

Webinar

Is it time for universal school meals?

Tuesday 29 June
3-4.30pm



sustain



**Building Back Better:
Is it time for universal school
meals?**

WELCOME!

**Barbara Crowther
Children's Food Campaign
@childrensfood**



PLEASE TWEET!!

#UniversalSchoolFood

Thanks for support from:

@FoodPlacesUK
@sfmtweets
@food_foundation
@BiteBack2030
@SAfoodforlife
@chefsinschools
@UKSustain
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**Building Back Better:
Is it time for universal school
meals?**

**Raksha Mistry
Soil Association Food
for Life**

**@Safoodforlife
#universalschoolfood**



**Building Back Better:
Is it time for universal school
meals?**

**Christina Adane
Bite Back 2030**

**@ChristinaAdane
@BiteBack2030
#universalschoolfood**



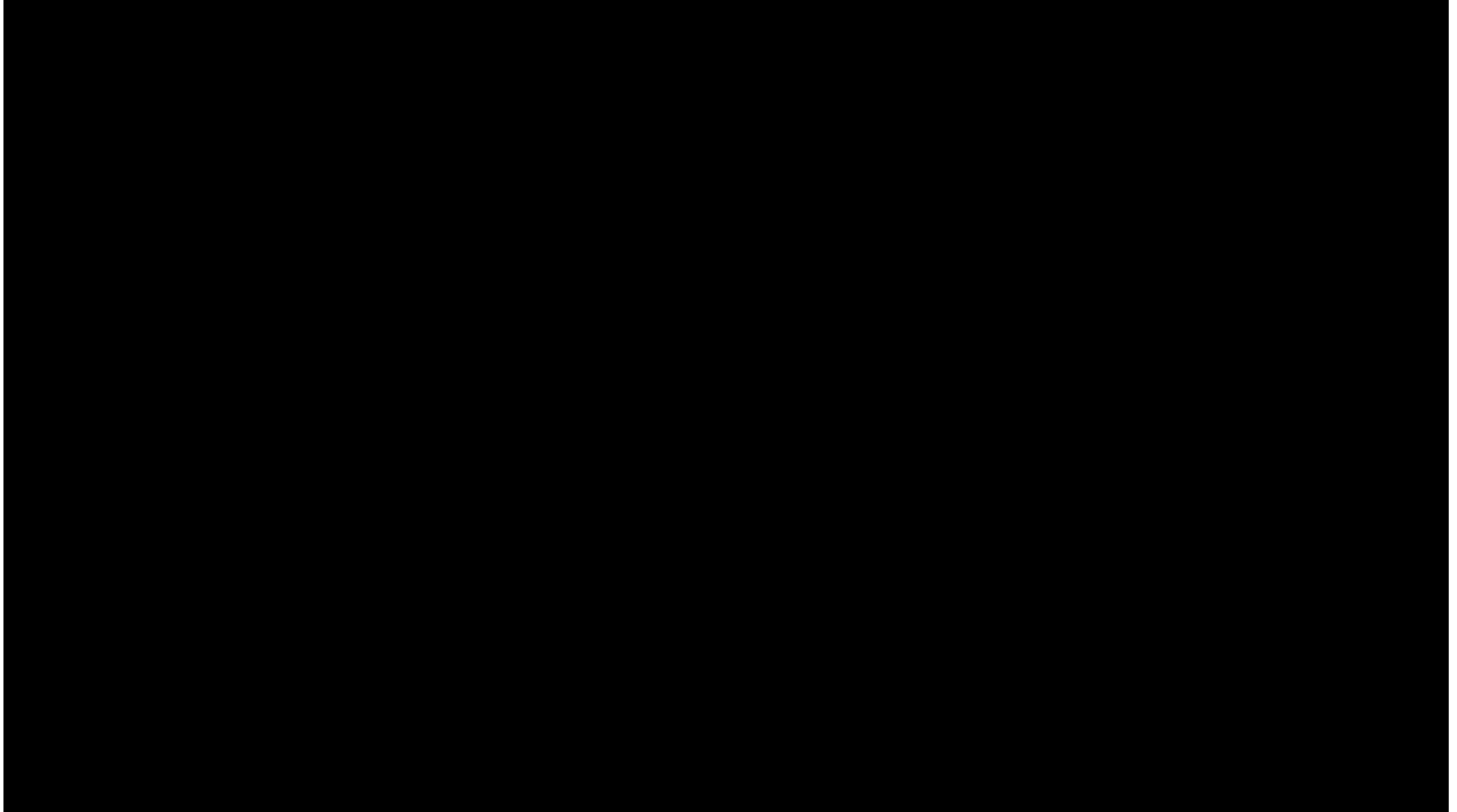


**Building Back Better:
Is it time for universal school meals?**

**Beth, 15
Children's Right to Food
Ambassador, North
Wales**

**@CR2FCampaign
@Food_Foundation**





**WHAT SHOULD THE GOVERNMENT
DO ABOUT FREE SCHOOL MEAL
ELIGIBILITY?**





**HAS COVID-19 CHANGED YOUR
VIEW ON RIGHT TO FOOD?**





Thank you!

