

STATE OF THE NATION:

Children's food
in England, 2019

CONTENTS

FOREWORD	3
ABOUT FOOD FOR LIFE	4
AT A GLANCE –	6
a. Has 2019 been a good year for children’s food?	
b. Dietary trends	
c. An escalating health crisis	
INTRODUCTION	12
CHILDREN’S FOOD IN THE EARLY YEARS	16
CHILDREN’S FOOD IN SCHOOLS	19
CHILDREN’S FOOD OUT AND ABOUT	25
CHILDREN’S FOOD IN THE HOME	30
2019 TIMELINE	34
RECOMMENDATIONS	38

FOREWORD



This State of the Nation report is landing at a critical time for children’s food in England. Brexit is still in train, public and political attitudes towards the climate and nature crises are evolving at a rapid pace, and we have been promised an ambitious National Food Strategy, to be delivered within the next 12 months. It feels like there is everything to play for.

If the past 12 months have taught us anything, it is that children and young people are demanding change. It was both inspiring and chastening to see the Youth Climate Strike movement and young campaigners play such a pivotal role in influencing the UK Parliament to declare a ‘climate and environment emergency’ last summer. Our new government must now ensure that this declaration shapes the policy agenda and is an absolute priority for the work of this Parliament.

There is a sense of urgency in the air. As the crises pile up, as the NHS strains under the burden of dietary ill-health, as our wildlife struggles and our ecosystems strain, the need for joined-up solutions has never been more acute. This is particularly the case for our diets, which provide a locus for so many divergent issues. As this report emphasises, there are joined-up solutions at our fingertips. Food is the cause of so many of our problems, but food also provides the solution, and that solution begins with the sustenance and nurture we must give to our children. Feeding children well is an investment in their future, and in the future of society.

This report includes five recommendations for government action, each aimed at tackling the inter-related crises of climate, nature and health. These recommendations highlight the value of real, fresh food, which is often overlooked in the hype around obesity and calories. These recommendations are attentive to the voices of young people, and I am convinced they will provide vital impetus towards the task of transforming children’s food in England for the better.

HELEN BROWNING
CEO of the Soil Association



ABOUT FOOD FOR LIFE

Food for Life is a Soil Association initiative that aims to make it normal, easy and enjoyable for children to eat well. We work with thousands of schools and nurseries across England, and with caterers, cafés and restaurants, to put healthy and sustainable food on the plate. We get people of all ages cooking and growing and out onto farms, so they have a positive connection with real food.

Over 10,000 schools and early years settings are serving meals inspected to Food for Life Served Here standards. Food for Life Served Here provides independent verification that caterers and food providers are meeting nutrition standards and serving food prepared from fresh, sustainable and locally sourced ingredients.

Through our Food for Life awards we support schools and early years settings to put good food at the heart of a child's day. The Food for Life Early Years Award supports nurseries and children's centres with training and resources to help them give every child an early introduction to fresh, healthy food through cooking, gardening and play.

The Food for Life School Award, widely commissioned by public health teams and taken up by schools across the country, reconnects children with where food comes from and makes it more likely they will leave with a happy, healthy relationship with food. Over 1,100 School Awards have been achieved and over 5,000 schools have enrolled in our network. Independent evaluation has shown that children in Food for Life schools are twice as likely to eat their five-a-day, compared to children in matched comparison schools.

Food for Life also works with universities, workplaces, hospitals, care homes and visitor attractions, on the high street, with local authorities, NHS Trusts and with entire cities, to make good food the norm in all the places where people live out their daily lives.

1.6 MILLION
EMERGENCY FOOD PARCELS WERE
HANDED OUT BY FOOD BANKS IN
THE UK, WITH A THIRD OF THESE
GOING TO CHILDREN.



AT A GLANCE

A. HAS 2019 BEEN A GOOD YEAR FOR CHILDREN'S FOOD?



GREEN FLAG =
Moving forward



AMBER FLAG =
In the balance



RED FLAG =
Going backwards

CHILDREN'S VOICES

– the Children's Future Food Inquiry, Bite Back 2030, and the Youth Climate Strike movement saw children and young people given the opportunity to speak out on food, health, inequalities and the climate



BREASTFEEDING

– the Government committed to an infant feeding survey following the publication of data showing that only 40% of mums in England are still breastfeeding their babies after 6 to 8 weeks



INFANT FOODS

– Public Health England said Government action was needed to encourage infants and young children to eat more real, solid food, and to improve the marketing and nutrient composition of processed products



INFANT INEQUALITIES

– 232,845 babies were born into poverty in England last year, and an estimated 8.4 million families are experiencing household food insecurity, affecting approximately 19% of children in the UK



MONITORING FOOD INSECURITY

– the Government committed to a national index of food insecurity within a UK-wide annual survey run by the Department for Work and Pensions that monitors household incomes and living standards



FREE SCHOOL MEALS

– around a million children living in poverty are still missing out on Free School Meals because the eligibility criteria exclude them, with the Children's Future Food Inquiry highlighting issues with funding



GOVERNMENT ACTION ON SCHOOL MEALS

– the Government launched a lacklustre Healthy Schools Rating Scheme and has begun to review the School Food Standards – both have potential, but remain jobs half done



SCHOOL FOOD STANDARDS

– a Food for Life investigation discovered widespread non-compliance with the School Food Standards, with many caterers found to be serving high quality meals, but a growing number struggling and instances of non-compliance on the rise



OFSTED'S ROLE IN PROMOTING HEALTHY EATING

– the 2019 Ofsted inspection handbook required that inspectors assess whether pupils 'know how to eat healthily', following pressure from School Food Matters, Food for Life and Sustain – this is good, but there remains far more that Ofsted should be doing



SCHOOL BREAKFASTS

– thousands of children have been provided with a school breakfast thanks to Magic Breakfast with funding allocated through the Soft Drinks Industry Levy, but as we enter 2020 the future of the funding remains unclear



RESTRICTING JUNK FOOD ADVERTISEMENTS

– the Government consulted on introducing a 9pm watershed on TV advertising of unhealthy products, and protections against online ads, but the consultation has not yet led to policy change



RESTRICTING PRICE PROMOTIONS ON UNHEALTHY FOOD

– the Government consulted on proposals to limit price promotions for unhealthy foods, but the consultation has not yet led to policy change



VEG ON THE HIGH STREET

– in response to the Soil Association's Out to Lunch campaign, and following our recommendation in 2018's State of the Nation report, 13 restaurant chains committed to serving two portions of veg with every child's meal by June 2020 – this means 11 million more portions of veg will be served to children next year



LONDON IN THE LEAD

– the London Food Strategy saw junk food removed from advertisements across the TFL estate and a ban on new fast food takeaways opening within 400 metres of schools, along with other positive measures



SWEETENER CONSUMPTION

– the Soft Drinks Industry Levy has prompted manufacturers to reformulate their drinks, but children are now consuming more sweeteners as a result, and PHE isn't monitoring or reporting on the situation



PUBLIC HEALTH INTERVENTIONS

– to tackle childhood obesity an 80-20 split in the focus on diet over exercise is a good rule of thumb for a portfolio of interventions, but ongoing cuts to public health budgets and grants mean non-statutory prevention services for food and health are being cut



A HEALTHY FOOD BREXIT

– with Brexit still hanging in the balance, it is unclear what the implications will be for children's food, but a US trade deal or a disorderly exit would both pose significant challenges



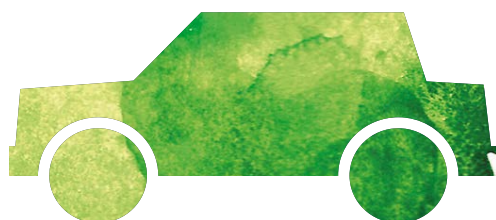
IN 2019
WE LEARNED
THAT –

B. DIETARY TRENDS

- 1. Children's fruit and veg consumption remain low.** The latest data show little change in children's intake of fruit and vegetables in recent years, or over the past decade. Primary school children (aged five to 10) consume an average of 2.5 portions of fruit and veg each day, and secondary school children (aged 11 to 18) consume an average of 1.7 portions.¹
- 2. Children are drinking fewer sugary drinks – but sales of artificially sweetened drinks are increasing.** The proportion of children consuming sugar-sweetened soft drinks has dropped markedly in recent years, but sales of artificially sweetened drinks are on the rise, suggesting an increase in children's sweetener consumption (see page 30 for more on sweeteners).²
- 3. Children's fibre consumption is declining – and ultra-processed foods are still the norm.** Low fibre consumption is associated with the high proportion of ultra-processed foods in the diet. UK families eat the most ultra-processed diet in Europe, with 50.7% of family food purchases being ultra-processed, compared to 14.2% in France and 13.4% in Italy.³
- 4. Children are eating less red and processed meat.** The latest data show notable reductions in red and processed meat consumption among boys aged 11 to 18 years. The percentage of children eating red and processed meat is decreasing slowly, year on year.
- 5. Children and young people are demanding more meat-free options.** A YouGov survey published in November 2019 found that children and young people say that climate change and the environment are the issues most important to them. Teenagers said that they would like to see school canteens serving more meat-free options (see page 14 for more).

IF ALL BABIES IN THE UK WERE
BREASTFED EXCLUSIVELY FOR SIX
MONTHS, IT WOULD SAVE **BETWEEN
95 AND 153 KILOGRAMS OF CARBON
DIOXIDE PER BABY.** THIS WOULD BE
THE EQUIVALENT OF TAKING UP TO

**77,500 CARS OFF THE
ROAD EACH YEAR.**





IN 2019
WE ALSO
LEARNED
THAT -



A STUDY OF
4000 YOUNG
PEOPLE
FOUND THAT
20%
OF PARTICIPANTS
HAD SOME FORM
OF **FATTY
LIVER DISEASE**¹

C. AN ESCALATING CHILD HEALTH CRISIS

- 1. More children than ever before are experiencing 'severe obesity'.** In England, this is the fourth consecutive year that severe obesity among children in year 6 (aged 10) has broken records, and it is up more than a third since 2006.⁴
- 2. The UK has the highest rates of obesity among 15 to 19-year-olds in Europe.** In a study of 14 European countries, the UK also had one of the greatest differences in obesity levels between young people living in the poorest areas of the country and the richest.⁵
- 3. Four in ten children leaving primary school will be overweight or obese by 2024.** Public Health England say the proportion of children aged 10 and 11 who are an unhealthy weight when they leave primary school is predicted to rise by 11% within five years.⁶
- 4. Children in deprived communities in England are one centimetre shorter on average than children in more affluent communities.** These inequalities are partly the result of unhealthy food environments which encourage a poor diet.⁷
- 5. Nine out of ten preschool children eat too much sugar.** Data from the National Diet and Nutrition Survey show that although children should get no more than 5% of calories from sugar, 87% of children exceeded that limit.⁸
- 6. Fatty liver disease is becoming an 'epidemic' among young people in England.** A study of 4000 young people found that 20% of participants had some form of fatty liver disease, prompting experts to warn of a fatty liver disease 'epidemic' in young people.⁹
- 7. Rising obesity rates mean the NHS is running out of organs for transplants.** Fewer organs are being deemed suitable for transplant because their owners were overweight or obese.¹⁰
- 8. Obesity is linked to structural differences in key regions of children's brain.** Research found an association between increased BMI and significant reductions in the average thickness of the cortex and pre-frontal region of the cortex, an area associated with cognitive control.¹¹
- 9. Food banks are handing out more food parcels to children than ever before.** A record number of emergency food parcels were handed out over the last 12 months. 1.6 million emergency parcels were handed out by food banks, with a third of these going to children.¹²
- 10. Overweight and obesity prevalence is more than twice as high in the poorest areas,** and the gap is continuing to widen as obesity continues to rise in the most deprived areas.¹³

INTRODUCTION

“Many of you appear concerned that we are wasting valuable lesson time, but I assure you we will go back to school the moment you start listening to science and give us a future. Is that really too much to ask?”

