and achievements
Allowed competition and brought inflated prices down.
'Teatime' Kirkcaldy

Contact: Fiona Burrell
77 Kirkbank Road
Burntisland
Fife
KY3 9JA
Tel: 01592 873364

Pilot project: To develop basic cooking skills of nursery mothers; nursery staff can support mothers in an informal atmosphere; social outings, eg swimming, tumbletots, for mothers and children which may not occur at home due to costs, lack of transport and lack of motivation.

Key activities and achievements
Learning new cooking skills, eg homemade bolognese.

'Teatime' Lower Methil

Contact: Fiona Burrell
77 Kirkbank Rd
Burntisland
Fife
KY3 9JA
Tel: 01592 873364

Healthy eating on a budget: A practical 2 hours in which parents cook tea for themselves and children under the guidance of a coordinator. Food costs were met by parents, therefore budgeting was seen to be done. To enhance and teach cooking skills in a child free atmosphere being responsible for food hygiene handling.

Key activities and achievements
Parents practising their cooking skills at home. Social interaction of parents in a child free zone.
**The Food Train**

*Contact:* Jim Byers  
70 Buccleugh St  
Dumfries  
DG1 2AA  
Tel: 01387 250793

A weekly shopping list collection and delivery service for elderly and housebound people which aims to relieve the aforementioned or carers of the physical inconvenience of shopping trips and to save them money. No travelling or travel costs. No carrying. Greater choice of products from supermarket. Improved quality of produce. Better prices.

*Key activities and achievements*  
Fulfilling aims for 20 of the target group and securing funding for the next three years.

**The Larkfield Youth Cafe Project**

*Contact:* Miss Clare Whiston  
Kylemore Terrace  
Greenock  
PA16 0RY  
Tel: 01475 638582

Healthy eating cafe which involves young people in the management process. Create entertainment. Youth enquiry service.

*Key activities and achievements*  
Larkfield Youth Unemployment Initiative providing skill base and skill seekers training in catering for up to six young people who have special needs.

**Vale of Leven Health Promotion Project**

*Contact:* Ingram Corcoran, Project Coordinator  
c/o Polaroid UK Vale of Leven Industrial Estate  
Dumbarton  
G82 3PW  
Tel: 01389 712235

Aims to help local people to help themselves to better health through working in three key settings: education, community and workplace. The priorities worked to are set by Strathclyde Region on their Social Strategy and the Scottish Office as outlined in *Scotland's Health: a challenge to us all.*

*Key activities and achievements*  
Received 1994 Argyll and Clyde Health Action Award.
**Wester Hailes Health Project**

6 Hailesland Place  
Edinburgh  
EH14 2SL  
Tel: 0131 442 4387

**Western Isles Food and Health Group**

**Contact:** Janet Cameron  
Dietetics Services  
Western Isles Hospital  
Stornoway  
Tel: 01851 704704

Implementation of findings of research.

**Westfield Park Community Centre**

Westfield Street  
Falkirk  
FK2 9DT  
Tel: 01324 611768

To organise groups/clubs for infants straight through to senior citizens. Local gathering place for local members. Lunch club; food co-op. Self-build project; food co-op; first aid training.

**Westhorne Food Co-operative**

**Contact:** Jim Lister or Bill Emerson  
c/o 57 MacDuff Street, Newbank, Parkhead  
Glasgow  
G31 4PJ  
Tel: 0141 554 7319

Provides basic nutritional foodstuffs as cheaply as possible to people with low disposable income. Aim to improve health and nutritional standards and reduce food poverty. Particular focus on people who need these facilities because of their youth, infirmity or disablement, age poverty or social and economic circumstances. Also promotes employment and training prospects. See report of food co-op for further details.

*Key activities and achievements*
Attracting funding and holding on to volunteers.
Whitfield Health and Information Project

Contact: Sheila McMahon
118 Whitfield Drive
Dundee
DD4 0DX

Provides a drop-in, understandable and accessible advice and information service to the local community. Supports health discussions and activity groups to provide education, reduce isolation and build local networks. Volunteer development allows for the expansion of services whilst giving people skills and confidence. Current initiatives include an area community health newsletter and the formation of a fresh fruit and vegetable co-op.

