



2014...

**IT'S TIME FOR A
NEW CONTEXT FOR
SCHOOL FOOD !**

Robin Gourlay

Scottish Government

Public Sector Food Policy Lead

Food and Drink Division

WHY ARE WE HERE AND WHAT CAN WE EXPECT FROM TODAY?

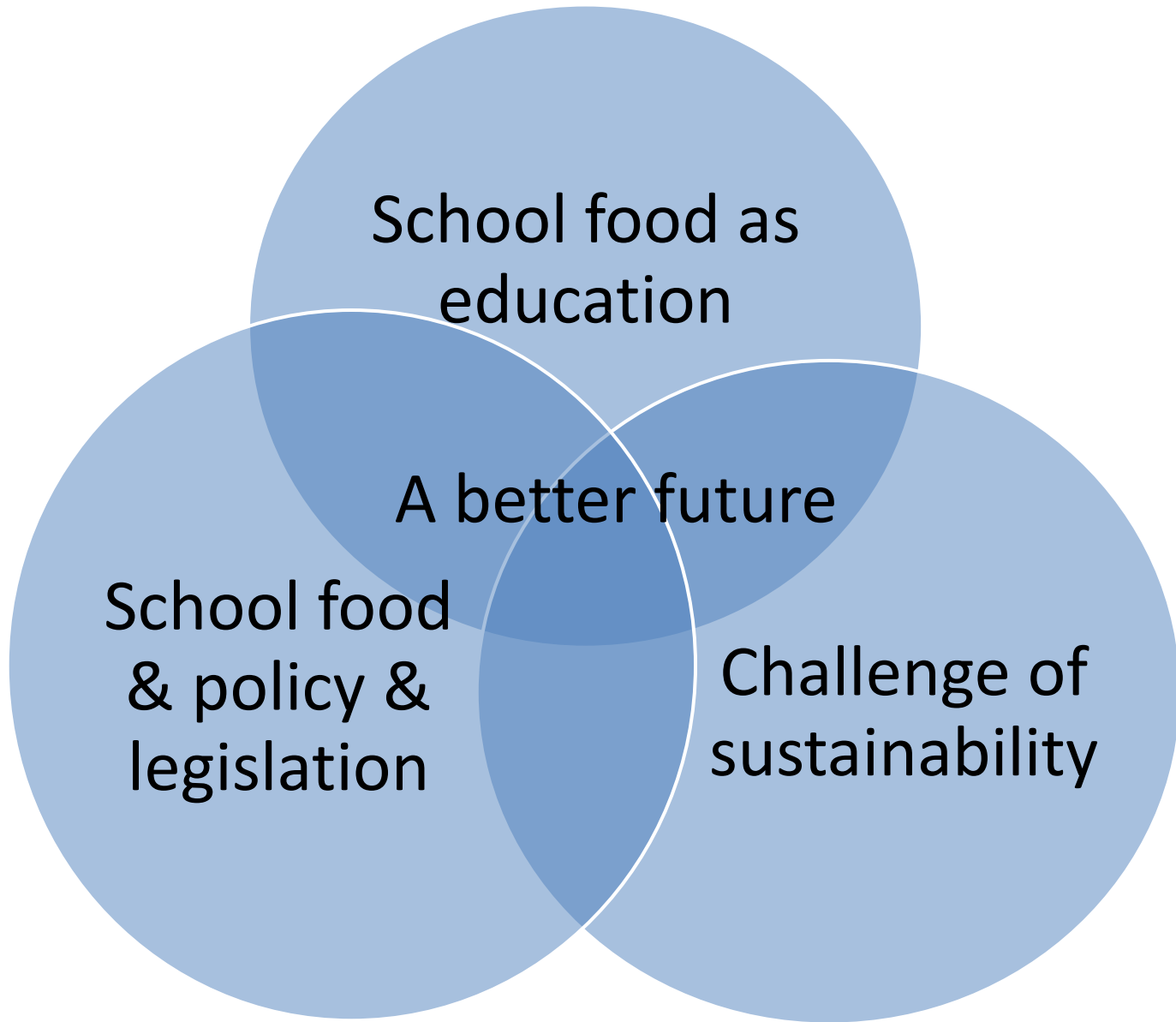
- **You want to understand what Better Eating, Better Learning is about;**
- **Know what you have to do to make it work;**
- **Know how you can afford it;**
- **Know what success will look like, or maybe**
- **You heard there would be a dancing at this conference?**

