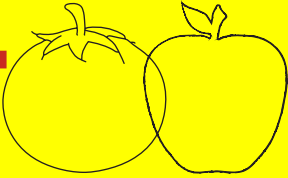


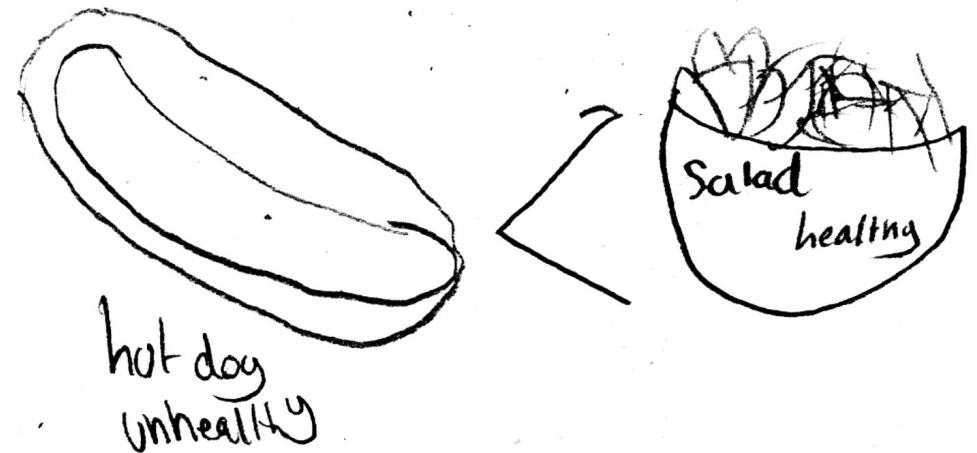
All Saints Catholic Primary School's

GREEN

F  **D**

STRATEGY

PLAN



Introduction	01-02		
Meetings		Workshops	
Food Strategy	03-04	Food Waste	13-16
Food Responsibilities	05-06	Food Sustainability	17-24
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First meeting at Esto es Espana,
Hope Street, Liverpool
Date: Friday 14th October 2022



Introduction

In October 2022, we, the pupils and staff at All Saints Catholic Primary School, set about developing The Anfield Green Food Strategy Plan. Dr Anne-Marie Bartlett, Senior Lecturer at Liverpool John Moores University (LJMU), sought internal funds at LJMU to help our school realise this goal.

Our school is situated in an area of high deprivation, with many children in our community living in poverty. In Liverpool, most adults are overweight or obese. Health and sustainability are issues we care passionately about, and we hope to make a positive difference through our Green Food Strategy by committing to making healthy and sustainable food choices and taking good care of our health.



As part of our journey towards the development of our Green Food Strategy, pupils and staff at the school have been meeting regularly to discuss issues of healthy eating and the provision of healthy and sustainable foods at our school. We have taken part in educational workshops designed to equip us with the knowledge and skills to devise a meaningful strategy of our own and as a member of our school community, we would like you to be part of this journey with us.

This booklet, designed by Key Stage 2 pupils at the school and Shah Alam, Graphic Design intern at LJMU, captures our journey so far and our **manifesto** – what we have discussed, what we have learnt so far, and what we hope to do next. We look forward to realising our goals together with you, as part of our school family, and welcome you to share your thoughts with us on page 37.



FOOD STRATEGY

Our very first meeting to discuss the Green Food Strategy

Place: Esto es Espana Restaurant, Liverpool

Date: Friday 14th October 2022

Attendees: Headteacher, Mr Barnes, teaching staff, and Year 6 students

Aim: To discuss healthy and eco-friendly food and habits

Mr Barnes introduced the group and thanked the present Year 6 students for their work. He also thanked the restaurant for their support, food, and hospitality

Main issues

During the discussion, five main issues were addressed

Tuck Shop

The tuck shop food was shared, and everyone unanimously voted to stock Suma Wholefoods and snacks. The aim was to start the tuck shop after half term

Recipes

Linking with healthy eating and Cosy Homes, Homebaked CLT suggested some slow cooker recipes. 5 students were allocated to making videos and taking photos, etc.

Bracelets

It was proposed that the children sell bracelets to remind them of how fortunate they are to have food. Mr Farrell suggested incorporating colours in line with the house system

Waste

After some discussion, it was agreed that waste contests will continue at the school. The Waste Contest aims to equip five children with the necessary tools to become Compost Champions in their own homes.

2 students were assigned to be fruit waste monitors and to work on logo designs

School Menu

6 students were scheduled to meet with procurement professional, Paul Ralston, and the school's kitchen staff. Surveys would be sent out regarding food preferences. It was suggested portion size should be discussed further

The Kitchen team reported that the Christmas meals consisting of party food last year and a full Christmas Dinner the year before proved unsuccessful. What do the children want for their Christmas meals this year?

FOOD RESPONSIBILITIES

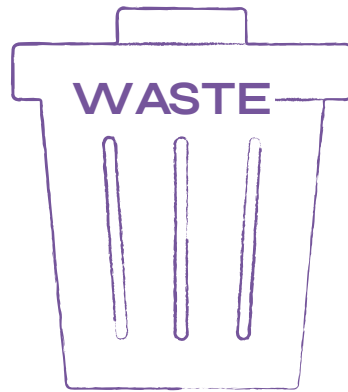
During the meeting, we reached an agreement on the allocation of tasks

