

Biting back: Transforming food experiences for Scotland's children

Wednesday, 20 March 2019

Queen Margaret University, Musselburgh (Edinburgh)

#CiSFood

Agenda

08:45 Registration and refreshments

09:15 Welcome from the Principal

Professor Petra Wend, Principal and Vice-Chancellor, Queen Margaret University

09:20 Introduction and housekeeping

Professor Brigid Daniel, Dean of Arts, Social Sciences and Management, Queen Margaret University

09:30 Welcome from the Minister

Joe FitzPatrick MSP, Minister for Public Health, Sport and Wellbeing

09:45 Food matters: a call for action in schools

Prue Leith CBE, Chancellor of Queen Margaret University

10:10 The language of food: a local discourse

Mhairi Barrett, Gastronomy PhD student, Queen Margaret University

Poverty, exclusion and access: how do these terms translate into the everyday lived experiences of parents and carers feeding their children in an area with multiple pockets of deprivation? What are the long-term consequences of poverty and exclusion for children, reflected through the lens of food?

10:30 Refreshment break

11:00 Morning workshops (see page 3)

12:00 The everyday power of food and food practices for looked after children

Dr Ruth Emond, Associate Professor of Social Work, University of Stirling

This presentation will explore the use of food and the activities that happen around it, illuminating the everyday experiences of looked after children and the people who care for them. Drawing on two research projects that examined food in residential and foster care, it will highlight the – often overlooked – symbolic use of food. Food is much more than fuel; it offers a means to communicate, manage relationships, maintain control, express or repress emotion and shape a sense of belonging and identity.

12:30 Food and the environment: good for you, good for the planet

Eve Keepax, Food and Environment Officer, Keep Scotland Beautiful

Food is the single strongest lever to optimise human health and environmental sustainability on Earth. This presentation will share how Eco-Schools Scotland and their Food and the Environment programme can support you to develop memorable, meaningful sustainable food experiences.

12:45 Lunch break

13:45 Afternoon workshops (see page 4)

14:45 Happy holidays? Supporting children and families through food, activities and fun

Paul Fletcher, Chief Operating Officer, Cara McGonnell and Kevin Onanu, Youth Workers, Achieve More Scotland

Achieve More Scotland has developed a new model for providing hot, healthy and nutritious meals, helping to significantly increase access to food during holidays in Glasgow's communities experiencing the highest levels of deprivation, whilst also increasing levels of physical activity. In this presentation, organisers and participants will share ways to engage with children, young people, parents, carers and suppliers in the community.

15:00 Getting kids into the kitchen

Gary Maclean, multi award-winning Chef and Senior Lecturer at City of Glasgow College

In this presentation, Gary will talk about his role as National Chef of Scotland and what he's been up to in the last year. He will reflect on his experiences and challenges in engaging children and families in cooking, and highlight what he's learned about children's lives and needs around food in Scotland.

15:20 Final thoughts

Jackie Brock, Chief Executive, Children in Scotland

15:30 Conference close

Morning workshops (11:00-12:00):

1A Food Matters: nurturing happy, healthy children

Joyce Murray and Lois Anderson, Improvement Support Team, Care Inspectorate

This workshop will highlight the key messages from the new Care Inspectorate publication *Food Matters: nurturing happy, healthy children*. It will demonstrate how to use improvement methodology to support early years children to enjoy well-balanced meals and have positive eating experiences. Staff from Glen Family Centre will also share how they are supporting children in their setting.

1B Putting good food on public plates



Catherine Pendreigh, Sarah Gowanlock and Sue McVey, Food for Life programme, Soil Association Scotland

This interactive session will explore how we define and enable access to “good food” for our children and young people. It will include activities and conversations about how the quality and origin of what we eat can impact a range of public policies. We will also have a tasting session, demonstrating the power of preparing and sharing food together. This will be an enjoyable session for anyone who appreciates good food!

