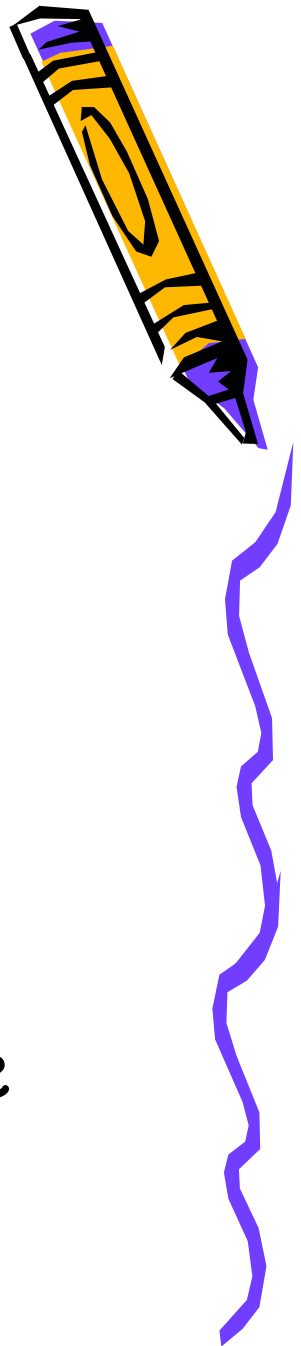


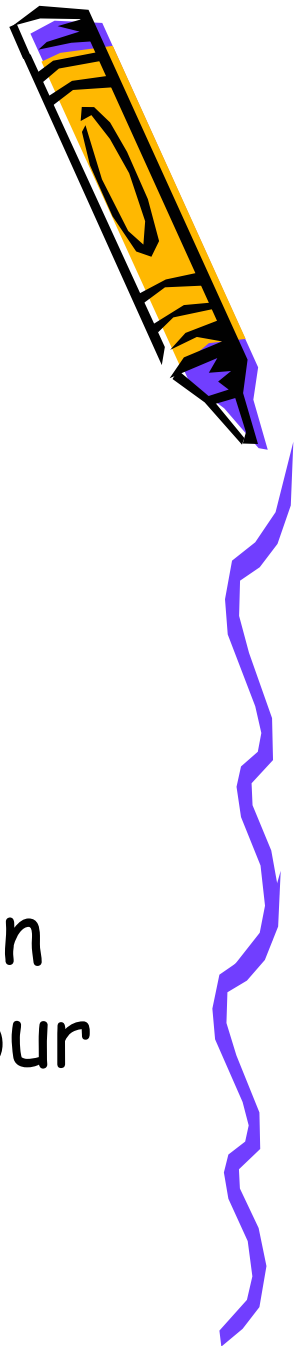
School Meals Review Panel

- Radical review of school meals service
- Nutrient standards/food based guidance
- Infrastructure audit/upgrade
- Whole school approach
- September report to Sec of State



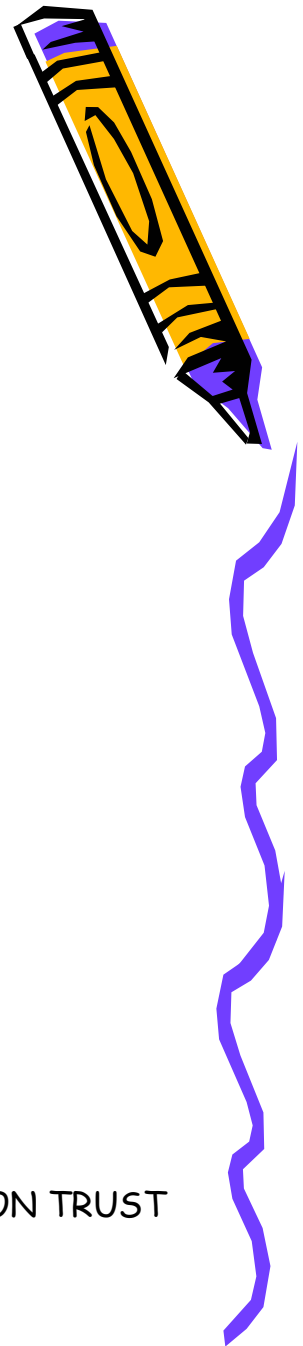
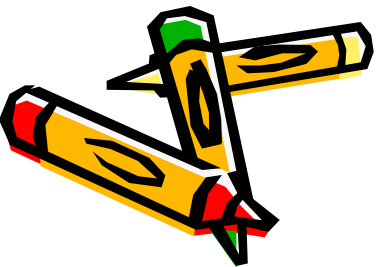
Other Influences

