

# NEWSLETTER

A TERMLY PUBLICATION ABOUT ALL THINGS FOOD & NUTRITION!



Summer 2020

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

Despite the COVID-19 pandemic and the challenging times we have been experiencing, we have continued to deliver the Eat Smart Sheffield programme, helping to ensure our pupils, their families and the wider community benefit from learning more about growing, cooking and enjoying good, healthy food!

## Here is a snapshot of what we've been up to over the last couple of months:

- Produced a 'Feed Your Family for Less' resource pack
- Helped 2 of our schools achieve their Food for Life Bronze Award
- Linked up with local initiatives including 'Let's Cook' & 'Bags of Taste'
- Contributed to the 'Sheffield Learning Together' supplement for The Star
- Increased social media presence - you'll now find us on Facebook & Instagram. Plus we have over 1000 followers on Twitter!
- Continued to work closely with Sheffield Hallam University Food & Nutrition Department
- Started work on identifying the next batch of Eat Smart Sheffield Targeted Support Schools

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



## FOOD FOR LIFE BRONZE AWARD SUCCESS

Eat Smart Sheffield work in partnership with Food for Life (FFL), a Soil Association programme committed to transforming food culture.



FFL has a network of over 4,500 schools across England, and supports them to provide fresh, well-sourced and nutritious meals and improve their overall lunchtime experience. It helps children, adults and teachers understand the importance of good nutrition and where their food comes from through practical cooking and growing activities and farm visits.

FFL was the first choice as a key partner for Eat Smart Sheffield, working together to help Sheffield make lasting and sustainable changes to the way we think about food, our environment and our health.

Since September 2019, over 50 schools across the city have actively engaged with the programme – and we are thrilled that both **St Theresa’s Catholic Primary School and Phillimore Community Primary School** are part of this, recently achieving their FFL Bronze Award!

“ I liked it when we grew those peas.

*Year 2 pupil*

Amongst other good practice relating to a good school food culture, **Food for Life Bronze** awarded schools serve seasonal school meals that are at least 75% freshly prepared by a well-trained school cook. Pupils and parents are involved in planning improvements to school menus and the dining experience via a school nutrition action group (SNAG), boosting school meal take-up. Every pupil has the opportunity to visit a farm during his or her time at school, and opportunities are given for cooking and food growing activity.

“ I liked finding out where certain fruits came from and how they travelled from one country to another to get into our shops.

*Year 5 pupil*

Jeanne Windle, from St Theresa’s Catholic Primary School – the first to achieve their award (and in record time!), said:

‘I would thoroughly recommend getting involved with the Eat Smart Sheffield programme and the Food for Life Schools Award scheme. We were able to plan and achieve the criteria at our own pace, discovering and learning as we went along. By the time we achieved Food for Life Bronze Award, reaching our goal, our pupils and the school as a whole had become much more aware of the impact of good food on health and wellbeing.

Food for Life helped our children discover and learn about the food we eat and

specifically, what helps our bodies, what doesn't and why. We made the activities fun whilst educational, and we particularly liked the 'hands on' aspects such as growing and baking, which our student placements helped us with.

The project has certainly had a positive impact on our school.

"In May 2020, we were thrilled to receive the Food for Life Bronze Award. Food for Life provides a comprehensive online package to support and enable schools to reflect on food in its widest remit, including school dinners, the lunchtime experience, Food Education, etc.

The guidance provides advice on how and where changes need to be made. This includes boosting awareness of expectations placed on schools regarding food.

The application form for an award is straightforward and even during lockdown, phone advice was always available and supportive. "

## **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 SCHOOLS AWARDS PACKAGE

Want to follow in the footsteps of St Theresa's and Phillimore? Then why not consider the Awards Package?

Each of the Eat Smart Sheffield 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)

## 'FEED YOUR FAMILY FOR LESS' RESOURCE PACK



Eat Smart Sheffield, Live Lighter and Sheffield is Sweet Enough have worked together to create a 'Feed Your Family for Less' resource pack.

This 28-page document contains a selection of low cost, healthy recipes, sugar swap & save ideas, a budget cooking factsheet as well as signposting information for additional recipes and healthy eating tips.

Please share this with your pupils, families and wider community.

You can download it for free via the Eat Smart Sheffield website here: <https://www.learnsheffield.co.uk/Partners/Eat-Smart-Sheffield/Resources>

# EAT SMART SHEFFIELD STUDENT PLACEMENT

By Guest Contributor Alicia Woodhouse

Sheffield  
Hallam  
University

My name is Alicia and I am a nutrition student at Sheffield Hallam University. We recently took part in placements for one of our modules that developed our knowledge of nutrition in a professional aspect, including schools in the local area. My placement was with Eat Smart Sheffield – a programme set up to help tackle the rising obesity and poor oral health issues in children in Sheffield.



I was allocated a placement at Arbourthorne Community Primary School. Initially my placement partner and I were curious as to what we could do that would have an impact on the whole community's nutritional knowledge, but we were amazed when we arrived!

