



OUR JOURNEY



SUSTAINABLE FOOD PLACES CARDIFF GOLD AWARD

WELCOME



As the Cabinet Member entrusted with the Food Strategy in my portfolio and in my capacity as Chair of the Council's Food Steering Group, I am immensely proud of Cardiff achieving the Gold Sustainable Food Places Award.

Cardiff Council has been a pioneering force in the city's Good Food Movement since Food Cardiff's inception in 2014. Our solid commitment to building a sustainable food system has been a key aspect of our work, and we are delighted to have established a robust foundation upon which to grow. The Council's 'Stronger, Fairer, Greener' policy agenda and current Corporate Plan both commit to working with and supporting the Food Cardiff partnership bid to become Wales' first Sustainable Food Place to achieve Gold status.

As the capital city of Wales, Cardiff has already achieved remarkable milestones on this path. We are Wales' first Sustainable Food Place to have achieved Gold, Bronze and Silver awards - a title earned through the collective efforts of our collaborative partners, engaged community, and dedicated colleagues. Moreover, our development of a comprehensive Council Food Strategy - the first of its kind where there is already a Food Partnership strategy within the area - underscores our proactive approach to addressing the complexities of our food system.

As we look ahead, we are excited to embark on the next chapter of our food journey. The Council recently passed a motion, which was focused on ensuring that everyone has access to decent, healthy, sustainably produced food, and re-committed the Council's support for the Cardiff Food Partnership and our aim for a Gold Sustainable Food Places Award. This motion helped to re-emphasise the excellent work that is already happening here in Cardiff, but also committed the Council to do more. Alongside a comprehensive refresh of our Food Strategy Action Plan, this will ensure that our unwavering commitment to supporting and delivering our sustainable food agenda here in Cardiff is both maintained and strengthened. I am confident that through our continued collaboration and shared vision, we can create a food system that not only nourishes our community but also protects our environment and fosters a healthier future for generations to come.



Cllr Julie Sangani

Cabinet Member for Adult Services and Public Health & Equality (Cabinet Member Job Share), Cardiff Council

WELCOME

“

As the Executive Director for Public Health for Cardiff & Vale University Health Board, I am delighted that our team and organisation have played a key part in Cardiff's Gold Sustainable Food Places Award. The Cardiff & Vale Public Health Team was a co-founder of Food Cardiff in 2014 and we're delighted to see how much has been achieved over the last ten years, and we remain firmly committed to ensuring that everybody in Cardiff has access to good food.

The Sustainable Food Places work very much supports Cardiff and Vale University Health Board's vision: "Working together, we will help improve lives so that by 2035 people are healthier and unfair differences in health outcomes are reduced." We are taking a whole systems approach to improving the food environments which impact our communities' health. As a small specialist public health team, we work in partnership with others to make the healthy choice the easy choice. This Gold Award and the work of Food Cardiff is a great example of this impactful partnership working in action. I am very grateful to our partners too.

Our plan has motivated and provided direction to partners to encourage, support and enable people to eat healthily and increase physical activity. We have seen an encouraging increase in the proportion of children categorised as having a healthy weight across Cardiff and the Vale of Glamorgan up to 77.5% but there are still big differences between our more and less affluent areas within Cardiff that must be addressed. Recently, 160 people engaged in stakeholder workshops to support the development of a revised framework, called 'Good Food and Movement'. The co-created vision is:

“ Together we will create environments, settings and opportunities that enable movement and good food for everyone in Cardiff and the Vale of Glamorgan. ”

I am proud of Cardiff for achieving the Gold Sustainable Food Places Award and am excited to continue our work as both a local and national leader in ensuring all local people have the opportunity to access good food at a reasonable price.

”



Claire Beynon

Executive Director for Public Health, Cardiff & Vale University Health Board

FOREWORD



While the Gold award submission has been led by Food Cardiff, the award is in recognition of all of the individuals and organisations which are working together to promote healthy, environmentally sustainable and ethical food across the city.



We were thrilled to gain the Silver Sustainable Food Places Award in 2021 and, off the back of that success, Food Cardiff initiated a city-wide engagement and consultation programme to create the Cardiff Good Food Strategy. This set us on the path to earning the Gold Award this year. Our strategy, based on what stakeholders across the city told us, set out five food goals – a healthy Cardiff; an environmentally sustainable Cardiff; a thriving local economy; a fair and connected food system; and an empowering food movement.

