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to
coretalk

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Welcome to the winter edition of coretalk.

In this edition we celebrate the success of the Beatson Cafe, which was named best not-for-profit cafe at the recent Scottish Cafe Awards, in addition to their achievements with the healthy living award (HLA).

The HLA team is excited at what developments 2019 will bring. We will be holding our annual award ceremony at the Glasgow Royal Concert Hall in February and will celebrate our new first-term award holders. 2019 will also see us working with Community Leisure UK to

help it achieve its targets as outlined in Table talk on page 3.

We are sad to see our longest serving team member, Yvonne Traynor, move to a new role within NHS Health Scotland. Yvonne has been an integral part of the HLA team since it was launched and with the previous Scottish Healthy Choices Award since 2001. We wish her all the best in her new role as Health Improvement Manager with the Diet and Healthy Weight Team.



What's cooking?

Slips, trips and falls

Slips, trips and falls, manual handling, working with knives, or dermatitis are just some of the health and safety issues catering businesses need to manage daily. Healthy Working Lives offers free online health and safety training that will help you understand your responsibilities as an employer or manager, including:

- **Managing Health and Safety, The Basics** – provides an overview of health and safety law, your responsibilities, and basic arrangements that you should have in place to comply with legislation.
- **Sensible Risk Assessments** – explains the process for creating risk assessments and provides access to resources that will help you complete them.
- **Driving Risks at Work** – covers the occupational health issues related to driving and how to manage them.
- **Improving Workplace Health** – is a new online course aimed at people involved in occupational health, health promotion, health and safety, trade union representation or human resources. It will broaden your understanding in key related areas such as health and safety, occupational health and wellbeing.

Additionally, you can access online modules about mentally healthy workplaces, violence and aggression in the workplace or supporting staff attendance. You can find the full list of modules at: <https://bit.ly/2guKbU0>

Remember, all modules are completely free. All you need to do is create an account and you are good to go.



**Healthy
Working
Lives**

Nibbles



Sodexo healthy bakery

Sodexo Scotland recently hosted their Salon Culinaire event at Hampden Park, Glasgow. The annual event brought together a range of exciting food competitions, cookery demonstrations, speakers and exhibitors under one roof.

David Ward, Executive Chef, Sodexo Scotland, explains: 'We wanted to support and highlight Sodexo's commitment to the healthy living award and to healthier cooking practices. We decided to create one of the competitions to meet the healthy living award criteria whilst encouraging chefs to be creative with their recipes and cooking methods. We asked chefs to create a healthy bakery recipe that met the HLA criteria and to showcase it at the event.'

Many exciting and innovative recipes were submitted, making the final judging a difficult process. If you are interested in making one of the winning bakery recipes please see 'A flavour of...?' on page 4 for details.

Table talk

Sporting achievements

The Scottish Government document, A Healthier Future – Scotland's Diet & Healthy Weight Delivery Plan, outlined a number of key outcomes and targets. Community Leisure UK, the national association of leisure and cultural trusts, will be working with HLA to achieve outcome 4: Leaders across all sectors promote healthy diet and weight.

Community Leisure UK will help members adopt the HLA to ensure healthier options are available and promoted in cafes and vending machines. The aim is that by the end of March 2019, at least 50% of Community Leisure UK members in Scotland will have achieved the HLA.

Leisure and cultural centres form a key sector within the HLA. We currently have a strong base of awarded and registered sites that are already working with the award across Scotland. Leisure group Xcite West Lothian has been working with HLA since 2014, and it currently holds three awards.

Danna Kilpatrick, Catering Manager with Xcite West Lothian, says: 'We have always been interested in promoting healthier foods within a sport and health setting. The award helped show our commitment to our customers. We offer a wide choice of healthy food and drinks and are even hoping to progress towards achieving the plus award next year.'

The HLA team is looking forward to working in partnership with Community Leisure UK to ensure it meets its commitments for spring 2019.



Newsbites

Out of Home strategy for Scotland – have your say

Earlier this year the Scottish Government committed to consulting on an Out of Home (OoH) strategy in their recently published 'A Healthier Future – Scotland's Diet & Healthy Weight Delivery Plan'. By the time you read this, this consultation should be under way, with the aim of any action resulting from this helping us all to make healthier choices.

The role that OoH food outlets have in helping Scotland progress towards its dietary goals cannot be underestimated, with over 30,000 OoH food outlets in Scotland and 948 million visits made to these establishments in 2015.

Perceptions of what type of food should be available is changing, with 91% of consumers thinking it is too easy to buy cheap fast food.



Many of the top food and drinks consumed OoH in Scotland tend to be less healthy, including chips/french fries, burgers and regular cola, with children consuming these types of foods more often than adults.

You can have your say in shaping the OoH strategy by responding to the consultation which can be found on the Scottish Government's consultation hub at: <https://consult.gov.scot>

Tasty morsels



Celebrating success at the Beatson Cafe

The recently refurbished Beatson Cafe has been celebrating the well-deserved success of winning 'Best Not-for-Profit Cafe' at the recent Scottish Cafe Awards. To win the award the cafe had to submit a presentation detailing all aspects of its service, staff and service commitments. The Beatson Cafe is also very proud of its relationships with local food and drink suppliers who offer fresh, appealing and high-quality food and drink.

