



FOOD FOR LIFE

MAKING BRITAIN HEALTHIER THROUGH FOOD

What we can do for you

OUR VISION

We work to make Britain healthier through food.

We want to make good food the easy choice for everyone, whoever and wherever they are.

Bad food is bad for Britain. A fifth of children joining primary school are now obese or overweight. Obesity and diabetes threaten to bankrupt the NHS. Half a million people in Britain are reliant on food aid. 25% of all UK farmers live in poverty. Food and farming is responsible for one fifth of UK climate impact.

Good food holds the key to healthier people, a healthier economy and a healthier environment.

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.

About Food for Life

Food for Life is a Soil Association initiative, which began life in 2003 and developed into an award-winning national programme to transform school food culture thanks to funding from the Big Lottery Fund.

Building on its success in both primary and secondary schools, Food for Life now includes tried and tested approaches to transforming food culture in a wide range of settings including early years, hospitals and supported living.

The Soil Association was formed in 1946 to pioneer a better world – one where we can all eat, farm and live healthily, and with the environment in balance. Today we're still dedicated to making positive change happen. We're farming and growing, buying, cooking and eating. We're campaigning and researching. We're running innovative programmes that prove the case for change. And we're inspiring millions of people to take their own step towards a better world.

Our national partners

We are working in partnership with the Royal Society for Public Health, Focus on Food, Garden Organic and the Health Education Trust, all nationally-recognised experts in their fields.



What we do

Food for Life works with public and private sector leaders to make good food the easy choice for everyone, whoever and wherever they are. We take a whole system approach to food, changing both the food environment and food culture within which people make choices.

We work with caterers to put good food on the menu in all the places where people live out their daily lives. We engage communities to get people of all ages cooking and growing food again and out onto local farms so they have a positive connection with real food.

We work with nurseries, schools, universities, workplaces, hospitals, care homes and visitor attractions. We work in the high street, with local authorities, NHS Trusts and with entire cities.

Food for Life has been doing this since 2003 through our approach, our vision and our innovative delivery programmes, with significant independently-evaluated impacts at local, regional and national level.

Through our campaigning work, we also create space for change by shining the spotlight on poor quality food – especially food that is targeted at children or vulnerable groups – and we're constantly developing new solutions to drive change.