Read our Right2Food Charter:
[Here](#)

Share your views on school
food:
[endchildfoodpoverty.org/free-
school-meals](https://endchildfoodpoverty.org/free-school-meals)



**Building Back Better:
Is it time for universal school
meals?**

**Reema-Gee Reid
Hollydale Primary School,
Southwark**

**@HollydaleSchool
#universalschoolfood**



Hollydale Primary School

Yes we can!



**Reema-Gee Reid
Headteacher**

**Hollydale Primary School
2013 - 2021**



**Universal Free
School Meals**

Hollydale Primary School

40% free school meals

10% of pupils bring a packed lunch
YR-2

30% of parents receiving Universal Credit

High mobility

Sen 19%

50% EAL

Regardless of income:

All pupils receive universal free school meals
Y3-6

Healthy Free School Meals provided by the London Borough of Southwark



Dishing up role models

By ROBERT DIX

Teacher Reema Field has made the leap from being a house lady in the school to being a teacher in the classroom.

Ms Field, 32, has worked as a house lady in a London school at the age of 25.

She has also worked as a house lady in a London school at the age of 25.

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The Mercury
OUR HEROES

couple of years when I have completed my studies, I will be able to get my own school and become a head.

"It is all about positive role models. Too many single black women feel trapped but it doesn't have to be that way.

"This has been a learning journey for me and it has not finished yet." Reema was nominated for our Teacher of the Year award by Julia Douglas, who got her first job in teaching at Loughborough school and described Reema as a "real inspiration".

She said: "She supported me through my year as a newly qualified teacher.

"She always has time for her pupils and colleagues and motivates all who work with her.

"I went through an extremely difficult time in my two years of working with Reema and without her support I don't think I could have lasted until the end of the year."

