

# BIG BOCS BWYD (Big Food Box)

## WHAT?

Welsh schools and communities empowering the next generation to make good food choices.

## WHY?

We want every child to become food literate by growing food, cooking food and learning about food, whilst at the same time reducing food waste. This opportunity for authentic learning is a vehicle for changemaking both now and in the future.

## HOW?

It started in Cadoxton Primary School in Barry, South Wales. The initiative was born and sustained through public, private and third sector partnerships.

We take food waste from supermarkets and use it to cook nutritious meals.

We grow food, cook food, and learn about food as an integral part of our school curriculum.

Our children operate a good food café and manage a 'pay as you feel' shop which is located within a converted shipping container.

We have created the Bwyd Bob Amser charity which supports 70 other schools.

Our goal is to have 100 'Gold Standard' Big Bocs Bwyd schools.

## SO WHAT?

We have reduced food waste in our communities

We ensure that no child or family goes hungry

We encourage our children to make more nutritious, more sustainable food choices

We facilitate intergenerational skills sharing and community cohesion

We support the circular economy

We continue to improve the health & well-being of children, their families and the wider communities

## WHAT WORKS WELL?

Learn from each other

Create whole community ownership

Establish links with local businesses

Make it an integral part of the school curriculum

Celebrate successes together

## TOP TIPS

Be aspirational and ambitious in your vision

Communicate well and take everyone on the journey

Be solution focused, don't be discouraged by hurdles

Be changemakers, promoting human agency, and most of all, **IGNITE HOPE!**