Since then, Cardiff's growing food partnership has evolved into a dynamic, strong and inclusive network of good food activists. This award is a huge achievement for all of the many individuals, community groups, organisations and businesses who are part of the Food Cardiff network, and everyone in the city who has contributed to our Good Food movement.

As we celebrate the tenth anniversary of Food Cardiff, it's great to have this external recognition of our success at a UK level. As we plan for the future of our movement, the Gold award clearly shows the power of bringing together all of the people within the food system to collaborate for change – to increase access to healthy, affordable food, to bring communities together and tackle isolation, to support a more sustainable food system and ensure our local food economy can thrive.

We are excited now to start the process of working with all of those partners on our plans for the next five year Good Food Cardiff strategy.

Pearl Costello

Sustainable Food Places Co-ordinator, Food Cardiff



What did Cardiff need to demonstrate to achieve the Gold Sustainable Food Places Award?

- ✓ Continued progress against the 6 key issues
- ✓ Exceptional achievement in two areas of food-related activity
- ✓ Evidence of food partnership embeddedness
- ✓ The strength/traction of the local food strategy and the degree to which it is recognised and actively supported by key institutions



SUSTAINABLE FOOD PLACES' 6 KEY ISSUES



CARDIFF'S TWO AREAS OF EXCEPTIONAL ACHIEVEMENT



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ABOUT FOOD CARDIFF



Food Cardiff was one of the founding Sustainable Food Cities members (now Sustainable Food Places) in 2014. Food Cardiff believes that the food we eat has a huge impact on life in Cardiff – not just on people’s health, but on communities and businesses, individual farmers and growers, and the environment too.

Good food creates strong, healthy, resilient communities. It acts as a hub for connecting people and projects working to promote healthy, sustainable and ethical food; acts as a voice for wider change as well as being the catalyst for changing the local food system in Cardiff.

ABOUT FOOD CARDIFF

Who we are

Food Cardiff was co-founded by Cardiff & Vale Public Health Team and Cardiff Council in 2014. It is part of Food Sense Wales, which aims to influence how food is produced and consumed in Wales, ensuring that sustainable food, farming and fisheries are at the heart of a just, connected and prosperous food system.

The Food Cardiff Strategy Board meets quarterly, representing people with experience of health, environmental sustainability, communications, food production, retail, food insecurity, community action, and policy.

[Members of the board 2021 – 2024 are listed on the Food Cardiff website.](#)

In 2024, Food Cardiff’s wider membership includes 270 individuals representing 128 organisations (doubled since 2021 when we had 127 individuals across 74 organisations).

These are members who are active in the partnership – there are almost 2000 people who receive our newsletter. The wider partnership continues to meet regularly to facilitate connections and collaborations between a broad range of food actors.

FOOD CARDIFF RUNS THREE MAIN NETWORKS TO INSPIRE FOOD CITIZENSHIP AND COLLABORATIVE ACTION:

FOOD CARDIFF PARTNERSHIP

250+ active members from all sectors of food system
e.g. charities, housing, culture, tourism, hospitality,
grassroots activism

