



IMMEDIATE RELEASE

Schools in Liverpool get food growing

Monksdown Primary School and Holy Name Catholic Primary School in Liverpool will be creating Edible Playgrounds thanks to players of People's Postcode Lottery. These two schools will form a cluster of food growing schools with St Teresa of Lisieux Primary School, in Norris Green, whose edible playground was completed earlier this year.

Edible Playgrounds transform areas in school grounds into vibrant outdoor spaces that excite and teach children about growing and eating healthy food. The programme is a partnership between Trees for Cities, School Food Matters and Chefs Adopt a School to create 10 flagship Edible Playgrounds in London, Manchester, Reading and Liverpool.

Trees for Cities will create an edible playground at Monksdown Primary and Holy Name Catholic Primary Schools, which will give pupils the opportunity to grow fruit and vegetables and learn why healthy eating is important. As well as enriching the pupils learning experience, it will also enable the teachers to teach across their broad and creative curriculum in a fun and engaging outdoor space.

As part of the project, the pupils will also enjoy hands-on cooking lessons from Chefs Adopt a School and access to food education programmes outside the school gate via charity School Food Matter's Membership for Schools.

Stephanie Gough, Head Teacher at Monksdown Primary is incredibly excited to have an edible playground as they have been hoping to get gardening initiatives off the ground for some time. She is a firm believer that outdoor learning will enhance educational outcomes across the curriculum narrowing the gap between high and low achievers.

Stephanie Gough comments "One reason we are excited about the Edible Playground project is to help educate our pupils and families about food from its origins to the plate. Growing fruit and vegetables on a larger scale compliments the work we have already started in our pupil kitchen where we have employed a chef who works every Friday to work with our families and run sessions such as: "Cooking on a budget", "Lads and Dads", "Dads and Daughters", which have all proved very popular sessions. Soon they will be able to pick their own produce before cooking it!"

Anne Radford, Head Teacher at Holy Name RC Primary School contacted Trees for Cities as soon as she heard about St Teresa's Edible Playground to see how they could get involved. **Anne Radford comments:** "The Edible Playground will provide new opportunities for active learning. We feel that this project is not only environmental, but will also impact on our pupils' learning about community responsibility. It will be learning for life. We would like to engage parents more in school life and this project might perhaps improve their life skills too."

The edible playground will be designed specifically for each school, including raised beds for growing salads, root vegetables, brassicas, soft fruits and herbs, fruit trees, a green house and a composting area. Pupils will enjoy planting and harvesting workshops throughout the year, and teachers will receive support to teach outdoors through gardening.

A growing number of children are becoming obese as young as four or five years old, NHS figures have shown, sparking renewed concern about the obesity crisis.

David Elliott, Chief Executive at Trees for Cities said "Our Edible Playground programme addresses several key areas of concern around children's health. They teach pupils where food comes from, that healthy food can be the easy choice, in and out of school and encourage physical activity. We are therefore delighted to announce our eighth and ninth Dream Fund Edible Playgrounds at Monksdown Primary and Holy Name Catholic Primary School in Liverpool, thanks to players of People's Postcode Lottery. "

Ends

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Images available upon request

Notes to Editors

Trees for Cities is the only charity working on an international scale to create greener cities. Since 1993, we have engaged over 70,000 people to plant over 600,000 urban trees in parks, streets, schools and housing estates across the UK, as well as internationally, revitalising these areas and improving the lives of the people who live in them. We strengthen communities through volunteering opportunities and inspire children to grow and eat good food and to connect with nature.

Edible Playgrounds is a programme led by Trees for Cities who have been working in schools to plant fruit and nut trees for over 10 years. "**Edible Playgrounds**" transform areas in school grounds into vibrant outdoor spaces that excite and teach children about growing and eating healthy food.

By instilling healthy eating habits at an early age, they help tackle obesity, food poverty and lack of access to nature head on, and provide a platform for fun and engaging lessons that support the school curriculum. An Edible Playground typically includes raised beds, a greenhouse, wormery, fruit trees and an irrigation system.

www.treesforcities.org

School Food Matters is a registered charity based in London that campaigns for fresh sustainable food in schools and for children to understand where their food comes from. To achieve this SFM listens to schools,

parents and children. Together they urge local authorities to improve school meals and to support food education through cooking, growing and links with local farms. <http://www.schoolfoodmatters.org/>

Chefs Adopt a School founded in 1990 by the Royal Academy of Culinary Arts, Adopt a School, which includes Chefs Adopt a School and Hospitality in Schools, is a national charity which teaches children – in a holistic way – about food, cookery food provenance, food growing, healthy eating, nutrition, hygiene, table etiquette and the importance of eating together. Professional Chefs deliver sessions in the classroom which range in content from the four tastes and the five senses, to advanced practical cookery. The charity reaches over 20,000 children every year and we work with primary schools, secondary schools, SEN schools, hospital schools, pupil referral units, sports centres and food festivals. We believe that every child should be taught about the importance of food and the significance it has in our lives. <http://www.chefsadoptaschool.org.uk/>

People's Postcode Lottery

- People's Postcode Lottery is a charity lottery. Players play with their postcodes to win cash prizes, while raising money for charities and good causes across Great Britain and globally
- A minimum of 30% goes directly to charities and players have raised £135.8 Million for good causes across the country
- £10 for 10 draws paid monthly in advance with prizes every day. For further prize information visit: www.postcode lottery.co.uk/prizes
- Maximum amount a single ticket can win is 10% of the draw revenue to a maximum of £400,000
- Players can sign up by Direct Debit, credit card or PayPal online at www.postcode lottery.co.uk, or by calling 0808 10-9-8-7-6-5
- Postcode Lottery Limited is regulated by the Gambling Commission under certificate nr 000-000829-N-102511-011 and 000-000829-R-102513-010. Registered office: Titchfield House, 69/85 Tabernacle Street, London, EC2A 4RR
- People's Postcode Lottery manages multiple society lotteries promoted by different charities. For details on which society lottery is running each week, visit www.postcode lottery.co.uk/society
- This prize was part of the draw promoted by Royal Voluntary Service or WWF

