



Case Study of Good Practice

Priority Area
Healthy Weight

School
St Savours Infant School

Outcome

To increase the number of children eating a school prepared meal from 84 children (November 2010) to 92 children in December 2011 (10% increase).

Why we chose this outcome

We wanted to target children who were not taking up their Free School Meal entitlement to ensure children were having a healthy, nutritionally balanced meal at lunchtime.



What we did

- Families were approached by teaching staff in a sensitive way to ensure they knew about their entitlement.
- Sam's Sandwiches were introduced in Sept 2011, allowing children who did not want to eat a hot lunch to select a packed lunch from the school kitchen.
- The packed lunch was nutritionally compliant to the School Food Standard.
- Children choose their filling in the sandwiches which is made with a brown bread and white bread slice.
- Children also get to choose from a selection of carrot and cucumber sticks thus giving an idea of a salad bar.
- We advertised Sam's Sandwiches in the schools newsletter to promote the scheme to families.

Impact

The introduction of Sam's Sandwiches demonstrated an increase in 26% in the number of children having school meals.

Number of school meals provided in Nov 2010= 84 pupils per day

Number of school meals provided in Dec 2011 = 114 pupils per day

- Some children who were already having packed lunches started to buy Sam's Sandwiches instead of bring packed lunches in from home.
- Brown paper bags were provided in the summer months so that children could sit outside.
- During the hot weather tables were set up in the courtyard so that hot school dinner eaters were able to also dine outside