



SET THE STAGE FOR HEALTH AND EMPOWER YOUR PUPILS TO PUT NUTRITIOUS FOOD AT THE HEART OF A HIGH PERFORMING COMMUNITY.

- Join our movement of **150 schools** and **2000 young people**, leading social action to improve their school food.
- **Fully funded** programme for Key Stage 3.
- Pupils, teachers, governors and caterers working together to make a real difference on school food issues.
- Free membership to the [Food For Life](#) awards scheme.

School should be a place where every child can thrive. The canteen is one of the very few places where we can make certain every child is getting a healthy nutritious meal – but too often that opportunity is being wasted.

School Food Champions is here to address that, by putting healthy food in the spotlight and helping you to improve the flow of healthy options.



AS A TEACHER I JOINED BITE BACK TO ALLOW A GROUP TO COME TOGETHER AND MAKE POSITIVE CHANGES IN OUR SCHOOL ENVIRONMENT – CHANGES THAT I HOPE WILL CONTINUE FOR YEARS TO COME. BY FACILITATING THIS GROUP I PROVIDE THE STUDENTS WITH A SAFE SPACE SO THEY FEEL THEY CAN DISCUSS IMPORTANT TOPICS THAT FALL UNDER THE BITE BACK REMIT. I TRULY BELIEVE THAT WHEN PEOPLE COME TOGETHER WITH LIKE MINDS GREAT THINGS CAN HAPPEN.

Natalie Hancock, George Abbot School

HOW DOES THIS WORK?

This is a weekly programme run at lunchtime or as an after-school club and Bite Back provides all the inspiration and resources you will need.

You select a lead teacher who recruits a team of 10–15 pupils from Years 7 to 9 keen to make a difference on food issues. We train the teacher, and they deliver our sessions. Typical topics include:

- What does a great school food culture look like?
- What is youth social action?
- How do we design a great campaign?
- What do we need to know about the food system and what is food inequality?
- How do we build a great team and acquire leadership skills to make our voices heard?

BENEFITS FOR PUPILS

- The chance to lead transformational change across the school community.
- To be part of a fun and rewarding programme outside the traditional curriculum.
- The opportunity to join the Bite Back movement and make new friends.
- Build campaigning, leadership and public speaking skills.

BENEFITS FOR TEACHERS AND SCHOOLS

- Join a community of 150 schools sharing best practice around school food and culture.
- Work with pupils to deliver real impact that the whole school will benefit from.



Pupils will work with their lead teacher, school leaders, caterers and governors to review the food culture in your school. Together you take on two social action projects:

Project #1 will improve specific issues of the food environment in your school.

Project #2 will make a difference in your school or your local community.

Feb-May 2022: Sign up to join cohort two of SFC!

June 2022: Get trained up with lead teachers across the country.

Sept 2022: Start delivering SFC in your school.

All through the year, Bite Back provides guidance, support and training. We connect teams from across the country, and link up with our amazing youth leaders to showcase great examples of young people leading change around school food.



HOW DO I GET INVOLVED?

Bite Back School Food Champions is fully funded. Participating schools receive £700 (£600 as a TLR3 for your lead teacher and £100 for materials for pupils to deliver their social action projects). Schools also receive a year of the FFL awards package (normally £199) for free.

For more information contact schoolfoodchampions@biteback2030.com, or apply now at www.bb2030.co/SchoolFoodChampions



The #iWill Fund is made possible thanks to £54 million joint investment from The National Lottery Community Fund and the Department for Digital, Culture, Media and Sport (DCMS) to support young people to access high-quality social action opportunities.





Bite Back 2030 exists for a healthier generation. We believe every young person deserves access to healthy, nutritious food, no matter where they live – but right now, that's not our reality.

Right now, the health of 3.3 million children in the UK is at risk from being overweight and we have one of the worst childhood obesity rates in Western Europe. But we can fix this. Bite Back 2030 is committed to halving childhood obesity by 2030 and closing the inequality gap.

At our heart is our Youth Board – a team of passionate teenage activists from across the UK campaigning for healthy schools, healthy streets and healthy screens – everywhere, because children living in the poorest areas are twice as likely to be affected than their wealthier peers.

Covid-19 has shone a light on some of the shocking food that children on free school meals were offered during the holidays and has brought food and health inequalities into stark focus for all of us.

You can learn more about us on our [website](#) or by following @biteback2030 on [Instagram](#), [Twitter](#), [Facebook](#), [Youtube](#) or [Linkedin](#).