



Healthy Food for All
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Healthy Food for All Newsletter – Vol 3 Issue 4 December 2009

Welcome to Healthy Food for All's newsletter. This newsletter is to act as an information resource for anyone interested in food poverty and the work of Healthy Food for All (HFfA). If you are holding an event, releasing a publication or would like your community or school food initiative featured in our next issue, please contact HFfA at info@healthyfoodforall.com.

Healthy Food for All News
Project Coordinator is leaving

Just to let you all know this is my last newsletter as I am moving to Northern Ireland where my husband is starting a new job. Thank you to everyone for all your help and support over the last year and for helping Healthy Food for All tackle food poverty across the island of Ireland – *Joanna, HFfA Project Coordinator*

Invitation to tender for evaluation of Demonstration Programme of Community Food Initiatives

Healthy Food for All (HFfA) invites proposals from suitably qualified individuals/organisations to conduct an evaluation of the **safe food**-funded, all-island Demonstration Programme of Community Food Initiatives. Evaluators will be contracted for a three year period, subject to annual review, to evaluate the success of the Programme against stated objectives and will be subject to a total maximum funding of €35,100/£32,000 (including VAT).

To register interest and to obtain tender documents or any further information please visit www.healthyfoodforall.com or contact Georgina Buffini, Development Worker for Demonstration Programme of Community Food Initiatives, Healthy Food for All, Clonliffe College, Dublin 3 at +353 (0)86 152 6569 or email gbuffini@healthyfoodforall.com.

Closing date for receipt of tenders is 5pm on Wednesday 06 January 2010.

New Website

Healthy Food for All has just launched its new website. The new website is more user friendly, and has specific pages for community, schools and policy, and a detailed publications page. Please visit our new site at: www.healthyfoodforall.com.

Demonstration Programme on Community Food Initiatives (All-island)

Seven projects (3 from Northern Ireland and 4 from Republic of Ireland) have been selected for the all-island Demonstration Programme of Community Food Initiatives (funded by **safefood**). The official launch will take place in Belfast on 27 January 2010. The selected projects will be funded for three years with the aim of identifying, supporting and creating models of best practice. There will be a strong emphasis on shared learning and networking between the projects. The lessons learnt from the selected projects will also be used to inform and support policy initiatives in relation to food poverty. To find out more check out our website www.healthyfoodforall.com.

Food In Schools Consultation (Northern Ireland)

The Department of Education and the Department of Health, Social Services and Public Safety have published consultation proposals in relation to their proposed Food in Schools policy. The consultation exercise seeks views on the draft policy which sets out the overall aims and objectives of the policy in relation to food in schools and describes the range of strategies and plans that are being put in place to deliver improved nutrition for our school children. The deadline was 11 December 2009. For further information see http://www.deni.gov.uk/index/85-schools/5-schools_meals/79-food-in-schools-policy-consultation.htm.

For HFfA's submission see our website www.healthyfoodforall.com under Policy>Policy Consultations.

HFfA's A Good Practice Guide for School Food Initiatives (Republic of Ireland)

Healthy Food for All is currently disseminating copies of *A Good Practice Guide for School Food Initiatives* throughout the Republic of Ireland. Hard copies of the guide have been disseminated to all DEIS primary schools, and postcards advertising the guide are being sent to all primary schools. The guide is also being distributed to dietitians and through family resource centres. If you would like to download a free copy of the guide go to our website www.healthyfoodforall.com, or if you would like to submit a case study, please contact us at info@healthyfoodforall.com. We are keen to hear about approaches that worked well, as well as obstacles experienced in setting up and running school food initiatives so we can bring these to the attention of policy makers.

HFfA's A Good Practice Guide for Community Food Initiatives (All-island)

Healthy Food for All's all-island *Good Practice Guide for Community Food Initiatives* is being finalised. The guide will offer advice on how to set up a Community Food Initiative, including funding, budgeting, staffing and evaluation, as well as offering advice on how to set up specific CFIs, such as a community café, a community food co-op, a farmers' market, a community food growing project, a breakfast club, an after-school club, a healthier school club and/or nutrition education and training. If you are currently involved in a community food initiative and would like your project to be considered as a

case study to supplement our on-line resources, please contact Joanna at info@healthyfoodforall.com.