Place: All Saints Catholic Primary School

Date: Wednesday 7th November 2022

Attendees: Mr Barnes, teaching staff and students

Aim: Assigning food responsibilities to the students



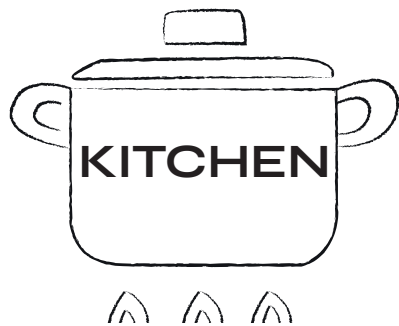
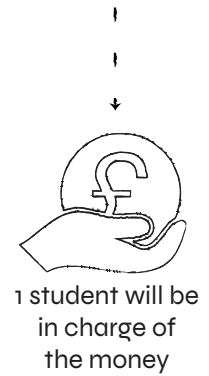
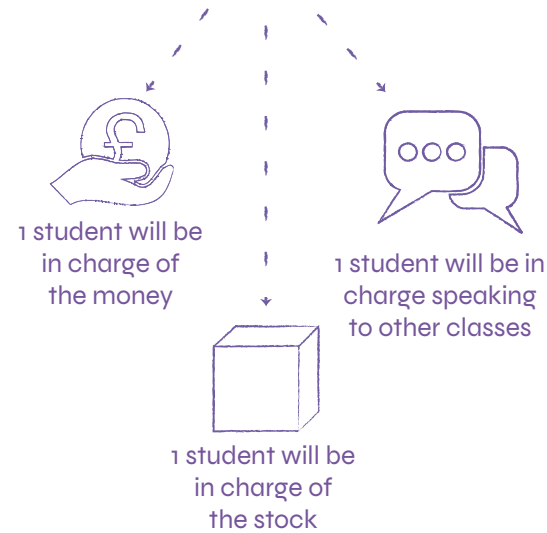
4 students were assigned to the Waste Team with the support of Mr Barnes. The group will focus on waste on Fridays



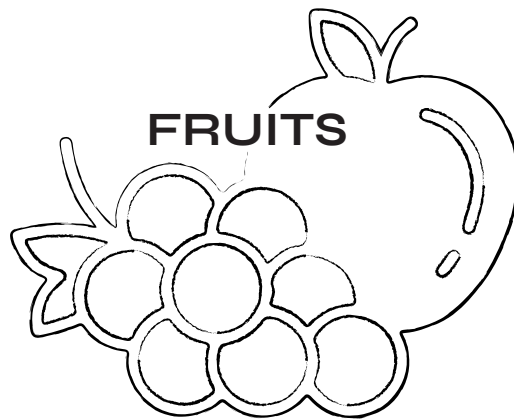
6 students were assigned to the tuck shop at Key Stage 1



6 students were assigned to the tuck shop at Key Stage 2



4 students were assigned to the Kitchen Team with a meeting every Wednesday afternoon



2 students were assigned to classes and tasked with reminding children about their daily fruit portions provided by the school and to also remind children to use the fruit waste bins inside school



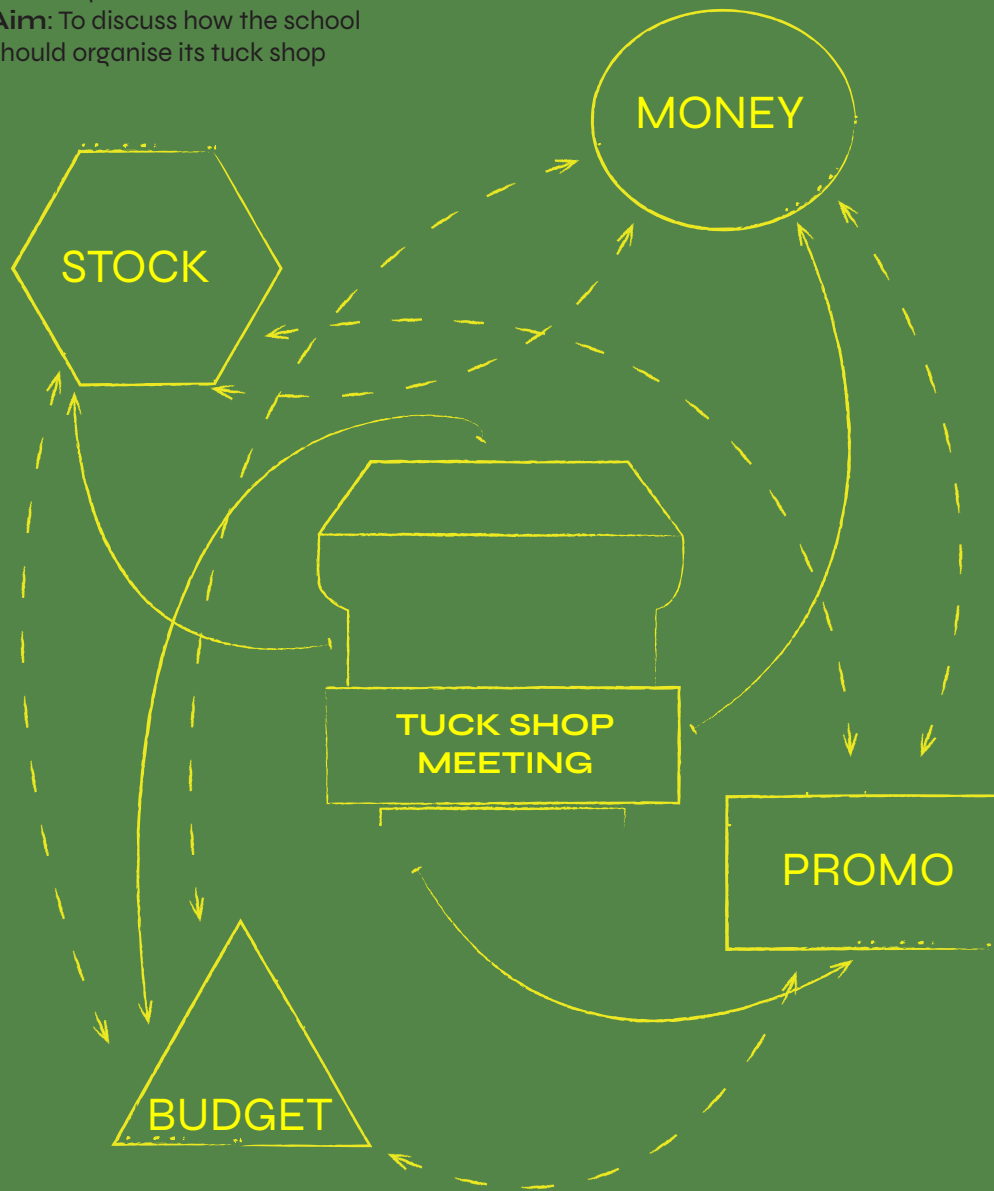
1 student was assigned to poster design

Place: All Saints Catholic Primary School

Date: Friday 11th November 2022

Attendees: Class teacher, Mr Farrell, and students assigned to the tuck shop

Aim: To discuss how the school should organise its tuck shop



Summary of the meeting

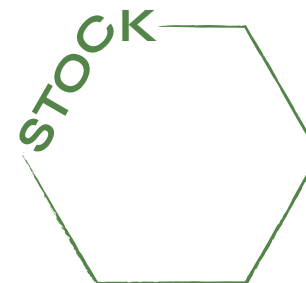
At the tuck shop meeting, we discussed any concerns and brainstormed ideas for promoting the shop. We also made sure everyone was satisfied with the current stock and reviewed the budget



