



OUR IMPACT



FOOD FOR LIFE SCOTLAND

2021 – 22



Food for Life Scotland (FFLS) is funded by the Scottish Government to help local authorities across Scotland get fresh, local, and sustainable food onto school plates. FFLS supports local authorities to achieve the Food for Life Served Here (FFLSH) award for their school meals service. It's a recognised and respected mark of quality, certified at three levels: Bronze, Silver, and Gold.



As communities across Scotland continue to grapple with uncertainties – from climate change and the impact of the pandemic, to supply chain disruptions and the increased cost of living – the FFLS programme and its focus on improving access to food that's good for health, good for the environment and good for the local economy, has never been more important. This is particularly true as the award supports councils to deliver on broader objectives for their local areas.

With the community wealth building agenda fast establishing itself, local food strategies being developed across Scotland and the Good Food Nation Bill putting public food at the heart of its ambitions, it is increasingly recognised that the food we buy and how we buy it has the potential to shape: our health and wellbeing; our communities and local economies; and our climate and biodiversity. Public procurement can be used as a powerful

tool to drive a transformation in food production and supply. The FFLSH award provides local authorities with a framework to do this via the food that they serve.

It has been a challenging time for catering teams, but with 18 local authorities across Scotland now holding a FFLSH award, this report shows that significant progress has been made and that momentum is building as we work together to build a better food system in Scotland.

We're delighted to showcase the successes of the FFLS programme in this report, but crucially these successes also belong to our hardworking and valued local authority partners. Shining a spotlight on their achievements, hard won in the most challenging of circumstances, is a real joy. We look forward to continuing to work with public sector catering teams across Scotland in the year ahead.



SARAH DULEY
HEAD OF FOOD, FOOD FOR LIFE SCOTLAND

As part of the Food for Life Scotland programme, Scotland's local authority award holders are:

- reassuring parents and pupils that their school meals are responsibly sourced and freshly prepared by trained cooks
- improving pupils' health by putting more fresh fruit and vegetables, fish, and wholegrains on the menu
- protecting the environment for the future by reducing food miles and championing sustainable producers
- supporting a thriving local economy by putting more Scottish food on the table.



Find out more about the Food for Life Served Here standards

FOOD FOR LIFE ACROSS SCOTLAND



HIGHLAND

9,650 **BRONZE** meals daily in 171 primaries and 59 nurseries (2009)

ARGYLL & BUTE

3,620 **BRONZE** meals daily in 82 primaries (2014)

INVERCLYDE

3,470 **BRONZE** meals daily in 20 primaries (2019)

EAST RENFREWSHIRE

6,600 **BRONZE** meals daily in 23 primaries (2014)

NORTH AYRSHIRE

5,700 **GOLD** meals daily in 50 primaries, 1 secondary and 7 nurseries (2013)

WEST DUNBARTONSHIRE

3,050 **BRONZE** meals daily in 29 nurseries, 30 primaries, and 2 ASN schools (2021)

GLASGOW

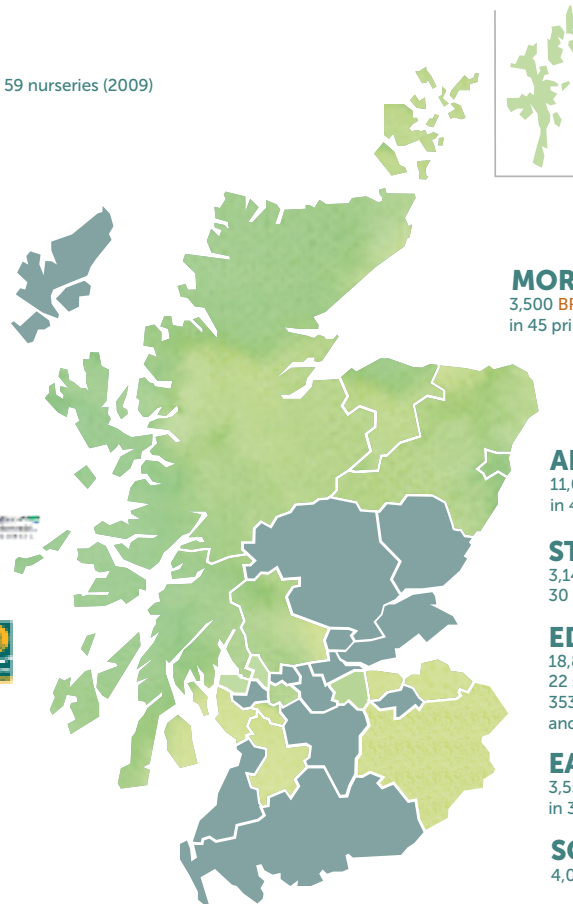
34,000 **BRONZE** meals daily in 130 primaries and 7 ASN schools (2021)

