

This newsletter allows a broad range of views to be expressed here and therefore they are not necessarily the views of SNAG (UK) and its editorial team. SNAG News is managed by the Health Education Trust – a registered charity dedicated to initiating and supporting work with young people to encourage the growth of healthy lifestyles

SNAG NEWS

Autumn 2000 The UK Newsletter for School Nutrition Action Groups

HEALTH
EDUCATION
TRUST



What is a SNAG? SNAGs, or School Nutrition Action Groups, are school based alliances in which staff, pupils and caterers, supported where appropriate by health and education professionals, work together to review and expand the range of food and drink provided through * the tuck shop * vending machines *the midday meal *catering at social functions * breakfast provision in order to increase the uptake of a healthier diet.

Editorial

Well, where to begin is the question! After a long wait for the promised government regulations we now know what they contain and when they come into play. Furthermore, the Health Education Trust co-hosted with the DfEE the Conference "Food in Schools" on July 12th which Jacqui Smith (Minister for School Standards) used as a platform both to announce the regulations and place them within the broader context of government initiatives. This conference was sponsored by the Meat and Livestock Commission.

(See Page 2 for the DfEE summary of her presentation).

New HET Initiatives

The Conference was also a launching pad for new Health Education Trust (HET) activities. The government have guaranteed the future of a universal service and made schools directly accountable for its delivery for the first time. So now schools have the opportunity (and responsibility) to create "whole school" food policies which integrate the food service, the food curriculum and appropriate aspects of the pastoral welfare system. With this in mind HET have set in train the following to support all those with an interest in food in schools.

"The Chips Are Down" – a new publication

Comprehensively updating the original School Nutrition Action Group (SNAG) guide, it is a practical manual enabling the development and delivery of better quality "appropriate" food services and encouraging ownership and involvement of the young people.

(There is a copiable order form on the back page of the newsletter)

National Seminar Programme

Starting in November we will be running a series of "Food in Schools" seminars across the country. They will examine the new government initiatives and their implications for schools as well as giving a step by step guide to school based food policy. The intention is to assist the development of partnerships between school management, young people and caterers in improving the delivery of a quality food service.

Further details of venues, dates and costs are on the back page along with a booking form. The Seminars are limited to 30 delegates each so book early if you can.

A National Schools Database – Please help

We have obtained a grant to establish a much needed independent database on school food. We need your help in establishing what information to include. Please help us by filling in and returning the brief questionnaire enclosed as an insert. You give us the questions and we will try very hard to find out the answers and make them available to you via

- This newsletter
- Our soon to be established web site

This is an exciting time offering great opportunity so let's work together to show that "whole school approaches" demonstrate sound educational practice and give the best chance for improving school food services to children and delivering commercial success for caterers.

The Health Education Trust is the managing organisation for SNAG News and runs the help and advice line service for those with concerns about food in schools across the UK. The newsletters are sent to a targeted 45,000 people in health, education, catering and politics but many thousands more read them. The advice line offers guidance and encouragement to a very broad range of callers, from large contract caterers to concerned parents. The underlying message is always the same: children need and are entitled to a healthy, high quality food service at school and there are always ways each of us can help progress towards achieving that for them.

Joe Harvey

Director Health Education Trust





Nutritional Standards for School Lunches – The First for Twenty Years



Jacqui Smith

In October 1998 we published our consultation documents “Ingredients for Success”, followed by “Draft Regulations and Guidance for Nutritional Standards for School Lunches” at the end of 1999. Some may remember the “Blunkett bans chips” headlines!. After further consultation with and help from colleagues in the field over the last few months, the Regulations – which set compulsory minimum nutritional standards for school lunches – were laid before Parliament on 12 July. They will come into effect in all maintained schools on 1 April 2001. Ministers have been keen for the Regulations to be practical non-prescriptive minimum standards which LEAs and schools are free to exceed – indeed we know that many already do so. The new standards are designed to bring all up to a measurable standard set down in legislation.

The Regulations are based on the five food groups set out in the “Balance of Good Health”.