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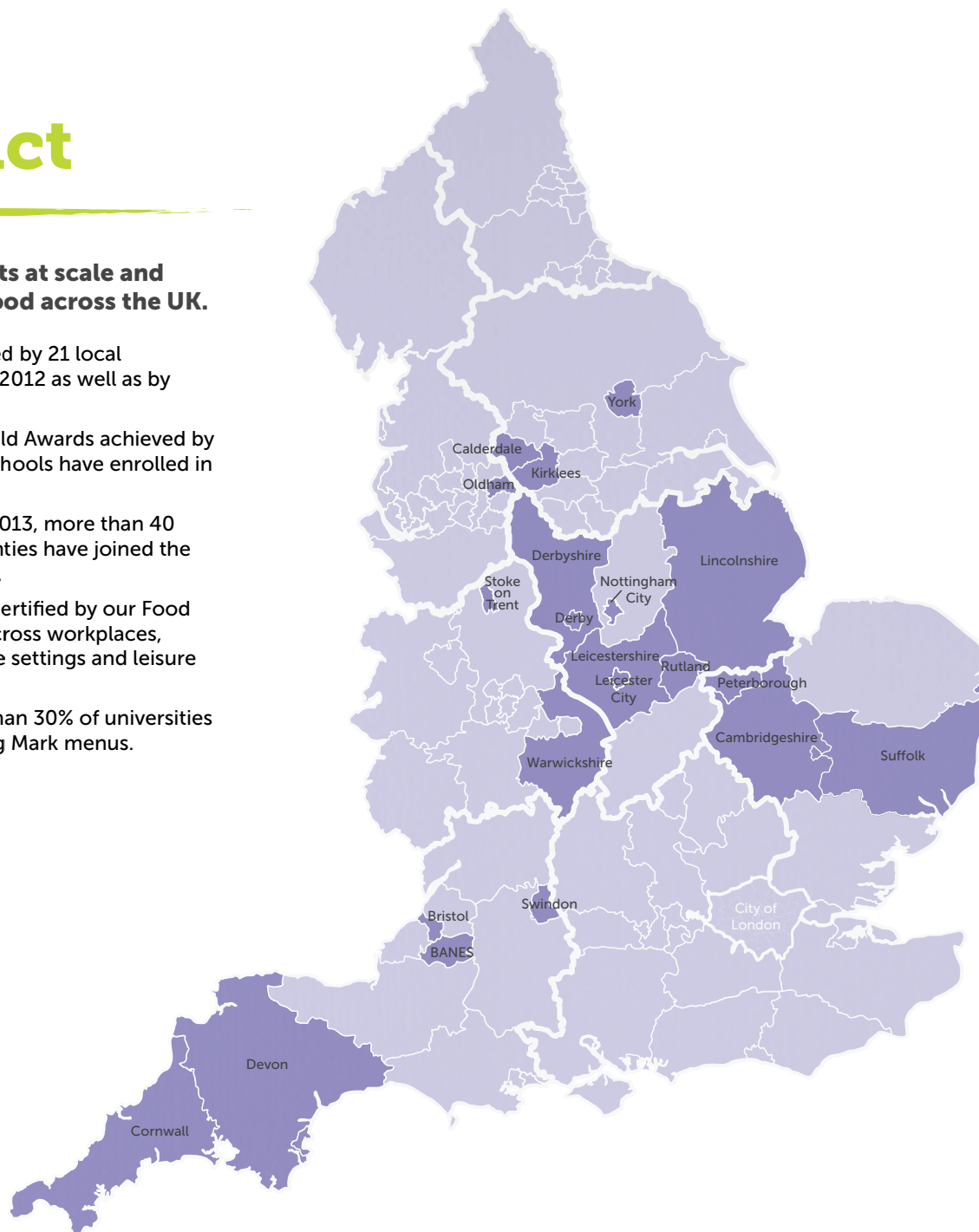
Our Impact

Food for Life is changing diets at scale and building markets for good food across the UK.

- Our work has been commissioned by 21 local authorities across England since 2012 as well as by the Scottish Government.
- Over 1,100 Bronze, Silver and Gold Awards achieved by 850 schools; more than 5,000 schools have enrolled in our national network.
- Since the programme began in 2013, more than 40 towns, cities, boroughs and counties have joined the Sustainable Food Cities Network.
- 1.5 million meals a day are now certified by our Food for Life Catering Mark scheme across workplaces, schools, nurseries, hospitals, care settings and leisure venues– and growing.
- Over 25% of schools and more than 30% of universities are serving Food for Life Catering Mark menus.

 Local authorities in England that have commissioned our work since 2012

 Enrolled schools



5,000+
enrolled
schools

1.5
million
Catering Mark
meals served
every day

40+
Sustainable
Food Cities

Evaluation of our work

An evidence-based approach, supporting the goals of healthier people, a healthier economy and a healthier environment.

Through Big Lottery funding, we have subjected our work from 2007–2015 to independent evaluation, led by the University of the West of England (UWE)¹. This clearly demonstrated that our work supports all six recommendations from the 2010 Marmot Review 'Fair Society, Healthy Lives':

1. Give every child the best start in life:

- Pupils in Food for Life schools were twice as likely to eat five or more portions of fruit and vegetables per day than those in comparison schools. (UWE, 2015)
- Pupils in Food for Life schools were about 40% more likely to 'like' or 'really like' school meals, after adjusting for gender, free school meal eligibility and local authority differences. (UWE, 2015)
- Over a two-year evaluation period, free school meal take up increased by an average of 13% points in Food for Life schools. (UWE, 2011)
- Pupils in Food for Life schools consume approximately a third more fruit and vegetables than those in comparison schools. (UWE, 2015)

