



Full of Beans in GLASGOW

Making good food the easy choice

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AGENDA



- Soil Association Scotland's collaborative work with Glasgow City Council
- Good Food in Glasgow's schools
- Full of Beans in Glasgow's Schools- Progress to date and future plans

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SOIL ASSOCIATION SCOTLAND

We work across the whole farming and food system in Scotland: from the farmer in the field, to the food on your plate. We are working to deliver real, on the ground solutions to the challenges that our food system faces both now, and in the future.

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FOOD FOR LIFE SCOTLAND



OUR VISION

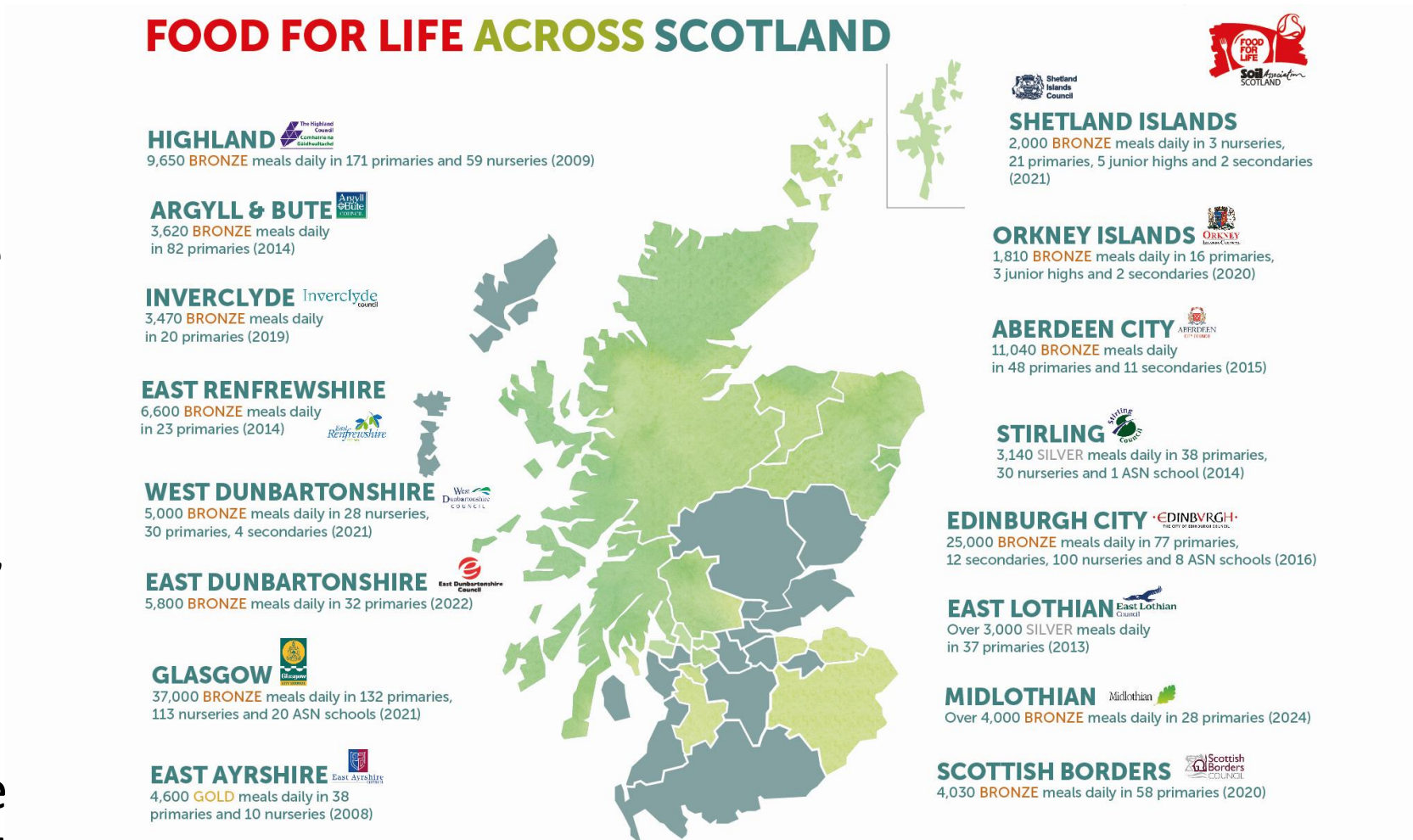
We work to make good food the easy choice for everyone



