

# FACT SHEET

## Background for the evaluation case studies – Schools

### *Factsheet 1*

This fact sheet complements the evaluation case studies on the TRiFOCAL schools' delivery to provide background information about the activities of the school workshop sessions.

The schools-based element of the TRiFOCAL 'Small Change Big Difference' campaign aimed to disseminate the three key campaign messages (food waste reduction, food waste recycling and healthy and sustainable eating) in schools across the nine TRiFOCAL boroughs in London.

Groundwork London (GWL) delivered a series of 6 workshops in 24 schools, and workshops ran approximately one week apart. The workshops were delivered to pupils in one class (usually a year 5 class) in each school. In the case where there were several year 5 classes, all resources were given to the class teacher so that the sessions could be repeated.

### Co-production model

Workshops were written by in-house Groundwork London staff (with teaching experience) and reviewed by a panel of primary school teachers. This created a programme that has been 'written by teachers for teachers' to increase credibility and ensure a high quality and desirable programme was created.

#### Pre-workshop initial set up

For food waste audit:

- Weighing scales for lunch time plate leftovers
- 6 x food waste bins
- Compostable bin liners
- Aprons for pupils up to 6 pupils who will be doing the weekly food audit
- Weekly printed table for recording weekly plate leftovers weight

Pre session 1:

- Pre-quiz print outs x number of classroom pupils
- Printed photo consent form
- Prezi presentation sent to teacher in advance to use at each workshop

Activities	Resources required
<b>Workshop 1: Food waste prevention and recycling, audit (2 hrs)</b>	
<ul style="list-style-type: none"> <li>• Food waste audit, and train up food waste warriors (see below) to measure plate waste once a week</li> <li>• Quiz to assess children's baseline knowledge, attitudes and habits</li> <li>• Lesson on food waste reduction and recycling</li> <li>• Each child makes a food waste reduction and recycling pledge and ask parents to through home school books</li> </ul>	<ul style="list-style-type: none"> <li>• Tarpaulin</li> <li>• Clean up materials; cloths, bin liners, eco spray, dustpan and brush</li> <li>• Food investigation sheets (1 per 2 pupils as they work in 2 or 3's)</li> <li>• Clipboards - (1 per 2 pupils as they work in 2 or 3's)</li> <li>• Food caddy</li> <li>• Board game with counters and dice</li> <li>• Compost jars x 2 – one filled with compost, one layered with fruit veg peeling and compost, leaf etc.</li> <li>• Camera</li> <li>• Home-school books</li> </ul>
<b>Workshop 2: Healthy and Sustainable Food (1 hr)</b>	
<ul style="list-style-type: none"> <li>• Review pledges</li> <li>• Lesson on healthy eating</li> <li>• Each child makes a specific healthy eating pledge and ask parents to through home school books.</li> </ul>	<ul style="list-style-type: none"> <li>• Paper plates to show one third as in the Eatwell plate</li> <li>• Good for you, Good for the planet – board game</li> <li>• Smoothie makers x 2</li> <li>• Fresh fruit and veg for making smoothies</li> <li>• Jugs for water</li> <li>• Sample tasting cups (4 oz)</li> <li>• Jay clothes for cleaning up</li> <li>• Tray for serving smoothies from</li> <li>• 2 x display tins of fruit</li> <li>• Letters printed to go home to parents for campaign day</li> <li>• Sticker for homework books</li> </ul>
<b>Workshop 3: Planning the Campaign and Promoting the Campaign (1 hr)</b>	
<ul style="list-style-type: none"> <li>• Pupil-led co-production: pupils plan the campaign using teamwork and a planning template (Why? What? How? Who? Where? When?)</li> </ul>	<ul style="list-style-type: none"> <li>• Campaign planning template A3</li> <li>• Materials for designing the campaign (crayons, felt tips, cardboard, paper etc.)</li> <li>• Vocabulary matts (writing a persuasive letter)</li> <li>• Badges for homework books</li> </ul>
<b>Workshop 4: Promoting the Campaign (1 hr)</b>	
<ul style="list-style-type: none"> <li>• Review Campaign Targets</li> <li>• Advertise the campaign (e.g. posters, assembly, letters home)</li> </ul>	<ul style="list-style-type: none"> <li>• Campaign planning template A3</li> <li>• Materials for designing the campaign (crayons, felt tips, cardboard, paper etc.)</li> <li>• Vocabulary matts (writing a persuasive letter)</li> <li>• Badges for homework books</li> </ul>
<b>Workshop 5: Run Campaign (Up to 1 day)</b>	
<p>Run Campaign: Pupils run their chosen campaign and run activities at the school gates, from the following options:</p> <p><b>Smoothie making at the school gates (healthy eating)</b> – supplying smoothies and (optional) fruit kebabs; smoothie recipes using surplus fruit and veg.</p>	<ul style="list-style-type: none"> <li>• Campaign day so main kit will depend of choice of campaign i.e. smoothie bikes or food caddies, etc.</li> <li>• Signage</li> <li>• Artwork</li> <li>• Pledges for parents</li> <li>• Pledges for pupils</li> <li>• A van to drive to and from with campaign materials</li> </ul>

<p><b>Love Your Leftovers (reducing food waste)</b> – parents pledge to use one leftover item, send in their recipes and create a recipe book. Parents and pupils make leftovers dishes to taste at food fair.</p> <p><b>Food Waste Funfair (recycling food waste)</b> – encourage use of and offer free food waste caddies and play exciting interactive games to learn about food waste recycling, e.g. to caddy or not to caddy.</p>	
Activities	Resources
Workshop 6: <i>Share Learning</i> (1 hr – 1.5 hr)	
<ul style="list-style-type: none"> <li>Review campaign results, pledges and plate waste data</li> <li>Quiz to assess children’s end of project knowledge, attitudes and habits</li> <li>Pupils create an action plan, consisting of 3 key actions they can work on to continue the work after the project.</li> <li>Pupils can choose to share their learning in a video link with another school, or in an assembly to their wider school community.</li> </ul>	<ul style="list-style-type: none"> <li>PowerPoint slide</li> <li>Flip chart paper to create ‘School Action Plan’</li> <li>Certificates</li> <li>Grapes or similar for celebration</li> <li>Reward stickers or badges for homework books</li> </ul>