Pupils in Food for Life schools

TWICE

as likely to eat **FIVE** or more portions of fruit & vegetables a day



2. Create fair employment and good work for all:

£3
social return on
every £1 invested



- Research by the New Economics Foundation (NEF) found that there is more than £3 in social return on every £1 invested in Food for Life Catering Mark menus, mostly in the form of new jobs and food supply contracts in the local economy. (NEF, 2011)
- 98% of training participants strongly agree or agree that they now feel more confident to lead food-related activities as a result of the training. (FFL, 2015)

3. Ensure a healthy standard of living for all:

- "Evidence points towards Food for Life's potential to contribute to [...] helping 'close the gap' for disadvantaged children in terms of their health and academic attainment." (NFER, 2011)
- Fruit and vegetable consumption for pupils in Food for Life schools was not only higher within school time, it was also higher at home. (UWE, 2015)

4. Create and develop healthy and sustainable places and communities:

- Food for Life Catering Mark Gold menus have up to 47% lower climate impact than standard school menus. (University of Manchester, 2010)

5. Strengthen the role and impact of ill-health prevention:

- The Food for Life approach travels further than the setting: 45% of parents reported eating more fruit and vegetables as a result of their engagement in Food for Life. (UWE and Cardiff University, 2011)
- Food for Life is "becoming embedded in a range of sectors, gaining recognition within various local and national policies and organisations." (UWE, 2015)

twice
as many
Outstanding
Ofsted ratings
for primary schools



6. Enable all children, young people and adults to maximise their capabilities and have control over their lives:

- Twice as many primary schools received an Ofsted rating of Outstanding following their participation in Food for Life. (UWE, 2011)
- "Interviewees consistently reported that Food for Life had contributed to their school improvement agendas, helping improve attainment, behaviour and school environments." (NFER, 2011)
- The experiential learning resulting from Food for Life activity "appears to have been particularly effective at helping engage or re-engage pupils with learning issues and challenges." (NFER, 2011)

¹ Evaluations undertaken by the University of the West of England (UWE) and Cardiff University, National Foundation for Educational Research (NFER), Centre for Research in Education and the Environment (CREE) at the University of Bath, the New Economics Foundation (NEF) and the University of Manchester.

Food for Life healthy settings programmes and awards

Each of our healthy settings programmes is underpinned by a whole setting approach. We foster leadership around food and give teachers, NHS staff, carers and cooks the confidence to support and inspire those in their care to eat well. This work complements our Food for Life Catering Mark scheme, which provides an independent endorsement that food providers are taking steps to improve the food they serve. Our 'whole setting approach' is an evidence-based intervention that impacts on health and wellbeing, education, sustainability and inequalities across communities.

Food for Life Early Years



The Food for Life Early Years programme supports nurseries and children's centres with training, resources and an award scheme to help them adopt a whole setting approach to healthy eating. Evidence shows that eating habits form early, and good nutrition plays a crucial role in a child's growth and cognitive development.

What can we do for your settings?

We can provide Award support packages, training workshops and resources for local authorities, early years chains and others to commission on behalf of early years settings, alongside face to face support from our Local Programme Managers.

Settings providing food and day care are eligible to work towards a Food for Life Early Years Award. A comprehensive Food for Life Early Years ringbinder resource is available, which has been developed in association with our National Partners.

A menu of training workshops is available that is relevant to nurseries, Children's Centres and childminders. These support early years practitioners to engage parents around breastfeeding support and complementary feeding; meet the Voluntary Guidelines for Food and Drink in Early Years Settings; and use age-appropriate cooking, growing and farm link activities to support all areas of the Early Years Foundation Stage.



The Food for Life Early Years Award is an independent endorsement for early years settings that serve nutritious, fresh, sustainably sourced food and support the babies and children in their care to develop good eating habits for life.

Every awarded setting is visited by a member of the Food for Life expert team.

“We have commissioned Food for Life to deliver across both early years and schools settings in Leicestershire as it is at the heart of our long-term strategic plans to introduce sustainable and positive behavioural change around food and nutrition at an individual, organisation and community level.”

