



School food is changing

School Food Trust Update
APSE
3rd October 2008

SCHOOL
FOOD TRUST
Eat Better Do Better

Supporting Compliance: Resources



£ Secondary version of the guide to introducing the nutrient-based standards

£ Lessons learned

£ 3 secondary school case studies

£ Technical notes updated

£ Compliant menus and associated recipes

£ Step by step guide to standardised recipe calculation

£ Caterers guide: calculating the nutrient content of school lunch recipes

£ Iron rich recipes

£ Technical workshop reports

£ FAQs

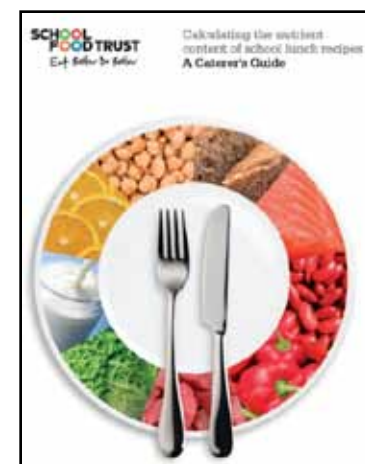
£ Independent Software Review

£ Nutritional Analysis Support Package (NASP)

£ Partnership engagement – scaling up secondary and special school food pilots

£ Special educational needs

£ Voluntary Code of Practice for drinks



NEW!

Supporting Compliance

What's new in secondary school version of the guide
nutrient-based standards?



Main text - enhanced

- £ Lessons learned
 - £ Applying the whole school approach
 - £ Nutritional analysis of recipes and menus
 - £ Time
 - £ Money
 - £ Expertise
 - £ Meeting the nutrient-based standards plus tips
- £ 3 secondary school case studies
 - £ Compliant menus

Technical notes updated

- £ Group of schools
- £ Middle schools
- £ Planned provision mix
- £ Fruit and vegetables
- £ Extra bread
- £ Exclusion of bottled water
- £ Definition of school lunch
 - £ Primary
 - £ Secondary



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**SCHOOL
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Eat Better Do Better

Supporting Compliance: Scaling up Secondary and Special School Food Pilots



School Food Pilots

Phase I: complete

- £ 3 primary schools compliant
- £ 3 secondary schools compliant

Phase II: on-going

- £ 8 secondary schools (2 Birmingham and 6 East Riding ongoing aiming to be compliant Oct–Dec 08)

Phase III: partnership engagement

- £ 3 Norfolk Special School pilots aiming to be compliant Dec 08
- £ Transferring the Heathside model to six inner city secondary schools (3 Sheffield and 3 Merton, London)
- £ Building schools for the future (BSF): how to introduce and implement compliant menus using basic interim kitchen and dining room facilities
- £ How to successfully meet the food-based standard for fruit and vegetables/salad in secondary schools: encouraging students to eat fruit and vegetables/salad and minimising waste

Meal Deal pilots

- £ 3 Million Meals Schools





Supporting compliance

Nutritional Analysis Support Package (NASP)



- £ **Aim:** Independent review of reliable sources and different models of nutrient analysis support that are currently available to schools and caterers to access.
- £ **Objective:** to produce a guide of reliable sources and different routes schools and their caterers
- £ **Methodology:**
 - £ Semi-structured interview with schools, caterers (LA, private, in-house), suppliers, food consultancy and nutrition support providers software companies, cashless systems, freelance registered dietitians and nutritionists.
 - £ To ascertain what nutritional support schools and caterers are currently using
 - £ Needs analysis: what additional support requirements
 - £ Administration, communication systems
 - £ Meeting the nutrient-based standards
 - £ Training
- £ **Models of nutritional analysis support packages**
 - £ 9 different models: catering services, menus/recipes, training, support, cost
 - £ Person specification essential and desirable attributes registered dietitian or nutritionist
- £ **Closing the gap:** addressing needs

Voluntary Code of Practice for drinks



- £ To encourage the provision of pure drinks that offer nutritional benefit
 - £ 3 month public consultation on draft code
 - £ Consideration of responses and available evidence
 - £ SFT drinks code now published on Trust website
 - £ Sign-up facility
 - £ Technical details
 - £ FAQs
 - £ Consultation summary

