



NEWSLETTER

-SPRING 2022-



Welcome to the first edition of our new termly SIL School Food Newsletter.

We hope by providing these informative termly newsletters we can:

- Provide support/advice on curriculum coverage in cooking and nutrition
- Share ideas and knowledge
- Build a school food community
- Support schools to deliver quality practical sessions
- Share good practice demonstrated by schools
- Keep schools up to date with the latest nutrition news/events.

MEET THE TEAM



SOPHIE AHERNE - Lead School Food Officer

Sophie has worked with SIL from a volunteer to now Lead School Food Officer so has great knowledge of food/nutrition education and building positive relationships with schools. Sophie has a MSc in Public Health Nutrition and is an AfN Associate Nutritionist, specialising in childhood nutrition.

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ELLA SMITH - School Food Officer

Ella has a BSc Hons in Nutrition and Health and a PGCE in Primary Education with QTS. She has broad experience of teaching children aged 4-11 in a range of educational settings. Ella uses her knowledge of food, nutrition, and children's education to deliver our cooking and nutrition programme, ensuring all skills within the curriculum are covered to a high standard.

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WHAT'S NEW?

Tackling Food Waste in School



Last summer many schools took on the challenge of reducing schools' food waste! The project was a great success with lots of

positive feedback.

Did you know schools waste 80,000 tonnes of food each year?

Do your pupils want their school to be more sustainable? We offer a range of resources to support food waste education:

- Food Waste Audit Packs- includes staff/pupil surveys, data tables, posters and more
- Lesson plans for KS1 and KS2
- Cooking recipes
- Food Waste workshops with our team

Please get in touch to find out more!



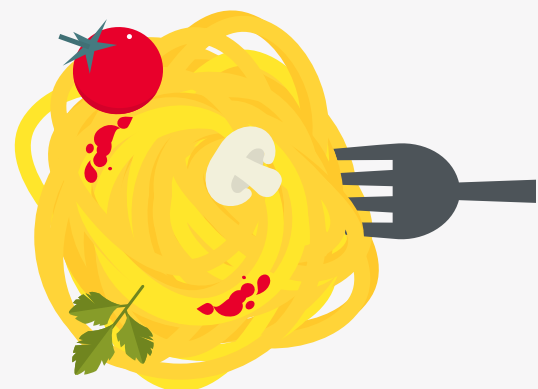
CHINESE NEW YEAR 2022

Why not celebrate food culture with our Chinese New Year themed practical cookery workshops?

Pupils can develop a variety of cooking skills throughout the session and taste test the end recipe, giving pupils the opportunity to try new cuisines!

We will provide all equipment and resources required for the session and can deliver half or full day visits.

We are now taking booking for January/ February 2022



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Cooking Equipment Resource Inspiration

Supporting many schools in Liverpool, there is always one common barrier that staff face which is finding the right equipment.

Schools need child friendly, durable, low-cost equipment that can be easy to store.

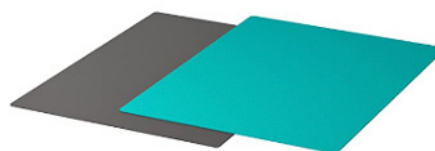
Below are some products we recommend to get you started with your cooking essentials.



Multi-functional electric cooker hob.

These are perfect for classroom settings and last years. Also perfect for storage.

Found on amazon for around £25.



Flexible lightweight chopping boards.

Easy to store and clean.

IKEA- 50p each



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**SIL
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RECIPE IDEAS!



Chicken Noodle Soup

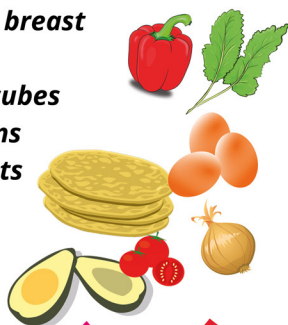


This recipe is super easy, healthy, and always goes down well with all age groups.

INGREDIENTS

(makes 15 small portions)

- 1 White onion
- 2 tsp Garlic paste, 1 tbsp oil
- 2 Celery sticks
- 250g Cooked chicken breast
- 750ml Boiling water
- 2 chicken/veg stock cubes
- Bunch of spring onions
- 2 fine egg noodle nests
- 1 tin sweetcorn
- 3 tbsp soy sauce



METHOD

1. Peel and chop the white onion and finely chop the celery.
2. Fry the onion, garlic and celery in the oil in a hot pan. Cook for 5-10 minutes or until they have really softened.
3. Measure 750ml boiling water in the jug and crumble in the stock cubes, stir to dissolve. Pour over the softened vegetables.
4. Bring to the boil for 2 minutes, keep stirring. Break the noodles into smaller pieces and add to the pan. Stir until they separate and simmer for 5 minutes.
5. Drain the sweetcorn and shred the chicken with the fork, add to the soup and simmer with the lid on for 2 minutes.
6. Finely chop the spring onions and add along with the soy sauce just before you serve the soup. Lastly, season with black pepper.
7. Enjoy hot with some bread to dip in!

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SCHOOL FOOD STANDARDS

Menu compliance can sometimes be difficult to meet. Each term we will provide tips and advice to ensure your school is meeting the current standards.



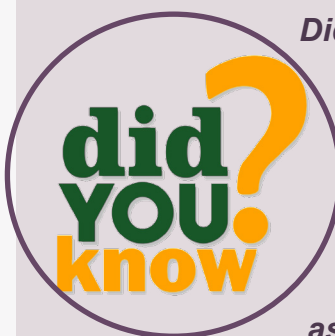
Oily Fish is our focus for this term.

To meet the school food standards schools must serve oily fish just once every three weeks. Eating oily fish is not just a great source of omega-3 it provides us with protein, vitamin A and D. Sources include- salmon, mackerel, trout, sardines.

- It can be difficult to encourage children to eat fish due to its smell, taste and texture but there are many ways to include fish in their diet.
- Mixing it into children's regular dishes can encourage them to try fish e.g. tomato salmon pasta, fish nuggets/wraps.

- Be sure to use lots of herbs and spices to hide flavours. Another tip can be using 50/50 tuna/mackerel mayo to sneak in that oily fish.
- Curries are also a great way to cover up flavours of fish.
- Experiment with different recipes and talk more to pupils about the benefits of eating fish.

Please get in touch for support in the School Food Standards and recipe ideas!



Did you know oily fish contains omega-3 which is an essential source of unsaturated fat in our diet. This nutrient is important for brain development as well as heart health.

Chartered Institute of Environmental Health



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