

CYNHADLEDD : : CONFERENCE

Tyfu'r Dyfodol

Bwyd organig a lleol ym mhrydau bwyd ac addysg yr ysgolion

Growing the Future

Organic and local food in school meals and education



Canolfan Organig Cymru
Organic Centre Wales

GARDD FOTANEG
GENEDLAETHOL CYMRU

Dydd Mawrth, 27 Medi 2005

NATIONAL BOTANIC
GARDEN OF WALES

Tuesday, 27 September 2005



Tyfu'r Dyfodol : : Growing the Future

27th September 2005 - Programme for the Day

10.15	Coffee and Registration, Principality House, Botanic Garden
10.30	<p>Chair: Antony Lewis, Mid Wales Food and Land Trust</p> <p>Hywel James, ITV Children and food</p> <p>Bruce Carlisle, Little Pencoed Farm A farmer's view</p> <p>Elin Cullen, Carmarthenshire County Council The nutrition mission in Carmarthenshire</p> <p>Trevor Roach, National Botanic Garden of Wales Food and environmental education</p> <p>Alan Lansdown, Pupil Support Division, Welsh Assembly Government Food in schools</p> <p>Questions from the floor</p>

12.30 Slow Food lunch in the Marquee, including a children's cookery activity and exhibition. Introduced by Margaret Rees.

2.00pm Four parallel workshops- Participants can choose to attend one in this block of four workshops.

<p>Sourcing organic and local food <i>Paxton, Principality House</i></p> <p>Chair: Catherine Fookes Paul Ashley-Jones Pembrokeshire County Council</p>	<p>Education about food production <i>Lunch room, Great Glasshouse</i></p> <p>Chair: Nerys Mullally Steve Garrett Riverside Community Market Association Marc Everett Sainsbury's Caroline Davies Café Project</p>	<p>Children and healthy eating <i>Abadam, Principality House</i></p> <p>Chair: Amanda Pearson Mary MacDonald Pembrokeshire NPHS Christopher Challenger Chef Elwen Roberts Hybu Cig Cymru</p>	<p>School gardens and farm visits <i>Tour leaving from the marquee</i></p> <p>Chair: Rupert Aker Trevor Roach Botanic Garden Colette Bond HDRA Schools Organic Network Nick Rebbeck Learning on the Farm</p>
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3.15	<p>Plenary session, Principality House</p> <p>Chair: Dr Nic Lampkin, Organic Centre Wales Kirsty Righton, Soil Association The Food for Life programme</p> <p>Discussion and action points for the future</p>
4.00	Tea in the Marquee and Close of Conference

The organisers of this Conference would like to thank Hybu Cig Cymru, Calon Wen, Rachel's Organic, the Soil Association, the Botanic Garden and Slow Food UK for supporting this event. Organic Centre Wales is funded by the Welsh Assembly Government and the Welsh Development Agency.

Organic Centre Wales, Institute of Rural Sciences, University of Wales Aberystwyth, Ceredigion SY23 3AL. www.organic.aber.ac.uk

PLENARY SESSION

Chair: Antony Lewis, Mid Wales Food and Land Trust

Introduction to the day

Hywel James, ITV Wales

A farmer's view

Bruce Carlisle

Bruce Carlisle farms 300 acres in Pembrokeshire, of which 90 are woodland. He is a dairy farmer and also produces field-scale vegetables, renting additional land near Tenby and Pembroke Dock to take advantage of a slightly earlier climate. He also has regular school visits.

To arrange an educational visit contact: Bruce Carlisle, Little Pencoed, Lawrenny, Kilgetty SA68 0PL. Tel: 01646 651010 Mob: 07788 680508.

The nutrition mission in Carmarthenshire

Elin Cullen Head of Facilities Management, Carmarthenshire County Council

I am responsible for the Carmarthenshire Catering Service, including the school meals service. We produce 22,000 meals on a daily basis and have one of the highest percentage take-up of school meals in the whole of the UK. We employ 600 members of staff in over 150 different locations across the County.

School meals are part of Carmarthenshire's Community Strategy, which sets out what the Council wants to do over the next 15 years. One of the main themes is 'Feeling Fine' which aims to improve the health of Carmarthenshire's residents. In accordance with this, some of our long-term aims are to:

- Secure, maintain and improve the nutritional health of our children and young people;
- Support local producers and suppliers (through investment and innovation by creating opportunities, attracting industry and support farming and through community development).

What we did:

We listened to: politicians, health experts, the media, headteachers, healthy schools co-ordinator and most importantly pupils who told us they wanted healthy school meals. This resulted in a multi agency partnership being set up which consisted of:

- Representatives from Carmarthenshire County Council
- Carmarthenshire Health Promotion Service
- Healthy Schools Scheme
- Carmarthenshire NHS Trust including the Paediatric Dietetic Service
- Education Advisory Service
- Headteachers
- Carmarthenshire Oral Health Service
- Plus many other public and voluntary sector organisations.

