

## Minutes from Blossomfield SNAG meeting 5.06.14 (School Nutritional Action Group)

Present:

Claire Hill (FFL lead), Debbie Rothwell (TA Reception),  
Brigitte Gillespie (Cook), Naomi Meads (Lunchtime Play Worker/parent Yr2),  
Jayne Loose (Solihull Catering), Layton, Ryan, Ciara and Isobel M (Yr 2 reps)  
Apologies; Mrs Collingridge, Mrs Hand, Mrs Shipway

- 1 & 2 CH introduced the adults to the children and reminded them why they were there.
3. We took part in a food tasting comparison to find out which foods tasted better and which foods are healthier. We compared the taste and contents of Brigitte's home-made fresh fruit salad with a tin of fruit cocktail. The children commented that the fresh salad was crunchy and juicy.  
After considering the tinned fruit cocktail ingredients Claire highlighted that many ingredients had been added to the fruit cocktail such as sugar and preservatives. The children said that the fruit tasted "squidgy" and that the juice was a lot sweeter. Brigitte said that she did not need to add any extra sugar or preservatives to her fruit salad as the fruit was served in its natural juices. The children concluded that Brigitte's fruit salad was healthier.  
We also considered the taste and contents of a shop bought raspberry sponge cake. Claire asked the children what they thought about the image of the cake on the box to how it actually looked. We compared the ingredients that were listed on the box to what the cake actually contained. The children found that the 'raspberries' were in fact raspberry jam and they felt that the cake looked tastier on the box. Whilst the children thought the cake tasted delicious they realised from the list of ingredients that it contained a high sugar content and several preservatives. Brigitte told the children about the ingredients she uses for her Dorset Apple cake (which features on the lunchtime menu). With no additives or preservatives, the children agreed that although a shop bought cake can be bought as a treat, it is healthier to eat a home-made cake. Claire suggested that the children could encourage their parents to look at the ingredients on food packaging to help them make healthier food choices.

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4. We looked at the new lunch menus and the children said that they find it useful to look at the weekly menu displayed in the hall. Naomi suggested that she could ask the lunchtime supervisors to encourage children to look at the weekly menu while they are waiting to be served their lunch. For younger children in Reception or children who have difficulty with reading, their supervisor could read out the menu. This could help children make a decision and speed up lunchtime service.

The children said that they have a good choice of meals and that they like to talk about the menu choices.

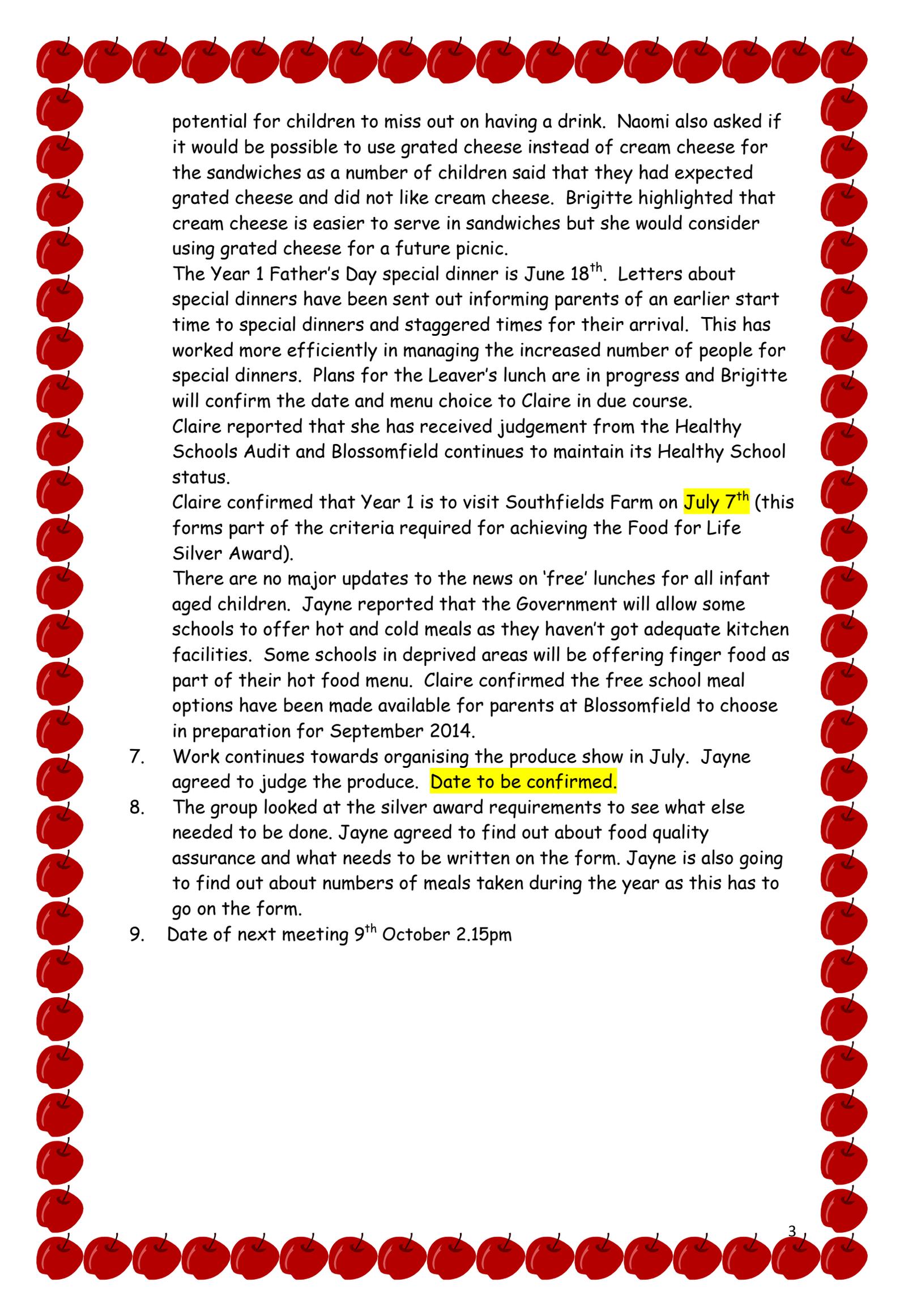
The group looked at a weekly menu and Brigitte and Jayne explained the symbols that are used to inform children and parents about food types and content, e.g. 'contains gluten' and how it helps children who have food allergies make appropriate menu choices. Jayne highlighted that in December 2014 it will become law to include these symbols on school lunch menus.