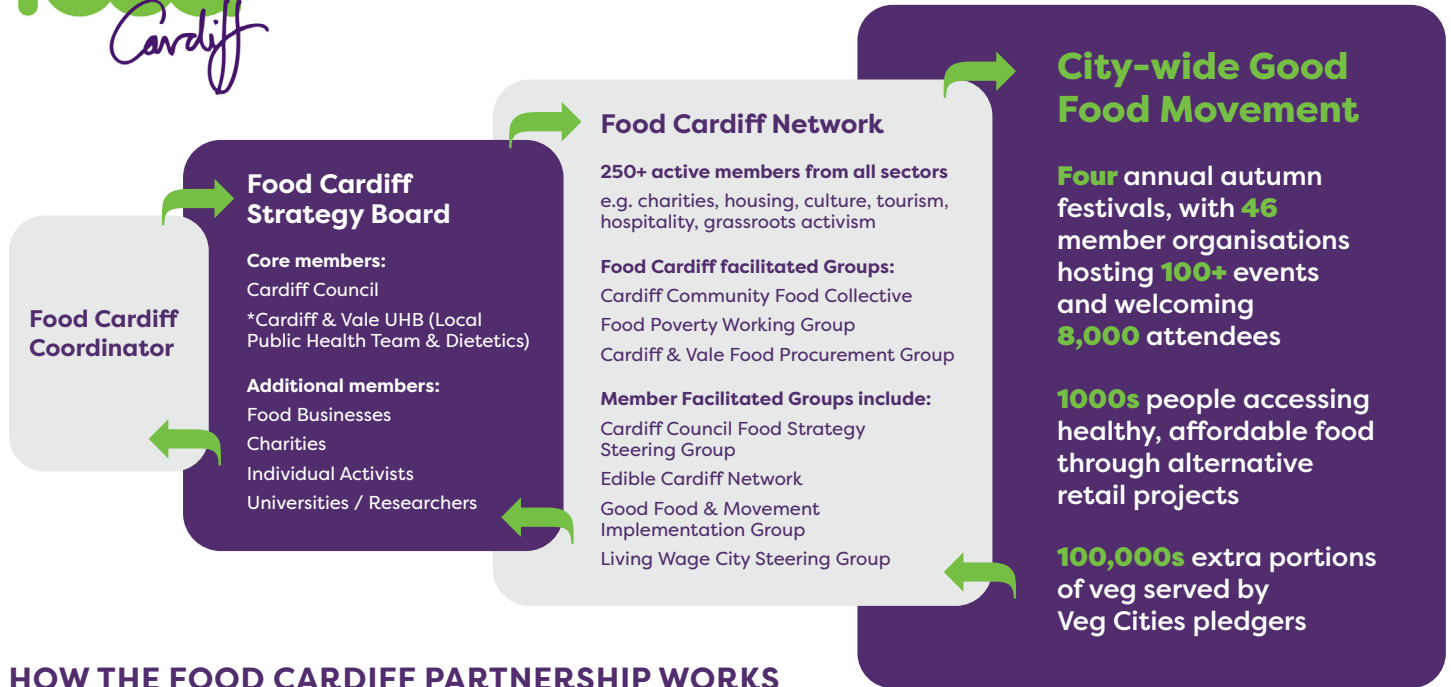
CARDIFF COMMUNITY FOOD COLLECTIVE

Food Cardiff members which are involved
in any type of community food project

EDIBLE CARDIFF

A network for community
growing groups
(A partnership project by
Social Farms and Gardens,
Food Cardiff and Grow Cardiff)

ABOUT FOOD CARDIFF



HOW THE FOOD CARDIFF PARTNERSHIP WORKS

LEADING THE WAY

Cardiff is leading the way in joined-up local policy



Make a Pledge business campaign: Laura, Tidy Kitchen

Ambitions for a healthy, sustainable and equitable food system are incorporated in all major local policies:

- Cardiff Council's Corporate Plan 24-27 (Stronger, Fairer Greener), One Planet Cardiff (climate emergency response), Local Development Plan and associated Supplementary Planning Guidance
- Public Service Board (PSB) Move More, Eat Well (healthy weight plan)
- Cardiff Local Well-being Plan sets out Cardiff public sector's 5-year priority actions, including "Promote healthy, local, and low-carbon food and support Food Cardiff's bid to become the first Gold Sustainable Food Place in Wales."

Specifically, Cardiff has **three complementary strategies** to progress action on good food. They have been designed to work together to tackle different elements of Cardiff's food system and maximise the impact.

1 Food Cardiff's Good Food Strategy 21-24

Almost 2,500 people in Cardiff have collectively shaped Food Cardiff's ambitious Good Food Strategy 2021-24, which sets out a detailed plan to ensure Cardiff's food system is healthy, environmentally sustainable, thriving, empowering and connected. The Good Food Strategy 2021-24 contained 41 specific actions across the 5 Good Food Goals. 68% of those actions have been completed or significant progress made, 24% have been progressed and only 7% (3 actions) have not been progressed.

The 5 Good Food Goals from the Food Cardiff strategy have also been used as a framing to drive further action, for example through the 'make a pledge' campaign and in grants such as Cardiff Council's Direct Food Support Grant - where just over £190k funding was distributed to 27 food projects with an application criterion that projects would support one or more of the Good Food Goals.



