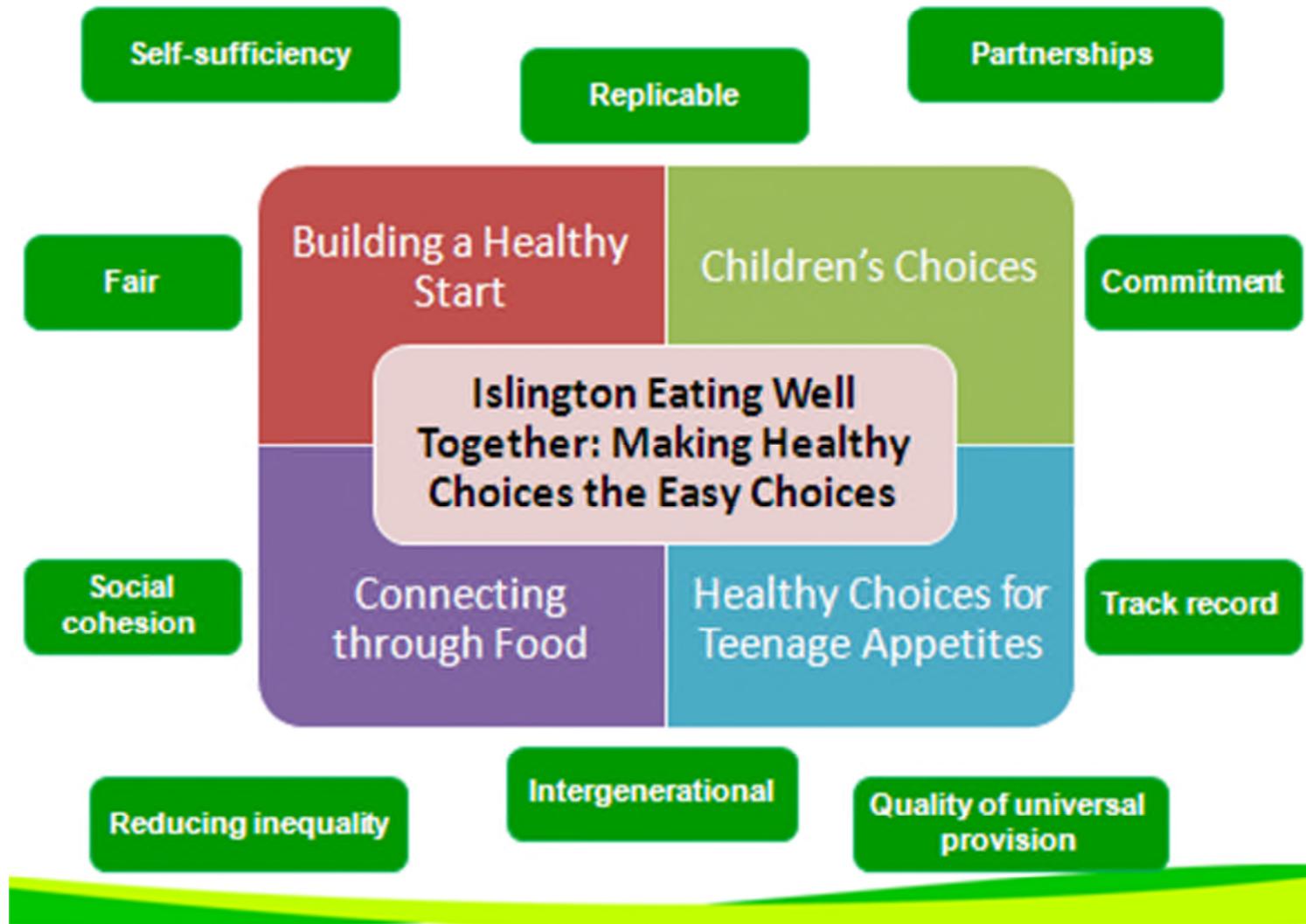


# London Borough of Islington Flagship Food Programme Proposal, June 2014



# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 1: Building a Healthy Start

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>The First 21 Months:</b> from conception to babies' first birthday</p> <p>Improving coordination, integrated working and pathways between health services (midwifery, health visiting and primary care (GP's) and children centres/early years services – to ensure early intervention and prevention in pregnancy and the first year of life.</p>	<p>Universal <i>Healthy Start</i> vitamins for all families:</p> <ul style="list-style-type: none"> <li>• Seven children's centres and ten health centres used as distribution sites.</li> <li>• 2,945 free vitamins distributed between Feb 2013 and July 13: overall uptake of universal scheme has increased almost 5 fold, uptake of <i>Healthy Start</i> recipients (low income residents) has increased by 20% (from 15.9% to 20.1% compared to the London average of 12.9%)</li> <li>• Support to obese pregnant women - midwives book clients into clinics at 12-20 weeks gestation and provide information leaflet &amp; book into early bird class</li> </ul> <p>Breastfeeding support:</p> <ul style="list-style-type: none"> <li>• High rates of breastfeeding: in 2012/13 the proportion of women breastfeeding in Islington at 6-8 weeks was 75%, compared to London average of 62%.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to increase uptake of <i>Healthy Start</i> vitamins: for those on low incomes and universally</li> <li>• Target retailer awareness and acceptance of <i>Healthy Start</i> vouchers whilst maximising uptake and desired use of vouchers (i.e. for fruit and vegetables)</li> <li>• Further increase support to families during the <i>First 21 Months</i> to increase confidence to cook with fruit and vegetables</li> <li>• Increase referrals to children's centre services by <b>GPs</b> and <b>dietitians</b> (ongoing with <i>First 21 Months</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Develop links with local businesses and farmers markets to increase awareness and acceptance of <i>Healthy Start</i> vouchers and increase use of vouchers to buy fruit and vegetables. This will tie in to the <i>Healthy Retailers scheme</i> (Strand 3).</li> <li>• Undertake a pilot project to explore how engaged mothers could champion the scheme</li> <li>• Engage with partners to promote the <i>Healthy Start</i> scheme and increase awareness of eligibility – i.e. through <b>Islington Advice Alliance (Citizens Advice Bureau, Islington Law Centre, and Islington People's Rights)</b>.</li> <li>• Embed the promotion of <i>Healthy Start</i> vitamins and vouchers within antenatal and Health Visiting pathways.</li> <li>• Use principles of <i>Family Kitchen</i> (parents cooking with their children) to develop programmes for families during the 'first 21 months'</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

