



Help schools thrive not just survive...

Sign the petition today.

www.vegsschoolmeals.co.uk

Supporters include:



1. James Strawbridge
Cornish TV Chef, Consultant & Food Designer
phoenixkitchen.co.uk Founder of award-winning @PoshPastyCo
Instagram @jstrawbridge @eco_boy

2. Green Fingert George
Social Farms & Gardens Young Hero Award winner 2018. RHS
(Royal Horticultural Society) Young Ambassador. RHS Young
School Gardener of the Year 2014. Mad about gardening, wildlife,
nature, Dr Who, Harry Potter and fish & chips! @GreenGeorge

3. Andrea Jones
Award winning photographer for books, magazines and art.
Book Photographer of the Year 2014. Fellow of the RSA (Royal
Society for the encouragement of Arts, Manufactures and
Commerce). @andreaajonespiot andreaajones.co.uk

4. Katie Hayward
Teaching how vital our little honeybees are to people of all ages.
Training the next generation of young budding beekeepers in the
beautiful Isle of Angelsey. @telinhoneybees

5. Jason O'Rourke
Headteacher of Washington Academy and DEd student
researching #FoodEducation and School Leadership. Winner of
The Educating School Food Plan Award 2016. @jasorourke

6. Charles Dickens Primary School
National Teaching School, Southwark, London. Lead school for
Southwark Teaching School Alliance @CDPS_Southwark

7. Karin Louise Morgan
Busy mum. Would like to grow our own food. Retired Nurse
interested in Social and Therapeutic Horticulture.
@MorThesgog

8. Tim Steward
Musician, Singer, songwriter (and website developer).
In 2012 Tim was recognised with a star on the Brunswick Street
Wall 'Walk of Fame' honouring Queensland's most accomplished
musicians. Screameater, The Whats, We All Want To,
screameater.com

9. Caring Cooks
Our mission is to empower and inspire the children and young
people of Jersey to grow, cook and eat nutritious food, in
childhood and beyond. @CaringCooks caringcooksforjersey.com

10. Charlotte Morton
Chief Executive of the Anaerobic Digestion and Bioresources
Association. Supporting in a personal capacity.
@charlotte_adba

11. Sparklight
Independent family-run electrical wholesalers and contractors
based in Hertfordshire. LED lighting, EV home charging
installation. 020 8447 0878 www.sparklight.trade

12. Nippers Nutrition
@N NutritionUK is on a mission to make healthier food & fitness
more fun for minors. This has led to the creation of
@TheNippersBox nippersnutrition.blogspot.com

13. The Seasoned Chef
Matthew Schofield, Head Instructor at The Seasoned Chef
Cooking School in Kent. Cooking courses and sessions for
all children and adults. @Seasoned_Kent
coolbeansrestaurant.co.uk

14. Tim Maddams
Chef, writer, coddery teacher and TV presenter
@TimMaddamsChef
www.timmaddams.com

15. MistryChef
Indian cooking classes for children and adults in Aylesbury,
Buckinghamshire. Endeavouring to increase cooking from
scratch. Book to cook: 07989 5361581 writer: @MistryChef
www.mistrychef.com

16. Fruits Of The Forest
Forest school leader, fun active clubs, healthy eating support,
child obesity specialist. For more info contact Ruth at
fruitsoftheforest12@gmail.com @Fruitsoftheforest16



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TO GO STRAIGHT
TO THE PETITION

It takes 30 seconds to sign.
www.vegsschoolmeals.co.uk



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@VegSchoolMeals

Questionnaire for Schools

The VegSchoolMeals petition calls for school food-growing and self-sufficiency to be a dedicated subject area in the national curriculum.

Which of the following are **ALREADY** in place at your school? (Please tick what your school provides **TODAY**).

