

The WER project

at St Joseph Sliema

2015 to 2016

Our project in steps

Our project consisted of the following steps:

1. We developed a purposely built website called Glorious Food:
<http://weeatresponsibly.weebly.com/>

The Food Survey

2. We surveyed our school community's eating habits with our very own Glorious Food Questionnaire.

<http://weeatresponsibly.weebly.com/the-glorious-food-blog/the-glorious-food-questionnaire-results>

Our focus

3. Following on from the results of this survey, we decided that our action plan would focus on healthy packed lunches.

There were 4 major actions:

i) The November Parent Days

A class of Senior IV Home Economics students prepared healthy packed lunches, using local and seasonal ingredients. Samples of these lunches were then presented to parents on the November Parent Days. <http://weeatresponsibly.weebly.com/the-glorious-food-blog/parents-days-activities-healthy-packed-lunches-and-the-ewwr>

ii) The Glorious Packed Lunch Competition

On the 8th March, 2016, Emmeline Sciberras from Grassy Hopper and Cynthia Caruana, the National WER project coordinator, judged The Glorious Packed Lunch Competition.

<http://weeatresponsibly.weebly.com/the-glorious-food-blog/the-glorious-packed-lunch-competition>

The competition criteria

The packed lunch should contain a:

- Healthy drink
- A source of carbohydrates
(preferably wholegrain)
- Protein
- Fruit and / or vegetables for
vitamins and minerals

Please include any recipes for the food you present , and any information on the ingredients that you think is important for the judges to know.

Be imaginative and creative. Good luck!

Is the packed lunch

- Easy to prepare
- Fresh / locally produced
- Not excessively salty / sweet
- Affordable
- Low in fat

Three lucky winners will get a Dessert Bullet each.

Enjoy participating!



iii) The March Parent Days

Information about The Glorious Packed Lunch Competition was displayed during the March Parent Days. Students talked to parents about the project and distributed Grassy Hopper delicious Energy Balls to verify that food can be healthy AND tasty.

iv) The Glorious Packed Lunch Challenge

This builds on the success of the Glorious Packed Lunch Competition. Students and staff evaluate their own packed lunches according to the criteria of The Glorious Packed Lunch Competition.

The Glorious Food Code

St Joseph Senior School, Sliema -

Let's all raise our voices

and make responsible food choices.

All needs to be fresh and nutritious,

seasonal, local, affordable and delicious.

Of low environmental impact and fairtrade,

unprocessed and, preferably, homemade.

Make sure to cut down on that packaging.

Respect our planet and **DO THE RIGHT THING.**