

SNAGs, or School Nutrition Action Groups

Are school based alliances in which staff, pupils and caterers, supported where appropriate by health and education professionals, work together to review and expand the range of food and drink provided through:-

- the tuckshop
- vending machines
- the midday meal
- catering at social functions
- breakfast provision in order to increase the uptake of a healthier diet.

Best wishes from the British Dietetic Association

The British Dietetic Association is very pleased to be linked with the launch of this newsletter. It has long been the view of the Association that major benefits for the health of all our children will result from the commitment of State Registered Dietitians to work in partnership with schools.

State Registered Dietitians are able to support the development of healthy eating initiatives working flexibly with caterers, teachers, school nurses and school children. There are many initiatives which demonstrate this but too often little opportunity for sharing our members experience. This newsletter offers a means of communication across the UK for everyone working in the area of school nutrition and as such the British Dietetic Association welcomes the inaugural edition of the SNAG newsletter and wishes it a long and healthy life.

Jane Eaton, Honorary Chair
British Dietetic Association

Editorial

Welcome to the inaugural edition of the SNAG (UK) Newsletter which has been launched by the Health Education Trust (HET) in response to your requests on the overwhelming replies to our questionnaire. The Health Education Trust is a registered charity dedicated to initiating and supporting work with young people to encourage the growth of healthy lifestyles. The HET is a registered charity dedicated to initiating and supporting work with young people to encourage healthy lifestyles.

SNAGs seem to have struck a cord with many of you as a simple, practical way to approach quite a difficult problem. They are not always called SNAGs and that's fine - the aims, objective and philosophy are what matter. The seminars generated considerable support and interest and now there are SNAG groups established all over the UK. This newsletter will begin to reflect on the growing success achieved by all of you working in the field. The going is rarely easy but it's vital that we declare and celebrate the positive as well as recognising the difficulties in order to give others the confidence and determination to fight on.

If you continue to support this newsletter by sending me copy about successes (and failures) then newsletters will come out around half-term each term, but it's up to you to supply me with material - it's your newsletter!

So please tell us all about the progress gained and benefits

achieved and, where appropriate, the frustration you have suffered and I hope overcome. Send me crits' on new resources, notice board announcements for seminars/conferences and all the other relevant cornucopia around young people's nutrition. The aim is that all this work, not only in the UK but also in Europe, will result in an International Conference on schools and young peoples nutrition in 1996/97 and that you will be there. Look forward to hearing from you soon.

Joe Harvey, Director
(Health Education Trust)
Sandra Passmore
Health Education Dietitian
(Health Education Unit)

Joe Harvey is responsible for the development of SNAG (UK), this UK newsletter and, we hope, SNAG (Europe). Sandra Passmore is now managing the Birmingham LEA SNAG initiative (see P7 for further information).

SNAGs can provide many benefits including:

- greater consistency between what is taught in the classroom and what is provided on school premises
 - improving and extending snacking provisions, including breakfast
 - increased uptake of healthier food
 - a quality service to meet the needs of every pupil throughout the school day.
- Our diet has a huge effect on our health - eating habits learnt while young often last a lifetime. SNAGs is a practical route to policy and practice capable of delivering positive change.

I am delighted to see the School Nutrition Action Group (SNAG) initiative growing here in Scotland and throughout the UK. It is essential that we find ways of changing young people's eating habits if we are to ensure that as adults they suffer from fewer diet related diseases and an early death.

I wish the project and this newsletter continued success in developing the networks of local initiatives so essential to bring about national change.



Professor Philip James
Director, Rowett Research
Institute, Aberdeen

This newsletter allows a broad range of views to be expressed here and therefore they are not necessarily the views of SNAG (UK) and its editorial team.

NEWS FROM SNAG GROUPS

No SNAGs with this project

It started with fluoride tablets and developed from there. St Michaels RC Primary School are currently involved with a fluoride study. As a result of which the head teacher decided to examine other aspects of school life which were affecting the dental health of his pupils.