Take up



£ SFT/LACA take up survey 2008

- £ Provisional findings – July

- £ Final report - October

£ NI52

- £ LAs asked to gather data this year

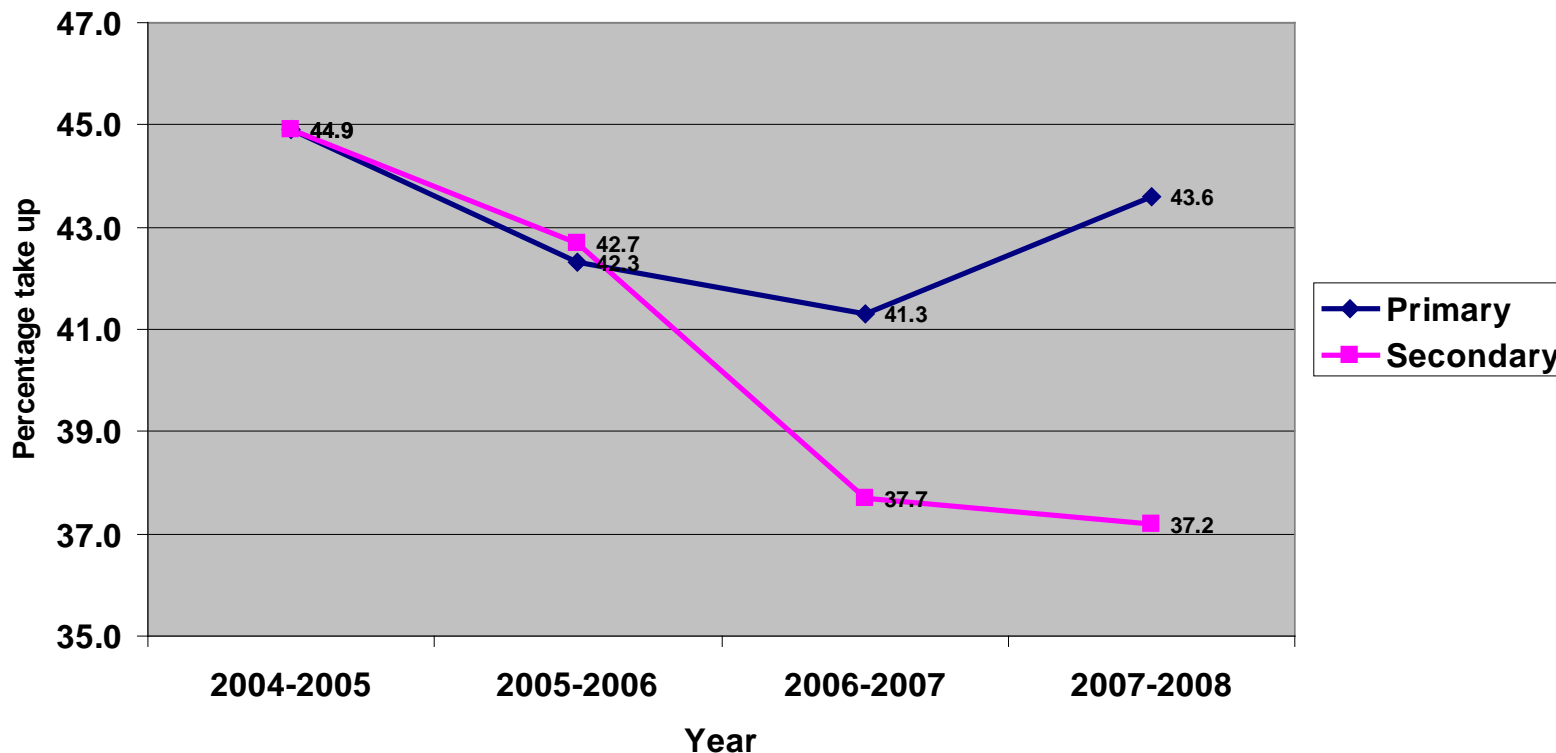
- £ Comparability

- £ Coverage

- £ Technical paper and further support



Percentage take up, school meals in England



Preliminary results: changes in percentage take up 2006/07 – 2007/08

- **Primary:** 2.3% increase: 88,000 more meals every day
- **Secondary:** 0.5% decrease: 38,000 fewer meals per day (but 2% (58,000) fewer pupils on roll)

Increasing Take up



£ Million Meals



£ Free School Meals

- £ Increasing take up of FSM of those entitled
- £ Increasing rate of eligibility/registration
- £ Ensuring FSM value reflects cost of nutrient compliant meal
- £ FSM review



Welcome To “Million Meals”

