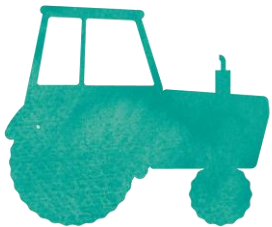




FOOD FOR LIFE SCOTLAND

Making good food the easy choice

SURVIVING AND THRIVING

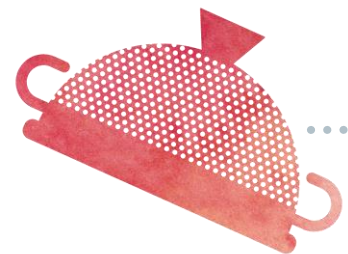


TODAY



Food for Life Scotland – making good food the easy choice

- What does good food mean
- Health, economic and environmental impacts
- A platform for change: Food for Life Served Here



OUR MISSION



We work to make good food the easy choice for everyone.



We help make sure good food is not only on the menu, it is part of the conversation and a way of life in schools, hospitals, care homes, workplaces and cities.



WHAT DOES 'GOOD FOOD' MEAN TO YOU?



OUR DEFINITION



Food that's good for your health

Lots of fruit and vegetables, fish and wholegrains, less but better quality meat, and a lot less processed food. Good food is even better when shared.



Food that's good for the environment

In season, sustainably produced, low-climate impact and high animal welfare standards.



Food that's good for the economy

Grown by local producers, prepared by skilled and knowledgeable people, and supports a thriving economy



THE FOOD FOR LIFE SCOTLAND APPROACH

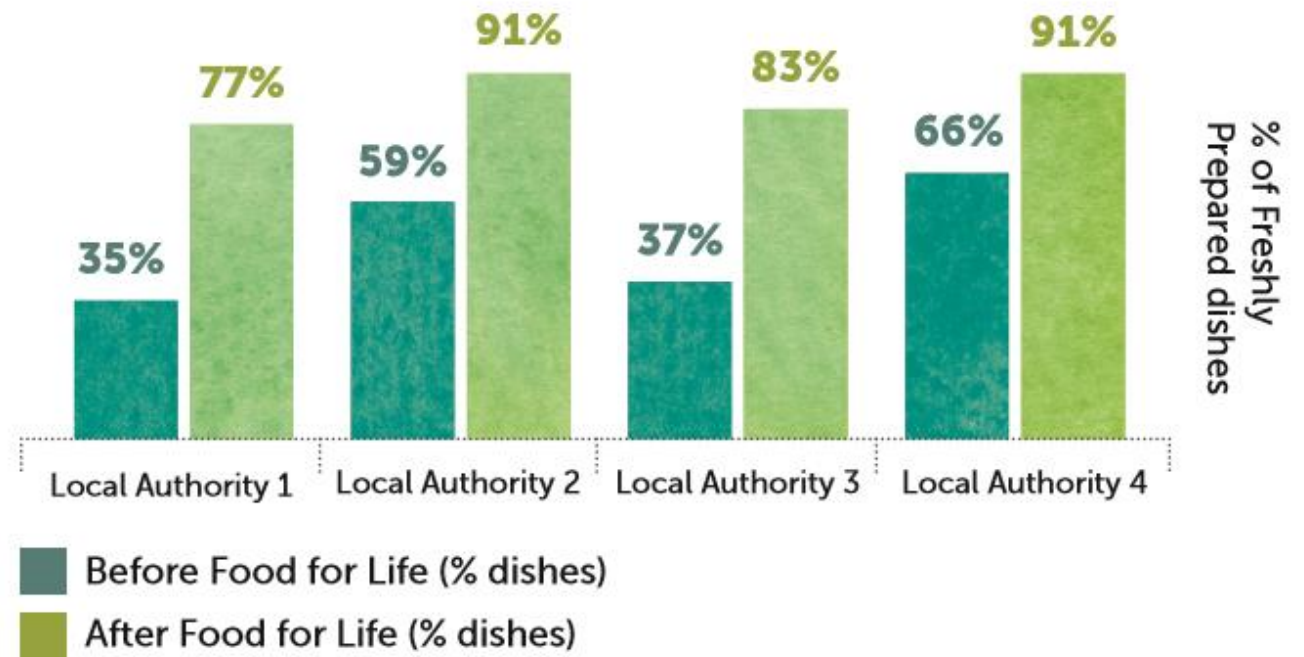


Plates
Practice
Policy



HEALTH IMPACTS

- Increasing access to fresh fruit and vegetables
- Tackling health inequalities
- Addressing public health priorities
- Contributing to enhanced wellbeing



