Food for Life Partnership
Embedding positive food culture: Lancaster University Pilot

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This morning

- Introduce the Food for Life Partnership
- Introduce the pilot work at Lancaster University
A settings-based approach to healthy and sustainable food

3 key elements of settings approaches:

1. creating **supportive and healthy working and living environments**

2. **integrating health promotion** into the daily activities of the setting

3. recognizing that **people do not operate in just one setting** and that any one setting impacts outside of itself—developing links with other settings and with the wider community. (UWE Report, 2014)

A setting is “a place or social context in which people engage in daily activities in which **environmental, organizational and personal factors interact to affect health and wellbeing**” (WHO 1998: 19).
The history: a whole school approach

- **Leadership**
  - The Headteacher leads the change
- **Great school food and a positive lunchtime experience**
  - Providing fresh, responsibly-sourced food
- **Education**
  - Practical cooking and growing, farm links, pupil engagement
- **Extending reach**
  - Engaging parents and community
  - New project working with Age UK
- **Long-term programme working at the population level**
  - Working to change systems
FFLP in schools: the results

improved performance

TWICE as many primary schools received an Outstanding Ofsted rating after working with the Food for Life Partnership

Children and families: healthier eating habits

28% more children eating 5 a day
45% of parents eating more vegetables
43% of families changed their shopping habits

local economic benefits

For every £1 invested in Food for Life menus, the social, economic and environmental return on investment for the local authority is £3

Increased meal uptake

13% increase in free school meal uptake
How FFLP has developed

- From March 2012 commissioned by local authorities (currently 13)
- November 2014: FFLP track record in over 5000 schools
- Delivering against School Food Plan objectives
- May 2013: awarded £3.6 million by Big Lottery to extend to, early years, universities, hospitals, care homes and workplaces
New settings: a life course approach

Hospitals
with the cost of diet and overweight/obesity related disease to the NHS at almost £11 billion, hospitals should lead by example and promote a positive food culture

Care homes
many older people in residential care homes are not supported to meet their nutritional needs

Early years
early years award is in development

Universities
developing a healthy food culture for those that work there, and for life in and beyond further education

Workplaces
food as a key part of workplace wellbeing
The university as a setting

Scale:
• 2.5 million students enrolled onto first time degrees
• Almost 400,000 members of staff

Impressionable age groups:
• 62% of first year students are 19 and under

Modelling food behaviours/
displaying organisational culture:
• Particularly in ‘contained’ settings
• e.g. on campus, in halls, 24 hr facilities

Community impact:
• Universities at the heart of communities

Cultural diversity:
• Students from outside the UK:
  • 5.3% from EU, 12.1% beyond EU

(Universities as centres for research, learning and knowledge exchange)
The Lancaster University pilot

**Learning together..**

- Developing a framework
- Testing the framework
- Sharing the learning
- Evaluation & next steps
The university whole setting framework

“transforming food culture”

HEALTH

SUSTAINABILITY

EDUCATION

Community and partnerships

Healthy and sustainable catering

Across the campus

Food leadership and culture

Food education and skills

University as a workplace

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University as a workplace
Sustainable Food City Lancashire

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