

The School Food Conference

5th December 2017

Agenda for the day

09.00 Registration and refreshments

09:30 Open: Councillor Mulherin

Executive Board Member for Children and Families

A Child Healthy Weight Plan: A plan for action

Deb Lowe, Advanced Health Improvement Specialist, Public Health, Leeds City Council

The School Food Standards

Siobhan O'Mahony, Nutritionist, Health & Wellbeing Service, Leeds City Council

Transforming school food: Healthier and tastier school meals

Executive Chef, Harrogate Grammar School, Horsforth School & Benton Park School

Starting as we mean to go on: Reducing sugar in school meals & the pudding swap pilot

Karen Smith, Food Technologist, Catering Leeds

Perspectives on packed lunches: What the research tells us

Dr Hannah Ensaff, University of Leeds

12.30 Lunch and networking

Whole school food policy in schools: Embedding the sugar recommendations through a whole school approach

Siobhan O'Mahony, Nutritionist, Health & Wellbeing Service, Leeds City Council

Implementing an effective whole school food policy to change behaviour and consumption

Beki Vargassoff, Headteacher, Fieldhead Carr Primary School, Leeds

Breakfast, behaviour and academic outcomes

Professor Louise Dye, Human Appetite Research Unit, School of Psychology, University of Leeds

Effective implementation of school healthy lifestyle programmes: Lessons learnt

Professor Pinki Sahota, Professor of Nutrition and Childhood Obesity, Leeds Beckett University

The Leeds Food Charter: What this means for schools

Sonja Woodcock, Sustainable Food Cities Coordinator, Leeds Food Partnership

The next steps for school food and universal infant free school meals

15:30 Closing remarks, evaluation and finish