THE AIM OF THE REVIEW

A NEW CONTEXT FOR SCHOOL FOOD

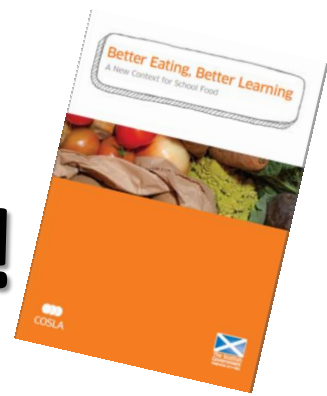
- **Join up school food with guidance, legislation and policy introduced during the last 10 years;**
- **Re-energise and re-engage Education and LAs in school food delivery;**
- **Show how school food contributes to local priorities, Education and the wider policy objectives;**
- **Introduce a self evaluation tool for local authorities, head teachers and caterers.**

The essence of Better Eating, Better Learning



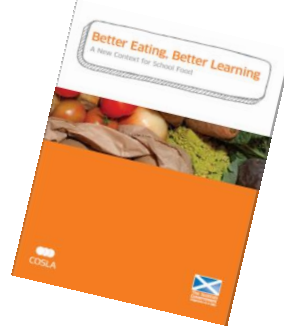
Better Eating, Better Learning

A new context for school food!



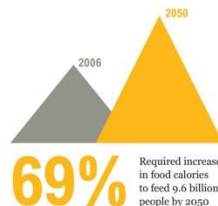
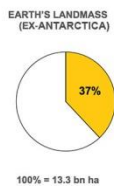
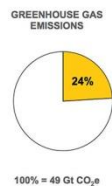
- **Sets the agenda** for the next decade;
- It has been **produced for you**, its not been forced on you;
- It's **a mind set**, it **creates opportunities**;
- It **deliberately provides a flexible framework to customise to your need**;
- It **lays bare the questions** caterers, teachers and pupils, have '**tussled**' over for many years.

BEBL DEALS WITH KNOWN CHALLENGES

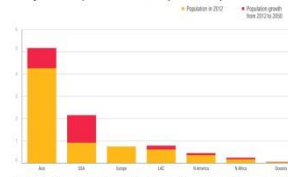


- The impacts of climate change on the food supply chain;
- Competition for food globally will become fiercer;
- There will inevitably be food cost volatility;
- Scotland's Health; Diet related disease, overweight and obesity.

Agriculture's Share of Global Environmental Impact (2010)

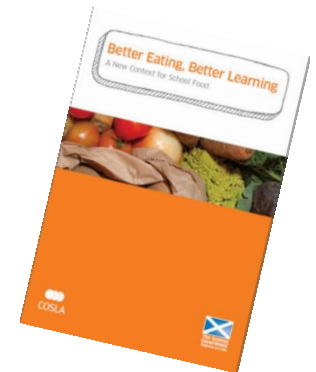


Projected Population Growth (in billions)

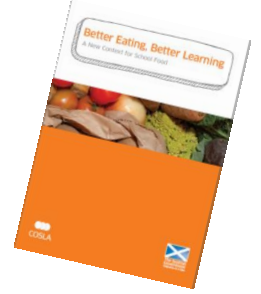


BEBL CONTEXTUALISES CHALLENGES THAT ARE ALSO OPPORTUNITIES

- **How can we enhance curriculum for excellence?**
- **Successfully involve children in improving/owning the school meals service;**
- **Retain the trust of consumers, media, civil society;**
- **[Scottish] Provenance is a key strength;**
- **We should recognise that commitment to sustainability is the mark of a progressive Council.**



BEBL DISCUSSES OPERATIONAL CHALLENGES



- **Acknowledge some unintentional impacts of the economic crisis on catering services;**
- **Safeguard what has been achieved doing better within existing resources;**
- **Weigh short term business planning ✓ harnessing potential of 'school food';**
- **Know our part in creating a resilient future;**
- **But it's now 'official' - School food is part of education.**

BETTER EATING, BETTER LEARNING

Content

'This document sets the agenda for the coming decade to help drive further improvements to school food and children and young people's learning about food'.

