

Welsh Local Government Association

Cymdeithas Llywodraeth Leol Cymru



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# Healthy Eating in Schools

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[www.wlga.gov.uk](http://www.wlga.gov.uk)

# Aims



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- 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



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



# Strengths

*Attributes of partners that are helpful to achieve aims*



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- 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





# Message



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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.

# Contact



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