



Health Inequalities Pool

FOOD RESOURCE PACK



Children & Families

School Meal Projects

There are a lot of initiatives going on at the moment concerning young people and school meals. This has occurred mostly as a result of campaigning over many years by community based dieticians across the country. The issue was brought to a head, and to public awareness by the high profile 'Jamie Oliver' TV campaign last year.

An interesting point about young people, food and health, which is being debated within Food Futures, is that although efforts are being made to improve school meals and educate children, unless families are educated as well, then young people will continue to return home from school, and be sent to the 'chippy' by their parents to get their tea. There is a need therefore to educate families, not just children at school.

Here are a sample of some of the projects that are being delivered at schools, the information on which have been drawn from the Food Futures newsletter:

Mo'Flava

Manchester Fayre, the catering arm of the City Council, and the provider of school meals to most schools in the city, piloted a project in four high schools. Called Mo' Flava, the project aimed to make changes to pupil attitudes and habits towards making healthier food choices at school. It piloted new menus, including more freshly cooked food that incorporates more fruit and vegetables, experimented with different layouts of the dining rooms, and ran a variety of interactive schemes both in school kitchens and within the mainstream curriculum. The pilot was such a success that the concept has received additional funding from the City Council and is being rolled out to more schools this year. For more information, email Laura Cornforth the project manager: l.cornforth@manchester.gov.uk .

Fit For Life

Manchester Fayre's award-winning "Fit for Life" meal concept for primary schools was introduced to primary schools in 2005. The scheme presents dishes within food groups, to ensure pupils select a balanced meal. Pupils choose food from each of three zones: yellow (essential carbohydrates), green

(vital vitamins) and orange (proteins). Fit for Life places emphasis on freshly prepared food, with reduced salt and fat, and increased fruit and vegetables.

Interactive Days

The Manchester Fayre team have developed an interactive session for primary schools which incorporates examples of food hygiene, food preparation and 5 A DAY information. During the session pupils make a healthy dish, such as fruit kebabs, tortilla wraps or fruity cocktail drink. Parents, carers and pupils are invited to taste the dishes, pick up recipes and health promotion literature at the end of the school day. With additional funding secured, Interactive Days will soon be available to all schools.

Breakfast Clubs

Manchester Fayre secured funding to provide breakfast clubs in all of the city's 137 primary and special schools. It is hoped that the scheme will not only provide breakfast for children who might otherwise miss this important meal, but will help get children into school on time and engage parents in school activities whilst enjoying a shared, relaxed breakfast.

For more information on Manchester Fayre's projects contact nutritionist Louise McErlain: email - l.mcerlain@manchester.gov.uk / phone – 0161 234 7724.

Five A Day

Lots of work has been going on locally under the banner of "5 A Day", the campaign to get people eating more fruit and vegetables. This has included the development of a resource pack for primary schools, work in children's centres and supported accommodation, cook and taste sessions, and a wide range of campaigning and profile raising activity. The 5 A Day logo and leaflets have appeared all over the city, including on sturdy, reusable carrier bags given out at the markets. For more information about the campaign and local activity please contact Lucy or Naheed on:

Lucy.Nobes@northpct.manchester.nwest.nhs.uk

Naheed.Akhtar@northpct.manchester.nwest.nhs.uk

Food Matters

The 'Food Matters' pack provides primary school teachers with everything needed to run an exciting six-session classroom and homework based healthy eating project for children in years 3 or 4. Although it's mainly aimed at teachers, the activities and worksheets in Food Matters are ideal for anyone working with children on healthy eating. Topics include

- the Balance of Good Health and food groups
- the 5 A DAY message and barriers

- the link between food and physical activity
- food miles and advertising
- growing, cooking and food hygiene

It's also got practical hints on holding a tasting session and where to find more information and resources. There are healthy recipes for children too.

The pack was developed by Manchester Public Health Development Service as part of the 5 A DAY work and is supported by Manchester Healthy Schools Partnership. All the city's junior schools should deliver Food Matters each year. That means every child will learn some basic principles about food and will have had a go at cooking healthy food before they move on to secondary school. To discuss Food Matters in more detail please contact Lucy Nobes, Public Health Development Advisor: phone - 0161 882 2300 / email - lucy.nobes@northpct.manchester.nwest.nhs.uk.

Copies of Food Matters are available for loan from the Manchester Public Health Development Libraries, North 0161 203 4101, or South 0161 611 3642.

WWW.teachernet.gov.uk/growingschools

This is a government web site with information and advice to schools and schools teachers about curriculum based projects around growing, cooking and eating healthy food.