- Food in Schools Toolkit
- Ofsted Inspection
- The 'Jamie' Factor
- Examples of Good Practice
- Anecdotal but powerful evidence on diet related performance /behaviour



WOLSLEY JUNIOR SCHOOL FRUIT TUCKSHOP

- Children much calmer
- Improved behaviour
- Improved levels/span of concentration
- Less conflict resolution required
- More teaching time available
- Improved achievement
- Greater staff/pupil satisfaction



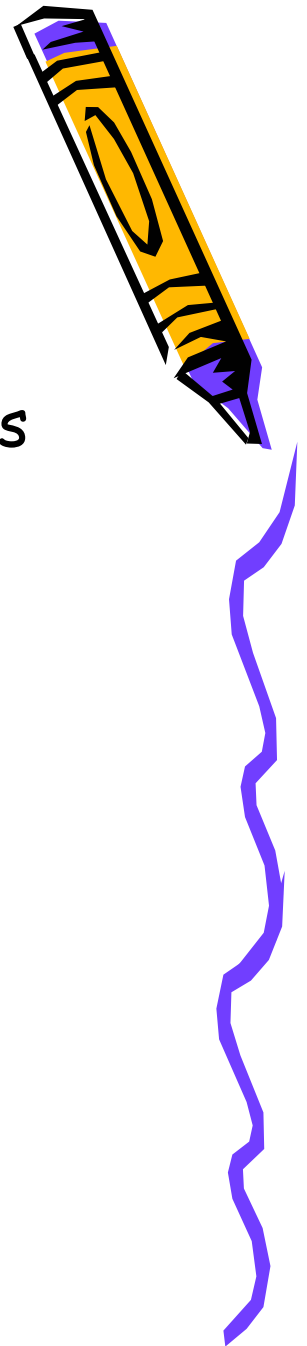
Key Recommendations

Tough food-based standards:

- Two portions fruit and veg daily
- Unrestricted bread
- Easy access to fresh drinking water
- Constraints to mean only healthy choices available



The School Food Trust



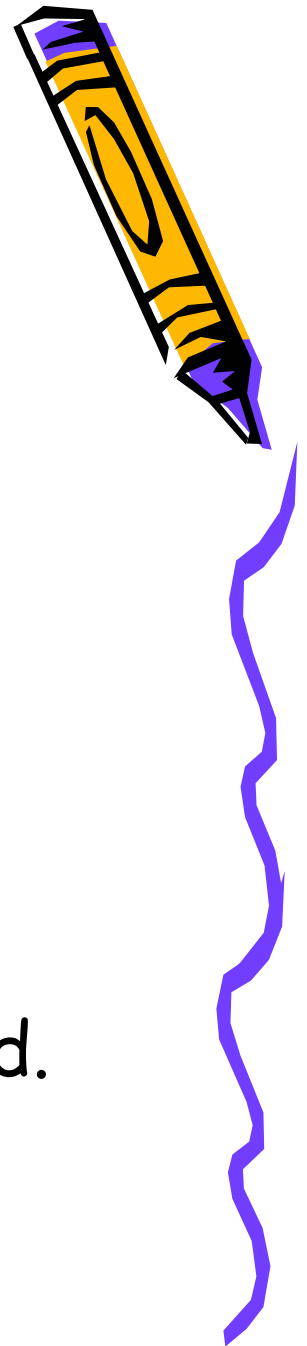
Will give independent support & advice to schools and parents to improve the standard of school meals.

