



Criteria and Guidance

Criteria and Guidance

APPLYING FOR YOUR AWARD THROUGH YOUR SCHOOL PORTAL.

www.foodforlife.org.uk/signin

Your School Portal is your personalised information hub and the place where you provide us with your award submissions. You'll be able to see what schools in your area are up to, search our wide range of resources, blog about your FFL activities, and most importantly, update your award progress.

You may wish to keep a note of your username and password here:

My username:

My password:

A quick guide to what you'll find in the 'Update Award Progress' area

In this area, you're able to select a criteria category and see all criteria in that section for the Bronze, Silver and Gold awards. We ask you to provide information on how you're meeting each criteria and we'll give lots of useful examples and guidance to help you along the way. Here's what you'll find as you click through the tabs:

Overview:

A full description of each criteria, including why it's been included.

Getting Started:

Handy hints and tips for putting each criteria into action.

Resources:

Quick links to a host of FFL and external resources which support that criteria.

B 1.0

Our menus demonstrate their compliance with national standards or guidelines on food and nutrition.

Overview

Getting Started

Resources

Submission

Food and nutrition standards help to ensure that pupils have the best chance of getting all of the goodness they need from the food they eat.

You will need to show that your school lunch menu complies with the new School Food Standards. You can do this through a self-evaluation checklist available from the School Food Plan website, see the 'Getting Started' tab for more information.

Submission:

This is where you log your activities and evidence for submission to the FFL team. You can either save and/or submit for feedback on an ongoing basis depending on your package subscription*.

If you are an Awards Package subscriber, we'll either approve or provide feedback and you'll be able to see both your submission and our comments every time you log in. You'll also be able to see which criteria have information saved, submitted or approved at a glance.

* You can only submit criteria for approval if you have an Awards Package subscription. Member Package subscribers can log and save information but it will not be submitted for assessment.

BRONZE CHECKLIST

1. Food Quality

- ☐ **B1.0** Our menus demonstrate their compliance with national standards or guidelines on food and nutrition.
- ☐ **B1.1** At least 75% of dishes on the menu are freshly prepared (on site or at a local hub kitchen) from unprocessed ingredients.
- ☐ **B1.2** All meat is from farms which satisfy UK animal welfare standards.
- ☐ **B1.3** No fish are served from the Marine Conservation Society 'fish to avoid' list.
- ☐ **B1.4** Eggs are from free range hens.
- ☐ **B1.5** No undesirable additives or artificial trans fats are used.
- ☐ **B1.6** No genetically modified ingredients are used.
- ☐ **B1.7** Free drinking water is prominently available.
- ☐ **B1.8** Menus are seasonal and in-season produce is highlighted for pupils.
- ☐ **B1.9** Information is on display about food provenance.
- ☐ **B1.10** Menus provide for all dietary and cultural needs.
- ☐ **B1.11** All suppliers have been verified to ensure they apply appropriate food safety standards.
- ☐ **B1.12** Catering staff are supported with skills training and are engaged in food education.

2. Food Leadership and Food Culture

- ☐ **B2.0** Our School Nutrition Action Group has led a review of food culture in our school, and actions have been agreed.
- ☐ **B2.1** We monitor school meal take up and we are taking action to maximise the take up of free school meals.
- ☐ **B2.2** We consult with our pupils and parents on school meal improvements.
- ☐ **B2.3** We keep parents informed of lunch menus and Food for Life activity and invite them to attend our school lunches.
- ☐ **B2.4** We encourage our pupils to suggest improvements to the dining experience and we implement the best ideas.
- ☐ **B2.5** Our lunchtime supervisors promote a calm and positive dining experience and help our pupils with food choices.
- ☐ **B2.6** We have made a commitment to phase out flight trays.

