Healthy Eating in Schools

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Aims

• Provide pupils with healthy food and drink
• Educate pupils about healthy eating and drinking
• Promote healthy eating and drinking
• Encourage pupils to take up school meals
• Encourage pupils to develop healthy eating habits
Partners

• Catering Services
• Midday Supervisors
• Public Health Dietitians
• Healthy School Practitioners
• Teachers
• School Administrators
• Senior Leadership Teams
• Governing Bodies
Environment

- Maintained schools
- Obesogenic environment outside of school
- Statutory requirements and Welsh Government funding
- Rising food poverty
- Rising food prices and labour costs
- Local authority financial pressures and restructuring
- Welsh Government sustainability duties
- National procurement restructuring
- National curriculum restructuring
- School attainment pressures
Strengths
Attributes of partners that are helpful to achieve aims

• Customer focused
• Passionate
• Working together
• Supplier relationships
• Cashless payment systems
• Engaging with pupil groups
• Promoting healthy eating
• Promoting school meals
• Celebrating and sharing best practice
Weaknesses
Attributes of partners that are harmful to achieve aims

• Inconsistent messages
• Insufficient whole school engagement
Threats

Attributes of environment that are harmful to achieve aims

- Unhealthy eating habits
- Price sensitive customers
- Limited variety compared to the 'high street'
- Conflict between business and welfare
- Diminishing and later lunchtimes
- Able to leave school premises at lunchtime
- Unable to leave dining room with food
- Unable to sit in friendship groups
- Unable to buy school meals for specific days
Opportunities

Attributes of environment that are helpful to achieve aims

- Free Breakfast in Primary School Scheme
- Free School Meals
- Health and wellbeing area of learning and experience
- Whole School Food and Fitness Policy and Healthy School Scheme
- Nutrition Skills for Life Training™
- Product development
- School holiday provision
- Pupil Deprivation Grant
The food and drink provided in schools significantly contributes to the diet of children and young people in Wales. Partners are working together to provide healthy food and drink and encourage healthy eating habits. The strengths of partners far outweigh the weaknesses but there are ongoing and developing threats and opportunities that could have an impact on the work partners are doing and the resulting diet of children and young people in Wales. The extent to which partners and wider agencies can work together to minimise threats and take advantage of opportunities will determine the future of healthy eating in schools and impact on the health of future generations.
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