

Central Scotland
Intergenerational Food Network
Date: 03/03/2021 @ 10 am – 12 noon
Zoom Online

In attendance: Bella Kerr, Lynn Greenan Bright Horizons, Lucy Frances Julia Metcalfe Heart of Newhaven, Monika Guthrie House Care Home, Billie-Jane Skene Cyrenians OPAL, Mairi Lawson Guthrie House, Sylvia Forshaw Cyrenians OPAL, Sheila Purvis Guthrie House Care Home, Laura Craig Volunteer Centre East Lothian, Breda Seaman Dunblane Development Trust, Susan Hill Wellside Kindergarten, Amanda Connal Raploch Community Partnership, Ruth McCabe Fife Health and Social Care Partnership, Amy Styles The Conservation Volunteers, Dani Lisney Outside The Box, Louisa Turner GWT, Mairi Wright NHS Forth Valley, Loreen Pardoe GWT, Fidelma Guest NHS Forth Valley, Donna Rodgers NHS Forth Valley, Diane McCabe Bo'ness Food Pantry, Jacqueline Bennett Live Life Aberdeenshire Council,

Apologies: Pat Scrutton Intergenerational National Network

1. Welcomes and apologies. We took part in Instant Delights resource <https://myhomelife.org.uk/resources/> just to try it out and share some fun and ideas for connecting online especially.
2. Workshops Cooking and Growing. People attended either workshops and spent 20 minutes talking through the topics of either cooking or growing. The workshops each had some prompter questions to get the conversations going and this time GWT facilitated the workshops as the feedback received from other networks was that facilitation was required. Feedback was offered from both groups as follows:

Cooking Workshop: People discussed:

- Fidelma explained about a spaghetti junction map she saw recently and how it illustrated that people's relationship with food can be quite complex and not one suggestion/solution fits all, especially when considering obesity and food.
- Liz shared about a fun intergenerational exercise she recently experienced surrounding food – a food quiz. The answers evoked more questions between the generations. An example: 'name a food that is also a liquid', one answer – semolina. The younger generation asking what semolina and conversation was pursued.
- For some local, fresh produce and homegrown produce complimented a vegetarian diet. For others, convenience from 'click and collect' was the order of the day due to a busy lifestyle of work and family life, however the draw back was that there was forward planning involved. Some people were conscious of animal welfare and were nonmeat eaters and read labels to ensure the source of the products and the ingredients were for a healthy diet.
- For others, their cooking choice was influenced by what was available to them due to geographical location and lockdown.
- We spoke about the 'no touching' of food in lockdown and how we could not use this method to test whether the produce was fresh/ripe in the supermarkets.

- During this past year people in the group had changed their shopping, cooking and eating habits.
- Someone had purchased a Ninja Cook Pot and was experimenting more with food, trying new recipes.
- Due to chaotic family life with people on shifts and eating at different times, especially when tired, convenience foods and take-aways replaced cooking, however with the introduction of the weekly delivery of a 'Gusto' box the whole family have changed their eating habits and younger members are learning to cook, using 'new to them', ingredients and herbs. Flavours, timings and doing something together or preparing a meal for someone else, has transformed one family's attitude to food during lockdown. The weekly delivery of step-by-step instructions has provided a monetary saving and a saving of less food being wasted. There is something for everyone in the box with healthy and not so healthy options. It has been a real food journey of appreciation of food rather than something that one just eats.
- Online cookery sessions with organised groups opened to new friendships and experimenting with food from other countries. The social element of being together, cooking, eating and consuming alcohol made for an enjoyable evening.
- Others missed going out for meals and experiencing good, cooked food.
- The purchase of Fair-Trade products was popular with the group.
- Purchasing products from M&S, gave confidence as to the healthiness of the food due to the well labelled products.

Discussion was had re change of how we shop for food and the environment. In the inner cities and larger towns, 're-fill' shops were popping up. In Edinburgh there is a company which sells oat milk produced in the Borders. 'Untitled Oat Drink' is sold in a glass bottle, which can be returned and re-used. Oat milk is sold in many outlets across the city and can be delivered to the home.

Conversations were held regarding the passing down of recipes through the generations. Most of the group commented that as a child their meals were more traditional and plain with little spice or variation but usually always had a meat dish to sit down to. Chat was how perhaps the food served to us as children and how we now choose food could have been socio-economic and what was seasonally available. As we are older some commented that we have returned to a plainer diet due to our digestion systems not able to cope with spicy food.

