



CHEFS IN SCHOOLS

St Ann's School
17/09/2019

'A new initiative bringing top chefs into London state primaries is changing school dinners.'

ES Magazine

'[The] cooks are not only cooking, but they are transforming the schools. They are teaching children to cook, and training their kitchen staff.'

Daily Telegraph

'Chefs in Schools is a great and badly needed initiative'

Prue Leith in *The Guardian*

'Ensuring that every child eats well in school, develops a healthy relationship with food and learns to cook savoury dishes from scratch.'

Huffington Post



Gayhurst Community School's budget is just under 80p a child per meal; Booth, Pagani, Church and Pisani don their whites; freshly baked bread; the school kitchen's prep area



What We Do

Chefs in Schools' mission is to improve the health of children through better eating and food education.



1. WHAT WORKS WELL

We are building a community cookery school and training facility called the Hackney School of Food, and using our work in our model schools of the Leap Federation to research and develop what works well in school food. This is our research and development programme.

Established in April 2018, we are led by some of the country's foremost experts in food policy and education, and chefs.



2. SCHOOL BY SCHOOL

We train school chefs to meet restaurant standards, and train restaurant chefs to run school kitchens, transforming school lunches and teaching children to cook.



3. BETTER IS POSSIBLE

We freely share our knowledge with schools across the country, raising the profile of, and attracting better talent into, school kitchens. We campaign on school food and work to lobby government and business to do better



1 in 10 children arrive
at primary school obese



2 in 10 children leave
primary school obese



In England, nearly **3 in 10** children living in
the most deprived areas are obese compared
to around **1 in 10** in the least deprived



The difference between obesity rates among
the least and most deprived children has
increased by over 50% in the past decade

London has the highest rate of
childhood obesity of any peer global city



What is the problem?

- Diet-related disease is one of the biggest problems facing the Western world.
 - In the UK it accounts for over £6bn annual spend on the NHS – a number that reflects thousands of untold stories of misery.
 - Children in more deprived neighbourhoods are three times more likely to be obese than those from the most affluent.
 - Obese children are more likely to be obese adults.
- This is a complicated systemic problem. But schools will play a key part in the solution.
 - The 2014 McKinsey Report on the global obesity crisis defined 18 areas of potential intervention. Six of these covered schools.
 - In changing the eating habits of 400 children in a school and teaching them to cook, we are also reaching their families and changing some of the wider eating culture of our country.
- At the same time, our country is battling with Food Poverty & Hidden Hunger⁷. Through our work in schools, we can impact these wider social issues.



Our Team



Nicole Pisani
Executive Chef Trainer

Nicole is the Executive Chef Trainer at Chefs in Schools and former head chef at leading London restaurant NOPI and Gayhurst Primary.

Nicole has been responsible for creating Chefs in Schools model.



Henry Dimbleby
Chair

Henry co-authored the 2013 School Food Plan, commissioned by the Department for Education. He is co-founder of Leon Restaurants and a founding director of the Sustainable Restaurant Association. He is also lead non-exec on the National Food Strategy for DEFRA.



Naomi Duncan
Chief Executive

Naomi has a background in commercial and education catering. Inspired by the release of the School Food Plan in 2013, she has been working since then to help schools revitalise and improve their lunchtime meal service.

Our Trustees



Henry Dimbleby

Chair



Louise Nichols

Executive Head teacher of the Leap Federation of Schools in Hackney



John Lee

Executive Director at Aetna, very active in the charitable sector



Jane Amphlett

Head of Employment, Howard Kennedy



Thomasina Miers

Director of Wahaca and writer, The Guardian



Anna Cain

Principal of The Boxing Academy, Hackney

Our Patrons



Prue Leith

Founder of Leiths Cookery School and former Chair of The School Food Trust



Carmel McConnell

Founder of Magic Breakfast



Yotam Ottolenghi

Co-owner of Ottolenghi and Nopi, food writer, The Guardian



Rosie Boycott

Former London Food Chair



Lisa Markwell

Food Editor of The Sunday Times and Code



Ailana Kamelmacher

Founder Story PR



Diana Henry

Author, columnist, food writer



Joanna Weinberg

Cookery author, columnist & teacher

What We Do:

We help schools to find and train passionate, skilled chefs, who, with our help, take on and transform school food and food education. We provide expert support for schools and chefs to help them make a success of the transformation.

