

Glasgow City Food Plan: Children and Young People Working Group

28 November 2024 (meeting no.1, 2024/25)

Meeting notes and actions

1. **Present:** Ada Garcia (AG), Aimee Matheson-Dear (AM-D), Daniel Maher (DM), Debbie Clark (DC), Gillian Pagani (GP), Mairi McLachlan (MM), Kayla Barr (KB), Jill Muirie (JM)-Chair
2. Apologies: Stephen Brown (SB), Deborah McGroarty (DMcG)
3. **Note of last meeting** Accepted as accurate.
4. **Matters arising:** No specific matters arising. JM reiterated the main purpose of this meeting/working group is to help improve collaborative work across the different organisations seeking to improve the food system and dietary health for children and young people. Five priorities have been agreed for 24/25:
 1. Promote and improve uptake of school meals in schools across Glasgow.
 2. Establish and support more good food groups in schools across Glasgow and improve opportunities for them to support learning about the food system.
 3. Promote and encourage use of Your Body Matters in schools across Glasgow and undertake and incorporate learning from evaluation of the resource.
 4. Increase engagement by families in programmes to improve nutritional health - Thrive Under 5, Weigh to Go, etc. Review and evaluate the approaches.
 5. Support breastfeeding through increased rollout of the [Breastfeeding Friendly Scotland \(BFS\) scheme](#) to businesses and BFS Early Learning scheme to Early Years providers.
5. **Brief update on Food Plan developments since last meeting:**
 - The [Annual Report from year three](#) of the Glasgow City Food Plan has been published. This provides an update on all the food plan themes (Fair Food for All, community food, catering and procurement, food economy, food waste reduction, and urban agriculture, as well as children and young people).
 - In October there was a networking event to bring stakeholders working on the different food plan themes together to meet and learn more about the range of food plan related projects underway in Glasgow. This took place at the Courtyard Pantry.
 - The food plan communications work (Good Food For Glasgow campaign) has continued, including regular [webinars](#) and [podcasts](#).
 - Also of note, that the Good Food Nation (Scotland) Act will move to implementation phase in the next two years, requiring local authorities and health boards to develop local food plans. In Glasgow we anticipate that these will be developed with us (the Glasgow City Food Plan (GCFP) project team), and will be based on and linked to the GCFP content and structure to avoid duplicating the vast amount of work that is already taking place. We will keep all food plan partners updated on progress.

6. Priority actions for 2023-2026 (for an update on progress see circulated paper)

Priority 1: Promoting and improving the uptake of school meals in Glasgow. This is important because it provides children and young people with nutritious food, but also because free school meals is a benefit-in-kind. Glasgow's school meals have won awards and are developing a lot of good work. GP provided a further update:

- internal working group established to help minimise food waste, both by reducing plate waste and reducing over-ordering through parent pay. *Broccoli Bill* character is helping with this - the new strapline is *Great taste; Don't waste*.
- presentation at the next Pupil Summit (February) on work to address food waste.
- European Food Waste Day (September) raised issue of plate waste with pupils.
- launching a food waste warriors project in selected primary schools: will measure food waste at the start and at the end of the six week project.
- Superhero day (October) informed pupils about different food groups.
- participation in the Full of Beans campaign in 2024; working with pupils and catering managers have introduced new bean dishes (e.g. Mexican bean wrap) and working with Food For Life to develop new recipes that include beans (e.g. mac cheese with added butter beans)
- supporting schools with parent pay system, encouraging parents to use it.
- working with parents to explore how to support pupils used to packed lunches (since Covid) to come back to school lunches.
- working with catering managers to redesign the P1 inductions to school meals, including a tasting session.

AM-D indicated there may be an opportunity to link engagement with parents through the HENRY programme to work on packed lunches and to encourage discussion/raising awareness about free school meals. GP noted that there is an early years working group and that GCC has just achieved the Food for Life Bronze award for 112 early years centres so are keen to promote that. *Action: AM-D and GP to explore opportunities to make links*

DM suggested this working group could help with communications - perhaps a flyer to hand out to help make links, for example, with Henry programme and other health improvement portfolios, childcare fora, good food groups, etc. *Action: GP and JM to talk about jointly developing a downloadable flyer about school meals for colleagues to take to meetings.*

GP is happy to speak with any groups about school meals and the work they are doing. *Action: all to consider possibilities and contact Gillian.*

To note, that Mairi Baker has moved to a new position and Stephen Brown is now in the QI post at GCC Education.

Also, to note, rolling out free school meals to p6 and p7 is not off the table – if/when it is to be launched, GCC are ready to start planning. There is a working group looking at the needs of schools, but at present there is no confirmed date.

