

the jellied oel

London's leading magazine
for ethical eating



I'm alright it's the udders' fault!

Should we worry more
about belching cows than
"flying beans"?



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London Food Link runs a network of organisations and individuals who care about sustainable food. Our members are as diverse as farmers and food writers, caterers and community food projects. Both London Food Link and its members work towards:

- increasing the availability of sustainable food in London
- tackling the barriers preventing access to healthy and sustainable food for all Londoners
- protecting and celebrating London's diverse food culture

London Food Link welcomes to its network all that share these aims.

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Editorial

You have to feel for British farmers really. The last few months has, to put it mildly, damaged pretty much every sector bar maybe jam-making. The poultry sector had to deal with bird flu regulations earlier this year because of Mr Matthews turkey mess up, pretty much every sector had to deal with the floods in the last few weeks, though it must be particularly bad for crops that can't be shepherded up hills (see p13). Then, some that escaped the floods faced another outbreak of foot and mouth. This makes it all the more important to support local business.

Last week saw my first day helping out at my local farmers market. The belated summer weather was tempered by talk of meat businesses going under if the ban on livestock transport isn't lifted shortly. Not only does this affect those businesses, it means retailers and others will be forced to strike up deals with importers. In many cases this might be for a fixed time period, but for others it might scupper any good work that has been done getting British produce on the shelves. Never before has there been a more important time for British Food Fortnight (p16).

If all goes to plan (and we don't get plagues of locusts, to follow the floods and pestilence), this will be packed full of great events, such as the City Harvest festival (see p4) and the New Covent Garden Market trade show (see p4). I hope these events

inspire businesses and individuals to make changes that don't stop at the end of the fortnight. It's time the bar was raised again. Feeling proud at finding an apple from Kent in season, or a cheese that's been produced this side of Somerset is no longer enough. Businesses, particularly those that can afford it, should be ashamed not to be stocking what is produced on their doorstep, and individuals need to be putting their money where their mouth is and buying the local food that 65% claim to in a recent survey!

Unfortunately, local isn't always best. This edition also sees us tackling climate change (you wait, we'll have it fixed by next issue!) and its relationship with food (see p12) and the article shows some of the complexities. But we need to stop the carbon obsessives in their tracks and remind them of the broader meaning of sustainability. Even on an environmental level, carbon is not the only issue, with animal welfare and biodiversity amongst the issues that also need to be considered. And at this testing time for British business, it is important we also consider the economic sustainability (not forgetting the social and cultural impact too). If these businesses go under, we won't be quibbling over whether they are using biofuel powered vans or not. I don't think the public are hearing clearly enough the hammer of another nail in British farming's coffin.

By the way I was wrong about the jam - turns out there's a glass shortage. ■

We would like to thank the following volunteers for their time and assistance:

Vanessa Domenzain, Alex Hickok, Rachel Manley, Rhona McAdam, Rowan St Clair, Pamela Troni

Disclaimer - Inclusion of information in The Jellied Eel does not imply that the product or service is endorsed by London Food Link or Sustain.

Around Town

East Championing health in the community

Promoting healthy eating is vital to improving the nation's health and, to be successful, it needs to engage and motivate people with simple health messages, and provide the skills and support needed to help people change their behaviour.

Newham Food Access Partnership (NFAP) has therefore developed the Newham Healthy Eating Champions Programme, comprising a two-day Healthy Eating Promotion (HEP) and a comprehensive six-week Community Healthy Eating Champions' (CHEC) programme. These raise awareness of food and health issues and enable volunteers and those working in Newham to support health promotion efforts.

Phase one of the six-week CHEC course, recently held at Winsor Park Resource Centre, Beckton, had seven regular attendees. Sessions covered healthy eating, health promotion, food growing, smoking cessation, physical activity and personal development. There was also a demonstration to show how to use the knowledge and skills learnt from the course.

Those on the course increased their knowledge, confidence, self-esteem and their ability to work in a team. Participants also enjoyed the course! Many may now volunteer as Community Healthy Eating Champions and get involved in community food projects.

Phase two of the two day training began in June with the second day running on July 6th. Following an initial evaluation, more courses are planned so if you would like to find out more, please contact Shamaela.

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North Alara Launches "Local To London" Sustainable Delivery Scheme

Alara, the UK's largest producer of organic muesli, is launching a new sustainable delivery scheme for London-based retailers. As part of its "Local to London" scheme, Alara will deliver by bicycle to participating retailers within a three kilometre radius of its King's Cross-based factory. In addition to dramatically reducing carbon emissions in its local distribution process, Alara is hoping to promote environmentally sustainable retail partnerships in the capital and to encourage consumers to buy local.

To encourage retailers to join the scheme, Alara is offering guided tours of its environmentally sustainable factory on Friday afternoons. The first retailer to join the scheme is Earth Natural Foods in Kentish Town, which has just received its first bicycle delivery of Alara's Sustainable

Range, six organic superfoods mueslis packaged in waste-saving brown paper bags.

Alara runs its factory entirely on renewable energy and recently earned Green Mark status from the London Environment Centre. Last year, the company became the first small to medium-sized food manufacturer to appoint a full-time Sustainable Development Manager, Joanna Southernwood, who is helping to implement a series of ambitious eco-friendly projects, including a permaculture forest garden.

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Last years city harvest festival *Credit:* Heather McDonough/Spitalfields city farm

North City Harvest Festival

Urban gardeners and farmers across the capital are gearing up for the 8th City Harvest Festival, highlighting food produced in London. This family event - on 22nd September at Capel Manor College - is as close as London gets to its own county show, complete with animals and produce from across the city, plus London-grown food being used in cookery demonstrations on the day.

The show, which will be officially opened by the BBC's Urban Chef Oliver Rowe, is being co-ordinated by the Federation of City Farms and Community Gardens (FCFCG) and London Food Link.

One of the highlights for Green-fingered Londoners is the "Container of Food plants" competition, one of a series of fun competitions at the event. With space at a premium in the city, entries will be rewarded not only for the best produce but also the most creative container. Oliver Rowe said the judges want to see plenty of imagination: *"The prize might go to tomatoes growing out of an old shoe, or a windowbox of salad leaves."*

Kentish Town City Farm in Camden has already planted grain in containers to show where flour comes from and link with the bread-making demonstrations on the day. Catherine Miller, from FCFCG, said: *"With the festival at the end of September, there's still plenty of time to start your container - easy veg like lettuce and rocket only take a month to grow."*

Held in 30 acres of beautiful grounds at Capel Manor College, in Enfield, the show will also be a London launch for the Year of Food and Farming, a government and industry-led initiative to encourage children and young people to learn more

about how food is grown and produced and how it reaches us.

Ben Reynolds, from London Food Link, said: *"Given increasing interest in local food, and reducing food miles, what can be more local than growing your own? Very few people are going to be self sufficient, but the more people who grow food, the bigger difference it makes"*

South BedZED café

BedZED Pavilion, a community facility and seminar space on the BedZED eco-housing estate in Hackbridge, Wallington, Surrey is setting up a community cafe to serve local workers, Pavilion users, visitors to BedZED and Hackbridge residents. This is in response to popular demand for a lunchtime cafe from around 40 staff at BioRegional, a sustainability consulting company, as well as other staff at ZedFactory, an eco-architects' practice, who both have an office onsite. The Hackbridge area is quite a "food desert" with the only competition nearby being a chippy/kebab shop and a dodgy greasy spoon café!