Calling all CFIs: HFfA's All-island Community Food Initiatives Directory

Healthy Food for All are currently mapping Community Food Initiatives across the island of Ireland that help low-income groups. The Directory, which will be available on HFfA's website (www.healthyfoodforall.com), will give projects a forum to advertise their project; facilitate shared learning and best practice between projects; and, create awareness of what is going on both locally and in both jurisdictions. The idea is to create a comprehensive picture of the number of Community Food Initiatives currently in operation across the island of Ireland. If you would like to be included in our on-line All-island Community Food Initiatives Directory please contact Georgina at gbuffini@healthyfoodforall.com

Forthcoming Events

Food Values Pilot Study Feedback Seminar (Omagh)

The Western Health and Social Care Trust Community Food and Nutrition Team invite you to Food Values Pilot Study Feedback Seminar at The Silver Birches, Omagh on Tuesday 19 January 2010 from 10.00am – 1.00pm (followed by Lunch). For more information contact the Community Food and Nutrition Team at +44 (0)28 71 880221 or email Claire Holmes at: claire.holmes@westerntrust.hscni.net, Catherine Curran at catherinea.curran@westerntrust.hscni.net or Ann Gallen at: ann.gallen@westerntrust.hscni.net . Deadline for RSVP is 18 December 2009.

Publications

Growing Up in Ireland (Republic of Ireland)

Growing Up in Ireland: National Longitudinal Study of Children has just been released, and has some interesting information on children and food. In a study of the previous 24 hours, it showed 78% of children had eaten at least one portion of fruit, 73% had consumed at least one portion of cooked vegetables, but it also showed that 55% of children had eaten at least one portion of crisps and 74% of children had consumed at least one portion of biscuits/cake/chocolate. The results also show that children's consumption of different food types varies with the mother's education level. In addition, 5% of those in the lowest family income group do not eat breakfast regularly. For more information see <http://www.growingup.ie>.

Monitoring Poverty and Social Exclusion in Northern Ireland 2009

Joseph Rowntree Foundation has just updated their study on "Monitoring poverty and social exclusion in Northern Ireland", which states that around 20% of people in Northern Ireland live in low-income households, with around 25% of children living in poverty. For more information see <http://www.jrf.org.uk/sites/files/jrf/monitoring-poverty-northern-ireland-2009-summary.pdf>

Report on Visits to Food Projects in England, Ireland and Scotland

The report "Fabulous Food: A Summary of Visits to Food Projects in England, Ireland and Scotland 2008/09" by Claire Holmes, Senior Dietitian, Community Food and Nutrition Team, Western Health and Social Care Trust, has been published. Claire won the Community Nutrition Group Innovation Award for 2008 for the report. For more information, and to download the report, see www.cnguk.org/About%20CNG/N/CNG%20Innovation%20Award/

Spotlight on Dental Health Foundation (Ireland)

The Dental Health Foundation (DHF) is a small organisation that emerged from within organised dentistry in the late 1990s to form an independent body funded directly by the Department of Health and Children (DOHC). Since the formation of the Health Service Executive (HSE) they are now part funded by the HSE and DOHC.

The Foundation is a charitable trust governed by a Board of Trustees drawn from membership of both the public and private dental profession. The DHF has emerged as a unifying voice in the field of oral health promotion, working with a wide variety of interested parties to champion change. In 2007 an Advisory Committee was put in place to provide advice and guidance on existing and proposed work programmes, the committee meets on an annual basis.

The DHF, in partnership with the DOHC and the HSE has acted as a central facilitator and strategist in placing oral health issues and solutions on the national health agenda. It has also become a valuable resource within the healthcare sector for advice and tools to promote best oral health practices.

Risk factors for oral health include diet, alcohol, tobacco smoking, injuries and stress; these risk factors play a role in other diseases such as heart disease, cancers, obesity and periodontal disease. The common risk factor approach highlights the integrated nature of risk factors and their effects not only on oral health but on general health. Dental Health Foundation recognises and works in a coordinated fashion with other health promotion activities to focus on common risk factors.

The DHF's Work Plan for 2009-2010 includes

- Developing an Early Childhood Caries Initiative
- Creating Awareness of Oral Cancer
- Focusing on Centralising Consumer Information on Oral Health Matters
- Disseminating Oral Health Information for Carers of Older People.

For more information please visit: www.dentalhealth.ie

HFfA Newsletter Subscription

You can receive HFfA's newsletter direct to your inbox by subscribing on the HFfA website www.healthyfoodforall.com.

If you would like to unsubscribe from this mailing, please send an email to Joanna at info@healthyfoodforall.com.

Contact Us

Please contact Dr Joanna Wydenbach, Project Coordinator, at info@healthyfoodforall.com or +353 (0)86 770 8541 if you have any questions in relation to Healthy Food for All or the items in this newsletter.