

## Putting Food Policies into Action Across London

### Why did we start?

1. Long-term health of the children
2. Immediate – hungry children, bad tempered, poor work and poor behaviour
3. Immediate – social skills, sitting, eating, talking, staff participation. Music, sporting events, news.
4. Have had a breakfast club for 5 years. Long recognition of the needs of hungry children. Breakfast club serves a number of needs
  - Food
  - Working parents
  - Work
  - Social skills, parents come also

### Research into the Viability of the Project

1. Discussions with the catering staff. Had to be something in it for them  
job satisfaction – children eat the food  
working conditions – hours could be regulated internally to suit them  
working environment – dishwasher, ultimately new kitchen control
2. Costings – aimed to spend 70p per meal on food, unlike 35p. Worked to that figure – hours, food costs, numbers, guaranteed income from Free School Meals
3. Sources of food. Could we source locally. Butchers, farmers markets, (gave us figures to work out our food costs). Sources have to work for us – provide what we needed and deliver.
4. Consultations with children  
Raised the profile of healthy eating from just healthy lunchboxes  
Year 4 designed a questionnaire on favourite food and then healthy food.  
Assemblies on healthy eating and sources of food
5. Consultation with parents  
Sent out a questionnaire on their opinions food dining hall arrangement.  
Mostly concerned with arrangements, time given for children to eat and encouraging them to eat.

### Action Taken

1. Met with Senior Community Dietician Victoria Taylor.  
Worked out a balanced menu  
Gave the children what they wanted
2. Sent home menu and invited comment. Received none. But kept up profile and awareness of issue.  
Made parents feel that they could have a say if they wanted.
3. Invited parents in for a taster session. Not popular
4. Transfer of staff – subsequent complications

### New Arrangements

1. Cook, Assistant cook, 4 kitchen assistants, produce over 250 meals per day. Profit of £6500 per term.
2. Opened up two hatches  
served the children faster, longer time to eat  
teaching and office staff help  
kitchen staff longer time to clear-up and prepare for next day
3. Menu – if at first you don't succeed
4. Numbers have risen – target of 400 per week (paid meals). Regularly reach over that.
5. Teeth – fruit or veg on the way out.

### Outcomes

1. Less waste
2. Fewer behavioural problems at dinner time, result of food, all served at 12
3. Teachers report better concentration in afternoon. Difficult to quantify in terms of results – no test group. How do we measure the outcome.
4. Emotionally as a school it feels great – added a further community dimension

### Long-term aims

1. Grow our own food
2. Re-design the kitchen to include a space for children to work in
3. Increase take up