GRETA THUNBERG

2019 was a year in which children spoke out and challenged the status quo. Greta Thunberg and the Youth Climate Strike movement lit a fuse under the global climate debate, with the UK Youth Climate Strike movement influencing the UK Parliament's decision to declare a 'climate and environment emergency'. Children also spoke out about their health and inequalities. The Children's Future Food Inquiry gave young people living in food insecurity the opportunity to share their experiences, and new campaigning outfit Bite Back 2030 convened a network of youth ambassadors to take the fight for healthy eating to the food industry, with the aim of holding the Government to account on its commitment to halving childhood obesity by 2030.

While children and young people spoke up, the Government floundered in the face of Brexit and pressed ahead with the stuttering implementation of the Obesity Plan. A review into the School Food Standards was initiated – with no clarity on when it will be completed. Following a lacklustre launch, the Healthy Schools Rating Scheme limped into existence. Obesity remained a focus for policy makers, with the outgoing Chief Medical Officer publishing her recommendations to tackle the issue. But as the reports pile up, there was little evidence in 2019 that the Government had successfully turned the tide on the UK's unhealthy dietary trends, or joined the dots between the child health crisis, and the escalating crises affecting nature and the global climate.

A torrent of science published throughout 2019 highlighted the links between the climate, nature, and health crises. In January, the 'Global Syndemic' report in *The Lancet* identified the common drivers of climate change and malnutrition, shining a spotlight on ultra-processed foods. Reports from the EAT-Lancet Commission and French thinktank IDDRI highlighted the need for a dietary shift towards

'more and better' plants and 'less and better' meat for health and sustainability reasons. In the UK, the Government launched a consultation on a new National Food Strategy, with the aim of ensuring healthy and sustainable food is available to everyone – if the Strategy delivers, then 2020 could prove to be a more progressive year for children's food.

But 2020 could also be the year that Brexit pushes children's food over a cliff edge. Brexit loomed over everything in 2019, with various scenarios posing acute threats to children's diets, including the quality of food in schools. In September, with a 'No Deal' deadline looming, the Government wrote to schools to tell them it was *their* responsibility to ensure a secure supply of food in the event of major disruptions to supply chains. Meanwhile, campaigners warned that vulnerable communities could be hit hard by price spikes and food shortages, and that a US trade deal could see the UK flooded with ultra-processed junk foods. As we head into 2020, a great deal hangs in the balance.

The UK certainly doesn't need a new flood of ultra-processed foods – it is already the ultra-processed food capital of Europe. These foods were in the spotlight again this year, with studies showing that ultra-processed foods affect hunger hormones, leading people to keep eating,¹⁴ and evidence suggesting they contribute to a heightened risk of early mortality.¹⁵ A high-level UN report called for "public policies and actions designed to promote freshly prepared meals and to restrict and reduce the manufacture and consumption of ultra-processed foods."¹⁶ But in the UK, 51% of family food purchases are ultra-processed, and the Government is yet to commit to the policies necessary to turn the tide.

The National Food Strategy, which should be published in 2020, provides an opportunity for the Government to re-set the narrative around children's food, shifting the focus towards fresh and minimally processed foods, provided by a sustainable food system. Food lies at the heart of the crises of climate, nature, and health, as both cause and solution. Throughout 2019, children and young people spoke out, demanding an end to inequality and action to ensure a healthy future. It's time our political leaders stepped up. This report contains five recommendations for government action – actions to transform children's food in England, making it normal, easy and enjoyable for everyone to eat well.

I try to eat things that are better for our planet.



NOAH SMEE-BROWN, 11 YEARS OLD

“I started going to the climate strikes on Fridays in York because I had heard a lot about climate change in my kids' news magazine. I knew Greta Thunberg had inspired a lot of people to think about how the things they do are changing our world and I wanted to make a noise about it too. I have spoken on a stage in our city centre alongside other kids that want adults to make better decisions about the way we look after our planet. I also think about the things that I can do to make a difference.

I only eat meat rarely now and I try to eat things that are better for our planet, like fruit and vegetables (except broccoli). I don't really like beans, but I am trying to eat them more! I think it is hard for kids to know what the best things to eat are if they want to protect our planet. I have set up an Eco Warriors club at my school so we can make sure our school is greener and our Council knows we care. We are allowed crisps at school once a week and we all recycle the packets now. Me and my sister remind my mum and dad not to buy anything made with palm oil. My sister won't even eat chocolate spread anymore! ”

RECOMMENDATION #1:

Introduce a 'plant protein day' in schools

Meat is nutritious and has an important role to play in children's diets, but there is overwhelming consensus that our diets need to move towards 'less and better' meat and 'more and better' plants, if we are to resolve the nature, climate and health crises. To support this dietary change, all schools should serve at least one lunch each week based around beans, pulses and lentils, and use savings from meat-free days to switch to more climate and nature-friendly meat: UK-sourced, grass-fed and organic.

There is appetite for this change. A YouGov survey conducted in November 2019 found that the environment and climate change were issues of overriding concern for 11-18-year-olds, more important to them than Brexit. One in three teenagers said they were trying to eat less meat, with a lack of meat-free options in school canteens identified as a leading barrier to dietary change.

The Government is currently reviewing the School Food Standards to bring them in line with the latest evidence on sugar and fibre. We know that children would benefit from eating more fibre – and beans, pulses and lentils are an excellent source. The introduction of a plant protein day, with lunch based around beans, pulses and lentils, would support increased fibre consumption while helping to normalise more sustainable dietary patterns that include 'less and better' meat.

Serving less meat can also support schools to 'trade up' to 'better' meat for the rest of the week. Thousands of schools working with Food for Life are already serving organic and grass-fed meat and animal products, and many of them are doing so while also implementing a plant protein day.

RECOMMENDATION #2:

Set an ambitious target for organic in public procurement, including in schools

The benefits of organic food and farming for biodiversity, soil carbon, water quality and animal welfare are firmly established. With the Government developing a National Food Strategy, there is a clear opportunity to support organic food and farming in the UK through a target for organic in public procurement, including in school meals.

Ambitious action has been taken elsewhere in Europe. In 2011, for example, the Danish Government set the target of 60% organic food in all public settings by 2020. This has been widely successful, with children enjoying healthy school meals that are also better for the climate and better for wildlife. In Copenhagen, school meals include almost 80% organic ingredients.

As a first step, the UK Government should commit to 15% of the food served in public settings, including schools, being organic by 2025, with 5% of this on organic meat and animal products. These targets align with Food for Life Served Here Gold standards, which a growing number of caterers are meeting. The Government should also invest in supply chain development, to make sure that organic produce is available and affordable for school caterers.

**IN THE LAST YEAR ALONE,
FAMILIES MISSED OUT ON
HEALTHY START VOUCHERS
THAT COULD HAVE PROVIDED:**

**35 MILLION
PINTS OF MILK,
35 MILLION
APPLES, AND
4.5 MILLION
KILOGRAMS OF PEAS.**



Park Community School in Havant, Hampshire, holds a Gold Food for Life School Award. School meals are freshly prepared and seasonal, with produce bought locally and sustainably. 15% of the ingredients are organic, including organic meat and animal products. Pupils raise and eat their own pigs and the menu includes up to two meat free days per week. Steven Cross is head chef at Park Community School and winner of the 2019 School Chef of the Year.

“ We know that we all need to eat 'less and better' meat if we are going to face climate change – and that is going to need to start in schools, so I think we do need a meat free day. Pulses like lentils and chick peas are very cheap and you can get a lot out of them, and using more of these ingredients plus fruit and vegetables we can afford higher quality meat, including organic, the rest of the time.

It's about being clever with your ingredients and cooking to get the most out of a variety of healthy ingredients. We live by the field to fork approach – we want the children to have a good understanding of where their food comes from, and educate them into eating things that are healthier and more sustainable. More schools should be supported to take a 'less and better' approach. ”



CHILDREN'S FOOD IN THE EARLY YEARS

232,845
BABIES WERE
BORN INTO
POVERTY
IN ENGLAND IN THE
PAST 12 MONTHS.¹⁷

AFTER
6 TO 8 WEEKS
ONLY
4 IN 10
ARE STILL
BREASTFEEDING
THEIR BABIES.¹⁸

BY THE TIME THEY
ARE SIX MONTHS OLD,
ONLY 1%
OF BABIES
ARE EXCLUSIVELY BREASTFED.¹⁹

IN ENGLAND,
NEARLY A
QUARTER
OF CHILDREN
AGED 4 TO 5
YEARS ARE
OVERWEIGHT
OR OBESE.²⁰

SNACKING
FOODS
ACCOUNT
FOR MORE THAN
ONE THIRD
of the total infant food
market, with the highest sugar
content found in processed
dried fruit snacks.²¹



Breastfeeding in the spotlight

Inequalities shape children's diets from birth, making healthy and sustainable eating a challenge for many families. The Children's Future Food Inquiry found that while most women want to breastfeed, many feel they do not get the support they need to continue beyond the first few weeks. This lack of support has the greatest impact on less affluent households who struggle to afford costly formula milks. Weak legislation controlling the promotion of formula milks contribute to low breastfeeding rates, suggesting that tighter restrictions could help to level inequalities, while also supporting maternal and child health.

