



FOOD FOR LIFE

MAKING BRITAIN HEALTHIER THROUGH FOOD

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What is Food for Life?



- ✓ An **approach**
- ✓ An award framework from Bronze, Silver to Gold
- ✓ A **movement** of people who want change



What does good food mean?



A healthy and sustainable diet:

less high fat/salt/sugar processed food and less but better quality meat, more fruit and vegetables, whole grains and sustainable fish.



Quality food you can trust:

more fresh, local, seasonal, sustainable food, with low climate impact and high welfare standards.



Eating together:

more opportunities for social contact through food, building families and communities and tackling loneliness.





Focus on Vegetables



Whole School Approach

Consistent messaging throughout the school day supports a school to make the changes to build on a positive food culture.



Leading the change

From Governors, Caterers, Senior Management, School Council and the Parent Teachers Association adopting a Whole School Food Policy that promotes a healthier lifestyle. This covers both the curriculum and extra-curricular activities.



Exceeding the standards

The Food for Life Award provides a structured framework for schools to achieve Bronze, Silver and Gold. At Bronze a school must meet the School Food Standards for lunch


Healthier People



Pupils in Food for Life schools:

ARE TWICE 
as likely to eat **FIVE A DAY** and a third
less likely to eat no fruit or vegetables
than pupils in comparison schools;

and eat around

A THIRD MORE 
fruit and vegetables than
pupils in comparison
schools, and significantly
more fruit and vegetables
at home. (Jones et al, 2015)

This means that if all schools in England
were Food for Life schools:

1 million
more children would
eat five or more portions
of fruit and vegetables
per day



100,000
more children would
be eating at least some
fruit and vegetables



Healthier Economy



Research by the New Economics Foundation demonstrated

£3 IN SOCIAL RETURN FOR EVERY £1 INVESTED

in Food for Life Catering Mark menus, with most of the benefit experienced by local businesses and local employees. (Kersley et al, 2011)



New research focusing on Food for Life multi-setting programmes and considering value created for health, education and environment in addition to economy demonstrates a social return of

£4.41 FOR EVERY £1.

(Jones et al, 2015)

Healthier Economy



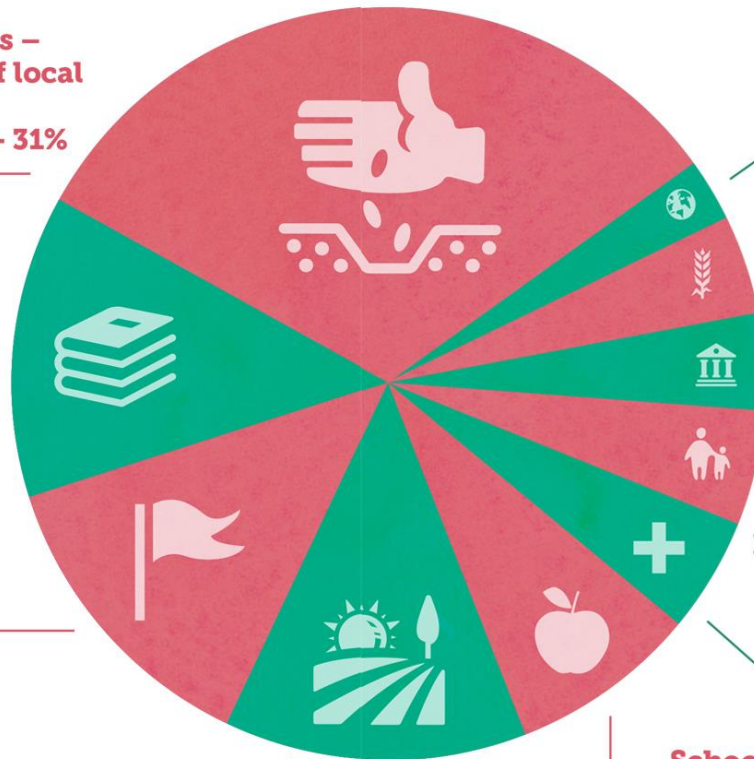
Social return on investment in multi-setting programmes - share of value by stakeholders and interest sectors.

Local food businesses – including creation of local employment (farmer, butcher, wholesalers) - 31%

Schools & staff - 13%

Local authority & NHS - 13%

Employees of food businesses - 13%



Local community, charity & voluntary groups - 3%

Natural environment - 4%

Central government - 4%

Parents & carers - 5%

Hospitals, care homes & children's centres (local authority early years care provision) - 5%

School caterers & staff - 8%





- How to get involved:
- Visit www.foodforlife.org.uk
- Impact reports can be found here
<https://www.foodforlife.org.uk/about-us/our-impact/evaluation-reports>