



For immediate use

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Ipswich children enjoy the fruits of their labours

A year of Food Discovery ends with a huge Harvest Feast for Whitehouse Primary School

120 children from Whitehouse Primary School, Marlow Road, Ipswich will be celebrating the end of a year of Food Discovery with a huge Harvest Feast at their school **on Thursday 16th July 2015**. With the help of national charity The Country Trust, over the last year, the children, all aged between 7 and 9 have learnt to grow their own vegetables and herbs, taste and explore new foods, cook simple nutritious meals, explore local farms and run a playground market. **On Wednesday 15th July** the children will be harvesting their crops, ready to cook up a feast on Thursday 16th July. Farmers who have hosted school visits have been invited and will be their guests of honour. Parents and carers will be invited to view photos of the pupils' activities and join the celebrations.

This is the fourth year of the Country Trust's ground breaking Food Discovery project which has now run in over 30 urban schools across England, and the first year that Whitehouse School has taken part. The Country Trust's aim is to bring food, farming and the countryside alive for those children least able to access it in a whole year of hands on discovery. Every child takes part in every activity, learning new skills and gaining confidence, experiencing patience, wonder and success. Local farmers welcome children onto their farms, and local Food heroes visit the schools to share their passion for food and farming.

Jacqui Frost, head teacher at Whitehouse Primary School said 'It is so important that young children understand where fresh fruit and vegetables come from and how they are grown, in order to encourage them to eat healthily. Working with The Country Trust has really helped the school enhance a key part of the curriculum as well as getting the children excited and interested in important life skills such as cooking and preparing tasty meals, and having some ownership and understanding of the countryside.'

Sally Hetherington Aherne, Food Discovery Co-ordinator said 'It's been fantastic to see how the children's confidence around food has grown. All the children have learnt something new about the food they have seen and grown which they have been able to share with their families. Many have gone on to cook recipes at home using ingredients they may not of used before which is brilliant and are learning first hand where food comes from both through hands on growing and unforgettable farm trips'.

During the Feast children will be chosen to power a 'smoothie bike', lent by Suffolk County Council recycling department creating a delicious and healthy smoothie for everyone on their table. They will receive badges to celebrate their success over the year and a vegetable plant to take home and grow over the summer, so they can cook Food Discovery recipes at home.

The East of England Co-op have generously provided the school with additional food ingredients for the Harvest Feast.

More information about the Country Trust and Food Discovery, and how you could help to bring the countryside alive for more children can be found at www.countrytrust.org.uk

ENDS

Notes to editors

Photo Opportunities

Wednesday 15 July 2015

Whitehouse Primary School, Marlow Road, Ipswich IP1 5 JN

- 9am-12.15pm Children harvesting the food they have grown

Thursday 16 July 2015

Whitehouse Primary School, Marlow Road, Ipswich IP1 5 JN

- 9am - 12.15 Children cook their feast
- 1:15: Teachers and children set tables
- 1:40 Guests arrive (farmers, parents)
- 1:45 The harvest celebration begins

To arrange to take photographs/film please contact Head teacher Jacqui Frost on T: 01473 741249 E: jfrost@whcps.org

Country Trust spokespeople available on 01245 608363 or 07929 937028

Whitehouse Primary School spokesperson available on T: 01473 741249 E: jfrost@whcps.org

- The Country Trust is a national educational charity dedicated to bringing alive the working countryside for children least able to access it. We operate throughout England and Wales, working with primary schools in urban areas of high deprivation.
- Each year **The Country Trust helps more than 25,000 children** to understand and experience the working countryside.
- Working with our network of more than 200 farms, estates and rural enterprises all over England and south Wales, **The Country Trust** organise and conduct day visits to the countryside for children, their teachers and parents.
- **The Country Trust** has three main strands of work - farm visits, residential trips and Food Discovery projects
- Pioneered by **The Country Trust**, Food Discovery projects aim to enthuse and inspire children about growing, cooking and enjoying food. A combination of school based activities combined with farm visits and visits from local food heroes, these projects last for a whole academic year and embed practical knowledge and skills for growing and cooking food.
- Four out of five primary school children say they would like to visit a farm to find out more about where their food comes from, a new survey from the British Nutrition Foundation has revealed. <http://www.fwi.co.uk/news/survey-shows-children-want-to-know-more-about-farming.htm>
- A recent survey by LEAF (Linking Environment And Farming) revealed that 1 in 3 children have never heard a sheep baa (37 per cent) or a cow moo (34%) up close, with thousands only experiencing it through their TV or computer screens illustrating the disconnect many children have with farming and where their food comes from. *All stats One Poll Survey 1,000 UK children aged 5-11 carried out May 2015.*