The UK's low breastfeeding rate also has an environmental impact. A study published this year in the *British Medical Journal* found that **if all babies in the UK were breastfed exclusively for six months, it would save between 95 and 153 kilograms of carbon dioxide per baby**, due to the reduced climate impacts of infant formula production. This would be the equivalent of taking up to 77,500 cars off the road each year.²³

Baby and infant foods

Children are exposed to processed foods from a young age. In July, Public Health England (PHE) published an evidence review of commercially available baby foods and drinks aimed at children up to 36 months. They noted that diets in infancy in the UK are not typically in line with national recommendations – solid foods are introduced ahead of the recommended 'around 6 months' of age and consumption of processed snack foods means diets are often nutritionally unbalanced. PHE said that manufacturers were not supporting infants to eat a healthy diet, and that action was needed to encourage the consumption of more real, solid foods, and to improve the marketing and nutrient composition of processed products.²⁴

PHE also found that **snacking foods account for more than one third (34.5%) of the total market of infant and baby foods**, with the highest sugar content found in processed dried fruit snacks which shouldn't be marketed as suitable for children to eat between meals. Growth in the finger food and snacking market indicates that these foods are increasingly considered an expected and appropriate part of an infant's diet. PHE warned that some sweet snacks can contain as much sugar as confectionery.

Healthy Start

Even as Public Health England recommended that infants and young children should eat more real, solid foods, an increasing number of families are struggling to know where their next meal will come from. **An estimated 8.4 million people in the UK experience household food insecurity, including approximately 19% of children.**

The Healthy Start scheme provides young and low-income pregnant women, and families on a low income with children under 4 years old, with vouchers to purchase fresh fruit and vegetables, milk and first infant formula. Despite the significant positive impact these vouchers can have on a household's budget and access to a healthy diet, the proportion of eligible people claiming the vouchers has decreased dramatically over the past five years and varies significantly around the UK.

According to data from the Healthy Start Issuing Unit, average take up was only 64% in England and Wales in 2018 (the latest year for which statistics are available). As a result, families missed out on an estimated £28.6 million worth of vouchers. In the last year alone, families missed out on Healthy Start

Vouchers that could have provided: 35 million pints of milk, 35 million apples, and 4.5 million kilograms of peas.²⁵

Food provision in the early years

In low income areas of England, uptake of free childcare for children aged two and above is high. In some areas, families can apply for free meals, but the eligibility criteria are narrow, and provision is a postcode lottery. Where there is no free meal provision, many parents resort to sending their children with packed lunches rather than pay for meals provided by their nursery. A small percentage of packed lunches are nutritionally balanced across the course of a week.

There are also no mandatory nutritional standards for early years settings in England, so even in settings where meals are provided, there is no guarantee that these will be fresh, balanced or healthy. The Children's Future Food Inquiry has called for a Healthy Lunch Guarantee for all children, including children in early years settings. This would include the provision of free nursery meals for all children who are entitled to free childcare.



MORE THAN
1 IN 4
baby food products in the UK
are targeted at 4-month-olds
despite advice that introducing
solid foods should not happen
until around
6 MONTHS
OF AGE.²²

MARJON WILLERS, DIRECTOR OF HEALTH EDUCATION TRUST

“The early years are crucial in the development of children's food preferences and eating habits, with long lasting consequences for a range of health and development outcomes for the rest of the child's life. In the family setting, it can be very difficult for parents to get their child to try new and different foods for a wide range of reasons, including emotional, cost and time.

Early years settings are perfectly placed to support families in introducing new flavours and foods to the child. Away from the parent, and amongst peers eating the same foods and surviving the experience, children are more likely to try unfamiliar foods! Feeding in a nursery is more than about filling tummies and making sure that children get the energy and nutrients to learn, grow, develop and play, it is about giving children new experiences of different foods, to develop social skills and independence. Eating in early years settings should be seen as an educational opportunity.

With childcare provided potentially by low-skilled staff, without clear, freely accessible and easy to use statutory standards, we cannot expect the food provided in early years settings to meet the nutritional requirements of young children, nor to feed their minds.”

SO WHAT NEEDS TO BE DONE?

- We need clear, freely accessible and easy to use standards to be made mandatory for all settings providing care for children under 5.
- All staff to be provided with training to support the implementation of the standards across the setting.
- Ofsted Inspectors need to be trained to be able to make an informed judgement on what is healthy, balanced and nutritious, and to understand how snack and meal times can be educational opportunities in food and social skills as well as health and wellbeing.
- Funding for free childcare should include an amount for healthy snacks.
- We need a National Healthy Early Years Rating or Award Scheme (or, the Food for Life Early Years Award to be rolled out nationally).

“If we can get this in place to support early years settings to provide healthy, balanced and nutritious food, which feeds the body and the mind, it will help families to develop healthy eating habits at home for life.”

The Food for Life Early Years Award helps nurseries, children's centres and early years settings to demonstrate they are giving every child the best possible start to their food journey. It shows the setting is providing tasty, nutritious meals in an environment that creates great social skills, while sowing the seeds of good food habits for life through practical cooking and growing activities and food-based learning – both for children and their parents and carers.

Find out more at: <https://www.foodforlife.org.uk/early-years>

CHILDREN'S FOOD IN SCHOOLS

23%
OF CHILDREN NOT RECEIVING FREE SCHOOL MEALS SOMETIMES GO WITHOUT LUNCH BECAUSE THEY CAN'T AFFORD IT.

AT LEAST 60%
OF SECONDARY SCHOOLS ARE ESTIMATED TO BE NON-COMPLIANT WITH THE SCHOOL FOOD STANDARDS ACROSS THE SCHOOL DAY.

97%
of people surveyed said they were in favour of a Healthy Schools Rating Scheme, and
85%
THOUGHT THE SCHEME SHOULD BE MANDATORY.

CHILDREN WHO ARE NOT ON FREE SCHOOL MEALS REPORT SPENDING
£25-£30
PER WEEK ON FOOD AT SCHOOL, COMPARED TO THE £11.50
that children on free school meals have available to spend.

WHEN ASKED IF OFSTED SHOULD MONITOR
A HEALTHY SCHOOLS RATING SCHEME,
76%
OF PARENTS AGREED.²⁶

Baby steps for Ofsted

In January 2019, Ofsted began consulting on a draft inspection framework – all mention of healthy eating and school food had been removed. In response, Food for Life joined School Food Matters, Jamie Oliver, and Sustain, in calling on Ofsted to consider how schools are supporting children to keep themselves healthy, including through school meals and food education.

Ofsted's survey of food education in 2018 found that **only 26% of schools are implementing the practical cookery requirements of the National Curriculum**. Food for Life estimates that **at least 60% of secondary schools are non-compliant with the School Food Standards**.

In May, Ofsted responded by confirming that inspectors will assess whether pupils 'know how to eat healthily'. This was a welcome inclusion in

the framework, but it doesn't go far enough. Food for Life has urged Ofsted to require that inspectors also make a judgement on whether school leaders support an environment where pupil health and wellbeing is "consistently and actively promoted through policies and action of the whole school community."

No Deal, No Meal

Ofsted's reluctance to champion school food and healthy eating is symptomatic of wider failings in Government policy, exacerbated throughout 2019 by uncertainty surrounding Brexit. In March, with a 'No Deal' Brexit looming, Food for Life warned of potentially disastrous impacts on school meals, with increases in ingredient costs and disruption to supply chains meaning the quality of meals is being forced into decline.

In anticipation of a No Deal Brexit, some caterers were forced to stretch already thin budgets to stockpile ingredients. Compass, which serves millions of school meals every year, said the Brexit threat was “serious”. One caterer said they were stockpiling tinned food, and a local authority caterer in London told Food for Life they had invested over £1 million stockpiling ingredients. *“Our dedicated butcher will have 250 tons of raw meat in cold storage by the end of March 2019. This will be sufficient to see us through until at least the Summer recess.”*

A technical notice issued to schools by the Government said that caterers might have to be “flexible” in applying the School Food Standards, suggesting that non-compliance, or a move from hot to cold meals might be necessary or permissible. The notice explained that the Government would not be able to guarantee the supply chain of any food – in such an event, cold meals might be the preferred option. For many children, for whom a hot school lunch is the only hot meal they eat each day, this would be a huge loss.

A representative for Tower Hamlets catering services told Food for Life: *“As a service that provides some pupils/customers with the only hot meal they eat a day, it is Tower Hamlet’s priority to ensure that our school and welfare meals maintain the high standard that we currently serve and we will work to ensure this happens. However, prices are a concern and with no one knowing what food availability will be, it is hard to say what the impact of Brexit will be.”*

School Food Standards

With Brexit adding to the cocktail of pressures making life difficult for school caterers, a Food for Life investigation revealed that school meals are approaching a “tipping point”, with some meals declining in quality and an increasing number of school children at risk of going without a healthy lunch. While many caterers are continuing to serve high quality meals in difficult circumstances, some caterers are ‘trading down’ to less healthy and lower quality ingredients, and **some are deliberately not complying with mandatory School Food Standards in order to make cost savings.**

Food for Life spoke to 30 caterers across an 18-month period, including 14 in autumn 2019. Most caterers said they were aware of schools and caterers that were non-compliant with legal School Food Standards. *“We have seen menus that are clearly not compliant,”* one caterer said, *“including menus with*

too many oily and processed foods. One school was offering a packed lunch containing jam sandwiches and yoghurt covered raisins. They aren’t serving a portion of vegetables with every meal.”

Another caterer said: *“We know a school that is offering bacon or sausage and processed meat every day for breakfast, and sugary cakes and tray bakes daily for morning break as well as at lunchtimes.”* Another caterer said: *“We know a school just serving pizza and cakes for the children at lunchtime.”*

A growing number of caterers are ‘trading down’ to lower quality ingredients. *“We know a caterer serving lower quality meats from the EU and passing it off as British mince in their spaghetti Bolognese,”* one caterer said. *“I am sure some caterers are reducing the quality of their ingredients,”* another said. *“Looking to the wider environment (Brexit etc.) I am not sure how that will affect us, but future political uncertainty will only contribute to more providers looking for cheaper lower quality ingredients.”*

Some caterers said they had lost schools to caterers offering meals of a lower quality for a lower cost, including meals that are non-compliant with School Food Standards. *“I have lost tenders to a caterer that claims to be ‘school food compliant’ – but it clearly is not.”*

Caterers were also concerned that schools were unaware that the meals they are receiving are non-compliant. Some schools are choosing caterers having been promised lower costs, without realising that these lower costs have been achieved by jettisoning legal standards. One caterer told us: *“I think some schools are totally unaware of what the School Food Standards are and what they require the caterer to provide. They are wowed by glossy brochures showing what they think they should be looking at...but what is happening in reality is often totally different”.*

Another caterer said: *“I don’t think schools realise or even care that the meals are not compliant. Nobody is checking to make sure, so nobody is being held accountable for non-compliant meals.”*

Caterers consistently said that it was the responsibility of the Government to ensure that school meals are adequately funded and enforced, with shortfalls in funding challenging meal quality. *“Reduced school budgets are definitely the driving force behind declines in quality. Schools will always look at squeezing catering budgets before they look at other areas in the school,”* one caterer said.