Mark Braham

Senior Public Health Manager, Leicestershire County Council

Food for Life Schools

The Food for Life School Award is an independent endorsement for schools that serve nutritious, fresh, sustainably sourced food and support pupils to eat well and enhance their learning with cooking, food growing and farm links.

Our school award holders show they meet Ofsted inspection requirements to support pupils to make 'informed choices about healthy eating' as well as meeting the Department for Education School Food Standards for good nutrition. And from September 2015, every awarded school will be visited by a member of the Food for Life expert team.

The Food for Life Schools programme is our flagship programme, widely commissioned by public health teams and taken up by schools across the country. Over 1,100 School Awards have been achieved and over 5,000 schools have enrolled in our national network.

What can we do for your schools?

We can provide Award support packages, training workshops and resources for local authorities, academy chains and others to commission on behalf of schools.

Our Local Programme Managers give face to face support to schools to adopt a whole school approach and create a positive food culture. A menu of teacher training courses has been developed to

give staff the confidence and capacity to offer practical cooking, food growing and develop farm links. Training supports the curriculum and helps promote knowledge of healthy eating amongst pupils, parents and the community.

Other courses are designed to support school cooks and lunchtime supervisors and develop pupil voice. A comprehensive Food for Life School Award resource pack is also available, developed in association with our National Partners.



“We have commissioned Food for Life over four years because it offers an evidence-based, empowering programme of support which we can target in our efforts to tackle health inequalities across our diverse county.”

Lucy O'Loughlin

Public Health Specialist (East and Mid Devon),
Devon County Council

“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

Food for Life Better Care

Food for Life Better Care works with care settings, hospitals and in the community to tackle malnutrition and loneliness among older people through good food provision and creating opportunities for communal dining.

Good food and enjoyable mealtimes are important throughout our lives, and for older people they can dramatically improve health and wellbeing, increasing resistance to disease and aiding recovery from illness, trauma or surgery.

Encouraging and supporting older people to eat a varied and nutritious diet, and to drink enough fluids, whether they reside at home or in care, can sometimes be an enormous challenge.

Food for Life Better Care offers support to care settings by:

- Helping them to achieve the Food for Life Catering Mark standards for food quality and nutrition.
- Improving the mealtime experience.
- Harnessing the therapeutic value of cooking and food growing.
 - Working in local partnerships, including with schools, to tackle malnutrition and loneliness in the community.
 - Supporting domiciliary care workers to acquire basic food shopping and cooking skills.



Case study

Milestones Trust

Milestones Trust is based in the South West and has successfully achieved Food for Life Catering Mark certification for two of their residential care homes and is working to extend this across all 44 sites.

The Food for Life Better Care framework now forms the basis of their central food policy, through which they have:

- ✓ Developed a ten-week course of specialist training for care home chefs in partnership with the Square Food Foundation.
- ✓ Rolled out the 'MUST' nutritional audit tool and analysed and improved menus with dietitian support.
- ✓ Worked with corporate volunteers to create vegetable gardens in homes.
- ✓ Achieved 'Workplace Wellbeing Charter' accreditation.



Image © Siale

Food for Life Hospital Leaders

A solution for NHS Trusts in a changing policy landscape



This programme is for NHS Trusts who want to be industry leaders through a transformation of the food experience for patients, staff, visitors and the wider community.

Our longstanding policy work with the Department of Health, alongside partners including the Royal Society for Public Health, has helped secure new policy drivers for improved hospital food.

The importance of good nutrition to health, recovery and rehabilitation is recognised within the NHS Standard Contract and the NHS Five Year Forward View calls for better support for hospital staff and visitors to eat well.

All NHS Trusts are now required to develop and maintain a Food and Drink Strategy covering nutritional care, health promotion and sustainability. Better hospital food can also affect the bottom line, as Clinical Commissioning Groups (CCGs) and NHS Trusts can now choose to adopt CQUIN goals linking a proportion of a hospital's budget to achievement of food improvement goals such as the Food for Life Catering Mark.

