

Leeds Grab 5!

Newsletter

APRIL 2002

Grab 5! is a project for primary schools wanting to encourage their children to eat more fruit and vegetables. This is the second Leeds Grab 5! newsletter. For a copy of the October issue or for any other information about Grab 5! please contact Kate Bowie on 020 7837 1228.

City-wide Grab 5! initiatives since the last newsletter:

Breakfast Clubs

51 schools have successfully received money from the Leeds Children's Breakfast Initiative for setting up and running breakfast clubs. It gives the children a good start to the day and is a great opportunity to get a piece of fruit and/or some fruit juice, bread and/or cereal and milk and/or yogurt into their diets. For more information contact Mary Cooper, 0113 3055141.

Leeds Co-op

Leeds Co-op is keen to support healthy eating initiatives in local schools but is currently reviewing the 20% discount voucher scheme because not many schools have been taking it up. If you would like to know what support is available and/or if you have suggestions on how Co-op may support your school please contact Mary Cooper on 0113 3055141.

Sticker competition

Thank you Greenwood, Micklefield, Raynville, St. Joseph's Catholic and Sandford Primary schools for your submissions to the Grab 5! sticker competition. It was very hard to choose the winning six but members of the Grab 5! team and some children did the job! See the insert for the fantastic designs and ideas that children came up with. These are now being printed and distributed to schools.

Cook au Van

The Cook au Van team has now visited all 12 "level 1" Grab 5! schools. Children, staff and parents have had great fun learning healthy recipes in the morning, doing art activities in the afternoon and serving the foods that they made to parents. If any other school would like to have a visit from Cook au Van for a similar day the cost per school is approximately £1,000. Please contact Julian Gillespie on 0151 727 2044 for more details.

Healthy lunches

Six Grab 5! schools have identified packed lunches and the school meal service as a priority area for their work around healthy eating. Initial meetings have been held with the school Grab 5! co-ordinator, the lunch time supervisor, Gillian Banks of the Catering Agency, Mary Cooper (community dietitian) and Kate Bowie. Promoting healthy packed lunches and encouraging uptake of school meals will be the focus of work for most schools.

Healthy Schools

Very positive links have been made between the Leeds Healthy Schools Standard and Grab 5!. While participation in one scheme does not require participation in the other, there are advantages of participating in both.

Both schemes promote a whole school approach and any work being done for Grab 5! will help a school reach the nutrition criteria required for the Healthy Schools standard. Discussions are underway nationally to see how Healthy Schools and Grab 5! can continue to work together after the current funding has come to an end.

Follow up workshop day

April 11th and 12th saw two successful workshop days for all Grab 5! schools, where co-ordinators met each other and shared ideas and experiences. Participants also discussed record keeping and monitoring, healthy eating in the curriculum and adopting a school food policy. The model food policy produced by Sustain has now been printed and is also available on the website, www.grab5.com.

Healthy eating training for lunchtime supervisors

Following three very successful seminars at the end of last year a final day has been planned for June 18 for the schools involved with Grab 5! and Leeds Healthy Schools Standard that haven't yet been involved. A poster of top tips resulting from these days will be produced for kitchen staff, and the Catering Agency will be compiling a bank of ideas that will be shared and developed.

Grab 5



And next...

Get your school on video

Would you like to capture some of the great work you are doing for Grab 5! on video? If yes, why not borrow the Grab 5! video camera (tapes provided) and get some of your children to put together a short clip as part of their curriculum work? Editing can be done by yourselves or with the help of Grab 5!. Shots from your video may be used by the Grab 5! team to promote the project nationally and copies of the final video will be made available to your school. If you would like to submit a video and/or borrow the video camera please contact Kate (020 7837 1228).

Playground markets

Being able to get hold of good quality, reasonably priced fruit and vegetables is one of the main barriers to increasing consumption. For children's diets to improve they need to have the opportunity to eat healthily at home as well as at school. A school in Tower Hamlets regularly holds a market stall in their playground at the end of the school day to encourage parents to buy fresh fruit and veg. If you would like to explore the possibility of running something similar in your school please contact Kate by 30th May. She already has had some interest from a supplier and would be able to help with the publicity.

Questionnaires

As part of assessing Grab 5! and the work you are doing around healthy eating we are keen to gather as much information as we can from parents and other members of staff. Such information may also be useful to you for developing the project (e.g. would parents like to get involved in a growing or cooking project, do their children eat more fruit and vegetables at home because of what they have tried at school?). The Grab 5! pack provides several suggestions for surveys. In addition, we now have available some model questionnaires. If you would like to be sent copies of these please contact Kate.

www.grab5.com

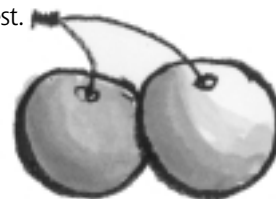
If you have a school website with pages dedicated to Grab 5! and health, why not make a link to the Grab 5! website? We will be developing a page on our website for this. Please email your details to kate@sustainweb.org with a couple of lines summarising the contents of your health web pages.

