

# Session 3 - Good Food in the Community

**CHAIR: Bill Gray, Community Food and Health Scotland**

## 1. Food Resilience in the Community

- Max Johnson, Glasgow Community Food Network

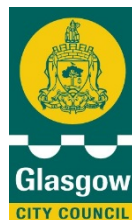
## 2. Growing in Rough Ground - how a community is tackling food insecurity through growing and eating together

- Neil Young, Youth Team Leader, Blackhills Growing

## 3. Cooking Programmes in the Community; improving access to nutritious food

- John Casey, Health Improvement Practitioner, NHSGCC

[#GlasgowFoodSummit](#)





# John Casey

## Food & Nutrition Work

### Glasgow City HSCP

# Why are we Delivering Nutrition Training?

- Develop and maintain partnerships for action on improving nutrition / healthy eating.
- Provide training and develop capacity within the locality for delivery of healthy eating / nutrition / cookery.
- Raise awareness, increase knowledge and understanding of nutrition / healthy eating.



# What we deliver across Glasgow City

- Cooking Skills Programmes
- Cookery Demonstrations
- Rehis Elementary Food Hygiene courses
- Rehis Joint Award T4T courses
- Locality Community Food Contracts





# Why do **we** do cooking programmes?

Cooking programmes **can** contribute to improve

- Healthier eating behaviours
- Skills
- Confidence
- Knowledge
- Capacity



(Flego 2014; Garcia et al 2013; Kennedy et al. 1998; Moynihan 2006; Lawrence et al)

# Some of our Locality Food Work

## North East

- *Community Meal with 'New Scots'*
- *Continued support to 3<sup>rd</sup> Sector Holiday Hunger Programme*

## North West

- *Community based solutions to Food Insecurity in Canal ward.*
- *Awareness raising of "Find Free Food" Glasgow.*

## South

- *Get Cooking Get Shopping*
- *Good Food for All in Govan*