Andy Jones, past National Chairman of the Hospital Caterers Association, praises the programme: *"Food for Life's work is outstanding and goes to show what can be done to enhance patients' wellbeing, which then improves staff wellbeing too. We have to make food and drink a critical part of the patient's recovery plan and these pilots will assist and drive us to achieving this."*

Our expert team now offers a workshop and support package to help Trusts develop a Food and Drink Strategy.

Food for Life Hospital Leaders Circle

Food for Life Hospital Leaders Circle supports hospitals in their journey towards becoming health promoting settings, improving the food experience of patients, staff and visitors and benefiting the wider community.

Circle membership offers unrivalled opportunities for 'mentoring', further learning and networking opportunities.

Members receive intensive support to develop and implement a Food and Drink Strategy addressing nutritional care, sustainability and health promotion.

Specialist workshops support action on healthy vending; minimising food waste; food growing; and cooking skills for staff, patients and domiciliary care workers. National conferences give visibility to Hospital Leaders' achievements.

Case study

South Warwickshire NHS Foundation Trust

Food for Life helped the Trust set up a multi-disciplinary steering group with board-level leadership, involving a wide range of key staff and patient representatives.

The first year saw the reintroduction of communal dining on selected wards; a Food for Life Catering Mark for staff and visitor catering; a new daily fruit and veg stall on site; a new food discharge pack for 'at risk' patients; and an edible garden for patients, staff and visitors.

Current projects include transforming vending and ensuring staff have access to healthy food choices 24 hours a day.

"I have enjoyed eating my lunch with company. Now I can enjoy socialising, rather than eating alone."

Patient on Nicholas Ward
at Warwick Hospital

"Good food lies at the heart of health and wellbeing. That's why we're working with Food for Life to develop a pioneering food strategy that promotes health and wellbeing for patients, staff and the local community."

Glen Burley
CEO, South Warwickshire
NHS Foundation Trust



Image ©South Warwickshire NHS Foundation Trust 2015

Food for Life multi-setting programmes

“It is exciting to be at the forefront of this work to transform food culture across Kirklees by breaking down boundaries across public institutions and across settings.”

Tony Cooke,
Head of Health Improvement, Kirklees Council

Bringing settings together in West Yorkshire

Public health commissioners and CCGs increasingly ask Food for Life to integrate our settings-based programmes across an area, linking institutions and the wider community in a life course approach.

Calderdale and Kirklees Councils have worked with Food for Life to commission and co-develop a multi-setting approach that now extends across early years settings, schools, hospitals and care settings. Council leadership has been matched by strong NHS leadership from

Calderdale (CCG) – a vanguard CCG – and Calderdale and Huddersfield NHS Trust.

To date, 167 schools have enrolled and over 80 schools have achieved a Food for Life School Award across Calderdale and Kirklees, embedding positive changes in food culture for pupils, staff and communities.

Kirklees Council Catering Service holds the Silver Catering Mark and Calderdale and Huddersfield NHS Trust is a founding member of the Food for Life Hospital Leaders Circle, working with us to transform the food experience for patients, staff and visitors. Domiciliary care workers are being supported to prepare simple, nutritious meals for older people in the community, who are also being welcomed in to Food for Life schools for meals and special events.



“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

“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

“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 Sustainable Food Cities programme

Developed by the Soil Association in partnership with Food Matters and Sustain with funding from the Esmée Fairbairn Foundation, the Sustainable Food Cities programme helps towns, cities, boroughs, counties and even regions to take a joined up approach to transforming their food culture and the food system that supports it.