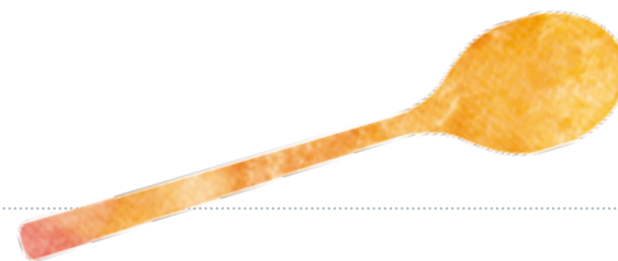


3. Food Education

- ☐ **B3.0** We use the topic of healthy and sustainable food as a theme for assemblies.
- ☐ **B3.1** Our pupils take part in regular cooking activities that meet the Cooking and Nutrition of the Design and Technology programme of study and this is linked to our whole school approach to food.
- ☐ **B3.2** Our pupils have the opportunity to grow and harvest food and make compost and this is linked to wider learning.
- ☐ **B3.3** We organise an annual farm visit, and this is linked to wider learning.

4. Community and Partnerships

- ☐ **B4.0** We hold an annual event on a food theme for our pupils, parents and the wider community.
- ☐ **B4.1** We make efforts to actively engage parents and/or the wider community in our growing and cooking activities.
- ☐ **B4.2** We share Food for Life learning with local schools, the wider community and other partners.



FOOD QUALITY

Criteria overview



Why address Food Quality in our school?

Serving good quality food provides a sound foundation for your wider Food for Life work and the creation of a positive food culture in your school. Meeting the food quality criteria allows you to reassure pupils, parents, carers and the wider community that you are serving food that is sustainably sourced and traceable as well as being nutritious and fresh.

Additionally, governors at all maintained schools and new academies and free schools in England are responsible for ensuring that the mandatory School Food Standards are being met. By completing the food quality section as part of your award you will be demonstrating that you are meeting these standards.

FOOD QUALITY: BRONZE

BRONZE CRITERIA

The list below gives details of how many points you will receive per % used on the following certified items.

B1.0

Our menus demonstrate their compliance with national standards or guidelines on food and nutrition.

Food and nutrition standards help to ensure that pupils have the best chance of getting all of the goodness they need from the food they eat.

In England, you must demonstrate compliance with the Department for Education's 'standards for school food in England' (including food other than lunch) using the audits and inspection toolkit available from the School Food Plan. In Wales, you must review menu plans against the Welsh Government's Healthy Eating in Schools Regulations.

Both organisations offer further information and may have useful tools on their websites.

IMPORTANT NOTE:

If your school uses an external (Private or Local Authority) caterer:

In order to achieve the FFL Schools Award your caterer will need to hold the FFL Served Here Award at the equivalent level. The FFL Served Here is assurance that your schools' meals are already meeting the standards so all you need to do is confirm with the FFL Awards Team who your caterer is and you will have achieved that section of the award.

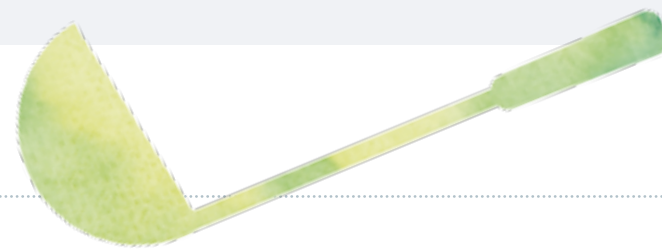
If your school's caterer does not currently hold a FFL Served Here Award we can help you approach your caterer about going for the CM or help find a caterer who is already a holder.



If your caterer holds a FFL Served Here Award at a level lower than the award you are aiming for, they may be able to upgrade for your school without having to apply for a new licence. Please get in touch with us to find out more.

If your school caters for itself 'in-house' (i.e. does not use a private or local authority caterer):

You need to complete the Food Quality section by submitting evidence through your online school portal. We provide further support, advice and guidance for our in-house schools, please contact us or visit your school portal for further details.



FOOD QUALITY: BRONZE

B1.1

At least 75% of dishes on the menu are freshly prepared (on site or at a local hub kitchen) from unprocessed ingredients.

Preparing dishes from scratch gives catering staff more control over what goes into them, making it easier to provide a balanced meal. 'Unprocessed' foods keep more of their vitamins so this means using ingredients which are raw or fairly close to their natural state.