EAST AYRSHIRE

4,600 **GOLD** meals daily in 38 primaries and 10 nurseries (2008)

WEST Lothian

7,430 **BRONZE** meals daily in 67 primaries (2018)



SHETLAND ISLANDS

2,000 **BRONZE** meals daily in 3 nurseries, 21 primaries, 5 junior highs and 2 secondaries (2021)

ORKNEY ISLANDS

1,810 **BRONZE** meals daily in 16 primaries, 3 junior highs and 2 secondaries (2020)

MORAY

3,500 **BRONZE** meals daily in 45 primary schools (2022)

ABERDEENSHIRE

12,540 **BRONZE** meals daily in 151 primaries and 4 ASN schools (2015)

ABERDEEN CITY

11,040 **BRONZE** meals daily in 48 primaries and 11 secondaries (2015)

STIRLING

3,140 **SILVER** meals daily in 38 primaries, 30 nurseries and 1 ASN school (2014)

EDINBURGH CITY

18,870 **BRONZE** meals daily in 87 primaries, 22 secondaries and 11 ASN schools (2016)
353 **SILVER** meals daily in 1 primary and 1 secondary (2016)

EAST Lothian

3,550 **BRONZE** meals daily in 36 primaries (2013)

SCOTTISH BORDERS

4,030 **BRONZE** meals daily in 58 primaries (2020)

18 OF 32
LOCAL
AUTHORITIES
HOLD THE
FFLSH AWARD

FFLSH ACCOUNTS FOR 56% OF ALL MEALS SERVED
IN SCOTTISH PRIMARY SCHOOLS, 8%
IN SECONDARY SCHOOLS, 20% IN ASN AND 100%
IN JUNIOR HIGH (SHETLAND AND ORKNEY).



56% PRIMARY



8% SECONDARY



20% ASN



100% JUNIOR HIGH

26 MILLION

OVER 139,000 FOOD FOR LIFE SERVED HERE SCHOOL
MEALS ARE SERVED ACROSS SCOTLAND EVERY DAY.
THAT'S 26 MILLION FRESH, LOCAL, SUSTAINABLE
SCHOOL MEALS A YEAR ACROSS 1,322 SITES.



RESEARCH HAS SHOWN
THAT EVERY £1 INVESTED
IN FOOD FOR LIFE
BRINGS A SOCIAL RETURN
ON INVESTMENT OF

£4.41

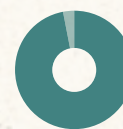
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CATERING STAFF HAVE
TAKEN PART IN THE
FFLSH ONLINE TRAINING
IN THE LAST YEAR.

OF SURVEY RESPONDENTS WHO HAD TAKEN PART
IN ONLINE TRAINING:



99% UNDERSTAND
THE FOOD FOR
LIFE SERVED HERE
AWARD AFTER
COMPLETING
TRAINING



97% WOULD
RECOMMEND
TRAINING TO A
FRIEND



Read more about all of our local authority award holders



Sarah Duley, Head of Food, FFLS; Denise Walton, Peelham Farm; Steph Marsden, Locavore Trading; Ryan McShane, Food Foundation Young Ambassador; Stephen Sawers, Head of Catering and Facilities Management, Glasgow City Council

RAISING AWARENESS GETTING FOOD ON THE AGENDA AT COP26

World leaders came together in Glasgow in November 2021 at the United Nations Climate Change Conference – COP26.