Make a Pledge business campaign: Kasim Ali, Waterloo Tea

LEADING THE WAY

One Food Cardiff member said in 2024:

“

I think what makes it powerful is the work that Food Cardiff has done to gather in the voices of people across Cardiff to try and sort of identify what people of the city want and then to be able to take that voice and try to generate the change at that local authority level, whereas otherwise you just have a bunch of disparate voices.

”



A city-wide consultation informed the development of the Cardiff Good Food Strategy

2 Cardiff Council's Food Strategy & Motion

Cardiff Council was also one of the first UK authorities to publish its own Council Food Strategy, supporting Food Cardiff's vision through five action areas. In July 2024 Cardiff Council passed a motion, which focused on ensuring that everyone has access to decent, healthy, sustainably produced food, and re-committed the Council's support for the Cardiff Food Partnership and Cardiff Council's aim for a Gold Sustainable Food Places Award.

The Motion also called on the Welsh Government to develop and implement a long-term, sustainable strategy for food using the Well-being of Future Generations Act's Sustainable Development Principle, including the five ways of working. This motion re-emphasises the excellent work that is already happening here in Cardiff, whilst committing the Council to do more. Alongside a comprehensive refresh of the Council's Food Strategy, this will ensure that our unwavering commitment to supporting and delivering our sustainable food agenda here in Cardiff is both maintained and strengthened.

3 Move More, Eat Well – Cardiff & Vale public sector and wider partnership

Move More, Eat Well is a Strategic Plan for all Cardiff & Vale public sector and wider partners to encourage, support and enable people to eat healthily and increase physical activity. Many of the actions are covered elsewhere in the full submission (e.g. Healthy Food Advertising, Nutrition Skills for Life).. Food Cardiff has been a key delivery mechanism for this plan, both strategically by being part of the implementation group and aligning priorities and shared vision, and by driving action such as projects around procurement, healthy advertising and community action.

The latest Child Measurement Programme data for Cardiff and the Vale of Glamorgan shows an encouraging increase in the proportion of children categorised as having a healthy weight across the region



A NATIONAL LEADER

Food and Fun at Moorland School



Food Sense Wales evolved from Food Cardiff in recognition of the need to establish a national, systems approach to the food system in Wales. Food Cardiff sits within Food Sense Wales and has been instrumental in shifting the Welsh food policy agenda towards a holistic, systematic approach to healthy and sustainable food.

Some examples include:

- In 2021 Welsh Government made a Programme for Government commitment to continue the expansion of Food and Fun, a programme piloted through Food Cardiff in 2015 and developed over subsequent years, first through Food Cardiff and its co-founders Cardiff Council and the Public Health Dietetic team in Cardiff and Vale University Health Board, then through the Welsh Local Government Association, where the programme now sits. Since its initial pilot the programme has benefited tens of thousands of children, families and schools across Wales.



- Food Cardiff pioneered environmentally sustainable fish in the city by taking part in the Sustainable Food Places Fish Cities campaign – a campaign which ultimately led to five million sustainably-sourced fish meals being served across the capital each year (and a commitment for all NHS Wales meals to use only sustainably-certified fish).
- Food Cardiff helped develop the Peas Please programme, which resulted in 1.1 billion additional portions of vegetables served or sold in the UK. Food Cardiff also pioneered the Sustainable Food Places Veg Cities campaign and facilitated the connection with Peas Please and Veg Advocates.
- In 2021-22 Food Cardiff co-ordinated a Welsh-government funded programme with over 15 partners to deliver a multi-stranded approach to tackling the root causes of food poverty and builds resilience of community food projects. This helped build the case for a £2.5 million Welsh Government investment into Cross Sector Food Partnerships across Wales by the Minister for Social Justice and Chief Whip.



Celebrating the success of Peas Please at the Veg Summit

A NATIONAL LEADER

Food Cardiff regularly contributes to national advocacy of the Sustainable Food Places approach and the need for joined-up food policy, for example through speaking at events, attending meetings and roundtables, providing case studies and direct advice. As a result, Food Cardiff's work has influenced and has been referenced in multiple policy documents, including:

- Food Cardiff featured as Welsh Government Community Food Strategy case studies. Subsequently the Food Matters document recognised the impact of and reaffirmed Welsh Government's support of sustainable food partnerships.
- Food is an area of focus in the Future Generations' Commissioner's Strategy, Cymru Can and Cardiff's work has been specifically referenced in subsequent statements on food insecurity and food policy.
- Food Cardiff's Planet Card pilot was a case study in the Wales Net Zero 2035 Challenge Group report: "How could Wales Feed itself by 2035?"

