

Session 4 - Good Food for Children and Young People

CHAIR: Fiona Crawford, NHS Greater Glasgow and Clyde

1. Good Practice in a School Setting

- Deborah McGroarty, Our Lady of the Rosary Primary School

2. Good Food for Children & Young People: The Challenge – how do we get them to eat it!

- Gillian Pagani, Operations Support Manager, Glasgow City Council

3. Glasgow's Holiday Food Programme

- Paul Fletcher, Deputy CEO, Achieve More

[#GlasgowFoodSummit](https://twitter.com/GlasgowFoodSummit)



What's Cooking?

Cooking Area

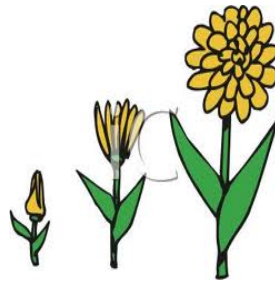


SCHOOL NUTRITION ACTION GROUP (SNAG)

Deborah McGroarty
Our Lady of the Rosary Primary School

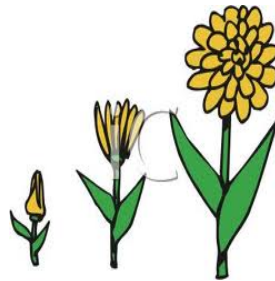
Our Project

- The SNAG have been working extremely hard with Mrs McGroarty on a new project in our school.
- The project is called 'Sow It, Grow It, Cook It, Eat It'.
- We have been able to carry out this project thanks to the support from Education Scotland through their Food for Thought Funding which we received last year.
- We want everyone to learn about food and the journey it takes - from where food comes from to us enjoying eating it, and the stages it goes through.
- We also want everyone to learn about healthy eating and be encouraged to make that healthy choice!



Food Education

- We have developed a whole school approach to Food and Health Education motivating staff and learners.
- We have developed a coherent and progressive Food Education programme in line with Curriculum for Excellence Experiences and Outcomes and more recently, Food and Health Benchmarks.
- Our comprehensive programme involves developing knowledge and understanding in food and health, food culture, food in the environment, food miles, food policy, food for all, the way we buy food, the food and drink industry, and the way we grow and catch food.
- Food education is included in our Health and Wellbeing, IDL and STEM planning throughout the school.



Sow It / Grow It

- It is important that we know where our food comes from.



- We are working in partnership with our nursery to develop a growing area outside.
- Through our project we have bought some new gardening equipment - forks, trowels, gloves and grow beds.
- We will learn about the right time of year to sow and grow our crops.
- We will be able to sow and grow our own cooking ingredients.

Cook It

- Through our project we have been able to buy equipment for our new cooking room.
- We have bought lots of items from cookers and microwaves to pots and spoons.



- In our cooking room we will learn how to make healthy meals and snacks, read and understand food labels, learn about food hygiene and being safe in the kitchen and, above all, learn that cooking is fun!



‘What’s Cooking?’ Room

- We held an opening day to officially open the 'What's Cooking?' room in our school.



Opening Day

- We were delighted to have a real chef join us for our opening day.
- Professional chef Gary MacLean, Scotland's National Chef and winner of Master Chef, joined us on this special day as part of our celebrations.
- He cut the ribbon to officially open our cooking room.



Cooking with Gary

- The SNAG were lucky enough to have the opportunity to cook with chef, Gary MacLean.



Cooking with Gary

- We made a lentil dhal.



Cooking with Gary

- We loved working with Gary and learnt so much from him. He told us all about working as a chef.
- We also learned many new cooking skills such as, washing foods properly, peeling, chopping, grating, measuring and mixing.
- It was a great experience for us all!



Kitchen Café

- We got a second chance to cook with Gary MacLean when we were asked to take part in a recording of the BBC Radio programme, Kitchen Café.
- What a valuable experience it was not only to be part of a radio recording but also to develop our cooking skills further.
- This time we made a vegetable risotto.
- Listen to our recording on BBC iPlayer!