Key activities and achievements
Setting up and maintaining health discussion and activity groups. Increasing usage of all services, starting up community health newsletter, starting up fresh fruit and vegetable co-op.

Wholefood Shop

Contact: Maureen Jaffrey
Garioch Community Education Centre
Chelsea Road
Inverurie
AB51 9QZ

To provide small quantities of dried food at low prices.

Key activities and achievements
Still being in existence after 10 years. Having regular users who still view the project as being worthwhile.

Wholefood Shop

Contact: Faye Gagel-Panchal C.E.W.
Northfield Community Education Centre
Byron Square, Northfield
Aberdeen
AB2 7LL

Main aim is to provide low cost staples to low waged people and pensioners. The shop is run twice weekly by volunteers. Healthy wholefood items bought wholesale in conjunction with Aberdeen Central Food Coop. A small percentage is added onto the price which covers shortfall through occasional wastage. Items are bagged in small amounts and sold in quantities required by customers.

Key activities and achievements
Shop is run on a small scale with minimal support. Current volunteers unable to commit more than minimum time therefore no real advancement.
Wise Up To Food

Contact: Jeremy Voaden (Young People Specialist)
Shetland Health Promotion
Brevik House, South Rd
Lerwick
ZE1 0RB
Tel: 01595 743084

To encourage school pupils to increase the range of food they eat, in particular fruit and vegetables. To encourage school meals staff and teaching staff to work together towards this shared goal. Food coded as builder, filler, protection. Teaching staff through theory in the classroom and kitchen staff through labelled food in the servery. Supportive materials available. Shifts in percentages at meal times are monitored.

Key activities and achievements
Marked increase in food chosen and fruit and vegetables consumed when project running. Liaison and communication problematic.

Work Resource Centre

Contact: Janet Davies
14 Bon Accord Crescent Lane
Aberdeen
AB1 2DF

The project aims to support people who have a learning disability in their goal to find suitable employment and offers training and experience in the skills necessary. The course Food Choices was the result of observing that weight maintenance is a challenge to many of the service users. This affects ability to maintain employment.

Key activities and achievements
Increased awareness.

Workers Educational Association Fife

Contact: Kay Lynch
25 Main Street
Lumphinnans

Adult education for people who have experienced barriers to learning due to social, economic or educational disadvantage. Some courses cover healthy eating, budget cookery, eating disorders, eating on a budget for over 50s, etc.

Key activities and achievements
Improvements in cooking skills, greater awareness of relationship health and food choice, increased ability to eat healthily on a low budget, more enjoyment of good quality food.
Appendix 1: Types of Initiatives

For ease of reference we have categorised the initiatives into various types of project. This should make it easier for you to identify other projects that are either working on similar lines or doing something you would like to find out more about.

Food co-ops and mobile delivery systems

Bulk buying schemes offering benefits to their members, often a particular target group. Mainly individual food co-ops in local communities. Some run delivery services for vulnerable groups such as elderly or housebound.

<table>
<thead>
<tr>
<th>Bargeddie Food Co-op</th>
<th>Barra Community</th>
<th>Co-op Barri Grub</th>
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<tbody>
<tr>
<td>Bingham Bulk Buy</td>
<td>Broomhouse Food Project</td>
<td>Calder Food Co-op</td>
</tr>
<tr>
<td>Cambuslang UCRC Food Co-op</td>
<td>Clovenstone Food Co-op</td>
<td>Craigneuk and Wishawhill Food Co-op</td>
</tr>
<tr>
<td>Dalkeith District Food Co-op</td>
<td>Deals on Wheels Food Co-op</td>
<td>UCRC Food Co-op</td>
</tr>
<tr>
<td>Fast Fruit</td>
<td>Ferguslie Women’s Food Poverty Group</td>
<td>Fit Fine Food/Fersands Food Co-op</td>
</tr>
<tr>
<td>The Food Train</td>
<td>Johnstone West Food Co-op</td>
<td>Kennay Fit Food Project</td>
</tr>
<tr>
<td>Kirkmichael Food Co-op</td>
<td>Knightsbridge Neighbourhood Network</td>
<td>Langlees Community Flat Resource Centre</td>
</tr>
<tr>
<td>Milton UCRC Food Co-op</td>
<td>Monklands Federation of Food Co-ops</td>
<td>North Ayr Food Group</td>
</tr>
<tr>
<td>North West Dumfries and Dickeyhill Community Health Project</td>
<td>Ollaberry Shop</td>
<td>Onthank Food Co-op</td>
</tr>
<tr>
<td>Prinfield Community Project</td>
<td>Queenslie Food Group</td>
<td>Riccarton Food Co-op</td>
</tr>
<tr>
<td>Ruchill UCRC Food Co-op</td>
<td>Stevenson Food Co-op</td>
<td>Westhorpe Food Co-op</td>
</tr>
<tr>
<td>Whitfield Health and Information Service</td>
<td>Wholefood Shop (Inverurie)</td>
<td>Wholefood Shop (Northfield)</td>
</tr>
</tbody>
</table>