- Fruit and vegetables
- Starchy foods
- Meat, fish and other non-dairy sources of protein
- Milk and dairy foods
- Foods containing fat and foods containing sugar.

Regulations cover the first four food groups only, and specify the following requirements:-

Nursery Schools

Food must be available from each of the first four food groups.

Primary Schools

One option must be available from each of the first four food groups and:-

- fruit and a vegetable must be available every day. Fruit based desserts must be available twice a week
- food from the starch group which is cooked in fat or oil must not be on offer more than three days a week
- red meat must be served at least twice a week and fish at least once a week.

Cheese dishes may be included in the meat/fish protein group.

Secondary Schools

Two options must be available from the first four food groups and:-

- a fruit and a vegetable must be available every day
- where a food from the starch group is cooked in fat or oil, an alternative starchy food not cooked in this way must also be available
- red meat must be served at least three times a week and fish at least twice a week.

Special Schools

Special Schools will be able to comply with either primary or secondary school standards. This is because of the difficulty of applying either the primary or secondary standards to all age maintained special schools, and also because some small secondary special schools may have difficulty in offering the choice required under the secondary regulations.

Guidance for Caterers

We are preparing practical guidance to the regulations for school caterers which will be available in the Autumn.

The regulations do not say that school lunches must be hot, but both hot and cold lunches will have to meet the nutritional standards. The guidance will strongly recommend that some school food should be hot, particularly in the Winter months.

Drinking water should be available free of charge every day.

Monitoring

It will be for schools and LEAs to ensure that the standards are met. There will be examples of simple monitoring checklists in the guidance for caterers, together with tools which LEAs and schools can use to monitor the standards. We will also be evaluating the impact of the new standards over a longer timescale.

Duty to provide a paid meals service

Perhaps even more importantly, alongside the new nutritional standards, there will be a new duty on LEAs and schools to provide a paid meals service where parents want one. This will also come into effect from April 2001.

Delegated budgets for school meals

All secondary schools now have delegated budgets for school meals. Primary schools can opt for delegation if they want to. With delegation of funds goes delegation of responsibilities. All schools with delegated budgets are therefore responsible for school meals provision, including free school meals. Delegation provides an ideal opportunity for schools to work with caterers to build a tailor made catering service which suits their requirements, for example by introducing a school meals service which complements wider healthy eating initiatives.

Whole School Approach

Of course, school lunches do not exist in a vacuum and our Ministers are very keen to promote whole school approaches to school food and healthy lifestyles generally. For example, school caterers can work with food technology teachers to promote healthy eating messages. There are already a number of initiatives for example “Cooking for Kids” and “Healthy Schools” which promote healthy eating and better understanding of nutrition amongst school children.

Ministers believe that the new nutritional standards, together with the new duty to provide paid meals and the delegation of school budgets signal a new era for the school meals catering service and will, alongside other initiatives, foster better health amongst school children.

Since the launch of the first resource in 1991, the Foundation's 'Food – a fact of life' education programme has established a reputation for being high quality, innovative and educationally appropriate. There is now an extensive range of colourful resources available, including photographs, posters, games, videos, simple computer software, worksheets, information sheets and fact cards. These are widely used throughout the UK and in an increasing number of schools overseas.

The 'Food – a fact of life' Programme

The programme provides a structured framework which progressively introduces pupils from 5 to 16 years of age to key facts about different aspects of food and nutrition. It is based on five objectives, which underpin all the resources, namely:

- 1 To help individuals recognise that food is a basic requirement of life and should be enjoyed.
- 2 To help individuals develop an understanding of the underlying scientific principles upon which current issues in nutrition are based.
- 3 To inform about methods of food production and food processing in domestic and commercial situations.
- 4 To encourage an awareness of social, economic and cultural aspects of food choice.
- 5 To enable individuals to demonstrate and apply appropriate knowledge of concepts and principles when planning and preparing meals and when making food choices.

On completion of the programme, pupils will have a sound knowledge of the scientific basis of nutrition and will know how to choose diets that meet their nutritional and lifestyle requirements.

What's New at BNF?

