

**North of Scotland  
Intergenerational Food Network**

Date: 15/02/2021 @ 3 pm – 5pm

**Zoom Online**



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In attendance: Emma Mitchell, Connecting Carers; Lyn McLardy, MOO Food/Muir of Ord Development Trust; Isabelle MacKenzie, Councilor, Highland Council; Denise Nicolson, GWT Network Coordinator; Rachel Bowles, Shetland Islands Council; Catriona Attwood, Incredible Edible, Inverness; Wendy Hand, Voluntary Action, Shetland; Garance Warburton, Bora Community Enterprise; Louisa Turner, GWT; Bella Kerr, GWT

Apologies: Kirsteen Campbell,

1. Welcomes and apologies. We took part in Instant Delights resource just to try it out.  
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:

- How generations influence us – how they cooked from scratch and this has been passed down through the generations.
- The influence of our parents and families over the food that we eat.
- What food children are offered in school. Some participants had bad memories of school meals and suggested that children may have bad memories of school meals.
- Getting into bad food habits.
- Discussed the food that is available at food banks and how it is mostly tinned foods.
- Discussed how people need, dairy, fresh fruit and veg and meat and fish.
- By the time food gets to Shetland its expiry date is less and the food is more expensive. There is home delivery just now, local shops delivering grocery packs. Fresh food is more expensive.
- Time is another factor that contributes to cooking and eating healthily – with either lack of time and a busy life or not having the ability to cook? Also, little knowledge around nutritional info such as sugars and fats.
- In Inverness people are given vouchers for food.
- One person explained that they had lived in a city and moved to Shetland.
- One discussion around carryout food people said that they did have the occasional treat, there is no MacDonald's and a takeaways is a real treat, and people remarked Generations Working Together is a Scottish Charitable Incorporated Organisation SC045851 that there are even less treats during lockdown.
- One person said they had adopted making Fakeaways.
- Equipment and paraphernalia for cooking is also something that may be a barrier with

people not having food processor or even potato peelers and no confidence to cook from scratch. Also considering the cost of cooking in an oven and the cost of food to cook from scratch with were all seen as barriers to cooking and eating good food.

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Growing Workshop: people discussed:

- Good networking and sharing idea is important and it was agreed that coming from different projects people had widely different experiences.
- Rachel grows produce and it is used in the kitchen with residents and staff from different generations. Basic Kit for growing and sharing is a good idea but funding can be a barrier.
- Volunteers and social distancing has been a barrier. Planning for the future and looking at making chutney.
- Incredible Edible Inverness is a global project connecting people. Discussed Guerrilla gardening using existing places to grow edibles, freely available. Planting, picking, growing, coming together, eat, cook and jam making etc. Eating seasonably and using farmers markets. People have become disconnected with food.
- Growing – and the heritage side of growing. Britain was originally a place you could get a pineapple (in world). Heritage apples set up in Nairn there are an incredible variety of apples.

3. Bella shared information from 'The Soil Association' 'Food for Life Get Togethers' Followed by 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're 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

Bella mentioned World Food Day in October and that people were free to sign up for the newsletter offering more information.

4. Updates from anyone wanting to share:

- Lindsay Graham shared some information about The Social Renewal Board Scottish Government, Community Food Partnerships and any good practice that's found.
- Community MOO Food – they started a casserole club with older people at home cooking, food hygiene and with volunteers.
- Meal Makers in Fife – volunteering making meals for 3 people and having an adopted family to have a meal to.
- Denise Nicholson – on a personal level her mum is in her 80s and is finding lockdown difficult feeling lonely, isolated and cannot be bothered to cook for herself.
- Garance Warburton has been getting packs out to people with the Community Development Trust, and is thinking about maybe doing something around allotments later – discussed that it may be good to have some videos to show how to get from here to there in terms of growing.
- Emma – Connecting Carers – Inverness – crafting, coffee mornings etc people are struggling to make food due to caring responsibilities. Can we get neighbours to make meals – North West – no community centres- North East corner there is nothing there? at all.

5. 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)

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