BedZED is hoping to launch the cafe in September, and is looking for a caterer who will be able to provide food that is simple, affordable, healthy, probably mostly vegetarian, and bought from ethical sources. Local seasonal produce, and low waste will also be important. There is also a food co-op for local fruit and veg called VegZED on the same site, and there are plans to develop this into a farm shop in September to coincide with the cafe.

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Central A Celebration of Local Food

On 3rd October, during British Food Fortnight, a Celebration of Local Food will bring together buyers from London's catering industry with local producers and suppliers for an open day and conference at New Covent Garden Market. This event will connect all the links in the food chain to increase the profile of local food in London.

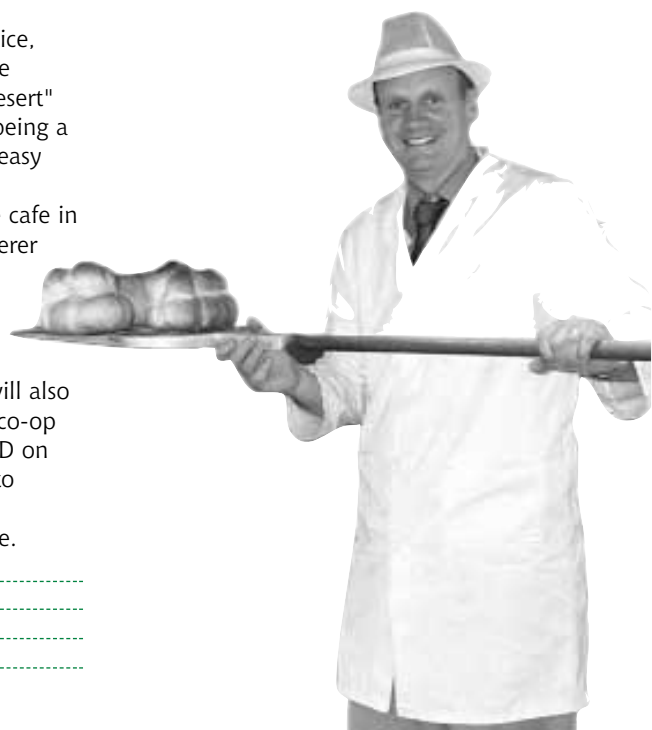
London Food Link is one of the partners for the open day, which is part of a three year project between Covent Garden Market Authority and the South East to get more local food on the capital's plates via wholesalers and catering distributors based at the Market. The day will see a renewed drive for the Market to buy more produce from its surrounding regions.

The day starts at 7am with a tour of the Market for producers to see at first hand how it works. After breakfast, producers from the South East and East Anglia will showcase local seasonal ingredients for wholesalers, distributors and chefs to sample and discuss.

The conference, 'Share to Supply', run by English Farming and Food Partnerships (EFFP) looks at the opportunities for supplying local food to London and the South East. Speakers include Jenny Jones, Chair of London Food Board. The conference highlights a number of examples where producers are already successfully working together to supply the public and food service sectors, as well as providing practical advice on initiating such ventures.

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Bulletin

Free food training for public sector catering providers

Greenwich Co-operative Development Agency (GCDA) has been contracted by the London Development Agency to provide *free training* to increase the levels of healthy and sustainable food for public sector caterers. This will include school dinner staff, residential carers, hospital catering staff and others in the public sector. The courses will be designed to suit different levels of skills, and cover issues such as nutrition, preparing and cooking healthy and seasonal food, and procurement rules.

The programme aims to enhance the quality of training and skills in the public sector and thereby increase procurement of healthy, sustainable food, in line with one of the priorities in the Mayor's London Food strategy, launched in 2006. GCDA will initially work with Lewisham, Greenwich, Bexley, Lambeth and Southwark Councils.

The initiative will:

- Develop the skills of public sector caterers to ensure that good quality, healthy food is served consistently;
- Improve Londoners' health, by improving the nutritional standards of public food - including in schools and hospitals - and by involving the people who prepare the food, and those who eat it;
- Increase use of sustainable food in the public sector, thereby contributing to protecting the environment;
- Benefit London's economy by promoting more local and regional food, and the local businesses that provide it.

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Ethical Eats - waste not want not

London Food Link's Ethical Eats network for restaurants and caterers is set to meet on 1st October to look at more sustainable solutions to the huge volumes of waste that London's kitchens and caterers produce. Together with London Remade, we'll be looking at composting, recycling,

and used cooking oil collection, and discussing setting up waste hubs for London businesses.

This meeting follows a very successful 'meet the producer' event held earlier this summer at Hoxton School of Oriental and Asian Cooking. Ethical Eats is now also running a number of producer visits, including trips to Lambourne End Farm, Forest Farm Peace Garden in Essex (pictured) and the Marine Stewardship Council certified fishery in Hastings.

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Transform your school food

Led by the Soil Association, The Food for Life Partnership brings together the Focus on Food Campaign, Garden Organic and the Health Education Trust, all with unique experience of successful practical work in schools, revolutionising school meals and giving children the chance to grow and cook food, and visit organic farms.

The Food for Life Partnership is looking for 20 schools from across London to become Flagship Schools and Communities, transforming their food culture so that they can act as exemplars and help other schools and communities through visits and information exchange. The Partnership welcomes expressions of interest from schools with little or no track record in this area, but the commitment to make real changes is essential. As well as direct expressions of interest from schools

and caterers, there will also be nominations from regional public health and food procurement experts.

If you are interested in becoming one of the 20 Flagship Schools and Communities in your region, please visit the website and fill out an Expression of Interest form at www.foodforlife.org.uk. The deadline for schools in London to apply is 28 September 2007.

To spread the message of good food culture across England, all schools will be able to enroll on the new Food for Life Partnership Mark to emulate the efforts of the Flagship Schools and Communities, while working towards Bronze, Silver and Gold levels. The Food for Life Partnership Mark will be launched in October 2007 via the website above.

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Changing Spaces for Food and Social Enterprise

A new national project has been launched by the Plunkett Foundation called 'Making Local Food Work'. Funded through the Changing Spaces programme at the Big Lottery.

James Money-Kyrle, Chief Executive of the Plunkett Foundation said: "The Plunkett Foundation is really delighted that the Big Lottery Fund is supporting us at a time when it is vital for consumers to understand where our local food comes

London Food Link visit Forest Farm Peace Garden *Credit: William Hudson*



from, and its intimate relationship with our natural landscape."

Sustain is pleased to be part of this project which includes work in the capital, through London Food Link, on food co-ops and food distribution, particularly in East London. This new project will be featured in more detail in the next issue of the Jellied Eel.

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What does the future hold for markets in London?

The Economic Development, Culture, Sport and Tourism Committee (of the London Assembly) is investigating the future for markets in the capital. It will identify the number of markets operating in London, and the changes in the numbers and types of markets over the last ten years in order to assess what can be done to preserve their future.

As part of the investigation, independent research will be commissioned to provide in-depth analysis of markets in the capital. The Committee will also gather evidence from key stakeholders including market traders and customers, London boroughs, the London Development Agency and the Mayor's office.