Findings:

- For some pupils the school meal is the only meal of the day;
- Six in every ten people in Carmarthenshire are overweight or obese, 2.3% greater than Wales as a whole;
- Almost 1 in 10 secondary school pupils have nothing to eat for breakfast;
- 1 in 6 children do not have a cooked meal at home in the evening;
- In Carmarthenshire, the average consumption of fruit and vegetables is 1 portion per day;
- Cost to the NHS in treating diet related illness is over £4 billion annually.
- Many children eat foods which contain too much fat, sugar and salt

What we wanted to do:

As a result of our findings, we wanted to help, secure, maintain and improve the health of children and young people in Carmarthenshire, plus help to reduce health risks associated with poor diet. We are doing this by:

- Raising awareness of the benefits of a healthy diet as part of a healthy lifestyle;
- Raising concentration levels and helping to improve pupil performance both inside and outside the classroom;
- Promoting a whole school approach with links to the curriculum
- Providing fresh, local, traditionally cooked school lunches and eliminating processed food from the school menu;
- Supporting local producers and suppliers.

As a result of all of our research and discussions we developed three strategies:

1. Carmarthenshire School Meals Nutrition Strategy: to improve the nutritional health of children and young people by promoting the uptake of a healthy balanced diet amongst school aged children.

2. Carmarthenshire Local Sustainable Food Strategy: to build sustainable development into our food contracts and therefore promote regeneration within the county by supporting local producers and suppliers and to provide as much fresh, local food as possible.

3. Draft Schools Nutrition Strategy which contains a School Curriculum Nutrition Guidance and Curricular Overview for all key stages, in order to encourage a whole school approach to nutrition and healthy eating.

Achievements to date:

- New nutritionally planned menus in all of our primary and secondary schools;
- Traditional cooking methods;
- Sourcing of local produce;
- Extensive staff training programme;
- Trial of healthy vending;
- The introduction of milk bars in our comprehensive schools;
- Healthy Food and Fitness Fayre;
- The development of an interactive website : www.myschoollunch.co.uk/carmarthenshire which ultimately links into the curriculum;
- Cashless cafeteria;
- Primary Free School Breakfast Scheme;
- Ethical procurement including Fair Trade produce;
- Improved pupil behaviour;

Awards:

- Wales Chef of the Year 2003/2004 and 2004/2005;
- Association of Public Service Excellence Internal Catering Service Team of the Year;
- Finalist for National Public Servant of the Year Award;
- Catering Industry Award (National);

For a copy of the original presentation, contact Elin on ECullen@carmarthenshire.gov.uk. The *Local Sustainable Food Strategy* and *School Meals Nutrition Strategy* can be downloaded from www.carmarthenshire.gov.uk, under Useful Information / Council documents / Strategies.

Elin Cullen, Facilities Management Division, Parc Myrddin, Richmond Terrace, Carmarthenshire SA32 1HQ

Growing and eating food with links to Education for Sustainable Development

Trevor Roach Head of Lifelong Learning, National Botanic Garden of Wales

The desire of a young person to eat a healthy diet is greatly influenced by the 'environmental experiences' that child has received. Environmental experiences contribute at first hand, not only to eating habits, but also to the cultural development of a person.

Healthy eating is one aspect of supporting healthy individuals, living in sustainable communities, with sustainable economies, operating within sustainable environments. As such, healthy eating has links with education for sustainable development and global citizenship (ESDGC). Best practice in ESDGC is seen in the culture of a school, in terms of how it responds to the challenge of 'living in a more sustainable way'.

A person who has a childhood rich in environmental experiences, such as building dens, making mud pies, grasshopper hunting, making potions, blackberry picking and climbing trees, grows up with what can be termed a rich 'environmental memory'. For many children today, however, the environment is experienced through a pane of glass: the bedroom window, the car windscreen, the classroom window, the television and computer screens. Children are playing out of doors less and less and are therefore isolated from the natural world, for a host of reasons such as real or perceived dangers, the pull of the computer and DVD player, small and tidy gardens, and longer working hours for parents. Children are growing up with a very small environmental memory. Small wonder that they don't know where carrots or potatoes come from. To eat food fresh from the ground is often bizarrely perceived as dirty or disgusting, a move away from the natural way of getting it from the supermarket!

It is now essential therefore that teachers plan to provide certain 'essential environmental experiences' within the curriculum and through after-school clubs. These essential experiences should include those linked to food, such as growing food through seed to seed cycles, and experiencing with awe and wonder the germination of seeds, the harvesting of potatoes, and the taste of a blackberry.

It is even better if this work can be built into the cultural cycles of the school calendar. For example, I would suggest that the first two weeks of every summer term should be a time of ceremonially emptying the school compost bins and harvesting the compost from the wormery. This would be followed with the ceremonial planting of the school's seeds, fruit, vegetables, flowers for wildlife or whatever. For younger children there will be a ceremonial harvesting and eating of the crops before the end of the summer term. In September, there will be a genuine harvest festival, with produce from the school's growing plots, and a feast of healthy school-grown food.

Composting is another essential experience. When every child finishes eating their mid-day snack of apple or melon, the waste can be placed into a wormery or compost bin. By April, there will be a useful volume of compost for the children to use as a soil conditioner and growing medium, and to demonstrate nutrient cycles.

These first-hand environmental experiences play a significant role in helping children understand the life choices they face and at the same time, learn to take greater pleasure in healthy food.

For more information on the National Botanic Garden of Wales, see the workshop report in the next section.

