FOOD FOR LIFE

MAKING BRITAIN HEALTHIER THROUGH FOOD

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What is Food for Life?

✓ An approach

✓ An award framework from Bronze, Silver to Gold

✓ A movement of people who want change
What does good food mean?

A healthy and sustainable diet:
less high fat/salt/sugar processed food and less but better quality
meat, more fruit and vegetables, whole grains and sustainable fish.

Quality food you can trust:
more fresh, local, seasonal, sustainable food, with low climate impact
and high welfare standards.

Eating together:
more opportunities for social contact through food, building families
and communities and tackling loneliness.
Food for Life: making Britain healthier through food
Focus on Vegetables

Whole School Approach
Consistent messaging throughout the school day supports a school to make the changes to build on a positive food culture.

Leading the change
From Governors, Caterers, Senior Management, School Council and the Parent Teachers Association adopting a Whole School Food Policy that promotes a healthier lifestyle. This covers both the curriculum and extra-curricular activities.

Exceeding the standards
The Food for Life Award provides a structured framework for schools to achieve Bronze, Silver and Gold. At Bronze a school must meet the School Food Standards for lunch.
Healthier People

Pupils in Food for Life schools:

**ARE TWICE** as likely to eat **FIVE A DAY** and a third less likely to eat no fruit or vegetables than pupils in comparison schools; and eat around **A THIRD MORE** fruit and vegetables than pupils in comparison schools, and significantly more fruit and vegetables at home. (Jones et al, 2015)

This means that if all schools in England were Food for Life schools:

1 million more children would eat five or more portions of fruit and vegetables per day

100,000 more children would be eating at least some fruit and vegetables
Healthier Economy

Research by the New Economics Foundation demonstrated

£3 IN SOCIAL RETURN FOR EVERY £1 INVESTED

in Food for Life Catering Mark menus, with most of the benefit experienced by local businesses and local employees. (Kersley et al, 2011)

New research focusing on Food for Life multi-setting programmes and considering value created for health, education and environment in addition to economy demonstrates a social return of

£4.41 FOR EVERY £1.

(Jones et al, 2015)
Healthier Economy

Social return on investment in multi-setting programmes – share of value by stakeholders and interest sectors.

Local food businesses – including creation of local employment (farmer, butcher, wholesalers) - 31%

Local authority & NHS - 13%

Schools & staff - 13%

Employees of food businesses - 13%

Local community, charity & voluntary groups - 3%

Natural environment - 4%

Central government - 4%

Parents & carers - 5%

Hospitals, care homes & children’s centres (local authority early years care provision) - 5%

School caterers & staff - 8%
• How to get involved:

• Visit www.foodforlife.org.uk

• Impact reports can be found here