

The VegSchoolMeals Questionnaire

The VegSchoolMeals petition calls for school food-growing and self-sufficiency to be a dedicated subject area in the national curriculum.

Which of the following are **ALREADY** in place at your school? (Please tick what your school provides **TODAY**).

RENEWABLE ENERGY AND ENERGY-EFFICIENCY

- App controlled energy measurement, monitoring and control
- Transparent solar roofing (Rooftop greenhouses and rain harvesting)
- Transparent solar windows
- Wind turbines
- Hydro-turbines (should a school be near a stream or river)
- Energy-saving (LED) light bulbs
- Solar dehydrators
- Solar water heaters
- Heat exchangers

BIO-RESOURCES

- Small-scale Anaerobic digestion
- Organic waste recycling and online measurement
- Composting toilets
- Compost heaps
- Recycling bins
- Bio-diesel reactor
- Parents encouraged to bring organic waste to school

FOOD PRODUCTION - GROWING

- Low energy, fossil-fuel free farming
- Permaculture - working with nature, encouraging bio-diversity
- Organic growing and soil-health
- Polytunnels, allotments, raised beds, planters, greenhouses
- Vertical gardening, edible playgrounds
- Aquaponic growing and fish keeping
- Fruit trees and bushes
- Roof-top gardens
- Herb gardens
- Bee hives (supplying honey and vital pollinators)
- Keeping livestock (chickens = free eggs, ducks eat slugs)
- Working with the seasons
- Crop rotation
- The circular economy

FOOD PREPARATION AND SCIENCE

- Food for health and food as medicine:
 - vitamins, minerals, phytochemicals
 - diet and nutrition
 - disease prevention
- Food safety - storage and hygiene
- Food preservation - pickling, fermenting, canning, bottling, drying, freezing
- Food preparation - basics of cookery
- Making yoghurt, sourdough, kimchi, sauerkraut, cheese, pickles and more

- Menu design and combining flavours
- Sight, sound and taste, food as a feast for the senses
- Harvesting - from honey to tomatoes
- Reducing food miles
- Adding value to produce for market
- School meals from around the world - from French onion soup to okonomiyaki
- Education in all the food groups and farm visits

RAIN-WATER HARVESTING AND FILTRATION

- Gravity-fed irrigation system - app controlled
- Solar powered watering system - app controlled
- Underground cisterns to harvest rainwater
- Rainwater used for watering plants and flushing toilets
- Spray-head taps fitted to reduce water consumption

AIR QUALITY

- Indoor air purification - an indoor plant system to remove volatile organic chemicals (VOC's)

SELLING PRODUCE, SAVING MONEY, MAKING MONEY

- Weekly school farmers market (school playgrounds are perfect market spaces)
- School e-commerce website
- School café with earth oven (open before and after school)
- Bee related products
- Plant-based products
- Food products from jams to fresh bread
- Summer after school real-fruit ice-lolly stall
- UK-wide school seed bank
- Sell potted seedlings/young plants
- Organic, recycled pots (no plastic)
- Commerce (how to add value), planning, advertising, design, printing etc

MINDFULNESS

- Improve mental health and wellbeing
- Increase life satisfaction, happiness and feelings of self-worth
- Sensory gardens and renewable energy powered water fountains
- Peaceful, reflective spaces, open at weekends to the community
- More outdoor learning
- Support and prevention strategies to help tackle anxiety, depression, self-harm and eating disorders and to reduce stress due to pressure to succeed, body image and exams

There are 67 tick boxes, HOW MANY DID YOU TICK?

Tell me via www.vegschoolmeals.co.uk or @vegschoolmeals on Twitter. Thank you.