A RECIPE FOR LIFE

It's rare that an initiative attracts both a Dementia Award and fits the criteria for a Silver Youth Achievement Award. But, with the support of Food for Life Scotland, a unique partnership between Inch View Care Home and Liberton High School in South Edinburgh is connecting the generations through food and promoting health and wellbeing. Both have achieved the Food for Life Served Here award for their menus, with Inch View the first care home in Scotland to achieve silver. All those involved, from age 15 to 97, have found common ground and a recipe for life.

'He went up to the school to help in its garden, and it gave him a whole new lease of life. For many of the residents, gardening, eating well, being with young people has given them something positive.'

Elaine Perry,
Acting Manager, Inch View



ECONOMIC IMPACTS

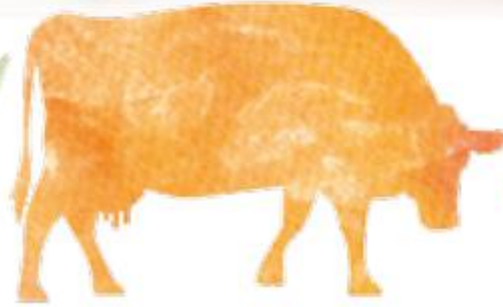
- £4.41 of social value for every £1 invested over 3 years
- Driving demand for local produce
- Workforce skills and morale



SUPPORTING SCOTTISH SUPPLY CHAINS



THE SCOTTISH FARMER



THE CONTRACT SUPPLIER



THE PUBLIC KITCHEN

ENVIRONMENTAL IMPACTS

- Supporting sustainable farming practices, including organic
- Sustainable fish increased by 10%
- More meat-free dishes and days



GOING THE DISTANCE

With Food for Life's help, North Ayrshire Council is making concerted efforts to contract organic and local suppliers for the sake of pupils, planet and purse. The catering units within its 50 primary schools and Arran High School are making 6,730 gold Food for Life meals a day. The primary 1-3 uptake of school meals is one of the highest in the UK. It has helped to cut food waste and food miles, and encouraged everyone – growers, suppliers, buyers, caterers, pupils, teachers and parents – to improve how people in North Ayrshire eat, farm and safeguard the natural world.

"Plan, plan and plan again! Lots of people in similar roles say 'We can't afford to buy organic'. But You can. Menu planning is the key. Buying processed food is expensive. Cutting it out, using fresh food and having meat-free days helps us balance food spend."

Gillian Dore,
Purchasing Manager, North Ayrshire Council



A PLATFORM FOR CHANGE

Use Food for Life Served Here as a platform to drive sustainable & healthy catering, report on Government guidelines and contribute to becoming a Good Food Nation





FOOD FOR LIFE SERVED HERE





WHAT DOES IT MEAN?

SERVING

LOCAL FOOD



At Silver and Gold levels we are rewarded for using local ingredients.



COOKED FROM SCRATCH

At least 75% of our meals are freshly prepared.

SEASONAL PRODUCE



Menus make the most of seasonal ingredients.

We can trace our meat

BACK TO THE FARM



YOUR MEAL MAKES A DIFFERENCE

Every £1 you spend on a Food for Life Served Here meal means a social return on investment of £3 in the form of jobs and local enterprise*.



MORE OF THE GOOD STUFF

Free from undesirable additives, colouring and sweeteners.







