

# Freshers and Food

✖ The Food4life campaign starts again this month to promote healthy eating and food safety messages to young adults.

The project which is run by the City of Edinburgh Council and supported by both Scotmid and NHS Lothian, aims to raise awareness of food safety issues in young adults in Edinburgh, as well as linking food safety messages to healthy eating issues.

The key messages of the Food4life project are that food can be prepared cooked and stored in a safe manner by following a few simple rules and that cooking healthy food can be cheap easy and fun.

Stands are being run at the freshers' fayres for Heriot Watt, Napier, and Edinburgh Universities, and Telford College from Tuesday 7 September through to 14 September. Scotmid are supplying fruit and vegetables, including some tasters, and prizes for students completing a simple food safety quiz. Food4life leaflets which include tips on safe food preparation and healthy eating, and some simple delicious healthy recipes will be distributed at the fairs.

Cllr Robert Aldridge, Environment Leader, said: "We should never be complacent about food safety. If students, often leaving home for the first time, follow a few simple rules they can protect themselves and get the most from their diet. "The Council are delighted to be taking part in these public information events which aim to highlight the simple common sense steps people can take to avoid getting ill and the benefits of a healthy diet."

Malcolm Brown head of Communications for Scotmid said: "Scotmid is delighted to be supporting the Food4life campaign for the seventh consecutive year. For many young adults, going to university or college is their first time away from

home and the first time they are expected to cook for themselves. The messages of the Food4life campaign are therefore vital to ensure they eat healthily and safely.”

Contact details if anyone wants to receive free copies of the leaflet? If so email [healthimprovement@edinburgh.gov.uk](mailto:healthimprovement@edinburgh.gov.uk) or 0131 529 3030.