

Pupils

- ▶ Pupils are now more aware of the benefits of eating local and seasonal foods and this brought a change in what they bring with them to school.
- ▶ Following various awareness talks, children are now looking at the ingredients list before buying food items, especially palm oil. Therefore this is a change in their buying habits.
- ▶ Students loved the idea of growing herbs and vegetables at school and so some started their own vegetable patch at home. This was our first step in encouraging the children to start their own garden and thus create a more self sufficient community.
- ▶ Pupils are encouraging their parents to reuse as much as possible of their leftovers by creating new delicious plates.



SMT, Teachers and Parents Committee

- ▶ For the various school activities the SMT, Teachers and the Parents Committee bought fruits and vegetables that were local and seasonal. Activities such as the 'soup day' were organised.
- ▶ This helped parents and pupils understand the importance of eating fresh, local and seasonal and hence encouraging others to change their way of eating by eating more responsibly.