Ministers and CoSLA

'At this present moment in time school represents one of the best opportunities to educate children in healthy lifestyles and change behaviour in a positive, meaningful way.'

Chief Medical Officer

MYTH
BUSTERS

'Health and wellbeing is central to our curriculum, without this children in our schools would not be in the right place to learn, so outdoor education, health and wellbeing, sustainability and food education are all stepping stones to our learners achieving in other core curricular areas.'

Primary School Headteacher

We want this document to make a real difference. The future challenges overweight and obesity in the population, climate change and building Scotland's resilience as global competition for food increases.

.....investing in school food now will improve Scotland's health and save money in the longer term. If given the strategic importance it deserves, school food can contribute substantially toobjectives.

Expert Group

'Trust us to help, we are capable.'
'Let us become part of the service we use.'

Messages from
the Children in
Scotland
research

BETTER EATING, BETTER LEARNING

Content

If school food is recognised corporately for what it can deliver, it is able to contribute significantly to achieving the priorities which the local authority has set out in its Community Planning and Single Outcome Agreement.

'In any Best Value review the role of the school meal service as part of the education and health strategies should be taken into account. It should not be considered simply as a commercial trading activity.'

Hungry for Success 2003

School food expenditure has a powerful contribution to make in maintaining a secure and resilient supply chain of healthy food in Scotland...at the same time as contributing to the economy.

BETTER EATING, BETTER LEARNING

Nitty Gritty Issues...

- **No change to the statutory food and nutrition standards;**
- **Calls for support of the head teacher for school food;**
- **Sees food education as interdisciplinary learning;**
- **Calls for closer working between catering and teaching staff and sharing kitchen resources;**
- **Should be normal to use the kitchen and dining room as classrooms;**
- **Catering staff trained to know why change is needed – understanding the breadth of BEBL;**
- **School food as part education and a new opportunity for catering staff?**
- **Applying the ‘Sprit of the Act’ throughout the day.**

BETTER EATING, BETTER LEARNING

Nitty Gritty Issues...

- **Calls for appealing food and inspiring menus**
- **Creative menus using fresh seasonal food**
- **Menus which provide education**
- **Managing cost volatility without compromising quality**
- **School food supported by a strong 'values' narrative which everyone can appreciate.**
- **Authenticity, traceability and higher welfare standards**
- **Using the flexibility within EU Procurement Regulation**
- **The role of schools in explaining the benefits of school food compared to the worst excesses of the High Street**
- **Food and Sustainability Training for Teachers and Caterers**

BETTER EATING, BETTER LEARNING

Nitty Gritty Issues...

- **BEBL is about helping the Council as a whole appreciate what opportunities school food presents;**
- **Local authorities are in the right place and empowered to implement improvements in school food, and food education, which best meet their specific needs.**

Better Eating, Better Learning

A New Context for School Food

Food & Health

THE CHALLENGE:

To use school food and drink and food education to drive dietary change and therefore improve the diets of children and young people. To ensure that school food is an exemplar for healthy eating, and that food education supports children and young people to make the right food choices.

Food and Learning

THE CHALLENGE:

To develop the breadth and depth of children and young people's knowledge, skills and attitudes related to food: where it comes from; how it is produced; what influences food choices and preferences; and the impact that food has on health and wellbeing and the environment.

School Food & Drink

THE CHALLENGE:

To ensure that everyone involved in school food provision understands the need for inspiring menus which take into account nutrition, health and environmental impacts. School food and drink provision should reinforce children and young people's learning, enabling them to make good food choices that will continue into adulthood.

Better Eating, Better Learning

A New Context for School Food

The Dining Experience

CHALLENGE:

To create an experience that encourages positive social interaction in an environment that children and young people choose to use, enjoy and look forward to.

Sustainability through Food

CHALLENGE:

To find practical ways to supply the school meal service with **healthy, fresh, seasonal, and sustainably grown food**. To use **school food as an entry point** for young people to learn about the impact of food choices on individual health and the environment, and to understand their role in the conservation of natural resources, food waste and recycling.