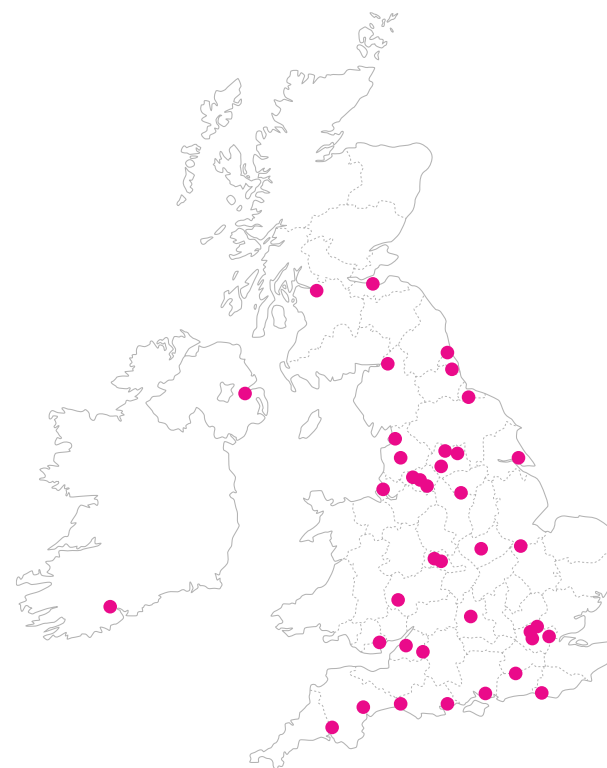
Using a tried and tested model that has now been adopted by more than 40 places across the UK, we help places to establish a broad cross-sector partnership of key public, private and third sector organisations.

We help develop a common vision of how they would like to make healthy and sustainable food a defining characteristic of where they live; and support them in delivering a strategy and action plan to turn that vision into reality.

While improving health is one of our primary objectives, we recognise that to drive really fundamental and long-lasting

change in food culture means getting every relevant organisation involved and looking at food from every angle – social, economic and environmental – to ensure healthy people, healthy places and a healthy planet.

As well as providing a range of consultancy and support packages to help start the Sustainable Food Cities journey, we can provide a framework and benchmark for action across all key food issues through our Sustainable Food Cities Award and link in to all the latest innovation and best practice through the Sustainable Food Cities Network.



Bath and North East Somerset
Belfast
Birmingham
Bournemouth and Poole
Bradford
Bridport
Brighton & Hove
Bristol
Cambridge
Cardiff
Carlisle
Cork
County Durham
Edinburgh
Exeter
Glasgow
Greater Manchester
Greenwich
Herefordshire
Hull
Islington
Kirklees
Lambeth
Lancashire
Lancaster
Leeds
Leicester
Liverpool
London
Manchester
Middlesbrough
Newcastle
Oxford
Peterborough
Plymouth
Portsmouth
Sandwell
Sheffield
Stockport
West Sussex

“By adopting the Sustainable Food Cities partnership model for transforming food culture, Food Cardiff has become a vital tool in our efforts to make healthy and sustainable food a defining characteristic of our city.”

Dr. Sharon Hopkins
Director of Public Health for Cardiff and Vale University Health Board

Place-based training

PLACES AND SETTINGS

A whole system approach to healthy and sustainable food. Delivered by Food for Life in partnership with Sustainable Food Cities.

Delivered via a one-day workshop, our training on 'a whole system approach to healthy and sustainable food' brings together Food for Life's wealth of expertise on settings-based interventions with Sustainable Food Cities' experience of developing an effective place-based approach.

The workshop can be tailored to local needs and circumstances, but aims to provide local authority and public health officers, elected officials and partners with:

- a thorough understanding of the role and importance of food in driving positive social, economic and environmental change;
- a variety of conceptual frameworks and practical exercises to develop a common understanding of key food issues and opportunities; and
- a range of tried and tested policy levers and on the ground initiatives to transform food culture and the food system.

Since a vital aspect of successful place-based approaches to food is multi-level, multi-stakeholder and cross-departmental buy-in, this course has been specially designed to work with a broad spectrum of officers and organisations. This includes public health, planning, procurement, economic development, poverty, housing, education, children and adult services, transport, sustainability, waste and green space.



CREATING HEALTHY PLACES

A whole system approach to food and active living. Delivered by Food for Life in partnership with Sustrans.

Food for Life and Sustrans have created a new offer for local authorities and their partners to support the development of a whole system approach to food and active living, to make it easier for people of all ages to eat well and move more.