We adapt our programme to meet your chef and school's needs, size and financial constraints, completely transforming the food being offered at lunchtime and the way pupils engage with it.

At Lampton School in Hounslow, for example, we helped them recruit David Darmanin (formally of Noma), who has created a vibrant street food offering, slowly but surely replaced the bland and beige, with exciting and vibrant food that the pupils are excited to try.

An integral part of our model, is your chef sharing that training with the rest of the kitchen team, to maintain the same high standards. Training for kitchen teams has been neglected in schools for years, and yet when this is offered, it can completely revitalise the passion for food required to deliver exciting food and get pupils on board too.





School by School

Our direct interventions are with schools who either already run their lunchtime food service in-house, or who are ready to make that change. We believe that school food is a vital part of a pupil's education, that belongs at the heart of the school day. We are not a replacement caterer, our work is collaborative with the school, working alongside you and your team to help you make improvements.

Our programme works in two key ways:

- 1. Training your existing kitchen team to meet restaurant quality standards** of food production and presentation. Inspiring and nourishing a workforce who can at times be left out of the continuous professional development that is standard in the rest of the school
- 2. Helping schools to recruit and train up a professional chef** who will take on the challenge of educating your pupils about food, both through the food served at lunchtime and an exciting take on the mandatory cooking curriculum

Since our launch in April 2018, we have helped 22 schools to date across London completely transform the food and food education offered in their schools, meaning more than 9,000 pupils to date are both eating better food, and learning about how to create it.



What does it cost?

We understand the cost pressures that schools across the country are under. Whilst the model that we advocate is not always cheaper than contracting out school food, it shouldn't cost you more to deliver quality and education through school food. Our model:

- Offsets the additional cost of paying realistic wages to recruit professional staff through reduced cost of food, often also with increased sales from external functions
- Requires an initial investment in our training programme, tailored to the size of your school and existing catering budget
- Requires a time investment: it is vital that the whole school, from Headteacher and Governors downwards, is supportive of the change – it takes a whole school to transform food culture

What does it mean to run your catering in-house?

A vital part of the success of our model, was developing an environment free of the constraints of an outsourced catering provision. Where outsourcing used to mean bringing in external market expertise and achieving economies of scale, it has too often now become about minimising financial and safety risk, to the provider and the school. Being in charge of your own school food means having ownership of it, and reaping the rewards:

1. **It doesn't have to cost more.** A common myth of outsourced provision is that caterers can achieve lower food costs than an individual school; that isn't true. A trained chef can achieve a lower cost per meal, through the use of fresh ingredients and a restaurant style approach – we've proven it
2. **Your school Chef is already in charge of managing food safety** and we can help them do this even more effectively. Through a partnership with an app called Trail, we can offer schools a completely free way of managing and monitoring their food safety controls easily and effectively
3. **The benefits outweigh the risks.** By taking ownership of school food, your school can have complete control over how this is delivered. Tweaks to menus, freedom to try new things, complete integration into the school day. All of those niggling frustrations of issues never solved by your provider, are completely within your gift to change.

It's proven that what a child eats not only fills their stomach, but also feeds their brain. Good, nutritious food is a vital part of educational attainment. Combining this with an exciting cooking curriculum sets children up for a lifetime of making better food choices.



How the school by school transformation works:

Diagnostic	Groundwork	Launch	Consolidation	Continuous Improvement
<ul style="list-style-type: none">• Develop understanding of the current service• Feedback from pupils, Headteacher, Business Manager• Identify the gaps• Agree vision• Assess and engage the kitchen team	<ul style="list-style-type: none">• Recruit the Chef (if required) OR• Work alongside the Chef to develop a bespoke training plan• Review the menu and train on presentation• Get the pupils engaged• Implement financial controls	<ul style="list-style-type: none">• Roll out the new menu!• Feedback, tweak• Communicate and promote• Monitor the numbers• Celebrate and review	<ul style="list-style-type: none">• Chef now fully in control• Ongoing support through our Chefs Alliance• Chef rolls out cooking curriculum• Monitoring and checks	<ul style="list-style-type: none">• Build on What Works Well• Share ideas with the wider Chefs Alliance



Thank You

For more information, please contact naomi@chefsinschools.org.uk
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