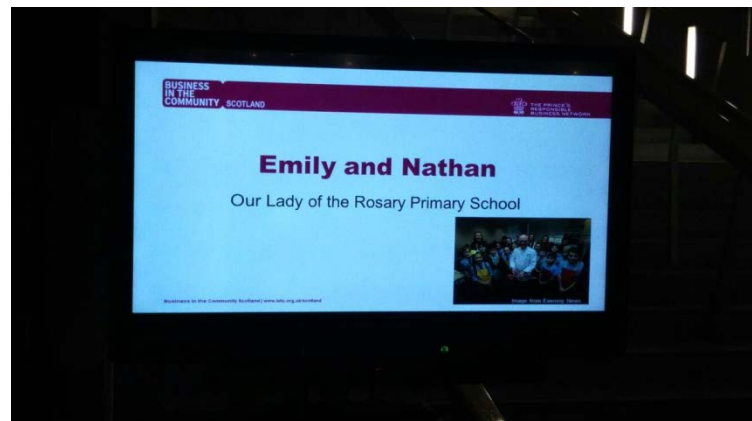
Business Links

- Hamlyn's of Scotland visited our school to carry out a Healthy Breakfast Challenge with Primary 5.
- We have worked with Business in the Community Scotland to arrange cooking sessions with professional chef, Gary MacLean.
- We linked with BBC Radio Scotland to record an episode of Kitchen Café.
- We linked with supermarket, Lidl who have provided ingredients for our practical cooking sessions.
- We are working with James Tindell from Business in the Community Scotland to develop an outside growing space.
- We are developing a link with local café, Love to Eat.



Sharing our Good Practice

- We had our work recognised by our Quality Improvement Officer when we were asked to present and share our good practice at a recent Health and Wellbeing Co-ordinators meeting.
- Mrs McGroarty was invited to the Headteacher's Conference to share our work at a stall in the Health and Wellbeing Zone.
- We have been asked to provide guidance to another primary school seeking to secure Food for Thought Funding.
- Emily and Nathan from Primary 6 were invited to the Food for Thought Evening at the Scottish Parliament to talk about our recent advances in Food Education.



Let's Cook Together

- We are excited to have the whole school now visiting our cooking room and getting involved in the kitchen.
- We are able to enjoy tasty, healthy food we have prepared and cooked ourselves, and take great pride in watching someone else enjoy the food we have created.

• **READY, STEADY, COOK!**



**Thank you for
listening.**

Our Lady of the Rosary Primary



SNAG Group



Glasgow City Council

Development and Regeneration Services

Property & Land Services (PLS)

Gillian Pagani



Glasgow Food Summit

Good Food for Children and Young People May 2019



Good Food for Children and Young People

The Challenge

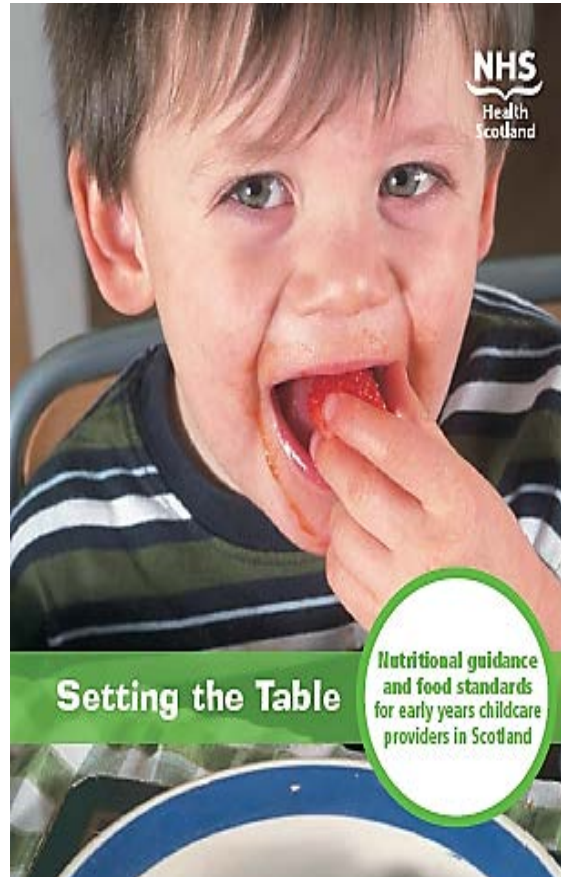
How do we get them to eat it?