Edible playground



“ What’s happening in food in Cardiff isn’t a coincidence, or the result of just one or two well-minded business owners. It’s a result of long-term funding and hard work by a small team working at Food Sense Wales and the Sustainable Food Places scheme, Food Cardiff, where pioneering food partnerships have helped combine hyper-local interest in food with national lobbying.

Nina Pullman, Wicked Leeks



CASE STUDY 1: CARDIFF'S GOOD FOOD MOVEMENT



Places can be described as having a “Good Food Movement”, where there is high public awareness and widespread participation in food-related activities (for example growing, cooking and sharing food), and where individuals and organisations can connect and collaborate around food. Cardiff’s vision is for every citizen and visitor to feel that Cardiff has a Good Food Movement; and that they are actively part of this.

Food Cardiff Networking

The Food Cardiff networking events inspire food citizenship and action. Food Cardiff open gatherings are promoted to any individual interested in food (see [example](#) from Butetown Community Centre).

Since 2023 Food Cardiff has hosted 12 events, with 240 attendees. Across the 6 gatherings in 2023, 81 individuals attended at least one gathering with a total of 38 organisations represented.

CASE STUDY 1: CARDIFF'S GOOD FOOD MOVEMENT

Food Cardiff's Community Food Collective has 79 individual members (including staff and volunteers), representing 54 organisations, reaching up to 3000 households every week.

FOR Cardiff collaborated with Food Cardiff on two sustainability-themed events in January 2024: one on evidencing sustainable practice with Pasture and Sustainable Restaurant Association and the second with Pettigrew Bakeries and Disability Wales on the single use plastics. Over 50 businesses attended across the two events. [Read more.](#)

“

Like a distant old friend who has new and enthusiastic ambitions! Food Cardiff provides an informal relaxed environment bringing together people who represent the diverse populations across Cardiff as the capital city of Wales. It demonstrates how change can be made on both a holistic and grass roots level and the opportunities it presents for people to contribute to changing the food environment that surrounds them is really refreshing, inspiring and pro-active. The organisation of Food Cardiff is relaxed enough that those attending events turn up because they enjoy being a part of the local food community and want to make a difference where they can. This is where real change will happen and thrive.

One Food Cardiff member in 2024

”



Food Leadership

Embedded throughout all of Food Cardiff's good food movement activity, is the aim for Cardiff citizens to build their interest in food leadership. A great example of this is the My Food Community leadership programme, where 9 people who live or work in Cardiff have participated (6% of all UK alumni live or work in Cardiff compared to 0.5% of population), including Food Cardiff board members:

Camilla Lovelace is a founder of StarGarallot Community Garden, a member of Tremorfa Pantry and co-founder of Splo-Down Food Co-op took part in My Food Community and subsequently became a board member of Food Cardiff and attended the Sustainable Food Places conference in Oxford.

Carol Adams is the manager of Cardiff Farmers Markets and founded a project called Back to Our Roots: Growing and Sharing Without Borders through My Food Community. Carol is now leading on the delivery of the Planet Card pilot project.

CASE STUDY 1: CARDIFF'S GOOD FOOD MOVEMENT

Digital Campaign

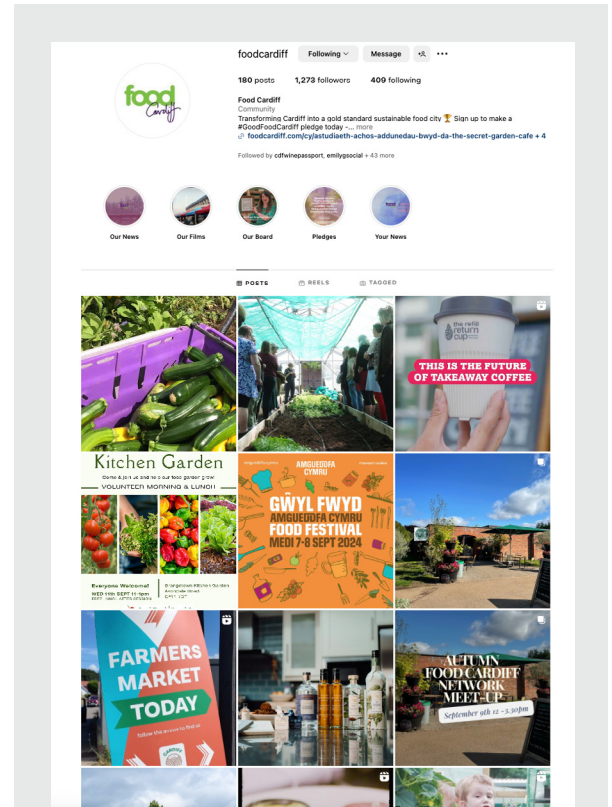
Since 2021, Food Cardiff has run a dedicated digital campaign to showcase Cardiff's Good Food Movement and inspire more people to be part of it. The campaign takes a strategic approach, not just to inform and inspire people but to equip people with the tools and resources to take action.

