



**Healthy Food for All**

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Healthy Food for All Newsletter – Vol 3 Issue 2 May 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 Food Initiative featured in our next issue, please contact Joanna at [info@healthyfoodforall.com](mailto:info@healthyfoodforall.com).

## News

### Vacancy - Development Worker

Healthy Food for All is now seeking a Development Worker to co-ordinate a 3-year Demonstration Programme on Community Food Initiatives (CFIs), funded by **safefood**. The post is being offered initially full time on a one year fixed term contract, subject to three months probation. The post will be located in Healthy Food for All's offices (based in Crosscare, Clonliffe College, Dublin), though the post will require visiting various locations on the island of Ireland to provide project support as and when required. The salary will be between €30,566 and €41,092 per annum depending on experience.

A detailed job description, information pack and application form are available to download at [www.healthyfoodforall.com](http://www.healthyfoodforall.com) or can be requested by telephoning Healthy Food for All at +353 (0) 86 770 8541/+353 (0)1 836 0011 or email at [cfi@healthyfoodforall.com](mailto:cfi@healthyfoodforall.com).

Closing date for completed applications is **Friday 19 June 2009 at 5.00pm**.

### Demonstration Programme on Community Food Initiatives

The funding call for the all-island Demonstration Programme on Community Food Initiatives (funded by **safefood**) is now **closed**. The applications are currently undergoing assessment. Five to seven Community Food Initiatives will be funded for three years with the aim of identifying/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.

### Calling all CFIs: All-island Community Food Initiatives Directory

Healthy Food for All are currently charting 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](http://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 nationally. The on-line Directory will be published in the form of a map, where the user can click onto a specific county and details about ongoing initiatives will appear. The idea is to create a comprehensive picture on the number of Community Food Initiatives currently in operation across the island of Ireland.

If you are currently running a Community Food Initiative and would like to be included in our on-line All-island Community Food Initiatives Directory please contact Joanna at [info@healthyfoodforall.com](mailto:info@healthyfoodforall.com).

### **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 nearing completion. 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 in the guide, please contact Joanna at [info@healthyfoodforall.com](mailto:info@healthyfoodforall.com).

### **A Good Practice Guide for School Food Initiatives (Republic of Ireland)**

A *Good Practice Guide for School Food Initiatives* for the Republic of Ireland will be launched in June, following which the Guide will be available in hard copy to all DEIS schools, as well to download on the HFfA's website ([www.healthyfoodforall.com](http://www.healthyfoodforall.com)). The guide offers advice on school food programmes, how to provide school lunches, how to set up breakfast and after-school clubs, how to plan a school food initiative, as well as how to devise a Healthy School Food Policy, including introducing healthier snacks and lunchboxes, the provision of water in schools and school growing projects.

### **School food: top marks in Northern Ireland**

School food: top marks programme, a school food initiative by the Department of Education (DE), the Department of Health, Social Services and Public Safety (DHSSPS) and the Public Health Agency was launched in March 2009. Schools have received a new manual entitled *School food: the essential guide*. This resource provides practical guidance in a series of booklets aimed at supporting all health professionals, teachers, pupils, caterers and others in implementing healthier eating and drinking in schools. It is also available in Irish.

Schools will also receive the guide for implementing the *Nutritional standards for school lunches* and *Nutritional standards for other food and drinks in schools*.

For further information please contact Jennifer McBratney, Food in Schools Coordinator, Public Health Agency Tel: +44 (0)28 9031 1611 or email [Jennifer.McBratney@hscni.net](mailto:Jennifer.McBratney@hscni.net).

### **New Healthy Food for All Website**

Healthy Food for All is currently updating its website ([www.healthyfoodforall.com](http://www.healthyfoodforall.com)). The new website will be more user friendly, and will have new features such as an All-island Community Food Initiatives Directory. The new website will be launched in June 2009.

### **Launch of “Credit Crunch Cookery” DVD (Derry, Northern Ireland)**

On 29 May 2009 an educational and information awareness DVD titled "Credit Crunch Cookery" will be launched at the Gasyard Healthy Living Centre, Derry, Northern Ireland. Funded by Western Investing for Health Partnership in collaboration with Bogside and Brandywell Health Forum and the Community Diet and Nutrition Team of the Western Health and Social Care Trust, the DVD will raise awareness among families on how they can buy quality nutritious food and cook a healthy meal on a budget. The DVD walks the viewer through the supermarket experience and then goes on to take them through the cooking of three meals for a family of four all for less than £10. The DVD will be distributed to homes in the TRIAX Neighbourhood Renewal Area of Derry as part of a wider range of initiatives addressing the issue of obesity prevention and healthy lifestyles. For more details please contact Brendan Bonner at [Brendan.Bonner@hscni.net](mailto:Brendan.Bonner@hscni.net).