The Foundation's website www.nutrition.org.uk continues to grow in response to comments and suggestions from users, especially the many teachers, pupils, health professionals and journalists who rely on it as an excellent source of accurate, unbiased information on a wide range of nutrition related topics.

In response to the launch of OCA's Schemes of Work in England, the Foundation has produced two sets of

exciting new A2 colour posters to support primary school 'design and technology' and 'science' lessons. The 'design and technology' posters focus on designing and making a variety of foods (fruit salad, sandwiches, bread and biscuits), highlighting the importance of practical work in food technology lessons and establishing simple food hygiene rules. The 'science' posters encourage pupils to find out about 'Ourselves', 'Where does food come from?', 'The Balance of Good Health' and 'Nutrients'.

Many people are finding unusual and interesting ways of using the posters, in Personal Social and Health Education (PSHE) for example. The Foundation's English and Chinese versions of the 'Balance of Good Health' have been used to good effect for stimulus to brighten up school meals dining areas and encourage pupils to make wise food choices. All the posters are supported by on-line resources, including worksheets, case studies of good practice and activities. Access www.nutrition.org.uk/primary.htm for further details.

During the autumn term 2000 the Foundation will be starting a PSHE project focusing on obesity, healthy eating and activity in primary schools. The Foundation's education team will be working with teachers to develop workshop training days, identify resources that make the teaching of health easier or more appropriate and record the food preferences and activity levels of primary school children.

As usual, we will be traveling around the country attending conferences and running workshops and in service training sessions. Exchanging news and views with colleagues is an important and enjoyable part of our work.



Our main project for secondary schools has been the development of an interactive food and nutrition encyclopaedia CD-ROM. Schools from across the UK will trial the CD during the autumn term 2000. Essentially the CD has detailed food and nutrition information available through a database structure. In addition, nutritional analysis, virtual reality, video case studies (e.g. folic acid, digestion, healthy eating) and interactive modeling features are included. Feedback from teachers has been very encouraging, as the CD-ROM can be used across the curriculum to support learning.

Interested in working with BNF on one of our projects? Do get in touch, we would like to hear from you.

Contact:

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Tel: 020 7404 6504 Fax: 020 7404 6747
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Web: www.nutrition.org.uk

Just How Well Are Young People Eating Today?

Jennette Higgs, Freelance Public Health Nutritionist and Accredited Sports Dietitian*



The most detailed national survey of children aged 4-18 was published in June 2000 jointly by the Department of Health and the Food Standards Agency (FSA)**. This comprehensive report provides us with a valuable insight into the eating and exercise habits of young people. Although there is no evidence of widespread malnourishment, there are specific areas of concern, in particular poor fruit and vegetable intake and low physical activity patterns, both conducive to increased risks to health in adult life.

This Nutritional report is particularly timely given the opportunities arising for improvements to school meals with the implementation of the Government's Nutritional Standards for School Lunches Regulations, in April 2001. The school lunch has a significant influence on the nutritional quality of a child's diet and hence can be used to address many of the specific nutritional concerns raised within the survey.

Here are a few of the highlights:-

Energy intakes were below the average expected for each age group. Although it is likely that under reporting accounts for some of this, since children in the survey were taller and heavier compared to same age children in other surveys, it can be assumed that current energy intakes are adequate for energy needs. Indeed other research indicates that adolescents today have reduced energy needs reflecting more sedentary lifestyles.

It has to be questioned whether this state is ideal. The survey highlights the fact that between 40-69% of young people are inactive (except in the 4-6yr group). Using the HEA recommendation for at least 1 hr/day moderate intensity activity for young people, around 40% of boys and 60% of girls fail to meet the minimum level and this rises with age to 69% of 15-18yr girls.

Associated results:-

- for 7-10yr boys and all girls, increased activity levels corresponded to higher energy intakes
- for all boys and most girls increased activity levels corresponded to lower blood pressure. Blood pressure is also higher in those young people who add salt to their meals, and boys who smoke and drink alcohol
- poor vitamin D status was recorded from blood analyses. Although some is provided from the diet (oily fish, fortified margarine and meat), most is synthesised from the action of sunlight on the skin. The low physical activity patterns could reflect less time spent outside and hence result in inadequate exposure to sunlight. It is tempting to link lower physical activity levels in young people with more time spent indoors watching TV and using PC's!