Kathleen McLaren, Head of Trading, explains: 'The Beatson Cafe provides a comforting, healing and relaxing environment for cancer patients and their families at the same time as offering a healthy, affordable cafe service for NHS staff. The cafe is staffed by a community of welcoming and energetic volunteers who we simply could not operate without.'

She adds: 'All profits generated by the cafe go directly back to the Beatson Cancer charity, which serves to support people affected by cancer every step of the way. They provide wellbeing services as well as funding specialists, research and education to invest in a better future for cancer patients and their families.'

The Beatson Cafe has been working with the HLA since 2009 and has recently been awarded the prestigious HLA Plus for the third time.

Congratulations to Kathleen and all the staff and volunteers at the Beatson Cafe for their outstanding achievement.

A flavour of ...?

Makes 16 bars

Vanilla and cranberry bars

Recipe courtesy of David Ward, Sodexo

Ingredients

- 75 g of pistachios, roughly chopped
- 50 g of sunflower seeds
- 175 g of gluten-free porridge oats
- 90 g of dried cranberries, roughly chopped
- 150 g of almond butter (pureed almonds until smooth texture)
- 2 tbsp of golden syrup
- 1 tbsp of vanilla extract
- 1 egg, plus 1 egg white, lightly beaten

Method

- Heat the oven to 150° C.
- Line a 20 cm square baking tin with baking paper.
- Spread the nuts and seeds over the prepared baking tray. Bake for around 10 minutes until they're just golden.
- Combine the oats and toasted nuts and seeds in a mixing bowl with the dried cranberries. Make a well in the centre, then add the almond butter, golden syrup, vanilla extract, egg and egg white. Mix together until all the ingredients are well moistened.
- Using a wet hand, gently press the mixture into the prepared baking tin, then bake for 20–25 minutes. Cool completely in the tin on a wire rack, then remove from the tin and cut into 16 bars.

Sowing the seeds



Top marks for Aramark

Aramark at Robert Gordon University (RGU), Aberdeen, gets top marks for its commitment to providing healthier food choices to students and staff throughout the university's Garthdee Campus. It feeds between two and three thousand customers each day at food outlets ranging from traditional canteen settings to 'grab and go' outlets, with big name coffee brands and high street franchises in between. Aramark at RGU currently holds six HLAs and two HLA Plus awards with the remaining sites moving towards achieving the Plus awards.

Fraser Adam, Group Account Manager for Aramark, says: 'Since managing the account at RGU it has been my drive and ambition to introduce menus and concepts across campus which encourage healthy eating. The HLA absolutely pins this down in each of the outlets across campus which hold the award. We are currently working towards the HLA Plus award in our Fresh Off the Chopping Board outlet which offers an array of healthy meals and snacks to our customers. We enjoy being innovative and continually improve and educate our customer base at RGU.'

When asked what difference the HLA has made at RGU, Fraser explains: 'Holding the award at all our applicable outlets across the campus allows us to properly demonstrate our commitment to promoting a healthier lifestyle. The support and information provided by the award has helped us to balance our menu, and replace still more unhealthy options with ones of real

nutritional value, while the HLA marketing materials help us really highlight our healthy living commitments.'

Fraser is very aware of the benefits the HLA brings to his customers and encourages regular feedback. He says: 'When one of our customers take time out to comment on our healthy range it gives us a renewed vigour to go even further. Opening a second Fresh Off the Chopping Board is a clear example of us responding to the feedback we have received surrounding healthy living.'

As well as all the fantastic work that has been carried out to date at RGU, there are still more developments to come. Fraser explains: 'We have an exciting, first-of-its-type opening planned in the new year, in conjunction with one of the biggest names in the business. We can't wait to apply our healthy living values to this project and apply for yet another award!'



60-second microbites

**Dine
Contract
Catering.**
It's what we do.

Dine Contract Catering at Charles River

David Cockerell, Catering Manager with Dine Contract Catering, has recently achieved the healthy living award at the Charles River site in East Lothian. David has worked with Dine for three years and is responsible for approximately 1,000 staff each day, in addition to a full hospitality service and three fine dining rooms.

Q. Why did you get involved with the healthy living award?

A. I was heavily involved in obtaining the healthy living Plus award in my previous employment and wanted to obtain the award again to provide the workforce with an informed choice when choosing from our menu.

Q. What do you need to do differently now?

A. We make all the staff aware of the little changes to our recipes and menus so they can pass this on to our customers who then make an informed choice when dining.

Q. What benefits do you think the award has brought?

A. We have seen a small rise in overall sales, with customers commenting on the new style of cooking.

Q. What are you currently concentrating on?

A. We are promoting healthy grab and go at the moment – that is very successful. It is a great way of getting my customer base to make healthy choices more easily.

Dates for your diary

Burns Night

25 January 2019

Celebrate with some healthy traditional Scottish recipes.

Chinese New Year

5 February 2019

The Year of the Pig gets under way.

Annual healthy living award ceremony

27 February 2019

Glasgow Royal Concert Hall.

We'll be celebrating our new first-term healthy living award-holders.

Shrove Tuesday

5 March 2019

Whip up some tasty pancakes with a range of healthy toppings.

Scothot

13–14 March 2019

SEC, Glasgow.

Scotland's premier showcase for food, drink, hospitality and tourism.

www.scothot.co.uk



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