



FOOD FOR LIFE

MAKING BRITAIN HEALTHIER THROUGH FOOD

We want to make **good food** the **easy choice** for **everyone**,
whoever and **wherever** they are.

What is Food for Life?

- ✓ An **approach**
- ✓ A series of **programmes**
- ✓ A **movement** of people who want change

“Food for Life is one of the most inspirational social experiments of our time”

Prof Kevin Morgan

Senedd Paper for the National Assembly for Wales, 2015



What we do



What does good food mean?



A healthy and sustainable diet:

less high fat/salt/sugar processed food and less but better quality meat, more fruit and vegetables, whole grains and sustainable fish.



Quality food you can trust:

more fresh, local, seasonal, sustainable food, with low climate impact and high welfare standards.



Eating together:

more opportunities for social contact through food, building families and communities and tackling loneliness.





Sustainable Food Cities



City/county-wide cross-sector partnerships of public agencies (health, environment, economy), businesses, NGOs, community organisations and academic bodies with a **joint vision and set of clear common goals**.

1. Promoting healthy and sustainable food to the public
2. Tackling food poverty, diet-related ill health and access to affordable healthy food
3. Building community food knowledge, skills, resources and projects
4. Promoting a vibrant and diverse sustainable food economy
5. Transforming catering and food procurement
6. Reducing waste and the ecological footprint of the food system

<http://sustainablefoodcities.org>



Out to Lunch



Out to Lunch aims to drive healthy menu development and good sourcing and preparation practices, making life easier for parents who want their families to eat well.

As a result of the campaign:

- **More healthy options on offer. More chains are now serving a portion of veg or salad with every meal. Fewer chains are offering sugary drinks and free refills.**
- **More sustainable options are on offer. More chains now include information on ingredient sourcing on the menu. More chains are serving sustainable fish and organic ingredients.**
- **More than 5.5 million improved meal options were served in participating restaurant chains last year.**

Children's food on the high street



LEAGUE TABLE

RESTAURANTS	TOTAL SCORE OUT OF... 80	
1 JAMIE'S ITALIAN	64	★ ★ ★ ★ ☆
2 HARVESTER	45	★ ★ ★ ☆ ☆
3 GIRAFFE	44	★ ★ ☆ ☆ ☆
4 WETHERSPOONS	43	★ ★ ☆ ☆ ☆
5 WAGAMAMA	40	★ ★ ☆ ☆ ☆
6 PREZZO	38	★ ★ ☆ ☆ ☆
7 CAFE ROUGE	38	★ ★ ☆ ☆ ☆
8 PIZZA EXPRESS	37	★ ★ ☆ ☆ ☆
9 ASK ITALIAN	35	★ ★ ☆ ☆ ☆
10 FRANKIE & BENNY'S	34	★ ★ ☆ ☆ ☆
11 BEEFEATER	32	★ ★ ☆ ☆ ☆
12 ZIZZI	32	★ ★ ☆ ☆ ☆
13 CARLUCCIOS	30	★ ★ ☆ ☆ ☆
14 BREWERS FAYRE	29	★ ★ ☆ ☆ ☆
15 MCDONALD'S	29	★ ★ ☆ ☆ ☆
16 HUNGRY HORSE	29	★ ☆ ☆ ☆ ☆
17 NANDO'S	28	★ ☆ ☆ ☆ ☆
18 PIZZA HUT	27	★ ☆ ☆ ☆ ☆
19 STRADA	25	★ ☆ ☆ ☆ ☆
20 KFC	21	★ ☆ ☆ ☆ ☆
21 BURGER KING	11	★ ☆ ☆ ☆ ☆

Lifestyle > Health & Families > Health News

Leading high-street restaurants accused of being 'sugar villains' by campaign group

The Soil Association names and shames Pizza Hut, Frankie & Benny's and Nando's as the worst offenders in a new report

Ian Johnston | Saturday 17 October 2015 |  comments

   **626**
SHARES



Just two fizzy drinks and an ice-cream dessert at **Pizza Hut** contain **179g** of sugar

The **daily recommended sugar intake** for a child of 10 is no more than **24g**





Out to Lunch



- Harvester has consequently removed refillable soft drinks, and has introduced healthy eating guidance on the menu.
- Prezzo has introduced a chicken salad and now offers fresh fruit for pudding; giraffe has ditched the chips and switched to free range egg.
- Café Rouge has ceased the promotion of refillable sugary soft drinks on the children's menu
- Frankie & Bennie's has introduced children's cutlery in all restaurants
- Strada launched a new and improved children's menu in February 2016 offering a salad with every main, a fresh fruit pudding, and the option of choosing smaller portions of selected adult meals.