



REPORT TO HEARTLAND WIND FOR FUNDING April 2024

1. Background

The Healthiest Town project has been operating for 3 years. It aims to promote positive health for our local community and for the environment we live in. We work on 4 areas – eat real food, move every day, connection to people and nature and finding balance.

We received funding in March 2023 towards our food project. The aims and activities as outlined in our proposal are listed below.

2. Project Plan 2023 – 24

Aims:

- support healthy, affordable eating from locally sourced ingredients thereby reducing food miles
- reduce food wastage from shops, restaurants and households
- encourage active participation in growing, cooking and learning in our community with a particular focus on those who are or may become at risk of food poverty
- address climate change through community fruit tree planting scheme

Activities:

1. 12 community participative lunches/ events with a focus on reducing food waste and food miles, lead by local people
2. 3 educational workshops around techniques for preserving and conserving fresh locally sourced food
3. 3 demonstrations to promote low-cost cooking using local ingredients and easy growing techniques.
4. 'FeldyCook' food bags using donated ingredients with recipe ideas given out after cooking demonstrations, distributed via Community Food Larder and also purchasable at Handam and other retailers
5. seasonal planting and growing activities around the community
6. raise awareness of the impacts of food waste
7. develop a range of online resources to be accessed by those who live in more remote and rural areas

3. Progress on above activities

1. We have had a series of 5 community lunches which have been associated with other events and activities. We have not done more as we felt it easier to tag this on to other events rather than create a stand-alone event as marketing and promotion is difficult and takes up a large amount of time.

2. We have held 2 educational workshops around preserving and fermenting and these were very popular. We plan to repeat this in the Autumn.
3. We have not done this but it is planned for Autumn 2024.
4. We have supported the distribution of Handam healthy cook bags through the Social supermarket at the Community Food Larder.
5. We have developed our growing project – more below.
6. We have developed 'Too Good to Waste' which is working with local hospitality establishments to reduce food waste. We plan to develop this in the community in the coming year.
7. We have not done this.

4. Wider development

The above list really only shows a fraction of what this grant has enabled us to achieve and the progress that has been made. It has given us a platform from which to develop a food programme and to bring together the relevant local people to do that. We have now held 4 group meetings of local growers, food projects and businesses involved in this area. That, in its own right, has been useful and powerful, but out of that group we have identified a number of projects which are now moving forward and we have developed a close working relationship with the Good Food Officer with Perth and Kinross Council and are now part of the Good Food Network for Perth and Kinross. All this work is underpinned by the Good Food nation Act (Scotland) which was passed in 2022 and whose aims sit very closely with the aims outlined above.

<https://www.gov.scot/policies/food-and-drink/good-food-nation/>

We are really excited about this work and the unique position in which the Healthiest Town sits – working as a facilitating, awareness- raising, inspirational project – works very well in this work. Having the support of Heartland Wind has enabled us also to pull in further funding, including from Perth and Kinross Council.

The projects that are now happening locally as a result of this work are:

- Open Gate Festival 23 Aug – 1 September
 - Encouraging and supporting local growers and producers to open their farms and gardens to the public
 - Workshops and talks
 - Schools involvement
 - Community Feast
- Too Good to Waste – food waste reduction campaign
- Community cooking workshops
- Cooking and food equipment in our evolving tool library
- Community growing – working locally with a range of partners to identify ways to support people to grow more food
 - Providing planters and compost to local people interested in starting to grow food
 - Plans to develop a community garden
- Continued supply of meal bags to Social supermarket by Handam.
- Promotion of benefits and importance of local, healthy, carbon-friendly eating

5. The Future – 2024 onwards

We have gained a presence in the local area and at Perth and Kinross level for this interesting work. We plan to develop this. The Open Gate festival is a very popular idea and it may be that Perth and Kinross Council take this out across the area for 2025 if it is successful. We will do a full evaluation on this after the event in 2024.

We want to continue to do a lot of work around promotion of a local, healthy, carbon friendly diet and be creative about this.

There is some interest in re-visiting and re-establishing the 'Aberfeldy Manifesto' written in 1974 by a group of local people, raising awareness of food issues. We are looking into this currently. It would be a valuable tool to bring these issues to the fore-front locally and raise our Aberfeldy voice to the national arena.