Food Skills Initiatives in Aberdeen

Sustainable Food City Partnership Aberdeen
Aberdeen City Food Network

• Formed in 2014.
• 29 members/ partner organisations.
• Bringing together individuals and organisations involved or interested in food skills in Aberdeen.
• Raising the profile of practical food skills, services and facilities across the city, with a focus on addressing inequalities and food poverty.
• Sharing food skills information (and access to food skills classes) citywide.
ACFN outputs 2016-17

- C2C Kincorth Academy (May 2017) - 106 S2 pupils
- C2C Kincorth Academy (June 2017) - 100 S5 pupils,
- C2C Torry, 1-to-1 sessions (June 2017) - 1 x S3 and 1 x P7 pupil
- Sessions delivered for P7 Transition groups in the Torry and Kincorth ASG
- 2 x ‘Cook and play’ sessions at Williamson
- Bramble Brae Bakes (BBB)
- Homestart Recipe for Life

**ACFN Outputs (2016-17)**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACFN membership</td>
<td>29 members</td>
</tr>
<tr>
<td>Training 4 Trainers Support Sessions</td>
<td>2</td>
</tr>
<tr>
<td>ACFN Evaluation training session</td>
<td>1</td>
</tr>
<tr>
<td>Confidence 2 Cook; Training 4 Trainers trained</td>
<td>54</td>
</tr>
<tr>
<td>REHIS Food and Health (Basic Nutrition) Trained</td>
<td>29</td>
</tr>
<tr>
<td>REHIS Elementary Food Hygiene</td>
<td>56</td>
</tr>
<tr>
<td>REHIS Refresher course</td>
<td>14</td>
</tr>
<tr>
<td>T4T Evaluation session</td>
<td>1</td>
</tr>
<tr>
<td>T4T training (Challenging Groups)</td>
<td>1</td>
</tr>
<tr>
<td>REHIS Training; provided support and information</td>
<td>2+</td>
</tr>
<tr>
<td>Food Hygiene Training, attended and supported promotion</td>
<td>2</td>
</tr>
<tr>
<td>Communication to e.g. all CFM’s, FPAA members, T4T participants etc to promote ACFN</td>
<td>331+</td>
</tr>
<tr>
<td>Facebook page</td>
<td>5,130 reach</td>
</tr>
<tr>
<td>SHMU Radio ‘appearances’</td>
<td>6</td>
</tr>
<tr>
<td>Confidence 2 Cook Launch Event</td>
<td>1</td>
</tr>
<tr>
<td>C2C Classes at CFINE since November</td>
<td>15 x 6 week</td>
</tr>
<tr>
<td>C2C Courses delivered by CFINE staff at school/family centres</td>
<td>3</td>
</tr>
<tr>
<td>Community Food Outlets opened</td>
<td>6</td>
</tr>
<tr>
<td>Joining Breastfeeding welcome scheme</td>
<td>1</td>
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</table>
Case Studies

Aberdeen City Food Network
CFINE's Tuk-In
Community Cafe

• Electric Tuk-Tuk;

• Crowdfunded, with match-funding from the Health Improvement Fund;

• Quirky, innovative way of working against food poverty and food waste;

• Travels to areas with limited access to fresh fruit and vegetables;

• Operates in regeneration areas selling soup, fruit pots and bread for £1.50;
CFINE's Tuk-In
Community Cafe

- Approximately 100 portions (to 100 individuals) per week;
- ~1100 meals distributed to priority communities since November 2017
- ~18 volunteers involved
- Also available for corporate events (generating income).
CFINE's Cook at the 'Nook

Community Training Kitchen

Outputs (March 2017 – January 2018):

• ~ 178 individuals from priority communities
• ~ 1100 meals created (to be distributed via 'Tuk In')
• ~ 18 volunteers
• ~ 12 volunteers participated as learners, 4 progressed to provide future support
• 1,000 flyers distributed via community groups, partner organisations and foodbank beneficiaries.
• Promotion of classes via social media (~5000 reach)
• 15 x 6-week C2C courses delivered off site (schools/ family centres) - 310 beneficiaries
NHS Grampian

Confidence 2 Cook

Training 4 Trainers

• ACFN promote Confidence to Cook (C2C) and Training for Trainers

• Encouraging volunteers to gain qualifications to deliver cooking sessions,

• Developing a pool of trained volunteers delivering classes across many kitchens in Aberdeen;

• Classes include information on hygiene, budgeting and nutrition.