Caterers recommended that “the provision of school meals should be regulated and enforced if the Government is serious about tackling obesity, increasing levels of malnutrition (even in the obese), and improving the health and wellbeing of children and young people.” One caterer recommended “introducing inspections that check to ensure caterers are complying with the School Food Standards,” with another saying, “Ofsted should look at lunch menus and police the standards.”

RECOMMENDATION #3:

Ensure compliance with School Food Standards

Extraordinary advances have been made in the quality of school meals across the last decade, largely due to the commitment and hard work of school cooks, caterers, and head teachers. But schools and caterers cannot do it alone. Inadequate funding, absent incentives, non-existent monitoring, and a lax policy environment are creating intolerable pressures for school meal providers.

While many caterers are managing to maintain the quality of their provision while meeting the School Food Standards, caterers have warned that we are approaching a ‘tipping point’ that could lead to widespread non-compliance and a sharp decline in quality, with negative consequences for children’s health and wellbeing. It is the Government’s responsibility to ensure school meals are properly funded and that statutory requirements are adhered to.

The Government should ensure that all state funded schools are compliant with the School Food Standards. A proportion of academy schools are currently exempt from the standards – the Government should use the legislative process associated with the ongoing update of the School Food Standards (related to sugar and fibre) to require that all schools comply.

There is a statutory duty on school governors to seek evidence of compliance with School Food Standards, but many governors are unaware of their duty. The Government should, as a matter of urgency, write to governing bodies reminding them of the requirement that they seek evidence of compliance, providing examples of adequate evidence, including certification from Food for Life Served Here.

RECOMMENDATION #4:

Ensure school meals are adequately funded

The £2.30 funding allocation for Universal Infant Free School Meals hasn’t risen with inflation – if it had, the figure would now be between £2.70 and £2.80. The Government should commit to a year-on-year increase in school meal funding to bring it progressively in line with inflation. School meal budgets should be ringfenced, and greater oversight should be provided over spend.

The funding allocation for Free School Meals should also be reviewed in light of the Children’s Future Food Inquiry, and the eligibility criteria extended to ensure all children living in poverty have access to a Free School Meal if they need one. Free School Meals should be re-named to alleviate stigma attached to them, with young people consulted on the new name.

Any further roll out of Free School Meals, either via an altered eligibility threshold or via an extended universal offer, must be accompanied by a focus on maintaining and improving food standards, along with investment in the infrastructure that would be required to support additional meal volumes.



Karen Crane is Food for Life lead at FFL Gold school Brownsover Community Infant School in Warwickshire

“ Food standards are becoming increasingly important to us as we see the difference a good nutritious school dinner can make to our pupils. Since we became a Food for Life Gold school not only has lunchtime become a key part of the school day, but we have also noticed the difference in the afternoon learning of the children. School dinners need the continued support of the Government to safeguard all our children’s futures, and ensuring all schools are compliant with the legal standards is a vital part of this! ”

Jeanette Orrey MBE is the co-founder of Food for Life and the co-chair of the School Food Plan Alliance.

- “ We have heard very loudly from caterers that the School Food Standards are not providing a level playing field – over 3,000 academy schools don't have to comply, and there is no Government monitoring of the schools that do. I have for many years suggested that we should have an inspection team, as they do in Scotland, visiting schools making sure schools are compliant, but this poses a range of challenges. Senior Management teams and Governors have a huge part to play and need to be engaged by Government and by Ofsted.
- “ The ethos of Food for Life has always been that everyone has a voice, which should be heard. The programme is about serving the best food possible on very tight budgets, but it's also about educating students about where their food comes from, how to grow, how to cook and how to make the school lunch a social occasion. My wish is that lunchtime is seen as a lesson and that enough time is given to eat the food, which will have taken all morning to prepare, cook and serve.
- “ For me, next year will be twenty years since I started campaigning. The school meals catering service has in that time faced many challenges and has risen to every one of those, but now we need support from the Government of the day. We need to be listened to and we need to listen to our customers. I believe we can help change the nation's eating habits, but we can't do it in isolation.”

An anonymous caterer who spoke to Food for Life said:

- “ Whilst the funding rate for Universal Infant Free School Meals may need to be considered in the wake of Brexit, I do not feel that a carte blanche approach to increasing funding is such a good idea; certainly not until there are clearly defined, measurable and enforceable standards. This will merely lead to increased profiteering and a continuation of lower quality school meals.
- “ We appear to have come full circle and returned to 2006 and Jamie's school food revolution. However, in addition to the mixed picture around food standards, we are now also faced with the wider implications of increased levels of obesity, and diabetes, and astonishingly, increased levels of malnutrition, rickets and scurvy. Food for Life accreditation offers caterers far more than a sticker in the window and a logo on the menus, it is a cultural and moral ethic which should be mandated as a minimum standard for all educational caterers and which should form the cornerstone of the revised School Food Standards. ”

CHILDREN'S FOOD OUT AND ABOUT

AS A RESULT OF THE SOIL ASSOCIATION'S OUT TO LUNCH CAMPAIGN, AN ADDITIONAL

11 MILLION PORTIONS

of veg will be served to children in restaurants in the next year.²⁷

THE CAMPAIGN FOUND THAT CHAINS INCLUDING

ASDA CAFÉ, BREWER'S FAYRE, LAS IGUANAS, MORRISON'S CAFÉ, TESCO CAFÉ, TGI FRIDAY'S, AND WAITROSE CAFÉ

were failing to disclose any nutritional information for their children's meals.

The campaign found that chains were failing to support British farmers, serving **CHICKEN FROM THAILAND AND BRAZIL; MEAT FROM HUNGARY AND URUGUAY; FISH FROM CHINA, INDONESIA, AND MALAYSIA; CUCUMBERS FROM THE CANARY ISLANDS; TOMATOES FROM TUNISIA AND SENEGAL; AND MUSHROOMS FROM POLAND.**

THE HUNGRY HORSE'S **MINI-MANIA SUNDAE** WAS THE MOST SUGARY PUDDING OFFERED, CONTAINING

56.2 GRAMS OF SUGAR AND 495KCAL

OVER 500

FOODS AND DRINKS commonly found in supermarkets with child-friendly animations and promotions are **UNHEALTHY.**

Children's food packaging

Action on Salt and Action on Sugar conducted a survey of foods and drinks commonly found in supermarkets with child-friendly animations on their packaging and found that over 500 of these products were unhealthy. Characters from popular children's cartoons, such as Peppa Pig, Disney's Frozen and Paw Patrol, were found on a range of unhealthy snacks, including sugary confectionary, cakes, biscuits and yoghurts. **50% of products featuring Peppa Pig and 54% of products with Paw Patrol characters on their packaging were classed as unhealthy.**

The Government has yet to address the use of child friendly images as a marketing tactic as part of its Childhood Obesity Plan, despite 9 out of 10 parents surveyed by the Children's Food Campaign saying they would support new rules to restrict the use of kids' characters on unhealthy foods.

Out to Lunch

In our 2018 State of the Nation report we called for more veg to be offered to children on the high street. The report recommended that the Government “should set the ambition that all children's meals in cafés, restaurants and visitor attractions are served with two portions of veg”. In July this year, the Soil Association's Out to Lunch campaign, working with a team of secret diner families, successfully brought us much closer to achieving that goal.

The Out to Lunch campaign ranked children's food at 28 popular restaurant chains and supermarket cafés, finding that significant improvements in children's food had been made compared to previous years.

JD Wetherspoon topped the league table, followed by Ikea and Harvester, with all three chains serving organic and sustainable ingredients, and lots of fresh veg. In total, 15 chains were found to be serving organic ingredients – up from 4 chains when the Out to Lunch campaign began in 2013.



In response to the campaign, 13 chains also committed to serving two portions of veg with every child's meal. This means **more than 11 million extra portions of veg will be served to children across the UK in the next year.**

The campaign also found poor practice in supermarket cafés, with Marks & Spencer Café serving no vegetables on its children's menu, and Tesco Café serving no British meat. Several chains were found to be offering excessively sugary puddings. Hungry Horse's Mini-Mania Sundae was found to contain 56.2 grams of sugar and 495kcal – this is more than double a child's daily sugar allowance.

Other chains, such as Las Iguanas and Café Rouge, were found to be "dishing up deforestation" by serving meat fed with uncertified animal feed. The unsustainable production of animal feed is responsible for wildlife loss and deforestation abroad.

THE OUT TO LUNCH CAMPAIGN IS CALLING ON ALL RESTAURANT CHAINS AND SUPERMARKET CAFÉS TO TAKE FOUR SIMPLE STEPS TO IMPROVE THE SERVICE AND FOOD THEY OFFER CHILDREN:

1. Serve two portions of veg with every child's meal
2. Make water freely available and stop serving sugary drinks to children
3. Serve children's portions of adult dishes (ensuring they are healthy and nutritionally balanced)
4. Use quality ingredients such as free range and organic



LEAGUE TABLE

RESTAURANTS TOTAL SCORE / 100

TOP FIVE

1	JD WETHERSPOON	70	★ ★ ★ ★ ☆
2	IKEA	69	★ ★ ★ ★ ☆
3	HARVESTER	64	★ ★ ★ ☆ ☆
4	WAHACA	63	★ ★ ★ ☆ ☆
5	LEON	59	★ ★ ★ ☆ ☆

BOTTOM FIVE

24	ASDA CAFÉ	42	★ ★ ☆ ☆ ☆
25	MORRISON'S CAFÉ	42	★ ★ ☆ ☆ ☆
26	TESCO CAFÉ	42	★ ★ ☆ ☆ ☆
27	PIZZA EXPRESS	35	★ ★ ☆ ☆ ☆
28	GOURMET BURGER KIT	22	★ ☆ ☆ ☆ ☆

JD Wetherspoon Food Development Manager Oliver Addis said:

“ We are delighted to have won this award, our children's meals are extremely popular, and we continually innovate to offer parents the best meals for their children, both in terms of quality and healthy attributes. Providing children with meals that they will both enjoy and are good for them is a top priority for us, and we are delighted this has been recognised. ”



Secret diner parent Anya Hart-Dyke said:

“ I have a 2 and 5 year-old and find it a real headache eating out on the high street or in supermarket cafés. They just trot out the same underwhelming food for children, even where there are good options for adults. The only vegetables ever offered are peas, overcooked broccoli, and baked beans, if you're lucky! And how on earth it's ok to serve sugary fizzy drinks to young children as part of a meal deal is beyond me. In my experience only independent cafés offer wholesome options that support parents to encourage kids to eat a more varied diet. ”



Ellie Pniok, UK & IE IKEA Food Commercial Leader said:

“ With IKEA being recognised as a key family friendly destination, it's so important to us to ensure we have a healthy, sustainable and affordable children's food offer in our restaurants. We know that our youngest guests have big appetites, so creating a range of food that not only tastes great but also provides the right balance of nutrients was top of the agenda when we launched our new SMATTINGAR range! IKEA's position in the recent 'Out to Lunch' report was fantastic, and we fully support the work by the Soil Association to tackle unhealthy children's food on the high street, and help support families in making healthier choices when eating out of home. ”



CHILDREN'S FOOD IN THE HOME

AN ESTIMATED 8.4 MILLION

families experience household food insecurity, affecting approximately

19%

of children in the UK.

