

Lincolnshire Food Summit 2024

Lincolnshire FOOD SUMMIT		Thursday 21st November 2024 09.30 – 16.00 New Life Church, Market Rasen
AGENDA		Tea & Coffee from 9am
9:30 - 10:00 News from the network		Growing projects National Kitchen Beyond Food Your news
10:00 - 11:00 Addressing deprivation through food education: 3 case studies		Boston Market Garden TastEd GoGro cooking skills
11:20 - 12:20 Addressing deprivation through food education: How to make it happen?	BREAK	Laura Stratford Jason O'Rourke Sarah Smith + Tom Houghton Rob Hewis Alison Coates
1:15 - 2:15 Speaking up for change: stories of those who feel invisible	LUNCH	Simon Hawking Matti Colley Steve Meadwell Andy Cleaver
2:30 - 3:30 Changing the status quo: mapping food in Lincolnshire	BREAK	Carolina Camacho Interactive mapping & discussion
Plenary		Feedback from the day



Tell Helen

What are the stories from across the Food Partnership network that are seldom heard, that need to be communicated?

We want to capture more voices and experiences than we are able to fit on the schedule today.

Share the stories, concerns, hopes, challenges of the people who come to your organisation for help with food.

Helen will be capturing your stories on video, during breaks and lunch time.

News from the Network

National Restaurant
Gainsborough

Update from
Caroline Kenyon



PROVISION

Support in an emergency situation



COMMUNITY

Places and People for support and friendship



COMPREHENSIVE SERVICES and SIGNPOSTING

Working towards an end for the need for food banks



Alternatives?

Both food (eg Groceries) and non-food (eg Income Maximisation)



Positive Peers and Role Models/ Raise Aspirations

To imagine a 'better future' and to not face it alone



Consider: Gaps and Overlaps

Using GLFP to work with partners to avoid duplication (and to co-create?)



Needs Assessment / Root Causes

To ensure holistic support that focuses on empowerment





Rob Hewis
GoGro



Jason O'Rourke
Washingborough Academy
& TastEd



Tom Houghton
Boston Market Garden

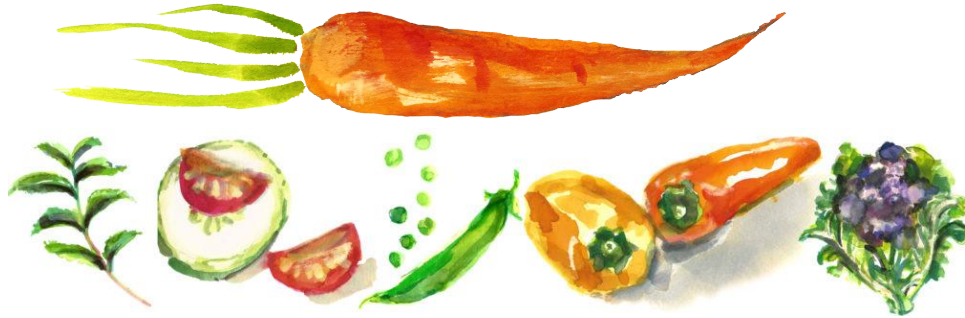


Sarah Smith
Tower Road Academy

Addressing deprivation through food education & how to make it happen

Promoting Healthy Eating: The Role of Educational Settings and TastEd in Combating Health and Economic Deprivation

TastEd



Dr Jason O'Rourke



What is TastEd?

- Short for “Taste Education”
- Based on the SAPERE method of Sensory food education for children
- Use 5 senses to explore fruit and vegetables
- Evidence-based, practical approach to food education
- Simple, hands on lessons for children
- Helps children learn to enjoy eating fruits & vegetables
- Over 100 resources for teachers and practitioners to use from EYFS to Year 6.



Why TastEd works

- Golden Rules remove pressure from children to taste and like new foods

“No one has to try”

“No one has to like”

- Learning by doing

Using the all 5 senses to explore food

Research shows sensory food education improves children’s willingness to try new foods

- EYFS settings are safe places to learn new skills

Presence of a trusted adult

Children feel safe to try something new

Peers can have a positive effect

No correct answers mean children are highly engaged in sessions

- Children are encouraged to express likes and dislikes

Giving children opportunities to explore and understand their food preferences e.g. soft or hard foods



Benefit of TastEd for children

- Fun!
- Helps children to learn to love eating fruit & vegetables
 - Research shows sensory food education improves children's willingness to try new foods*
- Boosts children's self confidence
- Promotes a 'can do attitude'
- Children get to explore and try a wider variety of foods
- Everyone can talk about food, making lessons accessible to all abilities
- Open questions mean there are no wrong answers
- Helps them to understand their likes and dislikes, and why
- Develop wider vocabulary and literacy skills
- Supports children eating better lunches



Structure of TastEd

TastEd has **resources** and **training videos** for:

- 18 EYFS activity plans
- At least 5 lessons for each year of Primary (Reception to Year 6)
- 10 dedicated for HAF

Each session covers **one of the five** senses.




