

### **Practical exercise 2: Design your own Better Eating, Better Learning hub**

The aim of this exercise is to be a blue sky thinking session to help delegates understand how much work is currently undertaken in school food within their community. It helps identify potential service gaps and how combined effort and innovation could further enhance joint learning and efficient use of resources in a local area. It is designed to highlight school and community links where food and learning are common themes. If during the process of the exercise some tangible concepts evolve then it would be up to the delegates to pursue ideas within their own areas.

Delegates are asked to reflect on current practices and policy delivery constraints and design an imaginary Better Eating, Better Learning (BEBL) Knowledge Hub. It should be a community centre of activity that supports BEBL implementation and future development over the coming years. It should be flexible to meet local needs and cater for the whole range of people involved in BEBL including school cooks, teaching staff, children and young people, parents and others in the community involved in children's health and wellbeing.

Participants have approximately 20 minutes to design a BEBL Knowledge Hub that suits the needs of their own community. Encourage everyone to be creative and think outside the box. They may wish to consider:

- Where might it be located?
- Who would be involved?
- What would the budgetary and resource implications of such a hub be?
- How would it engage the wide range of people required to implement BEBL?
- What kind of support would be needed to enable the hub to be set up and ensure sustainability?
- What would the BEBL Knowledge Hub's long-term vision for school food be?
- One idea that could be fulfilled locally
- Who might support a BEBL Knowledge Hub and coordinate information sharing?



**For useful information you can check BEBL and the BEBL Self-Evaluation Tool:**

Read the section on [Food and Learning](#) in BEBL.

Read the section on Food and Learning in the BEBL [Self-Evaluation Tool](#).



## Need some inspiration?



## The BEBL bus

A 'BEBL bus' idea came from pupil participants who suggested it would be a mobile hub, travelling to different schools across Scotland, or within a local area. On the bus is information about BEBL, about food and nutrition in general, and practical opportunities for children to get involved in cooking – classes in how to prepare simple, healthy, filling and affordable meals, quickly and easily. Links to online seasonal activities, local businesses and social media would be available. One pupil's suggestion was: "We can invite experts in good food like chefs and family members to hop on and help out or take the classes."



## A Local Steering Group

One group took a strategic approach, suggesting that each local authority should set up a 'BEBL steering group' with representation from health, education, catering, procurement, and children and young people. The purpose of the group would be to identify resources available and prepare an authority-wide action plan for BEBL implementation.

*Above and top: Pupils showcase their work at a Children in Scotland BEBL event, March 2015*