




# A strong start at St Winefride's in West Northamptonshire



Food for Life visited St Winefride's in June to run a session on school food culture and the dining room experience with the school's SNAG (Student Nutrition Action Group). Pupils learnt about how they can make changes to their school food culture as well as debating food related issues such as "I think school dining halls should be run like a restaurant" and "We should eat less meat". Following this, the group investigated the current dining room experience, working in pairs to monitor the dining hall and look at busyness, noise, seating, access to salad, food waste, which food was most popular and which adults were in the room. They will use findings to inform their School Food Culture Review and make an action plan to achieving a Food for Life Bronze Award.

After lunch, Food for Life's Local Programme Manager met with the midday supervisors to discuss how they can celebrate the important work they're already doing to embed a good food culture as well as driving further positive change. With a list of actions now in hand, the midday supervisors will begin introducing a dining room award system as well as encouraging pupils to try new foods and use knives and forks properly.

Later, Food for Life sat down with the school's Food for Life Lead to go through the portal and complete actions that have been achieved as well as making a plan around completing more actions in future. Actions BFQ2, BFE2 and BFE3 were completed during the session, with plans for five further actions in place.



Finally, Food for Life delivered a staff briefing to ensure everyone at the school is on the same page when it comes to embedding a good food culture. After the briefing, staff read through the award pillars and made notes on what they're already doing to achieve them. This was an easy way to celebrate successes and also make a plan around making improvements in other areas. It was also a great opportunity for staff to hear more about how Food for Life can facilitate training sessions to support further changes. By the end, they had completed four actions, made great headway on three actions and discussed an actionable plan for another five. This was followed up with an email summarising the discussion and including signposting.

Overall, it was a really positive and productive day which met the school where they're at in their Food for Life journey and gave them the information and tools to keep progressing.

