Nourishing minds as well as bodies

Stephanie Wood just wanted to improve her children’s school meals — now she heads a national charity dedicated to educating future generations about food. Paul Kirkley joins its 10th birthday celebration

by Camilla Rapson

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omething might have been missing from the lunchtime displays of the two British primary schools at which Stephanie Wood has been the school dinner lady. It was the crowd of hungry children cheering at the sight of the tasty meals she had prepared for them, including, as Stephanie Wood’s son, Tom, remembers, days when the school dinner included a pud. “I think they’re just as good as any other child’s,” says Tom.”

Stephanie Wood started out as a catering assistant at Southwark primary school in London, before taking on the role of the school’s first food technician. Her role was to create meals that were nutritious, delicious, and affordable. She was determined to provide a healthy and enjoyable eating experience for the students.

Stephanie Wood’s work has been recognized by the Food Matters campaign, which aims to improve the health and wellbeing of children through better nutrition. The campaign has supported Stephanie Wood’s efforts by providing resources and tools to help schools create healthier and more sustainable food environments.

In 2018, Stephanie Wood founded Food Matters, a charity that promotes healthy and sustainable eating habits. The charity works with schools, communities, and organizations to create healthier food environments and promote the importance of nutrition.

Food Matters has been recognized for its work by several organizations, including the British Heart Foundation, which awarded the charity its 2019 award for Innovation in Public Health.

Stephanie Wood is proud of the work that Food Matters has done so far, and she is excited about the potential for the organization to make an even greater impact in the future. “We have come so far in the past few years, but there is so much more we can do,” she says. “I think we are just getting started.”

If you would like to support Food Matters’s work, you can make a donation to the charity or volunteer your time. Together, we can create a healthier and more sustainable future for all.

by Camilla Rapson

The BBC Radio 4 journalist joins her

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hat have you done, Titch? You’re a peacemaker and not a fighter. Do you talk about this so much, or do you just think about it all the time?

The character Titch in the BBC Radio 4 series The Curious Incident of the Dog in the Night-Time, created by Mark Haddon, is often the subject of discussion. The show explores themes of autism, friendship, and the search for meaning in life. The character’s perspective on the world is often insightful and humorous, even when discussing serious topics. The show’s popularity has led to a national conversation about autism and its representation in the media.

The series has been praised for its portrayal of autism, with many individuals with the condition feeling a sense of recognition and validation. The show has also been commended for its use of language and humor, which make it accessible and enjoyable for a wide audience.

The BBC Radio 4 series The Curious Incident of the Dog in the Night-Time is an example of how storytelling can be used to create empathy and understanding. By sharing Titch’s perspective, the show invites viewers to consider the world from a different point of view. This can lead to a deeper appreciation of the beauty and complexity of life, as well as a greater sense of compassion and connection with others.