We use a common sense definition of 'unprocessed' to include raw, basic ingredients such as fresh or frozen fruit and vegetables, fresh or frozen meat or fish, pasta, rice, flours, pulses and beans. 'Unprocessed' foods are fresh, homemade and natural, as defined by the Food Standards Agency. We also include some other foods which have had some processing such as milk, good-quality cheese, sausages and wholemeal bread.



B1.2

All meat is from farms which satisfy UK animal welfare standards.

All the meat used at school must meet certain welfare standards. This includes meat in pizza toppings, quiches, pies and sandwiches but not meat bouillon/stock. As a minimum, meat must be 'farm assured' by assured food standards.

If food is 'farm assured' it means it is produced on farms which are inspected by a third party annually. These accreditation schemes cover areas such as food safety, traceability, production methods, environmental protection and animal welfare. This gives you assurance that the meat you are serving meets minimum UK welfare standards and you and your diners know where it has come from.

A full list of schemes which offer this accreditation is available in either your school portal or the Soil Association's Food for Life Catering Mark Handbook for Schools.

B1.3

No fish are served from the Marine Conservation Society 'fish to avoid' list.

Overfishing has caused one third of all fishing stocks worldwide to collapse, and scientists are warning that if current trends continue all fish stocks worldwide will collapse within 50 years.

Additionally, many thousands of dolphins, turtles and albatross are also caught by large drift nets or baited hooks.

For further information, go to www.mcsuk.org/foreverfish/schools



B1.4

Eggs are from free range hens.

Although EU animal welfare regulations have banned conventional battery cages, they still permit the use of 'enriched' cages which do not allow the birds to express their natural behaviour and fall far short of acceptable animal welfare standards.

Free range hens have access to the outdoors and are not confined in cages. This allows them to benefit from daylight and carry out natural behaviours such as walking, wing flapping, dust bathing, perching and nesting.



FOOD QUALITY: BRONZE

B1.5

No undesirable additives or artificial trans fats are used.

'Undesirable additives' are certain artificial colourings, flavourings, sweeteners and preservatives that, according to 2007 Southampton University research commissioned by the Food Standards Agency, could be linked to causing a negative effect on children's behaviour.

Artificial trans fats or trans fatty acids (TFAs) are chemically altered vegetable oils, used to give processed foods a longer shelf life. They are produced artificially by a process called hydrogenation which turns liquid oil into solid fat. The primary health concerns relating to trans fats are an association between increasing TFA intakes, coronary heart disease risk, and raised 'bad' cholesterol levels. The National Institute for Health and Clinical Excellence (NICE) guidelines call for trans fats to be eliminated from food in England.

B1.6

No genetically modified ingredients are used.

Genetic modification is very different to traditional plant breeding techniques. It is a technology which allows scientists to take genes from one organism and put them into another. This changes the characteristics of the organism, or the way it grows and develops.

The Soil Association, along with the worldwide organic movement, does not support genetic modification for a variety of reasons, including the potential risks posed to human health and the environment, and the social and economic impacts of the technology, particularly on smallholder farmers in developing countries.

B1.7

Free drinking water is prominently available.

Water is essential for good health and makes up about two thirds of the weight of a healthy body. Most of the chemical reactions that happen in our cells need water in order to take place. We also need water so that our blood can carry nutrients around the body and get rid of waste. Water is the healthiest choice for quenching thirst because it has no calories and contains no sugars that can damage teeth.

B1.8

Menus are seasonal and in-season produce is highlighted for pupils.

Eating UK produce in-season is one of the best ways to reduce our carbon footprint, by cutting food miles and avoiding energy-intensive heated glasshouses. Currently, 90% of the fruit and 44% of the vegetables consumed in the UK are imported.

Eating in-season – i.e. strawberries in July and not December – also means you eat food at its best, and it is often more affordable too. If menus are seasonal it becomes far easier to source fresh produce locally (which can score you points at Silver and Gold).

GOT A QUESTION?

Give us a call on **0117 314 5180**
email **fll@foodforlife.org.uk**
or contact your local programme manager*
(you'll find their details in your school portal)

* Local programme managers are in areas where FFL is commissioned only.