Food co-op development projects

These projects support a group of food co-ops in their area with services such as bulk buying, delivery services, central premises, administrative services, health education work, and volunteer training.

<table>
<thead>
<tr>
<th>Aberdeen Food Co-op Network</th>
<th>Castlemilk Food Co-op Development Project</th>
<th>Edinburgh Healthy Eating and Food Co-op Development Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fast Fruit</td>
<td>Govan Healthy Eating Project</td>
<td>Greater Easterhouse Consumer Project</td>
</tr>
</tbody>
</table>
Food groups and local action

This category includes local food groups who are looking at food issues in their area, and often going on to develop new services or to lobby for service improvements. General community health projects are also included, as many support local groups who have identified food poverty as an issue of local concern, and are developing proposals for local action.

<table>
<thead>
<tr>
<th>Broomhouse Food Project</th>
<th>Burnfoot Community Health Project</th>
<th>Clydebank Diabetic Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Food Workshop</td>
<td>East End Health Action</td>
<td>Feel Good Papay Westray</td>
</tr>
<tr>
<td>Ferguslie Community Health Project</td>
<td>Ferguslie Women's Food Poverty Group</td>
<td>Food Action Group Drumchapel</td>
</tr>
<tr>
<td>Govan Healthy Eating Project</td>
<td>Greater Easterhouse Community Health Project</td>
<td>Healthy Castlemilk</td>
</tr>
<tr>
<td>Help Yourself to Health</td>
<td>North West Dumfries and Dickshill Community Health Project</td>
<td>Pitlochry Community Health Project</td>
</tr>
<tr>
<td>Possil/Parkhouse Community Health Project</td>
<td>Rural Food Poverty</td>
<td>Vale of Leven Health Promotion Project</td>
</tr>
<tr>
<td>Wester Hailes Health Project</td>
<td>Western Isles Food Health Group</td>
<td>Whitfield Health and Information Service</td>
</tr>
</tbody>
</table>

Cooking skills

Local initiatives which offer practical cooking, shopping and budgeting skills within a group setting. Some are run by community based initiatives, others offered as a service by statutory agencies such as health boards and local authorities within a community setting.

<table>
<thead>
<tr>
<th>Barri Grub</th>
<th>Community Healthy Eating Worker</th>
<th>Cooking in Craigmillar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cookwise in Cumnock and Doon Valley</td>
<td>Edinburgh Healthy Eating and Food Co-op Development Project</td>
<td>Fit Food</td>
</tr>
<tr>
<td>Get Cooking</td>
<td>Govan Healthy Eating Project</td>
<td>Healthy Castlemilk</td>
</tr>
<tr>
<td>Healthy Eating on a Budget (Dingwall)</td>
<td>Healthy Eating on a Budget (Dunfermline)</td>
<td>Healthy Eating for the Partially Sighted</td>
</tr>
<tr>
<td>Healthy Nosh for Less Dosh</td>
<td>'Teatime' Kirkcaldy</td>
<td>'Teatime' Lower Methil</td>
</tr>
<tr>
<td>Vale of Leven Health Promotion Project</td>
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</tbody>
</table>

Health education classes

A selection of the vast number of health education classes and courses run in Scotland is included, demonstrating how food issues can be considered within wider discussions about health issues.