**The National Botanic Garden of Wales, Llanarthne, Carmarthenshire SA32 8HG. Tel: 01558 668768
Email: info@gardenofwales.org.uk**

Food in schools

Alan Lansdown Head of the Welsh Assembly Government's Pupil Support Division

The Welsh Assembly Government is committed to ensuring that all schools delivered a healthier nutritious diet. Already, the Assembly has introduced a healthy free school breakfast scheme for primary school children; its Health Challenge Wales; and fruit tuck shops, water coolers and piloted healthy vending machines in schools. Also, 1000 schools are currently participating in the Welsh Network of Healthy Schools Scheme and plans were afoot to extend this to cover every school in Wales.

It is now proposing to undertake a root and branch review of nutrition in schools which will particularly focus on the nutritional standards that currently exist. To assist with the review, a Food in School Working Group has been established which brings together a range of experts in the field. Its timetable requires it to report by April 2006 following which it will be the subject of widespread consultation leading ultimately to the development of a Food in Schools Action Plan.

An important part of that review will be a detailed examination of the current food procurement procedures and in particular local procurement. To this end, very helpful guidelines have been produced by the Welsh Procurement Initiative who have also produced a set of case studies which contain many examples of public sector organisations in Wales taking the lead in seeking better quality food and working with local supply chains.

The Assembly Government believe that good and laudable progress was being made but is now looking to achieve a major step-change in this area especially within the school sector.

The Welsh Procurement Initiative cases studies, including reports from Pembrokeshire, Caerphilly, Carmarthenshire, Monmouthshire, Swansea and Rhondda Cynon Taf can be downloaded from www.organic.aber.ac.uk/schoolsnet/casestudies/wpi2005.pdf.

Alan Lansdown, Welsh Assembly Government, Pupil Support Division, Cathays Park, Cardiff CF10 3NQ.

WORKSHOPS

1. ORGANIC AND LOCAL SOURCING

Chair: Catherine Fookes, Wye Valley Area of Outstanding Natural Beauty

Working with local suppliers in Pembrokeshire

Paul Ashley-Jones Head of Procurement, Pembrokeshire County Council

Pembrokeshire County Council has secured food contracts covering its schools, residential care homes and official buildings with eight out of 10 of its suppliers coming from within the County itself.

The Contracts started on 1st April 2005 and will run for a two-year period, with an option to extend for a further year. Details of the contracts and the suppliers are as follows:

Contract	Company	Location
Groceries, Provisions & Confectionery	Skelfayre; Pembroke Sea	Pembrokeshire Pembrokeshire
Frozen Foods	Brakes	Kent
Meat, Poultry & Offal	Welsh Hook Meat Centre; Preseli Gold Sausage Company	Pembrokeshire Pembrokeshire
Fresh Fruit and Vegetables	Jones & Davies	Carmarthenshire
Milk and Dairy Products	Llaeth Bethesda; Richard Mathias Dairies; Pont Faen	Pembrokeshire Pembrokeshire Pembrokeshire
Fresh Bread & Bakery	JK Lewis	Pembrokeshire

Pembrokeshire County Council's Head of Procurement gave details of how they had achieved the awarding of competitively priced contracts while supporting Pembrokeshire based suppliers. The key to their success was planning, communication and working in partnership with the Welsh Development Agency (WDA).

Planning commenced over 12 months before the new contracts needed to be in place. All known food suppliers in the County were invited to a Supplier Development Day held at County Hall, Haverfordwest in May 2004. Here 23 companies were given presentations on the Authority's forthcoming tender exercise with the Catering Manager explaining what was required and the Head of Procurement explaining the contract process itself. A presentation was also given on the Authority's due diligence requirements. The event concluded with a presentation from the WDA, who offered any interested companies the opportunity to attend a free "How to tender" workshop which would assist them in filling out the necessary documentation. In total 15 companies took up this offer.

The results were very positive and Pembrokeshire County Council saw an increase both in the number of Pembrokeshire based companies who felt confident enough to tender and also an increase in the number of Pembrokeshire based companies who won business. From the WDA's perspective the event proved so successful that they have subsequently offered the same service based on the "Pembrokeshire Model" to all other Local Authorities in Wales.

**For more information contact Paul Ashley-Jones, Pembrokeshire County Council, County Hall, Freeman's Way, Haverfordwest, Pembrokeshire SA61 1TP.
E-mail Paul.Ashley-Jones@pembrokeshire.gov.uk**

Action points from the discussion that followed discussion are presented on page 17.

2. CHILDREN AND HEALTHY EATING

Chair: Amanda Pearson, Ceredigion Public Health Team

Eat Right Smile Bright : a Welsh Assembly funded project to reduce nutrition and oral health inequalities amongst pre-school children

Mary MacDonald Health Promotion Officer Nutrition & Oral Health, Pembrokeshire Local Health Board

A poor diet is one of the main causes of ill health and premature death. There are high nutrition requirements for children aged 1-5 years of age. They have small and variable appetites and are developing their eating habits. If healthy eating habits are established at an early age, they may be maintained in the long-term.

