



09/07/19
Blackawton Primary School

BLACKAWTON PRIMARY SCHOOL AWARDED FOR THEIR HEALTHY FOOD ACHIEVEMENTS

Blackawton Primary School has been awarded the Food for Life Bronze award for its healthy and climate-friendly food culture.

The school is working with Food for Life to transform the school's food culture and that of its local community, by connecting the children with climate-friendly and healthy food.

As part of the Bronze award scheme, **Blackawton Primary School** serves seasonal school meals, 75% of which are freshly prepared by experienced school cooks, Anne Walton and Lou Rodwell with the support of Sarah Bretherick, Catering Manager for Education South West. The school also gives every pupil the opportunity to visit a farm, cook and participate in food growing activities during his or her time at school, and pupils and parents are involved in making improvements to the school's menu and dining experience.

Blackawton Primary School did not undertake the challenge lightly of going for the Bronze Award. The whole school community has been involved in the process and the School's PTA – Friends of Blackawton Primary School - have supported through funding the cost of the membership. The changes to the lunch menu have ensured that the children are making much healthier in their food choices. The parents are engaged and supportive and all contributed in some way, whether through being part of the School Nutrition Advisory Group (SNAG), taking up the school meal offer for their child, helping with cooking and gardening activities or helping contribute to the Blackawton School Cookbook.

Rachel Burris who has been leading the project says "The process is rigorous but the impact and changes sits well within our school ethos, so it is worth it."

Independent research, summarised in a new report '[Good food for all](#)' reveals the success of five years of Food for Life. The evidence from three independent research studies focuses in particular on four main areas of impact: children's health, tackling inequalities, improving education, and local enterprise and sustainability.

For more information:

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**For enquiries about Food for Life contact ffl@soilassociation.org / 0117 314 5180
or www.foodforlife.org.uk**

Notes to editors

Food for Life has created network of over 4,500 schools across England committed to transforming their food culture. It 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.

Food for Life is a Soil Association programme, bringing together the practical expertise of national partners Focus on Food, Garden Organic and the Health Education Trust.

To find out more, visit www.foodforlife.org.uk

Food for Life Awards criteria that schools meet:

Bronze 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, 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.

Silver schools serve school meals on plates, not flight trays, and a range of locally sourced, free range and organic items are served and no fish from unsustainable sources is served. The school has a cooking club, and pupils get to cook with and eat the produce grown in the school growing area. Parents and the wider community get involved in food education via food-themed events.

Gold schools are hubs of good food culture in their community, actively involving parents and community groups in cooking and growing activity. School meals are at least 75% freshly prepared, with some items local and organic, and more than 60% of pupils are choosing to eat school meals. Every pupil learns to cook and has the opportunity to grow food, and groups of pupils are actively involved in the life of a local farm.