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Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
	<ul style="list-style-type: none"> <li>• Successful breastfeeding peer support service which was re-procured to <b>The Breastfeeding Network (BFN)</b> in April 2014 for three years.               <ul style="list-style-type: none"> <li>○ The service made 7076 contacts to 3180 mothers in 2013.</li> <li>○ A range of peer supporters are recruited within the local community who represent Islington's diverse population.</li> <li>○ Trained peer supporters and volunteers provide universal support through the following routes:                   <ul style="list-style-type: none"> <li>▪ <b>Hospitals (UCLH and the Whittington)</b></li> <li>▪ Telephone support</li> <li>▪ Targeted home visits</li> <li>▪ Baby clinics and children's centres.</li> </ul> </li> </ul> </li> <li>• Islington achieved Stage 2 (Unicef <i>Baby Friendly Initiative</i>) accreditation</li> </ul>	<ul style="list-style-type: none"> <li>• Review maternity obesity guidelines</li> <li>• Tracking of weight of pregnant women by <b>midwives</b> and <b>GPs</b></li> </ul>	<ul style="list-style-type: none"> <li>• Work with <b>GPs, dietitians</b> and others to increase referrals into children's centre cook and eat activities</li> <li>• <i>'Islington Eating Well Together'</i> recipe ideas for fruit and vegetables as part of <i>Healthy Start</i> promotions: available to parents, through <b>GP</b> surgeries and organisations across Islington running workshops with families</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 1: Building a Healthy Start

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
	<p>in December 2013.</p> <ul style="list-style-type: none"> <li>• <i>Breast feeding welcome</i> (BFW) initiatives with over 150 premises displaying BFW stickers.</li> </ul> <p>Linking GPs with children's centre services:</p> <ul style="list-style-type: none"> <li>• All (37) GP practices have been contacted about children's centre services</li> <li>• 19 GP practices have received presentations from children's centres</li> <li>• On-going engagement, joint work and referrals from GPs to targeted and universal children's centre services</li> </ul> <p><i>Obstetric Weight and Nutrition (OWN)</i> clinic set up at Whittington Health to review, support and monitor pregnant women with BMIs of 30 and above. Multi-disciplinary approach with midwifery and dietitians working in partnership.</p>		

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 1: Building a Healthy Start

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>Progress at 2:</b> Islington's pilot of <i>the integrated health and education review</i> for 2 – 2 ½ year olds</p>	<ul style="list-style-type: none"> <li>Islington one of 5 DfE / DH pilot sites for the <i>integrated review</i></li> <li>Regular training for health and education colleagues (initial training and then once a term)</li> <li>15 children's centres, 6 voluntary sector nurseries piloted joint reviews (with health visiting and early years staff)</li> <li>Approximately 100 <i>integrated reviews</i> carried out since November 2013</li> </ul>	<ul style="list-style-type: none"> <li>Strengthen pathways to healthy lifestyle support and signposting as experience in workforce develops</li> </ul>	<ul style="list-style-type: none"> <li>Ensure all professionals involved in <i>integrated reviews</i> are able to signpost and refer to cook and eat activities for parents</li> <li>'<i>Islington Eating Well Together</i>' recipes provided for parents at review</li> </ul>
<p><b>Great food in great childcare</b></p> <ul style="list-style-type: none"> <li>16 children's centres</li> <li>39 primary school nurseries</li> <li>54 private, voluntary and independent (PVI) settings</li> </ul>	<p>Children's centres in Islington are reaching 90% of families with children under 5; 93% of households with a low income and 94% of workless households (April – Dec 2013)</p> <p>All children attending childcare services at children's centres eat food provided at the centre (no packed lunches or snacks brought from home)</p>	<ul style="list-style-type: none"> <li>Ensure healthy eating is central to work with disadvantaged two-year old places through:             <ul style="list-style-type: none"> <li>Increasing number of PVI settings and childminders meeting Voluntary Food and Drink Guidelines</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Increased support for PVI settings on meeting the Voluntary Food and Drink Guidelines</li> <li>Pilot <i>Family Kitchen</i> in PVI settings / develop joint programmes with children's centres and settings in their cluster</li> <li>Refinement and dissemination of Early Years obesity care pathway</li> <li>Ensure that all children centres and early years settings have a food</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 1: Building a Healthy Start