<table>
<thead>
<tr>
<th>Community Education (City of Edinburgh)</th>
<th>Community Education (Cumnock and Doon Valley)</th>
<th>Health Help for All</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newtown St Boswells Promoting Health</td>
<td>North West Dumfries and Dickshill Community Health Project</td>
<td>Parent and Toddler Healthy Eating Group</td>
</tr>
<tr>
<td>WEA Fife</td>
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</tr>
</tbody>
</table>

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## Community cafés and lunch clubs

This includes both stand alone cafés and community cafés which are based within community or resource centres. Some cater for targeted groups such as young people or the elderly, others the general population. Lunch clubs are also included here.

<table>
<thead>
<tr>
<th>Auchtermuchty Community Centre Café</th>
<th>Buckie Community High School Coffee Bar</th>
<th>Broomlands Age Concern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Castlemilk UCRC Café</td>
<td>Cult Community Education Centre</td>
<td>Dick's Hill Resource Centre</td>
</tr>
<tr>
<td>Edinburgh Family Services Unit</td>
<td>Kaimhill Community Coffee Bar</td>
<td>Langlees Community Flat Resource Centre</td>
</tr>
<tr>
<td>Larkfield Youth Café Project</td>
<td>Lin craig Youth Café</td>
<td>One Parent Families (lunch club)</td>
</tr>
<tr>
<td>Orbiston Neighbourhood Centre</td>
<td>Redburn Community Café</td>
<td>Riverview Centre</td>
</tr>
<tr>
<td>St Paul's Community Project</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Family/community centres

A number of initiatives are primarily running a local family or community centre for its own client group. Food is tackled either through practical services such as a cafe or small food co-op, or through food issues groups and healthy eating sessions.

<table>
<thead>
<tr>
<th>Craigend Resource Centre</th>
<th>Family Centre Nutrition Session</th>
<th>Inverness Family Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kirkshaws Neighbourhood Centre</td>
<td>Langlees Community Flat Resource Centre</td>
<td>Mastrick Young Unemployed Project</td>
</tr>
<tr>
<td>Number Twenty Women's Centre</td>
<td>Orbiston Neighbourhood Centre</td>
<td>Westfield Park Community Centre</td>
</tr>
<tr>
<td>Work Resource Centre</td>
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</tr>
</tbody>
</table>

## Other types of initiative

There are many other food related initiatives which are being developed in Scotland. Many – particularly those being run in schools – are not technically community initiatives, but will impact on the community within its catchment area. They are included to demonstrate other work which is going on in the country, and to give ideas for initiatives that could be developed in your local area.

