

Evaluation of Food for Thought Project Phase 8

Education Scotland aims to find out about examples of ‘interesting practice’ relating to Food and Health in order to support practitioners in other establishments. This evaluation, ***which must be completed by every funded establishment***, will help us to collate a bank of information around food and health education in Scotland.

We are looking for information of approx. 300 words (‘scrollable’, bulleted etc.) to provide practitioners with key information about your project which could potentially be uploaded to the [National Improvement Hub](#) or Good Food Nation website.

Please return the completed form to Jeanette.smart@educationscotland.gov.uk no later than **Friday 11th February**

1. Your details

Establishment – please state clearly if it is ELCC / Primary / Secondary / ASN	Hecklegirth Nursery ELCC
Local Authority	Dumfries and Galloway
Contact name	Leigh Simpson, Depute Manager
50 word summary about your project	Partnership working supports the delivery of a holistic programme where children and their parents/carers are afforded opportunities to cook and dine together. Through growing, harvesting and cooking our own crops we aim to cultivate a love and understanding of food and nutrition and the importance of nurturing both our bodies and the environment.

2. Current numbers:

In this session, how many :

Learners have / will benefit directly from your project?	70
Members of staff have / will benefit directly from your project?	17

3. Which of these themes or guidance did your project relate to? Please tick all that apply.

Food Summary Page . Includes skills progression using the Es and Os and the Benchmarks.	X
Love Food, Hate Waste	X
Farm Visits	X
Developing the Young Workforce .	X
Inequity/attainment gap	X
Good Food Nation: Scotland's National Food and Drink Policy	X
A healthier Future – Scotland's Diet and Weight Delivery Plan	X
Helping parents with food and eating	X
Better Eating, Better Learning :new context for school food, follow up to Hungry for Success	X
Beyond the School Gate : improving food choices in the school community	

Which (if any) of these organisations did you work with as part of your project?

RHET (Royal Highland Education Trust)	
Love Food Hate Waste (Part of Zero Waste Scotland)	
Developing Young Workforce Scotland	

4. Please provide as much information as you can in the following sections. The boxes expand as you type.

What stage are you at with your project now	We have visited Ian's potato farm where, locally, he grows a huge variety of potatoes that are sold internationally. The children were able to tour the farm, learn about the journey
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<p>(Food for Thought should be a long term, sustainable, on-going project so this will indicate where you are in the 'journey')</p>	<p>of the crops and see robots in action. Ian has a digital studio where the children can see their own design printed on any labels they require for the crops they grow. All amazing experiences, "<i>Developing the Young Workforce</i>" and enhancing children's understanding of the world of work and their skills for the future.</p> <p>Ahead of our 'fish' cooking session, our children visited their D&G Seafood's shop at Annan Harbour to learn about the fish and seafood. An exciting introduction into Scotland's fishing industry.</p> <p>We have also had our first of 3 cooking together sessions at the local academy (two sessions in one day), however, COVID put a pretty severe stop to this due to the new limits on indoor gatherings – our groups had already been cut to 10 families per session, this was soon further reduced to 3 by the government. Now the restrictions have been lifted, we are in the process of picking back up and completing the next session.</p> <p>During the first session, D&G Seafoods joined us, providing fresh seafood truck and its contents to explore/taste/touch and cook with our family members.</p> <p>As well as the programme of families cooking together, we are have been able to better support our children in nursery to develop their skills in food preparation, hygiene, safety and co-operative working. With the capacity for 110 children, we have three separate nursery rooms and now each one has its own set/use of cooking facilities (portable oven etc.) and utensils. Each of the three rooms now also has a dedicated firepit, which provides a rich learning experience in terms of <i>skills progression of E's and O's across the curriculum</i>.</p>
<p>What is the (intended) long term impact of your project? (what would you like to see in 5+ years)</p>	<p>Poverty was already a stark reality for many of our families and we are acutely aware that Covid-19 has exacerbated this further with tangible worries about finances, job security, physical and mental health. Poverty leads to health inequalities. We strongly believe the many benefits of inclusion in our setting mitigates the impact of inequality on health, <i>closing the poverty-related attainment gap</i>. The promotion of health and wellbeing during childhood supports a trajectory, which aligns with healthier lifestyles throughout adulthood. It is our long-term aim that, in line with "<i>Better Eating, Better Learning</i>" guidance, we can continue/repeat this programme enabled by this grant on a year-by-year basis. We hope to develop our children and families as knowledgeable consumers and cooks who, through making the right food choices, will reap benefits for their own health and that of our environment.</p>
<p>Have you faced any particular challenges?</p>	<p>COVID and restrictions surrounding indoor gatherings – entirely out of our control.</p>