1C Engaging communities at holiday times

Carrie Richmond, Lorna Bellany and Ruth Davie (with support from Lisa Kerr, Rachel Sharples and Samir Hill), the Pennypit Community Development Trust

This workshop will share a lunch club model used across two areas in East Lothian to help children and their families access food throughout the holidays. Fundamental Foods is a team of nutritionists, food workers and volunteers that works under the umbrella of the charity Pennypit Community Development Trust to facilitate and deliver the lunch club programme. The team will show a short film about their lunch clubs and offer a cooking demonstration to engage you in some of their cooking skills activities – and of course give you the chance to taste some of their nutritious foods!

1D Serving up change: food provision beyond the school day

Neil Orr, Children in Scotland and Lindsay Graham, Policy Advisor

This interactive session will explore the drivers of food insecurity in the UK and the importance of inter-agency working when establishing holiday and extended school food provision. It will share best practice examples, highlight challenge areas and give research insights and practical tips for planning and maintaining food provision beyond the school day. This is aimed at those tackling health inequalities through extended school food provision, such as breakfast and holiday clubs, after school, supper or weekend projects.

1E Supporting teachers in delivering food education

Vivian Maeda, Business in the Community Scotland

Early support is imperative to tackling health inequalities and school is an ideal setting to engage children and young people in the wider conversation around the role of food in our lives, as well as developing cooking skills and promoting better eating habits. This workshop will look at Initial Teacher Education (ITE) in Scotland and explore what sort of training is offered to student teachers to enable them to deliver the ‘Food and Health’ aspect of Curriculum for Excellence.

Afternoon workshops (13:45-14:45):

2A Tackling food insecurity

Elaine Moir and Kate Smith, the Scottish Government

This workshop will provide an opportunity to hear from Scottish Government policymakers about developing policy in relation to tackling food insecurity, particularly during school holiday periods. This workshop will be delivered jointly by colleagues working in the social justice food insecurity team and the out of school care team. An interactive session, it will encourage delegates to contribute their views to these developing policies.

2B Meat the Facts: the role red meat plays in our children's diet



Jennifer Robertson, Health & Education Manager, Quality Meat Scotland

Join in this workshop to explore the role of red meat in today's diet, especially for our children. Red meat can be a great source of nutrients such as protein and iron, but how do we include it in our diet? Is meat affordable to all? How much should we be eating? This session will also share what Quality Meat Scotland offers to schools and community groups, and some of the work it has done with food education partners and how you can get involved.

2C Give kids the keys to the kitchen

Donna Borokinni, Nutrition and Health Consultant and Trainer, Happy Cooking

Donna will explore the benefits of cooking with children through sharing her own experiences and discussing the challenges of cooking with children, engaging with parents, and using community resources, particularly school kitchens. She will encourage delegates to share their experiences, learning and models of good practice, alongside parents keen to cook more with their children at home. This will benefit anyone who wants to introduce practical cooking sessions with children, and anyone who just likes talking about food and cooking together!

2D Food marketing and children's diet

Kristen Marshall and Chris Preston, Marketing Lecturers, Queen Margaret University

Today's children are exposed to an unprecedented number of marketing interventions. Research suggests that from pre-school age they demonstrate some awareness of marketing communications, while brand awareness is very high among those of senior school age. This interactive workshop will explore how marketing targets children, how this influences their food choices, and discuss the ethics of marketing to children. You will learn how marketers strategise to put the food on our plates and we will debate who has greater power over food: children or parents, corporations or society?

2E Supporting young people with basic cooking, budgeting and nutritional skills

Caroline Gibson, Queen Margaret University and Sue O'Neill-Berest, Cyrenians

This workshop will look at the collaborative project between Queen Margaret University (QMU) and Cyrenians – a Scottish charity that supports vulnerable and excluded people – to design and deliver cookery classes for first year QMU students. It will share their unique partnership and project approach, discuss the interim results of the project and explore food insecurity among young people, while demonstrating some of the approaches used to build young people's basic cooking, budgeting and nutritional skills.