The tuck shop was first to come under the microscope. Run by the pupils themselves crisps, biscuits and luridly coloured sugary pop were best sellers. The pupils decided that it would be more appropriate if the tuck shop sold healthier products. The pop was easy, they simply switched to the sugar free type without telling the consumers and no one complained. A survey was conducted amongst pupils of the school which determined that there was a market for fruit. Cost analyses were carried out and it was projected that profits could still be made even with the more expensive fruit. "Eh Voila" the change was made. Profits continue to be made and children are fed. One or two problems were experienced but none proved insurmountable and as yet fruit is still being sold.

The provision of school meals was next on the list. Ourselves, Cheshire County Council and Halton General Hospital dietetics department worked together with the school and the school cook to produce a child friendly "healthy" menu.

For an initial trial of 6 weeks the school swapped its menu of chips et al for healthier alternatives including salad,

pasta in a variety of forms, rice and fresh fruit salads. Head teacher Paddy Murphy said that the school hoped to show both parents and children that it was possible to eat healthy food and enjoy it. Staff and pupils alike are impressed with the new menu which has proved to be very popular and is being continued.

Possibly the most exciting initiative to arise as a result of all this is the enthusiastic response of parents. Chefs from local hotels and other establishments have agreed to provide cookery demonstrations and lessons for parents and guardians. The lessons and demonstrations will focus on cooking and eating healthily on a budget. Watch this space for further reports!!

Further information from:
Pat Johnson,
Dept of Community Dental Health
Hallwood HC
Hospital Way, Runcorn
Cheshire WA7 2UT
Tel: 01928 714567

Is it a SNAG? - no it's a SNAC or maybe a SNAP?

Cumbria County Council has recently launched its School Nutrition Policy, produced in association with health authorities. To assist in the implementation of the policy, South Cumbria Health Promotion Unit has been successful in gaining funding from the Department of Health and Europe Against Cancer to support the introduction of the policy in pilot secondary schools.

Each school will be encouraged to set up a School Nutrition Action Committee (SNAC) which will identify

appropriate and realistic nutrition action plans.

School Nutrition Action Plans (SNAPs) have been produced to help promote dialogue between the many people involved with food in schools (school catering, pupils, school staff, school nurses, dental, governors).

• SNAP 1 Tuck Shops and Snacks in Schools

Discusses the role of snacks in children's diets and provides suggestions for healthier snacks.

• SNAP 2
Information for Parents
Gives a checklist for healthy eating habits, outlines the value of school meals and gives suggestions for healthy packed lunches and home time snacks. It also suggests how parents can support school nutrition policies.

• SNAP 3
Lunchtime Food and
School Catering
Outlines issues for schools to consider including standards for school meals, marketing healthy food, and the importance of pupil involvement in promoting healthier choices.

• SNAP 4
Nutrition across
the Curriculum
Outline the cross-curricular opportunities for nutrition education and the importance of the hidden curriculum.

For further information contact:
Vivien Prendiville
Food & Health Adviser
Morecambe Bay Health
Promotion
1 Weavers Court
Westmorland General Hospital
Kendal, Cumbria LA9 7RG
Telephone and Fax Number:
01539 721304

St Wilfrid's SNAG

Since I attended the Manchester SNAG Conference in September 1994, I can honestly say there have been changes in St Wilfrid's Comprehensive where food is concerned. Different key

people and pupils have been getting together to try and raise awareness about what is available to eat in our school and how the whole eating experience could be improved. Adults involved included teaching and kitchen staff, members of South of Tyne Health Commission and volunteer pupils, about 30 from 3 year groups. These basically made up our SNAG.

The pupils were interviewed by the Health Commission to identify concerns. These were discussed with kitchen staff and we are now working together towards an improved service. Successes so far have been the introduction of The Big Breakfast which has been very popular and the suggestion by a group of pupils to work jointly towards producing a regular Healthy Eating newsletter. To help them, these pupils worked in the kitchen for a day to give them some ideas.