Don't forget...

the Arty Beat competition and CD Rom competition detailed in the last newsletter. You have until the end of June this year to get names to Kate.

Cooking for parents

Another way to help get the Grab 5! message home to parents is by running healthy eating cooking classes. As well as encouraging healthy eating these cooking classes can be a very successful way to engage parents in school life. Grab 5! has developed a series of short courses to be run by a free-lance community worker during June and July 2002. The courses will provide parents with the opportunity to discuss issues around healthy eating, healthy snacks for their children and their favourite recipes. Where possible (depending on the facilities of the school) parents will also have the opportunity to prepare and try out some new healthy recipes. The courses will consist of 2-3 hour-long sessions held one day per week for a period of 4-5 weeks. The exact timings and days are flexible. These courses are available to level 1 schools at a greatly reduced rate (exact amount will vary from school to school depending on the total funding already received from Grab 5!) and to level 2 schools at approximately £400. Please contact Kate by May 30th to register interest.



Grab 5! round up for Leeds level 1 schools

Beckett Park

- Growing club. About 18 children attended before the winter and it's due to start again soon.
- Fruit tuck shop. It sells approximately £40's worth of fruit every week as well as crackers and breadsticks. 40-50 children use it every day.



Grab 5



Brudenell

- Health week (4-8 March). Curriculum work, used stickers at lunch time to reward healthy eating, taught year 6 how to make smoothies who prepared some for parents.
- Fruit tuck shop. Runs 2 mornings per week, once for key stage 1, once for key stage 2. Food is ordered on-line from Tesco's. Sells healthy snacks and fruit at 10p per item. Class teachers collect the money and exchange for tokens. The fruit is sold at break time by year 6.
- Breakfast club. Runs every day.



- Lunch boxes. Covered by all classes as part of curriculum work.
- Healthy eating display.
- Meeting held with Catering Agency and Mary Cooper to discuss promotion of school lunches.

Carr Manor

- Health week. Activities included trial of tuck shop and smoothies.
- Curriculum work. Healthy eating elements of science curriculum identified and teachers informed of Grab 5! pack and reward items.
- Year 6 demonstrated to other classes what they had learnt as part of Cook au Van.
- Website work on healthy eating.

Farsley Farfield

- Fruit tuck shop. One day per week selling one type of fruit that changes each week. Children pay for 5 weeks in advance (£1 for 5 weeks). Fruit taken to classes in the morning and distributed in the afternoon.
- Tasting with Asda and Catering Agency
- Display in hall linked to year 3 curriculum work.
- Website work on healthy eating - www.farsley-farfield.leeds.sch.uk.

[farfield.leeds.sch.uk](http://www.farsley-farfield.leeds.sch.uk).

- Lots of children have joined the Arty Beat Club.
- Gardening club. Run by school secretary for small groups of children.
- Work around school lunches including questionnaires to children and meeting with Catering Agency, Kate and Mary Cooper to discuss promotion of school lunches.

Fir Tree

- Breakfast clubs. Received a grant to extend breakfast provision from 3 mornings a week to 5. Employ dinner staff and have had a lot of media interest. Activities put on include keep fit, Information Communication Technology (ICT) tasks, board games and videos.
- Healthy tuck shop. Runs daily. Selection of fruit sold for 20p per item. Class teachers complete an order form at registration and the fruit is delivered to class by 9.30am. Use school meal supplier from Hull who delivers on Monday afternoon.
- Fruit raffle. As part of the action plan to target punctuality, all children who come to school on time are entered into a fruit raffle. One child's name is drawn from the basket and they receive a free piece of fruit of their choice and a Grab 5! sticker. On Friday children who have attended on time all week go into a raffle for a Grab 5! prize. The impact on punctuality has been great going from 90% of children attending on time to 97%.
- Healthy eating displays.
- Staff. Majority of staff buy fruit at break.
- Gardening. Recently started working with children on a wildlife patch.
- Curriculum work including use of Grab 5! pack and production of web pages.

Greenwood

- Offer of one 'grab' per day. Free fruit for all children at break time subsidised by toast sales.
- Toast at break time sold at 10p per slice making approximately £10 per week.
- Breakfast club for children of OK Club (children selected to develop social skills).
- Basic "brain gym" training for all staff
- Focus on Health week. Wide range of health related work completed and visits from the basket ball team, jugglers and Cook au Van.

Grab 5



- Growing club (as part of OK Club).
- Work around healthier lunches.