RENEWABLE ENERGY AND ENERGY-EFFICIENCY

- ☐ Transparent solar roofing (Rooftop greenhouses and rain harvesting)
- ☐ Transparent solar windows
- ☐ Wind turbines
- ☐ Hydro-turbines (should a school be near a stream or river)
- ☐ App controlled energy measurement, monitoring and control
- ☐ Energy-saving (LED) light bulbs
- ☐ Solar dehydrators
- ☐ Solar water heaters
- ☐ Heat exchangers

BIO-RESOURCES

- ☐ Small-scale Anaerobic digestion
- ☐ Organic waste-recycling and online measurement
- ☐ Composting toilets
- ☐ Compost heaps
- ☐ Recycling bins
- ☐ Bio-diesel reactor
- ☐ Parents encouraged to bring organic waste to school

FOOD PRODUCTION - GROWING

- ☐ Organic growing and soil-health
- ☐ Polytunnels, allotments, raised beds, planters, greenhouses
- ☐ Vertical gardening, edible playgrounds
- ☐ Aquaponic growing and fish keeping
- ☐ Low energy, fossil-fuel free farming
- ☐ Permaculture - working with nature, encouraging bio-diversity
- ☐ Fruit trees and bushes
- ☐ Roof-top gardens
- ☐ Herb gardens
- ☐ Bee hives (supplying honey and vital pollinators)
- ☐ Keeping livestock (chickens = free eggs, ducks eat slugs)
- ☐ Working with the seasons
- ☐ Crop rotation
- ☐ The circular economy

FOOD PREPARATION AND SCIENCE

- ☐ Food for health and food as medicine:
 - vitamins, minerals, phytochemicals
 - diet and nutrition
 - disease prevention
- ☐ Food safety - storage and hygiene
- ☐ Food preservation - pickling, fermenting, canning, bottling, drying, freezing
- ☐ Food preparation - basics of cookery
- ☐ Making yoghurt, sourdough, kimchi, sauerkraut, cheese, pickles and more

- ☐ Menu design and combining flavours
- ☐ Sight, sound and taste, food as a feast for the senses
- ☐ Harvesting - from honey to tomatoes
- ☐ Reducing food miles
- ☐ Adding value to produce for market
- ☐ School meals from around the world - from French onion soup to okonomiyaki
- ☐ Education in all the food groups and farm visits

RAIN-WATER HARVESTING AND FILTRATION

- ☐ Gravity-fed irrigation system - app controlled
- ☐ Underground cisterns to harvest rainwater
- ☐ Rainwater used for watering plants and flushing toilets
- ☐ Solar powered watering system - app controlled
- ☐ Spray-head taps fitted to reduce water consumption

AIR QUALITY

- ☐ Indoor air purification - an indoor plant system to remove volatile organic chemicals (VOC's)

SELLING PRODUCE, SAVING MONEY, MAKING MONEY

- ☐ Weekly school farmers market (school playgrounds are perfect market spaces)
- ☐ School e-commerce website
- ☐ School café with earth oven (open before and after school)
- ☐ Bee related products
- ☐ Plant-based products
- ☐ Food products from jams to fresh bread
- ☐ Summer after-school real-fruit ice-lolly stall
- ☐ UK-wide school seed bank
- ☐ Sell potted seedlings/young plants
- ☐ Organic, recycled pots (no plastic)
- ☐ Commerce (how to add value), planning, advertising, design, printing etc

MINDFULNESS

- ☐ Improve mental health and wellbeing
- ☐ Increase life satisfaction, happiness and feelings of self-worth
- ☐ Sensory gardens and renewable energy powered water fountains
- ☐ Peaceful, reflective spaces, open at weekends to the community
- ☐ More outdoor learning
- ☐ Support and prevention strategies to help tackle anxiety, depression, self-harm and eating disorders and to reduce stress due to pressure to succeed, body image and exams

There are 67 tick boxes, HOW MANY DID YOU TICK?

Tell me via www.vegschoolmeals.co.uk or @vegschoolmeals on Twitter. Thank you.