Plans for future improvement include introducing a Salad Bar and finding different ways to improve the decoration of the dining room which unfortunately doubles as a Sports Hall. The ultimate success would be to provide a purpose built bright new dining room which would ease the morning and lunchtime rush which we have now and give us an environment supportive of sound nutrition, the development of social skills and enjoyment in eating!

For further information contact:
Mrs Eileen Lee, Head of Biology
St Wilfrid's R C Comprehensive
School, Harton Lane
South Shields
Tyne & Wear NE34 0PH
Tel: 0191 4569121
Fax: 0191 4545070

SNAGs can examine all aspects of food and nutrition:

- curriculum - is healthy eating taught?
- provision - are healthier foods being provided?
- pricing - are healthier foods cheaper?
- environment - are healthier foods promoted?

News from North Staffordshire

A secondary school in Stoke on Trent has embraced SNAGs and allowed this community health development worker to meddle with their school dinners. At our first SNAG we agreed to pilot an incentive scheme in the school canteen. Each pupil selected one of the identified healthy options during the week of the promotion and then received an entry ticket - they put their name on this and entered it into the draw. Each week a ticket was drawn and the winner awarded a £10 voucher for the cinema.

At our next SNAG meeting the feedback from students was positive and we agreed to run the promotion again, this time for 3 weeks in October.

We have learnt a few lessons from this!

- 1 Students are reluctant to be completely honest about food in the canteen in front of the cook. Canvassing their honest opinion is something we have yet to manage.
- 2 We have commitment from staff high up in the catering service, however the tight time schedule and poor wages that catering staff in the kitchen receive means that projects like this can be somewhat of an imposition.
- 3 We found that no matter how much publicity we did, it took students about 3 days to get to grips with the promotion.
- 4 The tight budget constraints that the cook has to work within means that she is reluctant to alter the ordering of meals, consequently throughout the promotion most healthy options sold out. We did not have an accurate picture of the extent to which consumption of healthy options could increase.

Five members of the SNAG wish to administer the next promotion themselves - which was an unpredicted, but very welcome, response! Other

developments have sprung from the SNAG group which we will be looking into in the school year 95/96. As far as I am aware, this is the only SNAG in Stoke on Trent.

For further information contact:
Louise Morpeth
Chell Ward Community Health
Development Co-ordinator
Directorate of Health Promotion
Herbert Minton Building
79 London Road, Stoke
Stoke on Trent ST4 7PZ
Tel: 01782 744444
Fax: 01782 745056

The Knowsley Schools Nutrition Action Groups Projects

Knowsley, an area on the outskirts of Liverpool, demonstrating a wide range of social and economic variables was chosen as a suitable site for SNAGs.

The SNAGs project was launched on the 5th July at the Knowsley Teachers Training Centre in partnership with Dental Health Promotion Unit of the St. Helens and Knowsley Community Health (NHS) Trust. Suppliers of healthier snacks listed in a new directory produced by the Dental Health Promotion unit exhibited samples. Ruth Gibbons, Regional Home Economist from the Meat and Livestock Commission provided an eye-catching display together with resources for use in schools. Contact Services (the supplier of school meals) displayed pictures of their attractive school meals menus and had in attendance their entrant of the School Cook



of the Year Award. On hand were Health Promotion Officers from the Local Authority and Health Authority together with the Teachers Adviser to give details of SNAGs. School Cooks, Nurses and Governors along with teachers from all the Knowsley Schools were invited to attend the launch. From the schools expressing interest in SNAGs five have been selected to be part of the pilot programme. Work begins in earnest in September with a specialist SNAGs Adviser designated for each of the schools. We will keep you posted on our progress.

For further information contact:
Maureen McEvoy (Senior Health Promotion Officer)
Health Promotion Unit
Prescot Clinic, Prescot
Merseyside L34 1LN
Tel: 0151 4268031
Fax: 0151 4268017



SNAGs in Bradford

Bradford Hospitals NHS Trust and Bradford Education are about to get set with a SNAGs.