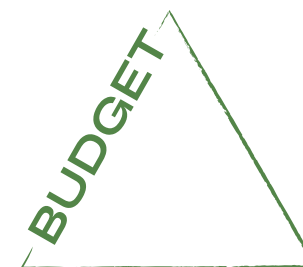
One student noted the tuck shop ran out of 10 and 20p's. Mr Farrell to source more change for future dates. Another student raised future selling opportunities, such as purchasing a Gazebo, and selling products at the end of the day or on Parents' Evening



10 students suggested Wednesday morning would be a good time to advertise the tuck shop during 'Wake and Shake' and 1 student will place posters around the building



Children are happy with the current popularity of stock. Mr Farrell to source more raisins



Mr Farrell shared the money raised, which was £62. Current costs are £100, plus £5 float



Place: All Saints Catholic Primary School
Date: Friday 10th May 2023
Attendees: Mr Farrell and Year 6 students
Aim: Food Policy and Nutrition

Questions raised and issues discussed during the meeting were as follows:

Breakfast: What do children eat before they come to school or at school in the breakfast club?

Lunch (hot dinners): How do you make choices?

Packed Lunch: What should be in a packed lunch?

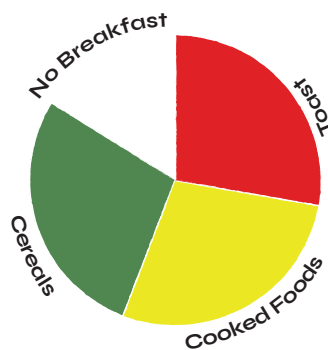
Drinks: Which drinks are available in school?

Snacks: Tuck shop and sweets

School trips: What should we bring in a packed lunch for a school trip?

Here's what we learnt about what our children eat:

Breakfast: Our children eat a range of food before school starts, from cooked foods to cereals and toast. Some children drink hot drinks such as tea instead of breakfast. Three children stated that they regularly go without breakfast before school starts due to not having time to eat

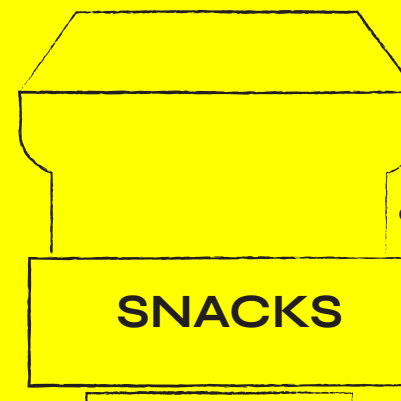


Lunch: (Hot dinners) Children said that even though they know what is for lunch, they can't see the food in the serving area due to the way it is stored. Also, the menu isn't very high profile throughout the school

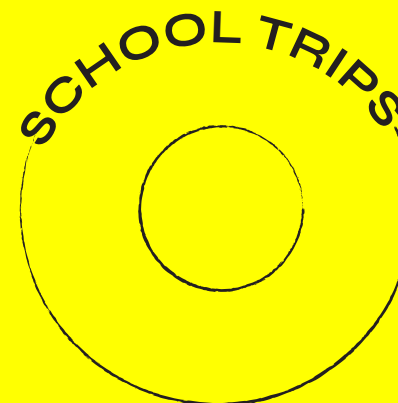
Packed Lunch: We spent most of the day discussing what should and shouldn't be in a packed lunch. The catering team were able to share examples of children bringing in leftover fast food in packed lunches and some lunches containing exclusively crisps and chocolate. There was no clear consensus about what should be included in a packed lunch



An agreement was made regarding a continuation of just water being provided. Children were unaware of the reasons behind this. Again, clear communication will be needed with children and parents regarding why water is provided throughout the day



Children have asked for flapjacks and vegan brownies. Mr Farrell will check with Year 6 children about the possibility of using a 4pm slot to batch cook



The children agreed that a small treat should be allowed in a packed lunch on a school trip. However from their comments, the definition of small needs to be specified

Healthy food options!

The children were asked which foods are healthy and which are not.

Here's what they said:

Student 1

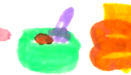
Lunch
Packed lunches
outside in
summer

Packed Lunch

Yes	No
Fruit	Fizzy drinks
Sandwich	Chocolate
Pasta	Crisps
Salads	Sweets
Yogurts	
Water	
Juice	

Student 2

1. Breakfast



- Wendix
- cereal
- Scrambled egg
- Toast
- Fruit yoghurt

2. Lunch

- Better service area
- Noise level
- Time eating

<u>Packed Lunch</u>	
<u>for</u>	<u>against</u>
<u>Sandwich</u>	<u>Crisps</u>
<u>Fruit pots</u>	<u>chocolate</u>
<u>Salad</u>	<u>Sweets</u>
<u>Pasta/Rice</u>	<u>Fizzy drinks</u>
<u>Water</u>	
<u>Orange or</u>	
<u>Apple Juice</u>	
<u>Yoghurt</u>	
<u>Fruit</u>	

FOOD WASTE

Date: 17th May 2023
Facilitator: Minna Alanko-Falola, Sustainability campaigner and Founder of Compost Works
Attendees: 12 children, Mr Farrell, and school catering team members



WORMS WORMS WORMS

During this workshop, we looked at:

- Minna and her friends (the worms)
- About food waste: what do you leave behind at lunch? The journey of food waste in the Liverpool City Region
- A wormery – how does it work and what happens inside?
- Meeting the worms

Here's what we found out:

Food waste is not rubbish!