We deliver a half-day workshop, tailored to your local circumstances and aimed at key senior officers, elected

members and local partners. The workshop is accompanied by a manual which includes examples of best practice from across the country and editable support materials to help you review your approach.

The workshop is delivered by experts from Food for Life and Sustrans, and includes a lively mix of presentations, facilitated discussions and group

exercises designed to enable you to:

- Review your local approach and progress.
- Clarify the policy drivers that may help progress the agenda locally.
- Identify areas for action.
- Identify key local influencers and explore how to gain their support.



“The workshop was really informative and it wasn't just theoretical – you've given us so many practical solutions that we can go out and take action on today.”

Rohini Simbodayal

Cabinet Member for Youth and Public Health, Enfield Council

Food for Life Catering Mark

"I would like to see all schools and their caterers holding or working towards a quality award like the excellent Catering Mark."

David Laws, former Minister of State for Schools (2012–2015)

"The Catering Mark [...] will generally guarantee good or excellent performance by caterers against the award criteria in the balanced scorecard."

The Plan for Public Procurement, Defra, 2014

The Catering Mark provides independent endorsement that caterers are taking steps to improve their food through meeting standards on nutrition, freshness, sustainability and animal welfare. It recognises caterers that serve at least 75% freshly prepared food on menus which are also free from controversial or undesirable additives, GM and artificial trans fats, are better for animal welfare and comply with national nutrition standards.

The Catering Mark has been cited by NHS England as a way to improve hospital food, and by the Department for Education as a national framework to support caterers to increase uptake of quality school meals. The Government's new Plan for Procurement also recognises the Catering Mark as a 'well-established' best practice tool.

There are three levels of award, allowing Caterers to progress and ensuring continuous improvement. The Catering Mark Standards incorporate sector-specific nutrition standards, as well as sustainability standards and assurance schemes (at silver and gold), including LEAF, Fairtrade, RSPCA Freedom Food, Marine Stewardship

Council and organic. The standards are set by an independent Standards Committee. Caterers who are accredited by the Catering Mark are subject to an annual inspection, including a site visit.

These catering standards also underpin the Food for Life School Award and Food for Life Early Years Award, and where external caterers are used they must be Catering Mark-accredited.

1.5 million Catering Mark-certified meals are served every weekday, and numbers are growing fast, including:

- Over 8,600 UK schools (including 44% of English primary schools).
- 300 nurseries.
- 40 universities.
- 24 hospitals across patient, staff and visitor food, and 180 care homes.
- Scottish Government, City Hall, Defra, Department for Education, DECC.
- Workplaces, including Pearson Ltd, Jaguar Land Rover, Land Securities.
- Visitor attractions, including the National Trust, @Bristol and Edinburgh Zoo.

"The Food for Life Catering Mark provides independent endorsement that food providers are meeting the school food standards and serving food prepared from fresh, sustainable and locally sourced ingredients."

New School Food Standards:
A practical guide,
Department for Education

"We decided to apply for the Catering Mark to improve our existing standards and raise the profile of the Catering Service through the award scheme: which in turn has a fantastic impact on the food served in our schools and Extra Care Schemes."

Jeanette Cartwright
Food & Nutrition Officer,
Kirklees Council

FREE FROM CONTROVERSIAL ADDITIVES Catering Mark meals are free from undesirable additives, sweeteners, colouring and artificial trans fats.	 SEASONAL Menus are designed to make the best use of seasonal ingredients.	 AT LEAST 75% of meals are freshly prepared.
£3 RETURN ON EVERY £1 SPENT The Catering Mark means buying local wherever possible, which can deliver a return on social investment of over £3 for every £1 spent in the form of local food production jobs.	 SUSTAINABLE We never use fish on the Marine Conservation Society 'fish to avoid' list.	FARM ASSURED 
EVERY EGG IS A FREE RANGE EGG All eggs on the Catering Mark menus come from hens which live in free range systems, meaning they have access to the outdoors, where they can exhibit natural behaviour.		

Food for Life campaigns



Through our campaigning work, we create space for change by shining the spotlight on poor quality food, especially food that is targeted at children or vulnerable groups.

