

CHEFS IN SCHOOLS



SCHOOL CHEF EDUCATOR TRAINING

JOIN THE SCHOOL FOOD REVOLUTION



THE CHALLENGE

“Kids are at school 190 days of the year. That’s a lot of meals and a big opportunity to have a positive impact. But right now, one in three children are leaving primary school overweight or obese, which puts them on a path to diet-related disease. We can and we must do better. By looking after what our kids are eating at school, we’re giving them the best chance of thriving beyond.” Jamie Oliver



Health & Wellbeing

- Diet-related disease costs the UK £126bn annually.
- Poor nutrition is linked to type-2 diabetes, heart disease, cancer, and mental health issues.
- Ultra-processed foods currently make up 75% of UK school meals.

“A quality school meal shouldn’t be a privilege. It should be the baseline: fuel that enables young people to think clearly, engage fully, and maintain wellbeing throughout the day.”

Emmanuela, 17, Biteback ambassador



Learning & Attendance

- 38% of teachers report children arriving too hungry to learn; in the most deprived schools, this rises to 63%.
- Food insecurity affects mental health, attendance, and attainment – with children in poverty more likely to skip meals, miss school, or feel stigma around food.
- Nutrition is directly linked to cognition – studies show dietary fat intake and overall nutrition are stronger predictors of brain function than physical activity or socioeconomic status

“I started displaying whole fruit on the counter and I can see the difference in how many more children are now eating fruit at lunch from being able to engage with the display.”

With the right support, schools can lead the change: better food, better learning, and better futures.

CHEFS IN SCHOOLS

WHO WE ARE

Chefs in Schools is on a mission to transform kids' health through food – plate by plate, class by class, school by school. We train school kitchen teams to make tasty, exciting and affordable meals that are packed with fresh, local produce.

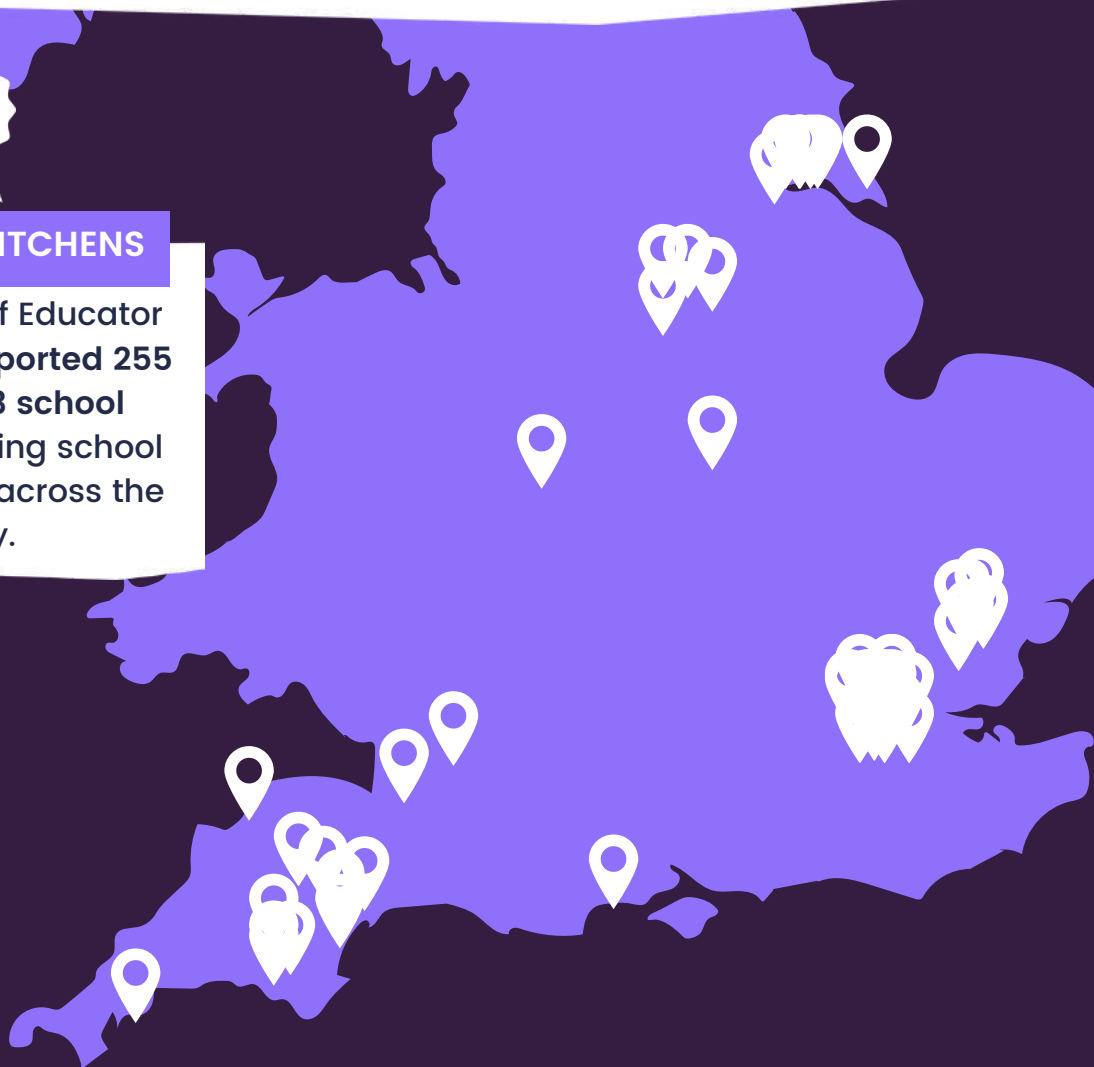
We are specialists. A team of chefs, nutritionists, caterers, campaigners, researchers and procurement specialists brought together to drive change in our schools.