Training and Support

To provide all **teaching and catering staff** involved in school food provision and food education with the support and opportunity to undertake **professional training** which enables and motivates them to maximise opportunities to **teach children and young people** about the relationship between food, health, and the environment.

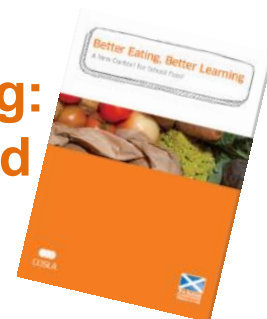
Communication and Engagement


CHALLENGE:


For schools and local authorities to successfully promote exemplar school food provision and food education to all of their stakeholders. To promote the benefits of healthy choices to encourage support from parents, carers, children and young people, teachers, caterers, health professionals and other stakeholders.

Other resources?

Better Eating, Better Learning: A new context for school food








**The Scottish Government**
Riaghaltas na h-Alba



Subscribe for updates
Register to receive email news alerts, daily digest, weekly roundup or Topic newsletters.

[Home](#) | [About](#) | [Topics](#) | [News](#) | [Publications](#) | [Consultations](#) | Text size: [A](#) [A](#) [A](#) [A](#)

You are here: | [Topics](#) | [Education and Training](#) | [Schools](#) | [Health and Wellbeing](#) | [School lunches](#) | [Resources](#) |     

Education and Training

Schools


Health and Wellbeing

School lunches

- Better Eating, Better Learning
- Free School Meals
- Resources

Resource

Useful Publications and Websites



This link will take you to useful publications, including the most up-to-date version of the Better Eating, Better Learning self-evaluation tool.

Research and Statistics

This link takes you to research and statistics on school food in Scotland.


Examples of Good Practice in Scotland

This link will take you to examples of good practice in Scotland, Engage for Education blogs and school meals websites.

Procurement and Sustainability


This link will take you to information about procurement, including a Catering for Sustainability

The School Food Context



This link will take you to information about the new context for school food and the history of school food in Scotland

Education Scotland Materials and Food Partnerships



This link will take you to Education Scotland resources which help deliver learning around food, and information about partners who can support school food and food education, current food programmes and grants.