Every activity includes:

- Recapping 5 senses
- 2 Golden Rules
- Where food comes from
- Exploring food using a sense
- Opportunity to try the food
- Asks if they tried something new

Resources for every Primary year group

TastEd lesson 1



See

Many Shapes and Colours - Tomatoes

Learning objectives

Duration: 45 minutes - 1 hour

The focus of this lesson is looking at different varieties of tomatoes and using our senses to talk about how one type of fruit or vegetable can come in many different colours and shapes.

Resources

Equipment: colander, chopping board, knife, a reusable or paper plate for each child (or paper napkin).

Tomatoes: Buy as wide a range of different tomatoes as you can find, with different shapes and colours eg: cherry, big round beefsteak, larger or smaller plum or oval, yellow, orange - black, brown or stripy even! If you grow tomatoes in school, use those. Maybe you have some parents in the class who grow their own tomatoes, in which case you could ask for donations - it's nice to have some unique green tomatoes as a point of comparison. As always, it is better to have a small amount of really delicious and unusual tomatoes than a larger quantity of flavourless or watery tomatoes.

Preparation: Before you start, rinse produce in a colander and make sure the children wash their hands.

Lesson Outline

1. Today we are learning to explore food with our senses. This is called TastEd.
2. Introduce the senses: ask the class, 'Can anyone tell me what the five senses are?' [Sight, touch, hearing, smell and taste] For each sense ask the children which part of the body they use.
3. Introduce the two golden rules of TastEd: NO ONE HAS TO TRY and NO ONE HAS TO LIKE anything.
4. Today is about SEEING.
5. We are talking about many colours and shapes of tomatoes. Don't worry if you are scared of tasting tomatoes because we are mainly going to be just looking at them.
6. Ask for a show of hands of how many people like tomatoes. How many don't? Explain it's OK not to like tomatoes - but maybe you will like them one day. Can you tell me why you like/dislike them?
7. Are tomatoes always red? If not, what other colours can you see? (see PowerPoint slide 8). Do green or yellow or orange tomatoes taste different?
8. What does it tell us about tomatoes when they are green (Usually at least one of the children will mention ripeness. If not, you can prompt it.)
9. Are tomatoes always the same shape? (Show photo of tomatoes on PowerPoint slide 10)
10. Hold up a tomato. Now here is a real, red tomato. Can you tell me what you see? Write the children's responses down on a white board or piece of paper.
11. What sizes of tomatoes can you see? (small, big, bigger, biggest?)
12. Cut open some of the tomatoes to show the seeds. Still talking about SEEING, does the inside of a tomato LOOK the same as the outside? Can you describe the LOOK of the inside?

We are talking about many colours and shapes of tomato..



At its simplest, TastEd goes...

- 'Here is some food'
- 'Tell me what you see/touch/hear/smell/taste'
- 'You can try some of the food if you like.'



Communication and language

Interactions

Exploring language

Listening and understanding

Physical development

Core strength and co-ordination

Gross motor skills

Fine motor skills

Personal, social and emotional development

Emotions

Sense of self

Relationships

Literacy

Reading comprehension

Exploring words

Writing

Mathematics

Numbers

Patterns and connections

Spatial reasoning

Understanding the world

Personal experiences

Diverse world

Widening vocabulary

Get help to improve your practice

Sensory food education

Contents

- [What is sensory food education?](#)
- [Why do we need sensory food education?](#)
- [What are the principles of sensory food education?](#)
- [Impact of sensory food education](#)
- [Advice for early years practitioners](#)
- [Food safety](#)
- [Further reading](#)



Get insights on how sensory food education can help young children engage with food, and benefit them in early years (EY) settings.



By [TastEd](#)

TastEd works with EY settings and primary schools, training practitioners in delivering sensory food education. TastEd - based on the Sapere method used in Finland and Sweden - gives children opportunities to explore food, using their senses, to help them learn to love eating vegetables and fruit, for life.