• In 2017 NHS Grampian developed a C2C Resource Pack, promoted by ACFN with a launch event.
HomeStart Aberdeen – Recipe for Life

- Encourages families to enjoy cooking and have fun in the kitchen;
- Encourages trying new healthy recipes;
- Opportunities for children to learn about food and making healthy choices;
- Covers:
  - Cooking with children
  - Using up leftovers
  - Menu planning
  - Budgeting
  - How to shop for food
Cook & Play Pilot – Aberlour & ACFN

- 3 x 6 week course;
- Parents/carers with young children;
- Affordable, healthy, nutritious meals in a fun and engaging way;
- Kids get messy with ingredients – tasting, touching and experiencing new foods;
Cook & Play Pilot – Aberlour & ACFN

- Bonding with parents/carers in a new context;
- Learning about food, emphasis on new skills – positive influence on healthy eating choices.
- Building confidence of parent and child;
- More able to access, prepare, cook and eat healthy nutritious meals.
Home-Start Volunteer Training

- Training session in CFINE’s Cook at the ‘Nook;
- Recipe challenge; come up with a menu and cook from surplus food only;
- Real-life scenario of someone living in food poverty;
- Challenge included budgeting for meals on a low income.
Aberdeen Community Café Network

- Formed in 2017
- Initiated by Community Food & Health Scotland
- Follows Edinburgh Community Café Network model
- Brings different cafes together to share skills, training and knowledge, as well as increase the impact the different cafes have within their communities.
- The aim is for the community cafes in the network support one another & work on projects which benefit everyone.
Aberdeen Community Food Outlets (CFINE)

- Social Enterprise; selling fruit, veg, pulses & healthy snacks
- Run by volunteers
- Based in various locations in the community
- All profit reinvested back into CFINE charity to support the most vulnerable in the city
<table>
<thead>
<tr>
<th>Operational CFOs</th>
<th>68</th>
</tr>
</thead>
<tbody>
<tr>
<td>CFOs in sheltered housing complexes</td>
<td>37</td>
</tr>
<tr>
<td>information items distributed to beneficiaries</td>
<td>6</td>
</tr>
<tr>
<td>Free fruit tastings</td>
<td>6</td>
</tr>
<tr>
<td>Sales in CFOs</td>
<td>£48,626</td>
</tr>
<tr>
<td>Enterprise sales</td>
<td>£147,003</td>
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<tr>
<td>FareShare distributed over the year (tonnes)</td>
<td>207</td>
</tr>
<tr>
<td>Volunteers supported/involved</td>
<td>153</td>
</tr>
<tr>
<td>Volunteers receiving basic manual handling/ health &amp; hygiene training</td>
<td>29</td>
</tr>
<tr>
<td>Participants involved</td>
<td>32,417</td>
</tr>
<tr>
<td>Participants aged under 16 years</td>
<td>2,431</td>
</tr>
<tr>
<td>Volunteer hours</td>
<td>36,720</td>
</tr>
</tbody>
</table>
Granite City Growing

- Developed over 2017-18
- Rapidly developing groups of community growers
- Key aim – Increase food (growing) skills citywide
- Many projects community-driven & owned
- Opportunities for education and awareness raising
- Potential for links to cooking classes & social enterprise
Developing Aberdeen Community Food Network
Developing Aberdeen Community Food Network

Proposal:

• Coordinated food skills training;
• Develop web presence and impact;
• Formalise link to Sustainable Food City Partnership Aberdeen (SFCPA);
• Establish ‘Aberdeen Community Food Network’;
• Develop Organisational Arrangements and Memorandum of Understanding.
Aberdeen Community Food Network

• Various groups agreed proposal to join together as one Network;

• Executive Group Formed;

• Agreed that wider meetings would focus on training/information sharing sessions;

• Group voted on which topics would be of most interest/relevance to them;

• Topics included; Food Skills Training, Volunteers, Environmental Health, Food Hygiene, Social Media and more...
Aberdeen Community Food Network

- First meeting of full group July 2018
- 'Understanding Training 4 Trainers'
- CFINE Cook at the 'Nook Training Kitchen
- Practical session, information sharing, feeding back on local
- Highlighting good practise & areas for improvement
- Awareness Raising & Promotion
ACFN is a network of organisations who deliver practical food skills. The group formed to develop and raise the profile of practical food skills, services and facilities across the city.

**How ACFN Can Support You...**

- Connect new and experienced food trainers in a ‘Buddy System’
- Offer shadowing opportunities across community kitchens;
- Connect Trainers to funding to cover the cost of classes;
- FareShare Grampian - free food for classes aimed at those on low income
- Food Poverty Awareness Training & Access to wider support agencies
Thanks for listening.
Any questions?

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