<table>
<thead>
<tr>
<th>Borders Breastfeeding Initiative</th>
<th>Consumer Advice Centre (Tesco)</th>
<th>Good Food Good Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Promoting School</td>
<td>Healthy Eating Tuck Shop</td>
<td>Life Programme – Horticulture</td>
</tr>
<tr>
<td>Look Lively Eat Wisely</td>
<td>North East Coast Community Enterprises</td>
<td>Saltcoats Needs Assessment Project</td>
</tr>
<tr>
<td>School Nutrition Action Groups</td>
<td>SNAGs (Fife)</td>
<td>Wise Up to Food</td>
</tr>
<tr>
<td>Health promotion unit contact</td>
<td></td>
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<tr>
<td><strong>Appendix 2:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Argyll and Clyde</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ferguslie Community Health Project</td>
<td></td>
<td></td>
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<tr>
<td>Ferguslie Women's Food Poverty Group</td>
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</tr>
<tr>
<td>Johnstone West Food Co-op</td>
<td></td>
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<tr>
<td>Ayrshire and Arran</td>
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<tr>
<td>Broomlands Bourtreehill Age Concern</td>
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<tr>
<td>Community Education Service - Cumnock and Doon Valley Area</td>
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<tr>
<td>Cookwise in Cumnock and Doon Valley</td>
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<tr>
<td>North Ayr Food Co-op</td>
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<tr>
<td>North Ayr Food Group</td>
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<tr>
<td>Onthank Food Co-op</td>
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<tr>
<td>Redburn Vineburgh Community Café</td>
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<tr>
<td>Riccarton Food Co-op</td>
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</tr>
<tr>
<td>Saltcoats Neighbourhood Access Project (SNAP)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SNAGS – School Nutrition Action Groups</td>
<td></td>
<td></td>
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<tr>
<td>Stevenston Food Co-op</td>
<td></td>
<td></td>
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<tr>
<td>Borders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Borders Breastfeeding Initiative</td>
<td></td>
<td></td>
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<tr>
<td>Burnfoot Community Health Project</td>
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<tr>
<td>Family Centre Nutrition Sessions</td>
<td></td>
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</tr>
<tr>
<td>Home Economics – Resource Development and Update Sessions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newtown St Boswells Promoting Health in Later Life</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dumfries and Galloway</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dick’s Hill Resource Centre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>North West Dumfries and Dickshill Community Health Project</td>
<td></td>
<td></td>
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<tr>
<td>The Food Train</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fife</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Auchtermuchty Community Centre Café</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy Eating for the Partially Sighted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healthy Eating on a Budget</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Schools Nutrition Action Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Teatime’ Kirkcaldy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>‘Teatime’ Lower Methil</td>
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<td></td>
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<tr>
<td>Workers Educational Association Fife</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forth Valley</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Langlees Community Flat Resource Centre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Westfield Park Community Centre</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Jan Milburn/ Patrick Sweeney: 0141 842 7200
Amanda Taylor: 01294 274191
Clare Keenan/ Lorna Hall: 01896 662300
Sheila McGoran: 01387 241857
Susan Pollock-Squires: 01592 712812
T R Watkins: 01786 450010
Grampian
Aberdeen Food Co-op Network
Buckie Community High School Coffee Bar
Cults Community Education Centre
Fast Fruit (Now incorporated into new food coop)
‘Fit Fine Food’ Fersands Food Coop
Healthy Eating Tuckshop
Healthy Nosh for Less Dosh
Kaimhill Community Coffee Bar
Kemnay Fit Food Project
Mastrick Young Unemployed Project
Printfield Community Project
Wholefood Shop
Work Resource Centre

Greater Glasgow
Bargeddie Food Co-op
Cambuslang UCRC Food Co-op
Castlemilk Food Co-op Development Project
Castlemilk Unemployed C R C
Craignend Resource Centre
Cydebank Bulk Buy Union
Deals on Wheels Food Co-op
Drumchapel Unemployed Community Resource Centre
Food Action Group Drumchapel
Get Cooking
Govan Healthy Eating Project
Greater Easterhouse Community Health Project
Greater Easterhouse Consumers Project
Healthy Castlemilk
Kirkmichael Food Co-op
Milton Unemployed Community Resource Centre’s Food Co-op
Possil/Parkhouse Community Health Project
Queenslie Food Group
Riverview Centre
Rutherglen and Cambuslang Unemployed Workers Centre
St Paul’s Community Project
The Larkfield Youth Cafe Project
Vale of Leven Health Promotion Project
Westhorne Food Co-op

Highland
Healthy Eating on a Budget
Healthy Eating on a Budget
Life Programme – Horticulture
Look Lively Eat Wisely Healthy Eating Award
North Coast Community Enterprises Ltd
**APPENDIX 2**

**Lanarkshire**
Craigneuk and Wishawhill Food Co-op
Cumbernauld and Kilsyth UWCS
Help Yourself to Health
Kirkshaws Neighbourhood Centre
Monklands Federation of Food Co-ops
Orbiston Neighbourhood Centre

**Lothian**
Barri Grubb
Bingham Bulk Buy Food Co-op
Broomhouse Food Project
Calder Food Coop
Clovenstone Food Co-op
Community Education City of Edinburgh Council
Cooking in Craigmillar
Dalkeith District Food Co-op
East Lothian Voluntary Organisations Network (ELVON)
Edinburgh Family Services Unit
Edinburgh Healthy Eating and Food Co-op Development Project
Knightsbridge Neighbourhood Network
Number Twenty Women's Centre
Wester Hailes Health Project