2%

of UK households used a

FOOD BANK

in 2019²⁸

Food insecurity

In school holiday periods, when childcare and food costs increase, many families struggle. The Children's Future Food Inquiry highlighted that **many children face long periods of social isolation with nothing to do during the holidays, uncertainty as to where their next meal will come from**, and an awareness of the financial pressures on their families. Community programmes providing free activities and food for children and their families have been set up in recent years to respond to the needs of children who are, or should be, entitled to free school meals. However, the coverage of these programmes is patchy and there is no clear national framework to support their delivery.

The Inquiry also highlighted the price differential between healthy and unhealthy food, particularly in cases where parents didn't have time to cook from scratch, and it found several neglected policy levers which could help to redress the imbalance of price between healthy and unhealthy options, highlighting that government action is urgently needed to ensure that everyone can access and afford a diet of fresh, minimally processed and healthy foods.

Sales of artificially sweetened drinks rose markedly over the past 12 months.

COKE ZERO SUGAR INCREASED BY 50%, WITH PEPSI MAX ALSO INCREASING BY 17%.

SALES OF FULL SUGAR COKE AND PEPSI BOTH FELL.

The balance of sales of sugar-free to full-sugar drinks sales rose to 60/40 for Coca-Cola and 83/17 for Pepsi.



The latest results from the National Diet and Nutrition Survey show a that the percentage of children consuming sugar-sweetened soft drinks has **decreased notably for children aged 4 to 10 years and girls aged 11 to 18 years across a 10-year period** – but no equivalent data is available for children's sweetener consumption.

Artificial sweeteners

Food for Life has questioned the health impacts of the Soft Drinks Industry Levy. While the Levy has successfully prompted manufacturers to reformulate their drinks to include less sugar, sales of artificially sweetened drinks are increasing. Children and families are consuming more artificially sweetened drinks, even as evidence linking sweeteners to adverse health outcomes continues to grow. The Levy should therefore be seen as 'job half done' and should be strengthened and extended to sweeteners.

In September 2019, Public Health England (PHE) reported a sizable shift in sales towards 'low sugar' artificially sweetened drinks, and a rise in soft drinks sales overall, saying "there has been a large shift in sales towards lower sugar products."²⁹ This shift was affirmed by Tam Fry, chair of the National Obesity Forum, who reported that sales of Coke Zero Sugar had increased by 50% over the past year, with Pepsi Max also increasing by 17%. With sales of full sugar Coke and Pepsi both falling in tandem, the balance of sales of artificially sweetened to full-sugar drinks has risen to 60/40 for Coca-Cola and 83/17 for Pepsi.³⁰

A Freedom of Information request submitted by Food for Life found that PHE "does not monitor changes in consumption of artificial sweeteners as a result of the implementation of the Soft Drinks Industry Levy (SDIL)." PHE said: "The levy is the responsibility of HM Treasury and any monitoring in relation to the SDIL that PHE undertakes is at their request." While the Levy might be the responsibility of HM Treasury, the public's health is the responsibility of PHE, so this omission is significant.

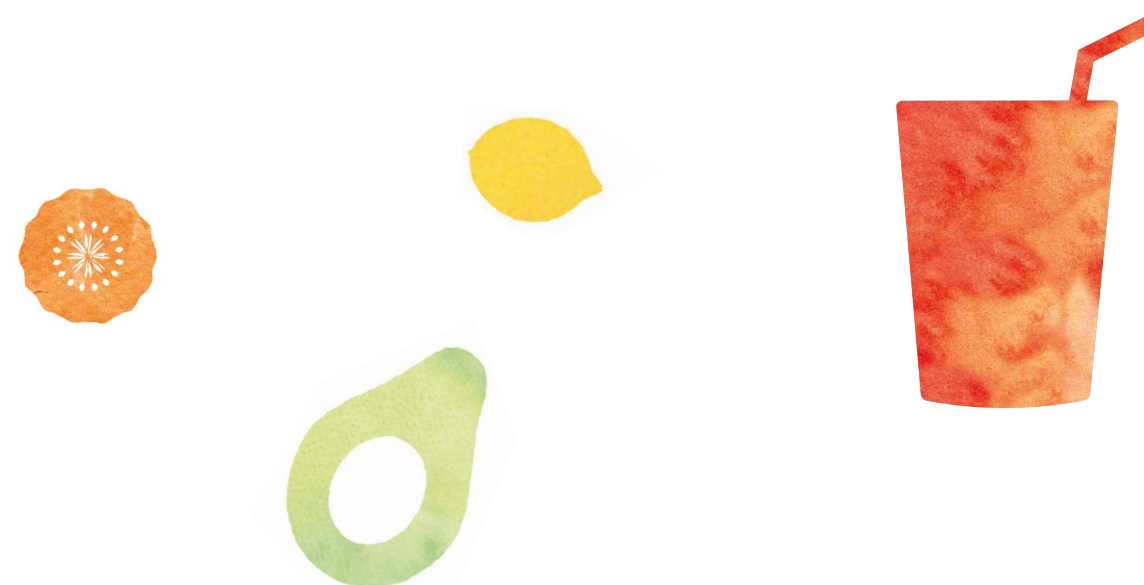
Not only is PHE not monitoring how children's sweetener consumption has been impacted by the Levy, PHE's social marketing campaign 'Change4Life' is actively encouraging families to switch to artificially sweetened drinks. Change4Life has a 'good choice' logo which it allows manufacturers to use on certain products, including artificially sweetened soft drinks such as Ribena, Robinsons, Diet Coke, Fanta Zero, and Irn Bru.³¹

All the evidence suggests that children and families are consuming more artificially sweetened drinks than before the Soft Drinks Industry Levy was introduced. However, the evidence linking sweeteners to adverse health outcomes, including obesity and diabetes, continues to grow.

Some studies have linked artificially sweetened drinks with adverse health outcomes and behaviours, including an increase in total calorie and sugar consumption among those consuming these drinks;³² a positive association found between artificially sweetened soft drink consumption among seven to nine-year olds and measures of overweight and obesity;³³ and a positive association between artificially sweetened beverage consumption and obesity.³⁴

One of the mechanisms by which artificial sweeteners may affect health is via deleterious interactions with gut microbiota. Writing in the British Medical Journal, Tim Spector, Professor of Genetic Epidemiology at King's College London, says: "High-intensity sweeteners are commonly used as sugar alternatives, being many times sweeter than sugar with minimal calories. Despite being 'generally recognised as safe' by regulatory agencies, some animal studies have shown that these sugar substitutes may have negative effects on the gut microbiota. Sucralose, aspartame, and saccharin have been shown to disrupt the balance and diversity of gut microbiota. Rats given sucralose for 12 weeks had significantly higher proportions of Bacteroides, Clostridia, and total aerobic bacteria in their guts and a significantly higher faecal pH than those without sucralose. Mice given sucralose for six months had an increase in the expression in the gut of bacterial pro-inflammatory genes and disrupted faecal metabolites."³⁵

Professor Spector told Food for Life that while more research is needed, **there is already ample evidence showing that sweeteners should be of concern and should not be promoted to children**. While the Soft Drinks Industry Levy has proven to be an effective and important intervention to moderate children's sugar consumption, it could be perversely fuelling ill-health by contributing to an increase in sweetener consumption. It should be strengthened and extended to incorporate sweeteners.



In November 2019, First Steps Nutrition Trust published a report on artificial sweeteners in the diets of young children in the UK.³⁶ The report found that while data on sweetener intakes among infants and young children in the UK are lacking, available data suggests that many infants and young children are consuming sweeteners, with artificially sweetened drinks likely to be a key dietary source.

Dr Victoria Sibson is Deputy Director of First Steps Nutrition Trust.

- “ Sweeteners are used in thousands of foods and drinks in the UK, especially in ‘diet’ and ‘low sugar’ or ‘reduced sugar’ options. A key dietary source of sweeteners for babies and young children is artificially sweetened drinks. Data indicates that consumption of sweeteners is on the rise, including among the youngest children. The National Diet and Nutrition Survey data from 2012/13–2016/17 indicates that more toddlers (between 1.5 and 3 years old) consume artificially sweetened soft drinks than teenagers, and the median consumption among consumers is equivalent to a whole can of soft drink each day.
- “ A key driver of this positive consumption trend is the public health promotion of lower sugar foods and drinks in an environment where more artificially sweetened alternatives are available and promoted as healthy options. There is, however, a lack of evidence on the health impacts of sweetener consumption during pregnancy and the early years and acceptable daily intakes are based on old or limited population intake data. For this reason, a precautionary approach to the intake of artificial sweeteners by pregnant and lactating women, infants and young children is recommended. ”

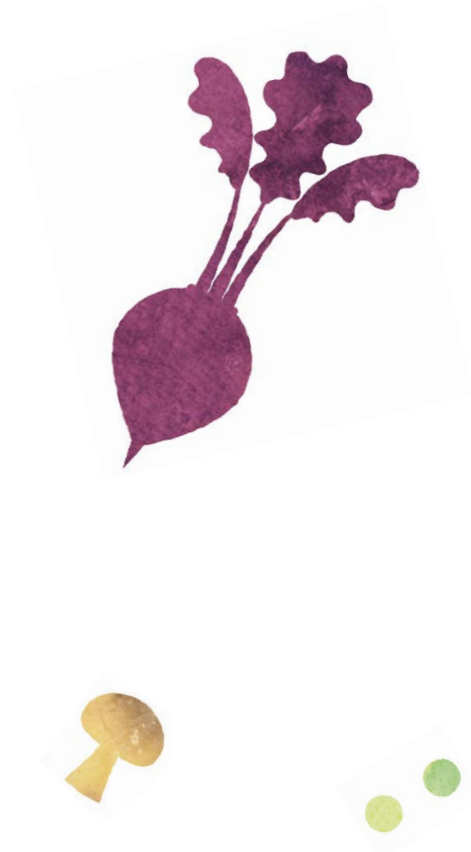
RECOMMENDATION #5:

Extend the Soft Drinks Industry Levy to artificial sweeteners

As a matter of urgency, Public Health England should begin monitoring and reporting on children’s artificial sweetener consumption, including on the impact that the Soft Drinks Industry Levy is having on sweetener consumption.

Public Health England should discourage the use of artificial sweeteners under their sugar reduction programme and should not promote artificially sweetened foods and drinks as ‘healthy’ options, nor should use of the ‘Change 4 Life’ logo be permitted on artificially sweetened soft drinks.