Nutrition key findings:

- Average daily frequency of consumption of sugary foods was five intakes;
- Fruit and vegetable intakes were limited both in quantity and variety;
- Intakes of vitamins A,D, iron and zinc were low for many children;
- Salt intake was twice the recommended level

Improving the diet of young children can have a big impact on dental and general health. Dental disease is a disease associated with social deprivation. 10,000 children in Wales need a general anaesthetic (a procedure not without risk) for multiple extractions. The main cause of tooth decay is not the amount of sugar in the diet, but how often it is consumed. It is therefore important to keep sugary foods to mealtimes only. Inappropriate and extended use of a feeding bottle can lead to a number of profound long-term problems; such problems include rotten teeth, speech problems, food refusal, poor eating habits, iron deficiency anaemia, poor growth and childhood obesity.

To understand local community needs, to focus on identifying inequalities in nutrition and oral health within Pembrokeshire and to target areas of greatest need, both qualitative and quantitative research was undertaken with both professionals and parents. The main barriers to providing a healthy diet included cost, access to affordable fresh fruit and vegetables, and the attitudes of adults. To reinforce and further develop joint working arrangements the project linked with appropriate local partner organisations to develop clear and consistent health messages regarding the link between nutrition and oral health using a common risk factor approach.

The project identified and worked with organisations to build upon the knowledge of existing members of the primary and community health care teams who are in contact with the target group. This increased the knowledge and skills of those existing staff identified as being in contact with the target group – through training and support in nutrition and oral health. The project helped to develop nutrition based policies and initiatives within organisations in contact with the target group such as playgroups, Family centres, crèches and Nurseries. Policies were based on the balance of good health following The Caroline Walker Trust Expert Working Group Eating Well for Under-5s in Child Care: Practical and Nutritional Guidelines.

A grant to overcome the cost issue along with resources including toasters, smoothie makers and leaflets were given to pre-school establishments to enable them to achieve their targets. Further developments include working with food cooperatives and parents to overcome barriers.

For more informatio contact Mary Macdonald, NPHS Pembrokeshire, Unit 5, Merlins Court, Winch Lane, Haverfordwest, Pembrokeshire SA61 1SB. Tel: 01437 771233
mary.macdonald@nphs.wales.nhs.uk

Barriers to Real Food

Christopher Challenger Chef

A barrier to real food conjures up many things. On the one hand are the barriers children put up to the notion of healthy ingredients, and on the other the fences school lunch providers erect under the spurious argument of fiscal restraints. What became clear early on in this workshop was the variation in projects and the earnestness with which the provision of healthy and nutritious food was handled in some counties over others. Initiatives lacked adequate funding and as a result the sustainability of action plans was in jeopardy.

My work in this area could be said to have started when, as a single parent, I took full time responsibility for the feeding of my own three children and the importance of choices I made then are reflected in the choices made in the feeding of my grandchildren. This is how it is; there is no mystery. If children are weaned on a diet of chocolate biscuits and fizzy drinks then this is what they will expect as they grow up. I am not being glib here and have had first-hand evidence of both styles of feeding.

So this, then, was our first barrier and the responsibility lay firmly with the parents which is how it should be. A nagging child easily assuaged with choc bar or packet of crisps presents an easy solution to a perennial parenting problem. Most parents I have spoken with readily subscribe to this point of view and indeed want their children's food to be their responsibility. One family told me how indignant they felt to receive a letter from their children's school sent to all parents chiding them about the standard of food students were receiving. This is not a battle between school and home as both are on the same side.

My work in this field has shown me one immutable fact that if you can show children the wonders of real, fresh food when they are still at primary school then your work will be so much easier. I recently visited an infants' school and my group consisted of 57 eager young cooks ready to try anything, willing to be involved in the preparation and able to articulate their experiences. Sadly not all primary schools encourage this sort of activity but the ones I have visited are usually committed to the cause before I arrive.

It is not all easy as I experienced when attending a try out for a breakfast club. Amongst the food on offer was fresh fruit and natural yoghurt but both these beneficial foods were eschewed by the Key Stage One children. When I talked to a few they said that they were not sure how to prepare the fruit and anyway could not be bothered and plain yoghurt tasted unpleasant. Although the school had laid on sweetened yoghurt the barriers were clear: when it comes to fruit, make it easy. Peel it, cut it, prepare it for them.

There is no easy solution to the problem of improving our children's food but involving them from an early age will make quite a difference before they make the transition to secondary schools and meet a whole new set of barriers.

For more details see www.christopherchallener.co.uk, or contact Christopher on 01591 610770, Mobile: 07973 248163, Email: csc@christopherchallener.co.uk

The work of Hybu Cig Cymru

Elwen Roberts Hybu Cig Cymru

I work on the education and health issues side for Hybu Cig Cymru, promoting the important role red meat can play in a balanced diet. All our initiatives and plans reflect the government's guidelines and support for 'Food and Wellbeing' in Wales.

Education

I run training courses / INSET days with the curriculum advisers across Wales on Food Technology in Primary and Secondary Education. The aim is to provide teachers with ideas and resources that will help them deliver the curriculum.

We attend school Healthy Eating Days, campaigns and so on, where I go along and either use our resources to reinforce the messages of eating a balanced diet, or give demonstrations on preparing balanced meals and the pupils taste them.

At present HCC are running a series of Balanced Diet Roadshows across Wales, targeting pupils in years 7 and 8. These are one-day events where pupils work their way around six interactive zones – fun and informative.