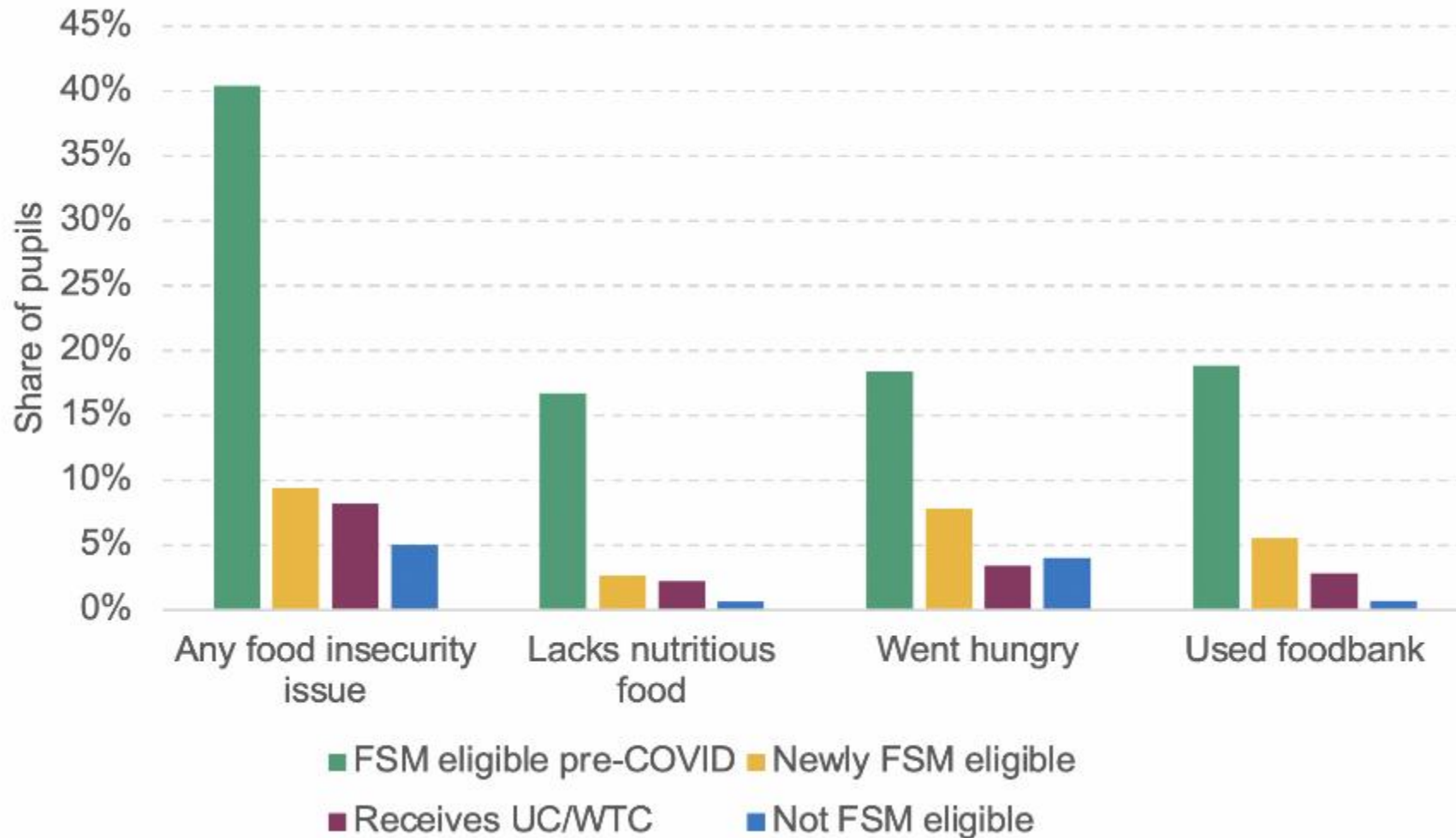


Reema Field
TEACHER OF THE YEAR

Hollydale Primary School



Pre-covid food insecurity issues were already a concern at 41% and this has risen as a result of the pandemic



Hollydale Primary School



At Hollydale: Covid-19 has brought food poverty, experienced by families to the forefront.

This has put exceptional stress on the budgets of very poor families who are eligible for free school meals – and it has also simply laid bare the challenges that families on very low incomes will continue to face even in this transition to ‘new normal’.



Hollydale Primary School



xxxx is one of the parents at Hollydale Primary In Southwark, who benefit from Universal Free School meals



<https://www.theguardian.com/society/2020/dec/18/one-meal-a-day-how-pandemic-hit-families-before-unicefs-aid>

Hollydale Primary School



Benefits of Universal Free School Meals

Our school is in a deprived area of London. We have found that universal free school meals has boosted health and attainment.

Food should sustain, grow and repair.



Hollydale Primary School



Universal Free School Meals Provision

A 'one size fits all' approach to school lunches simply doesn't work. What is additionally important is that is culturally aligned, where menus are unique and that value added initiatives start to develop a **lifelong love of food**. That is the aim at our school.



Sadie's
celebrating...



Thursday
8th October

Black History Month lunch menu

BBQ Chicken

With Jollof Rice

Stewed Tomatoes and Beans
With Rice

and Green Salad

Fried Plantain

Ginger Cake

Fruit and Ice Cream



Hollydale Primary School



Beyond Universal Free school Meals



Free of charge, they provide a weekly delivery of healthy surplus food that is made available to our children and their families to take home and enjoy. Our interactive assembly helps pupils (and staff!) to understand the reasons why so much food in our country is wasted, what happens to food if it's not eaten and, importantly, what we can all do together to stop wasting food!

Hollydale Primary School



Breakfast Clubs

A good start to the day; a good start in life



The Greggs Breakfast Club Programme was established in 1999 to help primary school children get a nutritious start to their school day.

- Addressing issues of poverty and inequality
- Ensuring food is at the heart of communities
- Supporting local community organisations to make a real difference

| How to live a healthy life | | |
|---|--|--|
| <p>Exercise</p> <p>People should do lots of exercise like running or playing sports to stay fit.</p> <p>My favourite exercise is riding my bike outside in the park.</p> |  | <p>Sleep</p> <p>You should go to bed early so you have lots of energy for the next day.</p> <p>You should not go on your phone because it will keep you awake.</p> |
| <p>A balanced diet</p> <p>People should eat a balanced diet that involves fruit and vegetables, protein, carbohydrates and a little fat. You should drink lots of water and avoid coke and fizzy drinks.</p> <p>My favourite food is apple and grapes.</p> | <p>Hygiene</p> <p>Hygiene is really important to live a healthy life. Things like brushing your teeth, taking a shower and making sure you wear clean clothes are what should do to make sure you are not smelly.</p>  | <p>Friendships</p> <p>Talking to others and having friends is important for a healthy life. This is because when you feel down they could comfort you and make you better.</p> <p>I like to play with my friends when i feel sad.</p> |



**SCHOOL
FOOD
MATTERS**

Hollydale Primary School



School Food Matters has supported us in feeding our families through the holidays. This has been a huge success and very supportive of our families who would otherwise be experiencing food poverty.



Hollydale Primary School



We help children to develop healthy eating habits and encourage an enthusiasm and interest in food.

Lessons teach children the basics of food and cookery without the need for cooking facilities – which most primary schools lack.



