

School Food Trust Update

22nd January 2010

Peter McGrath



Where are we now?



Peter McGrath 28.01.10

Slide 2

Food in schools - Overview

- Lunch
- Breakfast
- Mid-morning break
- Tuck shops / Vending
- Extended schools
- Cookery skills
- Special events and offsite activity
- Food in the curriculum
- Food habits
- Social interaction



Why School Food Matters



We know that what a child eats affects:

- Health
- Weight
- Well-being



- Behaviour
- Concentration
- Performance

Support and resources for schools: Million Meals



- Resources to help make a difference
- Opportunities to share best practice and learn from other headteachers
- Curriculum packs
- Specialised on-line software to monitor progress
- Roll of Honour & School of the Month



Make the food tasty and attractive

Why is it important?

Good study

How can the school food trust help?

Simple steps to achieve

1. Get the school food trust...
2. Get the school food trust...
3. Get the school food trust...
4. Get the school food trust...
5. Get the school food trust...
6. Get the school food trust...
7. Get the school food trust...
8. Get the school food trust...

Taste it for Yourself...

We are so proud of our fabulously tasty school meals that we are inviting all parents to come and taste what's on the menu.

And it's not just great tasting - it's also great value and good for performance, alertness and behaviour.

Date: _____

Time: _____

BE CREATIVE

think outside of the (lunch) box

with curriculum linked resources to food REA brains and promote school meals!

- Business Studies
- English
- Science
- PSHE



SCHOOL FOOD TRUST

Million Meals

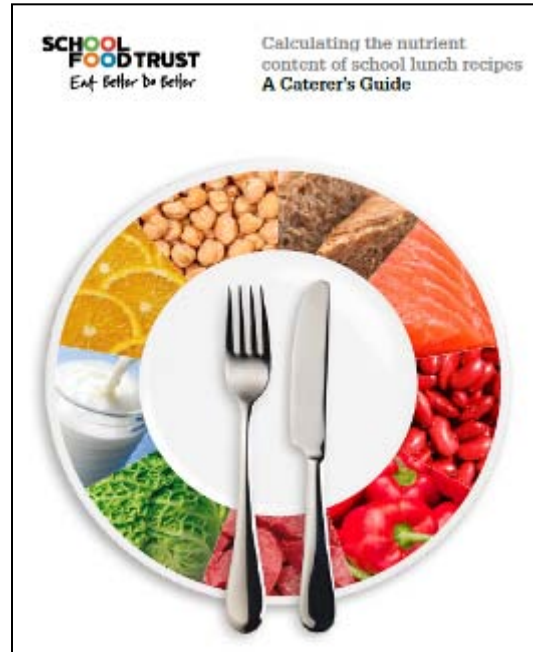
Get Better Do Better

Moving Forward



- The Way Forward for School Food
- What are the Challenges?
- How are we going to meet them?

Resources to support the implementation of school food standards



Free School Meals

Free School Meal (FSM) Strand

- Provides necessary support to all three Local Authorities involved in the National Pilot funded by DCSF and DH
 - *2 Local Authorities to provide universal free school meals to every primary school pupil*
 - *One Local Authority to extend the eligibility criteria applied to receive a free school meal*
- Provides a Trust wide collating and co-ordinating role on matters relating to FSM's
- Announcement of extension of allowance / pilot

Long Term Viability of Services



Longer Term Viability

- Consider the case for continued national funding based on need as part of our advisory role.
- Build understanding of the school lunch service as an education and welfare service, enabling local funding and subsidy to support the service where needed
- Identify the range of different funding, costing and delivery models of the school lunch service, identifying where waste can be removed and efficiencies found.
- Promote the attributes and good behaviours; in funding, costing and delivery methods, that lead to sustainable services.
- Consider the implications of waste, carbon footprint and sustainability

Improving the Infrastructure

Current Issues

- Kitchens not planned to maximise efficiency
- Insufficient space in kitchens to meet demands of new standards and cook using more fresh ingredients
- Lack of consultation with caterers when designing new/refurbished facilities
- Insufficient space/seating to serve all pupils in time allowed for lunch
- Poorly planned flow
- Lack of consultation with students when designing new/refurbished facilities

Infrastructure - What is the Trust Doing?