Resources:

- Balanced plate posters, booklets, 'Drag & Drop Balanced plate' and 'Health & Safety Blockbusters' game on HCC's website, www.hybucigcymru.org
- New Primary resource being developed for all primary schools in Wales – Nia Williams, a dietician from Cardiff, is also involved in this project with HCC.

Health

Hcc support many projects either with funding, resources or attending events to cook/ promote balanced diets.

We obviously promote Welsh meat – Welsh lamb and Beef – and other local produce whenever possible.

Hybu Cig Cymru are also able to offer advice and act as facilitators in negotiations over school meals and catering.

To contact Hybu Cig Cymru, e-mail enquiries@hccmpw.org.uk.

3. EDUCATION ABOUT FOOD PRODUCTION

Chair: Nerys Mullally, Education Officer, Countryside Council for Wales

Taking a cow to school

Steve Garrett Riverside Community Market Association

During May and June 2005, Riverside Community Market Association (RCMA) delivered a day of activities at each of four primary schools in Grangetown and Riverside to enable pupils to learn more about where food comes from, what different fresh fruits and vegetables taste like, and why some foods are healthier than others.

The project was organised in partnership with 'Food For Thought', an ongoing food and nutrition education project for schools organised by a group of farmers' wives from Cowbridge. They provided a small team of experienced workshop leaders, who spent the day delivering a wide range of activities to two classes in each school

A highlight of the day was a live milking demonstration by a local farmer who brought one of his cows into the school playground so that all the children could see for themselves where milk actually comes from. The farmer explained all about where the cow lives, and how she is looked after. For many of the children this was the first time that they had seen such a large farm animal 'in the flesh' and they were enthralled. After the milking demonstration many of them were eager to ask questions – and finally they had a chance to pet the cow.

During the rest of the day, the children had a hands-on demonstration in the classroom of how butter is made from cream. They also saw wheat ground into flour which they then used to bake some simple items that were shared with their parents later in the day. Amongst many other things, the children also learned about where different fruits and vegetables are grown and had the chance to compare the tastes of imported apples with those grown locally. They were also able to talk about and 'design' a menu for a healthy breakfast.

At the end of the day, the children's parents were invited into the school to see a small exhibition about the foods the children had been learning about, to taste the bread and butter they had made, and to learn some (often surprising) facts about some common foodstuffs such as popular snack foods and white sugar.

'Food For Thought' came to Cardiff at the invitation of the Riverside Community Market Association as a part of its ongoing programme of schools outreach and education activities in the local community with funding from the lottery 'Awards for All' scheme.

Project Evaluation

The project was intended to have a direct impact on the eating habits and health of local primary-age school children, many of whom are from disadvantaged and ethnic minority families and may not have access to a broad and healthy diet at home, and to contribute to the knowledge and understanding of the children and their parents, about the environmental and health benefits (and the enjoyment) of eating fresh food which has been produced locally. We also aimed to influence the 'culture' in the participating schools relating to the food they provide for children.

The feedback we received from the participating children, teachers, head teachers, and parents indicated that we were successful in all of these aims.

**Steve Garrett, Riverside Community Market Association, c/o South Riverside Community Development Centre, Brunel Street, Riverside, Cardiff CF11 6ES. Tel/Fax: 029 2019 0036
ken@riversidemarket.org.uk. www.riversidemarket.org.uk**

Working together to build a healthy community

Marc Everett Food Adviser, Sainsbury's

At Sainsbury's we have a team of 53 Food Advisors spread across the country who are dedicated to supporting local community groups, schools and Sainsbury's customers with advice on food – from general healthy eating to specialised dietary needs.

The Food Advisor's role is to forge links with the community and support their healthy eating programmes and initiatives. The aim of the role is to help motivate and educate children to take a holistic approach to healthy eating. We have a range of initiatives and interactive sessions that include demonstrations, practical advice, and store tours inline with Sainsbury's healthy eating campaign. I am currently working with Jamie Oliver on his "Feed Me Better" campaign for Schools. I have background experience in Food Science, Processing and Education. You can find out more about this campaign on www.feedmebetter.co.uk

As the Food Advisor for South Wales I am proposing to:

Engage your school's interest by:

- Supporting you to start your own revolution - advising on recipes, what is good for the kids, educating the kids on fruit and vegetable types etc.
- Talks at PTA meetings/governors meetings – engaging teachers and parents
- Through cookery demonstrations to classes, getting kids actively interested in food
- Getting to know the parents

Show support

- A contact for parents to talk to
- Talking with your local community/ government
- Getting involved in after-school clubs/holiday schemes
- Talk to different age groups of children - from beginners to 10 year olds - they will all have different opinions and views on healthy eating.
- Educating the children by bringing in rare fruit or vegetables for them to touch, taste and smell.

