



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)

ACFN membership	29 members
Training 4 Trainers Support Sessions	2
ACFN evaluation training session	1
Confidence 2 Cook, Training 4 Trainers trained	54
REHIS Food and health (basic nutrition) trained	29
REHIS Elementary Food Hygiene	56
REHIS Refresher course	14
T4T evaluation session	1
T4T training (Challenging Groups)	1
REHIS Training, provided support and information	2+
Food Hygiene Training, attended and supported promotion	2
Communication to e.g. all CFM's, FPAA members, T4T participants etc to promote ACFN	331+
Facebook page	5,130 reach
SHMU Radio 'appearances'	6
Confidence 2 Cook Launch Event	1
C2C classes at CFINE since November	15 x 6 week
C2C courses delivered by CFINE staff at school/ family centres	3
Community Food Outlets opened	6
Joining Breast feeding welcome scheme	1



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





Aberdeen Community Food Outlets (CFINE)



CFO Aberdeen Figures (2017)

Operational CFOs	68
CFOs in sheltered housing complexes	37
information items distributed to beneficiaries	6
Free fruit tastings	6
Sales in CFOs	£48,626
Enterprise sales	£147,003
FareShare distributed over the year (tonnes)	207
Volunteers supported/ involved	153
Volunteers receiving basic manual handling/ health & hygiene training	29
Participants involved	32,417
Participants aged under 16 years	2,431
Volunteer hours	36,720



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



**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**



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**



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

**ABERDEEN
COMMUNITY
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ABERDEEN COMMUNITY FOOD NETWORK



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?**

**Laura Penny,
SFCPA Coordinator
SFCPA@cfine.org
01224 596156**