- **Influencing partners** – Making Room for Dinner Event, Stakeholder group, NCSL workshops
- **Influencing capital programmes** – Partnerships for Schools on-line guidance, Targeted Capital Fund, Formal response to consultation (revised premises regs)
- **Improving capacity and efficiency of existing facilities** – Fresh Look guides & capacity projects
- **Helping schools to help themselves** – Stakeholder design checklists, case studies, Million Meals, DCSF Inspirational guide, web pages



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Regional Engagement Government Offices



- 9 Government Offices
- Trust is supporting each Government Office in drawing up an action plan to increase the take up of School Meals
- Action Plans make strong link to key themes (Obesity / Poverty)
- Plans to include School Food Trust activity
- School Food Trust supporting Government Office initiatives
- Conduit between DCSF – Regional – Local Authorities - The Trust

Regional Engagement – Government Offices

- Action Plans - Include regional / local information and narrative on
 - *Obesity levels*
 - *Take up of Paid meals*
 - *Eligibility of Free Meals*
 - *Take up of Free Meals*
- CSA – Checklist and factsheet on the benefits of a healthy school lunch
 - *Can help address Obesity – Prevention and Reduction*
 - *Improve long term health*
 - *Improves leaning and concentration*
 - *Improved well-being and interaction*

School FEAST www.schoolfeast.co.uk

- Food Excellence And Skills Training



➤ What is School FEAST?

- A national network of 29 centres/partnerships dedicated to providing specialist training to the school food workforce.
- **School FEAST** is quickly gaining a reputation for delivering high quality, bespoke training; at your premises or at a dedicated training venue
- **School FEAST** training is for all members of the school workforce
- **School FEAST** also offers courses for the wider workforce such as schools' senior leadership teams, governors and business managers.
- **School FEAST** training is open to caterers and cooks from all sectors (e.g. early years, care, prison), and those generally interested in quality provision of healthy, good food.



Caterers Engagement

- Cooks for Success Newsletter
- Caterers Forum
- Secondary School Working group
- MADGe
- Small Steps Programme
- Pilots



Small Step improvements



What is it?

Improvement Programme using a well known improvement methodology, PDSA.

Objective

To empower schools to increase take up by making no cost/ low cost improvements.

Approach

Schools attend 3 workshops where they share their learning and success stories with other schools

Model Interventions and Longer Term Viability Delivery Stream

Meal Deals Project

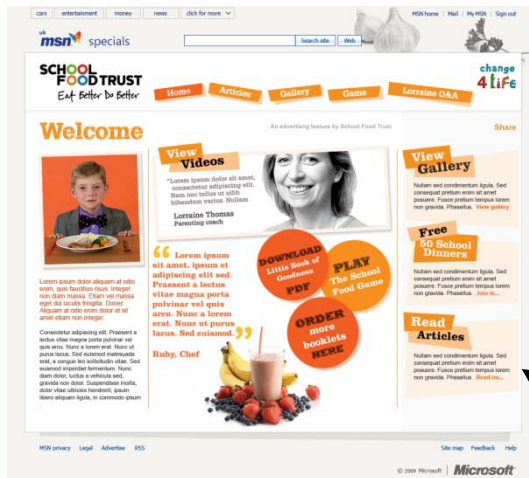
- **Objective** - to meet the final food-based and nutrient-based standards and maintain or increase take up of school meals using a whole school and student led approach
- Secondary schools commenced pilots at varying dates since November 2008
- Secondary schools are now running with compliant menus
- roll out of the concept to 42 secondary schools in Hertfordshire



Marketing School Food

What is being done on the subject?

- **Online Parents & Carers** – offers reassurance to parents about school food using online marketing methods, such as an information portal with video content – visit schoolfood.uk.msn.com
- **Little Book of Goodness** – we distributed this guide to parents of every reception year child who started school this year (775,000). If you would like your own copies email the.lbg@sft.gsi.gov.uk



The Portal



The Little Book of Goodness

Marketing School Food

What is being done on the subject?

MADGe - A Marketing and Design Generator developed for cooks, caterers and Local Authorities to help promote the school meal service

- Produce your own posters, leaflets and other easy to make marketing materials
- There is also a guide to marketing
- Lots of case studies
- Ready to print marketing materials are also available
- Visit www.schoolfoodtrust.org.uk/madge



Lessons Learnt

$$1 + 1 + 1 + 1 =$$

School Lunch & Behaviour Study in Secondary Schools

- Anecdotal evidence from teachers and parents suggest improvements in children's behaviour and academic performance when they eat healthier food.
- The study was a randomised controlled trial involving 11 secondary schools in Sheffield, Leicester, Manchester and Essex.
- Schools were randomised into either a control group or an intervention group
- In each intervention school, a working group was set up to make changes to the food and to the dining room environment.

