



International co-operation with Scotland

Study visit to Glasgow, December 11th-13th, 2013



Participants from Sweden

Annika Åkerlund, Co-ordinator for Meals, Kungsbacka;
Kristina Magnusson, Co-ordinator for Meals and
Service, City of Gothenburg;
Kia Andréasson, Councillor, City of Gothenburg;
Lisa Bragée, Project leader and coach, EU-project
MEDEL;
Anna Strand, coach, EU-project MEDEL.

Background to Glasgow/Gothenburg collaboration

Project MEDEL, **Måltiden – En DEL i lärandet** translates as 'the school meal is part of education'. Project MEDEL, based in West Sweden, was set up in 2011 with the aim of developing further integration and cooperation between teaching and catering staff in order to encourage good eating habits among children/young people and embed healthy eating into the learning curriculum. The project involved 11 preschools and 12 elementary schools with EU funding of 5.5 million krona (£550,000) over two years.

When project MEDEL commenced, co-operation between public health teams in Gothenburg and the Glasgow Centre for Population Health had already been established through joint development of comparative public health indicators for each city. Various statistics and data had been collected and compared leading to the production of a short film in 2011, available to view on the 'Miniature Cities' website (<http://www.europeinminiature.com>). Opportunities for further collaboration and exchange developed.

The first visit by MEDEL representatives to Glasgow took place in December 2011 to investigate whether there were opportunities for closer co-operation on school meals and education. The visit was very successful and through continued communication and collaboration, a delegation from Glasgow visited Gothenburg in 2012 and 2013. Study visit reports from each visit (*Going to Gothenburg: reflections on a study visit* and *Going back to Gothenburg: what else can we learn from Sweden?*) are available on the GCPH website <http://www.gcph.co.uk>.

This report describes the Gothenburg delegation's experience and reflections in relation to the latest visit to Glasgow in December 2013. We gained insights into Glasgow's approach to healthy, sustainable school food policy in primary schools, met local decision-makers, and learned about some of the changes that have taken place in healthy catering in Commonwealth Games venues.

Study visit to Cleeves School, Glasgow, December 11th, 2013

Our hosts: Susan Beaton, Headteacher, David Clark, Sustainability Development Officer, and Helen Clark, Quality Improvement Officer



Autumn/Winter menu starts 21 October 2013

MEAL £1.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup & Selection of Bread	Vegetable & Rice Soup & Selection of Bread	Lentil Soup & Selection of Bread	Scotch Broth Soup & Selection of Bread	Lentil Soup & Selection of Bread
Choice 1	Lasagne Garlic & Herb Bread	Spicy Chicken Pitta Pockets	Beef and Potato Pie with Potatoes	Sausage & Gravy with Potatoes	Roast Chicken Yorkshire Pudding with Potatoes
Choice 2	Chicken Burger with Mayonnaise	Fish Fingers Oven Chips or Potatoes	Macaroni Cheese Garlic & Herb Bread	Chicken & Rice with Crispy Bread	Pizza & Pasta
Choice 3 Deli	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day	Sandwich or Baked Potato with Filling of the Day
Vegetables	Sweetcorn & Side Salad	Garden Peas & Side Salad	Carrot & Side Salad	Baked Beans & Side Salad	Brussel Sprouts & Side Salad
Dessert	Frozen Yoghurt or Jelly & Selection of Fruit	Jelly or Yoghurt & Selection of Fruit	Yoghurt or Custard & Selection of Fruit	Jelly or Yoghurt & Selection of Fruit	Yoghurt or Rice & Selection of Fruit
Drinks	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup & Selection of Bread	Scotch Broth Soup & Selection of Bread	Lentil Soup & Selection of Bread	Vegetable & Rice Soup & Selection of Bread	Lentil Soup & Selection of Bread

Cleeves Primary School opened in April 2009 and has nearly 300 pupils on the school roll. The school day starts at 9am and ends at 3pm. Cleeves School serves breakfast from 8am each morning and lunch is served from 12.15 to 1pm. School meals are provided by Cordia Services LLP who supply school meals throughout Glasgow City. The same daily menu is provided in all Glasgow primary schools. Pupils choose a main meal from three options in addition to a desert (jelly or yoghurt), as much homemade soup, bread, fruit and vegetables as they like and a choice of plain or flavoured milk or water. Pupils are able to sit and eat as long as they wish during the lunch break.