It shouldn't go into a landfill or be incinerated, which is bad for the environment

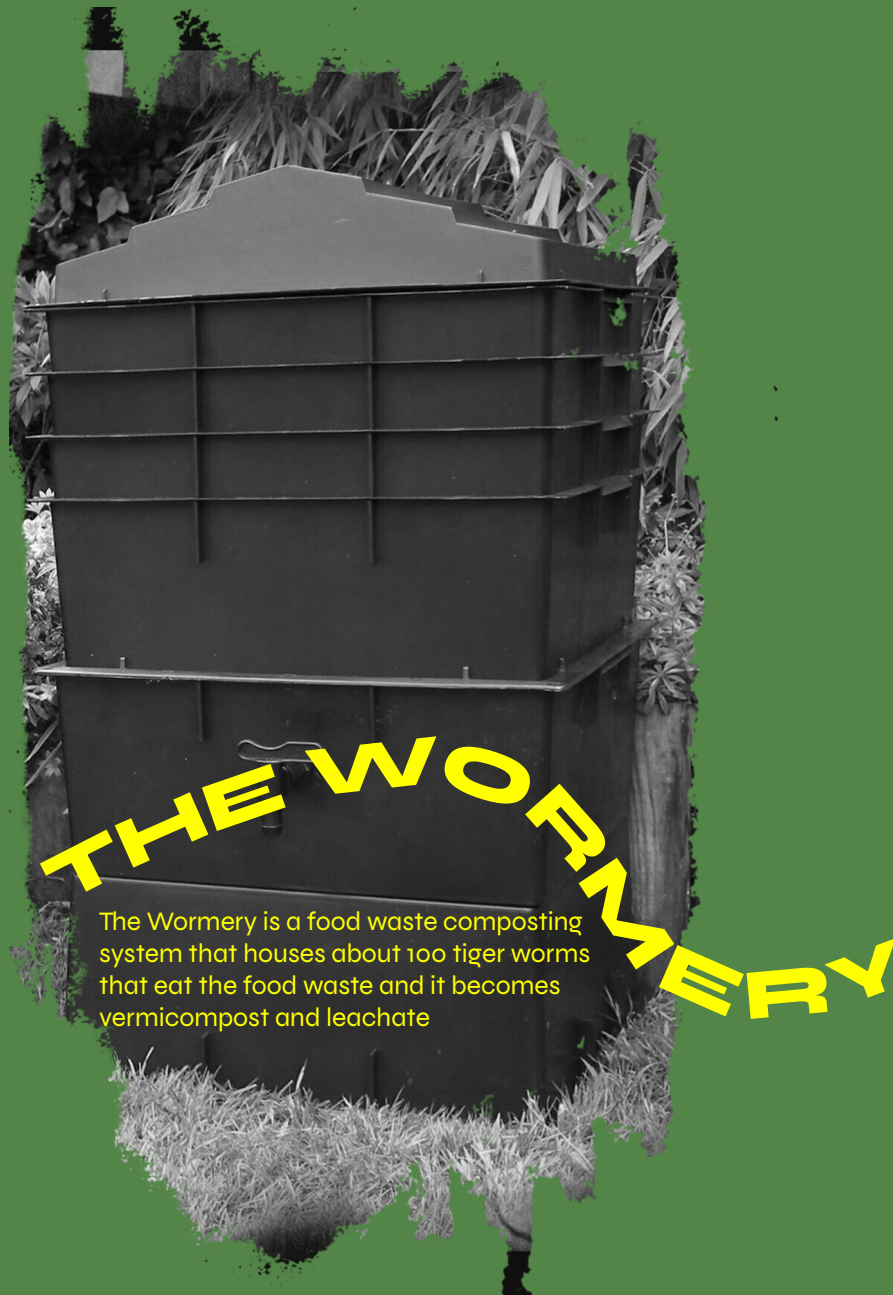
Composting is a natural process where food waste breaks down, thanks to living organisms such as worms. This builds soil life and makes nutrients available to plants

WORMS WORMS WORMS

Did you know?
 Non-recyclable waste from Liverpool is processed in Kirkby before being sent in carriages on a diesel train to Newcastle Upon Tyne to be incinerated



You can visit Minna and the worms at your nearest community compost site. Check out their website for more details: <http://compostworks.co.uk/>



The Wormery is a food waste composting system that houses about 100 tiger worms that eat the food waste and it becomes vermicompost and leachate

Did you know?

Worms can eat half their own weight in waste per day!

Worms are adults at 10 weeks old!

A single worm is both male and female!

Baby worms develop in eggs!

What goes into the wormery?

Wormery bedding:
coconut coir

Fruit and vegetable pieces, peel and cores - but not too much citrus!

Bread, rice, pasta, cereals, beans, eggshells, and small amounts of dairy and meat

Shredded paper

FOOD SUSTAINABILITY

Date: 24th May 2023

Facilitators: Sally-Ann Starkey & Wendy Johnston, Senior Lecturers in Sport and Exercise Science at LJMU