### **Communicating to Make a Difference – First Workshop of the All-island Obesity Action Forum**

As part of its work, the All-island Obesity Action Forum is holding a series of stakeholder workshops on various obesity-related topics. The first of these takes place on Tuesday 16 June 2009 at the Ramada Encore Hotel Belfast. The workshop, titled ‘*Communicating to make a difference*’, will showcase examples of best practice from individuals to populations, retail and mass media perspectives as well as the challenges faced in communicating the shared issue of obesity on the island of Ireland. In addition to providing key networking opportunities, delegates are invited to exhibit and share their own initiatives with their colleagues from across the island of Ireland. The organisers are especially interested in showcasing the work of community projects and a limited number of bursaries are available to minimally resourced community and voluntary groups. Further details are available at: [www.safefood.eu](http://www.safefood.eu) or by contacting the Events Team on +353 (0)21 230 4100 or [events@safefood.eu](mailto:events@safefood.eu).

### **Little Steps campaign**

Launched in 2008, the “Little Steps” campaign was developed by **safefood** and the Health Service Executive (HSE) in consultation with a wide range of nutrition and physical activity professionals. The aim of the campaign is to support parents and guardians as positive role models for their children by showing that making small changes to food habits and physical activity, *little steps*, can have a big impact over time. With evidence suggesting that children’s eating habits mirror those of their parents and that children and

young people of normal weight parents are more likely to have a normal weight, *Little Steps* aims to encourage families to start replacing less healthy foods with healthier foods, and to be more physically active in their lives. For useful tips on healthier food shopping, different ways to get active as a family or just practical advice on how to deal with eating issues like snacks and treats, visit [www.littlesteps.eu](http://www.littlesteps.eu)

### **Special Feature on Food Initiatives – Dublin Food Bank**

The Dublin Food Bank was set up in 1989 by Crosscare to organise an effective redistribution of surplus goods donated by wholesalers, manufacturers and retailers. Leading companies donate regular supplies of fresh food, cereals, frozen food, soft drinks and domestic cleaning materials.

These products are stored in a modern purpose built warehouse with chill and deep freeze facilities. The Food Bank also coordinates with the Department of Agriculture, Food and Fisheries to distribute surplus supplies under the European Scheme PEAD. More than 30 voluntary organizations utilize the service for the provision of meals or family support. The Food Bank is managed by three full time and two part-time staff, and is backed up by volunteers who work on a daily roster basis. The well-known Food Bank van can be seen five days a week in the Dublin area collecting for the Bank. The Food Bank is open Monday to Friday from 9.00am to 4pm.

In 2007 the food bank collected over 670 tons of food and grocery products and stored these for redistribution to the charities that come to the bank. The concept of food banking originated in North America and is now a global movement. There are 218 operational food banks in 17 countries in Europe. Last year 289,000 tons of food products with an estimated value of €610 million were distributed by 26,000 charities. The food banks in Europe have formed a federation of food banks to promote the ideals that access to food is a social right and the destruction of food is unnecessary.

For more information on the Dublin food bank contact Valerie Cummins at +353 (0)1 836 5040. Email [vcummins@crosscare.ie](mailto:vcummins@crosscare.ie)

For more information on the European Food Banks please email: [feba@eurofoodbank.org](mailto:feba@eurofoodbank.org).

### **Spotlight on Border Counties Childcare Network (BCCN)**

The BCCN is a voluntary childcare organisation based in the Southern Border Counties, funded by the Office of the Minister for Children and Youth Affairs. The Network also receives a small amount of funding from the HSE.

Established in 1997, the Network exists to support the attainment of national quality standards in Early Childhood and After School services, working in collaboration with a range of other agencies. The Network supports services to improve the quality of their provision and practice by:

- Promoting the rights of all children under the UN Convention on the Rights of the child
- Developing and disseminating information to help improve all areas of service delivery

- Developing and delivering both in service and nationally certified training
- Providing coaching and mentoring support directly to services
- Facilitating access for services to Quality Accreditation Programmes
- Engaging in inter agency networking and collaboration
- Informing and influencing Government policy in the best interests of children, parents/families, communities and the childcare sector.

In promoting the attainment of quality standards, the BCCN aims to build the capacity of the childcare work force to enhance children's health, well being, learning and development. The Network has recently engaged with the HSE Dublin North East to deliver a major health promotion project in Pre- School services throughout the North Eastern Region.

### **HFfA Newsletter Subscription**

You can receive HFfA's newsletter direct to your inbox by subscribing on the HFfA website [www.healthyfoodforall.com](http://www.healthyfoodforall.com).

If you would like to unsubscribe from this mailing, please send an email to Joanna at [info@healthyfoodforall.com](mailto:info@healthyfoodforall.com).

### **Contact Us**

Please contact Joanna Wydenbach, Project Coordinator, at [info@healthyfoodforall.com](mailto:info@healthyfoodforall.com) or +353 (0)86 770 8541/+353 (0)1 836 0011 if you have any questions in relation to Healthy Food for All or the items in this newsletter.