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<ul style="list-style-type: none"> <li>194 childminders</li> </ul> <p>Developing childcare places for over 1000 disadvantaged two year olds with 700 places available by autumn 2014.</p>	<p>Very successful <i>Healthy Children's Centre Programme</i>: supporting children centre staff and health professionals to work together to provide services addressing Islington's health inequalities.</p> <ul style="list-style-type: none"> <li>All children's centres working within the programme</li> <li>8 have been recognised as <i>Healthy Children's Centres</i></li> </ul> <p>Development of <i>Healthy Early Years (HEY!)</i> programme for PVI settings, childminders and for early years in schools. Pilot with a children's centre and their cluster of providers (including school with two year olds, voluntary and private nurseries and child-minder) and one further school, two voluntary nurseries.</p> <p>Food policy guidance and support for children's centres, PVI nurseries and childminders based on Voluntary Food and Drink Guidelines for Early Years Settings</p>	<ul style="list-style-type: none"> <li>Increasing number of PVI settings and childminders supporting parents with healthy eating, cooking and nutrition</li> <li>Rolling out <i>HEY</i> to more settings</li> </ul>	<p>hygiene rating of 3 or above</p>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 1: Building a Healthy Start

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
	<p>Support for food in children’s centres:</p> <ul style="list-style-type: none"> <li>• Whole day menu development for centres outside of contract and support for contract caterer meeting voluntary food and drink guidelines for early year settings.</li> <li>• Eating environment and portion sizes</li> <li>• To ensure children with allergies can still enjoy food provided</li> </ul> <p>Project to develop ‘good snacks’ with children’s centres and PVI settings</p> <p><i>Family Kitchen and Somali Family Kitchen</i></p> <ul style="list-style-type: none"> <li>• Parents/carers and children learning to cook healthy, affordable meals together)</li> <li>• Delivered in 7 settings (3 schools and 4 children’s centres) June ‘13 to April ‘14 - 75% of the families involved were from ethnic minorities.</li> <li>• Positive impact on parents’ and carers’ confidence and ability to cook</li> </ul>		

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 1: Building a Healthy Start

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
	<p>healthy meals</p> <p><i>Small steps to big changes:</i> Islington programme of 'key messages' for families with children under five, to support early years professionals' work with families:</p> <ul style="list-style-type: none"><li>• Healthy eating</li><li>• Good eating habits</li><li>• Get active and be screenwise</li></ul>		

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 2: Children's Choices: healthy food for primary-aged children and their families

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>Gold standard school meals</b></p> <p>Universal free school meals (UFSM) for pupils aged 3-11 years since 2010</p> <p>Award winning borough catering provider: Caterlink</p>	<p>Significant increase in UFSM take-up: from initial 62% to current 88%.</p> <p>All primary school meals meeting the DfE standards</p> <p>Caterlink has <i>Gold Food for Life</i> catering mark for primary and children's centre food, two of the six primary schools outside of <b>Caterlink</b> contract have Bronze <i>Food for Life</i> catering mark, one has Silver</p> <p><b>Dietitian</b> led dining hall observations supporting improvements in 15 schools, including PRU and special school</p> <p>Regular contract monitoring in schools and stakeholder meetings</p> <p>Training and support for lunchtime supervisors and catering staff</p> <p>Support for schools outside of contract to meet standards in 11 schools (including academies)</p> <p>29 schools used online packed lunch resource to improve packed lunch content. <b>Dietitian</b> has audited packed lunches in 7 schools.</p>	<ul style="list-style-type: none"> <li>• Develop food-related content on school websites</li> <li>• Increase school meal take up by discouraging unhealthy foods in packed lunches and making the dining room environment a more social place; a space where conversations take place between pupils and pupils and adults.(Linking to Strand 4)</li> <li>• Ensure all schools meet the new food standards (lunch and food other than lunch)</li> </ul>	<ul style="list-style-type: none"> <li>• Working with schools to improve food-related content on their websites - inviting feedback from parents, rotating online menus and displaying general information on nutritious school food provision. Catering contractor to employ consultant chef to advise on online engagement.</li> <li>• <b>Caterlink</b> consultant chef to target schools below Islington's average UFSM take-up to improve food/dining environment and increase take-up.</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 2: Children's Choices: healthy food for primary-aged children and their families

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>Healthy Schools</b></p> <p>Borough-led <i>Healthy Schools</i> programme linked to <i>Healthy Schools London</i> and supported by headteachers</p> <p>Support and guidance for schools on:</p> <ul style="list-style-type: none"> <li>• Policy</li> <li>• Curriculum and teaching</li> <li>• Support for vulnerable children</li> <li>• Work with parents</li> <li>• Culture and environment</li> </ul>	<p>84% of schools engaged with borough programme and taking a whole school approach to supporting pupils' health and wellbeing, including relating to cooking and nutrition.</p> <p>27 schools have <i>Healthy Schools London</i> bronze and 1 silver.</p> <p>Policy: guidance and support from <b>dietitian</b></p> <p>Curriculum planning and teaching:</p> <ul style="list-style-type: none"> <li>• Guidance, training and support for school staff, including within the NQT programme, to include three high-quality cooking and nutrition opportunities for every child in every primary school class</li> <li>• Training and support for school staff to teach about 'the social aspects of food and fitness' within PSHE (personal, social and health education), using the Islington <i>Fun, Food and Fitness</i> teaching resource</li> </ul> <p>Vulnerable children:</p> <ul style="list-style-type: none"> <li>• 64% of primary schools are signed</li> </ul>	<ul style="list-style-type: none"> <li>• Increase Healthy Schools engagement and awards</li> <li>• Strengthen mechanisms for sharing good practice</li> <li>• Ensure all food other than lunch meets new food standards</li> <li>• Increase primary cooking opportunities - aiming for all primary schools to include at least three high quality cooking and nutrition opportunities in every class</li> <li>• Increase number of schools teaching <i>Fun, Food and Fitness</i> programme within PSHE</li> <li>• Ensure all schools are aware of support</li> </ul>	<ul style="list-style-type: none"> <li>• Continued engagement with schools to ensure 95% achieve Healthy Schools London bronze award by 2016.</li> <li>• Sharing good practice – Islington Community of Schools and other school networks to develop innovative practice and peer support.</li> <li>• Pupils blogging and broadcasting activities aimed at improving digital awareness and literacy with prizes for the best contributions. Content will be food/health related and Flagship partner professionals will engage with pupil questions and issues raised online.</li> <li>• Audit all after school and breakfast club provision and provide guidance on how to meet the food standards and increase number of pupils accessing provision</li> <li>• Pilot 'soft start' breakfast clubs (all children start the day with breakfast before formal lessons begin) with a number of schools and evaluate impact on attendance, punctuality and achievement and on the effect this has</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 2: Children's Choices: healthy food for primary-aged children and their families

