



## All Party Parliamentary Group on School Food

### Minutes of meeting of the School Food APPG

Tuesday 21 March 2017, 15.00pm – 16.30pm

Committee Room 8, Houses of Parliament

#### Present

Sharon Hodgson MP (SH),

|          |               |   |
|----------|---------------|---|
| Rob      | Bailey (RB)   | Association for Public Service Excellence     |
| Ardvra   | Boyes-Brewer  | Fish Food in Schools                          |
| Myles    | Bremner       | Jamie Oliver Food Foundation                  |
| Angela   | Course        | ESPO  |
| Louise   | Davies        | Food Teachers Centre                          |
| Sophia   | Dettner       | Magic Breakfast                               |
| Olayinka | Ewvola (OE)   | Eagle Solutions Services                      |
| Hazel    | Frier         | Bidvest Foodservice                           |
| Olivia   | Gordon        | LACA / Oakhill Communications                 |
| Lindsay  | Graham        | Freelance                                     |
| Vickie   | Hacking       | Association for Public Service Excellence     |
| Gemma    | Hopwood       | Royal Academy of Culinary Arts                |
| Anna     | Jobling       | Interel Consulting                            |
| Paul     | Lindley       | Ella's Kitchen                                |
| Meg      | Longworth     | Compass Group                                 |
| Louisa   | Lucas         | Children's Food Campaign                      |
| Patricia | Joyce         | Association of British Foods                  |
| Caoimhe  | McKenna       | Royal College of Paediatrics and Child Health |
| Barbara  | Monks         | Food Teacher's Centre                         |
| Caroline | Morgan        | Local Food Links                              |
| Patricia | Mucavele (PM) | Children's Food Trust                         |
| Jeanette | Orrey         | Food for Life                                 |
| Kate     | Prince        | Kellogg's                                     |
| Simon    | Richards (SR) | FleishmanHillard Fishburn                     |
| Joel     | Roberts       | LACA / Oakhill Communications                 |
| Jane     | Smith         | ESPO  |
| Gillian  | Taylor        | OCR   |
| Daniel   | Tie           | Office of Sharon Hodgson                      |

*Letterhead designed by pupils at Harehills Primary School, Leeds*



|           |           |   |
|-----------|-----------|---|
| Sara      | West      | Royal College of Paediatrics and Child Health |
| Dean      | White     | Hey like wow drinks                           |
| Colm      | Whitty    | Air Sports Network                            |
| Dale      | Wild (DW) | Birmingham City Council (City Serve)          |
| Stephanie | Wood      | School Food Matters                           |
| Neil      | Young     | Hey like wow drinks                           |

### **1. Chair's Welcome**

SH opened the meeting and welcomed attendees. She advised the Group that RB was attending his last meeting as secretariat due to a change in his role and advised that VH would be taking on the responsibility of the APPG secretariat. SH thanked RB for all his hard work and his contribution to Group.

Apologies were accepted from

Lynda Mitchell – North Somerset

### **2. Minutes of the last meeting**

The minutes from the meeting held on 16 November 2016 were agreed.

### **3. School Food Plan Alliance – Linda Cregan (LC) & Jeanette Orrey (JO)**

JO provided an update to the Group and in doing so reported that the Alliance had met on 21 February 2017. At the meeting, they commenced a review of the 'Save Our Standards Campaign' which had started in 2012.

JO report that she had been invited to meet with the Department for Education (DfE) to discuss the Childhood Obesity Plan. At the meeting the view was expressed to the DfE that the plan would only be successful if it was supported by legislation.

JO advised that the Alliance had agreed their logo and she provided an update in relation to the Alliance's website. JO concluded by advising the Group that the 17 actions set out in the School Food Plan Alliance, 'Better Together', document had been circulated to the Alliance's members for comment.

### **4. Food Education Landscape – Myles Bremner (MB)**

MB provided an update of the work that was being undertaken in food education and stated that the progress associated with this work needed to be recorded and tracked. He confirmed that they were developing a process which used the principles of the School Food Plan and this would be used to facilitate the recording of data and would enable feedback to be collated to gain an understanding of what was being delivered in relation to food education. MB reported that four working groups

had been established and participation from the APPG Membership would be welcomed. The four working groups were reported as being: -

- (i) a curriculum working group
- (ii) whole school approach working group
- (iii) behavioural change working group and
- (iv) a research working group.

He concluded by outlining details of future work and advising that it was anticipated that a report would be published in September and there would be a baseline included in the report that could be used to inform further work.

In response to a query it was confirmed that the scope of the work focused on primary, secondary and special schools. MB commented that youth offending and early years' settings were not currently part of the scope. However, consideration could be given to including these areas in future work.

MB confirmed that the survey would be circulated by the end of June and a question was put regarding which regions the survey would be circulated to. PM stated that there needed to be further debate around this as the School Food Plan only applied to England and due to the policy differences in England, Scotland and Wales it was more challenging to gain information regarding more specific questions.

It was commented that if it was decided that the survey was only to be circulated to English contacts, good communication would be required with the devolved nations.