Hollydale Primary School



In support of whole school approach for Universal Free School Meals

The vision is that every child learns about food in a holistic sense and has the confidence to eat well

- Equality of good food for all
- Food education through eating well at school
- Food education that will permeate future lifestyles
- Understanding that food sustains, grows and repairs the body Therefore needs to be nutritious This is regardless of income
- Should not be a privilege to eat well
- Related to attainment and brain function



**Building Back Better:
Is it time for #UniversalSchoolMeals?**

**Andy Gold
Head of Food Strategy
Public Health
London Borough of Newham**

@NewhamLondon



Eat for Free (EFF)

In Newham, over 90% KS2 pupils have a school meal, compared to 60% in comparable boroughs without a scheme and 45% before the scheme began. 52% of Newham children are estimated to be in poverty but only 28% eligible for free school meals (FSM). EFF is supporting those with real need that national FSM is over looking.

What are the benefits of EFF to our community?

| 1. HEALTH AND WELLBEING | 2. EDUCATION | 3. LOCAL JOBS AND ECONOMY (COMMUNITY WEALTH BUILDING) |
|--|--|--|
| On the curriculum Universal participation in meals normalises healthy eating as a core part of the school day – key as we face challenges such as obesity, oral health and food poverty | Disadvantaged pupils EFF has a marked difference amongst disadvantaged pupils | Local jobs 88% of those who work in school meals are Newham residents |
| Less packed lunches Only 1.6% (nationally) of packed lunches meet the government's school meals nutritional standard. More cooked lunches eaten equals more children getting a healthier diet | Concentration Pupils who eat a nutritious and filling daily meal have better levels of concentration | Benefits to Newham workers EFF schools are required to pay London Living Wage and local government pension. Grant conditions have successfully shaped schools' tenders this year |
| Higher quality meals EFF schools all serve meals at the higher Food For Life Bronze standard – an independently certified standard | Performance & Attainment Most recent data indicates that the average primary attainment score (70.75) for all pupils in boroughs with a universal free school meal scheme is higher compared to neighbouring boroughs without the scheme (69). This trend is also prevalent in disadvantaged pupils in boroughs with a universal scheme (85.5) in comparison to boroughs without (61). | Benefits to the Newham economy Without EFF, providers can push for lower wages to generate corporate profits – less money for Newham residents, money leaving the borough |
| Every school 50 Steps EFF grant conditions require all schools to participate in certified whole school accredited programmes on food and health. These are important tools driving engagement and investment in a healthier Newham | More time Time spent by parents preparing packed lunches can be better spent with children (e.g. with homework) | Rewarding careers A certified higher standard for meals makes it difficult for companies to squeeze down on working conditions and jobs which results in more working hours for Newham residents |
| OTHER BENEFITS: ENVIRONMENT | | |
| Climate Now The grant requires schools to enrol in the Mayor of London Healthy Schools Programme Bronze and the Soil Association Whole School Food for Life accredited programme. In addition to health work, these programmes promote action on climate and environment | | |

AT RISK

Over £2m in wages
 If schools are not required to pay London Living Wage and local government pension

384 hours of employment lost every day
 If school meal take up drops back to pre-EFF levels (over £1m of lost employment a year)

Anchored spend

We invest £5.889m*, but this keeps anchored all £14m** that our primary schools spend on meals.

* £3m Public Health Grant and £2.889m General Fund

** Our investment plus £8.5m Central government money (FSM at KS2 and UIFSM at KS1)



What's next?

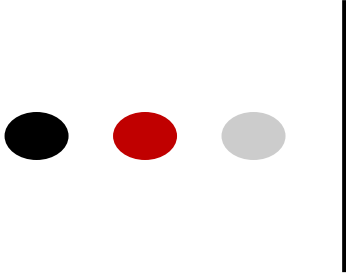
There are 66 participating schools in the EFF programme. Continuing to evolve the grant conditions enables us to increase outputs that advance our agenda on children's health, education, climate and environment and community wealth building.

**Building Back Better:
Is it time for #UniversalSchoolMeals?**

**Angus Holford & Birgitta
Rabe
ISER, University of Essex**

**@iseressex
@AngusHolford @rabe_b
#universalschoolfood**





The impacts of the Universal Infant Free School Meals policy

Angus Holford and Birgitta Rabe – University of Essex

Sustain Webinar: ‘Building back healthier and fairer - is it time for universal school meals?’,

