



Healthy Food for All

access | availability | affordability

Healthy Food for All Newsletter – Vol 3 Issue 3 October 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.

Healthy Food for All News

New Staff member - Welcome Georgina Buffini

Georgina Buffini has joined Healthy Food for All as the new Development Worker for the Demonstration Programme on Community Food Initiatives (CFIs), funded by **safefood**. Georgina has just finished her MSc in Equality Studies, having previously worked with various community and voluntary organisations. Georgina is looking forward to working with the CFIs funded under the Programme, as well as all CFIs across the island of Ireland. Georgina can be contacted at gbuffini@healthyfoodforall.com or by mobile: +353 (0)86 152 6569.

New Chair – Welcome Marjo Moonen

On 1 October Deirdre O'Connor stepped down as Chair of Healthy Food for All, after three years of hard work and commitment to the position. While Deirdre will be missed as Chair, we are pleased to announce that Marjo Moonen has taken over the position of Chair of Healthy Food for All.

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

On 24 June 2009 Mary Hanafin, TD, launched Healthy Food for All's *A Good Practice Guide for School Food Initiatives* at Rutland Street National School, Dublin 1.

The event was a great success and HFfA is currently organising the dissemination of the Guide.

The guide offers advice on school food programmes, how to provide



Above: Children from Rutland Street National School with Mary Hanafin, Minister for Social and Family Affairs
© Maxwellls

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.

Copies of the Guide will be available in hard copy to all DEIS schools, as well to download on HFfA's website (www.healthyfoodforall.com).

For further details please contact Joanna at info@healthyfoodforall.com.



Pictured with Mary Hanafin, TD, Minister for Social and Family Affairs (centre), is HFfA's Management Committee (Left to Right): Marita Hennessy (**safefood**); Marjo Moonen (Dodder Valley Partnership); Jim Walsh (Combat Poverty Agency); Dr Deirdre O'Connor, Chair of HFfA (UCD) and Dr Joanna Wydenbach, HFfA Project Coordinator © Maxwells. Absent from the photo: Jack Dunphy (Crosscare), Member of HFfA's Management Committee.

First HFfA Advisory Committee Meeting in Northern Ireland

On 25 June Healthy Food for All held its first Advisory Committee meeting in Belfast, Northern Ireland. The event was hosted by the Public Health Agency Northern Ireland. The meeting featured presentations from both Northern Ireland (Public Health Agency) and the Republic of Ireland (Food Safety Authority of Ireland). Healthy Food for All look forward to their next Advisory Committee meeting in Northern Ireland in early spring 2010.

HFfA's Policy Briefing on the affordability of healthy eating for low-income households (Republic of Ireland)

On 20 October Healthy Food for All released its policy briefing on "The affordability of healthy eating for low-income households" at Buswells Hotel, Dublin, in response to the McCarthy report and the forthcoming Budget 2010. The briefing draws from a scientific study on the affordability of healthy food for low-income households by the Food Safety Authority of Ireland (FSAI). The briefing has received significant national coverage in the media, and is currently being distributed to key stakeholders. In the report, Healthy Food for All made the following four policy recommendations:

1. Make universal access to healthy food the cornerstone of government food and nutrition policy.
2. Welfare payments and child benefit should not be decreased, as proposed by the McCarthy report, as this would make healthy food more difficult to obtain for welfare recipients.
3. Access to the cheaper grocery outlets should be improved for low-income households. This can be addressed through the revision of retail planning guidelines and by enhancing local transport systems.
4. Alternative non-commercial ways of providing healthy food should be explored. This includes the development of community food initiatives,

such as food cooperatives, and the expansion of school food initiatives based on healthy eating guidelines for children.

If you would like to receive a copy of the document please contact Joanna on +353 (0)86 770 8541.

Demonstration Programme on Community Food Initiatives (All-island)

The projects have been selected, subject to approval, for the all-island Demonstration Programme on Community Food Initiatives (funded by **safefood**). The selected projects 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: 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 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 of 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 Georgina at gbuffini@healthyfoodforall.com or Joanna at info@healthyfoodforall.com.

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 in its final draft form. 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.

