



FOOD FOR LIFE

MAKING BRITAIN HEALTHIER THROUGH FOOD

Calderdale Integrated Multi-Setting Programme

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What is Food for Life?



- ✓ An **approach**
- ✓ A series of **programmes**
- ✓ A **movement** of people who want change



What we do



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.



Background



- Established as a pilot project by school cook **Jeanette Orrey** & **Soil Association** in 2003.
- Received funding of £16.9m over 5 years from the **Big Lottery Fund** in **2007** to develop a schools' programme with expert partners.
- From **March 2012** commissioned by **local authorities**.
- Awarded **£3.6 million** by the Big Lottery Fund **May 2013 - June 2015** to extend **beyond schools**.



Food for Life Calderdale



- Phase 1 Food for Life Schools Programme
- Phase 2 Scaling up Food for Life in Schools and piloting Food for Life in further settings
- Phase 3 Scaling up Food for Life in Schools with a focus on secondary schools and continuation of work in further settings
- Phase 4 Fully integrated multi-setting programme

<https://www.youtube.com/watch?v=ZuMicvgavBs&feature=vq=hd1080>

“The programme is demonstrating outcomes in schools which are influencing further activity in early years settings, care homes and the local hospital, all helping to transform the local food culture. From a standing start in 2012, we are now raising the profile of Calderdale nationally.”

Gaynor Scholefield

Calderdale Public Health Manager

Why does good food matter?



✓ Health

✓ Economy

✓ Environment



A whole system approach





Food Quality



Food Leadership



Food Education



Community



Food for Life Calderdale



“ Our Food for Life School Award provided a clear framework for the school canteen, the curriculum and beyond the school gates. It shows we really want the best food for our children and community and want to help them understand why eating well is so important to their health and learning.”

Liz Whetham
Head teacher,
Holy Trinity Primary School, Halifax

“ Working with the Food for Life framework has highlighted the importance of food beyond the Trust.

The 'Care to Cook?' training for domiciliary care workers will provide support for those most in need in the community: the vulnerable elderly. Providing nutritious food for the elderly in their homes not only supports health and wellbeing, but should reduce hospital admissions over time.”

Lesley Hill
Director of Planning, Performance,
Estates and Facilities,
Calderdale and Huddersfield NHS
Foundation Trust

“ The provision of good food in our hospitals, care homes and schools is vital in maintaining good health and supporting recovery from illness. Food for Life is enabling Calderdale to take a consistent approach to good food culture across settings, leading to wide benefits across the borough.”

Dr Steven Cleasby
Assistant Clinical Chair, NHS Calderdale CCG

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- The Food for Life programme in Calderdale was featured in the Public Health England and Local Government Association report 'Local Leadership, New Approaches' published in February 2015.
- Tony Mulgrew from Ravenscliffe High School won 2014 Cook of the Year at the BBC Food and Farming Awards and has taken part in an exchange visit with Lyndon McLeod, School Chef in Sweden.
- Calderdale is featured as a case study in the March 2016 Local Government Association Report, 'Healthy Weight, Healthy Futures' for the work taking place in the area within schools.

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Find out more:

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‘Food. The Forgotten Medicine’ College of Medicine Food
Conference 9th June

<https://www.collegeofmedicine.org.uk/events/#!event/2016/6/8/food-8211-the-forgotten-medicine>