It was suggested that it could help children to make menu decisions if photographs of the meals could be displayed with the on-line menus.

Jayne highlighted that on-line menus are designed to be as explicit and straight forward as possible so that visuals are not necessary. Brigitte said she could take photographs of selected dishes and show them when she gives her catering input at the New Parents' meeting (1<sup>st</sup> July).

Jayne said that she would be happy to assist with this and she could provide a short video of Solihull Catering that featured on ITV news or if preferred, she suggested showing the short animation (3 minutes) that forms part of the latest promotion of the School Food Plan. As there is limited time for the Induction meeting for New Parents' meeting it was concluded that it would be best to play the animation before the meeting whilst parents arrived. Brigitte has found that her catering input has had a very positive impact with an excellent uptake of school hot meals for the current year's Reception children.

5. The group looked at photographs taken at the Family Food appreciation workshop on 30<sup>th</sup> April. The photographs captured the workshop's great success and Jayne agreed to speak to her contacts to confirm the date of the next Family Food appreciation Workshop (anticipated in July). Regular meetings have taken place with Brigitte and she reported that the Teddy Bear's picnic (21<sup>st</sup> May) was a success with a good response to her use of wholemeal & white bread for the sandwiches. Naomi asked whether it would be possible to include small cartons of drink with the children's sandwiches as this would make service more efficient than using jugs of juice and cups. Jayne highlighted that this would not be possible owing to budgetary limitations. Future consideration needs to be given to the effective service of drinks to avoid spillages & the



potential for children to miss out on having a drink. Naomi also asked if it would be possible to use grated cheese instead of cream cheese for the sandwiches as a number of children said that they had expected grated cheese and did not like cream cheese. Brigitte highlighted that cream cheese is easier to serve in sandwiches but she would consider using grated cheese for a future picnic.

The Year 1 Father's Day special dinner is June 18<sup>th</sup>. Letters about special dinners have been sent out informing parents of an earlier start time to special dinners and staggered times for their arrival. This has worked more efficiently in managing the increased number of people for special dinners. Plans for the Leaver's lunch are in progress and Brigitte will confirm the date and menu choice to Claire in due course.

Claire reported that she has received judgement from the Healthy Schools Audit and Blossomfield continues to maintain its Healthy School status.

Claire confirmed that Year 1 is to visit Southfields Farm on July 7<sup>th</sup> (this forms part of the criteria required for achieving the Food for Life Silver Award).

There are no major updates to the news on 'free' lunches for all infant aged children. Jayne reported that the Government will allow some schools to offer hot and cold meals as they haven't got adequate kitchen facilities. Some schools in deprived areas will be offering finger food as part of their hot food menu. Claire confirmed the free school meal options have been made available for parents at Blossomfield to choose in preparation for September 2014.

7. Work continues towards organising the produce show in July. Jayne agreed to judge the produce. **Date to be confirmed.**
8. The group looked at the silver award requirements to see what else needed to be done. Jayne agreed to find out about food quality assurance and what needs to be written on the form. Jayne is also going to find out about numbers of meals taken during the year as this has to go on the form.
9. Date of next meeting 9<sup>th</sup> October 2.15pm