Good food holds the key to healthier people, a thriving economy and a greener environment



- 125,000 FFLS meals served daily in Scottish schools
- Half of all meals across Scottish primary schools are FFLS
- Expanding to other public sector settings- Universities, courts, Care Homes, Hospitals, Tourist Attractions
- From November we will also be working with the private sector



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GLASGOW SCHOOL MEALS



2021 achieved '**Bronze Award**' in Primary Schools



2024 added all Early Years sites to '**Bronze Award**'



37,000 meals daily in 132 Primary Schools , 20 ASN Schools, 113 Early Years Sites





7,500,000 meals annually

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BENEFITS OF A FFLSH AWARD in GLASGOW



- Showcases Glasgow's commitment to fresh, healthy and sustainable school meals
-  Supports your local economy
- Contributes to a greener environment 
- Supports pupil attainment and tackles health inequalities
- Allows caterers to be seen as good food ambassadors within schools and communities



SUSTAINABLE GOOD FOOD IN GLASGOW

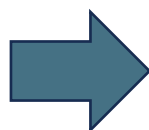


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Focus on SEASONALITY



STEWARTS OF TAYSIDE- Tofthill Farm, River Tay Turnip, Swede



CALDWELLS VEG- Turnberry, Ayrshire Carrots, Beetroot, Cabbage, Cauliflower



BARNSMUIR FARM- Crail Cauliflower (April- Nov). Broccoli (June-Nov)



GAIRNIESTON FARM- Crail Aberdeenshire Potatoes Bakers, Baby, Ware and Washed



ALLANHILL FARMING CO- St Andrews Strawberries (May-Sept)

Embedding this approach in school meals normalises eating seasonally (and locally) which is important in sustainable diets and building a healthy food culture.