Attendees: 12 children, Mr Farrell, and school catering team members

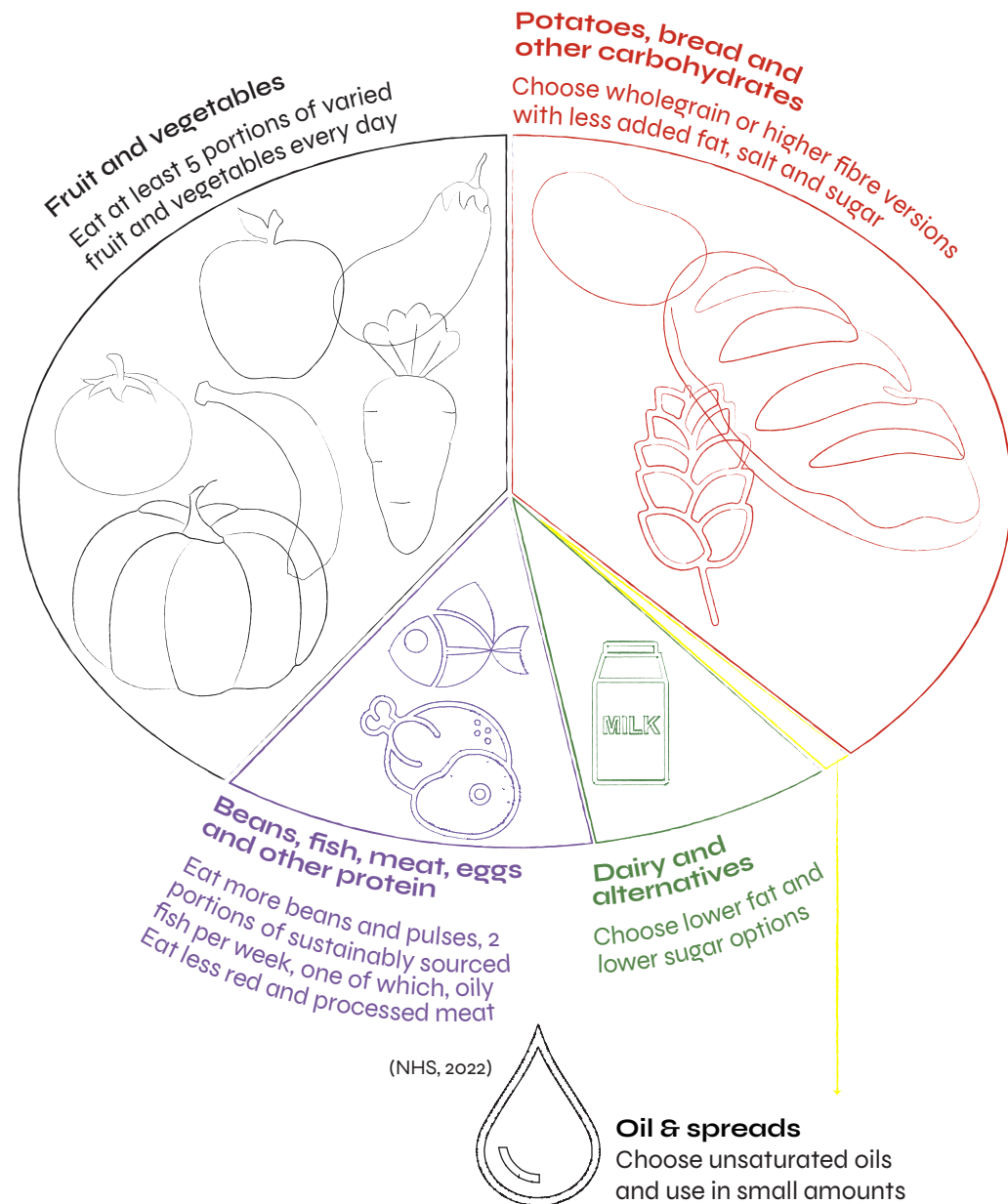


During this workshop, we looked at:

- '5 A Day' and fruit and veg consumption
- Where does food come from and food miles?
- Could we grow fruit and veg at school or home - designing and planning a garden?
- What would we grow and how could we use this food for snacks, lunch boxes, breakfast and other meals?

The Eatwell Guide

Use The Eatwell Guide to help you get a balance of healthier and more sustainable food



(NHS, 2022)

Increasing fruit and vegetable consumption within the school

The day before the workshop, the children had eaten some fruits and vegetables, but on average they only consumed 2 portions. The Eatwell Guide recommends that we should aim to eat a minimum of 5 portions of varied fruits and vegetables every day. The children would like to increase their fruit and veg consumption.

Sally-Ann and Wendy asked the children how this could be achieved throughout the day.

Here are the children's responses:



Food Miles

During the session, we used an online food miles calculator tool and looked at items including apples, cucumber, strawberries, tomatoes, carrots, and lettuce, to look at where the foods came from.

You should check this out at home!

Some of the children had never tasted some of these foods before.

The children would like to discuss food miles during assembly. They felt that food (if possible) should come from the UK or from nearer home to reduce food miles.

The children liked the idea of developing an edible garden at the school and discussed how we might set one up.

Food miles calculator

Where are you?

Your Location

Where has your food come from...?

Have a look on the packaging to see where abouts the product has come from and then simply select it from the list below.

Country

What are you tracking?

If you want to let us know what you think add your comments here!

Food Item:

BANANA

Did you know?

Assuming your food has come from the capital, San Jose, travelling to the capital, London, it has travelled approximately 5,424 miles (8,727km)

Did you know?

Emission produced by plane:
1953kg CO₂ or 533kg Carbon

Emission produced by a car:
11573kg CO₂ or 429kg Carbon

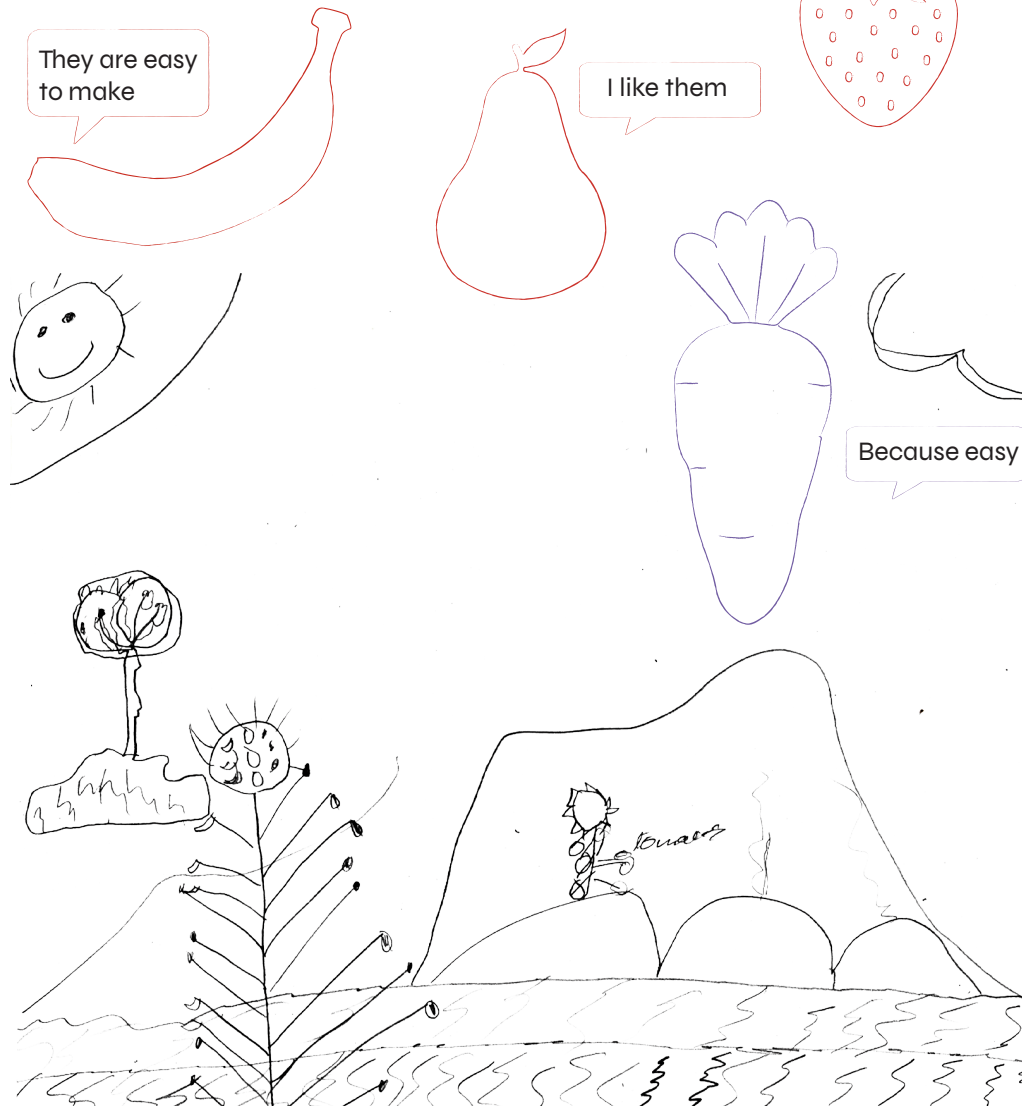
Emission produced by a train:
542kg CO₂ or 148kg Carbon