This campaign will be ongoing and we will be helping schools know who to talk to and how to start inserting healthy eating into their lessons and canteens, and assuring parents that things are being done to make a difference and that they should be involved too. The aim of Sainsbury's School Partnership is to use healthy eating, initiative and education as a vehicle to:

- Make a difference to pupils' learning and understanding of the principles of healthy eating in all areas of the curriculum, including History, Maths, Science.
- Encourage children to try new foods
- To engage them in actively preparing foods
- Develop holistic approach to healthy lifestyles – physical activity, health, positive attitudes and develop 'Can Do' mind set
- Advise and encourage parents in the provision of healthy meals at home and packed lunches
- Communicate Sainsbury's involvement with healthy eating
- Highlight Jamie Oliver 'Feed Me Better' campaign
- Advise on recipes
- Educate on fruit and veg
- Encourage groups to visit the store for
 - Healthy eating store tours, Eat 2 B Fit,
 - Fruitastic tours
 - Help Set up after school Cook clubs
 - Help set Fruit & Veg Gardens

Sainsbury's is fully committed to getting fresh, tasty, nutritious food into children, which affects how their minds and bodies grow and can make a significant difference to getting the best out of their education.

**Marc Everett BSc PGCE, Sainsbury's, Colchester Avenue, Cardiff. Phone:- 02920 490478.
e-mail: Marc.Everett@sainsburys.co.uk**

The CAFÉ Project – Prosiect PABA: Children, Agriculture, Food and Education

Caroline Davies Mid Wales Food and Land Trust

Who are we?

Managed by the Mid Wales Food and Land Trust, supported in kind by Powys County Council and funded by the CCW and the Laura Ashley Foundation, the project employs a part-time project co-ordinator, Caroline Davies based in Newtown.

What are we trying to achieve?

A 12 month pilot project working with schools in Montgomeryshire to facilitate farm visits and provide resources to 'reconnect' children to food, farming and the environment.

How are we going about it?

Working with the LEA through school cluster groups using mailings, the website and promotion to encourage schools to get involved. We organize farm visits and visits into schools, identifying and providing resources as appropriate – from Wellington boots to learning resources. We enable children to:

- Visit farms
- Meet farmers
- See where their food comes from
- Learn how to cook it
- Experience good food for themselves
- Appreciate the links – geography, history, science, art
- Learn about their environment, local community & the world of work

Where next?

The project is currently seeking funds to move into a full time project expanding to serve the whole of Montgomeryshire and, in due course, the rest of Powys. We will be publishing a report on the pilot phase and wish to share our learning points with those doing similar work elsewhere and, in turn, learn from them.

Key learning points

The project has found the following three elements very useful in developing this work:

1. Teachers' agenda
 - National curriculum targets
 - School's own programme
 - The 'outdoor classroom' recognized in the new Foundation Stage
 - Annual timetable – flexibility
2. Developing profile – gently!
 - Desk in local LEA office – and powys.gov.uk e-mail address
 - Met with key Advisors/Advisory teachers
 - Presentation to secondary school cluster groups
 - Regular mailings in weekly council 'bag'
 - Publicity – spreading the word
 - Website – www.midwalesfoodandlandtrust.org.uk/cafe
3. Evaluation is a key element in the project
 - Listening to people – seeking 'constructive' feedback
 - Teacher feedback/networking afternoons
 - Farmer feedback – not used to being asked!
 - Questionnaires – schools, farmers, pupils

Next steps

Winter – human resources into schools e.g. milling, breadmaking and apples for harvest and science week
Beyond the farm – processors
Sharing resources between schools and between farms
'Working Portfolio' – a file for all schools to get them started

Caroline Davies, CAFE Project Co-ordinator, Old College, Station Road, Newtown, Powys SY16

1BE. Tel 01938 810302. e-mail cafe@powys.gov.uk

4. SCHOOL GARDENS AND FARM VISITS

Chair: Rupert Aker, Soil Association

The National Botanic Garden of Wales – helping schools to grow food successfully

Trevor Roach Head of Lifelong Learning, National Botanic Garden of Wales

The National Botanic Garden is a very young institution in Wales, being only five years old. One of our goals is to provide schools with a permanent support service to help them give children in Wales a rich and diverse first-hand experience of the wonderful world of plants.

The successful growing of food is not only a vital education resource which brings the curriculum alive, it is also an important cultural experience that helps children make informed decisions about what they eat. One key to children enjoying plants for food is to build in success for teachers seeking to grow plants in the school grounds.

Every March, the National Botanic Garden runs skills workshops for teachers, providing training in the art of growing food within the school environment and how to get the best cross curriculum use out of the process. This year, the course is proving so successful that it is being increased to run four times. Teachers who attend the plant skills course have the first option of planting-up one of the 14 school plots in the Double Walled Garden. This year the seeds were donated by Suffolk Organic Seed Company. The challenge for the 14 schools is to propagate the seeds in school at the start of the summer term and to design a garden planting scheme for the 2 x 4-metre plot. During the third week of June the schools visit the Garden to plant-up. Our gardeners then weed and water the school gardens until the pupils return in September to harvest. We expect the participating schools to celebrate their harvest back at school and to create healthy menus incorporating their produce.

This year the project has developed a stage further. For two of the harvesting days the Garden hosted the WDA mobile kitchen and two professional chefs. The chefs had the opportunity of harvesting with the schools and then deciding with them upon a healthy meal to cook in a "Ready, Steady, Cook" challenge, which was presented in front of the conference delegates on day one and to the general public the following day. This format has proved to be a great success and one we hope to repeat for future years.