Early Years Expansion

All about Education- introducing new tastes and textures

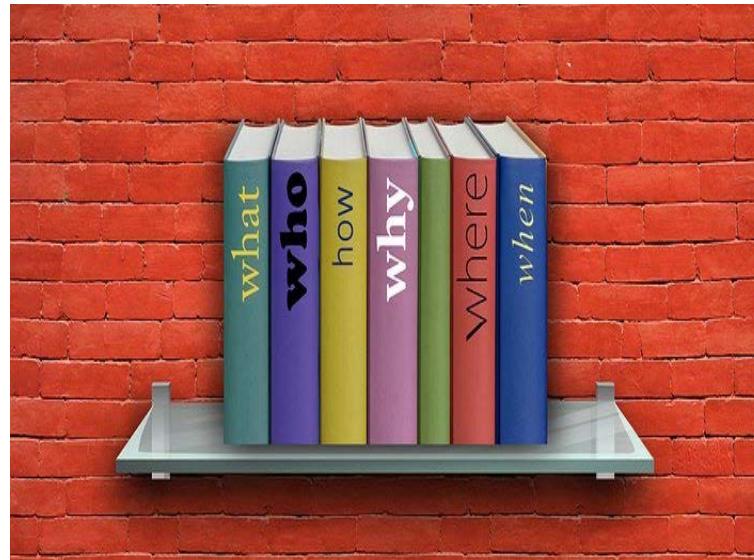
Ensuring good variety across the menu using fresh seasonal products where possible



Establishing good practice at the earliest point possible- investment for the future



The Nutritional Requirements For Food And Drink In Schools (Scotland) Regulations 2008-as amended



Potential Changes/Challenges



Current Themes Important to

- The latest market trends – how does this impact on our service?
 - Street food- food on the move
 - Vegan- growing demand/ introduction of flexitarian
 - Coffee culture- is there still a demand
- Sustainability-
 - Pilot schemes for reducing plastic waste
 - Recycling- supplier role to play/partnerships



Summary

- Social Media/ Marketing Influences
- Legislation- a moving picture
- Joined up thinking amongst council departments

“Investing in the health of future generations”





HAPPY HOLIDAY

Supporting children and families through food, activities and fun

Paul Fletcher, Achieve More



What is the reality?

- ▶ Approximately 1 in 4 children live in poverty in Scotland (CPAG)
- ▶ More than 1 in 3 children live in poverty in Glasgow
- ▶ The average cost of an after school club is £56.74 per week (CPAG)

What are our holiday camps?

- ▶ 3 venues (North Glasgow)
- ▶ 9.30am – 3.30pm, Monday –
- ▶ Ages 5–18
- ▶ A breakfast, a hot lunch and snacks
- ▶ Football, Dance, Gymnastics, Cricket, Arts and Crafts
- ▶ **FREE FOR ALL!**



People working together to Achieve More

- ▶ **Venues** (Glasgow Life, Active Schools Network, Glasgow Kelvin College, GCC Primary & Secondary Schools)
- ▶ **Food** (Launch Foods, Brakes, Braehead Foods, Fyfes, Coca-Cola, McGhees, Parks Bakery, Tesco, ASDA)
- ▶ **Funding** (GCC (VAF), Scottish Government, Cash for Kids)

Holiday Camps 2018

- ▶ February Holidays (3 days)
- ▶ Spring Holidays (10 days)
- ▶ Summer Holidays (25 days)
- ▶ October Holidays (5 days)
- ▶ Christmas Events (5 days)



Holiday Camps by Numbers

- ▶ Over 14,000 attendances
- ▶ Over 1000 different participants (over 40 nationalities)
- ▶ Average of 300 participants each day
- ▶ Over 14,000 healthy meals provided

Healthy Eating Agenda

"Vegetables. I now like them. I used to hate them but they taste nice in the pasta and curry."

"I feel better after eating lunch at camps. I'm not as tired after lunch like when I eat chips and curry sauce or a subway."

**"When is lunch?
I'm hungry!"**

**"My tummy hurts.
I've not had anything
to eat since camp
yesterday."**

**"Can I take some
food home for my
dinner tonight."**

“If this wasn’t on I would have to take unpaid holidays. I’ve not had enough food in the house sometimes for myself after I’ve fed the kids.”

“This has helped so many people I know. The kids love it. They get picked up, fed and make lots of friends. It’s my son’s favourite thing.”