Hawksworth Wood

- Healthy tuck shop. Been running for a year. Now 15 staff involved, buying the fruit on a rota.
- Breakfast club. Two support staff employed by school to run it. Subsidised by the tuck shop. Started after Christmas. Charge 40p per day. Attended by approximately 25 children per day.
- Growing. Received funding for a polytunnel, tools and compost bin.
- Meeting held with Catering Agency and Kate to discuss option of providing sandwiches

Pudsey Tyersal

- Breakfast club. Every day with a maximum 7 children.
- Healthy tuck shop. Run by year 6 who sell the fruit and offer tasters at break time
- Growing project. Space currently being prepared and funding being sought.
- Meanwood Valley Farm. Visit by year 3 included looking at bugs, a tour of the grounds and learning about composting.



Raynville

- Health week. Work included trial of fruit tuck shop, surveys, displays and looking at healthy packed lunches.
- Curriculum links. All year heads identified healthy eating links.
- Cookery club. 12 children involved last term, now only 2 because have to charge.
- Healthy tuck shop. Every morning before school selling healthy snacks and fruit. Parents help.

St. Bartholomew's

- Packed lunch box work. Work included surveys carried out by year 6, whole school assemblies, class work, design a healthy packed lunch poster competition, use of Grab 5! pens and pencils as rewards, displays.
- Breakfast club. Started 2 years ago and employs four staff. Charge £1 per week and approximately 45 children attend.
- Growing project. After school club for about 25 children. Princes Trust helped prepare plots.
- Blender used in the nursery for smoothies.

Sandford

- Healthy snacks. Sell approximately 150 healthy snacks every Tuesday morning. Snacks consist of 5 pieces of different fruits (prepared by staff in morning). The class which sells 50 snacks is rewarded with fruit.
- Breakfast club. Sell toast at break one day every other week. Sell approximately 150 slices at 5p per slice. Applying for funding for breakfast club.
- School assemblies to raise awareness of health issues.
- Use stickers at lunch with key stage 1 to reward healthy eating.
- Meeting held with Catering Agency, Kate and Mary Cooper to discuss promotion of school lunches, followed by visits to classes to discuss healthy eating from both the Catering Agency and Mary.
- Leeds Rhinos rugby team came in to talk about health.
- Gardening club to start soon.

Wyther Park

- Early Birds club. Runs very successfully every morning offering children toast and fruit juice. Now reaching the children who were doing without breakfast and seeing positive effects on punctuality. Recently received breakfast club funding to pay for equipment and a dishwasher.
- Fruit at break time. Fruit offered to all children free of charge every day. Run by year 5 and 6 children. Fruit supplier Andrew Whites provides and delivers fruit for free.
- Meeting held with Catering Agency and Mary Cooper to discuss promotion of school lunches and possibility of providing sandwiches.

Useful contacts

Please refer to the October newsletter for several useful contacts. In addition please see those listed below and the flier, 'The Materials Fund', enclosed.

■ Fruit tuck shop - supply of fruit

Fruit tuck shops are proving to be incredibly successful in almost every Grab 5! school that has introduced one. Not only do the children love the fruit, the tuck shops also provide many learning opportunities. Sometimes they even make some money for the school. Problems encountered are few but the most common one is getting the fruit into the school. If you would like to get fruit for your tuck shop delivered on a regular basis contact Andrew Whites of Ernest Whites on 07715497464 (before 10am) or 0113 3805500. Andrew is very supportive of the aims of Grab 5! and delivers regularly to three Grab 5! schools. The fruit is good quality and very reasonably priced. If you would like to hear more about how it works with other schools before contacting Andrew please give Kate a call (020 7837 1228). Please note that he is only able to supply schools that are in the Leeds area and want 70 pieces of fruit or more per week.

■ Organic fruit

While all fruit and vegetables are good for our health organic produce has the advantages of not containing pesticide residues and of supporting sustainable agriculture. Cost is usually the key obstacle to people wanting to buy organic. By buying from a local organic supplier, however, this extra cost can be minimized. If you would like to see organic fruit being sold in your fruit tuck shops then here are some prices

and contacts to consider:

Beanstalk Organics 01943 831103, h@beanstalkorganix.demon.co.uk
Beanstalk Organics have agreed to offer produce to schools at discount prices. These prices are listed below but are subject to change due to seasonal availability. Beanstalk Organics have also offered to provide schools with a free sample box. They would require orders of a minimum of £50 per delivery.

Apples - £1.41 per kg (approx 18p per apple)

Bananas - £1.35 per kg (approx 24p per banana)

Kiwis - £1.54 per kg

Oranges - 70p per kg

Pears - £1.51 per kg

Deliveries made on Thursdays.

Organic Pantry 01937 531693, organic.pantry@virgin.net

Organic Pantry can cater for specific orders but generally offer seasonal fruit boxes (approx 10-12 different types of produce) at £13.50 and value fruit boxes (approx 7 different types of produce) at £7.50. Orders have to be made by Friday 12 noon and deliveries are made on Tuesdays. Organic Pantry are farmers as well as suppliers and are interested in making links with schools.

