

# NEWSLETTER

A TERMLY PUBLICATION ABOUT ALL THINGS FOOD & NUTRITION!



Spring 2020

# Welcome to the next edition of your Eat Smart Sheffield newsletter!

Over the last few months, we have been doing some amazing work with schools across the city to encourage our children and their families to 'eat smart', and learn more about growing, cooking and enjoying good healthy food.

## Here is a snapshot of what we have done

- Supported schools in working towards their Food for Life Bronze Award
- Delivered two training sessions ('Cooking Confidently in the Classroom' and 'Plot to Pot Growing') for staff from our 15 targeted support schools
- Helped to launch Sheffield City Council's new public health initiative 'Sheffield is Sweet Enough'
- Held presentations on the Eat Smart Sheffield programme to a variety of audiences including Head Teachers, Governors, and university students
- Shared healthy eating ideas, resources & activities on Twitter to our 650+ followers

And despite the current Covid-19 situation, we are here to support you in any way we can in terms of a whole school approach to food and nutrition and will be continuing with our programme.

**Read on to find out more...**

## FOOD FOR LIFE



As you'll be aware, we are working very closely with Food for Life and are actively encouraging schools to sign up for their schools' packages. So far, 10 schools in Sheffield have enrolled for the Membership Package with a further 20 signing up for the Awards Package, and thus working towards their Food for Life Bronze Award which is fantastic!

Could your school be the next to start their Food for Life journey? Read on to find out how...

## BECOME A FOOD FOR LIFE MEMBER – FOR FREE!

As part of the Eat Smart Sheffield programme, all schools can sign up for the Food for Life Schools Membership Package FREE of charge! \*

This gives you online access to a range of Food for Life resources including information on cooks and catering, school meals, food education and school-appropriate recipes. You also get your own portal giving you access to personalised membership of the online community where you can share learning and good practice with other schools locally and nationally. In addition, you will have your very own blog so you can let everyone know about the great work you've been doing and celebrate your successes – and there is even a monthly prize for the best blog!

So sign up now (it literally takes 3 minutes!) – Here's how:

1. Go to the Food for Life website: <https://www.foodforlife.org.uk/>
2. Click on 'ENROL NOW' (top right corner)
3. Click on Schools 'Enrol now!'
4. Select 'Membership Package'
5. Add in your details as required (*you will need your school's unique reference number (URN) for this*)
6. In the 'Where did you hear about us' section, select 'Other (please specify)' and put 'Eat Smart Sheffield'

7. When the payment page comes up, put in this discount code: **SHEFF100SCHMEM19** (*Ensure you click 'Apply Discount' – payment total should be £0.00*)
8. Once you've added all the details, submit! You're all signed up!

## FOOD FOR LIFE AWARDS PACKAGE

Food for Life also offer an additional package which gives access to a wider range of resources and allows you to join their Schools Awards Scheme so you can work towards achieving Food for Life awards.

A Food for Life Schools Award is a great way to demonstrate that your school is doing fantastic work to provide healthy school meals, great lunchtimes and food education that has a positive impact on pupils, their families and the wider community. Making such a positive contribution to pupil health and wellbeing, many schools have reported a clear impact on their Ofsted report in terms of pupils' personal development and wellbeing, as well additional benefits including improved concentration, behaviour, attendance and attainment.

Each of our 15 targeted support schools get a FREE upgrade to the Awards Package (*usual cost = £199*) and as part of our offer to you, all schools can upgrade from the Membership Package to the Awards Package for just £95 (*a saving of over £100!*).

For more information on the Awards Package, visit the Food for Life website: <https://www.foodforlife.org.uk/>

And if you'd like to sign up for the Awards Package, please contact Lisa Aldwinckle, Programme Manager for Eat Smart Sheffield in the first instance: [lisa.aldwinckle@learnsheffield.co.uk](mailto:lisa.aldwinckle@learnsheffield.co.uk)



# FOOD FOR LIFE GET TOGETHERS



Food for Life 'Get Togethers' use the power of good food to connect people of all ages through growing, cooking and eating together. With a focus on intergenerational events, they can be used to help improve a number of health and social factors including food choices, social isolation and community cohesion.