The Soil Association's Out to Lunch campaign aims to transform children's food on the high street and make life easier for parents who want their children to eat well. With the help of a team of parents, we surveyed 21 top high street chains in 2013 and again in 2015, ranking their performance in an online league table.

The original league table highlighted a chronic lack of variety in children's menus, with healthy eating made hard by the dominance of chicken nuggets, burgers and sausages. Few fruits and vegetables were offered, and almost no food was being made fresh on site.

Front page media coverage across the broadsheets, reaching 25m people, ensured that engagement from the restaurant chains has been strong. Harvester, Giraffe, Prezzo and Jamie's Italian have all been making significant changes to their children's menus in time for the 2015 league table. Harvester has taken refillable added-sugar drinks off the children's menu and Giraffe has removed chips and put free range eggs on the menu. Both now serve fresh fruit puddings and a greater range of veg and salad with children's meals.



The **Out to Lunch** campaign asks high street restaurants to:

- ✓ Make water freely available and remove sugary drinks from the children's menu and meal deals.
- ✓ Serve freshly prepared food, not ready meals.
- ✓ Offer child portions of adult meals.
- ✓ Offer children's cutlery as standard.
- ✓ Put some free range, local and organic items on the children's menu.
- ✓ Serve a portion of veg with children's main meals and a majority of fruit-based puddings.
- ✓ Make breastfeeding mums feel welcome.



Image ©BlueOrange Studio

Food for Life commissioners and funders

The development of the evidence-based Food for Life approach would not have been possible without generous funding from the Big Lottery Fund from 2007–15. Other notable funders have included the Esmée Fairbairn Foundation, the Daylesford Foundation and the Sainsbury Family Charitable Trusts.

Our work is now made possible by a diverse range of funders and commissioners, including local public health teams, Clinical Commissioning Groups, NHS Trusts, caterers, academy chains and other education providers as well as charitable trusts and major donors.

Our dedicated Development Managers can work closely with funders and commissioners to develop a bespoke programme that best supports their priorities.

Food for Life Pathfinder Commissioners

Our programme is now being commissioned by local authority public health teams throughout England. Our commissioners come together as the national Food for Life Pathfinder Group to share their learning and insights around the programme and advise us on the further development of our programmes and our national policy and advocacy work.

“Food for Life can offer a ‘rainbow’ effect joining up health, food and community.”

Mike Sandys
Director of Public Health
Leicestershire County Council



Find out more

To find out what we can do for you, visit:
www.foodforlife.org.uk
or contact us:

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Recent national recognition for Food for Life

- 2010 Runner-up at the National Lottery Awards for Best Health Project.
- 2011 Jeanette Orrey awarded an MBE in the New Year's Honours List for services to food in schools.
- 2012 Royal Society for Public Health 'Health Promotion and Community Wellbeing Award' presented to Food for Life.
- 2014 BBC Food and Farming's Chef of the Year awarded to Ravenscliffe High School's Catering Manager, Tony Mulgrew (Gold FFL school).
- 2014 EDUcatering Primary School Caterer of the Year awarded to Sam Ward, Catering Manager, Collaton St Mary CE Primary School (Gold FFL school).
- 2014 EDUcatering School Food Plan Award awarded to Tim Baker at Charlton Manor Primary School (Gold FFL school).
- 2015 LACA Awards for Excellence School Food Achievement Award awarded to Bolsover Junior School (Gold FFL school).
- 2015 BBC Food and Farming Awards, Chef of the Year runner up: Sam Ward, Catering Manager at Collaton St Mary CE Primary School (Gold FFL school).
- 2015 Cost Sector Catering's Education Award runner up: Kirklees Catering Services (commissioned local authority since 2013).
- 2015 TES Awards, Healthy School of the Year Award: Holy Trinity Primary, Poole Grammar, St Joseph's Specialist School all shortlisted.

“If we truly want the next generation to understand how food is grown and produced then we have to put food education within the curriculum for their health and the health of the nation.”

Jeanette Orrey MBE,
Co-founder, Food for Life



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