FoodMiles.com

Growing our own food!

The children were asked to draw a map of what their garden might look like and all the things they would like to grow.

When asked what they would like to grow and why, the children said:



The children would like to learn how to grow plants, fruit, and vegetables. They felt it would help them learn about plants and where food comes from. To be in nature would increase their physical activity and encourage them to eat more fruit and veg. Also, they would like the chance to have a school garden and/or edible wall and to grow fruit, vegetables, and herbs.

HEALTH PSYCHOLOGY

Date: 7th June 2023
Facilitator: Dr Kathryn Bould, Lecturer in Psychology at LJMU
Attendees: 12 children, Mr Farrell, and school catering team members



During this workshop, we looked at:

- Healthy eating behaviours, ways of thinking, and consequences of healthy eating
- Being healthy (avoiding ill health)
- Environmental restructuring
- Goal setting, action planning and self-monitoring

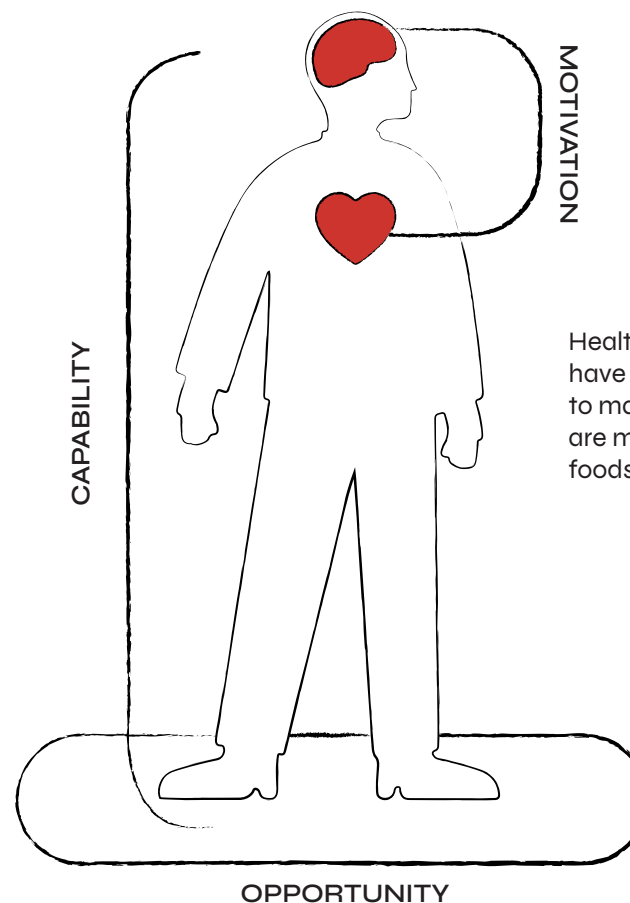
The COM-B Model

The COM-B model of behaviour change can help us to identify what needs to change in order for us to eat a healthy diet, the behaviour (B). The model has three components that need to be present for any behaviour to occur: capability (C), opportunity (O) and motivation (M)

(C) = are we capable: do we understand and are we physically able to make healthy food choices?

(O) = do we have the opportunities: for example, time and people around us to help us eat healthily?

(M) = are we motivated: can we make healthy food choices become habit, or can we feel energised to make better food choices?



Healthy eating will occur only when we have the capability and opportunity to make healthy food choices and we are more motivated to choose healthy foods over less healthy options

Behaviour Change Techniques

Behaviour Change Techniques are small components which we see as active ingredients that help us to change our behaviour. We have looked at some of the techniques that might help us to change our behaviour, think differently and make healthy food choices, including:

Technique 1

Information on consequences of a healthy diet on health: How our health will be affected if we eat a healthy diet

- Helps your mental health
- boost energy
- Helps self-esteem
- Keep our bodies fit and healthy

Technique 2

Goal setting and action plan: Set a goal that you will achieve which is about the behaviour 'eating a healthy diet'

- Have fruit available at 8:30am.
- eat a 2nd piece of fruit after break
- fruit at lunch

Technique 3

Self-monitoring of behaviour: Create a method to monitor and record the behaviour as part of a strategy to reach the 'goal' of having a healthy diet

- Class dojo - computerised
- house points - charts
- end of term rewards
- Teams!