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
	<p>up as <b>Trussell Trust Food Bank</b> voucher partners.</p> <ul style="list-style-type: none"> <li>Also see support re weight concerns, below</li> </ul> <p>Work with parents: <i>Family Kitchen</i> programme well established in primary and special schools. Training for staff to run after school cooking clubs</p> <p>Culture and environment:</p> <ul style="list-style-type: none"> <li>Breakfast clubs offered in 89% of Islington schools - 45% of these are supported by <b>Magic Breakfast</b> (highest no. of Magic Breakfast clubs in any borough).</li> <li>Support and guidance for schools on food other than lunch</li> <li>See school meals above</li> <li><i>Let's Get Cooking</i> clubs in 13 primary schools, including one special school</li> <li>Gardening in schools in 40 primary schools and 1 special school</li> </ul>	<p>available for families in emergency and all are signed up to be <b>Food Bank</b> voucher partners</p>	<p>on families eating together</p> <ul style="list-style-type: none"> <li><b>Schools Forum</b> funded (£100K) projects to support work in schools on food. Individual projects to be agreed by the Forum but to support: <ul style="list-style-type: none"> <li>Increasing effective teaching and learning of cooking and nutrition skills</li> <li>Children to eat well to learn well</li> <li>Supporting families to 'eat well together'</li> </ul> </li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 2: Children's Choices: healthy food for primary-aged children and their families

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
	<ul style="list-style-type: none"> <li>Islington is pilot borough for <b>Food Growing Schools: London (FGSL)</b> one primary school has a gardening training centre which has been used to host FGSL training event.</li> <li>Schools taking part in <b>FGSL</b> project <i>Grow your own picnic</i></li> <li>Support for schools to work with children and young people on school food improvements (including linking pupils from different schools together)</li> <li><i>Change4Life materials</i> distributed to all schools</li> </ul>		
<p><b>Adventures with food: playing, growing, cooking</b></p> <p>12 adventure playgrounds, with a reach of 12.75% of the Islington population of 5-12 year olds</p>	<p>Ongoing work in play and youth projects focussing on health and healthy eating, including cooking and growing.</p> <p><b>Jamie Oliver Foundation Garden Classroom Project</b> installed outdoor pizza ovens in adventure playgrounds. All used frequently as part of curriculum.</p> <p>Development of <i>Change4Life Plus Clubs</i> (food growing/cooking alongside physical</p>	<ul style="list-style-type: none"> <li>Develop partnerships and extend provision, working to learn and co-develop programmes</li> <li>Increase numbers of Islington residents able to support food growing and cooking with children.</li> </ul>	<ul style="list-style-type: none"> <li>Progress work with primary schools/ adventure playgrounds to ensure high quality affordable after-school healthy eating and play options. This will include partnering with <b>Islington Play Association</b> to deliver food-play holiday activities.</li> <li><i>Soil to plate</i> workshops for children and families delivered by <b>Global Generation</b>.</li> </ul>

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## London Borough of Islington Flagship Food Programme Proposal

### Strand 2: Children's Choices: healthy food for primary-aged children and their families

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p>Funding 26 after school clubs (768 places) via primary schools (seven run by voluntary sector on behalf of schools).</p>	<p>activity for targeted pupils); rolled out in 12 schools</p> <p><i>Healthy Holidays</i>: Islington <b>Play Association</b> project funded by the Health and Social Care Volunteering Fund. Training volunteers to deliver cooking activities in adventure playgrounds to provide healthy lunches.</p> <p><b>Octopus Community Network's Wild Places Out of School Clubs</b> in schools and community hubs</p> <p><i>Happy Planters</i> bringing together both Adventure Playgrounds and Youth Projects to encouraging the growing of fruit and vegetables. Children and young people were involved in all stages from planning, planting and growing.</p>	<ul style="list-style-type: none"> <li>Coordinated, strategic overview of holiday activities for all ages</li> </ul>	<ul style="list-style-type: none"> <li>Roll out <i>Change4Life Plus Clubs</i> with a target of 30 primary schools. Islington's current model of providing annual school grants to combine the <i>Change4Life</i> model with food growing and cooking will continue.</li> <li>Aim for all adventure playgrounds, play facilities and youth service catering facilities to achieve 3 or higher on Food Hygiene Rating Scheme and to attain <i>Healthy Catering Commitment (HCC)</i>.</li> <li>Develop an <i>Islington Eat Well workforce</i>: a skilled 'bank' of people able to work with schools / play and youth settings / community groups on growing, cooking and eating. Including those returning to work, young people and volunteers, including older people and residents with learning disabilities</li> <li>Partnership with <b>Waitrose</b> for schools to participate in <i>Grown and Sell</i> initiative, pupils growing their own produce and sell it in the local area</li> </ul>
<p><b>Support re weight</b></p>	<p>Good uptake of <i>NCMP</i>: all schools</p>	<ul style="list-style-type: none"> <li>Increase follow up</li> </ul>	<ul style="list-style-type: none"> <li>Extension of the role of school nurses in</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 2: Children's Choices: healthy food for primary-aged children and their families