Overweight and obesity are increasing in primary school children in Britain and it is suggested that inactivity is partly to blame. These results provide good evidence to support action to reverse this trend which is associated with increasing risks of chronic disease in adult life. Heart disease, diabetes and some cancers are all associated with inactivity as well as obesity. Diet and exercise go hand in hand, so perhaps active SNAGs should consider inclusion of physical activity issues on their agendas?

Perhaps the most worrying statistic from this report is the dramatically low intake of fruit and vegetables in all age groups. Overall the survey confirms that British children are eating less than half the recommended '5 a day' for portions of fruit and vegetables. Within the seven day survey period:-

- 76% of boys and 72% of girls ate no citrus fruits
- 61% of boys and 56% of girls ate no leafy green vegetables (e.g. cabbage, greens, broccoli)
- 68% of boys and 58% of girls ate no raw tomatoes.

Compare these figures with the range of most popular foods consumed by young people within the survey. Top of the list of favourites, consumed by 80% or more of participants are white bread, savoury snacks, potato chips, savoury sauces, pickles, gravies and condiments, biscuits,

other potatoes (boiled, mashed and jacket), and chocolate confectionery.

Average fat intakes in young people are on target although intakes of saturated fat are relatively high. Main sources of fat and saturated fat are now surprisingly cereal and cereal products, (includes cakes, biscuits, buns and pastries).

Vitamin intakes are adequate for all vitamins except vitamin A.

Mineral intakes are adequate in 4-6yr olds, but for older children intakes are low for several minerals specifically zinc, magnesium and calcium. Intakes of iron, iodine and copper in older girls are also low.

Boys from lower socio-economic backgrounds had lower intakes of a number of nutrients, which indicate differences in diet quality between socio-economic groups.

The FSA, who have pledged to work with Industry and Government to improve the diet of young people in the UK, summed up concerns within this survey with some interesting contrasts:

- 33% of 15-18yr girls smoke, but only 20% eat citrus fruit!
- 15-18yr girls drink 2/3 more fizzy drinks than milk!
- Boys eat, by weight nearly 4 times as many biscuits than leafy green vegetables!

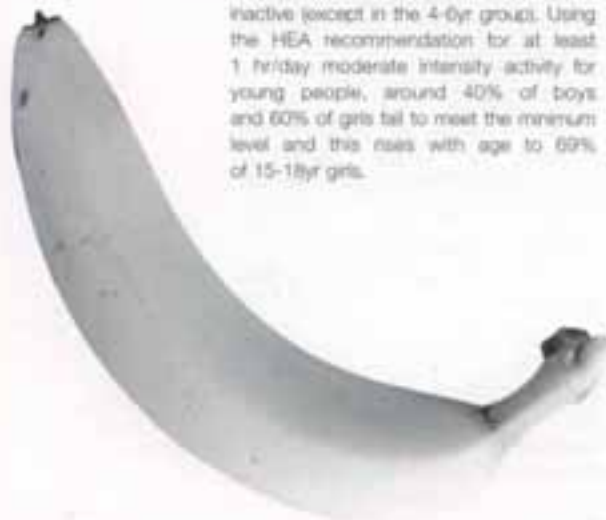
FSA press release on the launch of the report, 1st June 2000

Findings from this survey will be key to the development of sensible and practical public health initiatives to improve the health of our children and tomorrow's adults.

For further details

*e-mail:
jennette@jennyhiggs.freelance.co.uk

**Gregory J, and Lowe S et al (2000) National Diet and Nutritional Survey: young people aged 4 to 18 years. Volume 1. A survey carried out in Britain on Behalf of the MAFV and the Departments of Health by the Office of National Statistics and the Medical Research Council, London: The Stationery Office.