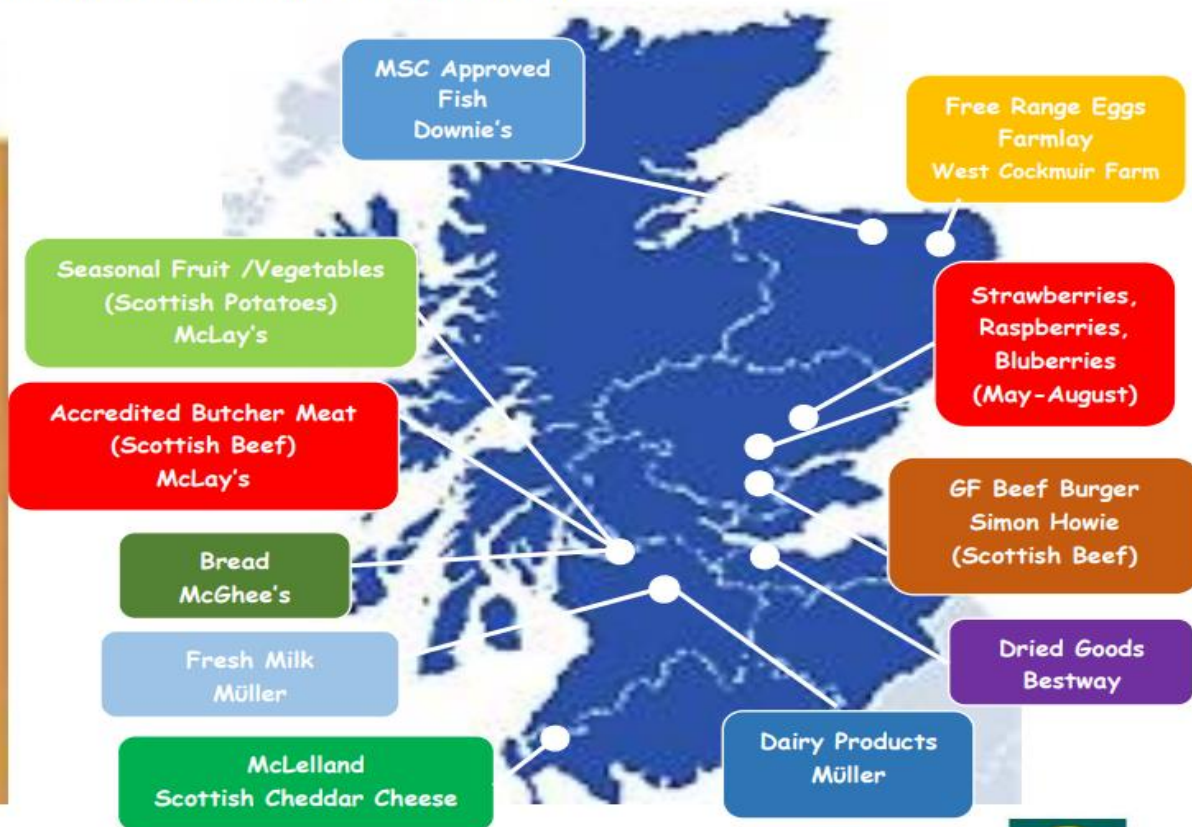
Scottish Food on our menus

- Staff and pupils know about the origin of the food on the menu
- Builds a connection between the food, where it comes from and how it was produced
- Supports local businesses



Food for Life Served Here

We are proud to use Scottish produce where we can. Meals are freshly prepared and use seasonal ingredients.
Feel free to view our menus available on our website.





Full of Beans TIMELINE



- Glasgow City Catering and Education plus FFL met with Full of Beans team- 9th January 2024
- Glasgow and FFL – Formulated a plan and devised recipes
- FFL training incorporating recipes- April 24- Staff Training followed by vote

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TEAM TRAINING



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LET'S GET COOKING! recipes:

1. Mexican Bean Wraps (hot & cold)
2. Houmous & chickpea dishes
3. Cowboy Beans
4. Macaroni Cheese x 2 using beans
5. Seasonal Minestrone Soup- including cannellini beans
6. Singapore-Style Noodles
7. Dried Organic Peas, Mince & Tatties



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DISHES PROGRESSING

Macaroni Cheese with Butterbean Sauce

Ingredients (serves 6)

- 400g tin butterbeans, drained and rinsed (240g drained beans)
- 500ml milk
- 250g macaroni pasta (dry uncooked weight)
- 65g margarine
- 30g plain flour
- 250g mature cheddar, grated
- 5g Dijon mustard
- Salt and pepper
- 30g brown breadcrumbs

Method

1. Preheat oven to 200C/180F
2. Drain and rinse the butterbeans in a bowl and blitz with the milk.
3. Cook the pasta according to the packet instructions.
4. On a medium heat, melt the margarine and add the flour then add the milk, stirring well.
5. Add 190g of the bean mixture and combine.
6. Add the mustard and salt and pepper. Cook until thickened and coated.
7. Pour the mixture into a large ovenproof dish with the breadcrumbs and cheddar. Cook in the oven until bubbling and the macaroni is cooked.

Cowboy Beans and Sausages

Ingredients (serves 6)

- 6 large pork sausages
- 1 tbsp olive oil
- 1 onion, finely chopped
- 454g tin chopped tomatoes
- 4 tsp tomato puree
- 1½ tsp Worcestershire sauce
- 3 tsp smoked paprika
- 1 tsp Dijon mustard
- 1 tsp honey
- 400g cannellini beans, drained and rinsed
- Salt and pepper

Method

1. Cook the sausages as per packet instructions, until browned and cooked through. Chop into bite size pieces and set aside. (You could leave the sausages whole if desired).
2. In a large saucepan, heat the oil and sauté the onions in the oil until softened. Add the tinned tomatoes, tomato puree, Worcestershire sauce, smoked paprika, mustard and honey. Bring to the boil, then simmer for around 10 minutes until the sauce has reduced and thickened slightly. Stir occasionally.
3. Add the cannellini beans and sausages and heat through for another 5 minutes.
4. Serve with mashed potato, pasta, or rice.





TIMELINE – continued.

- Pilot dishes in secondary schools- May 2024 – positive feedback received
- Launch of recipes in secondary school's- August 2024
- Primary schools and Early Years in April 25
- But what are we already doing?

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NEXT STAGES



- Launches of recipes - ongoing
- Evaluation of recipes and impact
- FFL work with other areas of public sector- Uni's, Visitor Attractions