- 45 short videos produced for social media
- Newsletter audience grown to 1866 subscribers
- 63 blog posts reaching 11,000 users, viewing 26,000 pages
- 45 pieces of media coverage with estimated viewership over 750,000

As part of the campaign we have produced 45 short videos for social media, a quarterly newsletter with 1866 subscribers and 63 blog posts reaching 11,000 users (viewing 26,000 pages).

The digital campaign has been supported by an ongoing PR campaign since July 2023 which has delivered 45 pieces of media coverage with an estimated viewership of over 750,000 (and a potential audience reach of 148m). Examples of coverage can be viewed here.

In 2022 we ran a business specific campaign to target hospitality companies, in partnership with FOR Cardiff (the business improvement district). Alongside a business toolkit, we produced two case study videos and media coverage reached an estimated audience of nearly 19,000 (and a potential audience reach of 1.9m).



CASE STUDY 1: CARDIFF'S GOOD FOOD MOVEMENT

Food Festivals

Food Cardiff co-ordinates an annual Autumn Festival to celebrate the joy of growing, cooking and sharing good food. Free activities are held in neighbourhoods across the city throughout September, in addition to a dedicated Good Food Cardiff Zone at the Amgueddfa Cymru Food Festival which welcomes over 25,000 people. Since 2020 there have been:

- 4 annual festivals
- 46 Food Cardiff member organisations involved
- 100 events welcoming almost 8,000 attendees
- 2,000 meals shared and 5,000+ plants and seed kits have been distributed.



Since 2020, Food Cardiff secured and distributed over **£15,000** in small grants to support groups to run activities as part of the festival.

CASE STUDY 1: CARDIFF'S GOOD FOOD MOVEMENT



Edible Cardiff

Edible Cardiff is a partnership project between Social Farms & Gardens, Food Cardiff and Grow Cardiff. It is a vibrant grassroots network of 188 growers from 113 growing groups – local people, groups and organisations growing their own produce. Since January 2021, the network has held over 120 events, distributed over 5000 plug plants, 1500 home growing kits and small grants for groups to help over 2000 people growing. Edible Cardiff has recently partnered with the Royal Horticultural Society (RHS) and HMP Cardiff to support prisoners to gain horticultural skills and grow plug plants for community growing sites in Cardiff.



St Peter's Community Hall and Gardens, Cardiff said:

“ As a direct result of working with Edible Cardiff, we have made many contacts and been able to develop ideas for new projects. Whilst we are just one community garden, we feel as though we are now part of a larger community. ”

Nutrition Skills for Life

Nutrition Skills for Life (NSFL) is a dietitian-led programme which gives people in Wales the skills, opportunity and confidence to access healthy, affordable and sustainable food for themselves, their families and their communities. It offers a suite of quality-assured nutrition training and support services. Community workers learn about and cascade nutrition advice, practical cooking sessions and courses. Since 2021, 491 people in Cardiff have completed a Level 2 Community Food and Nutrition Course, 558 Level 1 Get Cooking course and 2255 participants on other courses and sessions such as Foodwise for Life and ad-hoc practical cooking sessions.

Nutrition for Your Little One (NYLO) is a universal prevention programme for families with children under 5, 343 families have engaged with the programme since 2021. Cardiff is also leading one of the Healthy Children Healthy Weight in Wales Pilot Projects (PIPYN), which is an obesity prevention programme for ethnically diverse families with children 3-7 years old, 151 families have engaged with the programme.