Technique 4

Social reward: Arrange verbal or non-verbal reward if there has been effort or progress in performing the behaviour

Ding my bell when something's the healthy option

Technique 5

Restructuring the environment: Making changes to the physical environment in order to enable performance of the wanted behaviour

Make FOOD VISIBLE



Technique 6

Demonstration of behaviour: Observe an example of the performance of the behaviour, in person or, for example, via video, so that you can aspire to copy the behaviour

Amelia
Celeb good:
Virgil mo Salah/
Cristiano Ronaldo

Technique 7

Social support: Help from friends, teachers and family to support a person to perform a behaviour, such as eating healthily and making healthy food choices

Social Support
Slogans/Shorts
healthy Role Models

Technique 8

Prompts: Having 'reminders' to rehearse and repeat the behaviour

encourage to eat certain foods

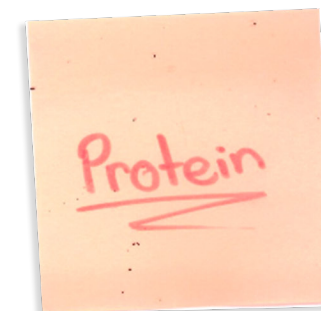
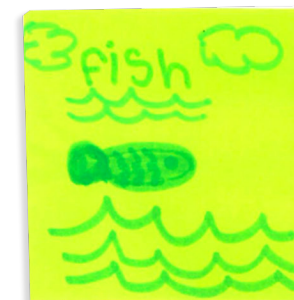
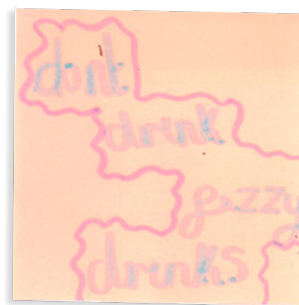
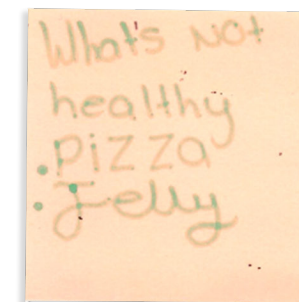
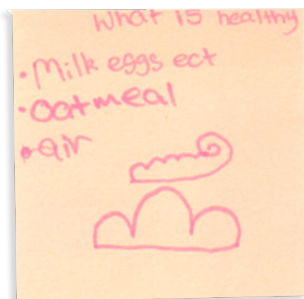
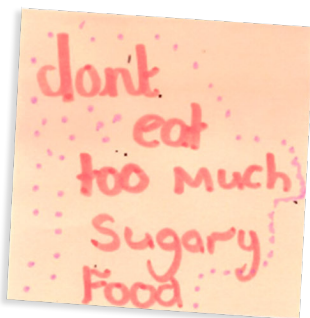
People Posters

GIVE THEM A TRY!

Healthy Food Options & Behaviours

The children were asked to write on sticky notes healthy food options and behaviours.

Here are their answers:



DESIGN

Date: 14th June 2023
Facilitator: Dr Anne-Marie Bartlett, Senior Lecturer in Design and Illustration at LJMU
Attendees: 12 children, Mr Farrell, and school catering team members

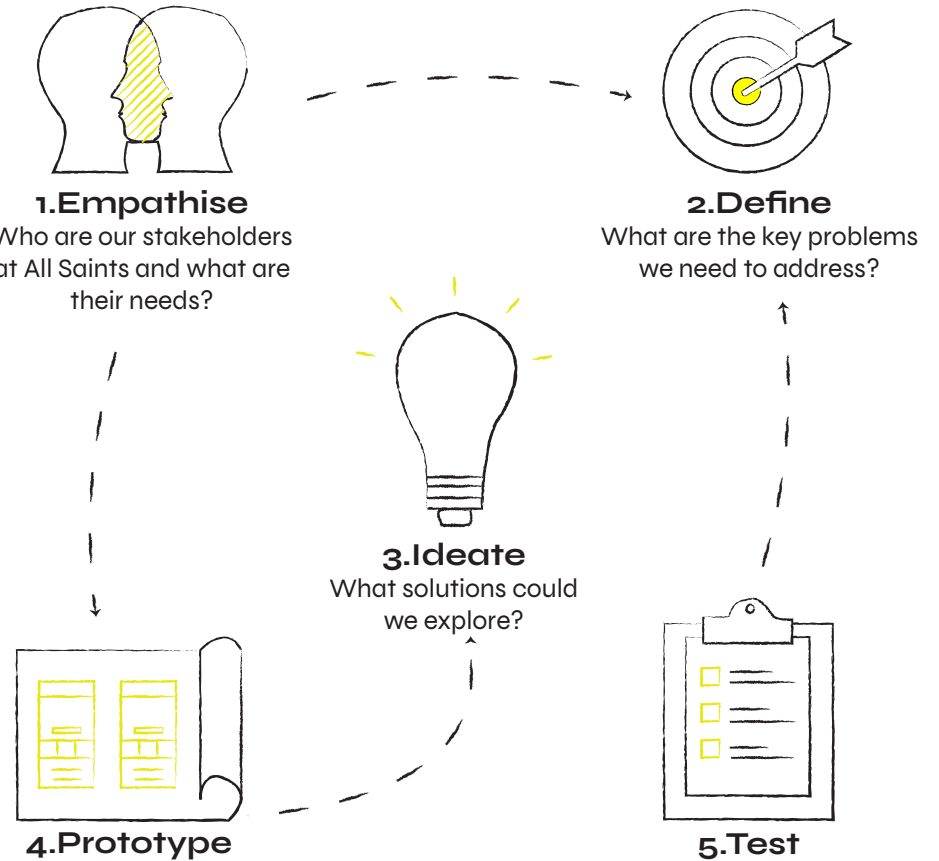


During this workshop, we looked at:

- ➔ What is design and how does it relate to the problem of green food and healthy eating?
- ➔ Design Manifestos. What would our 'Green Food/Healthy Eating' manifesto be?
- ➔ User-centred design – What are the needs of our school community? How can we work together to solve problems?
- ➔ Communication Design. What makes good design in our school context and what can we do next?

The Design Process

We learnt that the design process can be utilised for promoting healthy eating habits:



Interaction Design Foundation (2023)

Design is multi-dimensional, both simple and complex, and part of human life.

Design thinking can be applied to healthy eating at All Saints.

