

# SNAGS, SNACKS and SUSTAINABILITY



## Things to think about in your meetings

We recommend that you offer refreshments as part of your SNAG, or any other Food for Life Partnership event.

If we want people to eat healthily, think about where their food comes from and take care of the environment what better way than to model these behaviours when we come together in our meetings? You might like to involve pupils in sourcing the refreshments for your event as an activity to aid their understanding of the issues involved.

- Local food sourcing is a part of Silver and Gold levels of the Food for Life Partnership Mark.
- The rationale behind this is support for local economies and producers.
- Tracing the stories behind local food can be satisfying and celebratory.
- The Food for Life Partnership underscores the importance of increasing the consumption and enjoyment of fresh fruits and vegetables *per se* - local or not.

The following advice is based around the government's guidelines for food other than lunch and the Food for Life Partnership Mark criteria.

Flagship schools may be able to secure financial support for this from their regional co-ordinator.




## Questions to ask yourself

When considering an item you might serve, ask the following questions...


1) Does it comply with standards for food other than lunch and our suggested best practice? (see appendix 1)

 Go to q.2


 Sorry – you can't serve this item in your meeting - try another.


2) Is it fresh?

 Go to q.3

 Fresh is best, but frozen and tinned items are acceptable, can you serve another item that is fresh?


3) Is it in season?

 Go to q.4

 If your item is neither fresh nor seasonal, find another.


4) Is it locally sourced?

 Go to q.5

 If your item is not locally sourced, can you buy it from an independent shop? If not, try to ensure some other items are.


5) Is it organic?

 Excellent

 If this item is not organic, try to ensure at some other items are.

6) Is it a fair-trade product?

 Well done.

 If this item is not fairly traded, try to ensure at least one other item is.

For further information on fair-trade produce visit [www.fairtrade.org.uk](http://www.fairtrade.org.uk). For information on what's in season download the British Seasonal Food Chart in the resources section of the School Food Trust website at [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk).

By working through this series of questions we hope you will be able to serve items that reflect the Food for Life Partnership aims of serving foods which are 75% fresh, 50% local and 30% organic.

**Having decided what you are going to serve – make sure everyone appreciates the efforts you have made by discussing the products and their origins during your break. Better still, make sure anything locally produced or purchased has a note on it to say so!**

### Other ways to link food into your meetings

Given that the Food for Life Partnership is all about food, it makes meetings much more relevant if there are opportunities to engage directly with food. As well as serving refreshments you could:

- Use the food itself as an opportunity for learning.
- Sample a selection of local produce from your link farm.
- Ask your school cook to bring tasters of new school meal dishes to try.
- Offer participants the chance to try tasting different varieties of the same fruit or vegetable (e.g. apples, melons).
- Bring in examples of any unusual foods that get referred to during the meeting.
- Put something in the oven at the start of a meeting and see how it turns out at the end!
- Read the packaging for any processed items eaten by members of the SNAG that day; use the Food Standards Agency (available at [www.food.gov.uk](http://www.food.gov.uk)) guidelines to work out whether they had high, medium or low levels of fat, sugar and salt. Alternatively discuss how traceable the item is.
- Sample some freshly harvested fruit or vegetables from the school garden.

## Other things to remember about being sustainable

Of course “being green” isn’t just about the food we eat; it is about how we use resources/energy generally. If your school is an Eco- school you will already be very familiar with these issues, either way we would encourage you to model good “green” behaviour in your meetings generally. Consider the following:

- Are you composting, as appropriate, the remains from your snacks at the SNAG meetings?
- Are you using proper crockery and cutlery rather than plastic items?
- Are you using recycled paper/paper from sustainable source?
- Are you making sure all paper is used on both sides?
- Can people share copies of documents rather than having one each?
- Can you turn the temperature down before you open a window?
- Do you need the lights on? Don’t forget to switch them off when you leave!
- How is everyone getting to the meeting? Can they walk, cycle, lift-share?
- Can you use e-mail to stay in touch rather than written notes?

# Appendix 1

## Foods that can be served in school at times other than lunch



### Ideas for snacks

- Whole/pieces of fresh fruit e.g. banana, apple, pear, satsuma, grapes.
- Fruit pots of sliced/chopped fresh fruit e.g. melon, berries, apple.
- Canned fruit in natural juice e.g. peaches, pears, pineapple, mandarins.
- Dried fruit without added fat, sugar or salt e.g. apricots, sultanas, raisins, dates.
- Salad pots.
- Crudités, vegetable sticks with dips.
- Vegetable accompaniments: tomatoes (tinned or fresh), raw vegetables such as carrots, peppers, cucumber and celery.
- Yoghurt or fromage frais (plain or fruit).
- English muffins.
- Plain currant/raisin bread.
- Combinations of nuts and seeds without added salt, sugar or fat.
- Toast, bread rolls with spread, jam, marmalade, peanut butter.
- Toasted bagels, crumpets.
- Sandwiches.
- Bagels with fillings.
- Baguettes with fillings.
- Fillings/toppings: cheese, hard boiled egg, peanut butter, houmous, tahini, sliced meat, bacon, meat or fish paste, tinned fish.
- Filled pitta bread or rolls.
- Wraps e.g. Mexican bean.
- Pasta salads.



## Ideas for drinks

- Tap water.
- Skimmed or semi-skimmed milk.
- Fruit juice or vegetable juice.
- Plain yoghurt drinks.
- Plain soya, rice or oat drinks enriched with calcium.
- Fruit and/or vegetable smoothies.
- Tea or coffee.