**Orkney**
Feel Good Papay Westray
Good Food Good Health

**Shetland**
Ollaberry Shop
Wise Up To Food

**Tayside**
Community Food Workshops
Community Healthy Eating Worker
Consumer Advice Centre (Tesco)
Health Promoting in Schools Food Project
Lincraig Youth Café
One Parent Families Scotland (Thursday Lunch Club)
Parent and Toddler Healthy Eating Project
Rural Food Poverty
Whitfield Health and Information Project

**Western Isles**
Barra Community Cooperative
Lite Bite Healthy Eating Café
Western Isles Food and Health Group

**John Bostwell:** 01698 258800

**Anne McEwan:** 0131 536 9000

**Jill Deen:** 01856 885422

**Elizabeth Robinson:** 01595 743086

**Anne Woodcock:** 01382 228213

**Brian Chaplin:** 01851 702997 ext 158
### Appendix 3: Community food initiatives

Please fill in details about your project

<table>
<thead>
<tr>
<th>Project name:</th>
<th>Tel:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact:</td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td>Fax:</td>
</tr>
<tr>
<td>Town:</td>
<td>Local authority:</td>
</tr>
<tr>
<td>Postcode:</td>
<td></td>
</tr>
</tbody>
</table>

**Description:**

**Key activities and achievements:**

**Annual turnover:**

**Project funding** *(please give details of start-up and current sources of funding and amounts)*

<table>
<thead>
<tr>
<th>Start up</th>
<th>Current</th>
</tr>
</thead>
</table>

**Management** *(please give details of who manages the project)*

**Staff** *(please give details of numbers of paid members of staff and volunteers)*

<table>
<thead>
<tr>
<th>Paid staff</th>
<th>Volunteers</th>
</tr>
</thead>
</table>

Please give details of any other projects or organisations you are affiliated or associated with

<table>
<thead>
<tr>
<th>Project start date</th>
<th>Project end date</th>
</tr>
</thead>
</table>
### Appendix 3:

**Community food initiatives**

*Please fill in details about your project*

#### Priority Groups

<table>
<thead>
<tr>
<th>Adults</th>
<th>□</th>
<th>People in part-time employment</th>
<th>□</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>□</td>
<td>People in poverty</td>
<td>□</td>
</tr>
<tr>
<td>Elderly people</td>
<td>□</td>
<td>People in the workplace</td>
<td>□</td>
</tr>
<tr>
<td>Gay and lesbian people</td>
<td>□</td>
<td>People with disabilities</td>
<td>□</td>
</tr>
<tr>
<td>Families parents single parents</td>
<td>□</td>
<td>People with a mental health impairment</td>
<td>□</td>
</tr>
<tr>
<td>Homeless people</td>
<td>□</td>
<td>Primary care</td>
<td>□</td>
</tr>
<tr>
<td>Entire community</td>
<td>□</td>
<td>Professional groups</td>
<td>□</td>
</tr>
<tr>
<td>Ethnic minority</td>
<td>□</td>
<td>Unemployed people</td>
<td>□</td>
</tr>
<tr>
<td>Men</td>
<td>□</td>
<td>Victims of abuse or crime</td>
<td>□</td>
</tr>
<tr>
<td>Mothers</td>
<td>□</td>
<td>Women</td>
<td>□</td>
</tr>
<tr>
<td>Partially sighted people</td>
<td>□</td>
<td>Young people</td>
<td>□</td>
</tr>
</tbody>
</table>

#### Activities

| Food co-op | □ | Needs assessment | □ | Other |
| Nutrition and health education | □ | Home produce | □ |
| Cooking skills | □ | Delivery produce | □ |
| Information | □ | Lunch club | □ |
| Community café | □ | Retailer | □ |

#### Setting

| School | □ | Mobile resource | □ |
| Community or resource centre | □ | Supermarket or community shop | □ |
| Community flat | □ | Primary care | □ |
| Rural | □ | Urban | □ |
| Workplace | □ | |

### Evaluation (please give details of any evaluation of your project)

[Blank space]

### Publications (please give details of any publications relating to the project and their availability)

[Blank space]