

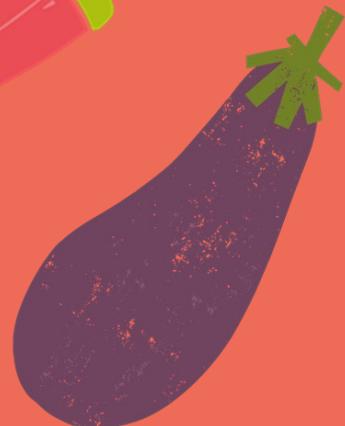


Generations
Working
Together



The Greater Renfrewshire & Inverclyde Intergenerational

7th October virtual via zoom



Food Network

Introduction

The Intergenerational Food network event took place as part of Generations Working Together partnership with Sharing Food for Life Get Together Programme to work with the ‘Test and Learn’ areas of Inverclyde, Glasgow and Edinburgh. This is the first network event that has taken place in Year 2 of the programme for 2020 - 2021. Due to the COVID 19 pandemic all communications have now had to take place virtually. The network event was advertised through Generations Working Togethers’ Greater Renfrewshire and Inverclyde Network. 30 organisations initially signing up to attend, 6 apologies, and on the day 19 people attended representing the following organisations; Greenock Medical Society, Engage Renfrewshire, EBI Unites, In Work Enterprises, Gibshill Childrens Centre, Holmes Care Group, Active Communities, Blue Triangle, Neilston Primary School, Abbey Mill Child Care, Renfrewshire Leisure, Spark of Genius, Little Inch Erskine, Orchard Park Nursery, Belville Community Gardens, Carrick Care, North Care Group, Bluebird Family Centre, John Bosco Early Learning, Turning Point Scotland, Giffnock Nursery, Renfrewshire Carers, TRELLIS, Larkfield Childrens Centre, Renfrewshire Council, Kilbarchan Community Nursery and Wheatley Care.

In the event planning it was decided that it would be best to make it an interactive one with some workshops with pre-selected questions sent out to individuals before the meeting. It was hoped that this would enable all participants to join in the conversation about cooking, growing and eating food. This in turn led us to look at connections across communities and generations and how to link in during the time of COVID 19.

Workshop 1 COOKING

How do we choose the food we eat.

Fast food versus granny’s and grandad’s recipe.

Workshop 2 COOKING

Junk food, it’s easy to find, discuss.

How does it affect our diet?

Workshop 3 GROWING

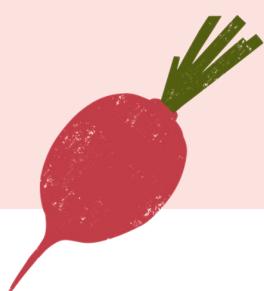
Is being healthy everyone’s responsibility.

What are the barriers to Growing?

Workshop 4 GROWING

Does growing food build relationships in our communities?

What ways can we connect with people through growing?



The session took place on Wednesday 7th October at 10 am until 12 noon. A full programme is available in the appendices.

We used the following preselected questions in each of the workshops:

The Workshops

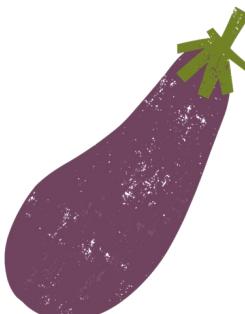
The groups were divided into 2 and each group spent 10 minutes in a cooking workshop and then 10 minutes in a growing workshop. After which time, they came back to the main session where one representative from each workshop offered feedback to the whole group. Each group consisted of 8 people.