During our visit we had the opportunity to hear about the school's progress and aspirations and we were shown around the school. We also had a school lunch which consisted of vegetable soup, roast beef, roast potatoes, cooked vegetables and Yorkshire pudding. The pupils we talked to were very proud of their school.



The school has invested a lot in the outdoor environment, and the spaces for outdoor play are well proportioned. There is also a large area for growing vegetables, fruit and flowers. The school management told us that this was part of the effort to teach pupils about healthy choices, how to use the vegetables in preparing food and the importance of eating more fruit and vegetables.



The focus on the external environment has also provided pupils with regular access to physical activity as they can get fresh air every day and play outdoors. School staff are very engaged, and both students and staff are proud of their school. The school often receives study visits and it is a model for other schools in Glasgow.

Study visit to Glasgow City Council Education Services, December 11th, 2013

Meeting with Maureen McKenna, Executive Director of Education

Maureen informed the delegation that many residents in Glasgow live in conditions of poverty and disadvantage and that many of today's school pupils have grown up in areas of high unemployment. Families suffering increasing levels of economic hardship through recent welfare reforms has meant that it is becoming more common for pupils to be given charitable donations of winter clothes and shoes.

Maureen stressed the importance of pupils not only eating well, but also having the opportunity to be outdoors. As many schools are located in urban areas with no green spaces or play areas at all, this can be a problem. Maureen has launched a project 'Outdoor Learning – Outside Now'. She believes that this is a great way for pupils to get outside, have fun as well as to learn.

Glasgow has also benefited from learning about the school meal programme in Gothenburg, where school meals are free to everyone and the food is tasty and of high quality. Maureen believes that the meal is not just about the food that is on the plate, but also about the environment in which it is eaten, and how pupils and staff treat each other. These insights have partly been inspired by Gothenburg's work. Glasgow also has been impressed by the Swedish way of designing and managing school canteens and involvement of pupils in decisions around school food through food councils.

Maureen believes that there needs to be a holistic approach to the meal and its significance, but she also says that, right now, the local authority needs to use its resources carefully and all expenses are scrutinised. Each school meal costs about £2.90 and those pupils who pay for school meals pay £1.40. In some schools the majority of the pupils receive free school meals due to low levels of income in their household. Families in receipt of certain benefits can apply for financial assistance and the children in these families then receive free school meals. Maureen emphasised the need to look at school meals from both a social and an ethical perspective.



Glasgow is also working towards becoming a 'nurturing city' where children's participation is the core issue. This work emphasises the importance of equal dignity and rights, and that everyone should be listened to and taken seriously.

Many school canteens have a problem with fast food vans that park next to the school at lunchtime. Many secondary school pupils choose this option instead of eating in the school canteen. Glasgow has introduced a ban on selling food from vans within a 300 metre radius of schools. Cordia, the company that provides school meals in Glasgow, has developed its own food stalls to accommodate pupils who prefer to buy food outside the school canteen but still within the school grounds. Simpler food like pizza slices and sandwiches are provided from these stalls.

Study visit to Glasgow City Chambers, December 12th, 2013



Meeting with Councillor Emma Gillan, Glasgow City Council

Emma has been a Councillor with Glasgow City Council since 2012 and is the Council's Spokesperson on Health Inequalities. She wants quality school meals to have greater priority on the political agenda as part of a package of measures to tackle health inequalities in the city. One ambition is to involve various stakeholders from council services, health service colleagues and the city's schools to form working partnerships around the issues in an enhanced effort to cut persistent inequalities in the health of residents. Partnership working can be challenging with different starting points and different methods of implementing changes, but it has great potential to make informed and evidenced choices and make practical changes for the benefit of Glaswegians' health.