<p>How were they overcome? (if applicable)</p>	<p>High cost of items via restrictive procurement system as opposed to other shops/sources – I spoke with our assigned STEM Teacher and came up with a solution. Delays in deliveries (we are still awaiting many items from months passed) – out of our control, we had to make do and do the best we could with what had arrived for the programme.</p>
<p>Best piece of advice what others would really benefit from knowing)</p>	<p>Teamwork makes the dreamwork – it is the collaborative, partnership nature of this programme which has made it possible. Bringing the skillsets, knowledge and experience of experts across education, farming, fishing, food production and professional cooking together has enabled a holistic programme to be delivered.</p>
<p>Wider HWB context? (eg. links to wider activities, projects, plans)</p>	<p>As our programme grows and develops, we hope to better put into practice the ethos from ‘Zero Waste Scotland’. We are wary of this, and have made steps to be more mindful of our food waste (such as making soup with leftovers using our equipment bought with the grant). However, this could certainly be further applied following further exploration and seeking support in most successfully implementing it.</p> <p>We have also threaded the idea of ‘Developing Young Workforce’ throughout our Academy sessions due to our collective knowledge of the people who run the local businesses involved. Some workers for D&G Seafoods, for example, were current and former students of the Academy teacher and this was shared with our children and families during the Cooking Together. The workers were able to share their knowledge and skill while the children soaked up the aspirations and understanding of working with fresh produce and its processes. Because COVID scuppered out next session temporarily, we have not yet been able to extend on his angle, however, this plan is in our sights for as soon as circumstances allow.</p> <p>Please see ‘Watch this space!’ section, in addition.</p>
<p>Partnerships (employers, industry, farms organisations etc. – please expand to provide detail of how well this has worked)</p>	<p>Annan Academy D&G Seafoods Arla Jameson’s Potato Farm Parents and families</p> <p>Our partnerships have without a doubt richly enhanced the learning experiences of our children and their parents/carers.</p>

	<p>Feedback from Annan Academy has been incredibly positive. The Home Economics Teacher and Technician were utterly delighted at how the first sessions progressed. Skilled in their roles, they were able to pitch the content perfectly for our little learners and their grown-ups. Feedback from senior pupils, who were able to enhance their leadership skills assisting in the sessions, was also positive and they are keen to continue to offer this support.</p> <p>D&G Seafoods, a local family fishing trawler business, brought their Fish Van to the Academy and supplied the fish used in the session. They are very keen to support the programme and in turn share the many benefits of eating fish with local families.</p> <p>Jameson's Potato Merchants welcomed the children to a fascinating tour of the Potato Farm, again pitched perfectly. They have advised they are keen to support the programme in any way they can – donating crops for planting, making customised labels in their digital studio and more.</p> <p>A number of parents and carers who were unable to attend this initial block of Cooking Together sessions have indicated they are keen to participate in future sessions. Feedback from the families who did attend was tremendous. The focus and concentration evident in our children during the sessions and the nurturing, enabling support provided by their grown up was a joy for staff to see. For most families this was the first real activity they had been able to enjoy with their child since COVID hit. One parent was in tears (overwhelmed but incredibly happy) when she spoke with staff after the session.</p>
<p>Watch this space! Where are you going next with the learning related to Food Education?</p>	<p>We have already discussed the possibility of this programme being hosted every year and our local connections have implied they would be ready and willing to continue to support us in this. As the programme is delivered, it will be reflective and progressive, bringing in further learning and development where the opportunities arise.</p> <p>There is the potential for other local businesses to join us as the programme flourishes. Hearing of our project, Gretna Green Group have advised they may be able to accommodate our children and their grown-ups to round up this first programme with a visit to a professional kitchen in one of their hotels with food then served to our children and their families in their restaurant. As well as local hotels, the group are highly respected local farmers with an internationally renowned prizewinning cattle herd.</p>

<p>Quotation(s) if applicable commenting on your project (eg. head of establishments, Local authority representative, young person, parent)</p>	<p>Parent feedback:</p> <p>“This was such a great experience; we are going to order one of the knives so A can do some more cooking at home.”</p> <p>“Field to Fork Home Economics Class at the Academy with Mrs Copeland. C had a fab time making her FTG RTE Salmon Pasta Salad! Thank you very much for organising this with the academy. What an amazing time everyone had!!! C loved taking her food home to her nanny and says she can’t wait for the next lesson!!”</p> <p>“L and I really enjoyed this session and are looking forward to the next one ☺”</p> <p>“We absolutely loved this thank you so much. Mrs Irving and Mrs Copeland it was just fab! It was so wonderful to be able to join in with M with the nursery after all this time – hopefully we can do lots more. It made me emotional! I can’t wait to learn about potatoes next time – M said “and butter Mum!” so he’s just as excited as mummy! What a brilliant experience for them all thank you so much ☺”</p>
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