



**All things edible:
Southwark Council's food related
activity in Southwark Borough
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Contents

Priority action area 1: Ensuring commercial vibrancy	
Southwark street markets	4
Cultural food locales	6
Food tourism in Southwark	6
Food safety enforcement and food diversity	6
Priority action area 2: Securing consumer engagement	
Healthy Southwark programme	8
Museum exhibition 'Energy - In our daily lives'	9
Food production in Southwark schools and community	10
Southwark food festivals	11
Scores on the Doors food safety scheme	11
Kingswood Young Women's group – traditional food project	12
Priority action area 3: Levering the power of procurement	
Fairtrade	13
Welfare catering services in Southwark	14
Local procurement	15
Priority action area 5: Delivering healthy schools	
Healthy Schools and Healthy Eating Programme	16
School catering	18
Eco Schools	18
Walworth Garden Farm	19
Dog Kennel Hill School	19
Public Sector Food Training and Procurement Programme	19
Food safety team – Infectious disease control in schools	19
Priority action area 6: Reducing food-related waste and litter	
Waste minimisation in Southwark	20
Waste reduction targets	20
'Smart' Shopping Campaign	20
Composting	21
Community partnerships	21
Sustainable development education	21
Environment Business Awards	22
Non-priority strategy actions of interest to Southwark Council	23

Introduction

This report is a preliminary response by Southwark Council to the London Mayor's Food strategy (2006) and the broader discussion currently being undertaken by the London Food Unit with London boroughs. It presents examples of food related activities undertaken in the London Borough of Southwark that are directly supported by the Council.

Activities are organised according to five of the six priority areas outlined in the London Food Strategy. These are:

Priority area 1: Ensuring commercial vibrancy

Priority area 2: Securing consumer engagement

Priority area 3: Levering the power of procurement

Priority area 5: Delivering healthy schools

Priority area 6: Reducing food-related waste and litter

Priority area four ('Developing regional links') is not included, nor are some of the actions recommended by the strategy within each priority area. What remains are the action areas that the Council considers most relevant to its role in Southwark, and to Southwark's role within the London food system. This will assist the Council to focus on areas of the London strategy that will have maximum impact in Southwark.

These examples are also intended to be shared with other boroughs as part of this consultation.

Please note however, that the report is not for external circulation beyond this use without permission.

PRIORITY ACTION AREA 1: Ensuring commercial vibrancy

London food strategy

Better targeted business support, including training, aimed at supporting farmers, specialist food manufacturers, specialist markets, distribution partnerships and a diversity of food 'clusters', as well as promoting tourism, London's retail sector and London's food culture.

Action areas:

- Consideration will be given to the role that the public sector can play in helping to facilitate more **producer collaborations and logistics and distribution partnerships, to help smaller producers to compete in the market, and to encourage new entrants**
- Consideration will be given to the role that the public sector can play to support market and product **innovation**, and the promotion of 'direct selling' initiatives
- Directing better the existing resources available for business **support for specialist food manufacturers and processors**, particularly on consumer market trends and collaborative working, and particularly for small and medium sized enterprises (SMEs) that reflect London's diverse communities
- Balanced use of the **spatial planning system** to support the differing needs of retailers of all sizes, including markets, so as to support the overall objectives of the Food Strategy
- **Better provision of training**, particularly in nutrition and health issues, for food retail and manufacturing employees, particularly across smaller enterprises, where this is possible
- **Better promotion of food tourism and food culture**, domestically and internationally – in particular by strengthening this aspect of London's brand through Visit London's marketing and promotional activity.

1.1 Southwark street markets

1.1.1 Food markets and independent trader stalls

- There are 500 market pitches across Southwark: over half of them sell food
- About half of these are located in East St market, a 6 day a week mixed market run by the Council that includes stalls with fresh and pre-prepared food
- The market has a high number of casual traders, who are increasingly coming to reflect the ethnic diversity of Southwark's population
- Other food-related pitches are licensed to independent traders, positioned in stand-alone locations on streets across the Borough.

The Council supports street markets because they:

- Provide access to high quality affordable food and other goods
- Have significant economic and employment benefits
- Promote and sustain independent and small businesses and can be a fertile environment for black and minority ethnic entrepreneurs as business start-ups
- Contribute to a vibrant public realm that people enjoy and feel safe using.

The Council is developing a markets strategy that is intended to maximise the potential of markets and street trading to:

- Increase their pull to visitors and destination shoppers
- Become successful economic, social and cultural institutions
- Encourage more entrepreneurship, independence and innovation
- Support a range and variety of businesses
- Promote distinctiveness and vibrancy in a well managed and maintained public realm.
- Provide access to affordable, healthy and high quality food and other commodities including to those on low incomes.

The Council offers a range of business advice and support to food traders:

- The Council actively encourages people to take up market trading and traders setting up a new pitch are offered guidance and training (eg on environmental health and trading standards).
- The Council is part of a European Union Funded Project that looks at festivals and events and is actively involved in a strand of work about trading opportunities at festivals and events. With our European partners we have developed and are piloting a toolkit for traders that gives them advice on how to take up opportunities for trading in the borough and encourages them to consider opportunities for trading at markets.
- The Council works with event traders to encourage them to move to a permanent pitch, and provides them with relevant training.
- The Council works with the Black Business Initiative and other similar initiatives to increase access of ethnic and minority traders to food-related business opportunities.