TastEd's sensory food education activities support the Early Years Foundation



Inclusion in the DFE Help for Early Years Providers

Thank you!



www.tasteeducation.com

info@tasteeducation.com

@tastedfeed

Tower Road Academy & The Community Growers CIC

Young Farmers Gardening Club



Introductions

Tom Houghton

- 21 Years in the Horticultural Industry
- Moved to Boston 2021 after falling in love with a market garden
- I've been on a journey of restoring this ever since...
- Building 54 'No Dig' beds
- Erecting a 27m long poly tunnel
- Carrying out restorative pruning to the fruit orchard
- Planting 40+ additional new fruit trees
- Relocating and restoring 2 traditional dutch light glass houses that will become a hearted indoor teaching space for children and adult sessions
- Registering as a CIC in Oct 23



Introductions



Sarah Smith

- Deputy Headteacher at Tower Road Academy, Boston
- Farming background
- ~ Learning for Life ~
Knowledge, Values, Opportunities



How we started and our vision

- **Chance meeting in January 23**
- **We shared a passion for children's education, particularly for pupils who have limited life experiences, opportunities or are facing additional challenges.**
- **We developed a broad curriculum following a season (year) in the market garden learning how to sow, grow and harvest fruits, vegetables and flowers**
- **We deliver two sessions on a Tuesday afternoon with 12 children in each group.**
- **A general day in Young Farmers Club sees the children walking over from the school, putting their wellies and gloves on, walking down through the orchard, on the way feeding the chickens and collecting eggs**
- **We then deliver an activity that relates to the seasonal jobs in the garden. This can range from seeding sowing in spring, through to harvesting in summer months. As autumn begins, we focus on harvesting fruit in the orchard and getting the garden prepared for winter**
- **During sessions children are actively encouraged to try, take home and enjoy the fruits of their labour, all while learning and developing their outdoor skills**



Impact

Over the 24 months we've delivered lessons, we've seen a range of positive impacts in the children:

- Improved fitness and activity levels
- Willingness to try new vegetables
- A better connection with the environment around them
- Deeper understanding of nature and where food comes from
- Stronger friendships
- Improvement in pupils' SEMH and well-being

Parent Statement

“Simon loves the market garden. He loves coming home and telling me everything about it. I'm so pleased he is lucky enough to experience this in years 5 and now 6. It really is helping his confidence, friendships and trust in the adults around him...”



The Future of Young Farmers Gardening Club

- Increase the number of pupils attending weekly lessons
- Cooking Club
- **Spacehive Campaign** - Due to demand from parents and children we are adding a regular Saturday morning gardening club as well as a school holiday club. This will be an opportunity for more children in the locality to experience all our garden has to offer



spacehive



Young Farmers Gardening Club



We would like to host a weekly children's gardening club on Saturday mornings, as well as a weekday club during half terms and school holidays, giving parents an alternative holiday club option, that gets children out into nature



GoGro CIC

Let's Grow Together





OUR VISION

To inspire individuals and communities through creative projects that focus on the following areas:

- Healthy & Affordable Eating
- Nature & the Environment
- Innovation & Creativity



GOOD FOOD FOR ALL

Empowering people to create healthy and tasty meals at home on a budget.

Luxury shouldn't simply be for the rich!



EDUCATION

We build people's confidence so they are more likely to buy cheaper, seasonal ingredients

For example, if you don't know how to cook fennel, you won't pick one up from the Community Grocery Store!



FIND OUT MORE!



<https://linktr.ee/gogrocic>

www.gogro.org.uk

@GoGroCIC (Facebook and Instagram)

rob.gogro@gmail.com – 07468 610027

eamonn.gogro@gmail.com - 07787 145144





Rob Hewis
GoGro



Jason O'Rourke
Washingborough Academy
& TastEd



Tom Houghton
Boston Market Garden



Sarah Smith
Tower Road Academy

Addressing deprivation through food education & how to make it happen: Panel discussion