FEEDBACK from Cooking Workshops

- Pricing of food was something that came up and how it can be expensive to cook food from scratch using electricity.
- Supermarkets prices were more appealing than going to the butchers to buy meat as the price was not available in the butchers but in supermarkets its always easy to see the price label.
- Affordability is something that takes precedence over choice and although it may be that people would prefer granny and grandads recipes and try fresh fruit or meat, mince was £1.55 in ALDI but at the local butchers the price per kilo of meat was much more expensive.
- Easier to buy a microwave meal at £1.
- Lots of families cannot afford the food prices and there were questions around how we can start on a saving journey when the facts are that people buy out of necessity with little room for luxury.
- People often choose food through convenience and supermarket is better for cost. They will use the cheaper option to buy food often fast food and microwave cooking.
- Sunday dinner – something that gran and grandad offered where the family could connect for conversation. In the past this was something that took place naturally and many big families met to have food and catch up. Modern living is not offering the same comfort and there are less conversations at the table with many opting for MacDonalds lunch and quickly grabbing food and eating on the go.

FEEDBACK from Growing Workshops

- The price of growing and the biggest underlying issues being cost but that education and inspiration could teach people to learn by doing.
- Many people just do not know how to grow food.
- It was believed if people knew that they can grow food without a vegetable plot (say

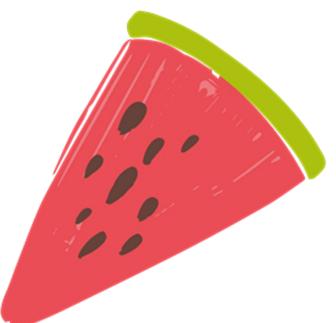


potatoes in a bag) they could learn the health and cost benefits.

- Small examples like growing tomatoes and basil and making a Margherita Pizza by adding your own grown stuff is something that may inspire people.
- An Intergenerational Project it would be good to grow something and then make something together with it. Even growing together separately and then cooking separately during COVID but sharing what you have done.
- Intergenerational work that has been carried out between a secondary school and a local care home has shown to be effective with older people having knowledge and skills around gardening but not having the physical strength to dig, they worked together all summer with the younger people doing some of the heavy labour and the older people helping sow seeds. The importance of everyone playing their part with the fitter people digging, those in wheelchairs pulling out carrots etc.
- Many activities have come to a halt as the schools cannot take in volunteers. The schools would like to continue and it was agreed that they could do so in the groups they are working with the hope that once COVID has been deemed as safe people will return to their intergenerational work but also in the mean time they can consider some virtual work.
- One garden project has continued to grow and keep working under COVID restrictions and guidelines with environmental health visiting them three times a week to check that things were being carried out to the specified standards.
- One project worked in partnership with Men's sheds and they picked their produce and delivered to their foodbank. Another project has links with Men's Sheds and has freshly grown food delivered weekly and used by residents of a care home to make soup, asking residents to cut up the vegetables and be part of the conversation around making soup this also involved residents of the care homes family at home making the same soup and then they all shared soup afterwards (whilst social restrictions of visiting was in place and families could not visit).

The time was limited to share other stories and it was pointed out that Generations Working Together website and newsletters shares stories and case studies across the 18 networks in Scotland. A discussion was held around Food for Life Get Togethers and the amazing resources they have produced to show that we can still get involved with people in our community, young and old by sharing, growing and cooking food in the following ways:

- Socially distanced events – like sharing a fajita over the fence with a neighbour.
- Virtual events – put a get together in the diary and meet up online.
- Household activities – doing something at home, like planting seeds, and share it after either virtually or by social distancing.



Donna – The Soil Association – Food for Life Get Togethers

Donna offered the session a presentation with slides to talk about the Get Together Programme and what it is all about – cooking, growing, sharing stories and food. Donna pointed out that social bonds are stronger than ever before. People have a strong desire to be connected to others. In particular, many older people are isolated at home. There have been a lot of virtual get togethers with recipe bags, cook a longs, sharing pictures, afternoon teas, picnics in the park.

World Food Day (WFD) 16th October, 2020 Grow, Nourish, Sustain. Together. Donna brought attention to WFD and how food is a means of bringing people together. WFD looks at hunger and malnutrition, Older people and malnutrition is something that we witness here in Scotland and in the UK. Food Poverty is also an issue and COVID has highlighted this even more. Having these conversations today is a good starting point. Building, connecting, sharing.