1.1.2 Farmers markets

- Several farmers markets have been brought into the borough in the last two years, with varied success (eg Peckham Square weekly market)
- The mixed socio-economic profile of Southwark provides challenges in ensuring the success of these markets, which can be more 'gourmet' and expensive than everyday street market food stalls.

1.1.3 Borough Market and Borough Market Food School

Borough market is a hugely popular, historic market in Southwark that has been on its present site since 1756. Over the last six years, it has developed a quality food retail market with a national reputation. The core of the market remains a wholesale market, while surrounding streets are lined with food shops that are also owned by the market.

The Borough Market is privately run but the Council does appoint members to its Board of Trustees. The market, its trustees and traders have run a number of activities that promote health and food to Southwark residents:

- Traders host regular BBQs for the local Peabody Estate, providing food that children can prepare and cook
- Traders run workshops on their given food speciality
- Traders speak at local schools/educational institutions
- Two traders have hosted trainee chefs from Jamie Oliver's Fifteen restaurants for several years.

The trustees are now planning to launch the **Borough Market Food School** - an education centre aimed at the Southwark community and London more broadly, to promote healthy eating, food and nutrition education. The Council is in discussion with the trustees about how to best link Southwark residents with opportunities arising from the school. For example:

- How can increasing numbers of local people access the food school and become involved in food-related business?
- How can the good practice and expertise from the school and Borough Market be spread across the Borough, while maintaining the unique character of these other food locales and street markets?

1.2 Cultural food locales

Southwark is experiencing the development of cultural food locales, where specific cultural foods not found in supermarkets are increasingly concentrated. These areas attract food tourists as well as local residents, such as Peckham which has the largest African community in the UK and a very high availability of African food products.

1.3 Food tourism in Southwark

Southwark Council has a strong interest in food tourism. The Borough attracts 5 million visitors a year, has a long and rich history of food markets, and is home to many historic inns and pubs and several of London's notable restaurants.

Our Hospitality, leisure, travel and tourism policy focuses on developing business sustainability and economic wellbeing, and we specifically promote older restaurants that serve 'best quality' food. Many of these restaurants source their food from Borough market, which has its own 'highest quality' buying principle (having, for example, organic meat and food from the Lake District). The council website guides tourists and Southwark residents towards quality restaurants, cafes, bars and pubs.

Southwark Council also runs specific annual food festivals such as ***Healthier, Greener Peckham Fair*** and the ***Flavas of Peckham Festival*** (detailed below under 'Consumer Engagement').

1.4 Food safety enforcement

The Council engages in both enforcement and education around food safety through an ongoing food safety programme. The food safety team carries out the Council's statutory food law enforcement functions, working in partnership with businesses and other stakeholders to provide education, information and advice to food traders, handlers and the public. In 2006 major new requirements were introduced for all food businesses except primary producers, and the team worked hard to support businesses to develop and implement the new requirements.

1.4.1 'Safer food better business' tool kit

SME businesses in particular have benefited from the team's work. A recent project introduced the Food Standards Agency's 'Safer Food Better Business' toolkit to small businesses. The project provided free training, expert advice and support to 100 food business operators to help prepare and implement a food safety management system.

1.4.2 Peckham Programme 2006-07

This 8 month project aimed to improve food business standards within Peckham as part of a broader programme to create a vibrant town centre that serves the local community and surrounding districts, building on Peckham's multicultural character. Improved standards were seen to contribute to transforming Peckham into a centre of excellence for quality and

diverse ethnic minority foods. A dedicated environmental health officer used a range of informal support and educative measures to tackle issues related to food hygiene, food standards, health and safety at work, trading standards and licensing. The project delivered significant improvements in the level of compliance with food safety and other trading law and removed all category A (high risk) businesses in the area.

London food strategy

Action areas:

- Programmes of awareness raising, education, skills and other support to enable all Londoners to understand food issues and act accordingly through positive behaviour change and consumer choice.

Council-relevant areas for action are:

- Promote and **expand opportunities for small-scale food production** for individuals and communities through gardens, orchards, schools, allotments and parks and open spaces
- Promote and **support London food events and festivals** that celebrate the quality and diversity of food in London and ensure that food plays a stronger role other events and festivals.

2.1 Healthy Southwark Programme

In March 2006, the Healthy Southwark Partnership embarked on a two-year programme to tackle key health inequalities, funded by Neighbourhood Renewal. The programme involves partners, including Southwark Council, in various projects aimed at tackling issues such as obesity and low life expectancy. Across all projects during 2006/07, Healthy Southwark services were used by 16,700 people on 53,000 occasions, and targeted disadvantaged communities.

Three projects that specifically focus on healthy eating and cooking are (all statistics relate to the year 2006/07):

2.1.1 Healthy Eating Team

- Supports children, adults and older people in a range of innovative ways including men's Weight Matters classes, supermarket shopping tours, Cook and Eat sessions and Kid's Healthy Snacks workshops
- Healthy eating sessions were attended by 2000 children, adults and older people during 2006/07
- Partnerships with local supermarkets and pubs enables us to reach audiences who might not "belong" to an organised activity or service
- People attending healthy eating sessions in schools and organisations such as Age Concern are becoming active in lobbying for changes to local and national policies on food provision.