The Committee expects to complete its investigation early next year. If you would like to contribute your views on the capital's markets, please e-mail markets@london.gov.uk. If you want further information about this investigation, please contact Laura.

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London Food Link network do

From all over London, members of LFL and many curious bystanders descended upon Geetie Singh's Duke of Cambridge Organic Pub this July. The darkening skies didn't deter over 80 people from social enterprises, community groups, food businesses and local government who gathered to hear of work being done in the capital to increase the availability of local, organic and fair trade food. Eleven speakers competed with the booms of thunder and rain to speak about, amongst other things, London's bid to become the largest Fairtrade city. Quenton Kelley, of Green Miles Fuels, spoke so eloquently of the need to recycle used cooking oil into biodiesel that Geetie has already taken him up on his offer of free collection. Judging



LFL network doo *Credit: Ida Farbrizio*

by the fact that the sound of driving hail was drowned out by excited conversation, we believe many fruitful partnerships were being discussed once everyone got stuck into networking. This was helped by the Duke's delicious organic food and plentiful organic beer and wine kindly supplied by Vinceremos, Vintage Roots and Freedom Brewery.

Considerate Hoteliers Awards

Now open for applications, The Considerate Hotel of the Year Awards for 2007 offer a free vehicle through which hotel managers, marketing managers or chefs can take advantage of a simple approach to environmentally sustainable profits. The Awards are a high profile opportunity to demonstrate to the industry and guests alike that your establishment is leading the way in addressing the growing pressure to provide a high quality, environmentally led service. Sustain is pleased to announce its sponsorship for this year's food category, which will be looking for the hotel/guesthouse that has done the most to use and promote sustainable food, e.g. organic, seasonal, local, and Fairtrade. The closing date is 23rd November, with the winners being announced in January.

To enter simply download an application form from www.considerate-hoteliers.com or contact Jane Carlton Smith on t: 01865 483894 or send an email to John Firrell, Secretary CHA.

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Local Food Finder

London Food Link will soon unleash its database of producers and suppliers into the public domain! It will allow buyers to search for farmers and other producers in and around London, with a focus on those who are producing more sustainable food. Ben Reynolds, who has been working on the database says, 'This new source of information has the potential to change the way London businesses think about where their food comes from. For the first time, the details of most of the producers in the

counties surrounding London are brought together in one place, alongside food businesses in London.' The database is due to be launched on October 3rd at the 'Celebration of Local Food' event at New Covent Garden Market. If you would like to add your details to the database or search for local producers, go to www.londonfoodlink.org from 3rd October.

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Camden launches Meals on Wheels Sustainable Procurement Toolkit

On June 14th the London Borough of Camden celebrated the launch of a sustainable procurement toolkit designed to increase the sustainability of meals on wheels contracts and to increase tendering opportunities for small and local food producers. Funded by the London Centre of Excellence as part of the sustainable procurement project led by Camden, the toolkit was developed with support from Sustain, the Government Office for London and procurement officers from several local authorities.

Better cooperation amongst the public sector was advocated by the National Audit Office in the 'Smarter food procurement in the public sector' report. Collaboration has been recognised as an important way to promote sustainability in catering contracts. This toolkit will be promoted to local authorities across the capital to encourage its adoption and promote shared goals on sustainability for community meals services.

The toolkit provides practical guidance on issues such as contract specifications, tender evaluation criteria, and key performance indicators and also provides useful information to help local authorities to put sustainability into practice. Focussing on the social and environmental effects of producing and consuming food, this initiative aims to increase the sustainability of both new and existing public sector catering contracts.

The London Borough of Islington has collaborated with Camden since the project began and has tested the specifications for their Meals in the Home service. Camden would now like to expand the guide to include case studies from other councils that have used all or part of the toolkit when tendering their foodservice contracts. If the toolkit has improved the supply chain of food in your borough or if you would like more information please contact Nicole.

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Ben Reynolds talked to **Julia Dowsett** about the exciting developments with school meals in Enfield.

MEMBER FEATURE ENFIELD SCHOOL MEALS PROJECT

What are the aims of the school meals project?

- All dining centres will have been surveyed, and where feasible refurbished and turned into production kitchens.
- The three schools that at present do not have hot plate serveries, will have been surveyed and have hot plates installed and operational.
- All school kitchens, where feasible, will have vegetable preparation machines and potato peelers machines installed and operational.
- All redundant fryers, where feasible, will be removed and replaced with combination/convection ovens or pasta cookers.
- Enfield will be set up as a City & Guilds centre for training in the new qualification, Healthy Eating for School Cooks.
- Menus will be nutritionally analysed to ensure they meet the new food-based standards and, later, the nutrient-based standards.

Who set it up and when?

We were set up in Enfield's Department of Education, and Carrieanne Bishop, our project manager, started in April 2006, and then I came on board in September 2006.

Who is involved in your work?

As well as Carrieanne and me, we have two chef trainers, Clive Longman and Maria Piccioni. Kate Syers, a freelance dietitian, also has an advisory role

What have you been working on recently?

With help from the Council's catering service, we have transformed nine school dining centres into production kitchens, the last few due to be completed by September 2007. This has made a big difference in the quality of school meals served at these schools because the food is now being cooked on site and we have noted an average increase of 60% in the uptake of school meals. We still face some challenges for those schools who cannot have their dining centres converted to production kitchens, but we are working with our colleagues from the catering service to come up with other ways of delivering hot school meals to those schools. We are also setting up as a City and Guilds Centre to run the level 1 award in "Providing a healthier school meals service".

I've been running guidance sessions for parents on packed lunches at schools across the borough. I've also been running nutritional analyses of all school

menus in the borough to see that they meet the Government's guidelines for food-based standards which, as of September 2007, will apply across the whole school day.

Another initiative is the 'healthy days in schools', when we run a range of activities such as fruit and vegetable tasting, comparing the "balance of good health" guide with pupils' food diaries, examining food labeling, and making smoothies.