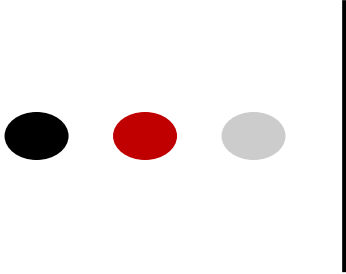
29th June 2021





Overview

- We're both labour/education economists, based at Institute for Social and Economic Research at University of Essex
- Nuffield Foundation funded research project.
- Evaluate the (causal! where possible) impact of the UIFSM policy in England on:
 - Take-up (+ve) and registration (-ve) for FSM
 - Bodyweights (-ve)
 - Absences from school (-ve)
- With secondary analyses, linking existing data sources, especially:
 - National Child Measurement Programme (school-level).
 - National Pupil Database; Schools Census; KS1 and Early Years Foundation Stage Profile results (individual level).
 - Other data in public domain, e.g. National Indicators, Index of Multiple Deprivation, Local Labour Market Statistics, to control for other policies and confounders.
- Detailed methods, data sources for each graph in our full report at <https://tinyurl.com/5fpm3n9a>

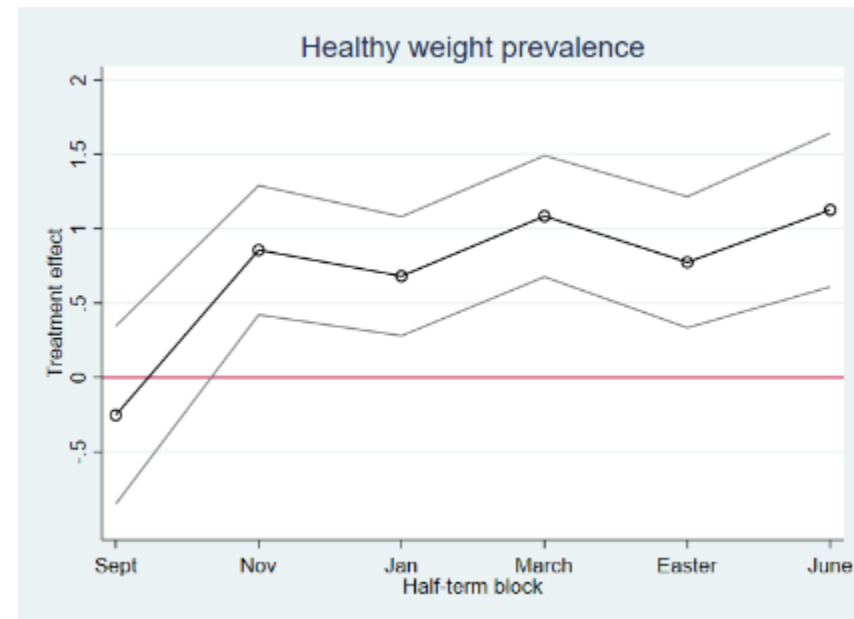
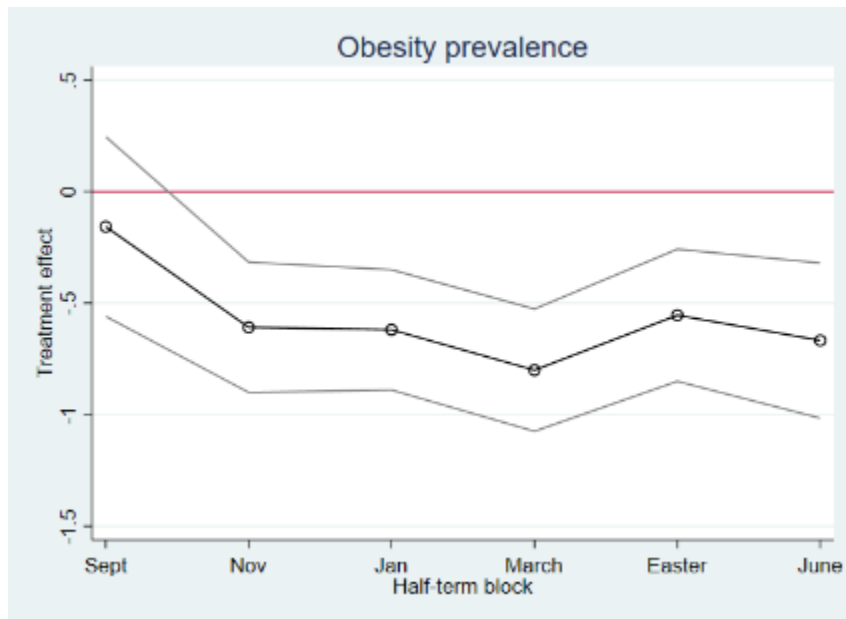


Estimating the effect on Reception children's bodyweight outcomes

- Policy introduced in all of England in one go: No 'natural experiment' or 'treated and control' groups.
- Strategy based on comparing outcomes in the same school, visited for measurement at different times of year in pre-and-post UIFSM years.
- Controlling flexibly for changes in school composition and other banded school-level characteristics and policies.
- Principle is 'dose-response' effect:
 - If UIFSM consistently changes children's overall energy intake, through switching from packed lunches to school meals ...
 - i.e. Change in energy balance
 - Expect zero effect on bodyweight outcomes for children measured **on first day of school year**.
 - But differences to emerge in subsequent weeks/months, as children converge on new 'set point' / 'settling point'.