With food systems missing from the official programme, a group of 28 organisations, brought together by Nourish Scotland and including Food for Life Scotland, joined forces to put food firmly back on the agenda. The Recipes for Resilience Food and Climate Zone ran for the full two weeks alongside official COP26 activity.

Food for Life Scotland hosted its event, *'Connecting Climate Change and School Meals'*, which included an afternoon of activities to raise awareness of food seasonality and provenance, and a panel discussion.

The panel brought together stakeholders from across the food supply chain to discuss how we must all play a role in transforming our food system.



Read more on the discussion or watch event

SPEAKERS INCLUDED:

STEPHEN SAWERS,
HEAD OF CATERING AND
FACILITIES MANAGEMENT,
GLASGOW CITY COUNCIL

STEPH MARSDEN,
TRADING COORDINATOR,
LOCATORE TRADING

DENISE WALTON,
PEELHAM FARM, SOIL
ASSOCIATION FARMER
AMBASSADOR

RYAN MCSHANE,
FOOD FOUNDATION
YOUNG AMBASSADOR

DISCUSSING THE POWER OF PUBLIC PROCUREMENT

In March 2022, Food for Life Scotland and Sustainable Food Places co-hosted an online event focused on public food procurement, *'Put your money where your mouth is: Investing in sustainable regional food systems and communities through public procurement'*.

The event brought together organisations working on public food in Scotland and highlighted best practice and innovation in a number of areas relating to food procurement.

At the event's heart was the idea that public procurement of food has enormous potential to deliver on a range of societal issues from public health and economic development to climate change and biodiversity.

Feedback on the event was overwhelmingly positive, with 100 percent of the respondents to the post event survey agreeing the event was useful and informative, and over 85 percent saying it would influence their work.

 **Read more on the discussion or watch event**

“

Rather than being “merely shopping”, public food procurement is a hugely powerful tool that can impact our whole society and one that needs to be utilised more in the context of the Good Food Nation Bill, the Scottish Government's Local Food Strategy and coming legislation on community wealth building.

”

**SIMON KENTON LAKE,
SUSTAINABLE FOOD PLACES NETWORK**



IMPACT OF FOOD FOR LIFE SCOTLAND ON SCOTTISH SPEND



Food for Life Scotland undertook an analysis of the impact of the FFLSH award for a local authority, looking at how the standards affect the products being purchased.

To comply with FFLSH standards, the authority bought farm assured, Quality Meat Scotland (QMS) products, which had the following impact when comparing the period before and after their award:



12%
THE PROPORTION OF
SCOTTISH MEAT SPEND
HAD RISEN BY 12%




5%
THERE WAS AN INCREASE
OF 5% IN SPEND ON
SCOTTISH MEAT PRODUCTS

QMS CERTIFIED PRODUCTS
HAD INCREASED BY
12% DUE TO THE
LOCAL AUTHORITY'S
COMMITMENT TO BUYING
HIGHER WELFARE MEAT,
ALIGNING WITH FFLSH
STANDARDS

GOING ORGANIC

To achieve a silver FFLSH award, a minimum of five percent of a local authority's ingredient spend for school meals must be on organic produce, and to achieve gold, a minimum of 15 percent of ingredient spend must be on organic and at least five percent on free range pork and poultry.

This not only means that young people are eating high quality, nutritious produce that is better for their health, it also means that public procurement is supporting producers who use environmentally-friendly farming methods and support biodiversity.



LOCAVORE

Glasgow-based Locavore Trading started supplying schools in East and North Ayrshire in September 2021 with ambient organic food, including staples such as flour, macaroni, pulses and their own-branded chopped tomatoes. The contract will support Locavore to advance their plans to create a more sustainable food system for Scotland, as well as support local farmers and producers such as Mungoswells Flour Mill.



**Read more about FFLS's work
with Scottish supply chains**

“

Choosing organic means supporting more sustainable land management, which tackles the climate and biodiversity emergencies. Supporting local progressive businesses like ours also means keeping more money in the local economy and supporting more local jobs. Our research on our impact on the economy found that for every £1 spent with Locavore it is worth £2.36 overall to Scotland's economy.