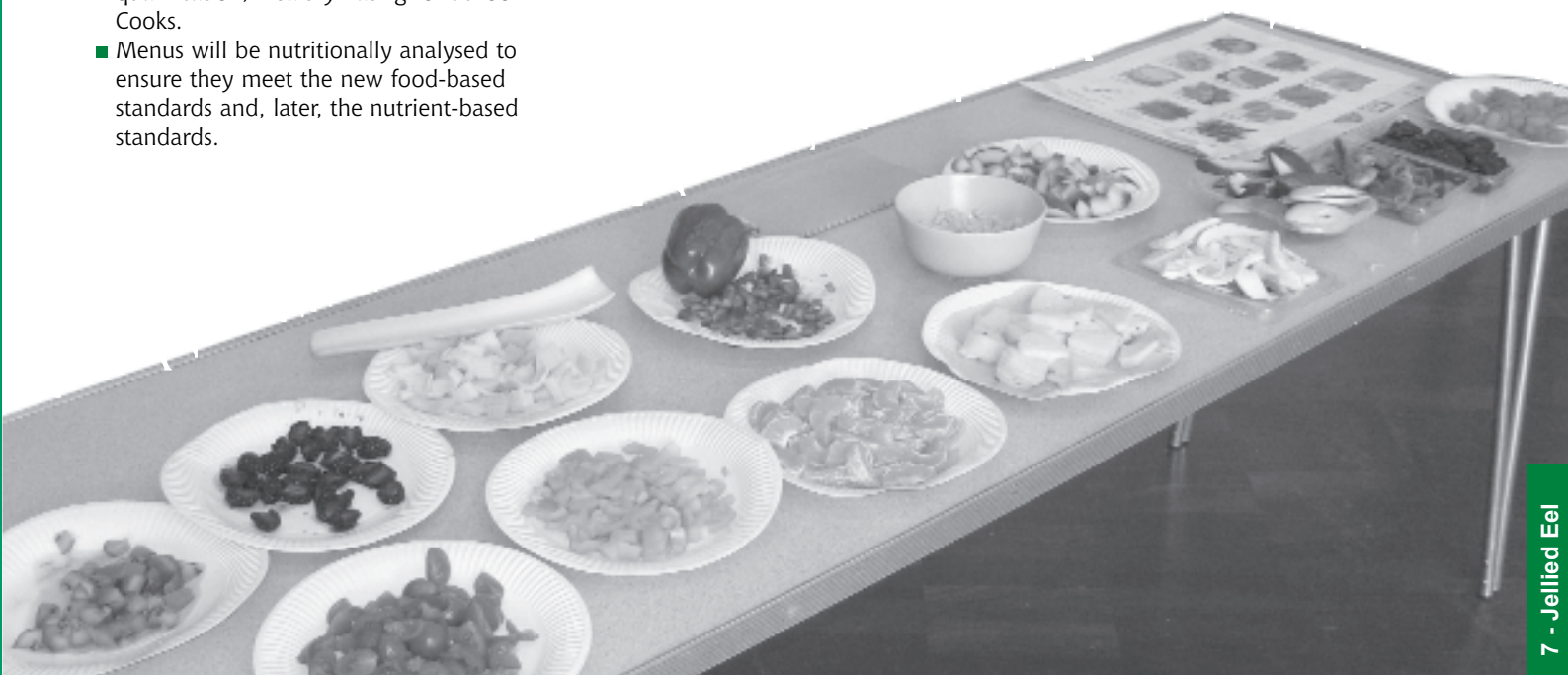
Our two chef trainers, Maria and Clive, have been busy working with cook/supervisors across the borough improving presentation of meals and salad bars, and advising on menu changes, efficient methods of cooking and improving the nutritional value and variety of school meals.

What does the future hold?

Based on this success, we hope to turn even more dining centers into production kitchens in Enfield! Also, the food-based analysis will move to nutrient-based standards which will apply to primary schools in September 2008 and secondary schools in September 2009. We are hoping to offer the City and Guilds course outside of the borough when the staff in Enfield have completed the course. ■

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The Well London Alliance, a new partnership brought together by the London Health Commission, has just been awarded £9,460,000 from the Big Lottery Fund's Well-being programme. So how will Well London make a difference? And how can organisations already promoting healthy eating around London get involved? **Gail Dinner** explains.

Well London

communities working together for a healthier London

What is Well London?

Well London aims to improve the health and well-being of almost 35,000 under-privileged people in 20 boroughs. It will support local groups and people and join up current initiatives, developing skills, confidence, programmes and networks to leave a lasting health legacy. The focus is on promoting healthy eating, physical activity and activities that promote good mental health.

The Well London Alliance partners bring complementary expertise in different aspects of well-being. They are:

- Arts Council England, London - culture and tradition
- Central YMCA - physical activity, and children and young people
- Groundwork London - physical activity and the environment
- London Health Commission - co-ordination of the whole programme
- London Sustainability Exchange - healthy eating
- South London and Maudsley NHS Trust - mental well-being
- University of East London - research and evaluation

Where will Well London be happening?

Many of the activities will take place in lower Super Output Areas (SOA) of 20 boroughs, all of which are in the 10% most deprived in London by the Index of Multiple Deprivation. Each SOA has around 1,500 people.

What will the programme do?

There are fifteen interlinked Well London projects. Eight are theme projects focused on mental well-being, physical activity or healthy eating. The other seven are "Heart of the Community" projects which will work across the whole programme on building capacity, improving accessibility and undertaking consultation with communities. Initial consultation with communities will determine which mix of projects takes place in each SOA.

So how will Well London improve people's diets?

London Sustainability Exchange will coordinate work on food through - *Eatwell* and *Buywell*.

Buywell aims to work with restaurants and shops to improve people's access to good quality, affordable, culturally appropriate and healthy food. In particular, the project will work with existing food co-ops, to expand their role and make them more financially independent. Where there are no food co-ops currently operating, some funding will be made available to set them up, linking these new social enterprises to local producers. Restaurants, food retailers and community meals services will also be encouraged to increase the number of healthy choices on menus along with more seasonal food.

Eatwell will work with local organisations to make healthy eating an easier and more attractive option. Events planned include community feasts, to bring people together to celebrate healthy, seasonal and local foods. Funding for healthy 'cook and eat' clubs will also be available.

How can I get involved in Well London?

Details of the areas where the projects will be working can be found on the University of East London website: www.uel.ac.uk/ihhd/programmes/PlanArch.htm

If you are currently working on food projects in these boroughs and would like further information about the food aspects of the Well London Alliance, please contact Gail Dinner, Partnership and Communications Manager at London Sustainability Exchange, at g.dinner@LSx.org.uk



Avery Hill Food Coop, Greenwich *Credit: Wendy Smith Age Concern*

Lisa Wilson, Food Access Network Co-ordinator looks at the pros and cons of living to a ripe old age.

Good health, great wealth and long life to you...

London Food Access Forum

July saw the Forum come together around the issue of older people, and the specific problems they face in obtaining healthy affordable food. There were presentations from Lisa Wilson at Sustain, who covered some of the national issues (see main article), and from Sarah Williams of Newham Food Access Partnership on their work with older people (see p11 for their recent report). Greenwich Cooperative Development Agency (GCDA) and Greenwich Age Concern also talked about a pilot project they have been running with one of their food co-ops in Avery Hill, which has a high percentage of older people visiting. A co-op is now also being run at Age Concern house in Greenwich on Wednesdays, and they hope to extend it to Thursdays and Fridays. For more information on the Greenwich work please contact Wendy Smith at Age Concern. (wendy.smith@acgreenwich.org.uk).

We are pleased to welcome volunteer Rachel Manley, who is helping out at Sustain over the coming months running the London Food Access Forum. If you are part of the forum you will probably be hearing from her soon. As well as looking at good projects across London (and beyond) Rachel is looking into how to get more voluntary support for food access projects and how best to support those who are already volunteering. If you are interested in getting involved please contact Rachel.

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In many ways there's never been a better time to be an older person. Average life expectancy continues to increase and poverty levels among older people continue to fall (23% in the late 1990s to 17% in 2006). Older people are an increasingly influential population group in terms of consumer power, are remaining independent for longer and there have been positive changes in age discrimination laws. Research by Age Concern in 2006 found that older people are aware of what is healthy and enjoy the benefits of a healthy lifestyle, including social contact and keeping active. Things are looking good!