■ Growing food

With Spring on its way many schools have started growing projects in their school grounds. If you would like to explore the possibility of forging links with your local allotment give Kate a call and she will put in you in touch with the relevant person. HDRA - the Organic Organisation - may also be useful as they have an Organic Schools Network. They can provide training in compost making and can advise on

which plants to grow and how. Visit www.hdra.org.uk or call 024 7630 3517. A useful contact for small, child-size garden tools is the British Trust for Conservation Volunteers (BTCV). For the catalogue call 01302 572200 or visit www.btcv.org.

Trips to a "pick-your-own" farm

Visit www.bigbam.co.uk for a list of local food producers and markets, including pick-your-own farms (e.g. Saville Arms Farm, Cleckheaton and Harewood Bridge Road, Harewood) and farm shops (e.g. Meanwood Valley Farm and Emsleys Farm Shop, Yeadon). If you are a level one school and would like to visit one of these with a group of children as part of their learning experience please contact Kate - there may be funding available from Grab 5!.



Grab a Smoothie

The simplest recipe:

- Half fill the blender jug with apple juice
- Add 2 bananas and a tin of fruit, e.g. fruit cocktail, strawberries, peaches (try to use fruit in fruit juices rather than syrup for the healthier option)
- Whizz and drink!

The fresh recipe:

- Fill the blender jug with fruit juice (apple is my favourite but any juice will do)
- Add one banana

- Add equivalent of one handful of any soft fruit you like, e.g. raspberries, kiwis, pears, blueberries, strawberries, mango, papaya (peeled and chopped where appropriate)

The milky recipe:

To either of the above try adding half a pint of milk and proportionately less fruit juice. Alternatively yoghurt and honey and/or ginger can be tasty additions.

What's happening in the other Grab5! areas?

Lambeth

Fruit tuck shops, tastathons, breakfast clubs, and growing schemes (usually linked to composting schemes) have proved to be the most popular activities in Lambeth. There has also been a range of other fun activities that have proved popular including:

- A Christmas card competition
- Playground markets for parents, run by parents
- A smoothie tastathon - a whole day of smoothie tasting by parents, teachers and children
- Practical 'cook it' sessions organised by the Academy of Culinary Arts
- Visits, e.g. a behind the scene visit to Claridges Hotel
- Plays and workshops: visit www.chainreactiontheatre.co.uk

Plymouth

In Plymouth Grab 5! has been making an impact in all of the nine schools taking part. Fruit tuck shops and health weeks are taking place and each of the schools has done at least one project for Grab 5!. Several schools have introduced school food policies, which include a no sweets and

crisps clause, and the displays for Grab 5! have

been amazing! The Grab5! blenders are

being well used and in one school

have prompted the staff to start the

day with a healthy smoothie using

bio-yoghurt as one of the ingredi-

ents! This term the chef who

visited three schools last term

is making some more

visits. Also, the

growing season is

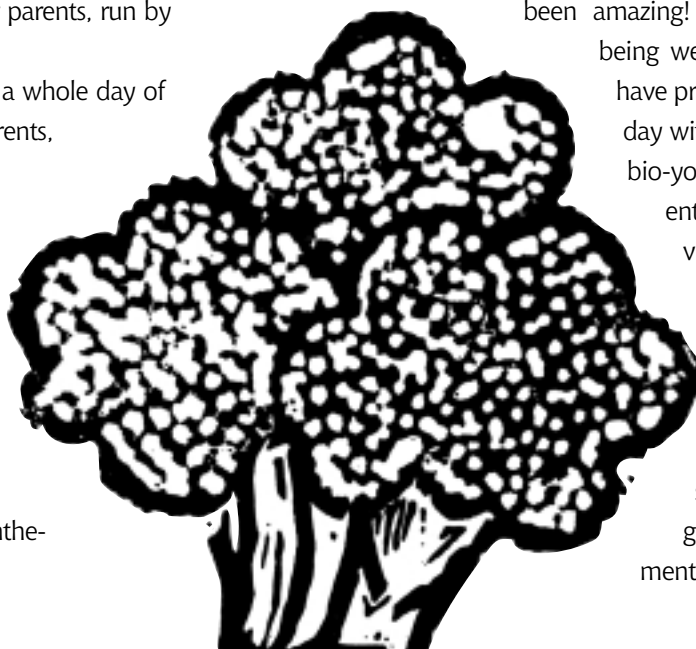
upon us so hopefully

several children will

soon have their own home-

grown produce to experi-

ment with.



Contact Details

Kate Bowie

94 White Lion Street

London, N1 9PF

Tel: 020 7837 1228 Mobile: 07764582459

Email: kate@sustainweb.org Web: www.grab5.com

Grab5