The National Botanic Garden is committed to sustaining its support to schools and teachers, to ensure that the necessary skills and motivation are in place to provide children with essential learning experiences such as growing food. The National Botanic Garden is also providing schools with a support service to help them improve the design and management of school grounds. School grounds are an under-utilised educational resource, but the Garden philosophy is that every school can join in the challenge of informing and engaging children with the world of plants.

For more information about our work with schools please visit our website www.gardenofwales.org.uk or e-mail education@gardenofwales.org.uk or tel. 01558 667150.

Trevor Roach, National Botanic Garden of Wales, Llanarthne, Carmarthenshire SA32 8HG

Organic Gardens for Schools

Colette Bond Organic Gardens for Schools

Are you setting up a garden in your school? Have you been awarded some money to improve your school grounds or start a gardening project? Do you need an intriguing way to encourage children to eat more vegetables?

If the answer to these questions is yes, then you can benefit from Duchy Originals HDRA Organic Gardens for Schools project. This is a nationwide campaign that helps children of all ages grow vegetables at school, and learn more about their food.

By setting up small gardens in or near schools grounds children can learn about how food is produced and its links with the countryside. It also helps teach them how to enjoy eating a wide range of vegetables as part of a healthy diet.

When you become a member of this project you will receive practical organic gardening advice and ideas, free seeds, competitions, activity sheets, curriculum based resources, quarterly newsletter and access to our website www.schoolsorganic.net. Six pupils leaflets have recently been translated into Welsh. For more information visit our website and join online, or you can call our education section on 024 7630 8238 and request an enquiry pack.

Colette Bond, Organic Gardens for Schools, Ryton Organic Gardens, Coventry, Warks CV8 3LG.

Linking health, education and conservation with farming and the environment

Nick Rebbeck Learning on the Farm

Nick Rebbeck is an education officer who links Education with Farming and the Environment. In 2004 I was funded by the Millenium Stadium Charitable Trust, through a project coordinated by the Soil Association, and with assistance from Organic Centre Wales and FACE. I was allocated funding for 25 visits - by the end of the year I had achieved 40 visits by schools, colleges and groups with 5 farms in the 3 counties of Pembrokeshire, Carmarthenshire and Ceredigion. The North is covered by education officer, Clare Cremona. In 2005 I was awarded funding by CCW (Countryside Council for Wales) and ENFYSS. Although funding was allocated late in the school year (at the beginning of the summer term), I have this year co-ordinated over 40 visits, with a target of 60 to complete by April 2006. I now link with 14 farms and more contact me each week for assistance.

Every school I contact wants a visit. I have visits planned for next term and into next year. Schools have booked as far ahead as 2007 and there are hundreds of primary and secondary schools still to contact (South West Wales only at the moment).

My aims are to encourage schools, colleges and local groups, both rural and from the inner city, to study the biodiversity of Wales locally and to link 'the farm' to all curriculum subjects. I believe that this kind of practical education is not only of great value to the future of Welsh agriculture and the environment, but also to future generations on the issues of health, community regeneration and local culture.

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FINAL PLENARY

Chair: Nic Lampkin, Organic Centre Wales

The Soil Association's Food for Life programme

Kirsty Righton Soil Association

The Food for Life programme includes both practical work on the ground to get fresh, seasonal, unprocessed, local and organic ingredients into the school meal and also national policy work to put pressure on the government to provide a more supportive framework for the school meal providers. Since the launch of the Soil Association's Food for Life programme in October 2003, aimed at improving the quality of school meals, there has been a huge rise in general awareness and interest. Jamie Oliver's programme 'Jamie's School Dinners' screened in the spring of 2005 finally pushed the English Government to invest in school meals and review the school meal standards.

Food for Life targets

1. At least 50% by weight of meal ingredients should be sourced from the local region (50 mile radius or the proximity principle applies).
2. At least 30% by weight of the food served should be from certified organic sources.
3. Three-quarters of all foods consumed should be made from unprocessed ingredients.
4. School lunches should aim to provide food which meets the nutrition targets set by the Caroline Walker Trust.
5. Better classroom education on food and the sustainability issues including ensuring that all children visit a farm at least once during their time at school.

National level policy work

Since 2003 the Soil Association has been calling for the English and Welsh Governments to invest in school meals and re-introduce quantifiable nutrient standards such as the Caroline Walker Trust guidelines. This is the same approach adopted by the Hungry for Success Model in Scotland. In autumn 2005, the English School Meals Review Panel recommended that the Caroline Walker Trust Guidelines and 9 food-based standards are made mandatory for schools in England and said that "school lunches should be a hot meal, cooked on the premises from fresh and seasonal ingredients" and that there is "huge scope for linking sustainable food procurement with improved education for children about where food comes from". The Panel concluded that "Caterers should use local, seasonal and organic foods wherever possible to support the development of supply chains, and should ensure that the training for school catering staff includes information on seasonal, local and organic food". Ruth Kelly, Secretary of State for education, welcomed these recommendations.

The Soil Association has engaged in a number of meetings with the Welsh Assembly and the Welsh FSA regarding school meals. During summer 2005, the organisation was invited to join the Welsh Assembly's panel on school meals, where it is now represented by Professor Kevin Morgan from Cardiff University.