Unfortunately older age continues to have many disadvantages too. Older people are living longer; but they are often at the sharp end of health inequalities, experiencing poor health, mobility problems, low income, food poverty and social exclusion. Plus, whilst there has been a significant drop in the number of older people living in poverty, current research from the Joseph Rowntree Foundation indicates that one in five older people continue to live in poverty in the UK and the gap in health inequalities is currently the biggest it has been in 40 years.

Hidden malnutrition

The bad news doesn't end there. It is estimated that one in ten people aged over 65, and living in the community, are experiencing some form of malnutrition. This is not only bad for general health, but can also contribute to developing disease and inhibit recovery from illness.

Dependency on others, apathy, depression, bereavement and ill health can all have a significant impact on appetite, dietary choice and a desire to lead a healthy lifestyle. Medication or poor oral health can also affect nutrient absorption and appetite, often making a bad situation worse.

For many people the problems of malnutrition can be linked to their ability to shop for themselves and a desire to remain included in society. A lack of access to local food shops with healthy affordable food, an inability to carry shopping, mobility problems, difficulties cooking or reliance on others to shop or on meals on wheels can all mean that a person's choice is restricted. It also cuts people off from the process of purchasing and cooking which connects them to food.

Can we fix it?

One of the things that service providers and policy makers alike should be doing is talking to older people about their food access problems and asking them to suggest solutions. At the Food Access Network we've been having those conversations and have found that, while older people continue to experience problems getting to food shops, they persevere because they want to stay independent and healthy.

So long as they don't lose control over shopping decisions, many older people would welcome a helping hand. This might be through shopping services, local delivery or just someone to shop with. Local shopping clubs have proved an excellent solution and allow people to share portions, spend time with friends and go shopping easily and safely.

Many local projects already play an important part in engaging older people and preventing social exclusion, as well as recognising the signs of malnutrition. But they need support from policy makers and a structured and routine system of dealing with malnutrition to ensure that older people do not remain at risk of preventable ill health. ■

Lisa Wilson

Food Access Network Co-ordinator
Sustain

Rose Bridger, food system consultant, looks at the rapid rise of air freight imports of food into the UK

Freshly flown in?



Credit: Pamela Troni

If you've ever been on a passenger on a plane, there was probably cargo underneath you in the bellyhold. It is highly likely that some of this cargo was food. It could be primary produce such as fruit, vegetables, fish and meat destined for stores and ingredients for processed foods. In addition to the airline meals served on the flight, meals for the return flight could be on board, as sometimes only a small number of factories meet the manufacturers' exacting specifications. Some of the food for the hotels and restaurants could accompany you on flights to tourist destinations. Livestock, along with pets and wildlife are clocking up more air miles, and could also be on board. But more cargo, including food, is shifting to dedicated freighters.

Passengers are confined to the airports' retail and catering areas. But take a look at satellite images of Heathrow, the world's business airport, and you get an idea of the scale of the operation

as a whole. The airport is already as large as the most built up area of the city of London. Zoom in and there's a massive expanse of grey sheds and lorries. Some of these are for food and flowers, as are some of the buildings in developments aligned with the airport.

How much is flying in?

In 2005 British Airways World Cargo (BAWC) opened up another floor at their Heathrow perishables handling facility for food and flowers, increasing throughput from 90,000 to 140,000 tonnes. Along with exotics, some of the imports like raspberries and blackberries are produce that is, or could be, produced more locally, if not a year round supply with cartoon like uniformity. Other carriers like Virgin are getting in on food and flowers imports at Heathrow with new refrigerated storage facilities.

Elsewhere in the UK, Manchester Airport opened a facility for temperature controlled goods in March, and plans to triple throughput to 18,000 tonnes within two years. Robin Hood, Doncaster is one of our country's more

recently established airports planning refrigerated storage for food. Humberside Airport's recently published Masterplan through to 2030 is cargo oriented planning for growing imports of fish from Iceland, and exports of processed perishable food products.

While the media fixates on the rise in, and environmental impact of, passenger flights, cargo is rising faster and a lot of the development at airports is cargo related. Worldwide, the largest and fastest growing air cargo sector is 'perishables' which means cargo that requires temperature control. Industry estimates for the annual increase are creeping upwards from about 10%. About 80% of this perishables sector is food and flowers. Most of this is primary produce, but processed foods is a growing sector and encompasses everything from trimmed vegetables or peeled and diced fruit through to highly processed chilled products such as ready meals.

Moving round and round

As always, the food chain is complex to unravel, and air freight is not as direct as claimed. There are often connecting flights and distribution is entangled with the geographical dispersion which affects the food chain generally. Hence BAWC's perishable food and

flowers imports to Stansted and Gatwick are trucked to the Heathrow facility for consolidation.

The Soil

The Soil Association's recent Air Freight Green Paper outlines some of the complexities of calculating the environmental effects, and although the relative effects vary greatly, air freight generates up to 177 times more greenhouse gases than shipping for the distance travelled. Perishable foods also require a chill-chain of refrigeration from farm to plate which is predominantly fossil fuel dependent.

As well as retrospective calculations of the impact of food air freight, we need to look ahead at infrastructure development at and aligned with airports. Support for shorter food chains is often confined to promotional and educational activity, so low down on planning priorities and designation of space that farmers' markets might end up in a supermarket car park. Meanwhile the infrastructure to enable ever lengthier air freighted food chains goes up and expands like Lego and is often so integrated into policy development that it has become invisible.

Is it tackling poverty?

There is expansion of export capacity for air freight of food and flowers in many countries, including the poorest with widespread hunger. Kenya's well established horticulture and floriculture air freight exports are hailed as a successful example of development, but it remains classified by the World Food Programme as a low income, food deficit country.

Aggressive export competition means other poor countries going down a similar "development" path may not be able to achieve even the relatively high export earnings compared to traditional commodities. It is doubtful that the best way to lift people out of poverty is to fly escalating quantities of food out over their heads. ■

Rose Bridger
www.rosebridger.net

A diet of spin

If you read the papers or watched the TV news on 15th July you could be forgiven for thinking the problem of food poverty had been solved. Headlines proclaimed "Unhealthy diet a lifestyle choice, says UK study" and "Low income diet 'not as bad as feared'".

The UK study in question was the Low Income Diet and Nutrition Survey (LIDNS), commissioned by the Food Standards Agency (FSA). Even the 50 page summary of its 750 page report suggests that the survey results are more complex than the misleading media coverage implies.

Problems faced by, for example, lone parents are different from those experienced by pensioners with mobility problems. But the survey sample size (3,728) is quite small, so it's difficult to draw conclusions about sub-groups who might have worse - or better - diets than average. In claiming that low income diets were not so bad, the FSA compared the LIDNS with population studies using different survey methods; and compared current UK consumption with LIDNS data from 2003-2005. The LIDNS results paint a rosier picture than results from other smaller and more focused surveys, and do not reflect the dispiriting experience of many people struggling to eat healthy diets on low incomes.