2.1.2 Healthy Children's Project

- Delivered by Southwark Community Care Forum
- Provides training, capacity building, and best practice advice on health improvement topics to organisations in Southwark's voluntary sector who have contact with children and families
- Healthy Children's Guidelines have been cascaded to 500 local providers
- 200 staff have been trained in 14 workshops, learning how best to promote the health and wellbeing of children within the remit of their organisation

- 12 voluntary sector groups received intensive tailored support and mentoring to become beacons of good practice for promoting client health.

2.1.3 Healthy Schools and Healthy Eating Programme (see section 5 'Healthy Schools' for details)

2.2 Museum exhibition: '*Energy – In our daily lives*' (2004/05)

This interactive exhibition was at the Livesey Museum, a museum run by the Council for children under 12 years, their families and schools, with particular emphasis on East Peckham. The exhibition theme was 'Energy', in response to data from the local Sure Start programme that identified poor health as a key issue in East Peckham. The key areas of the exhibition focussed on nutrition, health, exercise and growth (as well as sustainable energy in the home, and recycling, as part of the Council's Cleaner, Greener agenda). The exhibition attracted 20,255 visitors.

Exhibition activities included:

- **Energy Café** - an interactive café that explored food energy issues. Children chose different foods to 'prepare' and 'buy' and tested them for energy and nutrition. Children were encouraged to make informed choices about their diets, and the café area demonstrated how food energy is transformed into work energy.
- **Energy Gym and Disco** - children had the opportunity to exercise on equipment specially modified to turn their energy into light and sound, showing how exercise "burns" energy from food. Hands-on exhibits focussed on the relationship between diet, exercise and health. All topics tied in with the National Curriculum (Foundation and Key Stage 1 and 2).
- **Permanent Recycled Greenhouse** to enable children and their families to undertake gardening projects to plant, grow plants and vegetables. The museum worked with a national environmental organisation to design a greenhouse made from recycled materials for the museum garden. Local school children and community members helped build it from recycled plastic bottles.
- **Parents' Forum Recipe Book** - the museum set up a parent's forum of local parents that produced a book of healthy recipes that parents and children could make plus environmental suggestions. Given to every local family that visited the museum.
- **Energy Comic** - produced after collaboration between the museum, a comic artist and local community groups. The comic was a free resource to every museum visitor.



Outcomes included:

- Increased knowledge and understanding by children, families and schools about healthy eating and its effects on the human body and the environment
- Encouraged stimulation and interest among children of healthy eating at a young age and the environmental issues relating to energy production and use.

2.3 Food production in Southwark schools and the community

2.3.1 One Tree Hill allotments: the One Tree Hill site is a 9 acre site owned by Southwark Council, with over 70 plots for Southwark residents. Crops include staples, exotic vegetables and some crop varieties from the HDRA Heritage seed collection. Sustainable, organic and permaculture gardening methods are encouraged.



2.3.2 Bankside Open Spaces Trust (BOST)

The Council facilitates BOST activity with a contribution towards funding plus partnership support to develop strategy, solve problems and implement projects – these include food projects between London Bridge and Elephant and Castle:

Healthy Living Project (2005/06)

Funded by Southwark Alliance, this project had a number of goals around healthy eating, gardening and community building. It aimed to create some vegetable-growing space in difficult circumstances, open discussion around eating vegetables and build stronger community around food and gardening. The project particularly targeted people with no garden in the built-up Bankside and Borough Neighbourhood Renewal area. Mechanisms included creating raised beds for vegetable growing; and running gardening clubs for children and adults, healthy vegetarian barbeques and Great Vegetable Giveaway events.

Highlights:

- 318 free vegetable planters given away, enabling a taster quantity of vegetables, herbs and fruit to be grown through container gardening on balconies.
- 263 people involved in ongoing vegetable growing activity and healthy eating projects.
- Nearly half of people who attended a Great Vegetable Giveaway event only had a balcony as a place to grow plants; nearly a quarter only had a windowsill.
- Nearly ½ of participants had never grown, or only grown a few plants to eat before.
- Six out of eight raised beds enabled groups to grow enough vegetables to contribute to their families' diet.
- Public vegetable gardening aroused interest in vegetables among children and adults.

Different groups are still being supported in vegetable growing (and eating) in the raised beds, including children and adults, after school clubs etc.

Brookwood Community Garden

In 2007 residents created a new permanent productive communal garden on a triangle of LBS Housing land. The project has been widely seen as a success, both for increasing adult and children involvement in gardening and food growing, and for mobilising a community of residents with no previous history of activism. It was showcased as part of debate on future cities at the Tate Modern.

New community building

Various council departments are working with BOST on plans to build a new community building, including a rooftop greenhouse, food growing areas and a community cafeteria. Completion is anticipated by 2010.

2.33 Walworth Garden Farm

The Council contributes toward the running of the farm which runs the following projects in Southwark schools with students aged 8 to 12 years: **School Orchard Project**; **PETL (Plants for Environmental Teaching and Learning) project**; and **School clubs** (see section 5 'Healthy Schools' for details).

2.34 Melbourne Grove Urban Orchard: *'An apple a day keeps the ASBOs away'*

This project, funded by a Cleaner, Greener, Safer grant from Dulwich Community Council, has transformed a once-derelict corner of Lytcott Grove Housing Estate into an edible apple orchard. The orchard was created as part of a sustainable community garden project and each tree has been named by estate children. The Council aims to celebrate the first harvest with the community on National Apple Day, 21st October 07. The orchard will be listed in the UK Directory of Community Orchards by Common Ground and was nominated for a Southwark in Bloom Award.



