



Issue no.3

FIO FOOD NEWSLETTER



FEBRUARY
2023

Six month project meeting in Leeds

The FIO Food Team met for the biannual in-person meeting in Leeds on the 6-7th February 2023. This time, it was the Leeds Beckett University Team who splendidly hosted the event! Over the course of two days, the Team discussed future actions and project's directions.

It was a very productive meeting with hands-on opportunities facilitated by the Sainsbury's team. The FIO Food colleagues were involved in food system mapping exercise, identifying main barriers and facilitators to healthier and sustainable diets.

Lastly, the results of our stakeholders' survey were discussed to help us frame our future collaboration themes and goals (see page 2).



Knowledge Exchange Events



Abbotswell school visit

The Aberdeen team organised a workshop event at Abbotswells Primary School on the 8th of February, as part of their health and wellbeing week. Content was related to the FIO Food project around 'Healthy People, Healthy Planet' theme which included healthy eating activities and got children thinking about sustainability & the impact of food system on the environment.

The targeted audience were 240 pupils in 10 classes, from P1 to P7. The workshop sparked questions from pupils who were keen to learn about healthier and sustainable eating!



Teachers' Breakfast: CPD Event

Overall, 29 teachers from primary (Cluny, Kittybrewster, Methlick, Strathburn, Uryside, Westpark) and secondary (Bridge of Don Academy, Bucksburn Academy) schools attended a CPD event at the Rowett Institute.

Participants were presented with practical activities and nutrition resources they could use within their classrooms on display. The feedback was positive, with 85% of attendees rating the training as very useful or higher. Teachers enjoyed the mix of talks, the tour and the hands-on experience of the resources. 96% expressed they had been provided with good ideas on ways to engage pupils on the topics of healthy and sustainable food and over 80% stated they felt more confident to teach pupils about healthy and sustainable food following the event.

Sharing information on these resources on social media and in future CPD events will be beneficial for teachers across Scotland.

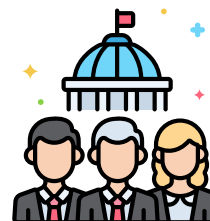
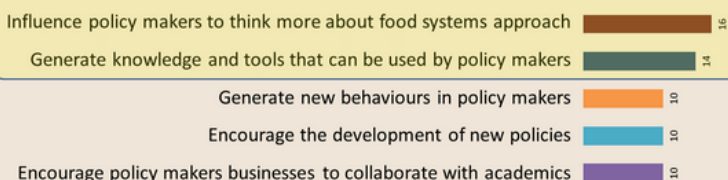


FIO Food stakeholders' survey results

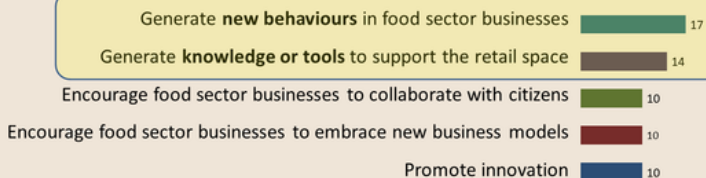
What are new emerging food system themes you would like us to focus on, for future collaboration?



WHAT DO YOU HOPE THE FIO FOOD PROJECT WILL ACHIEVE FOR GOVERNMENT / POLICY?



WHAT DO YOU HOPE THE FIO FOOD PROJECT WILL ACHIEVE FOR BUSINESS BEHAVIOUR IN THE RETAIL SPACE?



WHAT DO YOU HOPE THE FIO FOOD PROJECT WILL ACHIEVE FOR IMPACT ON CITIZENS