- Appointments TBA soon.
- Detailed remit by Christmas
- Fully operational January 2006

What do you think it should do??



Timetable



Sept 2006

- Audit and develop school/LA policy.
- All junk to be removed.

Sept 2008

- Primary standards to be implemented.

Sept 2009

- Secondary standards to be implemented.



What is junk food?

'Non-nutritious food'

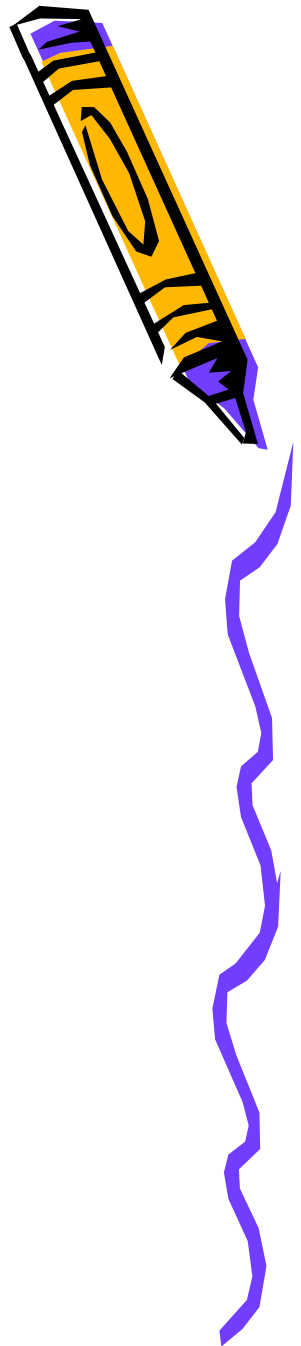
- 'Empty calories'
- Processed food that replaces nutritionally balanced eating *(ie a square meal)*



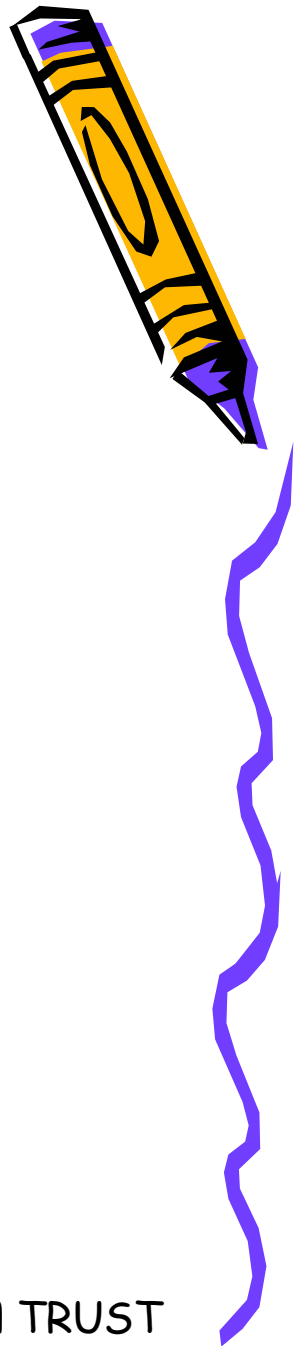
Key Recs

All schools should develop 'whole-school' food and nutrition policies:

- Place in the prospectus
- Available for Ofsted
- A 'work in progress'.
- An aid to setting priorities and timetable.