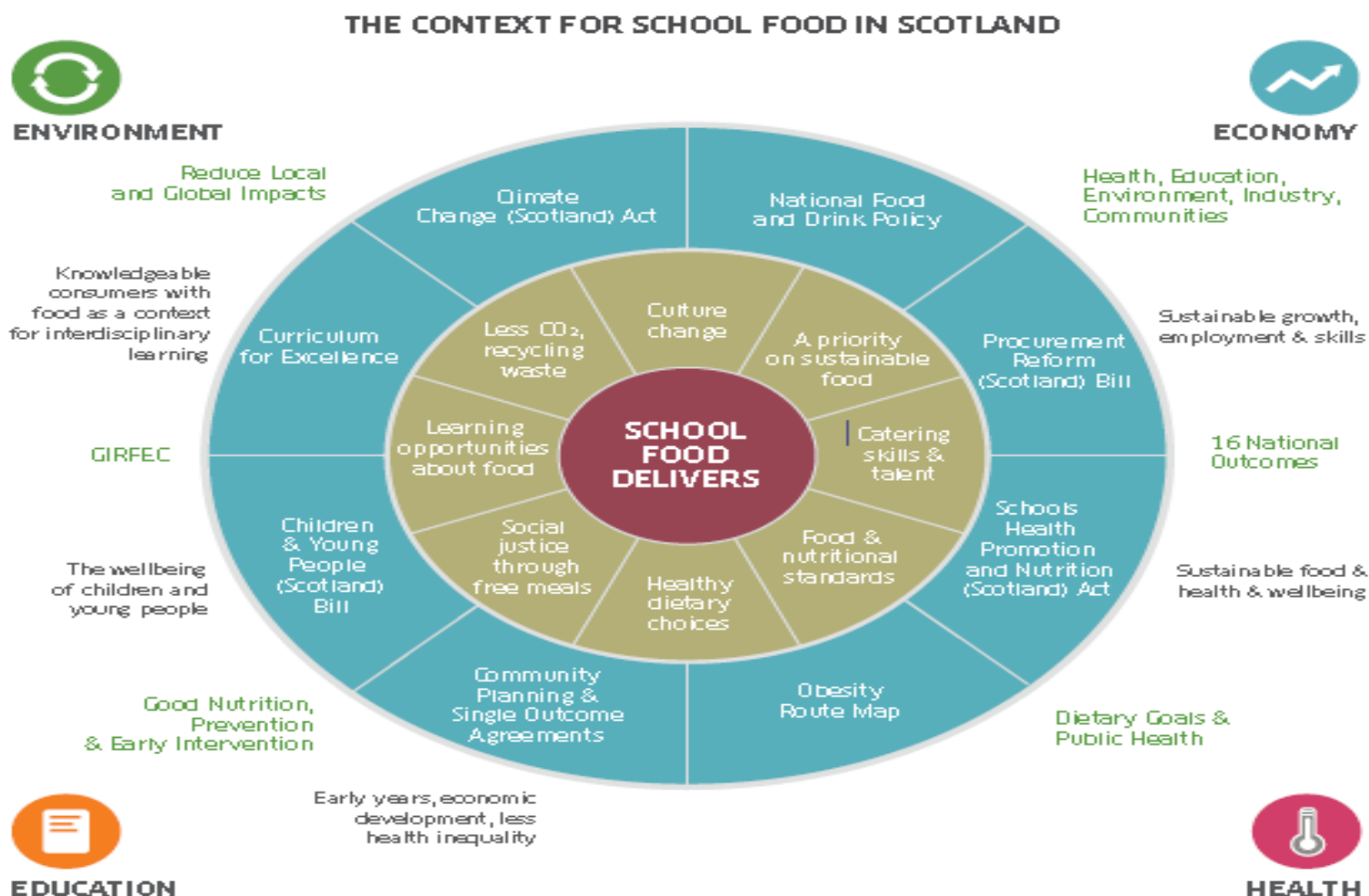
Organisations

This link will take you to useful organisations.

A CROSS CUTTING AGENDA

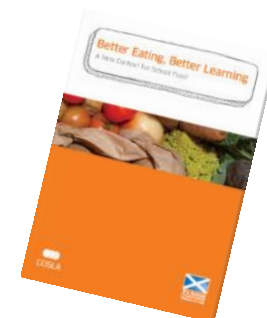
A new context for school food

The Context for School Food in Scotland



Other resources?

Better Eating, Better Learning: A new context for school food



HOW SCHOOL FOOD DELIVERS FOR A RANGE OF POLICIES

To be effective, the new context for school food requires changes throughout the system from procurement of food, through to recipes, menu range and the use of school food in food education. Food and healthy eating should in itself be regarded as a strategic priority in order to contribute to human health, social justice, environmental stewardship and economic development and it should be clear how this links to a range of objectives important to local authorities and Scottish Government policy

This matrix is intended to demonstrate how school food can deliver for a range of policies for local authorities and Scotland as a whole. It shows why and how these should be taken into account in service planning by local authority school meals services and education. The matrix will be updated periodically.

LEGISLATION, GUIDANCE, etc	PURPOSE	WHAT SCHOOL MEALS CAN CONTRIBUTE	OUTCOME EXPECTED FOR SOCIETY
<u>Better Eating, Better Learning – A New Context for School Food 2014</u>	Refreshed guidance to support all those involved in school food to make further improvements to school food and food education. The guidance includes a self-evaluation tool to enable review of current practice and help identify and prioritise improvements.	School meals are at the centre of this guidance. The guidance helps show the strategic significance of school food, and encourages teachers, caterers, parents, children and young people, local authorities, suppliers and procurement specialists to work together to deliver improvements.	In the short-term, happier, healthy children and young people ready to play a positive role in their schools and communities. In the longer term, rewards are in the health, wellbeing and economic prosperity of Scotland.
<u>Curriculum for Excellence 2010</u>	Education for all children and young people aged 3-18. It is designed to develop the attributes, knowledge and skills needed to flourish in life, learning and work. Partnership working is now a key feature.	The school meals service has a privileged position within the school. It is a best value service and part of education and health strategies, not simply a commercial activity. Its new role is to find a variety of ways to support the curriculum and the 'whole school and whole child' ethos particularly through food education.	Behaviour change requires young people to grow into adults who understand food and its impact on health and the environment. It involves children and young people growing into consumers who make nutritious and sustainable dietary choices.
<u>Preventing Overweight and Obesity Route Map 2010 and the revised Scottish Dietary Goals, 2013</u>	Attainment of the Government's purpose of sustainable economic growth requires a healthy population. Overweight and obesity pose real risks to the health of the population in Scotland.	Learning about healthy eating is not limited to curriculum content. School meals is also about developing young people's knowledge and tastes with imaginative food and menus demonstrating the appeal of meals and snacks which contain less fat, sugar and salt.	Almost one-third of children, are overweight, including 15% who are obese. Reduced diet related disease and healthier communities will reduce social inequality and lessen the economic impact on NHS and LA services for treatment and care with less cost arising employee sickness and absence.

