

Food for Life Medway

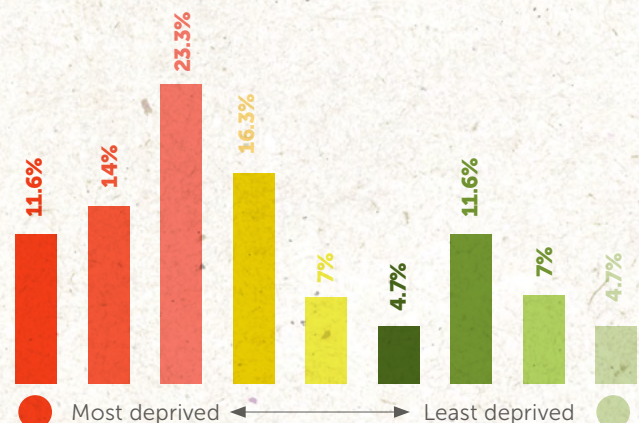
1 July 2022 – 30 July 2025



Food for Life was commissioned by Medway Council to instil a whole school approach to food within Medway schools from 2022 to 2025. The programme does this by embedding good food practices into teaching, dining, leadership, and community engagement. Schools received tailored support to enhance their food education and contribute to wider public health goals, such as tackling childhood obesity and promoting lifelong healthy habits. Work was focused on the areas with the lowest IMD Decile, where schools recognised the value, and necessity of providing good food education to the children and families with the lowest incomes.



All Enrolled
Postcode and IMD Decile



Fruit & Veg Attitudes

Enjoyment of eating fruit and veg daily rose significantly from 49% (2022) to nearly 70% (2025).*



* 'Day in the life' Surveys (2022 vs. 2025) - Pupil surveys were carried out in 3 classes in 3 schools.

What the schools said:



Being part of the Food for Life programme has been an amazing opportunity and everyone in our school community has benefited and learnt from being involved."

Ms Williams,
St James CofE Primary



In numbers

43

43 schools enrolled –
Completing 476 action
points combined

45

staff have attended
Food for Life training



**221 Food Quality
Action points
completed** – Improving the
food the children receive

54

**Community and
Partnership
Action Points completed**

– Sharing and celebrating
diverse food with all



6 Bronze Awards



1 Silver Award

124

**Food Leadership and
Culture Action points
completed** – Embedding healthy
eating into school values and
everyday practices

77

**Food Education Action points
completed** – Teaching children
where food comes from, how to grow it,
and how to cook nutritious meals

Educational Benefits



Activities were not only enjoyable but also educational and easy to apply in our school. They helped our pupils develop practical, hands-on skills while encouraging a deeper understanding of food, sustainability, and wellbeing.

Ms Bass, Brompton Westbrook



Working with Food for Life has been a real pleasure, the support and courses offered have been invaluable to us.

**Ms Harris, The Academy
of Woodlands**



Changes to Food Choices and Environment



The award has enabled us to support our Eco Group to improve the school's environment by growing and nurturing plants and vegetables... increased the curiosity of trying new foods.

Ms Hayes, Luton Primary

It encouraged our head teacher, trust leaders, school governors, teaching staff, and kitchen staff to make changes to the food children choose and their dining experiences.

Ms Williams, St James CoE Primary



Community and Networking



This collaboration also opened the door to valuable networking opportunities, allowing us to connect with like-minded schools and individuals... Two schools have already emailed since we swapped details during one of the sessions.

Ms Bass, Brompton Westbrook



What next?

Medway Council will continue to fund participating schools to take part in the Food for life programme, with the addition of training and networking opportunities.

Please contact Adam Carter:
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Food for Life Medway updates and news:
www.foodforlife.org.uk/blogs
Foodforlife.org.uk

