

# LONDON FAIRTRADE CAMPAIGN

## Fairtrade London Schools Guide

Fairtrade Schools is a nationwide initiative run by the Fairtrade Foundation. Here in London, there are already nearly 300 schools in London working towards Fairtrade School status.

On these webpages we have pulled together the key information, advice and resources that you will need to help your school become a Fairtrade School.

Even if you are not yet sure your school will go the whole way, we have plenty of ideas which you can use to take your first (or next) steps towards raising awareness about Fairtrade in a fun and educational way. In 2011/12, the Fairtrade movement in the UK is encouraging everyone to take steps for Fairtrade in their daily lives. We want to help your school be part of this journey.

### What does a Fairtrade School look like

- A Fairtrade school is one that is committed to Fairtrade. This means:
  - ✓ It uses Fairtrade products as far as possible
  - ✓ It learns about how global trade works and why Fairtrade is important
  - ✓ It takes action for Fairtrade in the school and the wider community



### Why should we become a Fairtrade School

- By gaining Fairtrade status your school will:
  - ✓ receive a certificate to show off in your school
  - ✓ get local and national recognition
- Celebrating Fairtrade in your school supports lots of other initiatives such as: Eco-Schools; International Schools and Healthy Schools.



- **Benefits to Children**

Becoming a Fairtrade School...

- helps to develop lots of new skills in the children.
- has a positive influence on the school community.
- creates opportunities for the pupils to take part in some of the decisions that affect them and their communities.
- is part of something that's happening all over the country and around the world.

- **Benefits to Teachers**

Becoming a Fairtrade School...

- provides opportunities for teachers to enhance many areas of the curriculum and explore citizenship from a global perspective.
- teachers and pupils can get involved in possible enterprise opportunities for the whole school.
- pupils will have opportunities to participate in decision making and take responsibility for their decisions.
- encourages critical thinking, and supports challenge and confidence building in the classroom.
- contributes to 'Every Child Matters' and 'Education for Sustainable Development'.

- **Benefits to the local community**

Becoming a Fairtrade School:

- brings together many people from the local borough.
- encourages enterprise opportunities that can involve the local community.
- pupils become more involved and committed to participate in political, economic, social and cultural life within their communities.

- **Benefits to global communities**

Becoming a Fairtrade School:

- contributes to making the world a fairer place.
- contributes to the development of other communities around the world such as better health and making it possible for more children to be able to attend school.

## How do we become a Fairtrade School “Top tips for getting started”

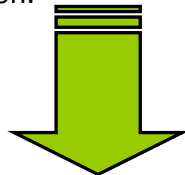


1. To find out about how to become a Fairtrade School, you can visit the Fairtrade Foundation website where they have a downloadable [step-by-step guide](#). Click the link below for more information and the step-by-step guide.



[http://www.fairtrade.org.uk/schools/how\\_to\\_become\\_a\\_fairtrade\\_school/default.aspx](http://www.fairtrade.org.uk/schools/how_to_become_a_fairtrade_school/default.aspx)

2. One great way to get started and continue your great work, if you haven't already, is to connect with your **Fairtrade Borough** steering group. Just go to the “My Borough” page on the website, click on your borough and there will be an email address which you can use to contact your borough network or designated person. If you don't hear back from them, you can contact the Fairtrade London Campaign using the email address below and we will help connect you to the right people.
- Have you got more questions?  
Email [schools3@fairtradelondon.org.uk](mailto:schools3@fairtradelondon.org.uk)
  - Are you looking for ideas to help your school gain Fairtrade status? Have a look at our support and resources section.



Where can I get support and resources



## Key Stage 1

## Useful Links

### • Resources for the Classroom

The Pa Pa Paa website has some great lesson plans, interactive activities and even webcasts of African children.

<http://www.papapaa.org/>

The Cafod website has games, quizzes, lesson plans, assembly plans, worksheets and more. The link below will take you directly to resources specifically for Key Stage 1.

<http://www.cafod.org.uk/primary/early-years-and-ks1>

The Fairtrade Foundation has the schools guide and lots more support and resources help your school along its way to gaining Fairtrade status.

[http://www.fairtrade.org.uk/schools/support\\_resources/](http://www.fairtrade.org.uk/schools/support_resources/)

The Co-operative Food has an excellent Schools pack which you can browse online or download.

<http://www.co-operative.coop/food/ethics/Ethical-trading/Fairtrade/Get-involved/Fairtrade-friendly-schools/>

### • Fairtrade Products and Suppliers

Please see the Key Stage 2 section for more information and a link to a really useful document about Fairtrade school uniforms.

### • Links to organisations and sites that we have found useful

**Christian Aid** <http://learn.christianaid.org.uk/>

Information and easy to use resources on the topic of poverty.

