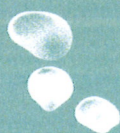


SCHOOL FOOD AMBASSADORS

Guidance



Leeds
CITY COUNCIL

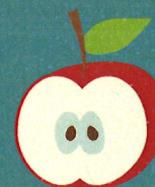


School Wellbeing



School Food Ambassadors - Guidance

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Leeds Youth Council Endorsement

We, the Leeds Youth Council, fully endorse the School Food Ambassadors' plans to create a student led group who evaluate school dinners in their school. A lot of school dinners aren't very good and this leads to students not eating or choosing unhealthy options. It is very important for students to get the full nutrition they need.

Also, a lot of food is wasted due to students buying it and throwing it away or cooks making too much and it not being bought. It's the schools job to provide quality food to pupils, we hear that some teachers said they wouldn't eat the food provided for pupils. This is an issue so the SFA's programme would change this. We really like the idea of the programme and think it is very important.

Leeds Youth Council

Acknowledgements

This revised guidance has been supported by the Health & Wellbeing Service (HWS), Children's Services, Leeds. The main authors are the HWS School Food Advisors, Siobhan O'Mahony (Registered Nutritionist) and Helen McLeod (Registered Dietitian).

Collectively, schools across Leeds have contributed to informing the resources, good practice and guidance presented in this document.

The Health & Wellbeing Service would like to thank Councillor Dowson, Catering Leeds and the Youth Council for their continued support and commitment to the School Food Ambassadors' model.

We would also like to thank Lindy Dark (Graphic Designer) from the Creative Services team at Leeds City Council for her hard work and creativity for the design of the new Guidance and Toolkit.

The people who have provided the most expertise for the School Food Ambassadors' model are the children and young people who have been involved in the programme and have helped to shape school meals across Leeds today. Without them, this evidence-based guidance and toolkit would not have been possible.

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Foreword

The School Food Ambassadors' model is a unique and exciting project which I am delighted to support. It demonstrates how Leeds are building on the legacy of being a Child Friendly City and are truly leading the way with the national School Food Plan's action of "giving children what they care about".

By becoming a School Food Ambassador, children and young people can take a proactive role in their school's food provision. Helping to improve its quality, increase the uptake of school meals, and enhance the dining experience for all.

We now know how important healthy eating is to learning, behaviour and quality of life in school and beyond. School Food Ambassadors will be at the forefront of encouraging healthy eating. Working with caterers, school staff and peers, they can improve menus so that healthy, tasty options are always promoted.

School children have to be more involved in decisions affecting them, be it what goes on in the classroom or what is on the menu at lunchtime, so SFA gives them a fantastic opportunity to be heard and change things to benefit the whole school community.

SFA has been really successful, with more and more pupils becoming involved in food choice, dining environment and choosing to eat healthily at school. SFA is becoming an integral part of school life and other authorities are keen to learn from Leeds' example.

This new and revised guidance provides all the information and resources needed to put SFA in place and, with your help, we can work together to help achieve a vision where every single school has a team of School Food Ambassadors supporting caterers to provide a school lunch service that meets the needs of our children and young people.

Well done and thank you to all involved.

Cllr. Jane Dowson

Deputy Executive Member
Children & Families
Leeds City Council



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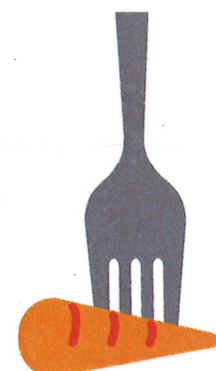
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1.0 The School Food Ambassadors' model

The School Food Ambassadors' model (SFA) is all about encouraging pupils to take a proactive role in their school's food provision to help improve its quality, increase uptake of school meals and enhance the dining experience and school food beyond lunch times. A small group of pupils are elected and trained to monitor school food with the support of a key member of staff. They gather feedback from their peers, alongside other evidence from monitoring, and report directly to the school cook and senior leadership to influence change.

"You really need to stop and listen to us; we are the voice of the pupils and we know what we want. We know it is hard work, but this is what we want."

(Primary School Food Ambassador, 2011)

"The school believed we can make a difference; they trusted us."

(Primary School Food Ambassador, 2011)

SFA is a flexible model and, since the initial guidance and training was launched in 2011, we have seen schools adapt it very successfully to meet their own individual needs.

More information and details about the model, including how to elect ambassadors and the types of monitoring they can deliver, can be found in section 6.0 which describes how to put SFA into action.

2.0 Introduction

This completely refreshed School Food Ambassador guidance will enable school staff to implement the well-established School Food Ambassadors' model, which has been running since 2011. It includes an explanation of the model, recognises the amazing benefits it can bring to both school food and pupil voice and provides a simple step by step process to put it into action. There is a handy toolkit section that will ensure that practical aspects of the model are structured, but allow for the creativity that each school will have.

Throughout this guide you will also find useful tips, real life examples and references to what has worked well in the past.

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