For example, lentil soup is made in a different way, depending on the culture. Someone from Scotland, Africa, Italy they will all have something different that they may put in the recipe. It's also good to share produce with neighbourhoods as we have heard today. It's not necessarily sitting down and sharing a meal but its mixing things up and sharing between each other as in the example of Men's sheds sharing with the local care home. People could consider doing something like a cook along and sharing on social media.

Food for life Get Togethers provided emergency Covid-19 funding for 14 organisations, with the main focus being around food provision.

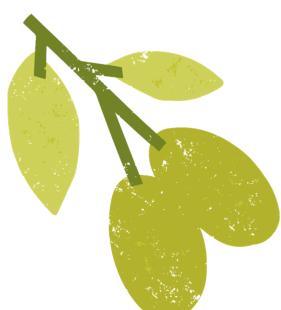
Some more information:

- Get togethers can be held at any time – a small activity that involves food.
- Carrots and spinach are in season now. You will also find tips on the website for eating well.
- Food for Life will be hosting a network event in December they will be looking at seasonal produce – Apples and what you can do with them.
- Food for life have a new website which will be live soon.
- Register to join the Food for Life Get Together and host a get together of your own.
- Donna works across Inverclyde, Glasgow and Edinburgh and there are small grants available £150. Some people have purchased induction hobs for cooking with.
- If anyone needs any guidance / advice get in touch with Donna.

Date of next Greater Renfrewshire & Inverclyde Intergenerational Network Meeting:

27th January 2021 10 am until 12 noon

Date of next Food network meeting TBC (April 2021)





Generations
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Intergenerational Food Network

Greater Renfrewshire & Inverclyde

7th October 10 am until 12 noon on zoom

Agenda

10 am : Welcomes

10.10 am : Workshops

1. Cooking
2. Growing

10.20 am : Change workshops

10.35 am : Sharing feedback from workshops

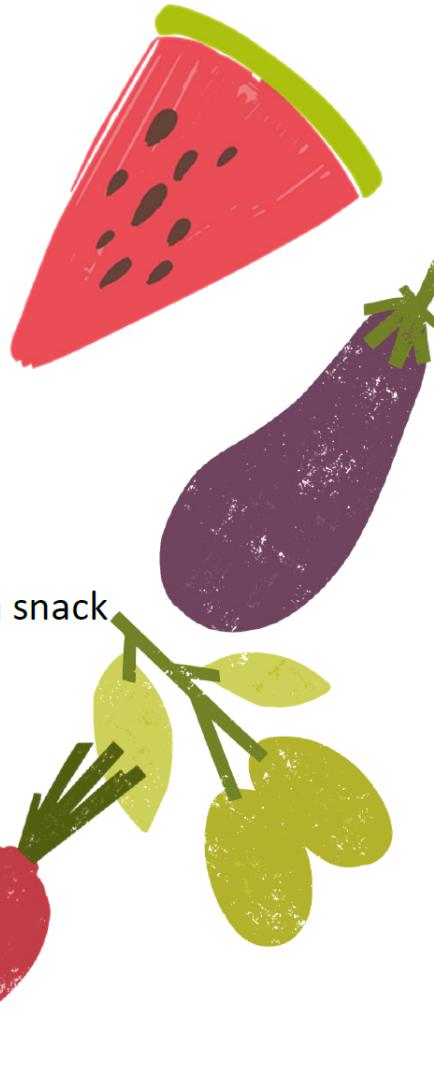
10.55 am: Comfort break and bring a cuppa and a snack
to share

11.05 am : Eating and sharing

Some Recipe Ideas

Donna 'The Soil Association'

World Food Day



You must register to attend the event and a zoom link will be sent to you the day before the event.

The times suggested are estimate and the morning will be interactive looking at successes and challenges.