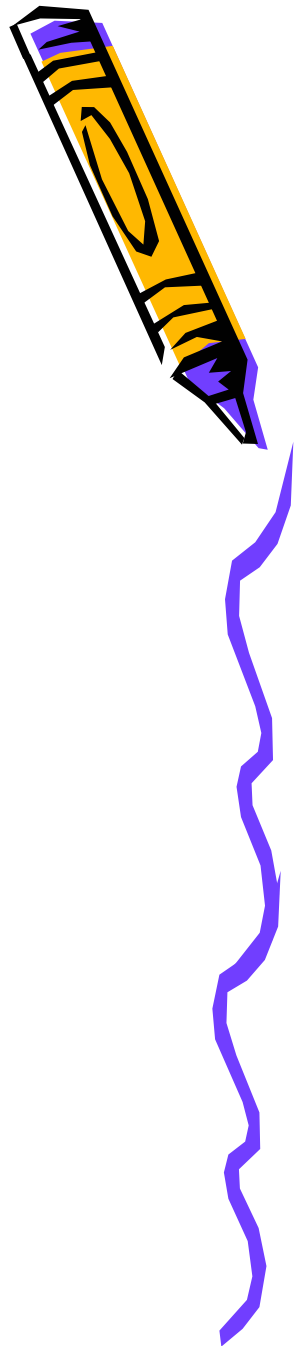


Educational
strategies within
the classroom
need to be linked
to pupils'
experiences

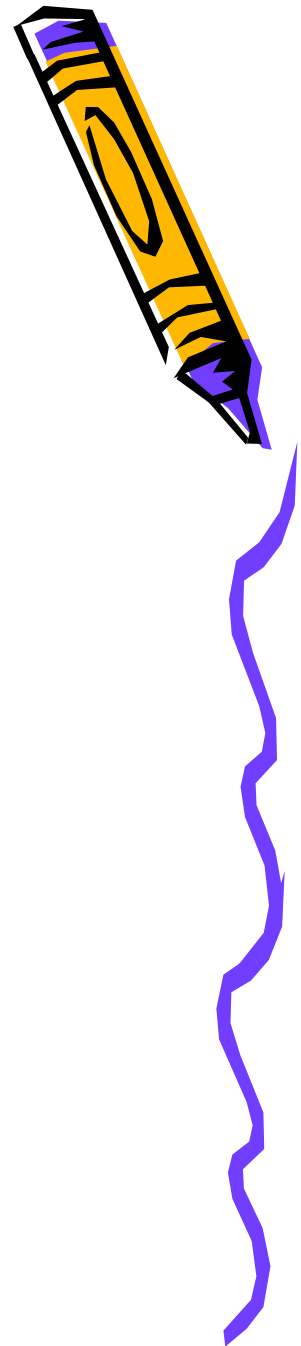


Some Challenges

- Money - is there enough?
- Existing infrastructure.
- The question of FSM entitlement.
- Food service deserts.
- Vending/snacking.



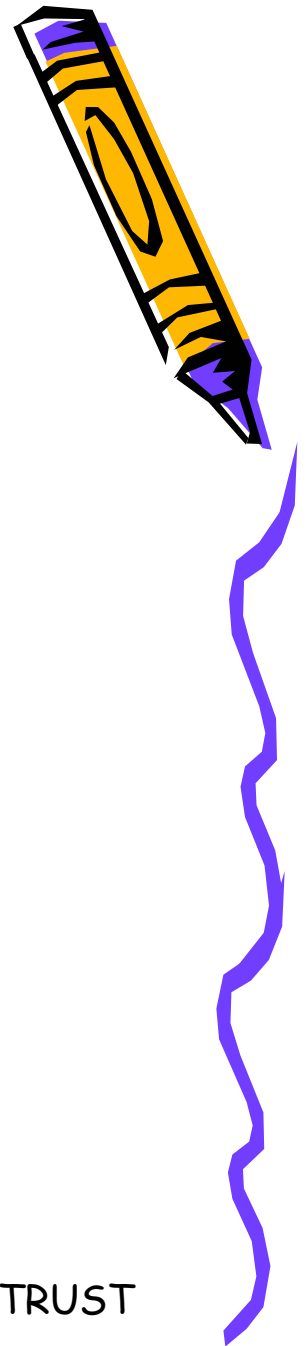
CCT & BEST VALUE = ?