2.35 Heart Garden

The Heart Garden is a community kitchen garden for people with long-term illness. It is run by Arts in the Park, with support from Southwark Parks who house Art in the Park and established the garden in 2000 on land at Chumleigh Community Gardens.

2.36 Surrey Docs Farm

This 2.2 acre city farm, part-funded by the Council, has animals, an orchard, a café and a shop on site (the café and shop use and sell farm produce). It runs projects for schools and the general public including:

- School programmes (eg food production, food chain)
- Training for adults with learning difficulties (eg horticulture, food processing)
- Training for young people who want to get into farming.

2.4 Southwark food festivals

- **Healthier, Greener Peckham Fair (Sept 2007)** – hosted annually by the Peckham Voluntary sector forum, the Peckham Healthy living network and various local healthy living and environmental groups.
- **Flavas of Peckham Festival (Dec 2007)** – a festival of healthy food from Peckham town centre's food shops, with street performers, arts and crafts etc.

2.5 Scores on the Doors food safety scheme

The food safety team participated in the development of a website to publish hygiene information about food businesses operating in Southwark. The site <http://www.scoresonthedoors.org.uk> became live in January 2006 and is shared with a number of local authorities across the country. Each business receives a star rating based on findings from their last inspection related to hygiene and management; the site also publishes details of business risk assessment. The site is freely accessible to businesses and consumers. Publishing this information enables transparency of the service's inspection programme and it is hoped will drive up hygiene standards within the borough. The service was among the first few in the country to publish such information.

2.6 Kingswood Young Women's group – Traditional Food Project

This project focuses on the needs and interests of young women living on Kingswood Estate, and is part-funded by the Council. The Kingswood Young Women's group is culturally and ethnically diverse, including Somalian, Irish, British, Polish, Jamaican, African and English women. Women have the opportunity to engage with the wider community and experience the foods and traditions of different cultures. They interview community members from various cultures and eat at restaurants with food from those cultures. The group plan to record the project (photos, written and spoken word) and exhibit the results upon project completion.

PRIORITY ACTION AREA 3: Levering the power of procurement

London food strategy

A range of actions to support and encourage both public and private sector organisations to incorporate sustainability within their food procurement decisions.

Action areas:

- **Develop public procurement support services and tools** for both procurement officials specifying food-related contracts and those organisations seeking to access the contracts
- Continue to **increase the amount of organic and local food provided through public sector services** in London in response to growing consumer demand
- **Improve smaller producers' access to public and private sector contracts.** The ability of producers to engage in greater collaboration and co-operation is important and networking events between producers and procurement officials in London should also be developed.

3.1 Fairtrade



Southwark is a fair trade borough, awarded in June 2007.

The five Fairtrade criteria for a borough are:

- Goal 1: Local Council passes a resolution supporting Fairtrade, and agrees to serve Fairtrade tea and coffee at meetings and in its offices and canteens.
- Goal 2: A range of at least two Fairtrade products readily available in local shops and cafés/catering outlets. Southwark targets are one retail outlet per 10,000 people and one catering outlet per 20,000 people (which equals 26 retail and 13 catering outlets).
- Goal 3: Fairtrade products are used by a number of local workplaces and community organisations.
- Goal 4: Attract media coverage and popular support for the campaign.
- Goal 5: A local steering group is set up.

Our Fairtrade steering group:

- Promotes Fairtrade and increase the availability of Fairtrade products in Southwark
- Ensures continued commitment and drive towards gaining Fairtrade Town Status for Southwark by achieving the goals set by the Fairtrade Foundation
- Encourages workplaces, schools, universities and faith groups to promote and use Fairtrade products

Over 5,000 people signed the petition to support Southwark's bid to become a Fairtrade borough.

3.1.1 Fairtrade in the Council

- Fairtrade tea and coffee are available in Town Hall meeting rooms and at Southwark's eight Community Council meetings.
- Southwark's corporate procurement team has developed guidelines for council departments on how to shift to Fairtrade coffee and tea vending machines, when contracts come up for renewal. We are also:
 - Investigating how Fairtrade products could be more available within the Council

- Enlisting the support of suppliers to Fairtrade
- Encouraging local workplaces and community groups to commit to using Fairtrade products
- Seeking further potential retail and catering outlets for Fairtrade products

3.1.2 Buying Fairtrade in Southwark

- The Council website has a Fairtrade directory that lists shops, cafes, and catering establishments which stock Fairtrade products (29 retail and 21 catering outlets). Also the 12 community organisations, groups and churches with Fairtrade stalls.
- Prominent Fairtrade retailers in Southwark include the Co-op, Starbucks and Sainsburys. The Fairtrade steering group have also had enthusiastic support from the three Somerfield stores in Southwark, Marks and Spencers and Tescos - who allowed volunteers to set up a Fairtrade fair stall right outside their entrance in Surrey Quays shopping centre.

3.1.3 Fairtrade in workplaces and community organisations in Southwark

- Workplaces that use Fairtrade products are promoted as Fairtrade flagship businesses; and a marketing campaign has been developed to win over those who don't. Council has worked closely with Southwark's Chamber of Commerce and the Southwark Black Business Initiative.
- Fairtrade flagship employers in Southwark include a number of high-profile employers and status buildings such as the Globe, the Greater London Authority, Price Waterhouse Coopers and One London Bridge Mezzanine.