Toddlers Tuck In

As part of the North Manchester PACE Team (Physical Activity and Community Exercise project), Newton Heath Locality Officer James McInerney organised five healthy eating sessions at the Beehive in Brookdale Park with the Parents and Toddler Group. As part of Junior PACE, which promotes healthy activities with local families the group got stuck into preparing healthy snacks the first week and then increased the heat in the kitchen the following weeks with chicken marinades, curries, soups and desserts. All of course healthy, low in fat and high in taste!

Recipes have been given out at the end of sessions and there has been some excellent feedback with the groups gaining a few more ideas and using ingredients they have not tried before, mainly with herbs and spices. For more information about Healthy Eating sessions in Newton Heath contact James at Newton Heath Health Centre: phone - 0161 681 0940 / email - james.mcinerney@northpct.manchester.nwest.nhs.uk

Government - Choosing Health White Paper

The importance of the food we give children and young people finally appears to be getting the recognition it deserves by Government. In the **Choosing Health white paper** published last November the government announced its intention to introduce a new **Healthy School Award Scheme** with wider and more rigorous criteria. The scheme was introduced in September 05 with food and physical activity given a higher profile. 50% of schools are expected to achieve the status by Dec 2006 with every school working towards achieving the status by 2009.

In March 2005 Ruth Kelly, Secretary of State for Education and Skills, announced a package of measures designed to improve the quality of school meals. The School Meals Review Panel was asked to look at existing standards and to make recommendations to Government. The panel published a public consultation report **Turning the Tables: Transforming School Food**. The report's core recommendation is for both primary and secondary school lunches to meet:

- 14 nutrient standards which are similar to those recommended by the Caroline Walker Trust
- 9 food-based standards which maximise access to healthier foods (like fruit, vegetables and bread) and remove availability of less healthy foods like confectionery, pre-packaged savory snacks and high-sugar or sweetened fizzy drinks.

The panel has also made 34 broader recommendations to promote coherent, "joined-up" thinking about healthy eating across the school day and to support schools and caterers in meeting these new standards. They consider issues other than school meals, with recommendations also for: food provided throughout the school day; what children learn about preparing food themselves; lifelong cooking skills; the social benefits of sitting down to a shared meal; and the importance of an approach which is environmentally sustainable. The full report can be found at:

www.dfes.gov.uk/consultations/conDetails.cfm?consultationId=1319.

Manchester Healthy Schools Partnership and Manchester Fayre (the catering arm of Manchester City Council) prepared a 'Manchester response' to this consultation document, considering how best to continue working together to help schools meet the recommendations.

For more information about this response or related issues, contact Lucy Nobes, Public Health Development Advisor: phone – 0161 882 2300 / email - lucy.nobes@northpct.manchester.nwest.nhs.uk

School Clubs and Tots Plots

(The information in this section has been taken from the Allotments For Healthy Living (A4HL) report produced by MERCI, on behalf of the Joint Health unit. For more information contact the author Andy Farmer: phone- 0161 273 1736 / email - farmallot@yahoo.co.uk)

Allotment and Horticultural projects aimed at educating and involving young people

There are several school projects running on allotments and their aim is to educate children about fruit and vegetables and some schools have even developed their own little allotment within the school grounds. Tots plots for the under fives are a major new concept to allotment gardening. These range from a few raised beds where children can learn to grow fruit and vegetables, to larger areas where living willow structures are added within a play area with sand pits and climbing frames as well as the growing areas.

- A tots plot is being developed on Cypress Street Allotments in Harpurhey by a partnership between Manchester Environmental Resource Centre Initiative (MERCi) and Sure Start. Details can be obtained from Geraldine Wall on geraldine@bridge-5.org
- School projects are run by a number of organisations trying to raise awareness of food and food production and to encourage their re-instatement back on to the National Curriculum. Manchester Environmental Education Network (MEEN) is working with schools and has an allotment plot on Scotland Hall Road in Newton Heath. MEEN is actively promoting Education for Sustainable Development in Manchester. For more information contact Rachael Lock on meen@gn.apc.org
- Some schools are developing their own “on site allotment”. Cheetham Community School has been a forerunner in this field and has had their own plot for several years now. A living willow maze forms the centrepiece of their orchard, whilst raised beds are used for growing vegetables. Two larger beds were dedicated this year to the growing of cereal corn.
- Abraham Moss High School run gardening projects based around planting of the school grounds. They have a large greenhouse on site for pupils to raise bedding plants and support tender plants. Contact Mr Kineston for more information.

- Walnut Avenue Allotment Association Horticultural Training Centre have a working allotment where people can learn about the benefits of growing their own food. It hosts school visits, a picnic area and cafe. Phone 0161 797 1221.
- Scott Avenue Allotments in Chorlton operate an allotment plot for education purposes. This facility is available to all. Contact Farida on 0161 860 6016.

