

Love British Food case studies to learn from: The Oval Primary School

Why did they source British?

- Pupils from The Oval School attended Love British Food's National Harvest Service in 2013
- They enjoyed the experience so much that they took part again the following year when the service was held in Birmingham Cathedral

How did they get involved?

- The Oval School went the extra mile with the preparations for their Harvest Box
- On their allotments they have been growing a variety of potatoes, including Edzell Blues, King Edward and salad potatoes, along with other root vegetables
- Activities are not just confined to school hours as a growing and cooking award scheme has been launched to get the children doing things at home as well
- The children will be recording everything in a homework book and vying for the coveted Gold Award in the process
- The school canvassed support from the community with their local Tesco supporting their entry by donating some items for the Box
- They have also made use of external resources such as the Tesco Eat Happy Project



Deborah Oyedijo, who read at the National Harvest Service.

What have they achieved?

- A ringing endorsement from Deborah Oyedijo, who read at the Service:

"I enjoyed finding out about my home city of Birmingham, getting inspiration for our harvest box design from the amazing architecture including the Bull ring, the Rotunda, Birmingham Cathedral, Council house, the town hall and the new Birmingham Library. Birmingham has an outstanding network of canals; we wanted to include those too. I have helped gather in our harvest of root vegetables, courgettes, tomatoes, beans, blackberries and apples. I am very proud to be part of this special harvest celebration."

- As well as all this work preparing their Harvest Box for the Service, the school has an amazing ethos and background of promoting healthy eating, which is especially important as the country continues to try and tackle high obesity rates in children
- The school work with an NHS nutritionist team and run parent/pupil workshops to educate about positive food choices whilst having fun cooking together
- Camelia Paton-Devine, Food Technology Teacher and Farm Co-ordinator, tells us how the National Harvest Service helps them get the pupils excited about eating British:

"At the Oval we visit local farms to learn where food comes from 'Farm to Fork,' looking out for the red tractor and MSC logo for British grown food and sustainable fish varieties. We grow our own organic fruit and vegetable in our school allotment and learn how to tend the soil, make compost and grow from seed. Over all our vision of 'from seed to plate,' becomes a reality in our state of the art food technology room, where we use our allotment produce to cook delicious and healthy recipes. Our local community gets involved too, we promote buying British, growing locally and having fun cooking!"