3.1.4 Fairtrade in schools

The steering group has forged strong links with schools in Southwark - primary and secondary schools, and colleges.

3.1.5 Fairtrade Fortnight - this annual awareness-raising event includes a Fairtrade business breakfast hosted by the Mayor; and Fairtrade fairs and discussions in public spaces.

3.1.6 Fairtrade Trail – this celebratory day event was held around the Borough to celebrate achieving Fairtrade status, visiting schools, children's centres, cafes and community spaces.



3.1.7 The future of Fairtrade in Southwark

Southwark needs to renew Fairtrade status in June 2008 and will work to:

- increase the number of educational establishments and workplaces using and supporting Fairtrade
- help take a lead in organising London-wide fair trade events and working more closely with neighbouring boroughs to create inner/South East London themes or activities

3.2 Welfare catering services in Southwark

- Southwark Council contracts out its welfare catering services for the following food delivery services: Hot and frozen home meals (approx. 550 customers); Day care centre meals (approx. 375 customers); and a cafeteria service to a Day care centre (approx. 40 customers).
- For all services, contractors must offer meals that are low in salt and meet service users' cultural and dietary needs including: vegetarian, vegan, diabetic, soft, halal, gluten free, Afro-Caribbean, Asian, kosher and kosher vegetarian.

3.3 Local procurement

The team commissions a local procurement project to help and train local business to win both private and public sector contracts. In its third year, the programme targets SMEs with special emphasis on women and BME owned businesses. The Council has also embedded sustainability practices into its procurement processes which is outlined in its Sustainable Procurement strategy 2006 - 2009. The strategy has a list of key issues around sustainable life cycles of production and consumerism in preparing SMEs for competitive bidding.

PRIORITY ACTION AREA 5: Delivering healthy schools

London food strategy

Action areas:

- Support the education system in **increasing the time spent on cooking and food education** in schools (may involve revision of National Curriculum as well as specific support for individual schools and teachers)
- **Research and promote the positive benefits of nutritious food for children**
- Improve nutritional quality of school meals and the number of pupils eating them, targeting barriers such as training for catering staff, catering facilities, political will and overall budget allocations
- **Improve children's access to healthy, quality food outside of school meals** by improving the provision of fresh fruit and access to fresh water in schools; support and piloting the introduction of green/healthy vending machines; and establishing/expanding school breakfast clubs
- **Increase the number of schools taking part in farm/city farm visits**

5.1 Healthy Schools and Healthy Eating programme (Southwark Children's services)

Healthy Schools status

- To date, 55% of schools in the borough have achieved Healthy School status (HSS)

School sector	Numbers HSS	% HSS	Numbers involved	% involved
Primary (71)	42	59%	68	96%
Secondary (15)	9	60%	13	87%
Special (7)	1	14%	6	86%
PRU (4)	1	25%	4	100%
TOTAL	53	55%	91	94%

- The Council is also working with the Bethlem and Maudsley hospital school and the five nursery schools in relation to Healthy Eating.

All schools that have achieved Healthy School status have to have provided evidence set against the National Healthy Schools standards, of which 11 are specific to Healthy Eating. This means that the Council is confident that all schools in Southwark with Healthy School status:

- Adhere to the new food standards introduced in September 2006
- Are working towards improved nutritional standards for 2008/9
- Have a food policy guidance document, based on the Southwark Children's service Food in schools Policy Guidance document – Jan 2007
- Have Senior managers overseeing food choice and menu development
- Consult with young people about food meal provision
- Provide training and development for staff in relation to healthy eating
- Provide curriculum development for all pupils

In addition, many schools who have not yet achieved Healthy School status still have strong Healthy Eating policy and practices. Reports on schools that have received an Ofsted inspection since September 2006, for example, indicate that Southwark schools are 'on task' in providing quality services for Healthy Eating.

5.1.2 Healthy Eating Activities

Healthy Food in Schools group

- Set up in 2005
- Disseminates good practice and offers professional support on a range of healthy eating activities such as procurement, curriculum development and staff training.
- Also scopes available support for schools and alerts them to bidding opportunities for extra funding for Healthy Schools activities - approx.15 schools have so far done so.

Childhood obesity

Cross-sector planning and coordination has been developed, and is managed by Young Southwark. The Council is now in the final stages of developing an overarching Obesity strategy that targets 0 – 18 year olds, complements Health Authority adult service development and will incorporate the Healthy Food in Schools group. Its purpose is to:

- coordinate, monitor and evaluate existing work
- work collaboratively to identify need and provide service delivery
- identify and disseminate good practice.

The structure will be:

- a steering group to oversee milestones and action plans, reporting to Young Southwark executive and Healthy Southwark
- three subgroups (Healthy eating, Physical activity, Parents/carers and communities) with individual action plans and working partnerships between a range of council services and the local health authority
- two additional project plan developments – an overarching communications and media strategy, and an obesity care pathway – supporting Tier 2/3 children and young people identified as obese or overweight.