Better is possible in school food. Kids are the future, let's feed them like it.



203 SCHOOL KITCHENS

Our School Chef Educator training has supported **255 chefs and 203 school kitchens**, upskilling school catering teams across the country.



CHEFS IN SCHOOLS

SCHOOL CHEF EDUCATOR TRAINING

School meals shape children's health, learning, and wellbeing. Investing in your kitchen team through professional development has an impact back in class. Historically, fewer than half of school kitchen teams had formal training in the mandatory School Food Standards.

The School Chef Educator Programme doesn't just close this gap; it elevates your team to be leaders in compliance, sustainability, and education across your school, trust, catering company or local authority.

PROGRAMME STRUCTURE

Our Goal is to **empower school kitchen teams** to:

- Comply with the School Food Standards, if not exceed them
- Build a joyful, nutritious, sustainable school food culture
- Reduce Food Waste
- Lead in practical food education



IN-PERSON TRAINING DAYS

A hands-on launch day and a celebratory graduation day, bringing chefs together to connect with their peers, share skills and inspiration.



SELF-DIRECTED ONLINE LEARNING

Bite-sized videos, knowledge checks, short written tasks, new recipes, and helpful resources across our user-friendly learning website.



WEEKLY LIVE WEBINARS (30 MINS)

Short, interactive sessions with your dedicated Chef Trainer for coaching, troubleshooting, and Q&A to introduce the weeks topic

The programme is designed specifically for busy school kitchen professionals and runs over 10 weeks.

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MODULES AND TOPICS

THE BIG PICTURE

STRONG & HAPPY TEAMS

Build confident, resilient kitchen teams with a shared school food mission.

REDUCING FOOD WASTE

Learn simple, effective ways to cut food waste and save money.

SCHOOL FOOD CULTURE

Discover how to create a positive whole-school food culture where kitchen teams feel valued.

NUTRITION & STANDARDS

EXPANDING TASTEBUDS

Encourage children to explore new flavours and develop healthy eating habits.

BASIC NUTRITION

Understand the food groups and why a colourful, varied diet matters.

SCHOOL FOOD STANDARDS

Master the key School Food Standards and the most commonly overlooked rules.

CHEF EDUCATOR SKILLS

FLAVOUR, SEASONALITY & SERVICE

Develop professional cooking, plating, and service skills to elevate school meals.

FOOD EDUCATION

Use practical, engaging techniques to involve pupils in learning about food and nutrition.



100%

100% of participants recommend taking part in the course

“It empowers and encourages you to explore and develop and be creative as well as saving cost and reducing waste.”



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PROGRAMME IMPACT

“The food waste training has had a noticeable financial benefit across our catering operations. By empowering teams to reduce waste, we’ve seen improved cost control and more sustainable practices embedded into daily routines. It also boosted team engagement, with staff showing real enthusiasm for menu development and waste-conscious planning.”

TRUST CATERING MANAGER, ARTHUR TERRY LEARNING PARTNERSHIP

DATA HIGHLIGHTS

SCHOOLS SERVING WHOLEGRAIN FOODS WEEKLY MORE THAN DOUBLED (ROSE FROM 33% TO 76%).

100% OF PARTICIPANTS REPORT FEELING BETTER EQUIPPED TO EXPLAIN NUTRITIOUS OPTIONS



98%

98% of graduates now more involved in food education



85%

85% of participants implemented positive changes to menu or practice within the first term post-graduation



95%

95% feel more able to explain nutritious options to children

“I feel like I’ve gained a new confidence in my role, and in the kitchen.”

GET INVOLVED

FOR SCHOOL KITCHEN TEAMS AND CATERERS

Explore upcoming cohorts and check if fully funded place availability exists in your region. Click here to explore [Live Training Opportunities](#).

FOR TRUSTS, CATERERS, LOCAL AUTHORITIES & PUBLIC HEALTH TEAMS

Boost confidence, refresh skills, strengthen compliance, and improve staff retention for your existing teams. Host a bespoke, region-specific training run in partnership with Chefs in Schools, tailored to the needs of your Academy Trust or Local Authority Public Health team. [Click here to arrange a Discovery Call](#).

“Their [Chefs in Schools] approach to training was particularly impactful for individuals who might not typically step outside their comfort zones. The nurturing environment they created enabled candidates to grow in confidence and capability. Feedback from both cohorts highlighted the delivery of the syllabus as highly personalised, almost like one-to-one coaching—which empowered participants to build on their strengths and overcome personal challenges.”

ROBERT RYAN, OPERATIONS MANAGER,
EDUCATION (ISS WORLD)

**THANK YOU FOR SUPPORTING
THE SCHOOL FOOD REVOLUTION**

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