- Ingredients costs per meal:
 - 197830p
 - 200539p
 - Should be£1.10



DRINKS IN SCHOOLS



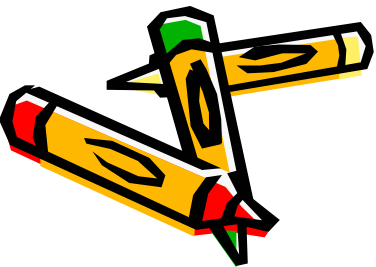
- Pupil access to drinking water
- Effects of dehydration
- Soft drinks - tough outcomes
- Balanced vending - is it possible?

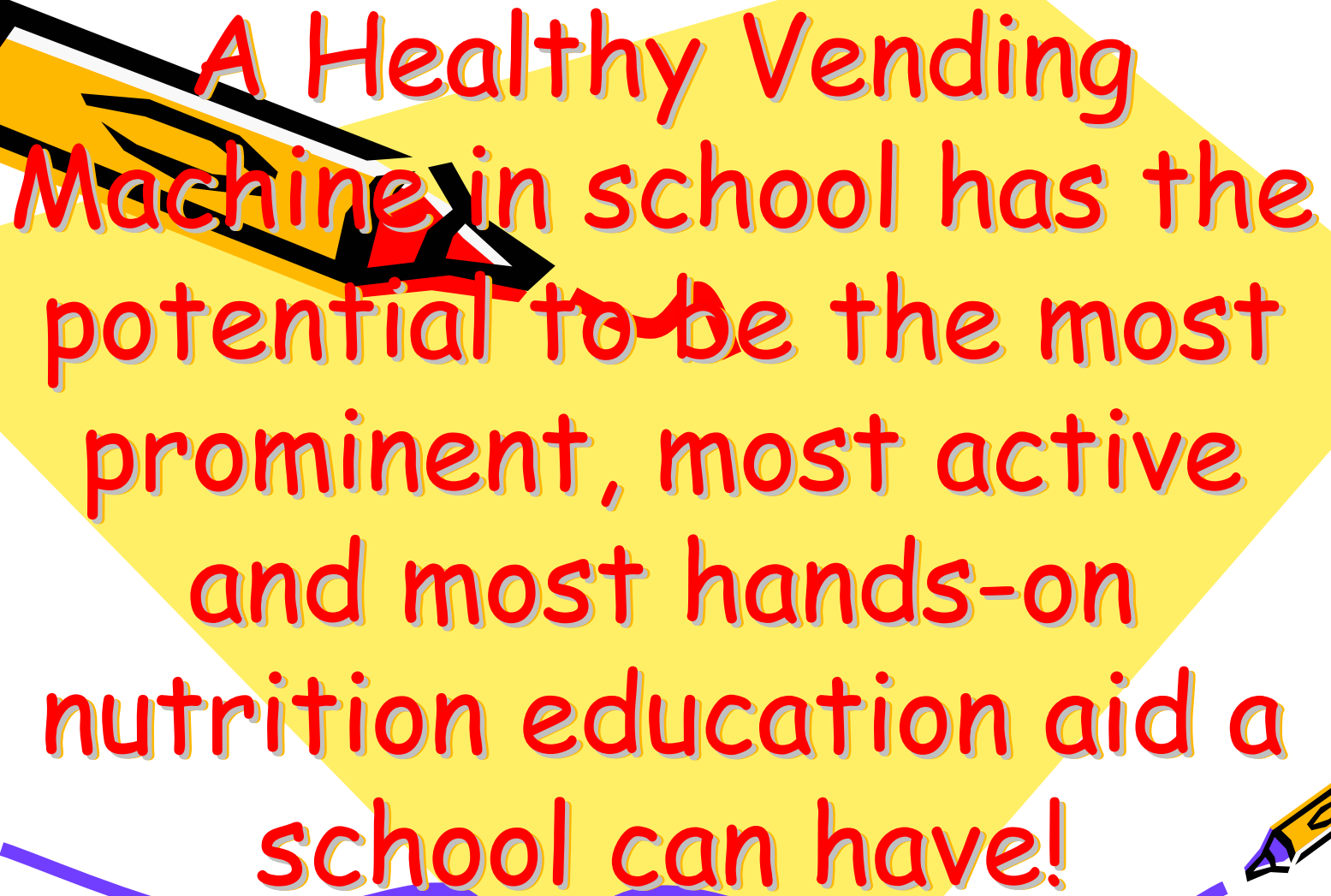


Why is Healthy Vending Important in schools?