Further examples of services provided by the Healthy Southwark partnership with council support to schools and other educational settings relating to Healthy Eating include:

1. **MEND (Mind, Exercise, Nutrition, Do it!) programme** – Children and young people (between 8-12 years) and their families, self-refer to an eight week intervention programme to help them develop healthy eating and physical activity
2. **Cook and Eat sessions** – a community nutritionist available to schools and other settings, working with parents/carers and young people in learning how to cook
3. **Curriculum development** – Healthy Eating in the context of Science and personal, social and health education (PSHE) from the Healthy Schools team
4. **Development of Healthy Eating cooking books** – developed in one school and to be disseminated to other schools as part of a resource pack.
5. **Theatre in Education** – Scary Little Girls are currently working in 7 schools, to be rolled out to one Community Learning Network, linking active learning, drama and nutrition support
6. **Training programme** – Southwark College are providing a skills audit of school catering in schools and then training for meal providers

7. **Height and weight measurement** – School nurses and Southwark PCT are now in the second year of measuring pupils' height and weight in Reception and Year Six. This gives an indication of need and where to best target support.
8. **Social marketing and obesity** - In 2 schools where obesity rates are high, social marketing methods are being developed to identify barriers that parents face in enabling children to eat healthy food. Findings will then inform interventions to be run later in 2007/8.
9. **Healthy and waste free lunchbox project** - this new project was piloted in Southwark during June and July this year by the Housing and Sustainable Services unit. The aim was to encourage parents, teachers and pupils to consider how they reduce waste and improve the healthiness of the lunch boxes (see Section 6, Waste Minimisation for more details).
10. **Healthy Schools Team** - Healthy Southwark funds a full time post in the Healthy Schools Team to support schools in promoting healthy eating and physical activity. Plans are underway to help schools meet government standards on school meals.

5.2 School catering

- The Council does not commission contracts for school catering. Schools use a variety of independent catering arrangements. These include in-house catering and contracting external providers and are funded from the schools delegated budgets.
- Southwark primary schools provide a two-course meal for a set price each day, in line with national nutritional standards. In secondary schools there are cafeteria type arrangements in place.
- Free school meals are provided to eligible children at a state maintained school in Southwark (when parent/guardian is on income support or income-based job-seeker's allowance). Schools are allocated additional funding in their delegated budgets.
- The Council does, however, work with schools to have healthier food schools. Southwark Children's Services is currently reviewing school meal provision in schools. The aim is to identify best practice and ways schools can revise their arrangements, to provide a good service to pupils that complements the drive for healthy schools. A number of initiatives have been taken:
(http://www.southwark.lgfl.net/Common_Information/Healthy_Schools/Healthy_Schools.asp)

5.3 Eco Schools

- Eco Schools is an international scheme with a national lead in England and Northern Ireland from ENCAMS that inspires students, teachers, parents and governors to work together to make their school more environmentally friendly.
- Eco Schools gives young people the chance to take responsibility for their local environment and get involved in practical projects. The Council has a key role in supporting and developing the programme for the whole borough. This includes working with Eco Action Teams of pupils, parents, governors and teachers to assess the environmental impact their school is having and plan to reduce it.
- Eco Schools addresses 'food' under the themes of: waste and recycling, healthy living, global dimension (fair trade), transport (food miles) and school grounds by promoting composting, healthy eating, and allotment creation within schools.
- Southwark has 31 registered schools: seven have bronze awards, two have silver and one has a green flag. This is a very prestigious award and recognised by the Department for Children, Schools and Families.
- Eco Schools is also part of a wider programme of Council work including developing an Education for Sustainability Strategy for schools, after reviewing the sustainable schools framework that came out of the DfCSF in 2006. One of the themes is food and drink.

5.4 Walworth Garden Farm

The Council contributes towards the operation of the Farm, which runs the following projects in Southwark schools with students aged 8 to 12 years:

1. **School Orchard Project** – these workshops teach students to grow orchards on school grounds. Twelve schools are currently involved. Permanent orchards have become established after four years in some schools.
2. **PETL (Plants for Environmental Teaching and Learning) project** – Fork to fork project being developed for 2008 so schools can grow their own vegetables, produce recipes and create meals.
3. **School clubs** – Students are encouraged to grow their own vegetables which they get to harvest and eat. These currently exist in two Southwark Schools.

5.5 Dog Kennel Hill School – ‘A meal that takes a year to grow’

The three reception classes grow a major world cash crop each year (eg corn, wheat and potatoes); the wheat is ground and baked by the students. The sweet corn is planted to create a ‘maize maze’ in the playground and also eaten. Two children from each Year 1-6 class without gardens of their own are chosen to be an orchard warden (one tree for every class), or in the gardening club where they grow their own food, sell surplus seedlings and share with their families at the end. Separate grant funding also funds a gardening teacher who runs a weekly after-school club.

5.6 Public Sector Food Training and Procurement Programme

The Council is in discussion with Greenwich Cooperative Development Agency about the opportunity to take up free food training for schools, hospitals and other public sector services, offered by the Public Sector Food Training and Procurement Programme. Future linkages may include to the Council’s Healthy Schools programme as part of the children’s obesity strategy and other activities such as after-schools programmes.

5.7 Food safety team – Infectious disease control in schools

To preserve health and wellbeing in schools, dedicated officers in the food team work in partnership with the Health Protection Unit to deliver an infectious disease control service. The officers advise on infection control measures and conduct necessary investigations into occurrence(s) of infectious disease cases or outbreaks. The team is responsible for the implementation of exclusions of infected cases where appropriate to contain or eliminate the infectious diseases thereby ensuring a healthy school community.