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>concerns</b></p> <p>Clear childhood obesity care pathway</p> <p>Well established <i>National Child Measurement Programme</i> (NCMP): weighing and measuring of Reception and Year 6 children</p> <p>Successful <b>MoreLife</b> weight management programmes for children and young people</p>	<p>participate and in 2012/13 92% of children across Reception and Year 6 classes were measured.</p> <p>Parents/carers are informed of their child's results and directed to the appropriate services (dietetics/child weight management services).</p> <p><b>MoreLife</b> activities in schools (assemblies, stand at school sports days, attendance at coffee mornings, weighing and measuring of Year 7 and 8 pupils with follow up with families)</p> <p>Guidance for school staff on their role to identify, support and refer pupils where there is a concern about weight.</p> <p>Training offered for school staff on how to raise the issue of weight with parents / carers.</p>	<p>support for families where children are identified as overweight.</p> <ul style="list-style-type: none"> <li>• Increase professionals' confidence to raise concerns relating to weight and understanding of services available.</li> <li>• Improve steps approach to engage with families through different activities to promote healthier lifestyles.</li> </ul>	<p>the feedback of <i>NCMP</i> results to create stronger links with local lifestyle programmes for those families that may require additional support to enable them to make a behaviour change.</p> <ul style="list-style-type: none"> <li>• Support to ensure all schools offer or refer to a variety of services to support families: including weight management services, <i>Change4Life Plus Club</i>, <i>Family Kitchen</i>, parenting workshops.</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 3: Healthy Choices for Teenage Appetites

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>Supporting skills</b></p> <p>Islington funds and directly provides a range of youth centres, hubs and clubs, including Lift, which has a healthy lifestyles theme and supports young people to grow and cook healthy food in its professional kitchen and serve it in its café, which holds the <i>Healthy Catering Commitment</i>. These settings have a reach of 14.27% of the Islington population of 13-19 year olds.</p> <p>Number of existing programmes to support cooking and nutrition skills in schools, youth provision and within the community.</p> <p>Independently chaired Youth Health Forum for practitioners</p> <p>CCG (clinical</p>	<p>Ongoing work in youth projects focussing on health and healthy eating, including cooking and growing e.g. boys Saturday healthy eating and alternatives to the chicken box projects.</p> <p>Extra-curricular cooking clubs in schools, including for girls who are faddy eating/where there is weight concern</p> <p>Support and guidance for secondary food technology, including the <i>Licence to Cook</i> programme; most schools teach food technology Key Stage 3</p> <p>Five Youth Health Trainees recruited with three continuing to become apprentices following a year's traineeship.</p> <p>Gardening in 6 secondary schools, 1 PRU. Islington is pilot borough for <b>Food Growing Schools: London (FGSL)</b> one secondary school working with business to develop gardening</p>	<ul style="list-style-type: none"> <li>• Ensure all schools have strong plans in place to meet the new national curriculum to teach cooking and nutrition at Key Stage 3. Work with schools to guarantee these plans have links to extra-curricular Flagship activities</li> <li>• Extend vocational/catering links between schools and colleges</li> <li>• High quality secondary kitchens present opportunities for further skills development and training</li> <li>• Link school curriculum to healthy choices available through retailers and catering outlets</li> </ul>	<ul style="list-style-type: none"> <li>• Projects to support more vulnerable young people to develop cooking and nutrition skills             <ul style="list-style-type: none"> <li>○ Identification of partners</li> <li>○ Developing innovative programmes</li> <li>○ Share good practice and roll out further</li> </ul> </li> <li>• Maximising opportunities for secondary kitchen facilities and dining environments. <b>Caterlink's</b> consultant chef will hold sessions with secondary staff and pupils. Project will establish links between schools with industrial kitchens (e.g. Samuel Rhodes) and colleges delivering catering courses.</li> <li>• Partnering with <b>Global Generation</b> to run <i>Junior Chef Clubs</i> - after school clubs for teenagers to cook and learn.</li> <li>• Increase number of reasonably priced and accessible Food Hygiene Level 2 courses run by Islington.</li> <li>• Further support for secondary schools</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 3: Healthy Choices for Teenage Appetites