The Government should also scope out how to extend the Soft Drinks Industry Levy to include artificially sweetened drinks, thereby incentivising product reformulation away from both sugar and sweeteners, with potential price disincentives passed on to consumers.



2019 TIMELINE

JANUARY –

The Children's Future Food Inquiry published *'What young people say about food'*, a report in which children and young people explore the challenges they face in relation to food insecurity and healthy eating.³⁷

The Veg Power TV advert, 'Eat them to defeat them', spearheaded by the Food Foundation, was screened for the first time. The advert aims to get children excited about eating veg.³⁸

Chief Medical Officer Professor Dame Sally Davies urged parents to have family meals with their children around the table instead of in front of the TV, saying that this would reduce calorie intake and encourage meaningful social interaction between parents and children.³⁹

The EAT-Lancet Commission recommended a shift towards healthier and more sustainable diets that include 'more and better' plants and 'less and better' meat, highlighting the role of school meals and public procurement in normalising more sustainable dietary patterns.⁴⁰

FEBRUARY –

A report by the Nuffield Trust and the Association for Young People's Health found that the UK has the highest rates of obesity for 15-19 year-olds among 14 European countries, and the second highest disparity in obesity prevalence between the richest and poorest.⁴¹

Campaigning groups Action on Sugar and Action on Salt called for a ban on packaging that may appeal to children for unhealthy cereal products.⁴²

A seven-year study, published in the journal *Jama Internal Medicine*, found that people who regularly consume ultra-processed foods have a 15% higher mortality rate than those who eat a less processed diet.⁴³

The UK Government committed to introducing a national index of food insecurity within a UK-wide annual survey run by the Department for Work and Pensions that monitors household incomes and living standards.⁴⁴

A ban on junk food advertising across London's entire transport network came into force. The ban, introduced by the Mayor of London, aimed to help tackle child obesity by reducing regular exposure to the marketing of unhealthy food.⁴⁵

MARCH –

With the Brexit deadline looming, MPs debated the potential impact on public sector catering, including in schools. Sharon Hodgson MP, who called the debate, said: *"I tabled this debate because the quality, quantity and safety of the food provided to some of the most vulnerable in our society is often overlooked in the [Brexit] debate. I wanted to speak up for the estimated 10.5 million people in the UK who rely on public sector institutions for at least some of their food."*

The Government announced a consultation to restrict children's exposure to junk food adverts, including an option to introduce a 9pm watershed on unhealthy food and drinks adverts.⁴⁶

Prue Leith called for school lunchtimes to "become a lesson" in healthy eating, suggesting that everyone, including staff, should sit down together in the dining hall and eat the same food.⁴⁷

School children and students in 125 countries went on strike demanding action in response to the climate emergency. In the UK an estimated 10,000 young people gathered in London.⁴⁸

The French Ministry of Agriculture and Food announced that 50% of food served in canteens, including school canteens, must be organic, sustainable, or of a specific quality by 2022.⁴⁹

APRIL –

Food for Life joined School Food Matters, Jamie Oliver and Sustain in calling on Ofsted to embed good food and healthy eating within its inspection framework for 2019.⁵⁰

The final report of the Children's Future Food Inquiry proposed a Right2Food Charter and called for a Children's Food Watchdog to monitor and improve children's food.⁵¹

Data from the National Diet and Nutrition Survey showed that 87% of children in the UK are eating too much sugar.⁵²

A report from Sustain and Food Active working with over 30 local areas highlighted the limited powers that local authorities have to restrict advertising of unhealthy food products. The report called for Local Government to be given more powers to support action to tackle child obesity.⁵³



A study from the University of Washington published in *the Lancet* journal found that unhealthy diets cause one in seven deaths in UK, with more deaths caused by the absence of healthy foods than the consumption of unhealthy foods high in sugar and trans-fats.⁵⁴

The UK Parliament became the first in the world to declare a 'climate and environment emergency'.⁵⁵

MAY –

Food for Life called for the introduction of a plant protein day in schools, linked to the update of the School Food Standards.⁵⁶

Following pressure from Food for Life and campaign partners, Ofsted announced that their new inspection framework would require inspectors to assess whether pupils 'know how to eat healthily'.⁵⁷

The Trussell Trust said that a record number of emergency food parcels had been handed out over the last 12 months. 1.6 million emergency food parcels were handed out by food banks in the UK, with a third of these going to children.⁵⁸

A study from The US National Institute of Health found that eating ultra-processed food leads people to eat more and put on weight. The study's authors suggested that ultra-processed foods may be affecting hunger hormones, leading people to keep eating.⁵⁹

JUNE –

The Department of Education launched (in lacklustre fashion) the Healthy Schools Rating Scheme that was promised in the first chapter of the Government's childhood obesity plan in 2016.⁶⁰

The Work and Pensions Committee and the Education Committee launched an inquiry into school holiday poverty.⁶¹

The Royal College of Paediatric and Child Health set out its proposals for improving the health and wellbeing of children and young people in the UK, saying that the amount of free sugar in baby food should be reduced and the government should place a 'moratorium' on public health funding cuts.⁶²

Action on Sugar and Action on Salt, in partnership with the Children's Food Campaign, called for a ban on the use of child friendly characters on unhealthy foods to support parents in making healthier choices.⁶³

Public Health England criticised baby and infant food manufacturers for the 'unacceptably' high amounts of sugar in their products, and for wrongly promoting them as healthy.⁶⁴

Five local councils in England were announced as taking part in the Government's Childhood Obesity Trailblazer programme, a three-year programme looking for innovative solutions to the childhood obesity crisis.⁶⁵

Cancer Research UK said that obesity is now responsible for more cases of bowel, kidney, ovarian and liver cancer than cigarettes.⁶⁶

JULY –

Food for Life's Out to Lunch campaign won assurances from 13 leading restaurant chains that they would serve two portions of veg with every child's meal by June 2020 – meaning 11 million more portions of veg will be served to children in the next year.⁶⁷

The Government published *'Advancing our health: prevention in the 2020s'* which contained Chapter 3 of the Childhood Obesity Plan. This included a commitment to banning the sale of energy drinks to children under 16 and plans to consult on the extension of the Soft Drinks Industry Levy to sugary milk drinks.⁶⁸

'Better by half: A roadmap to less and better meat and dairy', a report from the Eating Better alliance, recommended normalising sustainable diets through public procurement, including through accreditation schemes such as Food for Life Served Here.⁶⁹

AUGUST –

With another No Deal Brexit cliff edge on the horizon, Local Authority planning documents revealed concerns that legal School Food Standards may need to be amended or discarded in the event of a no-deal Brexit.⁷⁰

Having worked with the Out to Lunch campaign restaurant chain Giraffe launched a new children's menu offering two portions of veg, smaller drinks portions, re-usable plastic cups, and kids-size cutlery.⁷¹



SEPTEMBER –

The Department for Education (DfE) sent a letter to English schools telling them to ensure their own supply of food in the event of the UK leaving the EU without a deal. School leaders criticised the DfE for placing the burden of food provision on schools and councils without giving any practical advice or support.⁷²

A report from the Royal Society for Public Health found that there is often a crucial window of exposure to obesogenic environments for children during their daily routes to and from school, which can have a substantial impact on food consumption.⁷³

Public Health England said that at current rates the proportion of children aged 10 and 11 who are an unhealthy weight when they leave primary school is predicted to rise by 11 per cent within five years.⁷⁴

A study commissioned by Kellogg's found that in the last year more than a quarter of state school teachers in England and Wales have seen an increase in children turning up to class hungry, having had no breakfast.⁷⁵

Public Health England published its second annual report on progress made by the food industry in voluntarily reducing sugar in processed foods. The report found that as a result of the 'sugar tax' the average sugar content in fizzy drinks had fallen by nearly 29%.⁷⁶

OCTOBER –

The World Obesity Federation said that the number of obese children globally is predicted to reach 250 million by 2030, up from 150 million now.⁷⁷

Bite Back 2030, founded by Jamie Oliver and Nicolai Tangen, launched with the aim of amplifying the voices of young people to help tackle the power of the food industry and childhood obesity.⁷⁸

UNICEF warned that at least one in three children under five globally are either undernourished or overweight, and one in two lack essential vitamins and nutrients.⁷⁹

Dame Sally Davies, the outgoing Chief Medical Officer for England, published her recommendations for halving childhood obesity by 2030. Davies said we are "nowhere near achieving this" yet, but "if we are bold, we can achieve this goal."⁸⁰

Data from the child measurement programme revealed that levels of severe obesity among children in the last year of primary school have hit an all-time high. In England, this is the fourth consecutive year that severe obesity in year 6 has broken records, and it is up more than a third since 2006.⁸¹

NOVEMBER –

A YouGov survey commissioned by the Eating Better Alliance found that for almost two-thirds of 11-18 year-olds (63%) the environment and climate change was the most important issue for the country. The survey also found that 29% of 11-18 year olds who currently eat meat want to reduce their meat consumption, asking for more meat-free options in schools to help them do this.⁸²

End Hunger UK's *'The case for ending hunger in the UK'* report found that since 2010 the number of children living with food insecurity due to poverty has risen from 500,000 to 4.1 million.⁸³

The Food for Life Awards Ceremony celebrated the best in sustainable and healthy food across the UK. Prue Leith CBE was joined by a panel of judges including Bee Wilson and Professor Tim Lang.

Prue Leith said, *"The commitment of caterers to safe, healthy, sustainable and delicious food is absolutely vital if we are to tackle our current environment and health crisis. Today we are honouring great caterers who feed the public in all manner of places: nursery schools, care homes, hospitals, visitor attractions and workplaces alike. Congratulations to everyone getting a Food for Life Served Here award."*

DECEMBER –

The Soil Association called for political parties to commit to a ten-year food, farming and forestry rescue package for climate nature and health, prioritising child health. Parties were asked to set out a plan to use government buying power to make healthy and sustainable diets the norm in schools, hospitals and other public settings, and to give children a world-class food education for climate, nature and health.⁸⁴

Following a General Election, a new Government was confirmed.



RECOMMENDATIONS

RECOMMENDATION #1:

Introduce a 'plant protein day' in schools

Meat is nutritious and has an important role to play in children's diets, but there is overwhelming consensus that our diets need to move towards 'less and better' meat and 'more and better' plants, if we are to resolve the nature, climate and health crises. To support this dietary change, all schools should serve at least one lunch each week based around beans, pulses and lentils, and use savings from meat-free days to switch to more climate and nature-friendly meat: UK-sourced, grass-fed and organic.

There is appetite for this change. A YouGov survey conducted in November 2019 found that the environment and climate change were issues of overriding concern for 11-18-year-olds, more important to them than Brexit. One in three teenagers said they were trying to eat less meat, with a lack of meat-free options in school canteens identified as a leading barrier to dietary change.