Ingredients

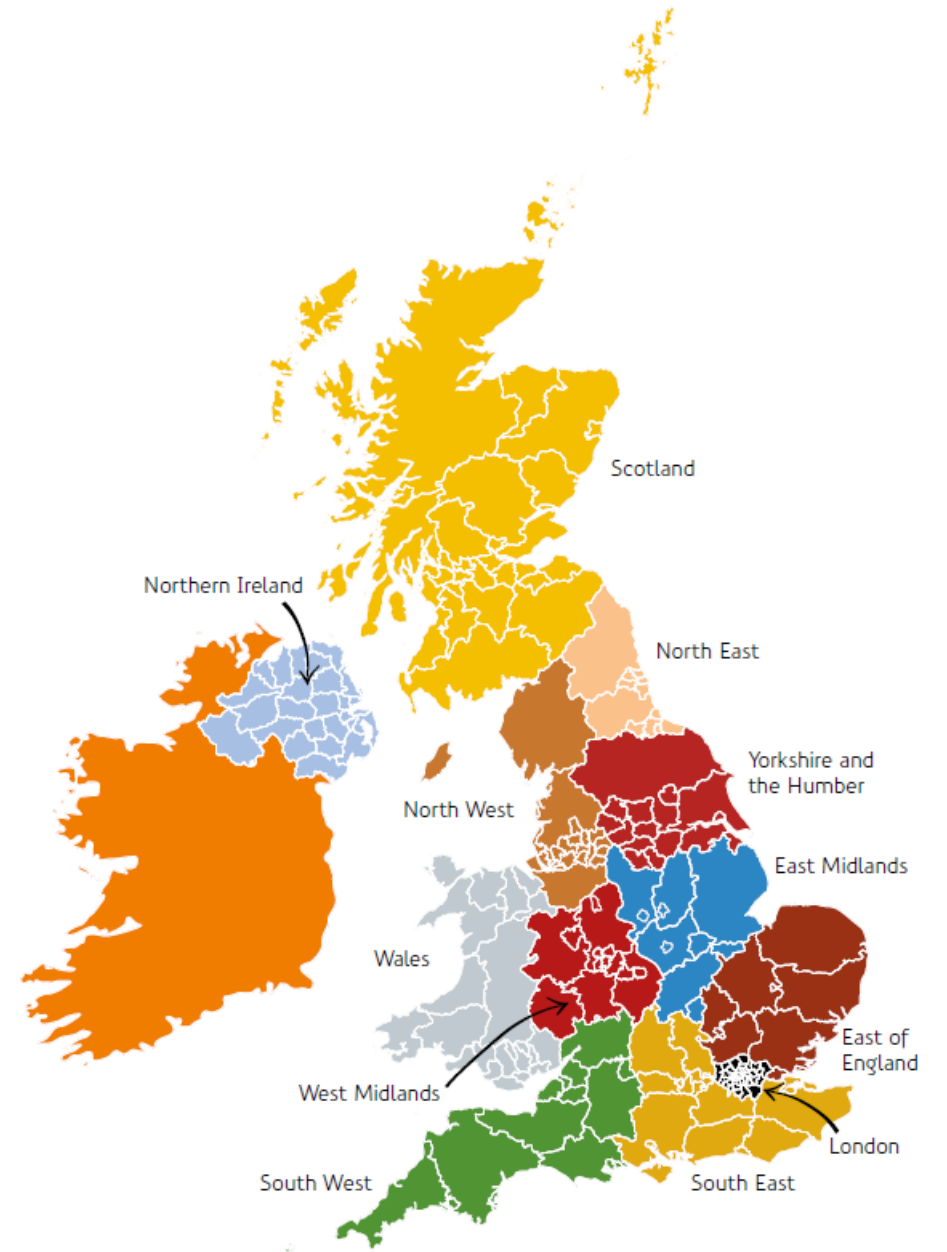
**Good
practice**

**Customer
care**





Silver and Gold awards are assessed using a points based system





- Serve meat in moderation
- Minimise salt
- Cut plate waste
- Support eating well
- Promote meal take-up
- Healthy vending
- Healthy choices



SUPPORT AVAILABLE



- Provide **one to one support** to explore Food for Life Served Here for your service
- Conduct **gap analysis** of your menus against the standards and produce **action plans** to guide any changes
- Help **promote and publicise** your achievement
- Deliver **training sessions** for your catering staff
- Support your **supply chain** and assist with sourcing compliant products











CONTACT US

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THANK YOU

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