

# School Food

## News

### **Another busy academic year**

is well underway by now and many of you have been working hard to ensure your menus meet the final food and nutrient-based standards. In this issue you can find out how to get support to ensure compliance with these.

But it's not all hard work, read about the Big Norfolk Food event and see what fun we had!

Please distribute to Headteacher, governors, teachers involved with food, MSAs and catering staff.



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# Dickleburgh Primary School catering team are simply the best!

NCS cook manager June Frary and her kitchen assistant Mandy Constance have become the 2008 Primary School Catering Team, awarded annually by the Local Authority Caterers Association (LACA). This prestigious title was conferred on them, not only for the delicious meals they cook, but for their role in promoting healthy food to the children and with the wider community. They are very much at the heart of the school's 'whole school approach' to healthy eating and have been involved with initiatives such as family cookery club, a luncheon club for the elderly and special lunch events, such as for mother's day. If you want to know how your catering team could get involved with similar activities contact Chris Cope, NCS Operations Manager on **01603 222586**.



## Help to ensure compliance with 2008/2009 standards for school lunches

Primary school lunches should already be meeting the 2008 nutrient-based standards and high schools will need to ensure they are meeting them by September 2009. Schools with catering providers should ask for evidence of compliance from their caterer.

However, in-house catering schools will need to provide their own evidence. A particular concern for them is access to nutrient analysis software and the expertise needed to input and interpret the data. City College Norwich, in conjunction with Healthy Norfolk Schools, has developed a programme to support schools with these issues. This includes:

- A complete menu nutrient analysis service
- Access to dedicated support from a qualified dietician, including recipe advice
- A 'Raising Standards' professional development programme for school chefs/cooks

To find out more contact, Simon Johnson-Cook at City College  
**SJOHNSON@ccn.ac.uk**  
The School Food Trust

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) has downloadable guidance on meeting the standards. This includes examples of compliant menus. If you decide that you would like to buy your own nutrient analysis software and employ a nutritionist make sure you read our FAQs.

## Big Norfolk F

The Norfolk Showground has not seen anything like this before. Norfolk high and special schools spent a fantastic afternoon at the show, a chance to watch local chefs in action, take part in a competition and learn the importance of nutrition to sport and performance. The food related industries. One of the highlights of the day was the competition between the cooks from Hobart High School and the Norfolk Showground. In this newsletter will give you a flavour of the



# FAQs



**We would like help from a dietitian or a nutritionist, not just for lunch menus but also working with our students on food issues, but we haven't a clue how to find one?**



There are a bewildering number of nutritional qualifications and people with different kinds of training and you want to make sure that you have the right person for the job. The School Food Trust recommends that you use a registered dietitian, or nutritionist, whose qualification is recognised by professional organisations. On the British Dietetics Association website **[www.bda.uk](http://www.bda.uk)** you can find out the difference between the work of a dietitian and a nutritionist and also find a registered dietitian. For a registered nutritionist visit the Nutrition Society website. **[www.nutrition society.org.uk/membership/register](http://www.nutrition society.org.uk/membership/register)**



## Update on **MEND** in Great Yarmouth

Further to the information in our last issue about the MEND programme we are pleased to tell you that there are opportunities for families in the Great Yarmouth and Gorleston areas to get involved.

**Reminder-** The **MEND** Programme is a community-based intervention for 7–13 year old overweight children and their families. It is fun, effective and practical and the children learn to become fitter, healthier and happier. For any further information on where and when the programmes are running in Great Yarmouth, contact Stephanie Gittens on **07798825145** or email- **[steph.gittens@nhs.net](mailto:steph.gittens@nhs.net)**



## Food Event

ing like it! On Wednesday 15 October about 500 students from stic day learning about all aspects of food. They had a t in sports challenges whilst learning about aps decide to make a career in one of the of the day was the Hot Plate Challenge and Flegg High School. The photographs e day.



## Let's not forget breakfast

With all the talk about school lunch we should not overlook the importance of breakfast. By taking part in the 10th annual Farmhouse Breakfast week, 25 - 31 January, schools can encourage pupils not to skip this meal. On the website [www.farmhousebreakfast.com](http://www.farmhousebreakfast.com) you can find a variety of different ways to get involved in this event, including some different breakfast recipes to try. I particularly liked the Cinnamon Toast with Wimberries!

The 2009 Active Kids Get Cooking challenge are also looking for inspirational and creative ideas for a healthy breakfast. Their site gives details of this annual award

[www.activekidsgetcooking.org.uk](http://www.activekidsgetcooking.org.uk)



## Developing food policy with your primary school council

Do you need a whole school food policy or to review an existing one? We, with the help of various Norfolk primary schools, have developed resources to use with your school council covering most of the relevant food issues. These are all in Word format so can be amended as necessary and are available on one 'handy' CD. Also included on the CD are simple tools to help you monitor children's views of school meals. If you would like a copy of the CD contact Sue Astbury.  
email - [sue.astbury@norfolk.nhs.uk](mailto:sue.astbury@norfolk.nhs.uk)

## Norfolk County Services now part of School FEAST partnership

School FEAST is a national network of training centres and partnerships set up to ensure that any member of the school food workforce is able to access excellent training to meet the needs of their customers and themselves. Norfolk County Services has become part of The "East of England School FEAST Partnership". Linda Savage, NCS training manager, says that despite some initial teething problems they already have 22 candidates signed up for training, studying for the Level 2 NVQ in Food Processing and Cooking. This qualification is proving to be extremely popular, with many names on the waiting list.

**Looking ahead they will begin the next round of NVQs in January 2009. For more information visit [www.schoolfeast.co.uk](http://www.schoolfeast.co.uk)**

## Contact details

For more information or to send us any feedback please contact

**Sue Astbury – 01603 221803 [sue.astbury@norfolk.nhs.uk](mailto:sue.astbury@norfolk.nhs.uk)**

**Louise Flynn – 01603 221809 [louise.flynn@norfolk.nhs.uk](mailto:louise.flynn@norfolk.nhs.uk)**

Fax: 01603 221835

Postal address

Transforming School Food

Kestrel House

White Lodge Business Park

Hall Road, Norwich

Norfolk NR4 6DG

