

Engaging Communities in Sunderland to Combat Obesity - Food in Schools

Our Challenge

Sunderland has a legacy of ill health from its industrial past along with high levels of deprivation. 12% of Sunderland's 5 year olds are obese rising to 21% by age 11 compared to the national average of 10% and 17% respectively. Our groundbreaking approach to delivering the Food in Schools agenda enables us to deliver interactive school based learning, influence the wider community and provide training for teachers in a bid to bring about positive lasting change.

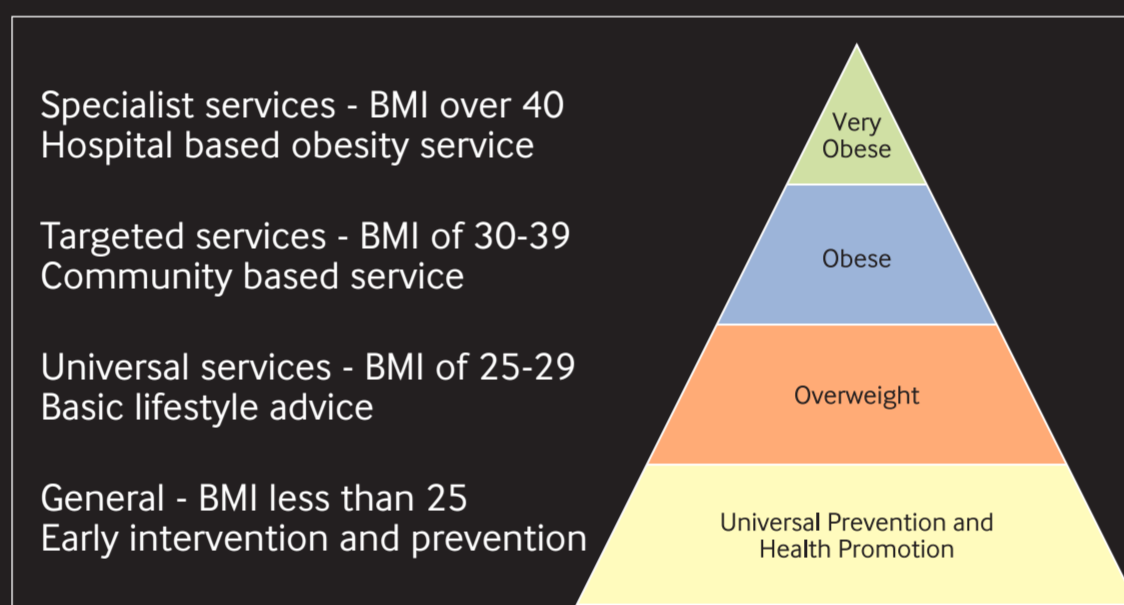
Jamie Oliver Money

- School meals highlighted as an area of national concern
- Central funding to develop high quality school meals provision



How we use the funding

- Citywide partnership to develop Food in Schools programme to challenge cultural barriers to healthy lifestyle choices
- Key to an integrated approach to combating obesity



Our Solutions

- Coordinate the healthy eating and physical activity core themes of the Healthy Schools programme
- Support schools to develop whole school food policies
- Ensure all schools meet national school food standards
- Providing nutritional training for school based staff
- Wider family learning in healthy lifestyles
- Promote healthy eating through fun and interactive activities
- Cooking across the generations
- School Meals recipe book
- Packed lunch leaflets
- Portion size posters
- Community growing gardens
- 'Lets Make Lunchtime Fun'
- Partnership working with Sunderland Football Club
- Family Learning Through Football Fitness
- Summer 'Lifestyle Activity and Food' programme



"SUNDERLAND CITY COUNCIL AND SUNDERLAND FOOTBALL CLUB RECOGNISE THE BENEFITS OF HEALTHY SCHOOL MEALS FOR A BETTER FUTURE." (Niall Quinn)

Our Impact

- 18 schools have now achieved Healthy School Status
- 70 schools now have whole school food policies
- An estimated 20,700 children benefit from the Food in Schools team every year
- All schools meet the national school food standards
- Primary school meal uptake is 11% above the national average
- An increase in school meal uptake of up to 8% in some schools following Food in Schools sessions



"I THOUGHT IT WAS VERY GOOD, ENCOURAGING MY CHILDREN TO LEARN ABOUT FOOD AND COOKING WHICH IS SOMETHING I CAN'T DO MYSELF." (Parent at Bishop Harland Primary)

"WHEN ARE YOU COMING BACK TO DO MORE COOKERY WITH US BECAUSE I REALLY ENJOYED COOKING WITH MY MAM!" (St Bede's Primary School)

Sunderland Vision

"By 2025 Sunderland will be a city where everyone can be supported to make healthy lifestyle choices. Our intent is that everyone will have the opportunity to live long, healthy, happy and independent lives."