School Lunch and Behaviour Study - Results

18%

School Lunch and Behaviour Study - Results

- Learning behaviour in afternoon lessons was recorded before and after the interventions in both control and intervention schools.
- Overall 'on task' behaviour increased by **18%** (1.18 times more likely) in the intervention schools as compared to the control schools.
- Overall 'off task' behaviour decreased by 14% (1.14 times less likely) in the intervention schools as compared to the control schools.

Compliance



School Food Trust input to Ofsted themed inspection on healthy eating in schools

- The **main purpose** is to inspect and report on:
 - *The quality of the schools' approach to teaching about healthier eating*
 - *The quality of all food, including meals, provided in the school*
- **Sample:** 40 schools (primary, secondary, special and PRU) selected from DH spearhead local authorities visited between September 2009 and January 2010

School Food Trust input to Ofsted themed inspection on healthy eating in schools

- **Trust role during themed Inspection visits:**
 - *Trust nutritionists contacted catering provider before visit, and menus and other information collected for evaluation*
 - *Trust nutritionists accompanied HMIs during the visits*
 - *Evaluated the degree of compliance with the school food standards across the school day*
 - *School visits to include interviews with the Head teacher, catering staff and groups of pupils and parents*
 - *Nutritionists will contribute to the Ofsted judgement about the schools' approach to healthy eating and food provision, and to the final report*
- **Final report:** Ofsted final report (including input from Trust nutritionists) scheduled for publication June/July 2010

Development and piloting of Audits and Inspections toolkit

- Early 2009, Trust carried out research to identify and evaluate the information produced by primary schools and their catering providers to demonstrate compliance with the standards
- Evaluation was used to formulate a **minimum set of recommended evidence** to demonstrate compliance with the standards
- A **draft toolkit** has been produced for schools/catering providers and those who wish to evaluate evidence of compliance.
- Includes a checklist to indicate evidence available, plus background information and sources of further guidance
- Piloting of the toolkit was carried out in 28 primary schools in the West Midlands region with DH, West Midlands and Trading Standards during Autumn term
- In order to:
 - *evaluate if the draft toolkit is fit for purpose*
 - *develop a training package and audit toolkit to support the collation of appropriate evidence*
- Feedback is currently being used to refine and finalise the toolkit for publication

Newcastle University collaborative study

- **Aim:** to compare planned food provision in six primary schools in Newcastle with the food that is actually provided in order to:
 - *Understand the extent and type of typical variation between planned and actual food provision across the school day (includes breakfast clubs, tuck shop etc)*
 - *Investigate the effect of this variation on compliance with the food-based standards, and likely effect on nutrient content of food provision*
- Variation between planned & actual provision should be minimised to ensure pupils have access to balanced, nutritionally analysed food at lunchtime.
- **Time:** Observation in schools autumn 2009; publication of results March 2010

Primary School Food Survey Project

- **The study assessed:** provision of food and drink at lunchtime, compliance with standards for school food, food and drink choices of pupils, consumption of food and drink by pupils having school lunches and packed lunches.
- **Fieldwork:** Feb-April 2009; 5 consecutive days during lunchtime
- **Sample:** 136 primary schools: 6690 pupils having a school lunch & 3481 pupils having packed lunches
- Report due at the end of January 2010

Secondary School Food Survey Project

- **September 2010:** recruit 80 schools, fieldwork over 5 consecutive days
- Describe food provision and consumption at mid-morning break and lunch time
- Measure food consumption and wastage in a sample of 8000 students (20/school/day) having school food
- Describe food/drink provided and eaten in 4000 students (10/school/day) having other food (packed lunches or food brought from outside)

Let's Get Cooking Year 2



- 3,000 schools signed up
- More than 250,000 people learned new cooking skills
- 90% replicated skills at home
- 59% eating a healthier diet
- On average each club member shares their cooking skills with one other person
- Sheffield Let's Change4Life programme and Tewkesbury Healthy Towns project, 'Count Me In!'
- Higher Level Teaching Assistant training
- Change4Life campaign
- Tottenham Hotspur Foundation

○ Thank you – any questions?