Working together, one such 'Get Together' was held over the February half term at one of our targeted support schools. As you will see from the following case study, it was a huge success....

## Cook & Eat Sessions at Phillimore Community Primary School



*Pre-event Team Meeting*

February 2020 half term was a holiday with a difference for Phillimore. Instead of closing the school gates, we invited local families into school to prepare and cook shared lunches together. The deputy head Alison Blakemore and teacher (and Eat Smart Sheffield lead at Phillimore) Jo Searle devised a programme which would be less didactic and more an experience for different generations of the same family to share good food. Preparation started weeks before half term by sending out invitations, selecting recipes, gathering equipment and finally buying ingredients with a 'Food For Life' grant awarded for our 'Get Togethers'.



*Phillimore Market Place*



*Never too young to start*

On both days, families were welcomed into the dining hall which resembled a scene from the BBC's 'Master Chef' market stocked with a range of fresh, healthy ingredients. After an introduction which included reminders about food hygiene, awareness of allergies and some top tips on knife safety for children, each family was allocated a cooking base with a table top multi cooker and one of four recipes to cook from

scratch. Adults and children queued up to wash hands and then donning aprons were ready for action.

We hosted a wonderful intergenerational mix with grandparents/grandchildren; parents/children; cousins/nephews /nieces; carers/brothers/sisters and soon an

air of concentration and co-operation descended on the hall resulting in delicious smells and exciting looking dishes. By midday, the children had set the table and everyone

“ I enjoyed the event because we cooked with the children. I liked making different food, which I haven't tried before.



*Networking and making new friends*

including all staff supporting the venture and a few extras who were in school working, sat down together to enjoy lunch with a really positive communal feeling.

The outcomes were many, various and in some case surprising. The event had brought together local members of the community with a single positive purpose of a shared food experience. Children were observed trying food normally rejected and enjoying learning with their family adults. We had support not just from school staff, but also from the 'Food For Life' team and from

'Eat Smart Sheffield'. Some Sheffield Hallam University 'Public Health' and 'Nutrition' students on placement at the school, a member of 'Darnall Health and Wellbeing' and a visiting teacher from the Isle of Man also joined us.

“ I enjoyed spending quality time with my granddaughter. I liked all the sitting together to share the food. ”



Cooking and eating together created many opportunities for networking and establishing new contacts which will lead to future projects around healthy food.

Local parents and carers have been invited on to our newly created SNAG (School Nutrition Action Group) to look at school food in its widest remit.



“ I really enjoyed today and definitely would come again. It was good fun and it was nice not to think of school as a place where you just sit and do learning. ”

Our original intention was to ensure our pupils and their families had a new and positive experience with healthy food during the holidays.

The workshops turned into some of the most rewarding ventures the school has undertaken which will have long lasting impact. When circumstances next allow, we will certainly look at repeating and extending the initiative.

If you would like to hold your own 'Get Together' (once the current pandemic is over and it is safe to do so) or would like more information, please check out the Food for Life website:

<https://www.foodforlife.org.uk/get-togethers>



*The community sharing*

## EAT SMART SHEFFIELD CONFERENCE

The Eat Smart Sheffield Conference which was due to take place on 21st May 2020 has unfortunately had to be cancelled due to the current Covid-19 situation. Although a new date has not been finalised just yet, the conference will be rescheduled and will go ahead in 2021. Watch this space for further details...



## FREE RESOURCES – COOKING & GROWING ACTIVITIES

There are loads of resources to support parents and carers whilst the children are off school. However, we're aware that there are so many that it can be a little overwhelming – so we've put together a list of our favourite cooking and growing activities and resources!

- <https://www.foodafactoflife.org.uk/>

The 'Food a Fact of Life' website is a great resource. There are free recipes, activity packs and educational resources about food and healthy eating for all age groups! Whether you want to get your children cooking or teach them about where food comes – it covers a massive range of topics.