The Government is currently reviewing the School Food Standards to bring them in line with the latest evidence on sugar and fibre. We know that children would benefit from eating more fibre – and beans, pulses and lentils are an excellent source. The introduction of a plant protein day, with lunch based around beans, pulses and lentils, would support increased fibre consumption while helping to normalise more sustainable dietary patterns that include 'less and better' meat.

Serving less meat can also support schools to 'trade up' to 'better' meat for the rest of the week. Thousands of schools working with Food for Life are already serving organic and grass-fed meat and animal products, and many of them are doing so while also implementing a plant protein day.



RECOMMENDATION #2:

Set an ambitious target for organic in public procurement, including in schools

The benefits of organic food and farming for biodiversity, soil carbon, water quality and animal welfare are firmly established. With the Government developing a National Food Strategy, there is a clear opportunity to support organic food and farming in the UK through a target for organic in public procurement, including in school meals.

Ambitious action has been taken elsewhere in Europe. In 2011, for example, the Danish Government set the target of 60% organic food in all public settings by 2020. This has been widely successful, with children enjoying healthy school meals that are also better for the climate and better for wildlife. In Copenhagen, school meals include almost 80% organic ingredients.

As a first step, the UK Government should commit to 15% of the food served in public settings, including schools, being organic by 2025, with 5% of this on organic meat and animal products. These targets align with Food for Life Served Here Gold standards, which a growing number of caterers are meeting. The Government should also invest in supply chain development, to make sure that organic produce is available and affordable for school caterers.

RECOMMENDATION #3:

Ensure compliance with School Food Standards

Extraordinary advances have been made in the quality of school meals across the last decade, largely due to the commitment and hard work of school cooks, caterers, and head teachers. But schools and caterers cannot do it alone. Inadequate funding, absent incentives, non-existent monitoring, and a lax policy environment are creating intolerable pressures for school meal providers.

While many caterers are managing to maintain the quality of their provision while meeting the School Food Standards, caterers have warned that we are approaching a 'tipping point' that could lead to widespread non-compliance and a sharp decline in quality, with negative consequences for children's health and wellbeing. It is the Government's responsibility to ensure school meals are properly funded and that statutory requirements are adhered to.

The Government should ensure that all state funded schools are compliant with the School Food Standards. A proportion of academy schools are currently exempt from the standards – the Government should use the legislative process associated with the ongoing update of the School Food Standards (related to sugar and fibre) to require that all schools comply.

There is a statutory duty on school governors to seek evidence of compliance with School Food Standards, but many governors are unaware of their duty. The Government should, as a matter of urgency, write to governing bodies reminding them of the requirement that they seek evidence of compliance, providing examples of adequate evidence, including certification from Food for Life Served Here.

RECOMMENDATION #4:

Ensure school meals are adequately funded

The £2.30 funding allocation for Universal Infant Free School Meals hasn't risen with inflation – if it had, the figure would now be between £2.70 and £2.80. The Government should commit to a year-on-year increase in school meal funding to bring it progressively in line with inflation. School meal budgets should be ringfenced, and greater oversight should be provided over spend.

The funding allocation for Free School Meals should also be reviewed in light of the Children's Future Food Inquiry, and the eligibility criteria extended to ensure all children living in poverty have access to a Free School Meal if they need one. Free School Meals should be re-named to alleviate stigma attached to them, with young people consulted on the new name.

Any further roll out of Free School Meals, either via an altered eligibility threshold or via an extended universal offer, must be accompanied by a focus on maintaining and improving food standards, along with investment in the infrastructure that would be required to support additional meal volumes.

RECOMMENDATION #5:

Extend the Soft Drinks Industry Levy to artificial sweeteners

As a matter of urgency, Public Health England should begin monitoring and reporting on children's artificial sweetener consumption, including on the impact that the Soft Drinks Industry Levy is having on sweetener consumption.

Public Health England should discourage the use of artificial sweeteners under their sugar reduction programme and should not promote artificially sweetened foods and drinks as 'healthy' options, nor should use of the 'Change 4 Life' logo be permitted on artificially sweetened soft drinks.

The Government should also scope out how to extend the Soft Drinks Industry Levy to include artificially sweetened drinks, thereby incentivising product reformulation away from both sugar and sweeteners, with potential price disincentives passed on to consumers.



ENDNOTES

- 1 Public Health England, NDNS: time trend and income analyses for Years 1 to 9, January 2019 <https://www.gov.uk/government/statistics/ndns-time-trend-and-income-analyses-for-years-1-to-9> [accessed 10/12/19]
- 2 Ibid
- 3 Monteiro CA et al. 'Household availability of ultra-processed foods and obesity in nineteen European countries', Public Health Nutrition: 21(1), 18–26, 2017 <https://www.ncbi.nlm.nih.gov/pubmed/28714422> [accessed 10/12/19]
- 4 'Severe obesity among children aged 10 to 11 at record high', Guardian, October 2019 <https://www.theguardian.com/society/2019/oct/10/severe-obesity-among-children-aged-10-to-11-record-high-england> [accessed 10/12/19]
- 5 Nuffield Trust, AYPH, International comparisons of health and wellbeing in adolescence and early adulthood, February 2019 <https://www.nuffieldtrust.org.uk/news-item/uk-young-people-let-down-on-long-term-illness-new-international-report-finds> [accessed 10/12/19]
- 6 '40% of primary leavers to be overweight within five years', The Times, September 2019 <https://www.thetimes.co.uk/edition/news/40-of-primary-leavers-to-be-overweight-within-five-years-dd3537vqf> [accessed 10/12/19]
- 7 Food Foundation, The Broken Plate, February 2019 <https://foodfoundation.org.uk/wp-content/uploads/2019/02/The-Broken-Plate.pdf> [accessed 10/12/19]
- 8 'Nine out of ten preschool children eat too much sugar', The Times, May 2019 <https://www.thetimes.co.uk/edition/news/nine-out-of-ten-preschool-children-eat-too-much-sugar-0fs80t99r>
- 9 'Experts warn of fatty liver disease 'epidemic' in young people', Guardian, April 2019 [accessed 10/12/19] <https://www.theguardian.com/society/2019/apr/12/experts-warn-of-fatty-liver-disease-epidemic-in-young-people> [accessed 10/12/19]
- 10 'Soaring obesity rates fuel doubling in the number of organs which cannot be transplanted', The Times, July 2019 <https://www.telegraph.co.uk/news/2019/07/17/soaring-obesity-rates-fuel-doubling-number-organs-cannot-transplanted/> [accessed 10/12/19]
- 11 'Childhood obesity 'linked to structural differences in key regions of the brain', i-news, October 2019 <https://inews.co.uk/news/health/childhood-obesity-links-brain-structures-818971> [accessed 10/12/19]
- 12 'A record number of emergency food parcels have been handed out in the last 12 months, with a third going to children' i-news, April 2019 <https://inews.co.uk/news/uk/record-number-emergency-food-parcels-handed-out-food-banks-children-poverty-503154> [accessed 10/12/19]
- 13 UNICEF, The State of the World's Children 2019, October 2019 <https://www.unicef.org/media/61871/file/SOWC-2019.pdf> [accessed 10/12/19]
- 14 'Eating highly processed foods linked to weight gain', National Institutes of Health, May 2019 <https://www.nih.gov/news-events/nih-research-matters/eating-highly-processed-foods-linked-weight-gain> [accessed 10/12/19]
- 15 Rico-Campa et al, 'Association between consumption of ultra-processed foods and all cause mortality: SUN prospective cohort study' BMJ 2019; 365, May 2019 <https://doi.org/10.1136/bmj.l1949>
- 16 Monteiro, et al 2019. Ultra-processed foods, diet quality, and health using the NOVA classification system', FAO <http://www.fao.org/3/ca5644en/ca5644en.pdf>
- 17 Food Foundation, Future Food Inquiry, April 2019 <https://foodfoundation.org.uk/wp-content/uploads/2019/04/Childrens-Future-Food-Inquiry-report.pdf> [accessed 10/12/19]
- 18 Department of Health and Social Care, Advancing our health: prevention in the 2020s <https://www.gov.uk/government/consultations/advancing-our-health-prevention-in-the-2020s/advancing-our-health-prevention-in-the-2020s-consultation-document> [accessed 10/12/19]
- 19 Public Health England (2019) 'Child Health Profiles': Indicator 2.02 Breastfeeding prevalence at 6-8 weeks after birth, fingertips.phe.org.uk [accessed 10/12/19] ; UNICEF, 'Accreditation statistics and awards table - Baby Friendly Initiative' 2019, <https://www.unicef.org.uk/babyfriendly/about/accreditation-statistics-and-awards-table/> [accessed 10/12/19]
- 20 Public Health England, 'Baby food industry needs better products and clearer labelling', June 2019 <https://www.gov.uk/government/news/baby-food-industry-needs-better-products-and-clearer-labelling> [accessed 10/12/19]
- 21 Ibid
- 22 Ibid
- 23 'Support for breastfeeding is an environmental imperative', BMJ, October 2019; 367 <https://doi.org/10.1136/bmj.l5646>
- 24 Public Health England, 'Baby food industry needs better products and clearer labelling', June 2019 <https://www.gov.uk/government/news/baby-food-industry-needs-better-products-and-clearer-labelling> [accessed 10/12/19]
- 25 Sustain coordinated letter to Matt Hancock, May 2019; https://www.sustainweb.org/foodpoverty/healthy_start/
- 26 School Food Matters, Healthy Schools Rating Scheme: A new measure of success, March 2019 https://www.schoolfoodmatters.org/sites/default/files/FINAL%20HSRS%20Report%20March%2019_0.pdf#overlay-context=healthy-schools-rating-scheme
- 27 Soil Association, July 2019, <https://www.soilassociation.org/outtolunch>
- 28 The Trussell Trust, The State of Hunger: A study of poverty and food insecurity in the UK, November 2019 <https://www.yhphnetwork.co.uk/media/47216/a-study-of-poverty-and-food-insecurity-in-the-uk-state-of-hunger-organisation-2019.pdf> [accessed 10/12/19]
- 29 Public Health England, Sugar reduction: Report on progress between 2015 and 2018, September 2019 <https://www.gov.uk/government/publications/sugar-reduction-progress-between-2015-and-2018>
- 30 'UK sugar tax: historic sales shift to sugar free', Beverage Daily, May 2019 <https://www.beveragedaily.com/Article/2019/05/21/UK-sugar-tax-sees-historic-sales-shift-to-sugar-free#.XP2Vj9RlFms.twitter> [accessed 10/12/19]
- 31 Public Health England, 2019 <https://campaignresources.phe.gov.uk/resources/campaigns/84-2019-change4life-nutrition-campaign/overview>
- 32 Sylvetsky et al, 'Artificial sweetener use among children: epidemiology, recommendations, metabolic outcomes, and future directions', Pediatr Clin North Am, 58 (6), 1467-1480, 2011 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3220878/>
- 33 Nilsen et al, 'Reported habitual intake of breakfast and selected foods in relation to overweight status among seven- to nine-year-old Swedish children', Scandinavian Journal of Public Health, 45 (8), 886-894, 2017 <http://oru.diva-portal.org/smash/record.jsf?pid=diva2%3A1170562&dsid=4250>
- 34 Macintyre et al, 'Exposure to liquid sweetness in early childhood: artificially-sweetened and sugar-sweetened beverage consumption at 4–5 years and risk of overweight and obesity at 7–8 years', Pediatric Obesity, 2018 <https://www.ncbi.nlm.nih.gov/pubmed/29624909>
- 35 Spector et al, 'Role of the gut microbiota in nutrition and health' BMJ June 2018; 361 <https://www.bmj.com/content/361/bmj.k2179>
- 36 First Steps Nutrition Trust, 'Sweet enough already? Artificial sweeteners in the diets of young children in the UK' November 2019, <https://www.firststepsnutrition.org/additives-sweeteners> [accessed 10/12/19]
- 37 Food Foundation, What Young People Say About Food, January 2019 <http://foodfoundation.org.uk/wp-content/uploads/2019/01/What-Young-People-Say-About-Food-EMBARGOED.pdf> [accessed 10/12/19]
- 38 Food Foundation, Veg Power <https://vegpower.org.uk/about/>
- 39 'Families 'should have meals around the table' to stop children getting fat', The Telegraph, January 2019 <https://www.telegraph.co.uk/news/2019/01/21/families-should-have-meals-around-table-stop-children-getting/> [accessed 10/12/19]
- 40 'Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems' [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31788-4/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31788-4/fulltext) [accessed 10/12/19]
- 41 Nuffield Trust, 'UK young people let down on long-term illness', February 2019 <https://www.nuffieldtrust.org.uk/news-item/uk-young-people-let-down-on-long-term-illness-new-international-report-finds> [accessed 10/12/19]
- 42 Action on Sugar, February 2019 <http://www.actiononsugar.org/>
- 43 Schnaba et al, 'Association Between Ultraprocessed Food Consumption and Risk of Mortality Among Middle-aged Adults in France' JAMA Intern Med. 2019;179(4):490-498. doi:10.1001/jamainternmed.2018.7289
- 44 'UK hunger survey to measure food insecurity', Guardian, February 2019
- 45 Mayor of London, February 2019, <https://www.london.gov.uk/what-we-do/business-and-economy/food/london-food-strategy-0>
- 46 Department of Health and Social Care, 'Restrictions on adverts for food high in fat, sugar and salt: public asked for views', March 2019 <https://www.gov.uk/government/news/restrictions-on-adverts-for-food-high-in-fat-sugar-and-salt-public-asked-for-views> [accessed 10/12/19]
- 47 'Bake Off judge calls for immediate packed lunch ban', TES, March 2019 <https://www.tes.com/news/bake-judge-calls-immediate-packed-lunch-ban>
- 48 'It's our time to rise up': youth climate strikes held in 100 countries', Guardian, March 2019 <https://www.theguardian.com/environment/2019/mar/15/its-our-time-to-rise-up-youth-climate-strikes-held-in-100-countries> [accessed 10/12/19]
- 49 'France to dish up 50% organic and sustainable food in canteens by 2022', Food Navigator, March 2019 https://www.foodnavigator.com/Article/2019/03/19/France-to-introduce-organic-and-sustainable-food-in-canteens-by-2022?utm_source=RSS_Feed&utm_medium=RSS&utm_campaign=RSS
- 50 Food for Life, April 2019 <https://www.foodforlife.org.uk/whats-happening/schools/news-and-blogs/ffl-blog-0000/The-new-Ofsted-framework-must-include-healthy-eating-b025baa69a67420fa0ccdd1f1d4885a3>
- 51 Food Foundation, Children's Future Food Inquiry report, April 2010 <https://foodfoundation.org.uk/wp-content/uploads/2019/04/Childrens-Future-Food-Inquiry-report.pdf> [accessed 10/12/19]
- 52 'Nine out of ten preschool children eat too much sugar', The Times, April 2019 <https://www.thetimes.co.uk/edition/news/nine-out-of-ten-preschool-children-eat-too-much-sugar-0fs80t99r>
- 53 Sustain and Food Active, Taking down junk food ads, April 2019 https://www.sustainweb.org/news/apr19_takedownjunkads_report/
- 54 'Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017', The Lancet, April 2019 [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(19\)30041-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(19)30041-8/fulltext)
- 55 'MPs endorse Corbyn's call to declare climate emergency', The Guardian, May 2019 <https://www.theguardian.com/environment/2019/may/01/declare-formal-climate-emergency-before-its-too-late-corbyn-warns> [accessed 10/12/19]
- 56 'Schools should have one meat-free day a week, says charity', The Guardian, June 2019 <https://www.theguardian.com/education/2019/may/17/schools-should-have-one-meat-free-day-a-week-says-charity> [accessed 10/12/19]
- 57 Food for Life, June 2019 <https://www.foodforlife.org.uk/whats-happening/news/news-post/ofsted-recognise-healthy-eating-in-new-handbooks> [accessed 10/12/19]