Emma says that although there has been great progress made in recent years, it is indisputable that Glasgow residents need to know more about the importance of quality school meals and attitudes towards mealtimes more generally. Emma has a political vision to offer school children top quality, nutritious school meals similar to Gothenburg's school meal programme. There are a number of schools in the city that have led the way in developing a healthy-eating culture but, at present, continuing economic challenges in Glasgow mean that progress has been slower than it could be otherwise. Emma is concerned about older children eating unhealthy food; crisps and sweets, eating low-cost takeaway meals at lunch and often few fruits and vegetables. Yet she is optimistic and feels positive about initiatives to improve the external commercial food environment near schools and city-run projects such

as breakfast clubs which are free to children from lower income households and inexpensive for other children to access.

Emma highlighted some political concerns over the local tax system, since tax revenues have remained static for many years against a backdrop of a decreasing council budget. A move to the provision of free school meals for younger children would be welcomed but should be made a national priority and resourced accordingly to have a lasting positive impact on the health of citizens. Emma believes that the UK Government's fiscal priorities have necessitated cost-cutting locally. This has affected the suppliers of school meals and council services who are under great pressure. Poor economic conditions have led to the establishment of food banks across the city to provide basic food packages to the needy. Food packages last for about three days and include non-perishable food such as pasta and canned goods. There are currently around 20 food banks in Glasgow. Emma commented that civic society and the third sector as well as Community Planning partners are all involved in issues of food poverty, and the Council has recently set up a Poverty Leadership Panel. Emma also pointed out problems with increasing in-work poverty caused by a higher cost of living, especially rising food and energy costs. This means that even a household with two working adults may have trouble earning enough money to buy decent food. Several projects have been set up, including cooking classes that teach residents how to cook healthy food cheaply and easily without too many additives and processed ingredients.

Study visit to Caledonia Primary School, December 12th, 2013

Our hosts: Sheona Allen, Headteacher, Andrea Crawford, Primary Physical Education Co-ordinator

Caledonia Primary School is located in a relatively quiet, socially-mixed residential area in the east of Glasgow. The school was opened in 1969 and the administration consists of a Head Teacher, a Deputy Head Teacher and three Principal Teachers. The school has a preparation kitchen (small with no dishwasher). The gym hall is also used as a lunch canteen and an auditorium, and over 200 primary pupils each day eat their lunch there.

All pupils eat at the same time. The school administration believes this is the optimal solution since the hall is multi-purpose. Thirty-six per cent of the children are entitled to free school meals. The pupils can vary their meals by bringing their own food. Some bring their own food every day.

The pupils can select what they want to eat from the menu. The main goal is for pupils to eat a school meal, and the opportunity to let them choose what to eat was stressed as very important. In a dialogue with parents the school has asked them not to let the children bring sweets and other unhealthy snacks to school. Parents have also been taught about nutrition and its health impacts.





Previously, pupils ate together as a class group which was very noisy and messy. Pupils ate quickly and threw away a lot of food because they didn't feel they had time to eat and they wanted to go and play outside. Now it's calmer. Pupils converse with each other and sit quietly at their tables until they are finished eating. There are two older pupils at each table who encourage the other children to clear up after themselves and also encourage good conversation which helps to make the meal a pleasant experience. Meals are planned together with each class and the planning includes catering staff, teachers and pupils. Goals are set regarding good behaviour, access to healthy choices and social interaction.

In 2009, the Schools (Health Promotion and Nutrition) (Scotland) Act 2007 was introduced by the Scottish Parliament. The Act ensures that all food and drink provided in all educational premises across Scotland

complies with the criteria outlined in the Act. Cordia operates standard menus across all primary and secondary schools in Glasgow to ensure that all food and drink provided complies with the Act. The nutrient standard in the Act has been calculated to ensure that the school lunch provides one third of the daily nutritional requirements for primary and secondary pupils. It sets the amount of calories and details minimum levels of nutrients along with maximum amount of total fat, saturated fat, non-milk extrinsic sugars and salt. The Act stipulates that plain or flavoured semi-skimmed milk (which contain the same amount of calcium as whole milk) should be available as an option every day and should be encouraged as an alternative to sugared drinks. No nutrient specification for flavoured milk was set by the Act but any added sugar is kept to a minimum in order to meet the nutrient standard for non-milk extrinsic sugars.