Medical Referrals

Several organisations rent allotment plots specifically for their clients who have mental or physical health problems, these include PACE, Manchester City Council Sports Development Unit, and Sure Start

- Manchester City Council Sports Development Unit employ young offenders to prepare derelict plots on the Southern and Cypress Street sites for their over 50's medical referral groups. Members of the over 50's groups are usually long term unemployed and quite often suffer with chronic health problems. For more details contact Jim Canniffe on j.canniffe@notes.manchester.gov.uk

HDRA – the organic organisation's schools club

Duchy Originals Garden Organic for Schools

teaching organic gardening to school children based around a number of core curriculum area's. Participating schools include:

- All Souls' RC Primary
- Cannon Burrows C.E.P
- Clarendon Cottage
- Dukesgate Primary
- Moss Park Infants
- Oswald Road Primary
- St Edward's C E Primary
- Summerville County Primary

For more information contact: (020) 7630 8238

Breastfeeding and Healthy Weaning

Breastfeeding has been identified as a public health priority in '**Tackling Health Inequalities in Wythenshawe**' by John Lucy, Director of Public Health, as part of the initial approach to developing such work across South Manchester. This is because of its profound positive impact on infant and maternal health, coupled with awareness of the low numbers of women across Wythenshawe who choose to breastfeed. Sure Start 'Local Programmes' were identified as 'Champions' of this area of work, and are exploring ways of rolling out good practice across the rest of Wythenshawe. The following information on breastfeeding and healthy weaning were supplied by the Joint Health Unit. For more information email Jane Morris: j.morris1@manchester.gov.uk

Benefits of Breastfeeding

For Baby:

1. Promotes bonding/attachment, loving feelings & socialisation
2. More easily digested & less gastrointestinal reflux (possetting/sick)
3. Unlikely to have constipation – laxative effect
4. Reduced incidence of infections in the middle ear, upper respiratory tract, stomach/intestine & urinary tract
5. Reduced incidence of eczema & asthma
6. Reduced likelihood of Sudden Infant Death Syndrome (cot death)
7. Improved brain development, improved intellect
8. Improved eye development
9. Improved jaw development & dental hygiene, less likely to need dental treatment & better speech development
10. Reduced incidence of necrotizing enterocolitis (life threatening diarrhoea) in pre term infants
11. Reduced incidence of juvenile diabetes, obesity, Crohn's disease, coeliac disease, childhood cancers & Hodgkin's Disease
12. Less time off school through illness, less visits to Doctor.

For Mother:

1. Promotes bonding & greater feelings of well being, reduces incidence of postnatal depression
2. Reduced incidence of breast cancer, ovarian cancer, osteoporosis
3. Promotes weight loss, regaining of figure & helps natural involution of uterus after birth (& contraceptive effect)
4. Less smelly nappies & waste, more environmentally friendly, cheaper, quicker & easier anytime/anywhere

In Summary benefits of breastfeeding include better bonding and:

- baby's reduced constipation, infections, eczema & asthma; improved jaw, eye, brain & speech development; reduced likelihood of cot deaths, child diabetes, obesity, cancers & time off school;

- mother's weight loss & regained figure; reduced postnatal depression & increased well-being; & reduced breast and ovarian cancer & osteoporosis.
- It is cheaper, quicker, more easily digested & less smelly nappies & waste.

Breastfeeding Friendly Award Scheme - changing community attitudes towards breastfeeding

Local mums in Benchill, Wythenshawe decided that together with the help of Sure Start they would tackle social attitudes towards breastfeeding in public. This came about after a local mother had been asked to feed her baby in the toilets of a local fast food chain, as it "might offend other customers". Research uncovered that other Sure Start projects were doing similar work, and had created a scheme whereby local shops and business's publicly say that they welcome breastfeeding mothers on their premises. Mother's in Benchill therefore decided to actively take this scheme on board and model it to their community's needs. Together with a Barnardo's artists the mum's designed their own window stickers that say "Breastfeeding Friendly", and the sticker, together with a written policy, is displayed in shop and business windows, to let breastfeeding mothers know that they are welcome. A Gold star sticker is awarded to premises that can provide a private space if a mum asks.

A lot of "cold calling" was done in the Benchill area to promote the scheme, and many places have signed up. The group want to see the scheme expanded right across the Wythenshawe area, and having a positive impact in helping to change social attitudes that have stopped women in the past from breastfeeding. It has been hard work getting some of the local shops signed to the scheme. In Europe there is a totally different attitude to breastfeeding publicly, where it is seen as the "norm" to be breastfeeding your baby no matter where you are. Men's attitudes on the continent are totally different; therefore the whole social aspect of breastfeeding is seen differently.



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