

Nourishing a Good Food Culture at your school

with Lewes District Food Partnership



Why does School Food matter?

Improved attainment

School food and nutrition has proven impact on pupil concentration, activity and cognitive ability

Better ratings

OFSTED ratings assess "pupils' understanding of how to keep physically healthy, eat healthy and maintain an active lifestyle"



Greener Futures

School Food is an opportunity to reduce carbon footprint and increase pupil awareness about the environment

community wealth

Increased school meal uptake can boost school finances and local employment opportunities



Equal opportunities

Access to free school meals, breakfast & afterschool clubs improves educational attainment, with a host of long-term social, financial and health benefits

Health and wellbeing

Improved eating habits at school shown to help improve children's health and reduce incidence of childhood obesity

What does a Good Food Culture look like?

- **A joined-up approach:** a whole school food strategy that equips pupils with the information and skills to make positive food choices AND supports these choices with an appealing and healthy food offer/spaces to engage with food

In Action: East Sussex Healthy Schools Programme supports your school to develop a whole school approach to health and well-being through accreditation, resources and funding. Visit www.eastsussexchildren.nhs.uk for more information

- **Pupil empowerment:** pupils understand how they can make a difference in decision-making around food and participate in a Good Food culture within and beyond the school gates

In Action: Seaford Head appoint school food champions that support delivery of food education across the school

- **Community connection:** staff, pupils and parents are able to take a Good Food culture home and are made aware of Good Food opportunities within the community

In Action: Table Talk Foundation has delivered food education in 8 schools across Lewes District, including sessions at the Plumpton College training kitchen

According to the My health My school pupil survey 2021/2022:
40% of primary and 45% of secondary pupils in East Sussex agree with the statement "I like the food provided by my school and it tastes nice"

Lewes District Food Partnership are here to listen to parents, pupils, teachers and governors and support them to make positive changes at a school level and amplify their voices beyond the school gates... continued overleaf

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What is Lewes District Food Partnership?

Lewes District Food Partnership is funded by East Sussex County Council and Public Health England.

Our aims:

- Celebrate and promote local community food projects
- Create strong and new local food networks
- Develop examples of best practice
- Challenge status quo and offer advice to improve services and practices
- Build sustainable, inclusive, healthy communities



How can Lewes District Food Partnership support your school?

- **Linking with the wider community** - *increase awareness of community activities and services; collaborate with different projects with expertise in community food; 'twin' your school with farms to open up new experiences for your pupils*
- **Networks of best practice** - *connect with like-minded schools to overcome common obstacles and campaign for shared goals such as improved procurement*
- **Supporting school change-makers** - *support all school actors to make positive changes for a Good Food culture*
- **Sharing funding opportunities and resources** - *stay up to date with a range of funds and resources available for schools to foster a Good Food Culture, from pupil empowerment projects to school growing facilities.*

CASE STUDY: SEAFORD HEAD SCHOOL AND SHARING SKILLS

In spring 2023, Seaford Head were awarded an LDFFP grant to install a poly-tunnel with the support of Sharing Skills CIC. Over the summer holidays, teachers and members of the public got to work laying beds ready for Eco Club members to get growing in the Autumn term. By Christmas, a range of veggies were cooked up onsite. Pupils, teachers and parents learnt lessons in biodiversity and food systems as well as collaboration and teamwork



WE WANT TO HEAR FROM YOU

Get in touch at info@lewesdistrictfoodpartnership.org to see how we can support you to build a Good Food Culture in your school

Visit www.lewesdistrictfoodpartnership.org to find out more