THE REPORT AND SUMMARY CAN BE DOWNLOADED IN PDF FROM: WWW.FOOD.GOV.UK/SCIENCE/DIETARY-SURVEYS/LIDNSBRANCH. ORDER PRINTED COPIES OF THE SUMMARY FROM THE TSO BOOKSHOP, BY SEARCHING FOR LOW INCOME DIET AND NUTRITION SURVEY AT: WWW.TSOSHOP.CO.UK

Allotment Sales - Organiclea

If you dig into discussion around allotment gardening you'll soon hear that the 1922 Allotments Act forbids sales of allotment produce, a point which is largely if not entirely true. To clarify the issues,



INPRINT

by Rhona McAdam

Organiclea, a small food growing cooperative in the Lea Valley, has examined the Act in some depth and produced a discussion document to explain when allotment produce can be sold legally, when it can't, and why.

Directed at allotment holders, community food workers, policy makers and food activists, the document explains the intent of the Act and addresses some of the wider issues around allotments. It raises questions such as whether those who are willing and able to produce and sell locally-grown foods in cities should be prevented from doing so, particularly as many urban consumers are keen to buy it. The document argues that 'some of the misgivings about commercial use of urban allotments may be, on examination, more to do with the lack of access to land'.

TO DOWNLOAD A COPY OF SELLING ALLOTMENT PRODUCE: IS IT LEGAL? IS IT RIGHT? GO TO: WWW.ORGANICLEA.ORG.UK/NEWS.HTML

An Appetite for Healthy Eating?

Eating a healthy, balanced diet is key to an active and healthy old age, helping older people fight infection, stay warm and maintain a sense of wellbeing. Unfortunately as people get older, it can become less possible for them to eat healthily due to such factors as low income, changes in health or digestion, poor physical mobility, increased dependency or lack of motivation.

The Newham Food Access Partnership (NFAP) has studied local issues for Newham's older citizens and produced a report, 'An Appetite for Healthy Eating?' which explores the issues around food access and healthy eating amongst older people in Newham.

The report looks at what motivates or prevents older people from eating healthy foods, and among its conclusions, identifies social and medical issues that affect food access and dietary choices amongst older people. The report also proposes changes in education and communication to improve access and food choices for them.

IF YOU WOULD LIKE A FULL COPY OF THIS REPORT PLEASE EMAIL SHEHLA KADRI (SHEHLA.KADRI@EAST-POTENTIAL.ORG.UK) WHO WILL BE ABLE TO EMAIL OR SEND THIS TO YOU. FOR MORE INFORMATION ABOUT THE REPORT, PLEASE CONTACT SARAH WILLIAMS, NFAP, 0208 522 2000 WWW.NFAP.ORG.UK

Chillies and Roses: Multi-ethnic involvement at community gardens and farms

Working alongside minority ethnic communities is becoming an increasingly important element of the community gardens and city farms movement. Community-managed farms and gardens offer people a welcoming and safe environment where they can take part in a range of activities, from healthy eating initiatives and recycling to animal care and horticulture. Often community farms and gardens might simply be places for people from minority ethnic communities to socialise or practice their English language skills, but they may also offer opportunities to become involved as volunteers, members of staff and as trustees on management boards.



Credit: FCFCG

The Federation of City Farms & Community Gardens (FCFCG) has just launched a colourful and comprehensive 44-page publication called *Chillies & Roses*, which showcases examples of good practice and offers innovative ideas for communities wishing to engage with minority ethnic communities.

COPIES OF CHILLIES & ROSES ARE AVAILABLE FOR £10 EACH FROM FCFCG, THE GREENHOUSE, HEREFORD STREET, BRISTOL BS3 4NA; TEL. 0117 923 1800; ADMIN@FARMGARDEN.ORG.UK. FCFCG MEMBERS CAN DOWNLOAD THE DOCUMENT FOR FREE FROM WWW.FARMGARDEN.ORG.UK

Kath Dalmeny explores what part food plays in climate change, the number one issue of our times, and how our food system in turn might be affected as the threat becomes reality.



Should we worry more about belching cows than "flying beans"?

Credit: Pamela Troni

The food system accounts for between around a fifth and a third of the UK's total emissions of greenhouse gases. These estimates take into account all stages of food's 'life cycle', from agriculture through to food processing, distribution, home storage and preparation, and waste treatment. Food is different from other UK consumption categories in that, whilst it is carbon intensive in its own right, other powerful greenhouse gas emissions are also very important, namely methane, nitrous oxide and several gases widely used as refrigerants. Calculations undertaken so far by the Food Climate Research Network (FCRN, with more commodities to be examined and reported on in the coming year) reveal that:

- Meat and dairy products contribute about 8% of the UK's greenhouse gas emissions associated with total UK consumption (i.e. not just food).
- Fruit and vegetables contribute about 2.5% of the total.
- Alcoholic drinks contribute about 1.5% of the total.

According to latest figures from the United Nations, animal farming globally causes more greenhouse gas emissions than all of the cars, lorries and planes in the world put together, and the effect is increasing.

In the fruit and vegetables sector, greenhouse gas emissions are also increasing because of our growing interest in fresh foods, particularly non-seasonal produce, available all year round - some of it exotic or unsuited to production in more localised or less energy-intensive conditions. Such produce is often produced, transported and stored in energy-intensive ways (e.g.

produced in heated greenhouses, refrigerated and/or transported by air), and goes off quickly, effectively wasting all the energy invested in the product.

The Mayor of London's Climate Change Action Plan.

Earlier this year, the Mayor launched an ambitious and far-reaching plan focusing on climate change. However, a little disappointingly, it had very little on food. Considering the case set out above, food could offer very considerable opportunities not only to set London on a route to more sustainable consumption, but also to do so in a highly engaging and enjoyable way. Climate-friendly food for the capital could reinvigorate local food systems, increase healthy eating and participation in physical activity, and build and enhance green spaces, whilst also increasing skills and employment opportunities in sustainable food production.

The Mayor's office is now looking at mitigation (how to prevent further climate change), and adaptation (how to deal with the effects of climate change already underway). As climate change will be central to national and local government policy for years to come, we hope that some of our suggestions below can find their way into Mayoral policy:

Food and climate change mitigation

The following activities, if promoted and enforced effectively, could lead to a sizeable decrease in the levels of greenhouse gas emissions associated with our food consumption:

- *Eat more plants and eat less meat and dairy-* make sure that the meat, fish and

dairy that is eaten is produced to high welfare standards, such as organic (or are wild fish from certified sustainable stocks);

- *Eat in season* - don't buy the same things all year round, and instead choose fresh food in the right season;
- *Don't waste food* - buy and cook just the food you need - don't throw it away - and compost or recycle any unavoidable waste;
- *Buy local and fair-trade* - if we can grow it here, buy it from here - if not, choose fair trade (but avoid food brought to this country by air);
- *Leave the car* - walk, cycle, or go by public transport to do your food shopping - don't go by car (but if you do, share with a friend!);
- *Support ethical companies* - buy from food companies, food growers and farmers' markets that tell you about the full impact of their products, and promise to improve - don't buy from companies that tell you next to nothing.

However, we need to do much more than simply produce lists of good advice and then sit back and hope consumers will make more sustainable choices. We need to change the food system itself, to ensure that the right decisions are made throughout the supply chain to ensure that greenhouse gas emissions are kept to a minimum. Consultation in support of the Mayor's London Food Strategy showed that action is needed both to stimulate consumer, public-sector and private-sector demand for sustainable food (the demand side), and to help farmers, processors, distributors, retailers and caterers to improve the envi-

ronmental performance of their products and services (the supply side). It also highlighted that public bodies such as procurement operations and local and regional authorities can play a critical role in facilitating changes to both demand and supply.

