



WELSH VEG IN SCHOOLS

Growing a Healthier Future for Wales

What is it?

An initiative led by Food Sense Wales in collaboration with Castell Howell, Farming Connect Horticulture, growers, farmers and local authorities to get more locally grown, organic vegetables into primary school meals across Wales.



Why do it?

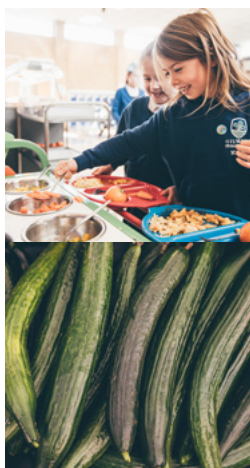


- Improve children's access to healthy, local food
- Support Welsh farmers and growers
- Build strong local food systems
- Tackle climate change
- Increase biodiversity

Who benefits?



- Primary aged children in a selection of schools across Wales during the summer Food and Fun sessions and the autumn term
- Schools receive fresh veg like carrots, broccoli, tomatoes, cucumbers and much more



Impact so far

Started in 2022:

- 1 grower
- 1 tonne of courgettes
- 1 local authority area



- 3 tonnes CO₂e saved
- 35% increase in biodiversity
- 1.2 full-time jobs created



In 2024:

- 14 tonnes delivered to 200+ schools
- 200,000 portions served

In 2025:

- 15 growers involved
- 60 tonnes of veg = 1 million portions
- 12 local authorities participating



Why it matters

- In 2022, only 6% of veg bought for the public sector in Wales was being sourced from Wales
- This initiative helps:
 - ◊ Provide local, organic veg for nutritious school meals
 - ◊ Support local farmers and growers
 - ◊ Cut carbon emissions
 - ◊ Support wildlife and biodiversity
 - ◊ Reduce reliance on imports



Vision for 2030

- 25% of all primary school veg to be local and organic.

What's needed

- Support and training for farmers and growers
- Investment in equipment and infrastructure
- Connect children to where their food comes from
- 3p per meal per day for 2 portions of seasonal, local organic veg

Voices from the field



We're delighted to be involved in this amazing project. It's a fantastic opportunity to supply fresh, local food to local schools. At Gardd Enfys, we're also working directly with schools to show children where their vegetables are grown and help them connect with the food on their plates.

Ruth Davies, Grower

I'm really excited to be part of the Welsh veg into schools project, it means that great food is getting to those who need it most, our future generations. I hope we can inspire them to not only be passionate about eating healthy, environmentally conscious food, but to also be the future farmers and growers who will feed us all in return.

Katherine Langton, Langtons Farm



Get Involved

Learn more: foodsensewales.org.uk

Contact: foodsensewales@wales.nhs.uk