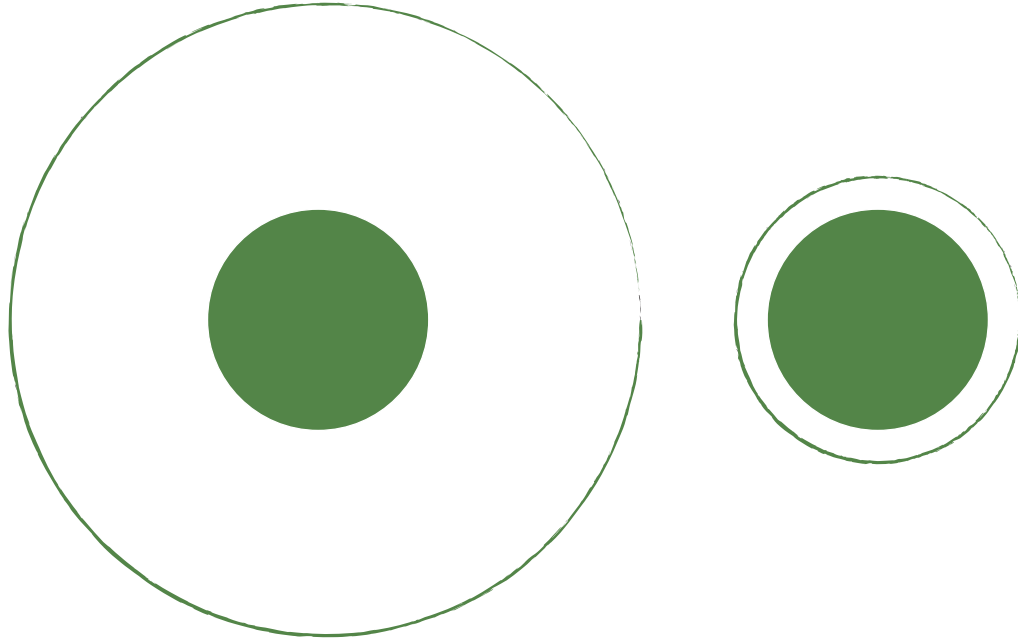
Designers and we, as humans, have the potential to apply innovation to real-world problems.

We can learn from great artists and designers as we declare our commitment to 'being green' at the school.

What can designers do to make a difference?

Design can help us think differently about our food.

For example:



Look at the two plates above. The green filled circles represent the food on the plate.

Q: Which plate do you think is fuller, the left or right plate?

A: They both hold the same amount of food. It is an optical illusion to think the plate on the right is fuller.

Delboeuf Illusion (Girgus and Coren, 1982)

Vertical-horizontal Illusion (Robinson, 1998)



Look at the adjoining lines above.

Q: Which line do you think is longer? The horizontal line or the vertical line?

A: Again, they are both the same. If you have a drink in a tall glass, you may feel you are getting more than a drink in a short or wide glass, even though you are getting the same amount.

How can design thinking be used in our school?

Our students used design thinking to encourage healthy eating habits.

Here is an example of how one of our students utilised it:

Stake holders

Pupils
Teachers
Office

Problems

Unhealthy dinner options

Solutions

Different dinner options

Salad bar

Picture of whats for dinner

Less sweets and cakes

More water

Green table

Don't eat too Much Sweets
 Drink water all time
 eat healthy Food
 eat fruits
 More ~~Milk~~ Milk
 eat Salad
 eat Fruit Salad

OUR MANIFESTO:

A manifesto is a written statement declaring publicly the intentions, motives, or views of its issuer.

During the Design Workshop, we looked at manifestos developed by great artists and designers for inspiration for our Green Food Manifesto.

Our **Green Food Manifesto** is as follows:



Waste

Provide equipment for 5 children to become Compost Champions at home. Our Compost Champions will share their adventure with other pupils and families. Their composting story will be documented and shared with families within school



Tuck Shop

Instead of selling snacks and wrapped goods, children will offer fruits and vegetables. Items such as carrots and cucumbers will be chopped and prepared



School Menu

Food will be displayed either electronically or pictorially to inform children about what is available at school each day. Children from upper Key Stage 2 will visit classrooms lower down in the school to promote the food on offer. The deli offer has been reintroduced to once a week and this will revert back to a daily offer with staffing changes. Children want to see this offer increased to featuring daily



School Trips

Visual reminders about what is suitable for a school trip, paying particular attention to portion sizes



Packed Lunches

A policy to be developed by children, staff and parents that demonstrates what is expected in packed lunches and the importance of balance

HAVE YOUR SAY!

What do you think should be included in our **Green Food Manifesto**?

Share your thoughts with us in the space below, cut out the page, and return it to the school office by **23rd September 2023**

Handwriting lines for student input

Cut along dotted line



Credits

With the support of Liverpool John Moores University (LSA QR Project 11, A. Bartlett), this publication has been produced collaboratively by All Saints Catholic Primary School and academic staff and students at Liverpool John Moores University.

Staff and Pupils

We thank the staff and pupils at All Saints Catholic Primary School for their contribution to the Green Food Strategy Plan and their involvement in the design of this booklet. We also thank Mr Barnes for making this opportunity possible and for his ongoing support and encouragement.

Coordinators

We thank Dr Anne-Marie Bartlett, Senior Lecturer in Graphic Design and Illustration at LJMU, and Mr Farrell, for coordinating this collaboration and overseeing the overall design process.

Graphic Designer

We thank Shah Alam, undergraduate student on the BA Graphic Design and Illustration programme at LJMU, for his collaborative work as Graphic Design intern on the overall design of the booklet and associated print and digital materials.

Friends in the Community

Amongst our many friends in the community, we thank Esto es Espana Restaurant, Liverpool, for hosting of our first Food Strategy meeting. We thank them for their support, the food they provided, and their hospitality.

Workshop Facilitators

We thank Minna Alanko-Falola, Sustainability Campaigner and Founder of Compost Works, for her Food Waste Workshop. Compost Works is a Liverpool-based social enterprise with the mission of diverting food waste from incineration and landfill.

We thank Sally-Ann Starkey, Senior Lecturer in Sport and Exercise Sciences at LJMU, and Wendy Johnston, Senior Lecturer in Food Studies, Sport and Exercise Sciences at LJMU, for the design and facilitation of the Food Sustainability Workshop.

We thank Dr Kathryn Bould, Lecturer in Psychology at LJMU, for the design and facilitation of the Health Psychology Workshop.

We thank Dr Anne-Marie Bartlett, Senior Lecturer in Graphic Design and Illustration at LJMU, for the design and facilitation of the Design Workshop.



All Saints Catholic School's
Green Food Strategy Plan