## Food waste warriors

For each school, 8 children (two from 4 junior classes in the school) were selected as Food Waste Warriors. The food waste warriors were shown how to weigh the weekly lunchtime plate waste for their class (assisted by their teacher or a teaching assistant). Each year group was assigned a food waste bin to scrape any lunch leftovers into. This created a competition to see which year group could waste the least amount of food. The Food Waste Warriors were appointed to tell the other children what it was about and why food waste was important. At the start of each workshop, the figures were collected, and the results were compared to previous weeks and discussed in the classroom.

## Parent engagement

Across all 24 schools, parents were involved via:

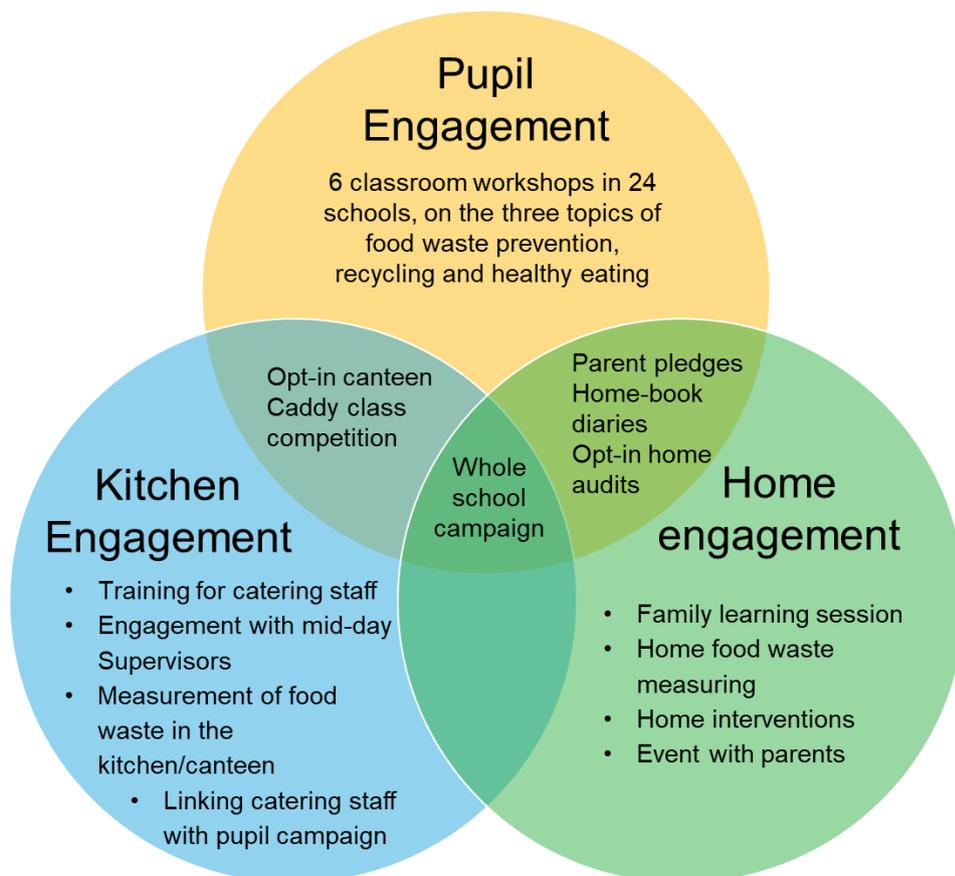
- Pupils were asked to interview an adult at home about food waste, and ask parents to make a pledge
- Parents were offered food waste recycling caddies
- Parents were invited to complete detailed food waste diaries, monitoring and weighing their daily food waste at home (over a two-week period)
- Letters went home to invite parents to the campaign day event
- Parents received communication from the school including newsletters, emails and letters
- Information posters around the school and at the event
- In some schools, parents were invited to a pupil-led assembly on food waste following workshops
- Parents were engaged at the school gates on the campaign day where pupils served surplus food and shared their learning around food waste with interactive fun campaigns.

## Whole school approach

In two of the schools<sup>1</sup>, a whole school approach was taken. In addition to pupil workshops, a programme was run for parents of the school and the catering company was engaged including kitchen staff who received training. The approach links with wider TRiFOCAL work packages and its scope can be viewed in the Venn diagram opposite.

## Parent programme

The parent programme was open to parents of pupils from all year groups and consisted of weekly parent cooking workshops which focused on healthy and sustainable eating, top tips for food waste prevention and reduction, as well as food waste recycling guidance and practical behaviour change options.



## Kitchen Engagement

- The kitchen staff were trained on the campaign messages via the catering company.
- Mid-day lunch supervisors were involved and encouraged the pupils to reduce food waste
- Staff supported the children collecting and weighing the food waste
- Staff from Caterlink (school catering company) delivered cookery workshops with pupils making pizzas from leftover vegetables
- Caterlink staff had a stall at the campaign event, communicating the importance of health food, and food waste prevention.

## Focus groups

As part of the wider TRiFOCAL campaign evaluation, focus groups were run in the community. Parents from 3 of the schools were also recruited into these focus groups.

<sup>1</sup> Dorchester Primary School, Thornhill Primary School,