

IMPROVING HEALTH AND WELL-BEING

Aim: is to improve health and well being and contribute to regeneration in disadvantaged and excluded geographical and interest communities by promoting the consumption of fruit, veg, pulses and other healthy products and encouraging and supporting volunteering which brings a range of personal, family and community benefits. The particular activities employed to support the above are **Community Food Outlets** and the **Fast Fruit Scheme**. CFINE can contribute to 'Health Promoting schools' through our Fast Fruit and box schemes (see below).

Community Food Outlets: Presently around 40 **Community Food Outlets** operate in Aberdeen's regeneration areas (Fersands, Printfield, Middlefield, Torry, Northfield and Cummings Park) and also in the Mastrick area, the Alford Centre (for people with mental health problems) and in a number of sheltered housing complexes. These outlets provide fresh fruit, vegetables and dried goods at as affordable as possible prices to the local community.

Fast Fruit: provides fruit and veg in a few cases, to over 70 nurseries, schools and other youth and community organisations.

Social Enterprise: CFINE also operates as a Social Enterprise selling fruit, veg and other produce on a commercial, but competitive, basis. CFINE is now supplying fruit to a number of companies (20 presently) who participate in the Scotland's Healthy Working Lives. We have launched a **fruit/ veg/ salad box scheme**, a further development of our Social Enterprise, where we deliver orders to workplaces. All profit is invested in the health and community development work we do in disadvantaged and excluded communities.

FareShare: CFINE is developing a FareShare scheme in Aberdeen whereby supermarkets' and food producers' surplus foodstuffs are collected and distributed to people experiencing food poverty, for example, facilities for people who are homeless, women who have experienced domestic abuse and in the regeneration areas.

Aberdeenshire: CFINE is now delivering to one oil company in each of Inverurie and Ellon and supporting a CFO in Braemar. Anyone interested in our services in Aberdeenshire, particularly in the Inverurie/Huntly and Ellon areas, please contact us.

Interested: Are you interested in any aspect of our work – being a volunteer? Setting up an outlet? Joining the Fast Fruit scheme? Or setting up customers for the box scheme? Then contact **CFINE on 01224 596156 or e-mail info@cfine.org**

CFINE Staff Team:

Administration: Stephen and Paul.

Stores Manager: Dod,

Storepersons: Michael and Jose Mari,

Development Workers: Ian, Jackie, Fiona and Mike,

Strategic Coordinator: Dave

Plus over 40 volunteers without whom it all wouldn't work! THANKS!!

Fruit's cool