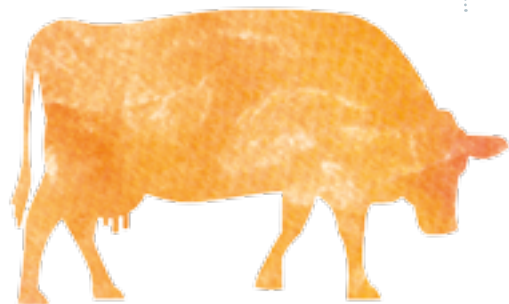
FOOD QUALITY: BRONZE

B1.9

Information is on display about food provenance.

Letting your pupils and staff know about the origins of your food offers them more of a connection between what they are eating, where it comes from, and how it was produced. It also helps them feel proud of the food your school serves and the support you give to local and British businesses.

You should highlight when produce grown in the school garden is used in your school menu too.



B1.10

Menus provide for all dietary and cultural needs.

Your school should aim to make healthy eating easier by ensuring that suitable meals are available to meet all dietary requirements and needs, and that pupil and parent feedback is taken into account. It is important that all pupils are able to choose food which is suitable for them to eat.

The best way to find out if you are providing food that your pupils want to eat is to ask them and their parents, and incorporate their feedback into your future menu planning.

B1.11

All suppliers have been verified to ensure they apply appropriate food safety standards.

Food safety is paramount. You should ensure that all of your suppliers have an effective food safety system, based on HACCP principles, in place.



B1.12

Catering staff are supported with skills training and are engaged in food education.

School cooks and catering staff should be encouraged to take advantage of opportunities to acquire relevant qualifications in support of their continuing professional development and learn more about nutrition, seasonal menu planning and food education.

Providing opportunities for your catering staff to contribute to food education can help pupils make connections with the freshly prepared lunches at school, and can also keep your staff motivated and inspired. Ensure that all your catering staff are able to tell pupils and parents about what on the menu is in season, local and organic; and encourage members of your catering staff to get involved in food education beyond the dining room.

FOOD LEADERSHIP AND FOOD CULTURE

Criteria overview

Why focus on Food Leadership and Food Culture?

Bringing together pupils, parents, teaching and catering staff is the basis of the 'Whole School Approach' that will allow a good food culture to become an intrinsic part of life at your school. Giving this group the opportunity to feed into your school food policy gives it the best possible chance of success.

Empowering pupils to take a leadership role within this approach allows them to begin to make choices which both benefit them and reflect the Food for Life ethos of making good food the easy choice for everyone.

Involving pupils in decisions around school food encourages sustainable positive change in eating habits as well as encouraging confidence and leadership skills.

FOOD LEADERSHIP AND FOOD CULTURE: BRONZE

BRONZE CRITERIA

B2.0

Our School Nutrition Action Group has led a review of food culture in our school, and actions have been agreed.

Your SNAG (School Nutrition Action Group), or food group, is a team of pupils, parents and staff who meet regularly to review and improve the school food service and ensure your school adopts a whole school approach to food education and food culture.

TOP TIP

If you have carried out a review of school food culture through your SNAG group (B2.0), you may have met this criteria already!

Just let us know what the impact of the review has been on school food.

B2.1

We monitor school meal take up and we are taking action to maximise the take up of free school meals.

A key issue in many schools is that children who are entitled to free school meals do not apply for them. One of the reasons for this is the perceived social stigma attached to claiming free school meals. In some cases, parents are simply not aware that they are entitled to claim.

Monitoring paid school meal take up will help you assess any areas such as unpopular dishes or the success of theme days and adapt your menus accordingly.

B2.2

We consult with our pupils and parents on school meal improvements.

Changes to make school menus healthier and more sustainable are really important, but it is also equally important that pupils and parents don't feel these changes have been imposed without explanation or consultation.

Get pupils and parents involved in planning menu changes so they can understand the reasons for them. Invite ideas and feedback via surveys, questionnaires, notices in your school newsletter or organise tasting events so parents can sample the food that their children are eating.



FOOD LEADERSHIP AND FOOD CULTURE: **BRONZE**

B2.3

We keep parents informed of lunch menus and Food for Life activity and invite them to attend our school lunches.