Locally we call ourselves "Healthy Eating for Kids!" (HEK!) and it all began with a call from an unsuspecting Head teacher to the Dietitians. The Head teacher wanted some input on Healthy Eating in his school.

This development into a SNAGs, sorry HEK! by a process of discussions with the Head teacher, Food Technology Teacher, School Cook, and a representative from Bradmet Catering who have the school meals contract. The children willingly got involved through a series of meetings with representatives from all the year groups (9-13yrs). We now are a core group of Teachers, Cook, Dietitian, Pupils and hope to include Parents and Governors. Our aim is to improve healthy food choices in school. This is what the children wanted. Even the name is their idea. What the HEK!

For further information contact:
Deborah Wyles
Community Dietitian
St Lukes Hospital
Bradford BD5 0NA
Tel: 01274 365221

MLC AND SNAG

MLC's commitment to School Nutrition - from the classroom to the table

MLC remains committed to supporting the SNAG initiative through sponsoring production of this termly newsletter, a vital tool for continuing communication and support for the increasing network of SNAG groups.

Nutritionally it makes sense to attract more pupils back to school meals. Lean beef, pork and lamb, served in a variety of ways within a balanced school meal is one way of ensuring children benefit from a good, wholesome diet. But healthy meals must also be attractive and tempting, which is why British Meat Catering used the Egon Ronay chefs of the year, Shaun Hill and Paul Heathcoat, to devise a range of innovative lean red meat recipes for children to enjoy. These recipes, produced to fixed nutritional and cost parameters, appear in

British Meat's 'The New School Lunch Collection' leaflet.

Competitions with school cooks and pupils, designed to incorporate healthy dishes into the school menu, have now taken place with 22 regions. These activities have noticeably increased the uptake of school meals by pupils. Furthermore, the associated local publicity has helped to raise awareness of parents - something else which is highlighted as important by SNAG.

The National British Meat School Cook of the Year competition, run in association with the Local Authority Catering Association (LACA) and to be announced in November, is also focussing attention on the importance of nutritionally sound school meals, which are also attractive to today's youngsters.

MLC also provides resources for use by teachers, designed in accordance with the Food Technology curriculum. A new resource is in preparation designed specifically for teaching the basic principles of good eating habits using the school meals scenario as the basis of pupil case study work. This encompasses the SNAG principle of involving parents, pupils, teaching staff, health professionals and caterers.

For further information on MLC activities with schools contact: The Nutrition and Dietetic Department, Meat and Livestock Commission PO Box 44 Winterhill House Snowdon Drive Milton Keynes MK6 1AX Tel: 01908 677577



Shaun Hill

A note from the Department of Health Nutrition guidance for school food providers

The food offered to children at school is regarded as a priority subject for action by the Government's Nutrition Task Force (NTF). The Task Force was set up to develop a co-ordinated programme of action to achieve the dietary targets set by the "Health of the Nation" White Paper. These targets centre on reducing people's dietary intake of fats and reducing levels of obesity and are set within the wider context of a balanced diet. Together with other contributory factors, such as smoking, they are placed within the White Paper's Key Area aimed at reducing the incidence of Coronary Heart Disease and Stroke.

"Eat Well!", the NTF's action plan, published in April 1994, included a recommendation to set up a project team to draw up practical and easy to implement nutritional guidance for school food providers. This is to be based on the technical information provided by the Caroline Walker Trust's nutritional guidelines. The members of this project team, drawn

from those with an interest and direct involvement in school food, have been meeting over the past year. Two documents are being developed: both aim to make it easier for schools and their caterers to provide catering that can help improve young people's diets. They will:

- stress the importance of a whole school approach and the role of those who influence policy - such as head teachers, school governors, bursars and Local Education authorities.
- provide practically based guidance mainly for caterers, client officers and contract managers.

The documents being developed will be the subject of a consultation exercise prior to publication later this financial year.

