



Innovate Create Educate

Improving Health Through Better Food Provision

By Paul Jackson, Headteacher at [Gorsefield Rural Studies and Outdoor Activity Centre](#)

The recent [report from the Centre For Young Lives](#) highlights the pressing need for better support in schools to improve the health of pupils. With alarming statistics on childhood obesity, food insecurity, and inactivity, the call to action is clear: schools must prioritise the health and wellbeing of their students, and they need the resources to do so effectively.

At Gorsefield Rural Studies and Outdoor Activity Centre, we are deeply committed to supporting this mission by enhancing our own food provision and promoting healthy eating habits among our visitors. Our aim is to serve as a model for schools looking to improve their food offerings and overall approach to student health.

Welcome to the Food Experience at Gorsefield

Our dedication to providing nutritious meals is exemplified by our esteemed Head Chef, Leon, who brings culinary excellence to every meal at Gorsefield. Our food journey is continuously evolving, with a focus on sustainability and nutrition. We offer home-cooked meals using the freshest ingredients, including a variety of vegetarian options that support both health and environmental sustainability.

Nutritional Benefits and Health Improvements

Studies have shown that plant-based diets are rich in essential nutrients, providing significant health benefits such as reducing the risk of heart disease and type 2 diabetes, and helping manage body weight. By focusing on a mostly vegetarian menu, we not only reduce our carbon footprint but also ensure that our meals are packed with vitamins and minerals essential for good health.

Environmental Impact and Sustainability

Transitioning to a plant-based diet can significantly reduce greenhouse gas emissions and water usage, contributing to a more sustainable food system. At Gorsefield, we prioritise seasonal vegetables, which we are now growing on-site, ensuring our meals are as fresh and environmentally friendly as possible.

Engaging and Educating Visitors

Leon actively engages with children, sharing our approach to food and encouraging them to try everything we serve. This interactive experience helps raise awareness about healthy eating and fosters



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a positive relationship with food. We also ask accompanying adults to set a positive example by encouraging children to taste and enjoy the varied menu, ensuring no child goes hungry.

Supporting Schools

We believe that our approach can inspire schools to improve their own food provision. By demonstrating the benefits of nutritious, sustainable meals and actively involving children in the food experience, we hope to support schools in creating healthier environments for their students. This holistic approach aligns with the recommendations from the recent report, which calls for comprehensive support for schools to address health and wellbeing issues.

Gorsefield Rural Studies and Outdoor Activity Centre is dedicated to improving the health and wellbeing of our visitors through better food provision and healthy eating initiatives. We invite schools to join us in this mission and look forward to sharing our culinary adventure with you.

For more information about our programmes and activities, please visit our website at [Gorsefield Rural Studies and Outdoor Activity Centre](https://www.gorsefield.org).

Please contact me at Pjackson@Gorsefield.org for more information, to arrange a visit and to explore our residential and day visit offer.

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