It's a good idea to keep parents and carers up to date with the latest school menus, along with any food-related activities at school that children are engaged in, or that they themselves could get involved with.

This ensures that conversations around school food, good food messages and food-based education extend beyond school life into the home.

B2.4

We encourage our pupils to suggest improvements to the dining experience and we implement the best ideas.

Lunchtimes at school provide an opportunity to enjoy healthy food, acquire good food habits and develop social skills.

A noisy, busy dining area with long queues can make the dining experience an unpleasant one, no matter how good the food is. Creating a calm environment where eating lunch is a pleasure for pupils can also make a significant difference to meal take up.

B2.5

Our lunchtime supervisors promote a calm and positive dining experience and help our pupils with food choices.

Lunchtime supervisors can promote healthy choices and manage lunchtime behaviour through positive reinforcement.

They can also play a key role in minimising noise and chaotic lunchtimes, and can support pupils in trying different foods to ensure a balanced diet.

B2.6

We have made a commitment to phase out flight trays.

Using separate china or plastic plates and bowls for the main meal and dessert helps promote a more sociable lunchtime experience where care is taken over the food being eaten. It also improves social skills and makes meals more appetising.

Plastic flight trays may be practical and efficient for caterers but they do not encourage children and young people to develop good eating skills. Food often spills from one tray compartment to the next, it is difficult to use a knife to cut food properly and pupils may be tempted to eat their pudding first.

TOP TIP

Lunchtime supervisors don't just have to be adults! As we know how hectic lunchtimes can be for midday supervisors, why not think about recruiting 'lunch buddies' to assist them. These should be older pupils who help younger ones with food choices, carrying plates and bowls, filling water jugs and cutting up food. This can be an official position or on a rotation basis, and can be incentivised with a certificate, sash, badge, or even a hat!

GOT A QUESTION?

Give us a call on **0117 314 5180**
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FOOD EDUCATION

Criteria overview

What are the benefits of Food Education?

In a world where the consumption of convenience foods, ready meals, and food 'on the go' is ever increasing, it is easy to see why more and more young people are becoming disconnected from the food that they eat.

Teaching children to cook, grow and understand where their food comes from equips them with the skills and knowledge that will allow them to make decisions that have a direct impact on their health – both now and in the future. Learning about healthy eating, animal welfare, sustainable and ethical food topics will not only support children to think sensibly about their food choices but more broadly about issues in the wider food and health debate.

FOOD EDUCATION: BRONZE

BRONZE CRITERIA

The Food for Life award framework can enhance the curriculum and offer an innovative way to bring a wide range of subjects to life; science, art, history, geography, maths and English are a few examples. Practical cooking classes or lessons in an outdoor classroom can motivate children to engage with a subject matter in a different way and enhance learning that is done in the traditional classroom.

B3.0

We use the topic of healthy and sustainable food as a theme for assemblies.

Assemblies provide an excellent opportunity to explore ideas around food culture and raise awareness of food related issues. Ideally, these themes should be addressed regularly, so that they become part of ongoing discussions around the school, rather than being restricted to a one-off event such as a food week.

Hold assemblies that reinforce the messages of healthy eating and planet friendly food at least once a term.

B3.1

Our pupils take part in regular cooking activities that meet the Cooking and Nutrition requirements of the Design and Technology programme of study and this is linked to our whole school approach to food.

Try developing a curriculum map that identifies how food preparation and practical cooking can be used to support learning across other subjects. Link the recipes to what is being grown in your school garden, or food being produced on your local farm. Try to aim for pupils to be involved in at least one cooking activity per term.

B3.2

Our pupils have the opportunity to grow and harvest food and make compost and this is linked to wider learning.

There's no better way to get children and young people interested in eating vegetables, herbs and fruit than by giving them the opportunity to grow them.

Teaching pupils how to grow organically, as well as how to compost, is a great starting point for introducing pupils to food sustainability issues.

Develop a curriculum map that identifies how growing activities can be used to reinforce learning outside the classroom, and how the produce grown on school grounds can be incorporated into recipes used in cooking lessons.



FOOD EDUCATION: BRONZE

B3.3

We organise an annual farm visit, and this is linked to wider learning.

