

School Food Ambassadors

Established in Leeds in 2011 the School Food Ambassadors (SFA) model has been completely refreshed in line with the **School Food Plan**. SFA is all about giving pupils a voice to take a proactive role in all aspects of school food. A small group of pupils are elected and trained to monitor and feedback on school food and nutrition. It's all about improving quality, increasing school meal take-up and enhancing the overall lunchtime experience through the eyes of a child.

"It's about empowering children - anything that does that is just a bonus. At the end of the day, we are here for the children. Everything we do is for the children and if it is working for them, then we are happy." (Primary School Teacher, Methley Primary School)

The innovative SFA model goes beyond school meals; pupils build close partnerships with cooks and senior leadership to influence change to policy and practice. In Leeds ambassadors have helped to develop and monitor packed lunch policies, reduce food waste, re-design menus, transform dining rooms environments and influence catering contracts. So far over 120 schools have engaged with SFA here in Leeds and pupils are elected as a regular part of school life. As a pupil-led model SFA gives pupils a voice and an opportunity to make sustainable change through a shared approach.

"You really need to stop and listen to us; we are the voice of the pupils and we know what we want, we know it is hard work, but this is what we want." (Primary School Food Ambassador)

Along with training for teachers and pupils, SFA comes as a guidance document and a separate toolkit featuring **over 30 practical resources** for pupils and teachers. The toolkit includes lesson plans, tools for monitoring compliance with the new **School Food Standards**, a pupil-friendly version of the 'Headteacher Checklist' featured in the School Food Plan, a food tasting tool and much more.



Both resources are presented in a unique, child-friendly design and offer practical information that bring the School Food Plan to life and builds on the legacy of Child Friendly Cities.

"The School Food Ambassadors' model is a unique and exciting project which I am delighted to support - a wonderful resource" (Cllr. Jane Dowson, Deputy Executive Member, Children & Families, Leeds City Council).

How to get involved

The School Food Ambassadors model is available to schools and local authorities beyond Leeds. Bespoke packages are available on request. These include a full day training delivered by the Leeds expert School Food Advisors for groups of schools in your area or 'train the trainer' resources. To find out more please contact schoolwellbeing@leeds.gov.uk.



The training hosted in Leeds is also available for individual schools to book on to attend. For course dates and booking information please visit:

www.schoolwellbeing.co.uk/training_courses?theme=9