- Supports SFT remit of increasing take-up
- Uses continuous improvement principles to support schools
- Comprehensive support package
- Aims to have 1 million more children eating school food by the end of 2010
- Commitment from head teachers to increase take-up



Partners Resources

- Tailored information pack
- Dedicated section of website
- Downloadable presentation
- Video for local conferences
- Marketing flyers
- Bespoke press releases
- Downloadable copies of school resources





Continued Sign Up SFT Activities

- Monthly advertorials (TES, APSE & Hotel & Caterer magazine)
- DCSF e-mail
- Partnership work with ACSL from October
- Link to relevant strategies
- Work with extended schools & TDA
- Work with SFT targeted support programme
- Cross SFT activity using Million Meals schools
- Work with National Healthy Schools



Monitoring & Evaluation

- Take up in Million Meals schools vs. other
- What motivates schools to join the campaign?
- Which of the 'TENplates' have schools used?
- Which of the 'TENplates' / Resources have been most useful?
- Is there any particular order in which the 'TENplates' should be used?
- Targeted testing - Collaborative



Building capacity



- £ School FEAST
- £ Wider School Food Workforce
- £ Kitchen capacity interventions
- £ Kitchens and dining rooms
- £ Procurement survey
- £ Ambassadors and good practice network
- £ Targeted support and Local Authority learning groups

Local Authority Targeted Support (LATS)

£ 15 / 16 LAs offered targeted support nationally

£ Support tailored to need of LA

Examples: Health Check to identify gaps in corporate process to improving school food, marketing campaign work, visit from Prue Leith, Get Real Campaign, guaranteed place on supported learning group, LA buddying.

£ 2 small 'supported learning groups' for LA's interested to meet in Sept 2008.

- a) Maximising FSM take up
- b) Long term funding models

Changing Attitudes



- £ **Disney** – partnership around release of High School Musical 3, Sept-Feb
- £ **Get Real** – second fast food road show Jan-Mar on small no. of targeted LAs.
- £ **B1G1F** –World Food Programme partnership to promote a week of buy one give one free.
- £ **School and LA led marketing campaigns** – 3 year locally led, trialling and spreading marketing initiatives.

Research



£ Case for change

- £ International comparison of standards
- £ Breakfast clubs in primary schools
- £ Review of child health and nutrition
- £ School lunch and behaviour
 - £ Primary schools
 - £ Secondary schools

School lunch and behaviour – secondary schools



Anecdotal evidence (from teachers) suggests that changes in school food influence children's behaviour.

A Primary school study carried out by the SFT in 2007 confirmed that children were more than three times as likely to be 'on task' when improvements were made to the nutritional content of their school meals and the school dining room environment.

Can we replicate this in secondary schools?



Study Design

- Twelve secondary schools have been recruited from 4 Local Authorities across England (Leicester, Manchester, Essex and Sheffield)
- Three schools in each Local Authority
 - intervention group (2 schools)
 - control group (1 school)
- 168 pupils (14 per school, Years 7 and 9)
- Baseline June 2008, follow-up January 2009



What will happen?

- The 14 'target pupils' will be observed in the classroom after lunch (5 days) and complete a food diary (seven days) on two separate occasions
- All pupils in target year groups will complete questionnaires to explore their perceptions of school food
- 490 random pupils will have their lunchtime intake assessed
- Systematic observation of a random selection of pupils in the dining room (i.e. pupils' behaviour)



Research



£ Monitoring

- £ Annual survey
- £ January survey
- £ Schools Food Panel
- £ Omnibus surveys
- £ Vending
- £ School food checklist/SFT audit tool
- £ Evaluation of audits and inspections
- £ Food in primary schools in England

Food in primary schools in England

Aims

- To assess the progress made by primary schools towards meeting new standards for school food
 - Final food-based and nutrient-based standards for school lunches
 - Food-based standards for school food other than lunch
- To estimate the food, drink, energy and nutrients consumed by primary school children from school lunches and packed lunches
- To gather information about and understand the impact of whole school food policies and marketing of school meals and healthier food on healthier eating in primary schools



Food in primary schools in England

Study design

- 150 primary schools recruited from a nationally representative sample
- Fieldwork over 5 consecutive days in spring term 2009
- 10 school lunch and 5 packed lunch pupils per day
 - 7500 school lunch pupils
 - 3750 packed lunch pupils
- Telephone interviews with head teacher and caterer
- Pilot in 10 schools in October 2008





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