Much energy has been devoted to create a green and creative outdoor environment with growing boxes and other appropriate areas for cultivation. An orchard of fruit trees and berry bushes has been planted and other environmental developments such as grassy slopes, tunnels and small rooms have been introduced in various places to stimulate students' outdoor play. Other playground equipment was evident. All of this felt very nice even though the season was gray and rainy.

Clothing for outdoor activity such as rainwear, boots and so on were provided by the school allowing all the pupils to be outside and play even if they didn't have suitable outdoor clothing.

Study visit to Emirates Arena and the Cordia café, December 12th, 2013



Emirates Arena in Glasgow is a brand new sports facility sponsored by Emirates Airlines. The indoor arena is spectacular and has capacity for up to 7,000 spectators. A large range of different sporting events are hosted, from athletic events to basketball tournaments and dance competitions.

The complex also has a Velodrome and 2,500 spectators can be seated there. The velodrome is named after the Scottish cyclist Sir Chris Hoy, the most successful Olympic cyclist of all time. The Emirates Arena will be one of the main sporting venues for the 2014 Commonwealth Games which will be hosted by Glasgow. The building also houses a gym, spa, fitness studio, shops and a café.



The café is run by Encore, another section of Cordia, the company that provides school meals to all schools in Glasgow. We met with Brian Martin, the Hospitality Services Manager, who showed us around and told us about the business.

The café that Cordia operates at the Emirates Arena serves about 300 guests daily. Traditional café assortment is offered as well as lunch dishes as pasta, salads and more. The guest numbers at events can increase considerably as the stadium can accommodate thousands of spectators.



The business has very distinct quality goals. The dishes that are served are homemade, the ingredients are organic and there is a strong service orientation. The café has received a lot of attention and has been awarded the Soil Association's Food for Life Gold Award. The company is committed to continuing the development of the café business with a quality focus. The big test will of course take place this summer during the Commonwealth Games.

About Cordia

Cordia is the largest provider of facilities management services in local authorities in Scotland and employs over 7,000 people in Glasgow. The company also works in a number of public and private organisations, offering a wide range of services, including cleaning, catering and janitorial services.

Encore Hospitality Service, is a major player in the Scottish hospitality industry. It arranges catering for weddings and events at some of the country's most prestigious locations such as Glasgow City Chambers and Kelvingrove Art Gallery and Museum.

School meals in Glasgow – some key figures

- More than 71,000 children in Glasgow schools have access to school food
- Approximately 20,000 meals are served daily in primary schools
- Approximately 11,000 meals are served daily in upper secondary school

The Commonwealth Games

The Commonwealth Games is an international, multi-sport event involving athletes from the Commonwealth of Nations. The event was first held in 1930 and has since taken place every four years (except the Games in 1942 and 1946 which were abandoned, due to the Second World War). The games are described as the third largest multi-sport event in the world.

The Commonwealth Games have many similarities to the Olympic Games, but while the recent London 2012 Olympics featured 26 sports, the Glasgow 2014 Games will feature 17 over a shorter period of time. The Commonwealth of Nations is an intergovernmental organisation consisting of 53 independent countries, nearly all of which previously belonged to the British Empire

Summary

Collaboration with Glasgow has been fruitful for both parties. Now that project MEDEL has come to an end, we believe that the learning exchange has led to lasting changes and ongoing improvement. Glasgow colleagues have learned from the approach to the provision of school meals in Gothenburg and are clear that they plan to keep in touch with representatives of the City of Gothenburg. Glasgow colleagues are very keen to return to Gothenburg for a third study visit and hope that this could take place sometime in 2014. It is hoped that a future delegation will include local elected politicians as well as senior decision-makers from education and public health. The aim is to build on the study of school meals in Gothenburg and the city's meal programme to gain further inspiration and to inform the development of school meal programmes in Glasgow.