Improvement in (Reception) child bodyweight outcomes

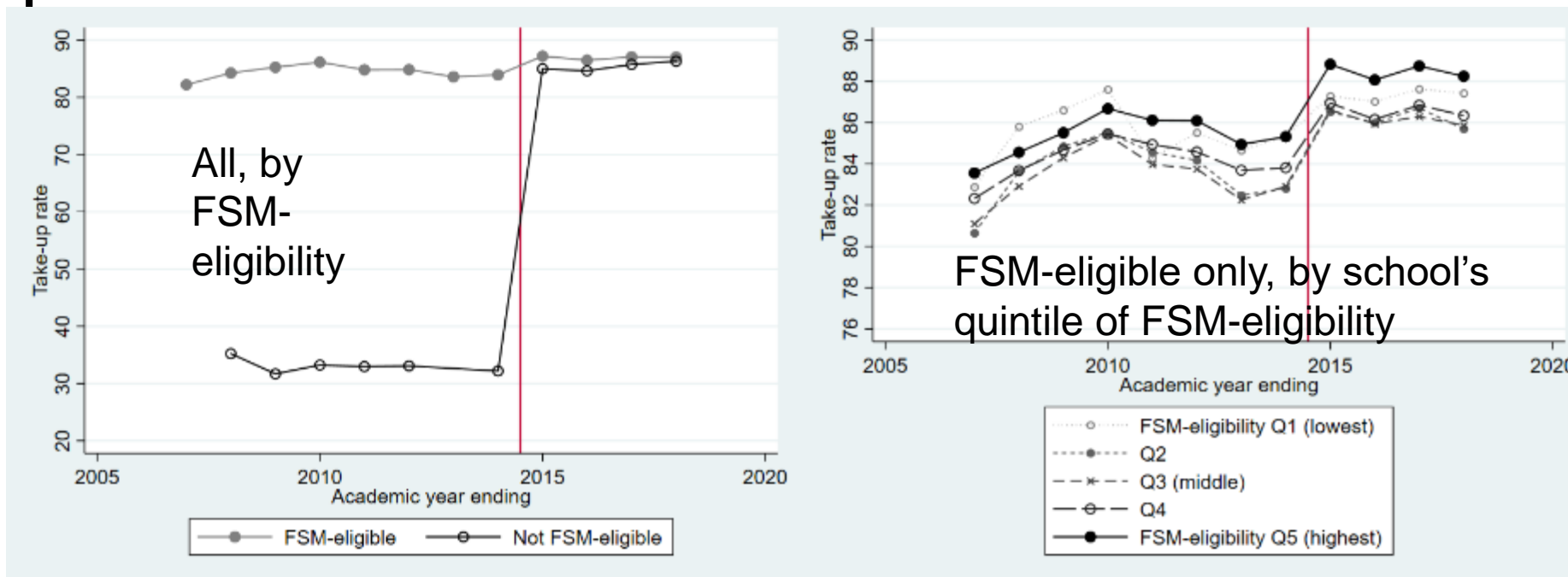
- Treatment effects from our statistical model: No difference in bodyweight outcomes in first half-term, significant differences afterwards.



By end of Reception school year:

- 1%pt increase in healthy weight prevalence (base:76%)
- 0.7%pt reduction in obesity prevalence (base: 10%)
- 4% of a standard deviation lower BMI (about 60g-65g in typical child)
 - Small in absolute terms.
 - Large compared with other school-based interventions implemented or trialled in schools