CASE STUDY 2: A GOOD MEAL FOR ALL, EVERY DAY (COMMUNITIES)

Cardiff's vision is for every citizen and visitor to enjoy a healthy and planet-friendly meal every day. We have been working across the city, especially in community and educational settings, to increase the likeliness of this happening. At the heart of everything is the aim to tackle the root causes of poverty and ensure everyone can afford nourishing, healthy and culturally appropriate food.

Living Wage City

Cardiff is Living Wage City as part of the 'Making Living Wage Places' scheme. A group of prominent Cardiff employers joined forces to form the Cardiff Living Wage Action Group (Food Cardiff joined the group in 2022) and create an action plan to tackle low pay in the city. Since becoming a Living Wage City in 2019, there are now 215 accredited Living Wage employers, resulting in almost 78,000 employees paid the Living Wage with 13,300+ of these having their wages uplifted. Cardiff Council also financially support SMEs, public sector and charities to become accredited through the Living Wage Accreditation Support Scheme. The Living Wage Champion Awards 2024 were held in Cardiff in recognition of the incredible growth of the Living Wage movement in the city and Cardiff won the Local Champion Award.



CASE STUDY 2: A GOOD MEAL FOR ALL, EVERY DAY (COMMUNITIES)



Maximising Income

Food Cardiff's Food Poverty Working Group brings together key actors tackling food poverty in the city. Cardiff Council sit on this group and take the lead in the income maximisation support. The Housing and Communities directorate offers significant programmes of support in areas such as budgeting, income maximisation and debt management, though the Money Advice Team and Advice Line.

There are 21 Hubs in the city which offer a variety of services including Money Advice, IntoWork advice services, adult learning, assistance with housing and benefits enquiries, access to foodbank vouchers and free events such as cooking classes. Between April 2021 and March 2024, the Cardiff Money Advice Team & Advice Line has:

- Provided advice to 31,748 people
- 139,090 Advice Line Calls Answered
- Enabled people to claim a total of £5,003,107 in one off payments and financial support
- Identified £58,653,587 in weekly benefits available for people
- Issued 3,561 foodbank vouchers
- Provided 407 people with £780,000 in discretionary grants
- Food and Fuel Champions provide practical advice across the city's Hubs: between 2021 and 2023, 450 number of people have been supported by these champions at over 30 events
- Money Management courses supported over 50 people in 2024

31,748 people advised



CASE STUDY 2: A GOOD MEAL FOR ALL, EVERY DAY (COMMUNITIES)

Planet Card

Through the Bridging the Gap Programme, Food Cardiff and Sustain, plus a group of community members, farmers, market managers and dietitians worked on creating 'big ideas' for one or two pilot projects to run in Cardiff. This led to the development of the Planet Card, a collaboration between Cardiff Farmers Markets, Food Cardiff, and a group of organic growers, social enterprises and community organisations. The card, which has value of up to £11 per week – enabling holders to switch their normal weekly shop for fruit and vegetables to organically produced versions, without being left out of pocket, has been trialled with a group of 16 participants and will be rolled out to a further 120 households in late 2024.

[Watch the Planet Card video here.](#)

Building Resilience of Community Food Supplies

There are at least 30 projects in the city which rely on utilising surplus food from FareShare Cymru and other surplus sources. These often run as a platform to support people in other ways, for example by providing money advice, cooking and nutrition workshops, equipment loans and more. The Cardiff Community Food Collective have been developing solutions tackle the limited supply of surplus food, to ensure community food projects have a more consistent and resilient supply of affordable healthy food.



CASE STUDY 3: A GOOD MEAL FOR ALL, EVERY DAY (SCHOOLS)

The school food environment is crucial to the health and well-being of children and young people. Ensuring pupils eat nutritious food every day helps to foster sustainable, healthy dietary habits and supports educational attainment.

Food and Fun

In 2015 Food Cardiff facilitated a partnership between Cardiff Council, Sport Cardiff, C&VUHB to pilot Food and Fun. Food and Fun a quality-assured scheme including meals, nutrition education, enrichment and physical activities.

- Up to 30 schools in Cardiff participate per year, serving tens of thousands of meals and reaching 1700 children in 2024.
- Since 2015, Food and Fun co-ordinators have gained thousands of additional employment hours. All co-ordinators (over 50 people) have completed Level 2 Community Food and Nutrition and Food Hygiene qualifications.