FOOD AND THE HEALTH OF YOUNG PEOPLE

SNAG

By Dr Mabel Blades mabel@qmnnds.demon.co.uk
Independent freelance nutritionist and dietitian

Childhood and adolescence are crucial periods for growth and development and a well balanced diet is essential. Vitamins and minerals are necessary components of a well balanced diet. Vitamin D and the minerals zinc and selenium are part of this important group.

Vitamin D

Vitamin D assists the body to absorb calcium from food and is important for bone health. Bone development during childhood and adolescence is crucial for the development of a strong skeleton.

Lack of Vitamin D can result in rickets in children and adolescents. This condition was seen in a large proportion of children in the early part of this century. Sadly nowadays it is again being seen in a small number of children.

Most people obtain adequate amounts of Vitamin D by the action of sunlight on the skin enabling it to synthesise Vitamin D. Therefore there are no Reference Nutrient Intakes for Vitamin D in children.

However those who do not go outdoors or who wear clothes that fully conceal them, need to consider a source of Vitamin D.

Dietary sources of Vitamin D include liver, oily fish such as herrings, sardines and pilchards. It has recently been shown that lean red meat provides a valuable source of Vitamin D.

Young people who may be at risk of having inadequate Vitamin D need to consider reliable dietary sources of this important vitamin.

Zinc

Zinc is needed in tiny amounts but is vital to the functions of the body. It is involved in the functioning of the immune system, which helps individuals to resist infections and disease. Zinc plays an important part in growth particularly sexual maturity. The requirement in males is much greater than that of females and zinc is found to be concentrated in the semen in males. Cognitive function and thus the ability of children to learn, is also affected by zinc intake.

The National Diet Survey shows that we receive over a third of our intake of zinc from meat and meat products.

Good sources of zinc are the lean red meats (beef, pork and lamb), which provided between 2.4-4.3mg of zinc per 100g while pulses, grains and cereals contain in the range 1.1-1.9mg per 100g.

Beef is a particularly good source of zinc. For example a 100g portion of average trimmed raw lean beef provides 1.4mg of zinc, which is almost half of the daily requirement of zinc for teenage boys. In comparison a 100g portion of raw cod contains 0.4mg zinc and 100g portion of raw chicken contains 1.25mg of zinc and 100g of white rice contains only negligible amounts of zinc.

The recent survey of the Health of Young People aged 4-18 years showed that many young people did not have enough zinc in their diet.

Selenium

Selenium is another mineral needed in the diet. It is required in even smaller amounts than zinc. Selenium has been recognised to be an important antioxidant. It is considered to be important in protecting people against coronary heart disease and cancers.

Meat and oil are good sources of selenium. Fish and cereals are also good sources.

Look for the mark of distinction - The British Meat Quality standard mark for beef burgers

Food safety is an issue that concerns us all, but tough quality and welfare assurance standards for meat production in the UK are now firmly in place and have succeeded in inspiring trust and confidence amongst consumers, caterers and retailers alike.

Public confidence in beef is now higher than ever, thanks in the main to the development of the British Meat Quality Standard Marks for Minced Beef and Beef burgers. These two easily identified marks offer the guarantee that the meat is from cattle under 30 months old and

comes only from regular, prime cuts of beef. Customers are also assured that the products are 100% offal free and that they do not contain mechanically recovered meat (MRM).

All of the British Meat Quality Mark schemes are a reflection of the industry's commitment to improving standards of quality and production. Tony Goodger of British Meat comments "The Quality Marks are not just an effective marketing tool but were developed to address real concerns and issues and to provide long term assurance to all purchasers and consumers of meat.

Each Mark is backed by stringent, independent checks and audits to ensure that standards are met and maintained right through the production chain. We urge all meat buyers to ask for and use the Quality Marks not just for their own reassurance, but for the reassurance of their customers too".

To establish if particular beef burgers comply with requirements of the British Meat Quality Standard Marks contact: Meat and Livestock Commission in Milton Keynes on 01908 844 116 or e-mail foodservice@mlc.org.uk

For additional information on both articles above, contact Tony Goodger, Trade Sector Account Manager, Meat and Livestock Commission, PO Box 44, Wetherhill House, Snowdon Drive, Milton Keynes, MK6 1AX Telephone 01908 844116 E-mail foodservice@mlc.org.uk



Coming to a tuck shop near you

It may be that children don't really care too much about health messages, but in Edinburgh they are learning to love fruit through an innovative scheme initiated by the City of Edinburgh Council.