Practical work with schools, caterers and suppliers

The practical Food for Life programme takes a whole-school approach in recognition of the fact that simply changing the school meals in isolation does not necessarily lead to sustainable school meals. It is also important to tackle the awareness and engagement of the wider school community around food issues in order to create a positive 'food culture'. Unlocking the enthusiasm and desire of caterers and school cooks to improve school meals is key. However, not surprisingly, it is often the catering managers, cooks and dinner ladies who are the most vocal about the changes needed in the system that will enable them to mobilise their underused skills to prepare fresh and nutritious school meals.

Food for Life addresses everything from menu reform to localised sourcing to reconnecting people with their food. It supports all those involved in delivering the school meal service as well as the school communities themselves, to achieve the targets. Engaging all stakeholders; school cooks and caterers, the head and teaching staff, parents, governors, the pupils, the lunch time supervisors, procurement teams, suppliers, health professionals and council decision makers, to ensure they support each other is vital to the project's success. To date the Soil Association is working with about eight local authorities and over 500 schools in England and Scotland to implement Food for Life. For further information see www.soilassociation.org/foodforlife and www.soilassociation.org/localfoodworks

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ACTION POINTS FROM THE WORKSHOPS

Action points from workshop on sourcing organic and local food

Local producers need help to get into the supply chain, by means of the following (which will need funding):

- open dialogue
- improving their access to contracts, looking more closely at how they are packaged, and make the tendering process easier
- going more on quality and less on price
- giving local producers priority politically, via community strategies (i.e. local procurement to boost local economic regeneration)
- identifying producers and communicating with them
- workshops to support producers, e.g. training on the tendering process
- 'meet the buyer' events

Look at continuity of supply and the role of cooperatives, seasonality, and low-grade processing in increasing the use of local food

Look especially at the barriers to procurement of organic food

Multi-agency approach involving WAG, WDA, councils, NHS, media

Action points from workshop on children and healthy eating

- All delegates to lobby ACCAC via own professional groups to return cooking to central place within national curriculum.
- Letter to be sent from Conference on same subject
- Meanwhile schools should be supported to find creative ways to include cooking skills– schools should be referred to healthy school scheme and individual co-ordinators for advice and guidance
- Parents need to be educated too – they are the buyers of food – include them in all initiatives – invite them to after school clubs/sessions
- Support nurseries, schools and colleges to offer healthy /organic options, and consider offering tasters/free trials so that carers on a budget can try them out without risk of waste
- Encourage and support schools to link with farms, farmers markets, offer tasting sessions and cookery demonstrations
- All child care establishments (nurseries/schools/colleges) to be supported in having healthy snack policy/provision; providers to explore this expanding market (particularly vending).

Action points from workshop on education about food production

- Curriculum: Need to provide more time in school for all pupils to learn cookery. Food technology to be classed as a science
- Funding: Provide an advice and support package for parents and governors who want to raise money to support food education in schools (funding is needed to support farm visits, i.e. teacher cover £132, school transport around £200, farmers' services £150 a day)
- Training and information: Use teacher placements and INSET to provide access to a range of support organizations
- Accessibility of information for teachers: need an appropriate network in all 22 LEAs, as already exists in Cardiff (the Sustainable Education network) and Swansea, where teachers could find out about opportunities and resources
- Encouragement of better community links and partnership working in further and higher education, with a culture of partnerships
- Make links to the Children's Commissioner

Action points from workshop on school gardens and farm visits

- **Need an action plan** for schools to follow, to help teachers plan lessons and make the most of school grounds:
 - A strategy for farm visits
 - Curriculum for Essential Early Environmental Experiences
 - Tie-in with Healthy Schools Initiatives
- **Tackle transport costs** - Look to Education Business Partnerships
- A **directory of initiatives**, projects and opportunities for teachers to use would be useful
- Develop new grounds contracts for schools which will support school gardens, covering design and maintenance
- Influence the **curriculum** through consultation with ACCAC prior to 2007
- The network to talk to Farming and Countryside Education (FACE) about promoting farm-based education in Wales
- Promote Organic Gardens for Schools in Wales

Action points from the plenary session

- The network should submit the conference recommendations to the Welsh Assembly Government's Food in Schools Group
- Consider adopting Food for Life targets (school meals to have 75% of ingredients unprocessed, 50% local and 30% organic)
- Need nutrient-based guidelines – e.g. Caroline Walker Trust
- Improve uptake of local and organic food through
 - 1. Improved communication**
 - At political level, Assembly and local authorities
 - At buyer/supplier level, through training events, meet the buyer etc
 - At teacher level: structural support to enable participation
 - With parents: to support and to learn
 - 2. More funds**
 - To pay for better ingredients
 - For better equipped kitchens
 - For better dining room accommodation (less queueing)
 - For staff reskilling
 - For educational activities, especially transport for farm visits, farmer time and education coordinators
 - 3. Changing the curriculum** - especially creative approaches to cookery

Growing the Future

The Growing the Future / Tyfu'r Dyfodol network links Welsh initiatives for organic and local food in school meals and education.

Share experiences and best practice, ask questions, see what's happening in your area on school meals and education.

To join the e-mail discussion group, send an e-mail to jnp@aber.ac.uk. Information about the network is also posted at www.organic.aber.ac.uk/schoolsnet.

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