Private or Public Sector

The Top 3 foodservice challenges

1.Sustainability

**2.Economic
Challenges**

**3.Healthier
Eating**

- The majority of foodservice consultants believe that hospitality businesses are only 'paying lip service to sustainability', forecasting that **this issue will have the greatest impact on the sector in the near future.**

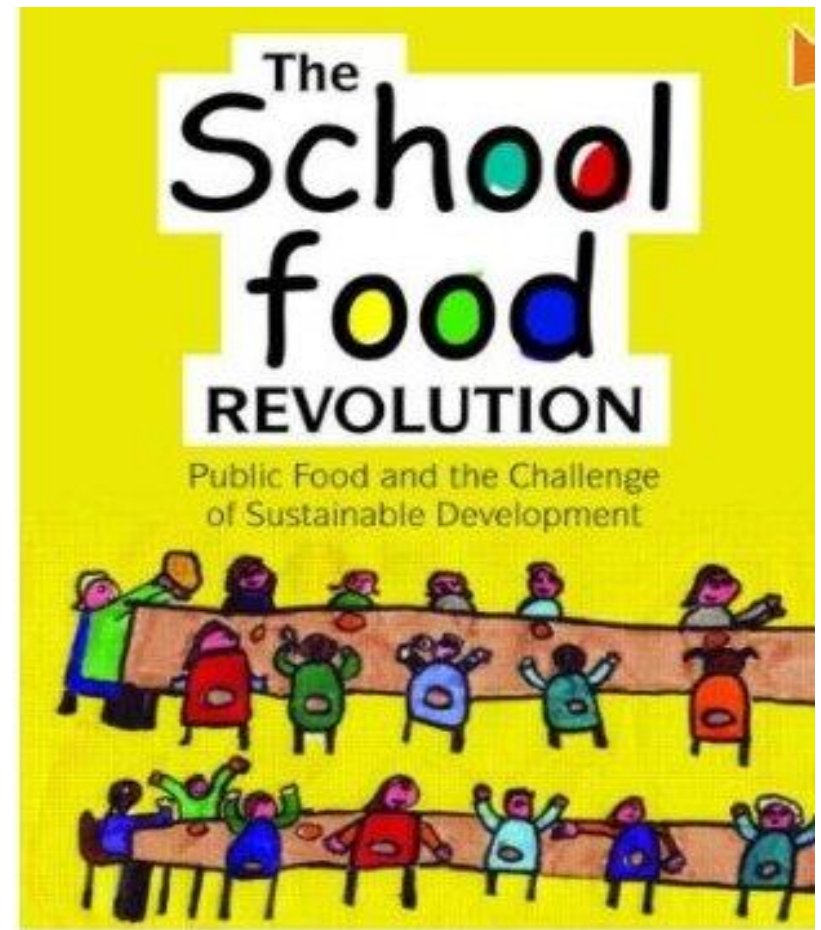


BETTER EATING, BETTER LEARNING CALLS FOR A FURTHER TRANSFORMATIONAL CHANGE

***'The origins of the
school food
revolution began in
Scotland with a
report***

***'Hungry for Success'
a Whole school
approach to school
meals'***

Professor Kevin Morgan and Dr Roberta Sonnino, 2008



Kevin Morgan and Roberta Sonnino