



# Healthy Food for All

access | availability | affordability

August 2007

## Welcome to the Healthy Food for All Newsletter

### Good Practice Guide for School Food Initiatives

Healthy Food for All has commissioned the development of two guides which will act as a practical how-to resource for those wishing to establish, manage and deliver community and school food initiatives. The key focus is on the provision of healthy food. A draft copy of the Good Practice Guide for School Food Initiatives has been developed and circulated to a wide number of stakeholders for comment. All feedback is currently being reviewed and will be incorporated into the final draft of the guide. The Good Practice Guide will be made available to all schools on the island of Ireland later in the year.

### Networking - A Case Study

Limerick Food Partnership is a well-established collaboration of business, statutory agencies, communities and local government which seeks to improve peoples' health by increasing access to affordable, healthy food. The partnership co-ordinates and supports a number of projects, including school meals, a local food co-op and the mid-West Food Bank. A group of 10 people from Limerick Food Partnership visited the Ballybane Organic Garden to explore the potential for developing a garden project. The Ballybane Organic Garden was set up through the Galway Healthy Cities project in March 2006. The aim of the project is to provide a supportive environment where participants from the local area can learn about organic gardening processes. Advice and information are given at each stage from growing through to harvesting. Examples of foods grown include potatoes, corn, lettuce, tomatoes, scallions, coriander and runner beans. In addition, the Community Nutrition Department (HSE West) and Home Management Department (HSE West) provide nutritional education and cooking skills as part of the overall learning process of the project.

"This is the second year of the project and it is going really well" stated Paul Hayes from Ballybane Community Development project. "It's great to share our experience with other agencies doing similar work across Ireland" he added. Over 20 participants from Ballybane are involved in the project. They meet every Monday evening from 6.30pm – 8.30pm and Thursday morning between 10am and 12.30pm. People are welcome to come visit and become involved in the project.

"The visit was a great opportunity to see the organic garden project in operation" stated Liz Slattery from Limerick Food Partnership. "We hope to replicate this successful model in communities in Limerick". For further information contact Fiona Donovan on 091 548518 or email [Fiona.Donovan@main.hse.ie](mailto:Fiona.Donovan@main.hse.ie)

If you and your project are interested in visiting other community food projects contact Sinéad at [skeenan@healthyfoodforall.com](mailto:skeenan@healthyfoodforall.com)

## **New Publications**

### **FSA NI - Research into Food Poverty and Homelessness in Northern Ireland**

The Food Standards Agency in Northern Ireland published a report in July exploring the impact of poverty and social exclusion on the diet of people who are homeless in Northern Ireland. The research highlighted a number of barriers regarding healthy eating:

- Cost
- Education/Cooking Skills
- Lack of Appetite
- Other issues

The full report is available at:

<http://www.food.gov.uk/northernireland/researchni/ninutritionhomeless>

### **FSA UK - Low-Income Diet and Nutrition Survey**

New research published by the Food Standards Agency suggests that the dietary pattern of people living on a low-income are similar to those already identified in the general population. However it did note that people living on a low-income

- did not eat enough fruit and vegetables
- did not eat enough oily fish
- consumed higher amounts of saturated fat and sugar.

Further details and the full report can be found at:

[www.food.gov.uk/news/newsarchive/2007/jul/lowincome](http://www.food.gov.uk/news/newsarchive/2007/jul/lowincome)

### **Public Health Alliance for the island of Ireland**

The first report investigating the extent of food poverty in Northern Ireland will be published in November 2007. This report will make an important contribution to the knowledge base regarding food poverty and will influence how this issue is addressed both in Northern Ireland and on the island as a whole. The report was commissioned by safefood and seeks to document the current state of food poverty in Northern Ireland within the context of inequalities in dietary behaviour. It will also explore how food poverty relates to the current policy context.

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