



# Whole School and Settings Approach to Food & Nutrition

The Eat Smart Sheffield programme will work with all primary and secondary schools, as well as some additional settings including Special Schools and Pupil Referral Units.

It has two main aims:

1. To give schools the tools they need to make long term changes to their food culture and their curriculum to support healthy behaviours
2. To give pupils and their families the confidence, skills and knowledge they need to cook, grow and enjoy good quality affordable food, as well as increasing understanding of food sources and sustainability

With a particular focus on the 20% most deprived areas of Sheffield, the programme will contribute to:

- Reducing childhood obesity
- Reducing child tooth decay

The programme will involve working with some of our key partners, including Food for Life and Sheffield Hallam University.

Commissioned by



Key Partners



## What you will get:

- A vast array of Food for Life resources including evaluation tools, training, and awards
- Data dashboard with national, city-wide, and local area public health data
- Information, guidance and support from key partners
- Curriculum and extra-curricular resources
- Links to relevant national and local healthy eating campaigns
- Ability to share best practice with other schools

In addition to the universal offer, a small number of targeted schools will receive a more intensive support package. Schools will be selected based on data related to such factors as food insecurity, food choice, and overall health. Targeted schools will receive a minimum of one year's support, and can expect a higher level of intervention including:

- Help to set up and facilitate a 'School Nutrition Action Group' (or similar) with bespoke School Action Plan
- Additional data collection and analysis resulting in informed support
- Food for Life priority training
- Set up support for Gardening and/or Cooking Clubs

The programme is also committed to working alongside and complementing any relevant projects or initiatives that may already be in place.

Your school doesn't have to pay to take part in Eat Smart Sheffield; some time and resources will be necessary in order for it to be delivered and utilised effectively but we mainly need your engagement and commitment to making it a success!

**For more information contact  
Lisa Aldwinckle on 0114 250 7417**

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