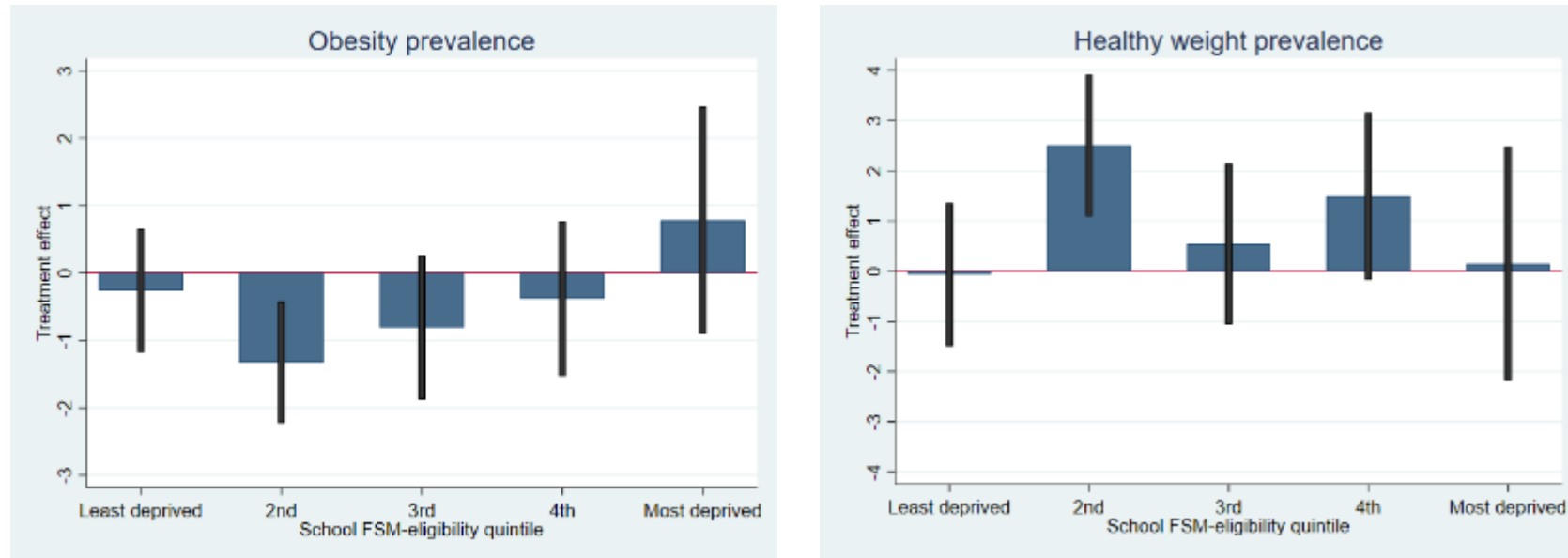
Who benefits?



- c.50%pt increase in take-up of school meals by not-FSM-eligible students.
- c.3%pt increase in take-up of school meals by FSM-eligible. (At all levels of FSM-eligibility within school)
- So while would expect most benefits to accrue to not-FSM eligible pupils, the policy has helped raise take-up among harder-to-reach children who were already eligible.

Who benefits?

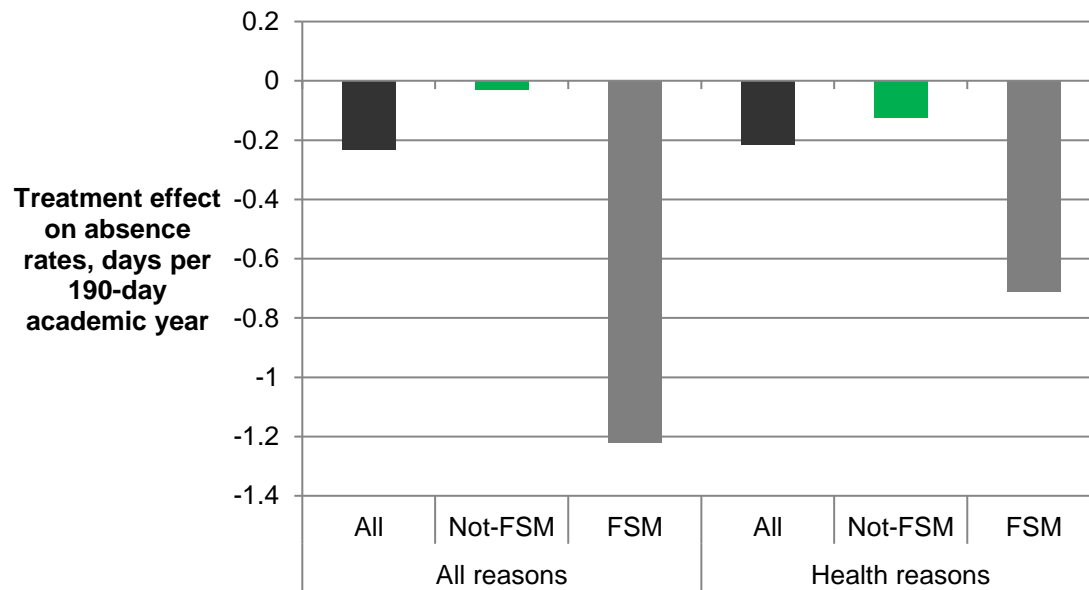
Treatment effects of UIFSM for June half-term block by School FSM-eligibility Quintile



- Benefits accrue to a wide range of children but not those in the most and least affluent schools
- Suggests that meal quality can be improved even in relatively affluent families
- Policy does not seem to have helped close inequalities in body weights across areas.

Reduction in absences among FSM-eligible infants

- Based on comparing changes in outcomes of Infants and Juniors in the same school pre-and-post UIFSM.