”

STEPH MARSDEN, LOCAVORE CIC

MOSSGIEL ORGANIC FARM

In 2021, East Ayrshire Council (EAC), proud holders of the FFLSH Gold award, announced that Mossgiel Organic Farm had been contracted to supply fresh, organic milk to all schools across the local authority area. This is a bold step towards revolutionising public sector food and has set a new benchmark for school meals.

The FFLS team introduced Mossgiel Organic Farm to representatives from EAC and our Supply Chain Officer arranged for, and accompanied, the EAC team to visit the farm in October 2019. The FFLS team continued to support the farm and EAC throughout the tendering process until the contract was awarded in August 2021.

Mossgiel Organic Farm, based in Mauchline, has started serving their milk via vending machines in schools so pupils can refill their personal beakers. This will result in the council using 400,000 fewer single use plastic bottles per year. Milk is being delivered in electric vans to reduce their carbon footprint, with the company aspiring to be completely carbon neutral by 2025.



“

It's fantastic to see a scheme where local people are supplying local schools. This creates jobs and opportunities and benefits everyone involved. The tender to East Ayrshire wasn't about just chasing another contract. It was about doing something for our community and proving that ethical companies can win large scale contracts. ”

BRYCE CUNNINGHAM,
MOSSGIEL ORGANIC FARM

“

If a farmer knows they'll be able to sell their organic produce, they're far more likely to make the change to sustainable growing techniques. This means we have the power to influence how food is grown. ”

MARK HUNTER,
STRATEGIC LEAD, FOOD AND FACILITIES, EAC

FOOD FOR LIFE SCOTLAND AMBASSADORS

The FFLS team was proud to launch the Food for Life Ambassadors programme in November 2021. Our Menu and Catering Skills team worked with 22 shining stars from FFLS local authorities and catering teams to support them to promote the 'good food' cause, act as changemakers within their local communities and share learnings and best practice with their peers.

Over the last few months Food for Life Ambassadors took part in sessions discussing:

- good food: the economic, environmental and health impacts of school food
- what it means to be a food citizen and food leader
- how we can foster a whole school approach to food.

The ambassadors have put action plans together to work towards positive change within their local authorities. These include a range of actions including upgrading their FFLSH awards, and other activities which align with award criteria such as fostering stronger engagement with schools and local communities, raising awareness of FFLSH, setting up growing projects and cooking clubs, piloting the programme in a secondary school and reducing food waste.

“

In the sessions for the Food for Life Ambassadors, it was really interesting speaking to the other supervisors and caterers from all over Scotland and learning about how different their schools are and how they work. This networking and discussion provided plenty of food for thought on what we can do ourselves to improve. ”

ASHLEY KILPATRICK,
COOK SUPERVISOR AT CAMPIE PRIMARY SCHOOL AND FOOD FOR LIFE SCOTLAND AMBASSADOR, EAST LoTHIAN



Gillian Pagani, Operations Support Manager and FFLS Ambassador, and Jean Miller, Schools Project Co-ordinator and FFLS Ambassador, Glasgow City Council.



Donald McInnes, Catering Manager and FFLS Ambassador, West Dunbartonshire Council and the catering team at Clydebank High School.



Ashley Kilpatrick, Cook Supervisor and FFLS Ambassador, East Lothian, and students from Campie Primary School.

CONGRATULATIONS TO OUR NEW AWARD HOLDERS



**Shetland
Islands
Council**

SHETLAND ISLANDS

In March 2021, Shetland Islands Council received the FFLSH Bronze award for their school meals service across 31 education settings, including early years, primary and secondary schools, serving almost 2,000 freshly prepared, hot meals every day.

The Council works with local suppliers to source local produce, including meat from Shetland-based companies, Hughson Brothers and JW Gray, fresh fish from Blydoit Fish Ltd, and milk from Shetland Farm Dairies.