In 2016 the WLGA worked with Food Cardiff to pilot the Food and Fun model nationally in 10 schools, working with five local authorities and three local health boards. The Welsh Government part-funded the programme in 2017 to 38 Food and Fun clubs in



12 local authorities and all 7 local health boards. Now fully funded by Welsh Government, the programme has grown to 77 schemes in 21 local authorities. In 2023, 175 schools delivered the programme and provided over 11,150 places for children each day that it ran.

Food and Fun has also been used as a platform for testing new initiatives which can then be rolled out into term time. For example, Food and Fun co-ordinators use their nutrition training and resources throughout the school year. It was also Food and Fun which started off the Courgette Pilot (see below).

CASE STUDY 3: A GOOD MEAL FOR ALL, EVERY DAY (SCHOOLS)



Courgette Pilot and Welsh Veg in Schools

An action in the Cardiff Good Food Strategy was to pilot an environmentally sustainable food procurement initiative by 2024. In 2022, Cardiff started the Courgette Pilot – an action research project to get agroecological Welsh vegetables into schools. Over the three weeks of Food and Fun, nearly 1 tonne of courgettes (from a farm less than 3 miles from Cardiff) went through the supply chain and were used in lunches and activities for 1,500 children across 29 Cardiff primary schools.

[Read more.](#)

In 2023, the project became Welsh Veg in Schools and expanded to include more growers, areas, and activities like beetroot hummus making and a visit to Cardiff Salad Garden. Cardiff has continued taking part in the scheme in 2024, using Welsh organic vegetables in both summer and term-time meals.

Other examples of healthy and sustainable sourcing

- The Cardiff Food and Fun partners embraced the Sustainable Fish Cities campaign, leading to 5,000,000 sustainably-sourced fish meals are served in Cardiff annually plus 850,000 across NHS Wales.
- Cardiff Council Education Catering continues to serve only MSC certified fish to 120 schools, which is promoted on menus.
- Cardiff Council also made a Veg Cities commitment to include two portions of veg on school menus (going beyond the Healthy Eating in Schools Regulations).
- Cardiff Council have investigated how to reduce the environmental impact of their catering by finding out where and how they can reduce their carbon emissions when it comes to school meals as well as other council catering functions but also keeping the standard of nutrition, palatability and cost.

CASE STUDY 3: A GOOD MEAL FOR ALL, EVERY DAY (SCHOOLS)

A snapshot of further activities happening in schools

- Pentrebane Primary School worked with Food Sense Wales to deliver the Leekit pilot, to introduce children to their food culture, immersing them in their very own food stories and connecting them with where their food comes from.
- Trees for Cities, in partnership with Cardiff Council and Grow Cardiff have established 28 Edible Playgrounds in Cardiff primary schools.
- Many schools have taken part in the Good Food Cardiff Autumn Festival, with events such as Operation Vegetable at Ton Yr Ywen Primary School, a Grangetown Kitchen Garden harvest lunch at Grangetown Nursery School and in 2024, Harvest Food Tasting Sessions across all the schools in the East Cardiff Cluster.
- Cardiff Council, Cardiff and Vale University Health Board Public Health Dietitians and Food Cardiff are delivering 'The Food Hour' pilot which aims to create a nation of good food citizens by dedicating one Food Hour per school day for all children.
- 41 childcare settings were supported for Gold Standard Healthy Snack Award. 100% (32/32) of Cardiff Flying Start Childcare settings currently hold the Gold Standard Healthy Snack Award. 6 settings were recruited to the Cardiff Healthy and Sustainable Pre-School scheme (CHaSPS), bringing the total to 56.



- Many schools take part in the Eco-Schools scheme to empower and inspire young people to make positive environmental changes to their school and wider community. Some examples of Cardiff Eco-Schools actions are: Ninian Park Primary School have food waste for their area of focus in 2024-25; Adamsdown Primary eco-committee have installed new food waste bin; Whitchurch Primary did a whole school collection for Cardiff Foodbank as part of Global Citizenship work; and many others are focused on growing their own food or developing Edible Playgrounds.



Thank you to everybody who has been part of Cardiff's Good Food Movement, transforming the city into one of the most sustainable in the UK.

This summary is a glimpse of some of the many achievements and activity happening across the city.

To read the full award submission please visit www.foodcardiff.com

To contact Food Cardiff please email foodsensewales@wales.nhs.uk