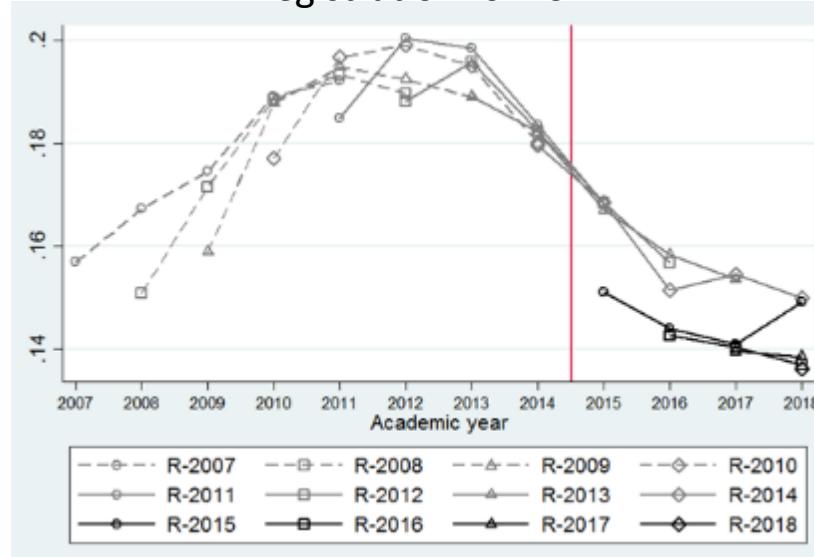
- Absence rates since 2015:
 - 7% for FSM infants (4% are health-related)
 - 5% for non-FSM infants (3% are health related)

- No effects for the group newly entitled to a free school lunch.
- Absences for the already-FSM-eligible reduce by over 1 day per year, half due to health reasons and half for other reasons. (Effect size of about 9%).
- Going to school becomes more attractive as more peers are taking school lunch?
- Large nutritional benefit for the small number of FSM-eligible persuaded to switch?

Other considerations

- Small financial hit to schools from lower registrations for pupil premium by new starters
 - **Investment in auto-enrolment** required to mitigate this.

Registration for FSM

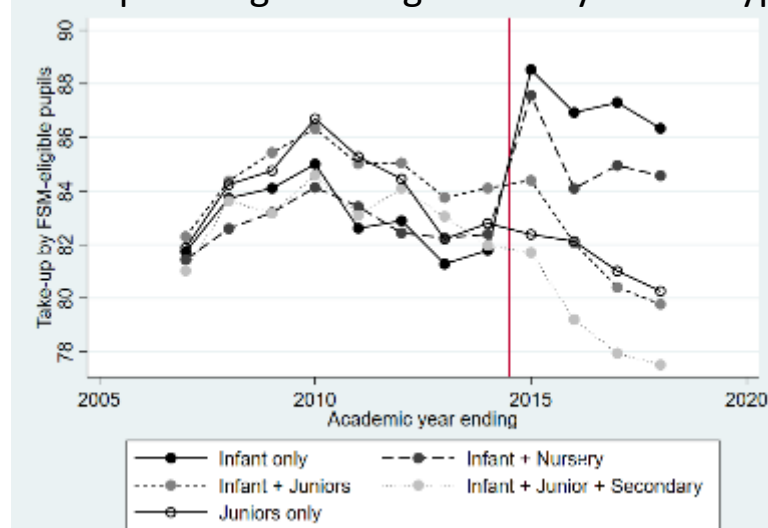


- UIFSM has crowded out take-up of school meals among FSM-eligible juniors.

Capacity constraints

- Threat to persistence of effects of UIFSM
- Challenge to roll-out to older age-groups, unless properly resourced.

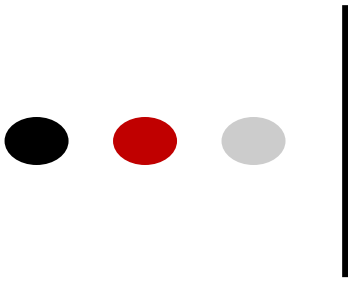
Take-up among FSM-registered by school type





Coming soon...

- New Nuffield Foundation Project: **The Impacts of Universal Free School Meal schemes in England**
 - Local Authority-based primary UFSM schemes since 2004
 - Impacts on same outcomes and educational performance to **age 11**.
 - Objectives are to build evidence on
 - **Persistence** of effects.
 - How effects vary with **age** and **years' duration** of exposure.
 - To help design the most cost-effective policy.



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The Nuffield Foundation has funded this project, but the views expressed are those of the authors and not necessarily those of the Foundation. More information is available at www.nuffieldfoundation.org

Additional support from:



**Building Back Better:
Is it time for universal school meals?**

**Laura Meikle
Head of Wellbeing & Support,
Scottish Government**

**@scotmeals
#universalschoolfood**



**Building Back Better:
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Questions & discussion

#universalschoolfood



**Building Back Better:
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Thanks to everyone!

Please give us feedback

#universalschoolfood