For further information contact:
Carl Evans
Department of Health
Room 652C Skipton House
London Road
London SE1 6LW
Tel: 0171 972 5101



BBC Master Chef Gerry Goldwyre and
Gastronaut during British Meat's
Healthy Eating Campaign

The School Meals Assessment Pack (SMAP) - giving thought to food

Few people are surprised any longer at the poor eating habits of children today. Chips, crisps and cakes seem to form the basis of the diets of so many. But how can children be encouraged to give thought to whether they are eating food essential for healthy development?

In November 1995, the National Heart Forum will be launching SMAP - the School Meals Assessment Pack - for use by not only the consumers of school meals but also the providers. This unique computer program and users pack aims to get pupils and caterers working together to design healthy school meals.

Using SMAP to design healthy school meals

Over 4 million school lunches are served every term-time day, providing their consumers with up to one third of their daily energy requirements. SMAP will enable pupils and caterers to understand the nutritional content of these school meals, and to work towards improving them where necessary.

Using dietary guidelines developed by the Caroline Walker Trust, SMAP will analyse the school meals of secondary school pupils aged 11-16 years. It has been designed with the wide range of dishes now available in secondary schools in mind, including those of the cash cafeteria system and will assess either a whole week's menus or a selection of meals.

Each part of a meal - main course, vegetables and pudding - is assessed for 11 nutrients essential for a balanced diet, including saturated fat, protein and vitamin C, with the results displayed in bar-chart form. Spotting those areas where meals fall down is easy - the smiles on the SMAP symbols' faces disappear. By following the tips in the users' guides, dishes can be modified to make meals healthier, menus

redesigned accordingly and the smiles reappear!

One beauty of SMAP is that it requires no computer or nutritional expertise to operate. Another is that it acknowledges that the responsibility for healthy eating does not lie solely with the caterer. Children have to be educated away from unhealthy eating and towards a balanced diet. That's why the National Heart Forum has produced separate SMAP packs for caterers and pupils. Caterers will be able to use SMAP to assess and promote their school meals service, while in the classroom SMAP can be used to teach children about nutrition and steer them towards becoming more discerning food consumers.

Clearly, schools have a role to play in shaping the eating habits of our future citizens. As such they are certainly an environment where food should be given thought - SMAP is one way they can accomplish this.

About SMAP

The School Meals Assessment Pack has been developed by the National Heart Forum with funding from the Health Education Authority and the British Heart Foundation. The SMAP computer program will run on IBM COMPAQ, Amstrad, NIMBUS 286 and other IBM compatible computers.

SMAP will be launched in November 1995 and will be available nationally from that date, price £40 excluding postage and packaging.

For further information contact:
Jenni White
National Heart Forum
Hamilton House
Mabledon Place
London WC1H 9TX

THE SCHOOL MEALS ASSESSMENT PACK



School Meals Assessment Pack

After the SNAG Seminars . . . (what's happening now?)

Over the past year SNAG seminars have been held in Birmingham, Glasgow, Bristol, Manchester, Cardiff and Milton Keynes with further seminars or workshops organised by local health, education and catering organisations in Newcastle, Aberdeen, Belfast and Norfolk! Over 1,800 health professionals, teachers, dietitians and caterers have now attended SNAG seminars and 4,400 SNAG booklets have been distributed. After the seminars 34% of you said you intended to set up SNAGs in your area. A few months ago we wrote to each seminar delegate asking you how far you had got!

16% of you had already set up a SNAG, a further 17% were at the planning stage, and 45% said they had talked to colleagues about SNAGs. That was then, tell us about now!

95% of you read the SNAG guide and 96% of those said they had found it either useful or very useful.

You also told us about the problems or difficulties you had, or expected to have, in setting up a SNAG in your area:

TICKED ✓ YES (%)

Time Constraints	70
Financial Constraints	39
Red Tape	10
Lone Voice	7
Lack of confidence	3
Lack of knowledge	4
Individuals/groups unwilling to change	27
Other problems	14

Does this sound familiar? This newsletter, the SNAG advice-line and the local support service (see details on page 8) are our response to your requests. Thank you everyone who responded - and now you have the hot-line please keep in touch!