Priority 2: Good Food Groups in schools: Stephen Brown, who has taken over from Mairi, was not in attendance nor was Deborah Mcgroarty who is leading on this. JM noted that the

Full of Beans campaign in 2024 was helpful in getting quite a lot of schools engaged, but there is not another campaign planned in 2025. Further consideration needed about how to support Good Food Groups in schools. *Action: JM get e-mail update from SB and DMcG*

Priority 3: *Your Body Matters* teaching resource: It is not possible to know if it's been used until there are more responses from the evaluation. AG is leading on the evaluation and is extending baseline collection, starting Jan 25 for 6-7 months with follow-up three months later. AG noted that responses have been low to date (32 responses in a year).

DM noted Health Improvement's plans to build more connections with schools, and there will be opportunities to have agenda items on the new learning community's agendas.

AM-D plans to email schools across Glasgow with the evaluation, QR code, etc, and some flyers about the resource. GP noted that there is an intranet site that education staff can view which many use which she plans to use for food waste comms. Perhaps put the information on that site? *Action: GP to find out more details and share with the group*

Priority 4: Increase engagement in programmes to improve nutritional health: Thrive Under Five and Henry.

TU5: The final evaluation of Thrive Under 5 likely to be published early in the New Year. Early indications suggest it had a positive impact on the families involved, both in terms of increasing incomes and also in terms of support with nutrition, meal planning, accessing healthy food and activities. TU5 in Glasgow City is now going through a period of transition because of changes to the funding model: now working with 12 GP surgeries across the city in a more targeted approach.

Henry: training has been popular – from April 24, there have been 153 staff trained in the core Henry programme (107 were from health, 12 were from education and 31 were from third sector). There is a waiting list for the family workshops. There will be more of an update at the next meeting. DM provides some support with the older age group (HENRY is from early years to 12) in the south. There are sessions planned for Govan and Ibrox.

DC advised that a number of community cooking and cooking demonstrations have been delivered in the North East which are being evaluated – appear to be having a positive impact on the young people and families involved. Report will be available in early 2025. *Action: Evaluation to be circulated when available.*

A small grant programme being delivered by Health Improvement, in collaboration with GCFN, providing a small amount of money to community groups to support food-based programmes – the innovation and creativity demonstrated has been impressive. This is a good opportunity to link with the new TU5 programme and to engage communities.

AM-D noted that they are also supporting Ruchazie's autumn and winter festivals (around 500 families) and the G15 Winter festival in Drumchapel (around 400 children)- the NHS Board provided funding for those and also to fund PEAK to deliver 14 cooking sessions which will provide ongoing support for families coming through HENRY.

Finally, the HI Community Food framework has reached almost 1500 children and families across the 8 localities in quarters one and two (this involves cooking demonstrations, budgeting, growing activities etc). E.g. for Child Poverty Week, organised a cooking demo at Parkhead Forge and 170 people engaged with the cooking demo over the week, CAB was there and there were opportunities to signpost from there to other services.

Priority 5: supporting breastfeeding through the rollout of Breastfeeding Scotland

programme: A breastfeeding webinar and podcast took place in June with large audiences. Also worked with the Food Economy Working group to publicise the programme to food outlets. There was also a feature on the Chamber of Commerce website.

Now 150 organisations signed up to the Breastfeeding Friendly Scotland scheme in Glasgow, including Glasgow Kelvin College, and City of Glasgow college. Silverburn shopping centre and other shopping centres too.

Early years breastfeeding programme – there was a pilot in the summer with five early years establishments. There have also been 22 online training sessions and 30 nurseries have done the training (4 have completed it, i.e. have at least 80% of staff trained, have breastfeeding and returning to work policy for their staff, and information in the parent handbook for the nursery). There will be monthly online training sessions from January.

In terms of what food plan partners can do to support the scheme relate to the local authority (in relation to breastfeeding policies, returning to work, support for breastfeeding in all premises) and schools educator programme. *Action: Jill to speak with GCC officers food plan group to identify the relevant contacts and pass to Mairi.*

7. Partner updates and opportunities for collaboration - discussion

JM noted a possibility for this group to work with the GCC team funding the holiday food programme, to work with providers in 2025: potentially running a session with funded providers around nutrition, preparing balanced menus etc. This would not duplicate the existing quarterly networking events and support for providers- this would be more an opportunity to work with them and give hints, tips and tricks around how to get some nutritious offerings in there as well as the other things as part of the summer session. *Action: all to consider and send thoughts to JM.*

GP noted that they previously offered some guidance to providers, and that some tried to introduce healthy eating, but reported that young people didn't want it. Also, some providers feel they should have more flexibility in the holidays. *Action: GP to share the document previously prepared for organisations delivering the holiday food programme.*

No other information to share or suggestions for collaboration.

8. AOB

DM noted Health Improvement plans to incorporate training around community healthy eating predominantly for service providers that work with young people, to give them some skills and knowledge base. Probably targeting service providers working with age 12 to 18.

9. Next meetings: (10-11.30am on 20/02/24, 2-3.30pm on 13/05/24)