By giving children and young people the opportunity to visit a farm we encourage them to become intelligent and responsible food consumers.

Learning first-hand from a farmer about the realities and challenges of food production can be an important formative experience, improving knowledge and building interest in the consumption of healthy and fresh produce. Often a school trip may be the first, or only, time pupils visit a farm.

FOOD FOR THOUGHT

Schools should provide ingredients for all pupils for all cooking lessons.

If possible, look to buy these ingredients from the school kitchen, where economies of scale mean they may be purchased for best value.

For handy hints, resources and to submit your application, go to your school portal
www.foodforlife.org.uk/signin



COMMUNITY AND PARTNERSHIPS

Criteria overview

Why consider Community and Partnerships?

At the heart of the Food for Life ethos is the principle that we should make good food the easy choice for everyone, no matter who or where they are. Sharing Food for Life learning and experiences with parents and your surrounding community allows the benefits of a good food culture to extend beyond the school gates.

That's not just about making the right food choices; it's about celebrating good food and how it underpins so many important occasions in so many different cultures.

By involving the extended school community in your Food for Life activities you not only have the opportunity to further engage parents and carers in your activities but to strengthen links with other local groups and businesses. In return, they can offer skills, support and knowledge which will further enhance your work issues in the wider food and health debate.

COMMUNITY AND PARTNERSHIPS: BRONZE

BRONZE CRITERIA

B4.0

We hold an annual event on a food theme for our pupils, parents and the wider community.

Holding an event with a food theme can be a great way to get pupils excited about school food, and is a good way to engage parents - especially if you hold a variety of international and culturally themed events. Food events can also help you engage with a variety of groups in the wider community.



B4.1

We make efforts to actively engage parents and/or the wider community in our growing and cooking activities.

Schools can be used as education centres in their widest sense by providing people of any age and ability with an opportunity to participate in activities that will extend their knowledge and skillset.

Parents and community groups may well provide a valuable resource of volunteering time or in-kind contributions such as gardening tools or ingredients for cooking.



B4.2

We share Food for Life learning with local schools, the wider community and other partners.

Food for Life champions sharing, learning and involving others with a vision of transforming food culture beyond school life, out into the wider community. Through involving others you are supporting and encouraging a culture of local collaboration and partnership working. You can gain credit for your achievements by promoting your school as a leader of food culture through the local media.



SILVER CHECKLIST

1. Food Quality

- ☐ **S1.0** Our school food meets the Silver standards of the Food for Life Served Here, which means we take care that our food is healthy, ethical, and uses local ingredients. We use a minimum of 5% organic ingredients in our menus.

Using the Food for Life Served Here Points Calculator, our menus achieve at least

150 points:

40 points for sourcing ethical and environmentally friendly food

20 points for championing local food producers

20 points for making healthy eating easier

70 points from any of these categories.

2. Food Leadership and Food Culture

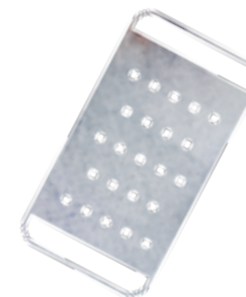
- ☐ **S2.0** Our governors have signed off a school food policy with a timetable for action.
- ☐ **S2.1** We give lunchtime a clear priority in our school day, and timetabling clashes are avoided.
- ☐ **S2.2** We ensure take up of school meals by pupils registered for free school meals is 90% or higher, and we are taking action to raise general school meal take up and encourage pupils towards a variety of hot meal options, where appropriate.
- ☐ **S2.3** We have made sure that key teachers or others have skills needed to lead gardening and cooking activities and ensure basic food hygiene.
- ☐ **S2.4** We work with parents to discourage unhealthy snacks or lunch box contents.
- ☐ **S2.5** We invite parents and/or community groups into school to eat with our pupils.
- ☐ **S2.6** We don't use flight trays.