SNAG Advice Line: 01789 773915

Survey undertaken by Nick Lawrence, Birmingham LEA Health Education Unit

THE NATIONAL FOOD ALLIANCE

The National Food Alliance

The National Food Alliance (NFA) has long been concerned about the diets of children in and out of school, and decided to put this high on its agenda back in 1993 when the NFA Get Cooking! project was launched with funding from the Department of Health.

It was clear to the NFA that cooking skills among children were in decline for many reasons - not least the removal of Home Economics from the National Curriculum. Our fears were confirmed by the results of a specially commissioned MORI poll which found that when comparing cooking with other skills, 93% of young people between the ages of 7 and 15 know how to play computer games, 77% can use a CD or music centre, 61% can



programme a video to record something from the TV, but only 54% could bake a cake and a mere 38% knew how to cook a jacket potato in the oven!

The Get Cooking! project developed an activity pack providing all sorts of practical information for anyone interested in setting up a cooking club for youngsters - ranging from the importance of

food and cooking, hygiene and safety tips and equipment requirements, to 20 easy recipes. The project is still running today with around 100 active cooking clubs, a regular newsletter to keep people in touch with each other and occasional regional meetings to stimulate new groups and exchange information.

But the NFA is under no illusion that teaching the youth of today to cook will, by itself, transform children's food habits. Many other factors contribute to the fatty, sugary diet eaten by most children: Lack of nutritional guidelines for school meals gives contract caterers and Local Authority caterers licence to provide food of poor nutritional quality; a vast number of high fat and/or high sugar drinks and snacks on the market are targeted specifically at children - advertisers and marketeers vigorously promote these products to children; the high volume of fast food outlets; many families surviving on low incomes cannot afford healthy food for their children.

So, as well as Get Cooking!, the NFA is co-ordinating various other projects which tackle some of these problems. The advertising project, also launched in 1993, kicked off with the publication Children: Advertisers Dream. Nutrition Nightmare?. Endorsed by around 50 national organisations ranging from the Institute of Trading Standards Administration to the British Heart Foundation, the report analysed the volume of high fat/high sugar foods advertised directly to children, assessed the impact food advertising to children has on their diet and called for changes in the regulatory framework controlling advertising standards. The project goes

from strength to strength and has not only succeeded in getting the issue of food advertising high on the political agenda via the Government's Nutrition Task Force but has also brought the issue to national attention through wide media coverage.

More recently the NFA launched its Food and Low Income project. Its first publication, Food and Low Income: A practical guide for advisors and supporters working with families and young people on low incomes, was closely followed by a series of very well attended regional conferences and a conference report. Both the publication and the conferences confirmed that the health of low income groups is significantly and adversely affected by the poorer diet they eat, and that this may even increase the risk of disease in their future children.

Through projects such as these, the NFA is determined that the diet and health of our children will improve. The National Food Alliance is a UK association of some 60 national voluntary, professional, health, consumer and public interest organisations. It was founded in 1985 to educate the public in, and to carry out research into all aspects of food and agriculture policy. The purpose is to improve public health and increase knowledge and appreciation of the way in which food is produced and distributed, and the effects this can have on human health and on the environment on which humans depend.

For more information on the NFA's work and publications contact:
Peta Cottee (Deputy Co-ordinator)
National Food Alliance
5-11 Worship Street
London EC2A 2BH
Tel: 0171 628 2442
Fax: 0171 628 9329



Do you share HET's commitment to encouraging healthy eating amongst young people?

Would you like to bring your product and services to the attention of catering, education and health service professionals in a healthy eating project supported by more than 20 leading national professional and Government bodies?

Then why not advertise in this newsletter?

Telephone 01789 773915 for information.