## **5. Royal College of Paediatrics and Child Health (RCPCH) – Health Promotion. – Dr Caoimhe McKenna (CM)**

CM outlined her role and presented details of the report that had been published last month, 'The State of Child Health to the Group.' She reported that the document brought together the data for 25 different measures that related to the health of children in the UK and provided a snapshot of the state of children's health and wellbeing.

CM focused on two areas of the report that specifically related to childhood obesity in four to six year olds and ten to eleven year olds. She outlined the findings from the data and the key points were noted as there being 22 % of children in England, 22% in Scotland and 27% in Wales aged four to six which were classed as being overweight or obese in 2015/16 and the data showed that these figures had remained constant for the past 10 years. For children in the 10 to 11-year-old category, 34% of children in England were classed as overweight or obese and this represented a 3% increase over the past 10 years.

The report had highlighted that there was a widening gap between deprivation and she advised that there were several reasons that could be attributed to the increase in the coloration between children being classed as overweight or obese and deprivation. The reasons could include stress, financial issues and lower rates of breast feeding.

She concluded by summarising the recommendations in the report and advised that there would be a further report produced in two years.

In response to the presentation JO made the following comments: -

- (i) an inspection regime that included nutritional standards was required to foster improvements in school food nutrition
- (ii) sensitivity engagement was required when promoting breastfeeding as not all mothers were able to breastfeed
- (iii) clarity should be provided to ensure there was a differential between Type 1 and Type 2 diabetes.

SH commented that support for new mothers was key for increasing the rates of breastfeeding. She expressed concern that this type of support may not be available to all mothers due to other pressure on the NHS.

DW commented that the increase in the gap in deprivation was concerning as it would be expected that the role out of free school meals would help in reducing the gap.

In response to a query from OE, it was confirmed that the data collected was not specific enough to categorise the information by ethnic group

PM commented that the recommendations set out in the report had been drafted by a working group and it was recognised that without supporting policies such as schools being required to have a packed lunch policy they would have limited impact.

RB asked if some comfort could be taken from the fact that there had not been an increase in obesity over the last ten years despite the trend in the wider population showing an increase.

## **6. Good nutrition in Early Years – Patricia Mucavele (PM)**

PM presented to the Group and in so doing outlined the role of the Children's Food Trust making reference to the National Diet and Nutrition Survey data (2016) which highlighted the fact that there was too much sugar, salt and fat in children's diets. She commented that this data showed the same trends as the statistics presented in the, 'State of Child Health' report. The impact poor diet could be seen in the

increased number of children that were classed as being overweight and obese, had tooth decay and suffered from conditions associated with vitamin deficiencies.

PM stated that early intervention was required to assist in improving children's diets and outlined the work that the Trust had been undertaking to support this including the following: -

- (i) development of national guidance for early years' food and drink in 2012 which had been updated in 2017 to reflect new evidence.
- (ii) training for early years' providers
- (iii) a free online evaluation tool had been developed and was used to monitor the impact of the training on behaviour
- (iv) providing resources such as menus that were available to providers of early years.

PM concluded by expressing concern about the potential impact on nutrition food standards from the increase of free early years childcare up to 30 hours per work.

In response to a query from SH, it was confirmed that the revised menus would be made available on the Trust's website in the near future.

SH questioned if there was funding available for early years' providers to assist with the food cost associated with the increase childcare hours. PM reported that statutory guidance was to be published in the future by the DfE. However, there was no funding available and it was envisaged that parents would be asked to make a voluntary contribution towards food or provide a packed lunch. She advised that it was important that early years' providers understood the challenges associated with parents providing packed lunches such as nutrition and allergies.

SR queried if there were any figures available relating to the number of settings that had adopted the guidance and would the Trust be campaigning for the introduction of mandatory guidance? PM advised that consideration had been given to campaigning for mandatory guidance. However, early years' providers could range from childminders to nurseries and currently there was not the support available or the resources to carry out checks for compliance, therefore it was deemed inappropriate.

## **Ella's Kitchen**

PL presented to the Group and in so doing provided an outlined of the Ella's Kitchen brand, gave details of the background of the company was and reported that the mission of the company was to improve children's lives through developing healthy relationship with food.

He advised that the company had produced a 'greener paper', in conjunction with the British Nutrition Foundation. The data collected had shown that there were two windows of opportunity for introducing vegetables into children's diets and these occurred between six to twelve months.

PL concluded by providing details of the work that the company had undertaken and reported that he had meet with Public Health England to ask that the guidelines for weaning on the NHS Choices website be enhance to include details of giving vegetables to children as part of the weaning process, spent time talking to MP's and they had held a media day to promote the positive impacts of weaning using vegetables.

It was queried by SH why the six to twelve-month age was the ideal gateway. PL advised that babies had 30,000 taste buds which were more sensitive than the taste buds of children and adults, therefore introducing single vegetable flavours during weaning allowed babies to develop a tolerance for strong flavours.

## **7. AOB**

Date of next meeting – 26 June 2017

Meeting closed at 16.38 pm.