This school is truly dedicated to not only helping the children understand healthy eating, but their families too. The school were already running

programmes all about food and nutrition, including cooking courses for parents and children. However, the gem of the school was their amazing 'Red Robin House'. This is an actual house on school grounds, originally a care-takers house, that the children were taken to for lessons on home life skills and cooking. I was lost for words when I entered, the children were learning life skills and how to cook, by year 6 they were all able to make a sponge cake and change their own bedding! It was at this point I realised how lucky these children were to have this modern facility within their school grounds. We also ran a couple of sessions with the children here, making healthier versions of foods they would regularly have. The children really engaged with it and took their recipes home to share with their families.

“ This school is truly dedicated to not only helping the children understand healthy eating, but their families too.

Red Robin House was not the only success of the school, they also hold a community fridge event twice a week! This community fridge is run by staff





and volunteers who take any surplus food donated by local shops and allow the community to come and get anything they may need, completely free of charge. Alongside this they also hold a family feast night every second Wednesday, where

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

families could come and spend time together. There are toys and games to play before a hot meal is served to them completely free of charge! I thought this was a lovely idea as parents could

join their children in the school and enjoy some healthy hot food together. When I joined the team, I realised how hard the staff and volunteers work to get the food prepared for all the people who come every week!



Due to the Covid-19 outbreak, our placements unfortunately had to be cancelled but I continued to help the school with some baking tutorial videos and some work sheets for all year groups. The school have also been holding lots of online cooking and nutrition sessions that the families have been getting involved in, proving that nothing will stop them supporting their community!

Overall, the school is a fantastic example of an Eat Smart

Sheffield school. They put a huge amount of effort into teaching the local families how to eat healthily and they do so much for their community. The school, staff, pupils and volunteers should be really proud of what they have achieved, and I will truly miss being a part of the team!



## 'SHEFFIELD LEARNING TOGETHER' SUPPLEMENT



You may have seen that Learn Sheffield have been working with The Star newspaper and key partners from across the city to produce a weekly home learning supplement. 'Sheffield Learning Together' has been going out in the newspaper every Thursday since May, and is also available to download from our website. Thanks to generous sponsorship, it has also been distributed to thousands of families free of charge by a network of schools and partners from Voluntary Action Sheffield.

The 16-page supplement includes learning activities for all age ranges, as well as tips and resources to support home learning, mental health, physical activity, and of course healthy eating! Each week there is a dedicated Eat Smart Sheffield page featuring recipes, food facts, puzzles, jokes and much more.

Councillor Abtisam Mohamed, Cabinet Member for Education and Skills said: "This is a fantastic idea, bringing together the experts in education from across the city to produce something useful and supportive which can reach all our families and children."

Stephen Betts, Chief Executive of Learn Sheffield, said: "We are so grateful to all of the partners and sponsors who have come together in the city to turn this idea into a reality. Home learning brings so many challenges for everyone but especially families with less access to the internet and printing. We hope that this will complement the support that schools across the city are providing for their communities and have something for everyone in the family!"

You can download every edition of the supplement on the Learn Sheffield website here: <https://www.learnsheffield.co.uk/Covid-19>





## SNAG IN ACTION!



Year 7 pupils at Firth Park Academy – one of this year's 3 Eat Smart Sheffield Targeted Support Secondary Schools - have set up a Student Nutrition Action Group (SNAG) to help promote healthy eating in their school.



Until lockdown hit, the SNAG had met for 1 hour every week since January to plan their activities, the first of which was an initiative aimed at raising awareness of the sugar content in various drinks.

The SNAG made a poster, creating something visually interesting and informative, as well as writing a script to deliver a presentation to their peers.

Their efforts resulted in them coming 2nd in their Academy Trust (AET) Health & Wellbeing Competition – a competition of over 20 secondary schools! - aimed at promoting ways of making others healthy and happy; such a great achievement!

Eat Smart Sheffield is so proud of every member of the SNAG – and Mrs Frankie Arundel, Mental Health & Wellbeing Lead at Firth Park Academy, who has engaged with the programme with such passion and enthusiasm. Well done to all involved!



And if you'd like more information on how to set up a SNAG in your school, please do not hesitate to contact Lisa Aldwinckle, Programme Manager for Eat Smart Sheffield: [lisa.aldwinckle@learnsheffield.co.uk](mailto:lisa.aldwinckle@learnsheffield.co.uk)

### DID YOU KNOW?

The maximum recommended daily intake of sugar for anyone aged 11 or over is 30g (7.5 tsps)?

Yet a 330ml can of Coca Cola has 54g (13.5 tsps); almost twice as much!!

And a McDonald's strawberry milkshake has 74g of sugar (nearly 20 cubes!)



## FOR FURTHER INFORMATION

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

### Check out our website

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

### Follow us on Social Media

 [@eatsmartsheff](https://twitter.com/eatsmartsheff)  
 [@eatsmartsheffield](https://www.instagram.com/eatsmartsheffield)  
 [@eatsmartsheff](https://www.facebook.com/eatsmartsheff)

### Call Us

0114 250 7417

### E-Mail

[eatsmartsheffield@learnsheffield.co.uk](mailto:eatsmartsheffield@learnsheffield.co.uk)