Introduced by the City of Edinburgh Council's Education Department, and managed by the Edinburgh Community Food Initiative, Snack Attack aims to promote the consumption of fruit in primary schools by providing a variety of high quality fruit at minimum or no cost to over 30,000 of Edinburgh's primary children throughout the school year. Children who qualify for free school meals are entitled to two free pieces a week, while all others can buy two pieces a week at the subsidised price of 10p each.

At present, Snack Attack is distributing over 10,000 pieces of fruit on a weekly basis, to over 40 schools throughout the city. By April 2001, it is expected that all primary schools will have the opportunity to be involved with the scheme.

Marjorie Shepherd, development worker with ECFI, is delighted with the positive response, not only of the children who are now demanding to move on to more sophisticated fruits such as melons and kiwis, as well as apples and bananas, but from the teachers and staff in the schools who have taken the project to their hearts.

Some schools are operating an in-house fruit shop, while others have "Fruit Corner" time, when the fruit is eaten along with milk in a social relaxed setting.

At Brunstane Primary School on the outskirts of the city, the janitor has made a fruit barrow from an old dining room table, and classroom assistant Margaret McCabe worked with P5s and P6s to create a mural showing the passage of bananas from tree to eager pupils' hands.

P7 children, working on a rota system, set up their stall, taking care to display the fruit in an attractive, appealing way, and "sell" their wares, distributing fruit in exchange for vouchers.

Deputy Head teacher Pat Brown says "The children think it is a great idea and they've worked out ways of making the scheme work well. They have come up with ideas incorporating arithmetic and environmental studies on their visit to the Snack Attack barrow".

She adds "The Fruit Barrow is raising parents' awareness of healthier choices. Our parents tell us that their children are now asking for it at home which they never did before. The welfare of children is as important to me as their education".

ECFI buys fruit directly from Edinburgh Fruit Market, bringing prices within the budget allocated by the Council.

Kath Downton, principal education support services officer, says the Education Department has now built the provision into its budget on a permanent basis. The Council has watched the success of individual projects in schools and communities and wants to build on them. He says "With Scotland's fruit and vegetable consumption so poor, if we can get them enjoying fruit at this stage they will take that enjoyment on through their lives".

Meanwhile, back at Brunstane, seven year old Demi and her friends, twins Heather and Nicola claim to prefer apples to crisps since the fruit barrow started appearing at play time, while Joseph Halliday (8) says "I like pears best".

A comprehensive evaluation of the first year of the project, carried out by staff and students from Queen Margaret College, Department of Dietetics and Nutrition, will be available later this year, but anecdotal evidence gathered through a regular contact with participating schools would suggest that the influx of fruit is having a positive impact on a number of fronts, not least a noticeable improvement in pupils' behaviour and concentration levels.

Marjorie Shepherd adds "Teachers have reported other benefits such as having fruit on hand to give to children who arrive at school have had no breakfast, the opportunity for the whole school to eat more fruit, a reduction in the amount of litter in the playground and as one teacher put it "The wonderful aroma of fresh fruit that hits you as soon as you walk into the school".



Future plans for the project include developing the fruit stall theme for schools to use as a healthy eating/enterprise topic to complement the curriculum. This could extend to pupils running stalls selling fresh fruit and vegetables to school staff, parents and carers on a regular basis or at special events, such as Christmas and Summer Fairs.