- <http://www.greatgrubclub.com/funny-face-pizzas#.XphVU8hKjIW>

The 'Great Grub Club' section of the World Cancer Research Fund website is full of growing and cooking activities aimed at younger children. Our favourite cooking activity is healthy 'funny face pizzas' on pitta bread! Here is the link to the recipe and the rest of their resources.

- <https://www.gardenersworld.com/how-to/grow-plants/coronavirus-how-to-garden-without-a-garden/>

This article from 'Gardeners World' has loads of tips on how you can get growing vegetables and fresh herbs without actually having a garden. Grow beansprouts in a jar, or grow your own peppers and chillies to use whilst you're cooking!

- <https://www.nhs.uk/change4life/activities/indoor-activities>

Why not try the Disney themed '10-minute shake up' on the Change4Life website? It's aimed at getting children active whilst still indoors. There's also loads of great healthy recipes and food facts!

## EAT SMART SHEFFIELD STUDENT PLACEMENTS



Sheffield  
Hallam  
University

With the aim of helping our schools on their journey to eating smart, we have been working with Sheffield Hallam University and have had a number of students doing placements in our targeted support schools. Despite the placements being cut short due to the ongoing situation with Covid-19, the students still managed to achieve some great things – and here are just a few examples:

At **Emmaus Catholic & C of E Primary School**, the students did some inspiring growing sessions with the children, planting beans and potatoes. The children – from nursery through to year 6 – learnt about what plants need to be able to grow properly and discussed what could be done with vegetables once they been harvested. The students also developed and conducted a survey asking the pupils their opinions on school meals, the results of which will be used to improve the school food offer.

The students at **Stradbroke Primary School** did a range of activities to help support the STEM event which they managed to hold just before schools closed. These activities included bread making with Year 4 pupils and curry making (& tasting!) with the Year 6s. The students also ran some sessions on healthy eating, with a focus on fruit, as well as a sugar awareness activity with children in Reception and Year 1.

The students at **Netherthorpe Primary School** did a cooking session with some of the children, whilst the students at **Sheffield Park Academy** supported in cooking lessons and practicals.

Finally (though this is not an exhaustive list!), the students at **Firth Park Academy** did cooking and baking sessions, including baking healthy alternatives to flapjacks with the School Nutrition Action Group (SNAG). They also did an amusing interactive session on what a balanced diet looks like – apparently involving a rubbery banana...!?!)

Well done to everyone who was involved in making these placements a huge success and thank you to the Sheffield Hallam University students for their fantastic work!





## SHEFFIELD IS SWEET ENOUGH!



As you may be aware, 'Sheffield is Sweet Enough' is a public health initiative which was launched in February by Sheffield City Council with the aim of reducing tooth decay and obesity levels in the city.

The initiative is designed to help us understand how much is too much when it comes to sugar, what the recommended daily limits are for all ages, and how much sugar is contained in some popular food and drinks (you'd be surprised!).

During such difficult times we understand the struggles families are facing including potentially having children at home all day and with this, the temptation to reach for high sugar snacks (something we're all guilty of sometimes!).

The dedicated website – [www.sheffieldissweetenough.org](http://www.sheffieldissweetenough.org) – is full of helpful information including education resources which can be downloaded and used to assist home learning. Access is free and easy, simply:

Go to the website, click 'Make a pledge' > 'My school is sweet enough' > click the pledges and submit information > downloadable documents will appear.

We want to help you get the facts about sugar to keep you, your family and everyone in Sheffield healthy. After all, Sheffield is sweet enough!

Please also follow us on:

Twitter [@sweetenoughshef](https://twitter.com/sweetenoughshef)

Facebook [@sheffieldssweetenough](https://www.facebook.com/sheffieldssweetenough)

Instagram [@sheffieldissweetenough](https://www.instagram.com/sheffieldissweetenough)



## FOR FURTHER INFORMATION

Feel free to contact us any time for more information, ideas or suggestions, and look out for news and updates...

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[www.learnsheffield.co.uk/eatsmartsheffield](http://www.learnsheffield.co.uk/eatsmartsheffield)

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