3. Food Education

- ☐ **S3.0** Our cooking activities aim to build skills and knowledge progressively over key stages 1-3 and incorporate seasonal, local and organic ingredients.
- ☐ **S3.1** We ensure pupils in our garden group and/or a class are growing fruit, vegetables and herbs organically.
- ☐ **S3.2** We have produce from our school growing area at least once a term for pupils to use in cooking activities.
- ☐ **S3.3** Our pupils explore the ethical and environmental issues around food choices and this is linked to changes in our school meals.
- ☐ **S3.4** One or more of our year groups keep in touch with a local farm throughout the year.
- S3.5** We organise at least one annual visit to or from small local food businesses.

4. Community and Partnerships

- ☐ **S4.0** We hold events to involve parents and/or the wider community in growing and cooking activities.
- ☐ **S4.1** We actively encourage our pupils and their parents to grow and cook their own produce at home.
- ☐ **S4.2** Our pupils share Food for Life learning with local schools, the wider community and other partners.



GOLD CHECKLIST

1. Food Quality

- ☐ **G1.0** Our school food meets the Gold standards of the Food for Life Served Here, which means we take great care that our food is healthy, ethical, uses lots of local ingredients and is animal and climate friendly. We use a minimum of 15% organic and 5% free range ingredients in our menus.

Using the Food for Life Served Here Points Calculator our menus achieve at least

300 points:

100 points for sourcing ethical and environmentally friendly food

50 points for championing local food producers

50 points for making healthy eating easier

100 points from any of these categories.

2. Food Leadership and Food Culture

- ☐ **G2.0** Our pupils all have the opportunity to sit down to lunch every day.
- ☐ **G2.1** School meals are the norm in our school.
- ☐ **G2.2** We are working with our caterer to reduce and manage food waste.



3. Food Education

- ☐ **G3.0** We take a skills-based approach to cooking education that builds on learning year to year. Pupils throughout key stages 1-3 prepare a wide range of foods. We place emphasis on making healthy, nutritious dishes using school-grown, local, seasonal and organic produce.
- ☐ **G3.1** All our pupils have the opportunity to participate in organic food growing during their time at school.
- ☐ **G3.2** We actively involve our pupils in planning the food growing calendar and maintaining the growing area using organic practices.
- ☐ **G3.3** Our pupils have the opportunity to take part in a programme of farm-based activities throughout the farming year.

4. Community and Partnerships

- ☐ **G4.0** Our parents and/or the wider community are actively involved in growing and cooking activities in our school.
- ☐ **G4.1** Our parents can buy or collect organic and/or local produce at our school, or we direct them to alternative local outlets.
- ☐ **G4.2** Food and cooking education is available in our school to parents and community members out of school hours.
- ☐ **G4.3** We host regular visits about Food for Life from other schools and stakeholders.



SOME USEFUL WEBSITES

Food for Life Served Here
Handbook for Schools:

www.sacert.org/catering/standards

For resources and information on
the School Food Standards:

www.schoolfoodplan.com/standards

Growing information and resources:

www.gardenorganic.org.uk/schools

Information on how to develop a whole
school approach and school food policies:

www.healtheducationtrust.org.uk

Best practice case studies and real
life school food solutions:

www.whatworkswell.schoolfoodplan.com



ABOUT FOOD FOR LIFE

Food for Life is a Soil Association initiative which began life in 2003 and developed into an award-winning national programme thanks to funding from the Big Lottery Fund.

Food for Life is about making good food the easy choice for everyone – making healthy, tasty and sustainable meals the norm for all to enjoy, reconnecting people with where their food comes from, teaching them how it's grown and cooked, and championing the importance of well-sourced ingredients.

We work with schools, nurseries, hospitals and care homes, helping them build knowledge and skills through a 'whole setting approach'. This engages children and parents, staff, patients and visitors, caterers, carers and the wider community to create a powerful voice for long-term change.

The Soil Association was formed in 1946 to pioneer a better world – one where we can all eat, farm and live healthily, and with the environment in balance. Today we're still dedicated to making positive change happen. We're farming and growing, buying, cooking and eating. We're campaigning and researching. We're running innovative programmes that prove the case for change. And we're inspiring millions of people to take their own step towards a better world.



'If we truly want the next generation to understand how food is grown and produced then we have to put food education within the curriculum for their health and the health of the nation.'

Jeanette Orrey MBE,
Co-founder, Food for Life



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