

NEWSLETTER

A TERMLY PUBLICATION ABOUT ALL THINGS FOOD & NUTRITION!



January 2020

Welcome to the second edition of your Eat Smart Sheffield newsletter!

Having officially launched in September 2019, this programme – focussing on a whole school and settings approach to food and nutrition – has made significant progress with great work already being done in our schools.

SO FAR

- Over 40 schools across the city have actively engaged with the programme
- 15 schools have enrolled for the Food for Life Schools Award Package and are working towards their Bronze Award
- 7 additional schools have enrolled for the Food for Life Schools Membership Package
- Taylor Shaw (Sheffield Team) – the Local Authority central contract caterer – have achieved the Food for Life 'Food Served Here' Bronze Award
- Awareness of Eat Smart Sheffield continues to rise with interest from local health organisations, sustainable food companies, and the two Sheffield Universities to name but a few...

Read on to find out more...

Food For Life Membership



BECOME A FOOD FOR LIFE MEMBER – FOR FREE!

As part of the Eat Smart Sheffield programme, all schools can sign up for the Food for Life Schools Membership Package FREE of charge! *

This gives you online access to a range of Food for Life resources including information on cooks and catering, school meals, food education and school-appropriate recipes. You also get your own portal giving you access to personalised membership of the online community where you can share learning and good practice with other schools locally and nationally. In addition, you will have your very own blog so you can let everyone know about the great work you've been doing and celebrate your successes – and there is even a monthly prize for the best blog!

So sign up now (it literally takes 3 minutes!) – Here's how:

1. Go to the Food for Life website: <https://www.foodforlife.org.uk/>
2. Click on 'ENROL NOW' (top right corner)
3. Click on Schools 'Enrol now!'
4. Select 'Membership Package'
5. Add in your details as required (*you will need your school's unique reference number (URN) for this*)
6. In the 'Where did you hear about us' section, select 'Other (please specify)' and put 'Eat Smart Sheffield'
7. When the payment page comes up, put in this discount code: **SHEFF100SCHMEM19** (*Ensure you click 'Apply Discount' – payment total should be £0.00*)
8. Once you've added all the details, submit! You're all signed up!

* Usual cost = £55

FOOD FOR LIFE AWARDS PACKAGE

Food for Life also offer an additional package which gives access to a wider range of resources and allows you to join their Schools Awards Scheme so you can work towards achieving Food for Life awards.

A Food for Life Schools Award is a great way to demonstrate that your school is doing fantastic work to provide healthy school meals, great lunchtimes and food education that has a positive impact on pupils, their families and the wider community. Making such a positive contribution to pupil health and wellbeing, many schools have reported a clear impact on their Ofsted report in terms of pupils' personal development and wellbeing, as well additional benefits including improved concentration, behaviour, attendance and attainment.

Each of our 15 targeted support schools get a FREE upgrade to the Awards Package (*usual cost = £199*) and as part of our offer to you, all schools can upgrade from the Membership Package to the Awards Package for just £95 (*a saving of over £100!*).

For more information on the Awards Package, visit the Food for Life website: <https://www.foodforlife.org.uk/>

And if you'd like to sign up for the Awards Package, please contact Lisa Aldwinckle, Programme Manager for Eat Smart Sheffield in the first instance: lisa.aldwinckle@learnsheffield.co.uk

EAT SMART SHEFFIELD CONFERENCE – Save the Date!



Our first ever Eat Smart Sheffield Conference will be taking place on Thursday 21st May 2020.

The conference will showcase some of the excellent work that has been achieved since our launch in September 2019, plus the latest healthy food related initiatives, research and good practice.

With a focus on a whole school and settings approach to food and nutrition, this is open to anyone working with children, families and the wider community who have an interest in their health and

wellbeing, including Head Teachers, teaching staff, school and health specialists, cooks & caterers, and public health team members.

Watch this space for information on how to book your place soon!

CONGRATULATIONS TO TAYLOR SHAW!



Huge congratulations to Taylor Shaw (Sheffield Team) who have achieved their Food Served Here Bronze Award, showing their commitment to serving our children nutritious, home cooked food.

Food for Life Served Here is an accreditation for food providers who are making positive impacts through food. Specifically, it certifies caterers for providing meals cooked from scratch, using sustainable fish, free range eggs and ingredients that can be traced back to the farm. It considers the use of locally sourced and ethical ingredients that support the local economy and protect the environment.

Caterers are inspected annually during a visit from one of the Food for Life inspection team and Food for Life Served Here standards have been tailored to each key sector. For schools, Bronze Award holders have to meet this specific set of criteria:

 Ingredients	 Good Practice	 Customer Care
<ul style="list-style-type: none"> • All eggs are free range • No genetically modified ingredients • No undesirable additives or trans fats • Animal welfare standards are met • No endangered fish 	<ul style="list-style-type: none"> • Minimum 75% dishes are freshly prepared • Training is provided for staff • Free drinking water is available • Nutritional standards for sector are met 	<ul style="list-style-type: none"> • Menus meet dietary and cultural needs of customers • Positive marketing about where ingredients have come from • Seasonal ingredients are used and highlighted

Taylor Shaw have evidenced how they meet this criteria and as they hold the Local Authority central catering contract for schools in Sheffield, this means that 108 of our schools and thousands of our children are benefiting, enjoying healthy, sustainable school meals.

