

Real Bread in Schools

A new project to put Real Bread on school timetables and children's plates.

[Draft outline, to be tailored according to the needs, abilities and capacities of partners, funder(s) and participants.]

Rather than one-size-fits-all, Lessons in Loaf is a pick-and-mix that can be adapted to each school's situation, capabilities and limitations. Working in and beyond food education, elements on offer include:

- Train-the-trainer sessions for teachers and cooks, to embed valuable Real Bread making skills, knowledge and confidence within the school.
- Visits by (and / or to) Real Bread bakers.
- Guidance and materials to help teachers use the seed-to-sandwich grain chain as a topic across a range of curriculum subjects. beyond food education, primarily tying in with Key Stage 2.
- Guidance on running grow-a-loaf projects, involving micro-scale wheat growing, harvesting and milling.
- Information and advice on setting up a microbakery enterprise.

Lessons in Loaf also encourages and supports school cooks/caterers to put Real Bread on The Menu at mealtimes.

The issues the project addresses

Since the Chorleywood Process was unleashed in 1961, heavily-marketed, additive-laden, ultra-processed, industrial dough products have become the norm. In this intergenerational UPF environment, many people have grown up without easy access to delicious, nutritious Real Bread, or learning the empowering life skill of being able to make their own.

Many:

- children don't know how and where their food is made, or know questions to ask that will help them make healthier, more sustainable food choices throughout their lives.
- families are time-poor, or simply don't have bread making knowledge to pass on.
- schools are missing valuable opportunities that Real Bread offers as a readily identifiable and accessible topic across a wide range of curriculum subjects.
- school canteens miss the opportunity to make delicious, nutritious, Real Bread available, accessible and affordable to children.

Educational opportunities

Few educational experiences are as memorable, fun and delicious as making bread from scratch. Making Real Bread:

- gives children (and adults) a sense of achievement second to none, as they discover the near-magical alchemy of transforming a handful of cheap, natural ingredients into mouthwatering, fresh bread.
- encourages children to think about what they eat, where it comes from and how it is made.
- endows young people with a skill for life and offer them control over an important element of their diet.

For teachers looking for a cross-curricular topic at any key stage, bread is a gift. The hands-on bread making helps bring to life learning in subjects as diverse as history, geography, science, maths, citizenship, as well as providing PHSE and ICT opportunities.

The project

The programme will be developed and tested in the first year and rolled out more widely in the second year.

The three central strands of Lessons in Loaf are:

- Local bakers, class teachers and school cooks sharing with children the knowledge and skills for making bread from a handful of simple, affordable and widely available ingredients.
- Using bread as a topic in food education, science, history and other curriculum subjects.
- Working to put additive-free bread (made in-house, or bought from local bakeries) on the menu of schools.

Schools will have the option of running a Bake Your Lawn grow-a-loaf project, leading pupils on the whole Real Bread journey from seed to sandwich by taking a handful of wheat to grow, mill and bake using the flour they produce.

Outputs and outcomes

- Bread making sessions run for XXXX children in XXX schools across the UK.
- A booklet of simple Real Bread recipes, drawn from a range of baking/cultural heritages.
- Train-the-trainer workshops to help XXX teachers, cooks and other members of school staff to run their own bread making sessions.*
- Guidance for teachers on using bread as a topic in a range of subjects.
- Training and information to encourage, enable and empower cooks in XX schools to make Real Bread in-house; and introductions with local Real Bread bakeries, where possible.
- Distributing wheat seeds and copies of the Campaign's Bake Your Lawn book to XXX schools.

*In some cases, it might be possible to extend the invitation to the wider school community of parents etc.

Main beneficiaries

- Children: learning how to make Real Bread and healthy eating choices; getting
- School cooks: gaining bread making skills/knowledge, resulting in a cost-effective menu addition.
- Teachers: personal and professional development through gaining breadmaking knowledge, skills and confidence. Curricular and extra-curricular ideas, content and guidance.
- Bakers: gaining wholesale customers (in cases where the Real Bread is bought by school caterers) and local community connections.

Funding needed for

- One day a week of Sustain staff time (with full cost recovery) to coordinate, create content for and promote the project.
- Paying teachers, bakers etc. to help create guidance, lessons plans etc.
- Paying trainers (to pass skills on to children, and to run workshops for teachers / school cooks)
- Producing a recipe booklet.
- Online, PDF (and video) guidance materials for teachers and school cooks.
- Packaging and posting wheat seeds (and the seeds themselves, unless we can find a seed merchant to donate them.)
- Micro grants for schools. (Ingredients, equipment and materials for bread making and for wheat growing projects.)
- Expenses – travel to workshops and training sessions.

Partners

The project will be led by the Real Bread Campaign, with the co-ordinator dedicating at least one day a week to the project – more if funding can be secured to cover the extra time. The Campaign is seeking partners for:

- Development of the basic project plan and prospectus.
- Identifying charitable grants and / or other forms of funding for the project.
- Writing grant applications.
- Creating lessons plans and other guidance materials for teachers.
- Running train-the-trainer workshops for groups of teachers
- Running train-the-trainer workshops for groups of school cooks
- Project evaluation

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