Forthcoming Events

Feeding Clonmel: Seminar on Food Initiatives

Clonmel Allotments Association and Clonmel Transition Town are holding a free seminar on local food initiatives. The keynote speaker will be Dr Colin Sage, UCC, who will look at the issues that Ireland's current food supply

system faces and why locally-produced food is important. A range of local speakers will also be giving short presentations outlining different potential solutions for Clonmel, including: Community Gardens, Allotments, Community Supported Agriculture and Back-garden growing. This free seminar is aimed at community and residents' groups, farmers, local authority members and staff, institutions such as schools and hospitals, businesses, and interested people, with the aim of getting everyone together to network and share ideas. There will be opportunities for questions and discussion. The event will take place on Saturday 7 November 2009 between 10:00-13:00 at St. Peter and Paul's School Hall. The hosting of the event has been kindly facilitated by Clonmel Farmers' Market and St. Peter and Paul's School. For more information, or if you would like a stand to showcase what you are already doing with local food, please contact Mieke Muyllaert at +353 (0)52 612 7930 or email: mieke@eircom.net.

All-island Obesity Action Forum – register your interest

The next workshop of the All-island Obesity Action Forum will take place in the Clarion Hotel (IFSC) Dublin on Thursday 12 November 2009. Physical activity will be the theme of this workshop. The aim of the workshop is to focus on the key role of physical activity in tackling overweight and obesity on the island of Ireland. The workshop will highlight policy, research and practice issues relating to physical activity and facilitate the sharing and transfer of information. If you would like to register your interest in this event or subscribe to *All-island Obesity News*, the Forum's bi-monthly e-bulletin (which includes news, forthcoming events, resources, campaigns and training opportunities), please contact Marita Hennessy/Marian Faughnan, Secretariat, All-island Obesity Forum, **safefood**, 7 Eastgate Avenue, Eastgate, Little Island, Co. Cork. Tel: +353 (0)21 230 4100 or email obesityforum@safefood.eu.

Publications

Toolkit for Food Co-ops

Sustain has recently released a toolkit on setting up food coops. The toolkit aims to provide an overview of the essentials needed to set up and run a food co-op. It includes information on different types of co-ops such as buying clubs, stalls, bag or box schemes and mobiles stores. For more information see www.sustainweb.org/foodcoopstoolkit.

Children and Nutrition

Barnardos has just published an issue on "Children and Nutrition" in *Child Links: The Journal of Barnardos' Training and Resource Service* (Issue 1 2009). Articles include: Obesity in Childhood; Healthy Eating for Pre-School Children; The Work of the Early Years Health Promotion Project; Protecting Children from Unhealthy Food Marketing and From Watercress to Strawberry Mice...Encouraging Children's Interest in Food. The issue can be ordered from Barnardos' Training and Resource Service at +353 (0)1 454 9699 or email resources@barnardos.ie.

Lunchboxes Made Easy...and healthy too!

safefood has produced a leaflet for parents/guardians in the Republic of Ireland on how to prepare a healthy lunchbox. Lunches provide around one third of our daily nutritional needs and it can be challenging trying to come up with new ideas for interesting and healthy lunchboxes. It's also important to put some thought and planning into lunches, as good food habits set early in childhood can last a lifetime. To order copies please contact **safefood** at info@safefood.eu or telephone 1850 40 45 67.

Find out what happened when Sally met Sammy – new healthy eating booklet for parents

This booklet aims to increase a child's experience of healthy food from an early age and encourages a positive attitude towards a healthy diet. It tells two stories - Sally's and Sammy's. The idea is that you read either first - then read the other story, and finish with the fun, fold-out section in the middle, where Sammy realises the error of his ways and devotes himself to a lifetime of healthy lunches with his new friend Sally! If you would like to order free copies of When Sammy met Sally please email publishing@safefood.eu. It would be very helpful for **safefood** to obtain your feedback once you have read it, as they will be producing additional healthy eating resources. To help **safefood**, please fill in their evaluation survey at http://www.surveymonkey.com/s.aspx?sm=5uep0_2baGwKsXRLVos7qqBw_3d_3d.

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.