Food and climate change adaptation

The UK needs to adapt its food system to continue to provide us with sustenance in a world in which some level of climate change is now inevitable. This will happen at a time when there will also be increasing competition for land use for other commodities, especially biofuel, but also fibres and starch-based plastics; and for other uses, such as affordable housing; and a time when the global population and its expectations of economic development are also on the rise. Wider policy approaches, such as carbon pricing and the promotion of biofuels are likely to put pressure on food prices (more information on this in the next issue), and indeed are already showing signs of doing so.

Action now to "de-carbonise" food supply chains, including through fuel-efficient aggregation and distribution, will help London's food system be more resilient to future pressures, and prepare one of the capital's key industries for the major changes ahead. It is also worth reflecting that all of these challenges now face us at a time when the future availability and affordability of fossil fuels, especially oil, is now in doubt. The food system is currently heavily fossil-fuel dependent, especially for fertilisers, transport and energy use (e.g. in food processing and refrigeration). Action to reduce the climate change impact of the current food system should therefore also be explicitly designed to reduce fossil-fuel dependence. Adopting a 'sustainable food' approach that integrates other sustainability considerations from the start (e.g. reductions in the use of water, pesticides, fossil-fuel dependent fertiliser and reductions in waste) are crucial to put London's food system on a genuinely sustainable trajectory.

Changes in our climate, as the Stern Review highlighted, will mean changes in weather patterns, rainfall, and suitability of certain crops for certain areas. Forewarned is forearmed - what is needed urgently is an assessment of how London will be fed under different future scenarios, taking into account climate projections and rising oil prices. London Food Link is talking to mayoral representatives to explore what improvements can be made to London's food system to help reduce greenhouse gas emissions. We will report on progress in future issues of Jellied Eel. ■

By **Isobel Bretherton**
National Farmers Union
(NFU), South East

Flooding - its effect on farming and your food

As a result of the atrocious weather this summer, the timing of normal farming operations has been set back by around three weeks. And consumers can expect to see rising food prices, but they won't all be down to the UK's wettest summer on record.

Farmers are normally philosophical about the weather - they are used to the vagaries of our maritime climate. But this summer's one-in-300-year weather event has left them counting the costs and the true impact won't be known for months. Farmers are able to take out insurance that provides storm cover, but they can't normally get insurance for loss of crops, livestock or fodder to flooding, so they have to absorb the losses.

The worst hit areas include west Oxfordshire and west Berkshire where rivers including the Thames burst their banks. Farm animals were taken to safety but the flooding also inundated farmyards and buildings.

NFU president Peter Kendall has met with the Environment Agency. He said: "We agreed with the Agency that we all need to learn the lessons from the current flooding, especially as climate change predictions suggest we can expect more of the same. It is clear there is no simple solution and the country cannot become 'flood-proof'. And we recognise the rainfall in recent weeks has been unprecedented and extreme. However the floods have shown us that whether rural or urban we are all in the same situation and we need a more joined up approach."

A blow by blow analysis

Animal feed - There's truth in the old saying 'make hay while the sun shines' - but hardly any hay has been made as the sun didn't shine. The quality of hay this year will be poor compared with last year. Some silage* has been made, but fodder will be in short supply by the winter, with livestock farmers braced for a huge hike in feed costs. Livestock that were brought to safety into buildings have begun munching through reserves of winter feed.

Oilseed rape - The harvest of oilseed rape is late. Rape is harvested when the seedpods are dry- but in some cases it never dried, rain knocked the seed from the pods and whole crops were lost when a severe hail storm hit the Romney Marsh.

Farmers have now been forced to dry it, as its quality is affected by high moisture levels - damp seeds/grains won't store well. Farmers are now incurring additional fuel bills as their grain driers run on diesel.

Wheat - In addition, cereal crops are showing signs of fungal problems. Wheat is traded on a global scale so scarce supplies of wheat for human and animal consumption will push prices up. Straw for animal bedding will also be more expensive this year. Ultimately that could mean a rise in the cost of basics such as bread, milk, red meat, poultry meat and eggs.

Fruit - Outdoor soft fruit has been decimated but polytunnels have certainly saved the day for large-scale strawberry growers. Rain has split the skin of cherries but the apple crop is expected to be large. Growers now hope for some sun to sweeten the fruit.

Vegetables - Field scale vegetable growing is concentrated in the north of England and in the East Midlands. Here around 50 per cent of the pea crop has been lost - the same is true of the potato crop in parts of Herefordshire and Worcestershire. Severe soil water-logging is preventing succession planting of autumn and winter brassicas (cabbages, broccoli, purple sprouting, cauliflowers) across the UK. Harvesting is interrupted by rain and it's far from ideal to take machinery onto water-logged soils, even though Defra has relaxed the rules, following pressure from the NFU.

Inevitably supermarkets will fill any gaps on their shelves with imported produce. Yet floods at home are only a small part of the story behind food price rises. Another factor is the world's ever increasing population - the human race increases annually by 70 million people. As the economies of Asia and China expand, so their people become richer and many are becoming bigger consumers of meat and dairy products. But before our farmers can think about feeding extra mouths, they'll be hoping to recover this year's crops to feed anyone at all. ■

* The quick definition of silage is pickled grass: made from wet hay!



LOCAL TO LONDON

If you told most foodies that one of the most local breads they could buy is a French loaf from Greggs, they would probably laugh. In London, however, it seems that might be the case. As **Ben Reynolds** discovered, Greggs bakeries are among a number of bakeries in the capital using flour from the last mill in London.

G.R. Wright & Sons Ltd. London's only Flour Mill

Situated in Ponders End, Enfield, G.R. Wright and Sons Ltd is a family run business set up 140 years ago, and is still kept in the family with David Wright at the helm. As you would imagine, much has changed over this time, with technological advances on site meaning the production of 1,000 tonnes of flour, which represented almost a whole year's output in 1867, can now be manufactured in less than a week. However the site retains most of the original buildings, with the new ones architecturally sympathetic in character.

Ethics

Wrights have always prided themselves on their relationship with employees, with many of the staff having worked there most of their life. Their ethics are also evident in where they buy their ingredients, with the bulk of grain coming from the East-Anglian and Kent fields on their doorstep. They make sure that the

by-product from milling doesn't go to waste, with the bulk being used for animal feed. This may sound like good environmental management, but it makes a lot of business sense too.

Products and supply

With a fleet of a dozen lorries, Wrights supply both the big and the small, from the Warburtons factory, deliberately located next to the mill, down to the craft bakeries like Victoria Bakery featured opposite. One of their biggest markets is ethnic manufacturers, so many of London's chapattis and naan breads are probably made from Wright's ingredients.

Although this bulk delivery probably makes up the larger part of their business, they are probably better known to you and I for their packet bread mixes. Wrights first diversified into packet mixes in the early 1990s, as they saw the market moving with an increase in sales of bread machines and a revival in home-baking.