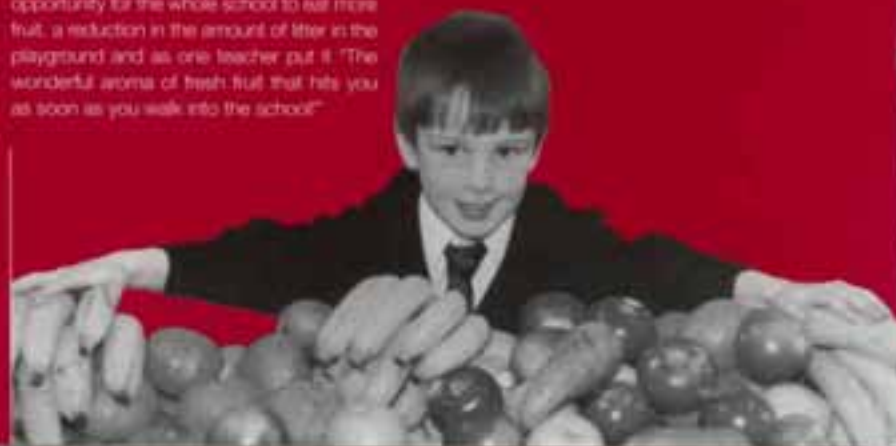
Despite the warnings from health experts that up to 50,000 children in Britain are heading for premature death from heart disease unless they change their diet, the consumption of fruit and vegetables in Britain continues to drop.

In Edinburgh, at least, apples are no longer for the teacher but for the pupils.

The Snack Attack Pack, which has been designed to complement the initiative, aims to provide all the ingredients you need to set up and run your own school fruit shop. Presented in a clear, practical and friendly form, the Pack includes information and advice on management and structures, operating procedures, food safety related classroom topics, resources and useful contacts.

If you would like more information on the project, or if you would like to purchase a copy of the Snack Attack Pack, please send a cheque for £25, payable to Edinburgh Community Food Initiative to:

Marjorie Shepherd
Edinburgh Community Food Initiative
22 Tennant Street
Edinburgh EH6 5ND
Tel: 0131 467 7326
Fax: 0131 467 7325



Focus on Food

Project (An update by its Director, Anita Cormac)

SNAG

The RSA Focus on Food Campaign's third Focus on Food Week took place in June this year in 2000 primary and secondary schools bringing together over 150,000 children in practical food activities across Britain. Focus on Food's latest education support material focus on a range of cuisines from different cultures including Chinese, Caribbean, Indian, Italian and British. Free to schools, which join the project, they aim to engender cross-cultural understanding and appreciation of different values, whilst at the same time, celebrating ethnic diversity and the contribution of the cuisines to British food culture.

Focus on Food, which is substantially supported by Waitrose, food shops of The John Lewis Partnership, actively promotes and develops the concept of "learning through making". Focus on Food aims to ensure that all children have access to a practically-based food education within their general education between 5 and 16.

The Campaign's underpinning research work at the University of Reading centres on establishing the effects of sustained food education in children's learning. Although the research findings are to be published in 2001, Focus on Food is capitalising on some of the emerging curriculum issues already identified by conducting additional complementary research in its registered schools. Information from this assists planning and delivery of the programme of support work in the schools with teachers.

Curriculum development initiatives are central to the programme, each with a different emphasis and context. Such initiatives are key to the Campaign's active strategy to obtain evidence with which to lobby government. The intention is to demonstrate the value of a practical food education in a number of contexts and its value in cross-curricular education. Convincing evidence, backed by clear educational objectives and outcomes, is vital if the Campaign's aim to secure a practical food education for all children is to be realised. Working alongside teachers in selected registered Focus on Food schools, each initiative is documented and made into a case study exemplifying practice. Case Studies are used for further dissemination within education.

Primary and secondary schools may join the Focus on Food Campaign by consulting Lucy Burns to register your school with Focus on Food on 01422 383191 Fax 01422 341148 lucy@design-dimension.co.uk www.waitrose.com/focusonfood

LUNCH BOX BOOK



The contents of your child's lunch-box play an important role in his or her daily life. Eating the right sorts of food will help your child to perform well at school, to concentrate better, to resist illness and, generally, to develop healthy eating habits that will last a lifetime.

Yet anyone who has tried to prepare lunch-boxes will know only too well that feeling of profound blankness on Sunday night, as they stare into an almost empty fridge that is somehow expected to yield the ingredients for the next day's lunch.