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p>commissioning group) funded <i>Youth Health Trainers</i> programme: a peer-run apprenticeship model to improve health outcomes, physical activity, weight management and smoking cessation.</p> <p>Pulse: Young person's health and social care multi-agency service, in a central, easily accessible, location in Islington.</p> <p>Islington Council's Business and Employment Support Team (BEST) closely linked to business and skills community, as well as key target groups such as NEETs and vulnerable young people.</p>	<p>space</p> <p>Projects with partners to raise profile of eating well, for example: <i>Healthy Styles</i> food education, cooking and physical activity project, with Arsenal in the Community, will be piloted during the World Cup. Caterlink will run a special menu and conduct additional educational work with students.</p> <p>Secondary school pupil won third prize in <b>Springboard</b> master chef competition</p> <p>Secondary school linking with their <b>caterer</b> to provide work experience opportunities for pupils in school catering</p> <p><i>Let's Get Cooking</i> in four secondary schools</p> <p>4313 young people seen in <b>Pulse</b> in 2013/14</p>		<p>to include high quality cooking and nutrition lessons in the curriculum</p> <ul style="list-style-type: none"> <li>• <i>Islington Eating Well Together</i> recipes include those developed by young people: disseminated and used in schools, youth and community settings</li> <li>• Using <b>Google</b>-led school computing classes to develop an Islington application on nutrition and healthy recipes.</li> <li>• LBI Housing expanding community cookery classes, including to vulnerable young residents. Sessions to include taking young people food shopping on a budget before going to Andover Community Centre or St. Luke's Community Centre (target areas) to cook the ingredients. A pilot is planned for 6 sessions in two areas of the borough.</li> <li>• Work to increase links between <b>contraceptive providers</b> and <b>MoreLife</b></li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 3: Healthy Choices for Teenage Appetites

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>Young people as customers</b></p> <p>Well-developed <i>Healthy Catering Commitment (HCC)</i> programme</p> <p>Excellent BSF catering facilities in place in all secondary schools, including some industrial kitchens.</p> <p>Work between Environmental Health and dietitian to ensure that school food standards are reviewed during environmental health inspections.</p>	<p>Over 100 caterers with <i>HCC</i>; started work through <b>Youth Health Forum</b> to involve young people in this programme</p> <p>Pilot project in the north-east of the borough with 16 takeaways surrounding 4 secondary schools attaining <i>Healthy Catering Commitment</i></p> <p>Work with 7 secondary schools, including academies, on meeting standards for both lunch and food other than lunch; including those schools outside the <b>Caterlink</b> contract</p> <p>One secondary school is aiming for silver <i>Food for Life</i> catering mark by September 2014.</p> <p>Dining room observations and work to increase healthy food choices by pupils on free school meals in 5 secondary schools and all the PRU sites</p>	<ul style="list-style-type: none"> <li>Engage more young people in <i>HCC</i> - young people currently engaged via Youth Health Forum, Youth Health Workers and the Youth Council</li> <li>Minimal current retailer involvement in promotion of healthy options</li> <li>Recent audit showing only one secondary school supplying refreshments at after-school clubs</li> <li>Need for schools to meet new school food standards</li> <li>Increase number of secondary schools with <i>Food For Life</i> catering award</li> <li>Increase number of secondary school breakfast clubs</li> </ul>	<ul style="list-style-type: none"> <li>Work with youth settings and schools to support and engage young people to participate in <i>HCC</i>; and raise young people's awareness of which takeaways are part of the scheme.</li> <li>Work with leisure and youth service providers to attain <i>HCC</i> and 3 or higher at the Food Hygiene Rating Scheme</li> <li>Develop and implement <i>Healthy Retailers</i> - a retail equivalent of the <i>HCC</i> to promote healthy food options in retailers, including working with young people and using the <b>Children's Food Campaign</b>, <i>checkout test</i></li> <li><b>Caterlink</b> consultant chef and dietitian to work closely with secondary schools to develop better dining environment and launch/strengthen after school cooking clubs. This will include with non-contract schools, monitoring their adherence to the government's School Food Standards</li> </ul>

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Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>Planning for health</b></p> <p>Planning policies in place to resist unhealthy takeaways where there is already a large concentration and where a proposed takeaway is within 200m of a school.</p> <p>Policies in place to protect existing growing sites and seek new food growing spaces from new developments.</p> <p>Procurement policies including the <i>Golden Egg</i>, <i>Golden Chicken</i>, <i>Sustainable Fish City</i> and <i>Fair Trade status</i>.</p>	<p>Planning policy documents were adopted in June 2013 including:</p> <ul style="list-style-type: none"> <li>policy on resisting the over-concentration of hot-food takeaways and their proximity to schools</li> <li>policy to encourage consideration of community food growing opportunities as part of landscaping plans.</li> </ul> <p>Islington has been used as a case study of best practice for our Planning Policies on encouraging food growing by <b>Sustain</b> in their new guide “Planning sustainable cities for community food growing”</p> <p>All secondary schools have ‘closed gate’ policy during school lunch (only one school allows Key Stage 4 pupils out).</p>	<ul style="list-style-type: none"> <li>Update mapping on unhealthy food outlets in the borough and identify areas of concern (e.g. those located near schools and youth centres)</li> <li>Limited understanding of effective strategies to support schools, youth and community settings to encourage young people away from frequent/habitual unhealthy options (eg pound shop ‘bargains’, ice cream vans, chicken shop)</li> </ul>	<ul style="list-style-type: none"> <li>Implement recent policies to reduce takeaways opening near schools and ensure new food growing sites are developed while loss of existing sites is resisted. Annual report will monitor success of policies.</li> <li>Develop guidance on the above policy. This will include a mapping exercise to identify where takeaways are situated, with visual elements to help the community.</li> <li>Projects with young people to encourage less-frequent take-up of unhealthy options</li> <li>Partnership with <b>Sustain</b> on a number of advocacy campaigns and community action, including <i>Sustainable Fish City</i> (sustainable seafood), <i>Real Bread</i> (supporting local, independent businesses and to enable people to choose additive-free loaves) and <b>Capital Growth</b>.</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 4: Connecting through food

