

# Food for Life's parent pack



Thank you supporting Food for Life to make the food we eat better for people and planet. Food can be a challenging subject, but we want all children to receive an introduction to food which is as joyful as it is impactful. This is why we work with parents and teachers to ignite a passion for and provide access to good food at an early age.

We've pulled together some helpful hints and tips on how we can support each other to improve your child's food experience at school. Together we can set the next generation up with the passion, education and tools they need to access good food for life.

## 1. Check if your child's school is signed up

Speak to your child's class, headteacher or nursery manager. If you find your school or nursery is registered with Food for Life, great news – you can support them taking the steps below. If they don't, pass on the relevant letter in this pack.

## 2. Volunteer your time

We all know how busy teachers are so if you have time to spare you could offer to help set up a school garden or growing area. If you have the time and skills, you could even offer to set up a gardening or cooking club. Just offering to water the garden during holidays would be a great way to show your support.



### 3. Donate materials or equipment

Schools are having to fight harder than ever to make ends meet so finding the budget for cooking or growing equipment can be challenging. If you (or your employer) can donate materials or equipment it will make a massive difference to your school or nursery. This can be as big or as small as you are able to offer. You may even want to sponsor an element i.e. a growing area or cooking day.

### 4. Get fundraising

There are lots of easy ways you can help your school or nursery to raise money to go towards their Food for Life subscription or activities. Why not put on a healthy cake sale (you could even use a Food for Life cake recipe from our free [Learning and Skills Hub](#)) or even run a farmers market. We have loads of ideas to support you when you sign up!

### 5. Cook and Share or Plant and Share

We've created a toolkit of resources created by experts so anyone can get cooking or growing, no matter how much experience you have. Whilst Plant and Share takes place in April and Cook and Share in November, [anyone can get involved](#) at any time. It's a great way to learn about or teach gardening and cooking skills, with step-by-step resources made with families, schools, community groups and nurseries in mind. Start with [a beginner's guide to growing](#) or [all about seeds and spices](#).

### 6. Send a letter

Sending a letter to your child's headteacher is a great way to reach out and start the conversation around good food. We've put together a template below, so you can copy it into an email, add your name and send it off.



Dear Headteacher,

As a parent of a child at your school, I wanted to ask you to consider enrolling our school on the Soil Association's Food for Life Schools Award programme.

A third of our daily calories are eaten outside the home, so what our children are eating at school hugely impacts their health and learning.

This award supports schools to provide healthy school meals, great lunchtimes, and food education that has a positive impact on both pupils and the wider community. If ALL primary schools in England were Food for Life schools, one million more children would eat five or more portions of fruit and vegetables per day!

We should enrol because:

- Food for Life work provides evidence that we are meeting Ofsted's Common Inspection Framework requirement to support children to keep themselves healthy.
- Holding a Food for Life Award demonstrates that a school is meeting DfE's mandatory School Food Standards.
- Food for Life improves the health and wellbeing of pupils.
- Food for Life offers a wealth of resources and specialist support developed by experts including Jamie Oliver.
- Food for Life supports national curriculum requirements on cooking and uses food growing, and farm-linked education to enhance the curriculum. It also includes downloadable lesson plans saving your teachers planning time.

The Soil Association is a charity and so the Food for Life Schools Award programme is not-for-profit. They use a flexible framework so we can approach our award in the way that works best for us.

You can find out more about the Food for Life Schools Award here:

<http://www.foodforlife.org.uk/schools> or call the Food for Life team on 0117 314 5180

If you need me or any of the parents or PTA to help with the above, please just let me know.

Kind regards,