Addressing deprivation through food education & how to make it happen



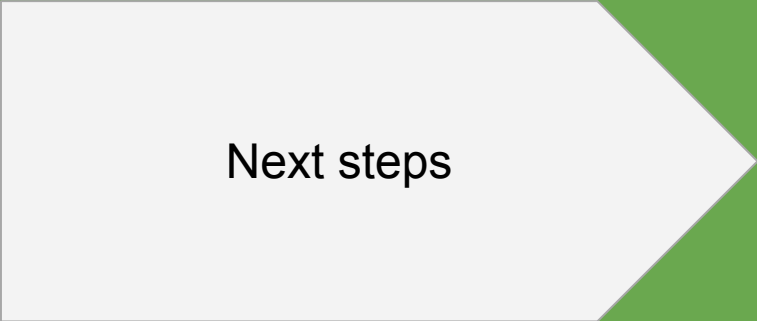
Takeaways from the panel



Wisdom from the table



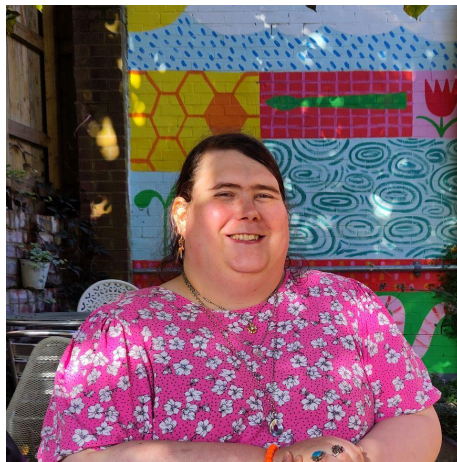
Emergent ideas



Next steps



Andy Cleaver
Trussell



Matti Colley
Lincoln Anxiety Resilience
Association & Mint Lane
Cafe



Steve Meadwell
Centre for Social
Justice



Simon Hawking (Chair)
Acts Trust

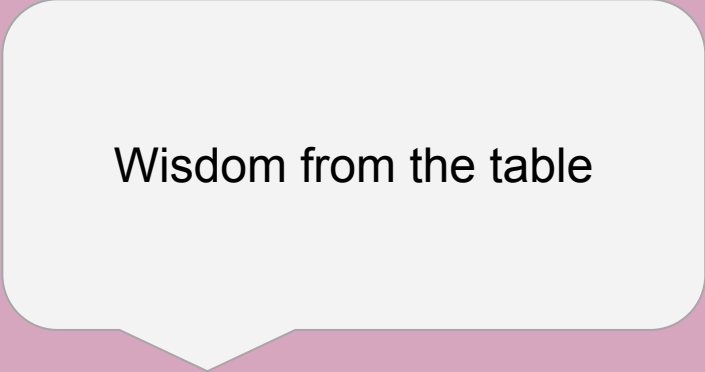
Speaking up for change

Bringing to the fore the stories of those who feel invisible


Speaking up for change - Bringing to the fore the stories of those who feel invisible



Takeaways from the panel



Wisdom from the table



Emergent ideas



Next steps



UNIVERSITY OF
LINCOLN

Workshop

Changing the status quo: Mapping the Lincolnshire food support network

Carolina Camacho Villa (ccamachovilla@Lincoln.ac.uk)
School for Agri-Food Technology and Food Manufacturing
Market Rasen, 21st November, 2024

Objectives:

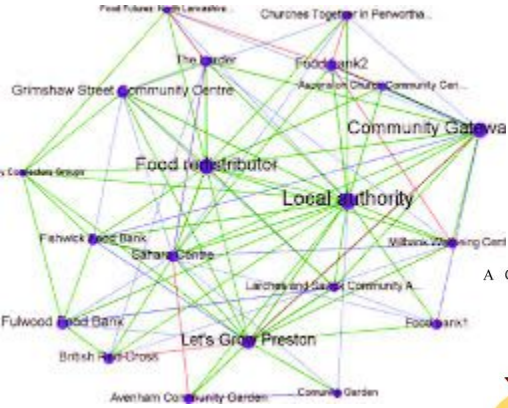
- To map food provision from organisations supporting food insecure populations in Greater Lincolnshire
- To identify, prioritise and review challenges that these organisations are facing with the existing food sources
- To select those challenges which we are willing to work on for enhancing food support networks that contribute to changing the status quo and developing local solutions

Agenda:

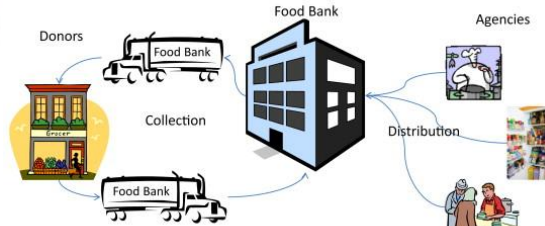
Timing	Activity
5 min	Presentation of the activity
20 min	Plenary: Discussion of the current food sources used by participants and challenges encountered
25 min	Group discussions on challenges to follow up in partnership

Presentation of the activity

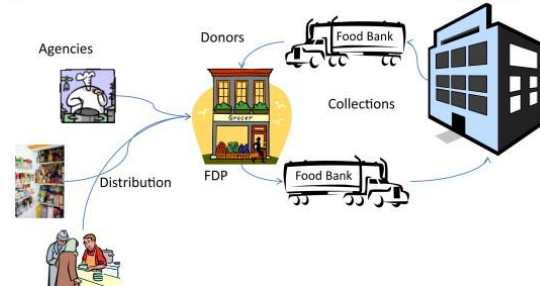
Local food support network



A Current Process:



B Proposed Process:



Current food sources



Discussion of the current food sources used by participants

- a. Currently, what is the dominant food source for food banks, community markets, cafes and other food support schemes?

Move to the source that you use more

- b. What are the challenges that you encounter with these sources?

Write the main ideas in a post it (differentiate between general and source specific)

- c. Select the challenge in which you are willing to engage and participate in the group discussion

Thanks



Your insights from today

What did you notice, learn or realise?

Did anything surprise you?

What will change after today?
What next?

Please complete a feedback form before you go.

Thank you!



Greater Lincolnshire Food Partnership



FEEDBACK - LINCOLNSHIRE FOOD SUMMIT 2024

What are your highlights of the day?

What should we do differently next time?

What will you do next, as a result of today?

Any other comments