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>Islington's culture of food</b></p> <p>Robust borough Food Strategy developed with partners and integrated in borough-wide service delivery.</p> <p>Emphasis on promoting good food culture and sustainable, healthy food infrastructure.</p>	<p>Winners of the <i>Good Food for London Award</i> since it was introduced (3 years running)</p> <p>Strong food presence in borough markets including produce stalls as well as ready to eat. <b>Islington Farmers Market</b> also accepts <i>Healthy Start</i> vouchers</p> <p>Range of popular food-related events: e.g. <i>the Big Lunch</i>, <i>Fairtrade Fortnight</i>, <i>Gillespie Festival</i> and <i>Callyfest</i></p> <p>Public launch of Food Strategy well attended</p> <p><b>St. Luke's Community Centre</b> participates in and organises food festivals where the cooking of different countries and ethnic groups is celebrated in the community</p>	<ul style="list-style-type: none"> <li>Better link communities working on food together</li> <li>Tackle social isolation and encourage more spaces and events for different sections of the community to eat together</li> </ul>	<ul style="list-style-type: none"> <li>Strengthen Food Strategy and the Council-Voluntary and Community Sector coalition to broaden existing work, increase capacity and strengthen links.</li> <li>Annual Food Strategy event to bring together people and organisations working in food to share ideas</li> <li>Put food at the heart of our community festivals – including <i>Callyfest</i> and <i>the Word Festival</i></li> <li><b>Metropolitan Police Service</b> involved in festivals to further develop community relations through eating and cooking together</li> </ul>
<p><b>Tackling food poverty; reducing food waste</b></p>	<p>Referral form developed internally for front line services</p>	<ul style="list-style-type: none"> <li>Increase knowledge of <b>Food Bank</b> provision among professionals and frontline</li> </ul>	<ul style="list-style-type: none"> <li>New partnership with <b>Plan Zheroes</b> targeting surplus food in private sector. We will work to link, collect</li> </ul>

# Islington Eating Well Together, Making Healthy Choices the Easy Choices

## London Borough of Islington Flagship Food Programme Proposal

### Strand 4: Connecting through food

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p>Major focus of Food Strategy and working group. Tackling food poverty is also a Council priority and a central theme in the 2013 Child Poverty Needs Assessment and Strategy.</p> <p>Waste reduction services and campaigns, with strong online presence and communications regarding food waste and green efficiency.</p>	<p>including Area Housing Officers.</p> <p>Coordinated food collections for the <b>Trussell Trust Food Bank</b>.</p> <p>Council contribution to <b>GLA</b> food poverty scrutiny</p> <p>Campaigns to tackle food waste including <i>Hate Waste; the Waste Less Save More big lunch</i>; and 'closing the loop' with free compost-to-community projects</p> <p>Work with <b>North London Waste Authority</b> which covers 7 North London Boroughs and has delivered <i>Wise Up to Waste</i> road shows and runs the <i>Food Waste Challenge</i></p>	<p>council services</p> <ul style="list-style-type: none"> <li>• Need to develop universal Islington <b>Food Bank</b> referral policy</li> <li>• Increase work with private sector to address surplus food and food waste in local businesses</li> <li>• Engage specialist organisations to support initiatives to reduce food waste and distribute surplus food where it can be best used</li> </ul>	<p>and transport surplus food from food businesses to individuals and organisations in food poverty, including the <b>Food Bank</b>.</p> <ul style="list-style-type: none"> <li>• Raising awareness of <b>Food Bank</b> provision to target in-need groups. This will include further work with the <b>Islington Advice Alliance</b>, external professionals (e.g. <b>GPs</b>) and internal support services.</li> <li>• Establish Council-wide approach to and understanding of resident hunger, with simple, appropriate referral process devised and overseen by Council's Poverty Board.</li> <li>• 2014 <i>Big Free Lunch</i> on Islington Green feeding about 1,000 people for the amount of money that one family can save in a year by following the tips given through <i>Waste Less Save More</i> campaign</li> <li>• Work with <b>Arsenal FC</b> to endorse Flagship campaign and maximise publicity</li> </ul>

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### Strand 4: Connecting through food

Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p><b>Intergenerational food projects</b></p> <p>Existing projects, including with the Voluntary and Community Sector, to support older people to reduce isolation, eat well and stay active</p> <p><i>Supporting People</i> programme: funding 1691 accommodation units with support and approximately 1000 floating support placements</p> <p><i>SHINE (Seasonal Health Interventions Network)</i> tackles wider determinants of health and reaches up to 2,800 vulnerable households a year. Cold, unsafe housing, social isolation, financial problems are addressed simultaneously.</p> <p>The Islington Resident</p>	<p>Accommodation-based and floating support services for vulnerable groups –e.g. substance misusers; offenders; older people; people with LDD; people with mental health needs; single homeless; women escaping domestic violence; vulnerable young people; Families with multiple needs</p> <p><b>Garden Organic</b> commissioned to make healthy food accessible and affordable through food growing and to increase the collaboration of individual food growers, community health initiatives, community groups in a systematic and sustainable way.</p> <p>Cross-borough food mapping exercise which identified various “food deserts”. Over 160 food initiatives in Islington were identified in all, enabling stakeholders to work together and share delivery where</p>	<ul style="list-style-type: none"> <li>• Current contracts for the <i>Supporting People</i> programme address ‘being healthy’ in broad terms – need to make substantial advancement in focus of work on healthy eating on a restricted budget</li> <li>• Develop opportunities for different sections of the community to meet over food: increase intergenerational contact and mutual support</li> <li>• Use gardening/growing to enhance residents’ physical and emotional wellbeing</li> <li>• Invest in activities proven to reduce social isolation amongst our residents (i.e. befriending schemes)</li> <li>• Increase healthy lifestyle guidance and support to the less well-off residents in the</li> </ul>	<ul style="list-style-type: none"> <li>• Work with <i>Supporting People</i> accommodation and floating support providers to draw up innovative schemes to target each client group to improve access to healthy, affordable food.</li> <li>• Intergenerational meals – healthy lunches for older residents and adults with learning disabilities in school canteens.</li> <li>• Further analysis of where there are lunch club ‘black spots’ for residents, combined with strengthening existing <b>community centre</b> healthy meal provision and catering classes.</li> <li>• Partnership with <b>Global Generation</b> to bring together different parts of the local Kings Cross community for sit down meals.</li> <li>• A pilot project looking at optimising the use of personal budgets by the elderly</li> <li>• Befriending schemes to tackle social isolation and get people enjoying</li> </ul>

