**Achieving Healthier Food Policy & Practice in Secondary Schools: What Next?**

Text only version of live-drawn Visual Scribe image by Laura Broderick ([thinkbigpicture.co.uk](https://thinkbigpicture.co.uk/)) at EPIC Study dissemination event on 20/03/2024.

**EPIC Food Study - FUEL School Food Study**

Policy since 1941 – 2006 School Food Standards – 2013 School Food Plan – 2014 Free School Meals

Findings: not meeting students’ needs, struggle to comply, balancing standards vs popular, students not included, busy - noisy

**Dr Nicolas Capstick OBE – The Phi Centre**

The superpowers of a good school food system

Every part of the journey prepares for the next

Making school compelling, worth engaging with

Experience

Safe

Community

Changing what can be changed

[British Values] – individual liberty, democracy, rule of law, mutual respect – applied to school meals?

Learn! Teach! “It’s hard to teach a hangry child”

Exchanging, listening

Preparing for life

Equitable access/ quality assurance/ fairer funding/ nutritious and delicious

Food: a vehicle to knowledge, skills, understanding, citizenship

[Good] achievement, [good] attendance

**Farihah Choudhury – Southwark’s school food transformation programme**

2013 Universal primary free school meals

Food flagship schools, school Business Manager training, school visits, DfE get help to buy for schools, conditions of grant for all key stages, nursery meals transformation programme, Chefs in schools programme, secondary schools chefs’ forum, blogs & newsletters, monitoring & evaluation, funding transparency & accountability

Match funding, partnered with Impact on Urban Health

2021 = 10 intervention streams to drive & support good practice in schools

Nursery – primary – secondary

**Jacob Rosenberg – Bite Back and the youth perspective**

We are UK-side

1:3 children at risk of food-related ill health by age 11 – x2 for the most deprived

Big food is inescapable – ultraprocessed, high fat, high salt, high sugar

Ambassadors – the power of youth voice

School food stories – not individual, ‘no more beige food!’, ‘ugh!’

A new narrative – lead with health, lead with place

**Top 10 priorities:**

Increase funding, more joined-up government leadership, better student engagement, better school food policies, strengthen senior leadership support, improve monitoring & oversight, improve food offer, improve wider food environment, invest in catering staff, change food service

**Building momentum. What needs to happen next?** (in order to get to)Healthier food choices, Healthier food culture & environment:Skills for life, engaged citizens, able to learn & thrive, health & wellbeing, family food security, local food economy

**Research**

Link with similar or related research

How to engage wider community

Clear & wide sharing

Evaluation of novel initiatives

LA’s – realistic case studies, caterers, researchers

Holiday & breakfast schemes

Economic cost/benefit

Real life meal choices & what drives them

Engage young people!

**Challenges**

Interdependence

£2.53 per meal is too low

Resources

Time

Space & environments

Attitudes, media, advertising

[Stretched] priorities - profit motive, school food [disconnect with] community “real life”

Willingness to change

Immediate V long term

Political will

[divides within] Organisations

Skills & understanding

Amplify youth voice

Media – tell the story, positive as well as negative

Influence influencers, decision makers

Share!

Link up L.A.’s – lobby

Engage partners – caterers & suppliers, teachers, students, parents, health

Learn from different food cultures

Get inspiration from people with passion

Top-up or extend FSM. PWC cost/benefit <2 years to break even!

Promote FSM

Food is an entitlement

Subsidise

Incentives

Collaborative?

Smart commissioning

Use time & technology – shifts, online ordering

Include in safeguarding

Educate everyone – food

Tasting

Access to resources, ingredients

Take home!

Cooking

Inspire & be inspired

Great caterers & cooks

Celebrate

School chef awards

Accreditation

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