Birmingham Launches Major School Nutrition Project

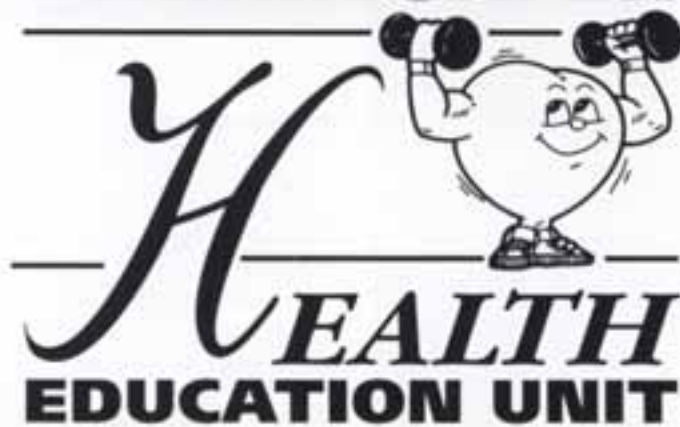
Birmingham is the birthplace of School Nutrition Action Groups and together with colleagues within catering, education and health we have seen the concept grow from a group of interested professionals to a major city wide project.

We will be having a regular Birmingham Page in this newsletter to let you know how we are progressing and to exchange ideas with other areas of the country.

will bring together my experience as a Community Dietitian and co-author of the SNAGs policy document with Phil's experience in school-based health promotion.

Funding for the project has come from West Midlands Health under a Community Action Team initiative supported by Birmingham Education Department and Northern Birmingham Community Health Trust.

BIRMINGHAM



Background

Collaborative work within Birmingham started over seven years ago when an alliance between the Health Education Unit, Birmingham school caterers and Community Dietitians explored different ways of motivating young people to move towards a healthier diet. The experience of various pilot schemes led to the development of School Nutrition Action Groups.

Following the success of the pilot schemes the Health Education Unit was able to secure £170,000 funding for a major growth of School Nutrition Action Groups in Birmingham secondary schools over the next two years. The funding has enabled the Health Education Unit to employ a Health Education Dietitian (myself) and a Health Education Co-ordinator (Phil Barnett). This

The Launch

Professor Tim Brighouse, Chief Education Officer for Birmingham, said when launching the Birmingham School Nutrition Action Group project. "There are considerable benefits to schools from involvement with this project, not least because it links with school improvement strategies in the sense that it involves pupils in a leadership role. So I hope you will see this as an opportunity to take, rather than yet another initiative." The launch on September 8th 1995 attracted a lot of media coverage from local press, four local radio stations and local TV and was attended by key Education, Health and Catering managers. So far the positive response from these managers as well as schools, Community dietitians and school nurses bodes well for the future.



The Project

The Birmingham School Nutrition Action Group project is designed so that schools joining the scheme can expect:

- training and advice for school managers and teachers
- an opportunity for the school to bid a share of £20,000 grant funding to help develop its own school food policy
- survey data on the eating habits and attitudes of pupils within their school

tuckshop and vending machine sales. Birmingham University Psychology Department has been enlisted to help us decide how to measure attitudes to food and drink in school. For further details contact Sandra Passmore
Tel: 0121 428 2262
Fax: 0121 428 2353

Evaluation

The project will be carefully evaluated to show what health 'gain' has occurred amongst young people and what health or education lessons may be learnt by schools. This evaluation is being conducted with the co-operation and support of Citiserve who will examine changes in food purchasing patterns of school children at lunchtime. Schools will also be asked to supply details of



The successful launch of the Birmingham Schools Nutrition Action Group project
Left to right: Kathleen Jakeman, Constituency Services Manager, Northern Birmingham Community Trust, Sandra Passmore, Health Education Dietitian, Education Department, Nick Lawrence, Health Education Unit Manager, Education Department, Professor Tim Brighouse, Chief Education Officer, Dr Steven Nepaulsingh, Headmaster, Handsworth Wood Girls School