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Islington structures and programmes	Key achievement(s) and activities to date and continuing	What we need to do (key gaps/priorities)	Flagship activities to develop work further
<p>Support Scheme combines funds for crisis, community care, discretionary housing payments, council tax welfare and charitable giving to provide people with financial assistance after making an assessment of need. The scheme links to additional services such as employment support, adult learning, energy advice, the Food Bank income maximisation and debt advice, and the credit union.</p>	<p>appropriate.</p> <p>Cooking skill classes run through <b>community centres</b> with facilities and tutors on hand. Classes have been exceptionally well received and residents have requested more.</p> <p><b>Food Standard's Agency</b> funded "fun" sessions aimed to reduce rate of listeria in over 70s though the medium of bingo, delivered through all lunch clubs and day centres in the borough</p> <p><b>Octopus Network</b> delivering lunch clubs for older people at community Hubs (i.e. <b>Hanley Crouch, Hornsey Lane, the Peel Centre and Holloway Neighbourhood Group</b>), including associated activities such as gardening and food growing that can be 'prescribed' by <b>Islington GPs</b></p> <p><b>SHINE</b> has been recognised with awards from National</p>	<p>most deprived areas of Islington</p> <ul style="list-style-type: none"> <li>• Develop further links between the <i>Resident Support Scheme</i> and services that can address child hunger</li> </ul>	<p>good food together. This will connect, for example, carers associations with ongoing lunch clubs</p> <ul style="list-style-type: none"> <li>• Expanding <i>Growbags to Gourmets</i> at <b>St. Luke's Community Centre</b>, where residents aged 55+ living in Barbican, Golden Lane and south Islington to grow their own food and learn how to cook it</li> <li>• Developing programmes, with voluntary sector partners, for older people and people with learning disabilities to work with schools on cooking and growing</li> <li>• Link work to support residents' financial capability with hunger, nutrition and shopping advice</li> </ul>

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	<p>Energy Action, European Commission and the Improvement &amp; Efficiency Social Enterprise.</p> <p><i>SHINE</i>'s offer to residents includes: a <i>HomeSmart</i> course, improving home and budget management skills.</p> <p>Nearly 6000 residents accessed the <i>Islington Resident Support Scheme</i> (36% of applicants are single with children)</p>		
<p><b>Family meals</b></p> <p>Council's excellent relationship with schools, children's centres, nurseries and community centres/hubs is already supporting a wealth of family friendly play, cook and eat activities.</p> <p>Islington Play Association's <i>Healthy Holiday</i> clubs and skilled volunteers</p>	<p><b>St. Luke's Community Centre</b> runs an award winning Cookery School with state of the art facilities. St. Luke's provide a programme of fun and inspiring cookery classes, clubs and projects for residents of all ages and backgrounds, including families.</p> <p>Youth enterprise co-production project with young people cooking a meal and inviting their</p>	<ul style="list-style-type: none"> <li>• Provide spaces for affordable meals for low income families throughout the school year and in the holiday period.</li> <li>• Increase opportunities for families to eat meals with their children before and after school or nursery</li> <li>• Increase free or low cost meals available for children, young people and their</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy, affordable holiday period lunches and breakfasts for low income families in primary schools, nurseries, children's centres and community centres (including <i>Family Kitchen</i> for families during the 'first 21 months' (see Strand 1))</li> <li>• New project to provide breakfast / lunch for families at pick up / drop-off for disadvantaged two-year old early education places</li> <li>• Partnership with <b>Islington Play</b></li> </ul>

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	<p>families to eat together.</p>	<p>families during the holidays</p> <ul style="list-style-type: none"> <li>• Maximise opportunities for young people to showcase their cookery skills to their families</li> <li>• Develop spaces for low income families to eat a sit down meal together</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Association</b>, weaving social family lunches into existing <i>Healthy Holidays</i> clubs</li> <li>• Work with <b>Magic Breakfast</b> to extend family breakfast clubs into more schools, children’s centres and nurseries</li> <li>• Working with youth clubs/hubs, schools and community centres to develop youth-led holiday dining, where young people learn to cook nutritious food before serving and eating with their families</li> <li>• <i>Family Friendly Eating</i> - communications campaign, run centrally by the Council and supported in school newsletters. Campaign to publicise affordable, healthy recipes and cheap lunch clubs across the borough where families can eat together. Work with partners (i.e. <b>Job Centre Plus</b>, <b>GLL leisure provider</b>) to ensure messages reach target families</li> <li>• Embedding family eating areas at</li> </ul>

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			community festivals, ensuring affordable options and space to eat together