Growing Workshop: people discussed:

- Healthy – trying to be outdoors – healthy eating – Some people have more access and ability to do this.
- Some people are brought up with growing.
- Some can learn it.
- Barriers to growing – Early years growing, and climate action is something that the curriculum covers. Recognition of a clear generation who did not have the experience of growing and having a genuine dislike / aversion to putting their hands in the soil.
- It's a different situation now.
- One person talked about space to grow and that barriers were apparent with many in past slabbing their gardens etc – not having time for gardening.
- Space is a barrier.
- Discussed using space and finding space as a springboard to open spaces that could be used and learning to share with others.

- Co-operation is a big part of connection through growing.
 - Looking back to growing and necessity
 - Poverty
 - Knowledge was something that people felt was important if someone wanted to grow.
 - Acknowledged that we are so used to supermarkets now that growing does not seem something that is necessary.
 - Older people may have the skills to pass on to young people – they may not have a garden?
 - Barriers are Covid and difficulty to organise.
 - Recognising the seasons is something that we touched upon.
 - One person planning some temporary work smashing up old pots etc – getting soil prepared – do training online – HUB at school – plan distanced outdoor stuff on nice days.
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- Due to geographical location of home, some people grew up with fresh produce due to fathers having an allotment or growing produce. Gardening was instilled from a young age and partners grew up with similar background and therefore have continued with this way of life and share it with their extended family. However, it was accepted that this lifestyle was perhaps not available to all due to geographical location and life opportunities.
 - Similarly, the access to junk food and takeaways depended on your geographical location as there are fewer takeaways rurally and more opportunity to green space to 'grow your own'.
3. Donna Borokinni 'The Soil Association' 'Food for Life Get Togethers' some updates Plant and Share Month will be from 19 April – 19 May 2021. If you sign up you can access free resources to help you plant veg seeds, help them grow and share the seedlings with a neighbour. Whether you are growing in yogurt pots for the first time or you're a seasoned grower with an allotment, Plant and Share Month is for you. It's easy to get involved:
1. Plant your seeds
 2. Help them grow
 3. Share the seedlings
- Breda shared that there is a refill shop "Weigh Ahead" in Dunblane.
 - Loreen stated, we have a collective buying 'ethically and environmental focus' lead between local families in two ways. One larger delivery to one point of contact with everyone then collecting their order - seeds, oats, toilet rolls - and the other with a small social enterprise who have been building this eco-friendly and eco-conscious alternatives to supermarket buying or restrictive options in high street as we are rural too. Their aim is to get premises and raise awareness, run workshops on sustainability and climate action with health and wellbeing focus too - with the shop supporting this.

- Susan posed the question, 'is it ok to hand out things in relation to the COVID guidance. Our care home has asked us to not hand things in so just keen to hear your thoughts about how other people are managing that'
- Dona responded that a care homes have been sharing their produce with the community. Produce grown in their garden would have previously shared with the volunteers and for special events, however due to government restrictions and no visitors the care home found that they had a surplus of food.
- Donna commended this practice however she did state that we should all be mindful of sharing food, following, and respecting individual risk assessments.
- Laura encouraged us by stating, 'If any of you are working with children and young people aged 12 - 25years, who are volunteering. Get them to check out the Saltire Awards to log in their hours. they can get a certificate for their volunteering' For more information about the Saltire Award scheme. <https://saltireawards.scot/>
- Loreen spoke of the importance of evidence gathering for projects; 'taking photos and wee videos of processes, preparing 'pots', opening seeds, planting can also work really well around GDPR issues too - and can have wee voiceovers around what is happening - so if packets of seeds were handed in to settings - left for 72 hrs and then handled...the connections can have early links too through the photos / videos shared. Keep updates with how the seeds grow. Maybe wee competitions to see what grows best for fun and chat too.'

Further conversations:

- Edible Edinburgh Community Food for resources- They were involved in World Food Day 2020 and they did a mini food network.
- A get together activity can be encouraging meaningful exchange bringing generations together. Encouraging conversation, using ice breakers like Instant Delights. How to get to know someone? Thinking about young people it can be quite awkward.
- Can you help grow your own community spirit?
- Could you get people to grow and plant something? Such as Chilli, coriander, or mint.
- Breda raised a comment about hydration and older people – people living with dementia forgetting to eat or drink. Good to think about having hydration bottles.
- A number of orgs have been involved in afternoon teas and hydration bottles have been greatly encouraged.
- Breda shared that she has been involved in delivering food – supported by two local restaurants and the Boys Brigade. Older people are loving to see the younger people and the boys are asking – Do they need help with garden? They are using community assets and this

could be seen as a get together. In the survey done as part of this experience older people welcomed that the community remembered them .

4. Updates from Bella:

- Intergenerational week 8th to 14th March 2021
- National Conference book your places starts 8th March.
- Information re: FREE online courses (Bella will email)
- Information re : resources (Bella will email)

Date of Next Network Meeting: New themed meetings will take place after the conference in March. More information will be available nearer time.