- 24/7 service point - extended school day
- Reduces queues/pinch points
- Can be filled while business is light
- Flexible options for management
- Offers 'Grab and Go' for busy staff/pupils
- Gives healthy balance and variety to snacking

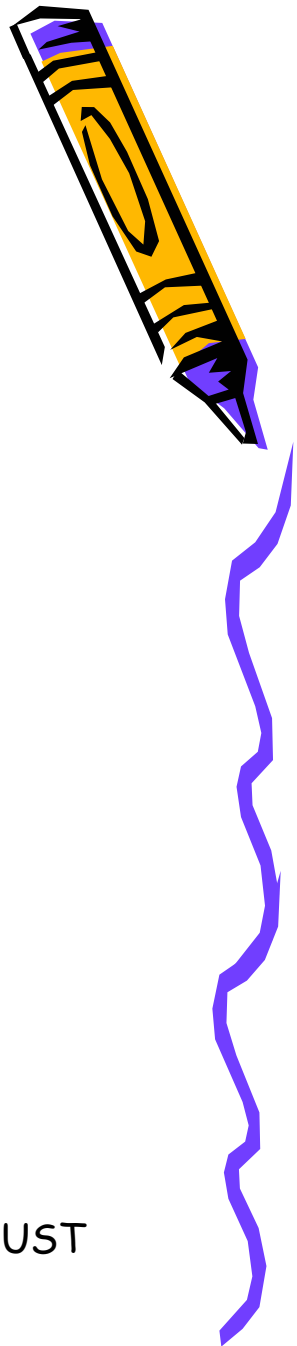




A Healthy Vending
Machine in school has the
potential to be the most
prominent, most active
and most hands-on
nutrition education aid a
school can have!



FSA/DH/Welsh Assembly OPERATIONAL OUTCOMES



Machine /product compatibility

Machine location

Litter

Communications

Maintenance

Data Collection



Real option on school drinks vending



- ✓ Semi skimmed fresh milk
- ✓ Flavoured milk (semi-skimmed)
- ✓ Pure fruit juices
- ✓ Fruit smoothies
- ✓ Drinking yogurt (low fat)
- ✓ Plain still or sparkling water



Real option on school food vending

- ✓ Whole or pre-prepared fresh fruit
- ✓ Fruit salads
- ✓ Filled rolls
- ✓ Sandwiches
- ✓ Baguettes

- ✓ Wraps
- ✓ Bread sticks & crudités
- ✓ Crackers & cheese
- ✓ Salads
- ✓ Pasta mixes
- ✓ Low fat yoghurts
- ✓ Low fat Fromage frais



So Does It Work?
Financially viable?

Welcomed by pupils?

External contractor/in-house
operation

HEALTH EDUCATION TRUST



Spending Power of Pupils



11-16 Year Olds

To School

From School

1994 - £140m

£70m

1996 - £140m

£100

2000 - £220m

£160

2004 - £300m

£200 = £500m



New Trials



- 6 Schools - 5 with traditional competition
- Average weekly sales 1,000 (top school 2,000 - no traditional vending)
- Average product selling price 50p
- $1,000 \times 50p \times 40 \text{ weeks} = \text{£}20,000$
- Gross profit averages 33% = $\text{£}6,600$
- 3 machines per school = $\text{£}20,000$
- Less machine/labour costs = Net Profit
- Products - milks, flavoured milks, juices.



Conclusions

- Best opportunity in 25 years.
- Requires commitment and imagination and partnership.
- Can be done/must be done.
- *Link to policy on exercise and activity*