PRIORITY ACTION AREA 6: Reducing food-related waste and litter

London food strategy

Food-related waste, which consists of both packaging and organic waste, has significant environmental, economic and health impacts. Two areas of intervention are called for – waste reduction/re-use and secondly, recycling. Action areas are:

Action areas:

- Continue to **expand and improve recycling services** in London. The Municipal Waste Management Strategy already commits to promoting home and community composting and exceeding Government household waste targets.
- **Establish kitchen waste collection schemes.** This requires further work by London Boroughs to engage households, expand collection services and install the infrastructure required to process this waste
- **Research the attitudes, awareness and behaviours of Londoners** towards food waste and explore the effectiveness of incentives to reduce food waste
- **Encourage composting and/or recycling by London's major food markets**
- **Pilot initiatives with major retailers in London to reduce packaging**, in particular, trial charging for plastic bags

6.1 Waste minimisation in Southwark

Southwark Council works directly with the community to facilitate waste minimisation, particularly through public awareness and education campaigns to motivate people to make informed choices.

6.2 Waste reduction targets

Southwark Council's Waste Management Strategy (2003 – 2021) has clear waste minimisation targets for the Borough including waste related to food purchasing and consumption. Activities to reduce food waste have a strong focus on public waste reduction and prevention campaigns. Two key projects are the 'Smart' Shopping campaign and composting (including working with schools).

6.3 'Smart' (Save Money And Reduce Trash) Shopping Campaign

An estimated 54% of Southwark borough waste is packaging – 226 kg/year per household, and a total of 75,000 tonnes borough-wide. The 'Smart' shopping campaign encourages Southwark residents to develop waste awareness about the goods and packaging that they buy. It highlights: durability of goods (electrical, furniture etc); single use goods (eg nappies); reused/second-hand/hired goods; and packaging.

So far:

- several road shows have been held
- a Smart shopping guide has been developed for Southwark householders, with relevant and practical information on how to reduce waste through purchasing decisions
- a Smart shopping 'pledge' scheme is being run whereby householders make a specific pledge to develop more sustainable shopping habits.

The estimated potential annual diversion from the waste stream due to the campaign is approximately 270 tonnes.

6.4 Composting

Around 32% of Southwark household waste is organic (both kitchen and garden waste) and the Council runs a number of composting schemes to reduce food waste in the Borough, in partnership with the community and voluntary sectors.

6.41 CRISP (Community Recycling in Southwark Project)

Southwark Council works with this local environmental charity on a number of projects including:

1. Home composting project

- Subsidised home composting bins to households with gardens. 3,791 composters sold by July 07 (an estimated annual diversion of 474 tonnes per annum).
- Subsidised wormeries for households without access to a suitable garden (approximately 60% of households in Southwark do not have a private garden). This scheme started in Spring 2006 and 530 wormeries have been distributed to date (an estimated annual diversion of 29 tonnes per annum).
- CRISP also provides advice and guidance to residents using either scheme.

2. BASE project (Business Advisory Service on the Environment)

- Works with SMEs (small and medium enterprises) in Southwark to improve sustainability. A toolkit with advice, guidance and contacts for SMEs has been produced and promoted at SME network events. BASE also plans to run a series of sustainability workshops.

6.42 Composting for schools

The Council is developing a composting-for-schools scheme to promote the availability of free compost bins or wormeries. The scheme will target all schools and nurseries in Southwark and is expected to start in September 07.

6.5 Community partnerships

As well as its partnership with CRISP (see above) Southwark Council also works with the following community organizations to promote composting:

- **St Mungo's** (charity for the homeless), which manufactures the wormeries. Funding for the wormeries was obtained from the LRF (London Recycling Fund)
- **London Centre for Wildlife Gardening** - to promote and sell composters from their premises
- **Nunhead Going Greener group** and the **Bankside Open Spaces Trust** to start community composting.

6.6 Sustainable development education

Activities related to minimisation of food waste undertaken by the Council's Sustainable Education Development officer and street improvement staff include (all statistics for last school year up until 07/07):

- 25 visits to the Southwark Waste transfer station, where children learn about waste and recycling including green / food waste.
- 21 school assemblies where children are educated about litter, rubbish and recycling
- 6 waste audits of schools, who might then be encouraged to order a compost bin or wormery from CRISP as part of the school's action plan

6.6.1 London Schools Environment Award

This GLA scheme awards schools for taking up an environmental challenge each year. A compulsory school unit is 'Litter and Local Environmental Quality' and schools also have to choose one other theme - waste and recycling is one of these. The GLA also provides schools with a free educational toolkit (eg CD-Rom). Council staff act as borough link officers with the GLA to work with Southwark schools. Southwark schools are judged against each other every year.

6.6.2 Healthy and Waste Free Lunchbox Project

This new project was piloted in Southwark during June/July 2007 by the Housing and Sustainable Services unit. Focusing on waste produced by school packed lunches it had three aims:

1. To reduce the amount of waste a school produces at lunchtimes
2. To increase the amount of lunch waste that is recycled / composted
3. To evaluate the most effective way to deliver such a project across the Borough

An audit of packed lunch waste was carried out at the start of the project followed by a number of education activities with the pupils including lessons, an assembly, a parents' workshop and displays. The purpose of these activities was to encourage parents, teachers and pupils to consider how they reduce waste eg by avoiding overpackaged lunch items, and at the same time improve the healthiness of the lunch boxes.