Congratulations to all those involved!

If you'd like to learn more about Food for Life Served Here or see if your caterer has a Food for Life Served Here award, please visit:

<https://www.foodforlife.org.uk/catering/food-for-life-served-here>

FOOD FOR LIFE 'GET TOGETHERS' – FUNDING OPPORTUNITY

Food for Life have just launched their new 'Get Togethers' programme which looks at bringing people of all ages together through growing, cooking and eating good food.

As part of this, they are offering **small grants of between £50 - £150** to enable you to host a 'Get Together' in your community. The money can either be used for event costs (transport, marketing, food, etc) or equipment (induction hobs, fridges, durable gardening tools, etc).

Grants are to be used for meaningful intergenerational activities that bring people together through good food. They are looking to fund activity that can be sustainable and is co- created with the people and communities who will benefit.

The number of grants is limited and not guaranteed but it is an excellent opportunity and certainly worth applying for, especially as Food for Life are keen to hold such events in Sheffield which is one of their 'test and learn' areas.

You will first need to register your Food for Life 'Get Together' on their website at <https://www.foodforlife.org.uk/get-togethers> and then you will be sent free resources and information. In addition, to apply for the small grant, you need to complete and return the application form.

All these details and more can be found via their website at: <https://www.foodforlife.org.uk/get-togethers/get-involved/small-grants>



SCHOOL ACTIVITIES

Many schools are already doing some amazing work around encouraging and supporting a good school food culture. We have heard of some fantastic initiatives including growing clubs, family feasts, community fridges, and parent cooking workshops.

Example wall displays:



Other examples of activities you might want to consider include:

- Focus on Increasing School Meal Uptake
- '5 a Day' Poster Competition
- Audit on School Meal Waste
- 'Eat a Rainbow' Challenge
- Healthy Eating Assembly
- Parent Taster Evening
- Packed Lunch Audit
- Lunchtime 'Rules'
- Parent Lunch
- Cooking Club

If you would like help with implementing any of these and/or would like further suggestions on what you could do to improve your school food culture, please contact Lisa Aldwinckle, Programme Manager for Eat Smart Sheffield at lisa.aldwinckle@learnsheffield.co.uk



PARTNERSHIP WORKING

Eat Smart Sheffield is part of Learn Sheffield who have been commissioned by Sheffield City Council (SCC) to manage this programme. We are working closely with the appropriate teams to ensure consistent and joined up working including the SCC Public Health teams, the 0-19 Service, and the School Food Service.

Throughout this 5 year programme, we are also working with a number of key partners and tapping into local and national food and nutrition related organisations. These include Food Works who have a focus on food waste, Zest who offer weight management courses, and Bags of Taste who do cooking sessions for low income families.

We are also working with Sheffield Hallam University who, amongst other input, are providing us with a number of student placements to work in our targeted support schools from February. This free resource will allow schools to develop and implement some of their school food related activities and help them to work towards achieving their Food for Life Schools Award.

Working together we are aiming to improve the physical and mental health and wellbeing of our children, families and the wider community, with a specific focus on the longer term outcomes of contributing to reducing childhood obesity and tooth decay. So please join us, engage with our programme and help make a difference!



EAT SMART SHEFFIELD BRIEFING

If you're interested to learn more about the Eat Smart Sheffield programme, please come along to our next informal briefing session on **Thursday 6th February 2020** from **4.30pm – 5.30pm** at **Learn Sheffield**.

This one hour session will provide an overview of the programme and look further into what Eat Smart Sheffield can offer your school.

Book your free place via:

<https://www.eventbrite.co.uk/e/eat-smart-sheffield-briefing-tickets-85641262321>

SHEFFIELD IS SWEET ENOUGH! HELP US TEACH CHILDREN ABOUT SUGAR



You may remember we recently told you about an exciting new initiative to help local children, young people and families reduce their intake of sugar. We're pleased to announce the 'Sheffield is Sweet Enough' campaign, spearheaded by Sheffield City Council, the NHS, Learn Sheffield and partners, is due to launch in early February 2020.

This five-year campaign has been developed in response to the shocking rise in childhood tooth decay and obesity in our city. Using compelling facts and ideas for simple food swaps, it is designed to help schools, families, community workers and businesses to make a pledge to cut down on sugar.

'Sheffield is Sweet Enough' will be promoted via social media and a new website which is coming soon at: www.sheffieldissweetenough.org

How can your school get involved?

A range of materials, available to download free on the website, has been developed specifically for schools. Pupils will be invited to become 'Sugar Detectives' in engaging lesson plans, assembly presentations and homework activities, with certificates awarded on completion.

The content is designed to help children learn more about the different types of sugar, how much is too much, the worst food and drink culprits, and how they can make healthier choices.

If you'd like to find out more, or sign up to our mailing list to be informed as soon as the website is live, please email anna.scott@foundrycomms.co.uk



FOR FURTHER INFORMATION

Feel free to contact us any time for more information, ideas or suggestions, and look out for news and updates...

Check out our website

www.learnsheffield.co.uk/eatsmartssheffield

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