The idea for this book arose out of such moments. The Lunch Box Book offers parents of primary school children some basic information about nutrition and hygiene, as well as plenty of practical suggestions about what to put into lunch-boxes and how to make sure the food looks appealing to your child. With this book in your kitchen, the experience of rummaging around desperately for something acceptable to child and school alike should become a thing of the past.

We hope you find these ideas useful - and a source of inspiration to tackle your child's lunch-box with enthusiasm.

Anyone wanting a copy of the book priced at £2.99 contact:

Southgate Publishers
The Square, Sandford, Nr. Crediton
Devon, EX14 4JW
Tel 01353 776133
E-mail info@southgatepublishers.co.uk

A FEAST of a Project

Schools in South Tyneside have been participating in a new school food award.

The FEAST - Food Education and Action in South Tyneside - was developed by Health Promotion and Nutrition Services departments of South Tyneside Health Care Trust in conjunction with Education Catering Services of South Tyneside Council, following the setting up of a SNAG in 1996.

Part of the FEAST is based on the national Heartbeat criteria, which has been used in the past with schools in the area. It was felt that we needed something more appropriate for the younger age group so the criteria have been adapted.

The FEAST is now in its second year and seven schools in the area have gained the award. In the second year we have tried to promote more of a whole school approach by placing more emphasis on the project work that the school has to complete. The school decides on the project, which so far have included the setting up of a breakfast club, children cooking healthy meals in the school kitchen and even a "Design a fruity T-shirt" competition!

The school is also required to implement a food policy and the dietitian meets with the cook to check the menus against the criteria and suggest any changes necessary.

For information, contact:

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Community Dietitian
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Jarrow ComCare
Glasgow Road Clinic
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Tyne and Wear NE32 4AJ



THE CHIPS ARE DOWN

This exciting publication is a comprehensive update by Joe Harvey of the original "SNAG Guide". It covers new government initiatives and regulations and offers a step-by-step approach to establishing a school food policy via a whole school approach. Essential reading for health and education professionals, caterers (and anyone else with an interest in improving food services and young people's nutrition in schools!).

Your new publication will be despatched following payment of your cheque.

To receive your copy, tick the box, and send with a SEPARATE cheque for £15.00

THE CHIPS ARE DOWN ACCOUNT

FREEPOST, PO Box 132,
Stockport SK1 3YW

Please make cheques payable to 'The Chips are Down Account', cheque includes postage and package.

Please forward me a copy

Name: _____

Address: _____

Postcode: _____

an invitation

The courses, run by Joe Harvey, Director of the Health Education Trust, and co-author of the School Nutrition Action Groups Guide, will examine the new government regulations and good practice guidance and the implications for the development of a school-based food policy. The seminars will show how to achieve good education practice and a commercially viable catering service. These one day seminars are set up in order to assist the development of partnership between schools and caterers, while ensuring the involvement of pupils in the decisions around the delivery of the food service. Cost of seminar will be **£95.00 + VAT (£111.63 total)**, inclusive of refreshments and lunch.

The day will cover:

- New government regulations and guidance
- The development of School Food Policy
- Whole Day – whole school approaches
- Benefits of a school policy
- Power through partnership
- Free school meal – entitlement v uptake
- The eating environment
- Communications and marketing
- Influencing pupil choices
- Action for change

**HEALTH
EDUCATION
TRUST**



Food in Schools Seminar
the way forward

*A maximum of 30 places
are available for each seminar*

DATE	VENUE
07 November	Cambridge
09 November	York
14 November	Maidstone
16 November	Durham
21 November	Warwick
23 November	Bristol
28 November	Manchester
05 December	Exeter
07 December	Southampton
12 December	London

Booking form

Seminar Required: _____ Venue: _____

Your Name: _____

Job Title: _____

Organisation: _____

Address: _____

Postcode: _____

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Seminars made possible through the valued support and sponsorship of the Meat and Livestock Commission



Food in Schools Seminar
the way forward

Full details of venue and complete day schedule will be despatched upon confirmation

Please make cheques payable to:
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PLEASE PHOTOCOPY AND
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