A follow up waste audit was carried out to assess the impact of the project:

- waste per pupil decreased by almost a quarter
- unwanted/wasted food per pupil decreased by over half
- plastic bottle recycling was introduced as a result of the initial audit
- the use of clingfilm/single use plastic bags dropped significantly

The project will be developed into a set activity for schools which can count towards the attainment of Eco Schools or the London Schools Environment Award.

6.7 Environmental Business Awards

This project aims to help businesses to address their waste issues and particularly relates to food when the business is a restaurant or grocer. The Sustainable Services Team engages local businesses in the Environmental Business Awards (EBA) scheme to help them decrease their environmental footprint and recognise their efforts towards sustainability. EBAs allow the Council to:

- Establish individual business waste needs and waste composition
- Raise waste concerns for particular streets and an overall image of the area
- Evaluate current Trade Waste Agreements (TWAs)
- Create links with businesses that are doing well to serve as an example to others
- Establish baseline figures and targets on waste minimisation and recycling
- Check business awareness and availability of Section 34 legal requirements

The EBAs have been well received, with over 100 Southwark businesses being supported to register. The main emphasis until March 2008 is waste efficiency but then the programme will be expanded to cover a whole range of resource efficiency measures e.g. energy, travel and water. Signposting information on environmental assistance for businesses is now on the Council website.

7.0 Non-priority strategy actions of interest to Southwark Council

We have also highlighted a number of the non-priority strategy actions which we believe have particular relevance to Southwark's local community. While most of these actions do not fall fully within the remit of the Council's own functions, we would seek to pursue them through our Local Strategic Partnership.

Stage 1: Primary production

Food and drink consumed in London will be produced to the highest possible environmental, nutritional and ethical standards, including the protection of habitats, fish stocks and Green Belt, adaptation to and mitigation of climate change, minimisation of pollution, fair treatment of producers and respecting animal health & welfare

- Reduce illegal meat trade in London

Stage 2: Processing & Manufacturing

All food processing enterprises that supply London will operate to the highest environmental, health and ethical standards, and they will provide the highest possible standards of working terms and conditions for their employees.

- Provide environmental support/facilitation to business

Stage 3: Transport, Storage & Distribution

Clear measures will be in place to reduce the level of greenhouse gases, air pollution, congestion and noise arising from the transportation of food in London

- Support ongoing improvements in vehicle efficiency and use of alternative fuels & technologies
- Continue to encourage more sustainable modes of transport

Stage 5: Purchasing Food

The wider social benefits of healthy diets will have been recognised, quantified where possible, and incorporated into the public and private sectors' (and individuals') purchasing decisions, by the use of appropriate subsidies, regulations, regulations and other economic instruments.

- Continue to research and quantify wider social and personal benefits of more healthy and nutritious diets and to promote these benefits to consumers
- Promote opportunities for producers to sell into the London market, through a mix of direct selling (eg box schemes, markets etc); selling to London's restaurants and independent stores, and crucially, sales to the major retailers. *(NB: this is actually a priority action under 'Developing regional links'. The Council wishes to support local distribution and purchasing schemes as they encourage inward investment into the Southwark economy and increase residents' access to a diverse range of food, and box schemes are good for elderly and house-bound residents).*

Stage 6: Food Preparation, Storage & Cooking

Londoners will be more aware of the environmental impact of storing, preparing and/or cooking food, and will have the knowledge and access to appliances that will allow them to be able to choose more environmentally friendly means of doing so

- Increase the use of renewable/green energy tariffs

Stage 7: Eating & Consumption

Awareness of health and quality issues should be extremely high, throughout the capital and in particular among vulnerable socio-economic groups

- Increase healthcare professional training/engagement
- Establish personal health advisors programmes
- Develop and promote London 'Healthy Eating' award (aimed at residents, employees etc)
- Promote safe drinking
- Develop existing public education programmes on nutrition, food and its impacts for both children and adults and ensure they are tailored to the needs of different communities

Food in London – across the diversity of cuisines and cultures – should be promoted and celebrated both in

- Engage employers to support a healthy work/life balance, ensuring adequate free time to prepare
-

London and elsewhere; Londoners will be encouraged to eat in convivial settings; and the opportunity to spend the time they personally need to enjoy food/the eating experience should be widely available

and eat healthy meals

Children, in particular, will have access to a range of nutritious, affordable and appealing food & drink; so too will those with special dietary needs.

- Increase the provision of fresh fruit and milk at schools and pre-school facilities
- Improve access to (sustainable) water in both primary and secondary schools and pre-school facilities
- Establish, expand and promote school breakfast clubs
- Introduce green/healthy vending machines
- Research extent to which those with special dietary needs need additional support

Stage 8: Disposal

Food-related waste will be composted and recycled wherever practicable; and progress made on closing the recycling “loop”

- Support ongoing efforts to engage the packaging industry on minimising, recycling food packaging waste and piloting innovations
 - Engage commercial businesses, working with the GLA and others to consider food waste issues in relation to the development of the Mayor’s Wider Waste Strategy.
 - Educate people of all ages on alternative methods of waste disposal, including composting and recycling
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