

## MAKING BIRMINGHAM GREENER & HEALTHIER AWARDS 2017

### Best Greener & Healthier Lifestyles (Food) Scheme

Applications are invited from:

- **Business:** all businesses, SMEs, restaurants & food outlets, social enterprises, council/public sector organisations
- **Community:** CICs, community groups, campaigning groups, friends groups, clubs, charities, religious establishments
- **Education Establishment:** schools, academies, colleges, universities

#### Category (please specify)

Business

Community

Education Establishment

#### Contact Details

<b>Name of Organisation/Group</b>	Hillstone Primary
<b>Contact Name</b>	Matthew Knight
<b>Address</b>	Hillstone Primary Hillstone Road Shard End Birmingham B347py
<b>Telephone</b>	01210464 8493
<b>Email</b>	m.knight@hillstone.org.uk

#### **Greener & Healthier Lifestyles (Food)**

Increasing food skills, food access, awareness of healthy eating, food sustainability and reducing food waste is essential if we are to live longer, healthier lives, without putting an unsustainable burden on our environment.

This award seeks to recognise organisations/individuals that have made a significant contribution to achieving these aims.

### Examples of Greener & Healthier Lifestyle Measures

1. Raising awareness of national guidance on good nutrition (i.e. the Eatwell Guide) by labelling, signposting or holding education sessions
2. Improving food skills by offering opportunities to learn to cook more healthily
3. Looking at innovative approaches to selling/promoting healthy food
4. Reducing food waste and food miles
5. Improving access to healthy and dietary sustainable food through food growing initiatives

1.	<p>Please tell us what you or your organisation has done to encourage greener and healthier lifestyles with regard to food purchasing/storing/cooking/growing.</p>
	<p>500 words = 8 points</p> <p>We started our Cooking with Hillstone scheme to encourage our children, parents and wider community to cook together fresh, healthy meals and encourage good eating habits that will last our children a lifetime.</p> <p>We put together bags of food every week that contain all the ingredients you need to cook five meals for a family of four for five days. We include everything you need including meat, herbs and where possible organic veg from our local supplier.</p> <p>You also receive the recipes and methods for each dish with an easy to follow step by step guide to cook each meal.</p> <p>Everything is cost price so we can keep the cost down and compete with the supermarkets. For a family of four its £25.00. For 2 its £12.50 and for 6 it is £37.50</p> <p>The childhood obesity figures for Birmingham are above the national average and Shard End are higher than the Birmingham average so to run alongside our policy of a whole school approach to food and healthy lifestyles we came up with the scheme to help establish good food habits that will last our children a lifetime. The whole school is committed to promoting good, positive food choices and making eating healthy the norm in our school.</p> <p>We have a breakfast club, healthy snack menu and lunch menu where there are always at least 3 choices, full salad bar and our menu conforms to the school food standards. We also run an afterschool club where attendees receive a healthy tea.</p> <p>We consult all our children each year on what they would like to see on the menu and where appropriate we put the most popular dishes on. This is indicated by a, chosen by you note next to the dish.</p> <p>As catering manager I attend student council meetings to gage feedback about the delivery of our food offering.</p> <p>We use local suppliers and support local businesses. Our dairy supplier supply's us with local organic milk. We use a local family butcher for free range meat. Our organic veg comes from a local supplier</p>