We note that a lot of positive developments are taking place in relation to school meals in Glasgow. Above all, the understanding of the importance of school meals has increased significantly among staff and parents. A number of schools act as models of good practice as they have adopted a more holistic approach to public health in general, and have introduced practical actions in relation to school meals, such as the introduction of table hosts during school lunchtime and increased healthy choices on the menu.

We were also happy to see good examples of attention to the social aspects of school meals and we were introduced to an ongoing project that aims to increase pupils' awareness of the importance of food. Through this project pupils are more likely to see school meals as an important social experience that can increase their self-esteem and wellbeing. The project uses informational material headed 'We know we are valued', 'We are listened to' and 'We feel we belong'.

Another interesting development in Glasgow is the growing interest in sports at school. Here is something Sweden really can learn from Glasgow and we would like to keep in touch with ongoing projects in this area. At our meeting with Maureen McKenna, Executive Director of Education, we received information about a project that Glasgow City Council has initiated. The project's name is 'PEPASS (Physical Education Physical Activity and School Sport) – Together inspiring success' which involves increased physical activity and school sports as part of the curriculum. Among others, one goal is to establish a minimum of two hours of sports a week at school. Glasgow will step up this work in 2014 when interest in sports is expected to increase due to the Commonwealth Games.

The PEPASS project is also expected to result in training for school staff so that their knowledge about sports and movement increases. Schools designate 'active schools teams' with co-ordinators. Their mission is to increase opportunities for pupils to participate in physical activity before and during school lunchtimes, and also at the end of the school day. The co-ordinators will network and establish contact with sports clubs and volunteers to support pupils' school sports. The aim is to get young people involved in any physical activity and to make sure it's fun for everyone. By introducing a fun way to spend their time, interacting with others and gaining confidence, young people will be encouraged to be physically active.

Project MEDEL has also followed the evolution of Glasgow's project 'the Big Eat In' which has had some similarities with MEDEL. The goal of 'the Big Eat In' was to upgrade school meals and its importance among pupils, staff and parents. Another goal was to encourage more pupils to eat lunch at school, instead of buying fast food from the surrounding shops, vans and cafeterias. The project had a multi-agency steering group with representatives from education, public health, Cordia, environmental health and academia. Eight schools participated in the stay-on-site initiative and many more participated in the various outreach activities, events and meetings. The evaluation of the project shows positive effects of this venture and many more secondary schools now operate stay-on-site policies for their junior secondary pupils.

Fruits of our relationship

The Glasgow Centre for Population Health (GCPH) has been in existence for ten years and has become a well-established organisation within the public health sector. The Centre's research and development work on school meals and its exploration of the quality of popular 'out of school' foods is ongoing and has influenced and informed improved food environments for young people.

Our partnership with the GCPH has been ongoing throughout the project period, almost two and a half years. We see that this co-operation is well established and there are good opportunities for further contact between Gothenburg and Glasgow. Two of our contacts in Glasgow, Fiona Crawford and Kelda McLean, have especially expressed a desire for continued co-operation. Study visit information has been provided to key Swedish personnel, among others from the City of Gothenburg, Kungsbacka Municipality, Västra Götaland and Halland Region.

Resources

- Glasgow Centre for Population Health <http://www.gcph.co.uk/>
- Exploring the nutritional quality of 'out of school', foods popular with school pupils
- Are school lunchtime stay-on-site policies sustainable? A follow up study
- Evaluating the impact of the 'Big Eat In', secondary school pilot
http://www.gcph.co.uk/work_themes/theme_2_urban_health/young_people_urban_environment
- Understanding Glasgow – the Glasgow indicators project
<http://www.understandingglasgow.com/>
- Scottish Curriculum for Excellence: health and wellbeing
<http://www.educationscotland.gov.uk/learningteachingandassessment/curriculumareas/healthandwellbeing/>
- Scottish Curriculum for Excellence: responsibilities of all
<http://www.educationscotland.gov.uk/learningteachingandassessment/learningacrossthecurriculum/responsibilityofall/>