NOTICE BOARD

The School Meals Campaign

Launched in 1992, the School Meals Campaign brings together an alliance of over 50 national non-governmental organisations and illustrates the consensus of concern about school meals and the diets of British schoolchildren. The Campaign has already published a number of texts:-



School Meals: Take Action!
School Meals Campaign 92

The Nutritional Case for School Meals (Joanne White, Issy Cole-Hamilton, and Susan Dibb)
School Meals Campaign -
Priced £2.50

Healthy School Food
A guide for school governors and school boards
School Meals Campaign 1994
Priced £2.50

For details on how to obtain a copy of any of the above booklets please write to:
Jenni White, School Meals Campaign, PO Box 402 London WC1H 9TZ

Please, please fill in and return the SMC questionnaire enclosed with this newsletter about any projects aiming to encourage healthy eating at school.

Nutrition and Schoolchildren Seminars

SNAGs are on the agenda at a series of seminars organised by the National Dairy Council in conjunction with the BDA, the RCN and NATHE. Venues and dates are: Wakefield - 29th November, London - 24th January and Peterborough - 28th March. The delegate fee for the day, inclusive of lunch, is £22.50.

For more details contact:
Kelly Boughen at the NDC
5/7 John Princes Street
London W1M 0AP
on 0171 499 7822

Thank you for all

your contributions and calls. I'm sorry we couldn't use them all. No resting on your laurels, deadline for the next newsletter is January 7th 1996 now get your pens/wordprocessors busy. I know there is exciting work in Scotland and Northern Ireland, let's hear about it for the winter term newsletter.

Guidance notes for contributors

- Please supply
- Articles: 200/250 words
Noticeboard: 50/75 words
 - A typed hard copy with name, title, address, tel/fax numbers as appropriate.
 - A copy on disk (Wordperfect, Word or ASCII format)
- For the disk copy please keep material in basic type face and avoid bold or underlining to save editing time this end. If you want your disc returned please print your name and address on it.

Please send all articles to:
Joe Harvey,
The Health Education Trust,
18 High Street, Broom, Alcester
Warks, B50 4HJ

JOIN THE SNAGS NETWORK (FREE OF CHARGE!)

The School Nutrition Action Group (SNAG) concept is a policy tool designed to help teachers, caterers, school managers, parents and children to work together in improving the provision of healthy food and nutrition education in schools.

Membership of the SNAG NETWORK is free, please telephone our ADVICE-LINE if you would like to be included on our mailing list (but aren't already!)

NETWORK Membership entitles you to:

- a free termly SNAG NEWSLETTER
- Free TELEPHONE ADVICE
- Presentations, workshops and advice are also available for your SNAG group from experienced health, education and dietetics consultants.

Please telephone the advice line for more details.

Further copies of the SNAG guide are available at £9.50 (inc. p&p) each.

Please telephone the SNAG ADVICE-LINE on 01789 773915 or write to SNAG, 18 High Street, Broom Alcester, Warks. B50 4HJ for more information.

Wanted:

- Suppliers of competitively priced low calorie squashes and no added sugar fruit juices in tetrapacks or similar.
- Suggestions for chilling drinks at low costs.

Please contact:
Hazel Riggall
Community Dietitian
Sandwell Healthcare NHS trust
Victoria Health Centre
5 Suffrage Street
Smethwick, Warley
West Midlands B66 3PZ

Diet and health in school age children'

This paper has been prepared on behalf of the HEA by Dr Anne Coles and Dr Sheila Turner of the Institute of Education, University of London, and looks at the importance of diet in childhood and at the factors which influence children's eating habits.

It explores the ways in which children learn about diet and health in school, from both the taught and hidden curriculum, and raises issues which may be useful discussion points for those working to promote a healthy diet in schools. The nutrition briefing papers are designed to support a range of health professionals in their work. Other titles in the series include Dietary fats, Diet and cancer and Nutrition in minority ethnic groups.

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