Speciality breads have also grown considerably in popularity. People travelling abroad would try them and wanted ciabatta or focaccia, for example, when they got home. Wrights have made it possible to bake your own speciality breads with the maximum of ease. The mixes are complete - with all the ingredients required to make bread, all you have to do is add water and bake!

They now have a range of 13 different bread mixes, including a popular organic line - available in Sainsbury's - and a range of five different cake mixes. In response to many queries from customers on how to bake from the mixes in their particular bread machines, Wrights have set up an on-line home-baking forum on their web site www.wrightsfLOUR.co.uk along with their freephone home baking line 0800 064 0100.

Future plans

Wright's' business focuses on the South East, London and East Anglia. With consumers increasingly aware of where their food is coming from, it may be that more Londoners start to demand from their bakers that the flour comes from its last mill.

The mill has enjoyed much publicity in their 140th year and the company is delighted that both Oliver Rowe, The Urban Chef, and Stuart Gillies of The Great British Menu have selected Wrights as their chosen flour miller. As London's only mill they feel they are the "Wright" choice! ■



SHOP WINDOW



Victoria Bakery

The Victoria Bakery in Barnet, North London, combines local, quality ingredients with time-honoured traditional methods to achieve their motto of "real quality, real taste, real food" and provide breads, cakes, pastries and cakes to local customers. The bakery is owned and run by James Freeman, the fifth generation of Master Bakers in North London. James Freeman's family has been baking bread in North London since 1827, when his great-great-grand father, Robert, opened a bakery in Highgate. The Freeman family has been baking breads, cakes and pastries continuously since then and is now in its fifth generation of the bakery trade.

Victoria Bakery has been in Barnet since 1968, although there has been a bakery on the site for centuries. It is believed that this was the bakery on the steps of which Oliver Twist met the Artful Dodger in Charles Dickens' novel! The bakery believes that using local food is not only better for the environment, but is fresh, healthy and delicious and helps to support the local economy as well as building a local sustainable food community.

Proprietor, James Freeman says "We have been using flour from G R Wright & Sons (see p15 opposite) for over 50 years and, like us, they have always

striven to produce a top quality product. We are delighted to be able to make bread from the very best locally milled flour from locally grown wheat. This fits in well with our policy of, where possible, sourcing our ingredients from local suppliers."

This philosophy has now been taken even further; all the wheat which is milled into their most commonly used flour (over three quarters of the total) comes from a single farm, run by Tim, Tom and James Benton at Hornden on the Hill in Essex. The total food miles from farm to mill to bakery are now only 36.2 miles! Beef and pork comes from cattle and pigs reared at Hedges Farm, less than 10 miles from the bakery. This beef, which has been hung for two weeks, is used in hand made steak and kidney pies and cornish pasties. The pork is used in sausage rolls, and jam used in the doughnuts comes from Wilkin & Sons at Tiptree in Essex, only 50 miles from the bakery.

Buying bread and pastries from the Victoria Bakery means that not only are you getting a tasty treat, but you also know where your food comes from and the care and attention that went into producing it. ■

Rachel Manley

Diary

September

- **1st-16th Soil Association Organic Fortnight 2007:** 'Wake up to an Organic Breakfast' see: www.soilassociation.org
- **12th The Year of Food and Farming** see: www.yearoffoodandfarming.org.uk
- **18th -19th Dirt Café at London Design Festival** discussing sustainability of water www.dirtcafe.com
- **21st - 23rd Whitecross Street Market** ties-in with World Car Free Day see: www.islington.gov.uk/Business/Licences/StreetTrading/whitecross.asp
- **22nd City Harvest festival** (see p4)
- **22nd - 7th October British Food Fortnight** see: www.britishfoodfortnight.co.uk
- **25th Epicurean Episodes:** Immigrating Cuisine, Food from abroad in Victorian London. See: www.rbkc.gov.uk/LHEvents/general/epicurean.asp
- **28th West London Food Forum** for food businesses events@westlondon.com
- **29th - 30th The Great British Cheese festival**, Britain's biggest cheese show. See: www.thecheeseweb.com

October

- **1st Ethical Eats** - restaurants and caterers tackling waste (see p5)
- **3rd Meet the Buyer / Supplier** @ Covent Garden Market: chefs and buyers from across London are being invited to attend a special open day to meet local producers and market suppliers. (see p4)
- **3rd Launch of London Food Link Local Food Finder** online (see p6)
- **5th - 12th Seafood Week** see: www.seafish.org/2aweek
- **5th - 7th Biodynamic Fortnight:** at London's Borough Market see: www.biodynamic.org.uk
- **8th - 10th The Restaurant Show** see: www.therestaurantshow.co.uk
- **14th Foraging: Discovering the Wild within the Urban.** The workshop will enable participants to identify and use common wild edible plants and fungi from Hampstead Heath and the surrounding area. See: www.gaiafoundation.org/learning/learning.php
- **14th Apple Day Fair.** Have a Stall at one of Root's and Shoot's: for further details contact Peggy Dean 07931 597 569
- **25th - 28th The Wine Show** see: www.wineshow.co.uk
- **30th - 1st Natural Ingredients Exhibition and Conference** see: www.ni-events.com/content

November

- **1st World vegan day.** See: www.worldveganday.org/
- **8th European Day of Healthy Food and Cooking.** see: www.eu.mini-chefs.eu/event_en.html
- **16th - 18th The BBC Good Food Show** London see: www.londonbbcgoodfoodshow.com/page.cfm
- **21st - 22nd World Food Market** see: www.worldfoodmarket.co.uk/client/index.aspx?page=1

For more events, see Sustain's food calendar at www.sustainweb.org/foodcalendar/

Join London Food Link Now!

The benefits of membership of London Food Link include:

- *The Jellied Eel*, our **quarterly magazine**, with members' news, funding opportunities, and articles on London food issues, and **membership of an e-mail group**, to keep members up to date in between issues.
- One day's **free advice on using sustainable food/suppliers** (normally £350 a day), and a discounted rate thereafter if more advice is needed.
- Contact with and support from other members, with a wide range of expertise, through our **twice yearly network meetings**.
- **Influence on London's policy making processes**, through LFL's extensive contacts and policy development experience.
- Membership of **LFL sub-groups** e.g. the London Food Access Forum, to discuss and devise solutions to food access problems.
- 50% off hard copies of **London Food Link publications**, and a free copy of the **Bread Street** report (normally £10).
- **Discounted rates** on forthcoming events.

To join London Food Link or for further details contact:

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London Food Link members and supporters include:

Primary Care Trusts, London boroughs, business associations, retailers, farmers, environment and community groups, food access partnerships, allotment groups and food writers. Our work is guided by a working party of key London-wide agencies and groups representing food issues from farm to fork.



OUR WORK

To represent around 100 national public interest organisations working at international, national, regional and local level.

OUR AIM

To advocate food and agriculture policies and practices that enhance the health and welfare of people and animals, improve the working and living environment, promote equity and enrich society and culture.

The Jellied Eel is the magazine of London Food Link coordinated by Sustain: The alliance for better food and farming. It aims to keep readers abreast of developments in the food and agriculture policy arena that have an impact on London. Sustain takes every effort to summarise and reproduce accurately the information in *The Jellied Eel*. Inclusion of any material does not imply that it forms part of the policy of Sustain.

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