ENDNOTES CONT.

- 58 'A record number of emergency food parcels have been handed out in the last 12 months, with a third going to children' i-news, April 2019 <https://inews.co.uk/news/uk/record-number-emergency-food-parcels-handed-out-food-banks-children-poverty-503154> [accessed 10/12/19]
- 59 'Eating highly processed foods linked to weight gain', National Institutes of Health, May 2019 <https://www.nih.gov/news-events/nih-research-matters/eating-highly-processed-foods-linked-weight-gain> [accessed 10/12/19]
- 60 Department for Education, 'Healthy schools rating scheme', June 2019 https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/814914/Healthy_schools_rating_scheme.pdf
- 61 Work and Pensions Committee, 'School holiday poverty inquiry', June 2019 <https://www.parliament.uk/business/committees/committees-a-z/commons-select/work-and-pensions-committee/inquiries/parliament-2017/school-holiday-poverty-inquiry-17-19/>
- 62 RCPH, RCPCH Prevention Vision for Child Health, June 2019
- 63 Sustain, 'Campaigners call for ban on child friendly cartoons on unhealthy food packaging', June 2019 https://www.sustainweb.org/news/jun19_cartoons/
- 64 Public Health England, 'Baby food industry needs better products and clearer labelling', June 2019 <https://www.gov.uk/government/news/baby-food-industry-needs-better-products-and-clearer-labelling> [accessed 10/12/19]
- 65 LGA, Childhood Obesity Trailblazer Programme, June 2019 <https://www.local.gov.uk/childhood-obesity-trailblazer-programme>
- 66 'Obesity rivals smoking as cause of cancer, UK charity warns', Guardian, July 2019 <https://www.theguardian.com/society/2019/jul/03/obesity-rivals-smoking-as-cause-of-cancer-uk-charity-warns>
- 67 Soil Association, July 2019, <https://www.soilassociation.org/ottolunch>
- 68 Department of Health and Social Care, Advancing our health: prevention in the 2020s <https://www.gov.uk/government/consultations/advancing-our-health-prevention-in-the-2020s/advancing-our-health-prevention-in-the-2020s-consultation-document> [accessed 10/12/19]
- 69 Eating Better, 'Better by Half', July 2019 <https://www.eating-better.org/betterbyhalf#3-2>
- 70 'No-deal papers reveal council fears over food supply', BBC, August 2019 <https://www.bbc.co.uk/news/business-49397728> [accessed 10/12/19]
- 71 'Giraffe revamps kids' offering with PHE and Soil Association', Retail Times, August 2019 <https://www.retailtimes.co.uk/giraffe-revamps-kids-offering-with-phe-and-soil-association/>
- 72 'Heads criticise DfE over Brexit school food supplies', TES, September 2019 <https://www.tes.com/news/heads-criticise-dfe-over-brexit-school-food-supplies> [accessed 10/12/19]
- 73 RSPH, Routing out childhood obesity, September 2019 <https://www.rsph.org.uk/uploads/assets/uploaded/5194975e-89a1-4dff-9e8aa68da4836231.pdf>
- 74 Public Health England, 'Health profile for England: 2019', September 2019 <https://www.gov.uk/government/publications/health-profile-for-england-2019>
- 75 Kellogg's, 'A lost education', September 2019 https://www.kelloggs.co.uk/content/dam/europe/kelloggs_gb/pdf/R2_Kellogg_A_Lost_Education.pdf
- 76 Public Health England, Sugar reduction: progress between 2015 and 2018' September 2019 <https://www.gov.uk/government/publications/sugar-reduction-progress-between-2015-and-2018>
- 77 '250 million children worldwide forecast to be obese by 2030', Guardian, October 2019 <https://www.theguardian.com/society/2019/oct/02/250-million-children-worldwide-forecast-to-be-obese-by-2030> [accessed 10/12/19]
- 78 Bite Back 2030, <https://www.jamieolivergroup.com/2030-project/>
- 79 UNICEF, The State of the World's Children 2019, October 2019 <https://www.unicef.org/media/61871/file/SOWC-2019.pdf> [accessed 10/12/19]
- 80 Chief Medical Officer, Special Report on Childhood Obesity, October 2019 https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/837907/cmo-special-report-childhood-obesity-october-2019.pdf
- 81 Severe obesity among children aged 10 to 11 at record high', Guardian, October 2019 <https://www.theguardian.com/society/2019/oct/10/severe-obesity-among-children-aged-10-to-11-record-high-england> [accessed 10/12/19]
- 82 Eating Better, November 2019 <https://www.eating-better.org/blog/climate-change-top-concern-for-british-teenagers>
- 83 End Hunger UK, 'Why End UK Hunger, November 2019
- 84 Soil Association, December 2019 <https://www.soilassociation.org/our-campaigns/manifesto-2019/>



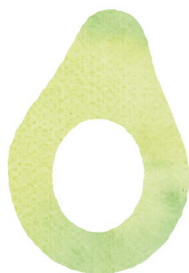
Our thanks to The Joseph Rowntree Charitable Trust for supporting the Soil Association and the publication of this report.



Our thanks to English Tea Shop, who are pleased to sponsor this report.



For more
information visit
www.foodforlife.org.uk



 @SAFoodforLife

FOOD FOR LIFE, C/O SOIL ASSOCIATION,
SPEAR HOUSE, 51 VICTORIA STREET, BRISTOL, BS1 6AD
TEL 0117 314 5180 EMAIL FFL@FOODFORLIFE.ORG.UK
WWW.FOODFORLIFE.ORG.UK