	<p>and our frozen and other veg comes from an independent company in Digbeth markets. We use fair trade products where possible.</p> <p>We have waiters and waitresses working in our dining hall comprising of year 4,5 and 6 children. They help the smooth running of lunch time and assist dinners where needed. Each child has submitted a CV and an application form to be considered for the role and continues to be a popular job the children enjoy.</p> <p>We have our own allotment where each year group has the opportunity to help grow, look after and harvest food that we then use in the kitchen for lunch time.</p> <p>Every child in our school visits a working farm 4 times during their school life to help work on the farm and to really understand where our food comes from. They will see crops sown, growing and harvested as well as seeing the animals.</p>
2.	<p>When did you put in these measures?</p> <p>2017 <input type="checkbox"/> 2016 <input type="checkbox"/> 2015 <input type="checkbox"/> 2014 <input checked="" type="checkbox"/> Before <input type="checkbox"/></p>
3.	<p>How do you support your customers/communities/pupils to eat more fruit and vegetables? Please provide examples of the food consumed?</p>
	<p>100 words = 2 points</p> <p>Every plate of food that leaves the hotplate will contain at least two portions of veg as well as starchy food and protein. Our children are encouraged to eat up there veg and fruit is widely available all day every day.</p> <p>We also have a very popular salad bar. Our menu is seasonal and this is highlighted on our menu. We use produce from the allotment when it is ready to be harvested.</p> <p>Our pupils are more likely to eat food they have produced.</p> <p>Fruit and veg feature prominently on all ours menus.</p>
4.	<p>How has what you have done changed behaviour or made a difference to your organisation?</p>
	<p>300 words = 5 points</p> <p>When we first started to change our food offering two years ago fruit and vegetables were just not on the menu and a healthy lifestyle was discussed but not really taken on board by our children. The school management team made a decision to prioritise food and food education and with a lot of hard work attitudes are changing and our children have really taken on board healthy eating and make good positive food choices.</p> <p>We also work hard to create a positive view of healthy food with our parents. We realise that without support at home to make heathy, smart choices our job is a lot harder. We pride ourselves in communicating this message to our parents via newsletters, an up to date web page on the school</p>

	<p>website and engaging with parents. We have a presence at every school event, parents evening, summer fairs Halloween, bonfire and we are organising our first Farmers market to showcase our local suppliers, organic and free range produce and our children have all produced something to sell at the market .</p> <p>Where cakes sugary drinks and chips were the norm at school events these have been replaced with fruit kebabs, fruit juice and savoury food.</p> <p>One piece of work we are particularly proud of was the bold move to insist all reception children to have school lunch. We put on two free lunches for our new reception children and parents so they could experience exactly what a lunch time would be like and of course sample the food. This was great success with no hostility to the idea.</p> <p>In a recent survey the food at Hillstone came second in a list of what the children feel proud of at their school.</p> <p>Our children have a good understanding of good healthy food choices.</p>
5.	<p>How have you communicated what you have done to promote greener and healthier lifestyles to staff/students/customers/stakeholders etc.?</p>
	<p>300 words = 5 points</p> <p>We have an up to date webpage with lots of information about smart food choices. We communicate every week our new menu for our cooking with Hillstone scheme and there is a link to the menu and recipes on the main school website. We also group call all parents each week to alert them to our scheme and we regularly use twitter to tweet the menu and show our parents what we are up to.</p> <p>The head teacher and I (catering manager) regularly take assemblies where the message of smart food choices is communicated to our children. We have themed events that tie in to the curriculum the children are studying and there is an open invitation to parents to attend. Many take up the offer and they are always well attended.</p> <p>We actively engage with parents also. We recently did a free breakfast event in the playground to promote our cooking with Hillstone scheme with free bagels and porridge. We realise in our area some parents may go without a breakfast so as well as their children being able to access a free nutritious breakfast they can also.</p> <p>We have also recently developed a QR code so parents can quickly access our menus and up to date information.</p> <p>We have a survey that anyone can access on our website so we can monitor feedback.</p> <p>We communicate new catering news in the school newsletter.</p> <p>There is an open invitation for our parents to join us for lunch with their children.</p> <p>We have an active SNAG group (School nutritional action group) which comprises of children, staff and parents that discuss and implement action plans to promote smart food choices in our school.</p>

<a href="http://www.hillstone.org.uk/kitchen">http://www.hillstone.org.uk/kitchen</a>
---

**YOU MAY SUBMIT ADDITIONAL INFORMATION WITH YOUR APPLICATION (E.G. PHOTOGRAPHS AND CORROBORATING EVIDENCE). PLEASE NOTE THE MAXIMUM FILE SIZE FOR EMAILING IS 10MB.**

Please return your completed application form to:

Barbara Street

Birmingham City Council

PO Box 14439

Birmingham, B2 2JE

or Email: [sustainabilityteam@birmingham.gov.uk](mailto:sustainabilityteam@birmingham.gov.uk) (10 Mb limit per email)

**By entering the Making Birmingham Greener & Healthier Awards you give permission for your photograph to be used in any publicity relating to the awards**