

Comment (add separately if required)

Yes, especially if the promotion includes pilot programs where schools create gardens and pupils get the opportunity to plant, harvest, prepare, cook and eat the food they grow. For an excellent example of this see, The Edible School Yard project, in Berkeley, California—a program now in its tenth year.

<http://www.edibleschoolyard.org/>

Establishing healthy connections to food and food choices is directly linked to how intimate you can make the connection between what's on your plate and where it came from, and nothing does that more than nurturing a seed to fruition. Further, the experience of place-based education practices exposes pupils to other academic disciplines in a way that establishes a common contextual experience, e.g., science, geography, mathematics, history etc., where these disciplines are seamlessly connected, and therefore deeper conceptual understanding is possible, rather than the alternative where they are typically introduced as discrete topics.

4. Should local authorities be under a duty to ensure that those taking free school meals can do so anonymously, as far as is practicable?

Yes **No**

Comment (add separately if required)

5. Should local authorities have the power to provide children in local authority schools with free drinks, fruit, vegetables, bread or cereal based snacks, which meet defined nutrient standards?

Yes **No**

Comment (add separately if required)

6. Should there be a duty on Scottish Ministers and local authorities to endeavour to ensure that all local authority schools are health promoting schools?

Yes **No**

Comment (add separately if required)

7. Any other comments? (add separately if required)

Although I now live in California, my family lives in the Borders, and I have a young nephew about to start nursery school at Chirnside Primary School. I also attended Chirnside Primary School (1970-1977) and The Berwickshire High School (1977-1983). I work for a publisher of mathematics and science curriculum and frequently interact with teachers and school administrators. Over the last few years, I have closely followed emerging responses to childhood health issues, particularly in the area of promoting healthy, sustainable, food choices.

In your publication, *Hungry for Success: A Whole School Approach to School Meals in Scotland*, I was impressed by the breadth, depth, conclusions and recommendations made, but was disappointed in the International Context section, particularly 2.16 and 2.18, where the following was stated, "It appears that

it is difficult to make meaningful comparisons on the nature and effects of school meal provision in different countries because of the wide range of cultural contexts and also the variance in the nature of education in diverse countries.”

In general, I see why this comment was made, but I think it is possible to make meaningful comparisons between Scotland and *parts* of other countries, not necessarily *whole* countries, particularly when there are initiatives at play that could positively impact your desired outcome for Scotland’s youth.

The San Francisco Bay Area, for example, has a population approximately equal to the population of Scotland. Within the greater Bay Area there is a combination of rural and urban, and high poverty as well as affluence. The area is more ethnically diverse than Scotland, so in some ways is perhaps more challenging.

I decided to respond to this consultation because I am enormously proud of my heritage and feel what you are trying to do in Scotland, regarding the health of future generations, is central to the success of the country and I wanted to make sure you were aware of programs that could assist you with that goal—programs that are outside the UK. I recommend you establish working partnerships with the following organizations and individuals who are already well on their way to implementing successful initiatives:

The Center for Ecoliteracy
<http://www.ecoliteracy.org/>
Program Officer for Food Systems: Janet Brown
info@ecoliteracy.org

The Center for Ecoliteracy is a hub for work of this nature and is therefore an excellent stepping off point to link to similar programs. In particular look at:

<http://www.ecoliteracy.org/resources/index.html>
<http://www.ecoliteracy.org/publications/index.html>
<http://www.ecoliteracy.org/programs/index.html>
<http://www.ecoliteracy.org/education/sustainability.html>

California School Garden Network
<http://www.csgn.org/>

Farm to School
<http://www.farmtoschool.org/>

Changing Schools: A Systems View by Ann Evans (Retired Nutrition Education Consultant with the California Department of Education)
Pages 250-257, *Ecological Literacy, Educating Our Children for a Sustainable World*, ISBN 1-57805-153-3

Also, by the same author, <http://www.ecoliteracy.org/publications/rs/ann-evans.html>

Thank you for the opportunity to respond to this consultation. If you decide to follow-up with any of these organizations or individuals, please feel free to contact me for assistance.

Sincerely,

**Karen Cowe
Richmond, CA 94804**