“ This is well-deserved recognition for the work done by our school catering staff. We place great value on providing high-quality school meals, and there are many benefits to providing locally sourced produce too. ”

COUNCILLOR GEORGE SMITH
CHAIR OF THE EDUCATION AND FAMILIES COMMITTEE, SHETLAND ISLANDS COUNCIL



MORAY

Moray Council's catering team achieved the FFLSH Bronze award in January 2022 for its work preparing and serving fresh, local and healthy food from its 45 primary school kitchens.

Around 17,500 meals are served in Moray's primary schools each week, using locally-sourced ingredients wherever possible, including: milk from Graham's Dairy; free range eggs from Allaburn; seasonal vegetables from Swansons Fruit and Veg; quality meat from Fraser Brothers Butchers and baked goods from Keith bakery.



“ School meals in Moray remain a popular choice for families as we prioritise serving healthy and nutritious meals using responsibly-sourced and ethical ingredients. It's also important for us to be able to support our local growers and food producers, and we spend around £58k a year with local suppliers for school meal provision. ”

ELAINE MCRAE, CATERING MANAGER, MORAY COUNCIL





GLASGOW

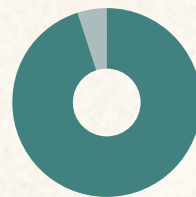
Glasgow City Council, Scotland's biggest local authority, received the FFLSH Bronze award in September 2021. This means that 34,000 award-winning school meals are now served daily at 137 sites across the city.

The Council is working with local producers via suppliers such as McLays Foods, based in Glasgow. By buying Scottish produce supply chains are shortened, contributing to inclusive growth in the economy and helping local producers to supply sizeable public sector markets, increasing resilience to future market shocks.

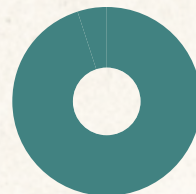


Watch Glasgow City Council's video on achieving the FFLSH award

SCOTTISH PERCENTAGE SPENDS AT THE GLASGOW COOK FREEZE PRODUCTION UNIT SUPPLYING PUBLIC SECTOR SITES SINCE ACHIEVING THE FFLSH BRONZE AWARD



95% OF BEEF IS SCOTTISH QMS
(QUALITY MEAT SCOTLAND FARM ASSURED)



100% OF CHEESE SPEND IS ON SCOTTISH PRODUCE

(*Q3 2021 spend for cook freeze units supplying council run sites)

“ I first heard about the Food for Life Served Here award when I was working on a service development plan for Glasgow City Council. When I saw the detail of the award criteria, I felt it would be a great enabler in helping us to meet our priorities as a city across health, environment and the economy.

“Obtaining the Bronze Food for Life Served Here award for school meals across the local authority was a very straightforward process and the support and guidance you get from the Soil Association is fantastic. If anyone is considering applying for this award, I would urge them just to go for it! ”

STEPHEN SAWERS, HEAD OF CATERING & FACILITIES MANAGEMENT, GLASGOW CITY COUNCIL



Stephen Sawers, Head of Catering and Facilities Management, Glasgow City Council; Sarah Duley, Head of Food, FFLS; Mairi Gougeon, Cabinet Secretary for Rural Affairs and Islands.



Pupils at Cadder Primary School, Glasgow.

“

The Food for Life programme has made a big difference to the lives of many young people across the country and as Scotland's largest local authority, Glasgow City Council's participation will have a huge impact on pupils and local producers.

“It will also contribute to our wider goals of becoming a Good Food Nation, reducing inequality, and achieving net zero emissions by 2045.

“This is well-deserved recognition for the work done by the Council who are not only making sure that they are providing healthy and nutritious meals across their primary schools, but are now able to point to Food for Life as the framework that allows them to do so.

“I would urge other local authorities across Scotland to follow the example set by Glasgow City Council and join them on the journey to making Scotland a Good Food Nation. ”

MAIRI GOUGEON, CABINET SECRETARY FOR RURAL AFFAIRS AND ISLANDS



Find out more about
Food for Life Scotland:
www.soilassociation.org/FFLScotland

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Scottish Government
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