

School Food News

Issue 4

November 2007

Welcome to

'School Food News!'



You have now been working with the new food standards for over half a term and we know that the ones applying to all non-lunch food ie breakfast clubs, break time food provision and after school clubs have probably caused the most consternation for schools.

In this edition we have tried to put together some ideas to help you or to point you in the direction to find further help. But it's not all gloom and doom.

Read on to find out why we are pleased with ourselves.

School Food Trust update



There is a wealth of useful and practical information on their website

www.schoolfoodtrust.org.uk

As well as their innovative snacks ideas, you may find their frequently asked questions and myth busters useful to successfully implement the non-lunch standards. For secondary schools, they have a downloadable booklet on vending machines, which can have a useful role in schools, especially where the dining area is restricted.

Please distribute to:

Headteachers, governors, teachers involved with food, school cooks, kitchen staff and MSAs
Further copies may be downloaded from the e-courier.

Frequently asked questions

Q) Do we have to serve plain toast at breakfast club or in our tuck shop?

A) There has been a lot of confusion about this and the answer is no, it's only at lunchtime where plain bread needs to be offered as an extra. So at all other times, breakfast clubs etc you can serve bread and toast with some kind of spread. Low fat 'Flora' type ones are obviously best. Then you can add a wide variety of toppings, eg jam, honey, Marmite. But remember, one of the aims is to try and discourage children from eating too much fat, so if you have cheese on toast on the menu, leave off the spread.

Q) Some food items can be provided occasionally, what does that mean?

A) The food standards have been set up to ensure that children and young people not only enjoy a well balanced diet in school but also to help them to learn about food and eating well. As part of this learning process, some foods should not be offered regularly but they can certainly be part of a one-off or a celebratory event. So, for example, baking and selling cakes for a charity event once a year would be fine, but a tuck shop which does this once a fortnight would be regarded as regular. Or if you want to serve croissants to celebrate a French exchange visit that would be OK but not on a regular 3-week breakfast menu.

Food Glorious Food

This first ever children's food festival in Norfolk took place at the John Innes Centre on Thursday 27 September. It was a glorious success, with 180 primary aged children, and their accompanying adult, being enthused and inspired to become '**food ambassadors**' in their school.

Children took part in a wide range of activities, from working out the food miles of the contents of a typical packed lunch, to finding out what has happened to their sandwich once they've put it into their mouth. Of course there was lots of food tasting, including unusual coloured breads! And how could we forget the amazing **Captain Carrot-field agent show**. To find out more about his lively interactive show visit www.captaincarrot.comm. If you would like to contact any of the other exhibitors, but can't find their number, please let us know.



You're a winner!

We had five winners for our "Great Food Investigation" prize draw,
Congratulations to:
Kinsale Junior School, Mulbarton Infant School, Queensway Infant and Nursery School, Lingwood First and Nursery School and Garboldisham Church Primary

Each school will receive £50 of book vouchers. Well done to all the schools that took part.

So what will 'food ambassadors' do in schools?

Schools are increasingly looking for ways to promote healthier lifestyles and we hope that the school food ambassadors will be at the forefront of activities that encourage the joy of food and 'eating well'.

The 'ambassadors' could be part of an existing food group or just a couple of enthusiastic pupils who love food! Although we launched this idea at the food festival with primary aged pupils, this is certainly something with which secondary students could be involved. And it doesn't just have to be pupils; MSAs have a very important role in primary schools and the 'food ambassadors' could, with them, run incentive schemes and loyalty cards to promote eating for health.

The type and range of activity will obviously depend on the age of your children but here are just a few ideas to get you thinking. They could write a newsletter about food including tips and recipes, interview the cook or write to a celebrity chef, or alternatively have a food section on the school's website. Longer term projects might include helping to start a cookery club or run a family cookery competition, put together recipes for a school cook book, after trying them out first. Where possible, they could work with cooks on menu development, or as a tasting panel for new items. The children who attended the Food Glorious Food day went away armed with recipes, ideas and other resources to help them in their possible role back in school and if you would like these for your school get in touch with us.

COMPETITION TIME!

So what will your food ambassadors do?

We are launching a summer competition - looking for the most interesting ideas that have had an impact in your school; we need your ideas with pictures if possible by the summer half term.

Entry forms will be sent out before Easter.

Tuck shop blues!

Struggling with what to put on the menu for break time that will meet the new standards?

The School Food Trust has put together some ideas to help you.

Visit their website www.schoolfoodtrust.org.uk to download their 'innovative mid-morning snacks' document. We've also put together some ideas, with different food items and recipes you might not have tried. So although the usual flapjacks and biscuits may not be on sale there are many other things you can try.

These are the types of foods you can offer

**Fruit and vegetables-
fresh, dried, juiced or
cooked.**



As you need to sell these items every day, beat off boredom by being creative

- In the summer try freezing pureed fruit in ice-lolly moulds
- Don't just have fruit kebabs, try vegetable ones as well
- Children often like baby corn. Frozen mini ones aren't too expensive

Bread type products



As well as the usual sandwiches and rolls, copy ideas from shops in town

- Tortilla wraps or pitta pockets can be filled with a wide range of things. Make sure you always add some salad.
- Toasted cheese and ham sandwiches are popular. To save time, get pupils to order in advance

Pizzas



You can make these in the traditional way and serve in slices or make pretend ones using English muffins or crumpets as a base.

Soups



Homemade soups, hot or cold varieties, are a good and delicious way of increasing the amount of vegetables eaten. Serve with a slice/ chunk of bread, eg wholegrain or wholemeal

Other things you might like to try

- Slices of quiche
- Pasta/rice or noodle pots-hot as a salad – remember these should be homemade and served in a cup and not the bought noodle type.
- Halves of baked potatoes with cheese melted on top
- Packets of nuts and seeds-unsalted

Top tip for tuck shops

Get your consumers involved with the changes. They or their families may have new suggestions.



Thank you to our models, Maddy, Jed and Johnny

More Fruit and Veggie costumes

Are you having a food event and want the children to really remember the day? We now have some smaller fruit and vegetable costumes suitable for Key Stage 1, and smallish yr3s, available for schools to borrow.

To book the costumes please contact Louise Flynn 01603 307242

Your Training Uncovered!

Improving your school meal uptake

running in Feb 2008 in Norwich and King's Lynn.

Details will be sent out to school before Christmas.

The joy of food, your role! How to encourage children to eat more healthily.

FREE MSA workshops in your area. We will notify you when a session is running in your area.

Developing a Whole School Food Policy

Due to the popular demand for this training we will be re-running this event in the spring term.

For any training queries, please contact
Louise Flynn
01603 307242 or
louise.flynn@norfolk.nhs.uk

Champion breakfast club.

Wendy Watkins, Teaching Assistant at Hunstanton Infant School, has been successfully running a breakfast club, Kidz-own, for a couple of years. The children pay a pound daily and have a breakfast of mostly cereals, porridge, fruit and toast and enjoy a variety of activities.

When the new food standards covering non-breakfast clubs were introduced, Wendy reviewed what was on her regular menu. She found that the only change she needed to make was to find an alternative to the chocolate covered cereal. Wendy said that although there were a few grumbles, the children have happily accepted the new choices and her numbers continue to rise.

Contact the team:

Louise Flynn

Phone: 01603 307242

Fax :01603 307188

louise.flynn@norfolk.nhs.uk

Post:

Healthy Norfolk Schools,
St Andrews House, Northside
St Andrews Business Park,
Thorpe St Andrew, Norwich,
Norfolk, NR7 0HT.