**Divine Chocolate** [www.divinechocolate.com](http://www.divinechocolate.com)

“To love chocolate is human. To choose Fairtrade is Divine.” Divine Chocolate is Fairtrade and delicious. It has lots of useful information about where their Fairtrade chocolate comes from and how it is made.



## **1. Fruity Trafalgar Squares**

This recipe is taken from the Traidcraft website. Follow the link below for more information and delicious recipes.

[http://www.traidcraft.co.uk/buying\\_fair\\_trade/recipes/desserts/fruity\\_squares](http://www.traidcraft.co.uk/buying_fair_trade/recipes/desserts/fruity_squares)

### **Ingredients**

- 200g/7oz plain wholemeal flour
- 175g/6oz margarine
- 150g/5oz muscavado sugar (we recommend Traidcraft's own)
- 1lb/675g mixed dried fruit (we recommend Traidcraft's own)
- 1 tsp mixed spice
- 2 tbsp malt extract
- 1 tbsp Fruit Passion orange juice
- 4 eggs

### **How to**

1. Preheat oven to 170C/325F/Gas Mark 3.
2. Grease and line a 28cm x 18cm (11" x 7") baking tray.
3. Sift flour and spices into a bowl.
4. In a separate bowl cream together the margarine, sugar and malt extract.
5. Beat in eggs one at a time to the creamed mixture adding a tbsp of flour. Fold in the remaining flour with the mixed dried fruit and orange juice.
6. Turn mixture into tin and smooth.
7. Bake in oven for 1 1/4 hours, or until a skewer pierced through the centre comes out clean.
8. Cool on a wire rack and then cut into squares.

### **Did you know?**

Apart from these fruity squares being delicious, we thought that it was a great opportunity to let you know that in Trafalgar Square, you can purchase Fairtrade and organic products from Cafe on the Square.

## 2. *Big Ben's Banana Smoothie*

This recipe is taken from the [ebe.org.uk](http://www.ebe.org.uk) website. Follow the link below for more information and delicious recipes.

<http://www.ebe.org.uk/recipebook.pdf>

### Ingredients

- 1 large or two small Fairtrade bananas
- 200ml cold milk (skimmed if preferred)
- 1 tablespoon porridge oats
- 2 ice cubes



### How to

Place all the ingredients in a blender and whizz for around 1 minute until smooth. Pour into a tall glass and enjoy.

### Did you know?

They serve Fairtrade tea, coffee and snacks inside the House of Commons.

### **3.Divine Chocolate and Cranberry Cookies**

This recipe is taken from the Channel 4 website. Follow the link below for more information and delicious recipes.

<http://www.channel4.com/4food/recipes/popular-ingredients/chocolate/white-chocolate-cookies-with-cranberries-recipe>

#### **Ingredients**

- 100g Fairtrade white chocolate (we recommend Divine white chocolate)
- 125g unsalted butter, very soft
- 125g light muscovado sugar
- 1 large free range egg
- 1 tsp vanilla essence
- 150g plain flour
- ½ tsp baking powder
- A good pinch of salt

#### **How to**

1. Heat the oven to 180°C/350°F/Gas 4.
2. Break up or chop the chocolate into pieces about the size of your little finger nail. Set aside until needed.
3. Put the soft butter, sugar, egg, vanilla, flour, baking powder and salt into the bowl of a food mixer. Beat until thoroughly combined, scraping down the bowl once or twice. Stir in the chocolate pieces and then the dried fruit.
4. Take a heaped teaspoon of the mixture and put it onto a baking tray lined with non-stick baking parchment, using another teaspoon to push the mixture off the spoon and into a rough mound. Repeat with the rest of the mixture, spacing the mounds well apart to allow for spreading.
5. Bake in the heated oven for about 15 minutes until a light golden brown. Remove the trays from the oven, leave to cool for a minute then carefully transfer the cookies to a wire rack and leave to cool completely.
6. Store in an airtight container and eat within 4 days or freeze for up to a month.

© [Divine Heavenly Chocolate Recipes with a Heart by Linda Collister](#)

#### **Did you know?**

Divine Fairtrade chocolate was launched in 1998 and is unique in that it's farmers own a 45% share in the company. As shareholders, the farmers also receive a share of the profits from the sale of Divine. Divine chocolate have a variety of flavours and products. You can find out more about these and their story at [www.divinechocolate.com](http://www.divinechocolate.com)



### 3. Zaytoun Mini Pizza

This recipe is taken from the Fairtrade Cookbook. Follow the link below for more information and delicious recipes.

[http://www.fairtradecookbook.org.uk/recipes/pizza\\_mini.htm](http://www.fairtradecookbook.org.uk/recipes/pizza_mini.htm)

#### Ingredients

##### Pizza Dough:

500grams Plain white flour  
500 grams Strong white bread flour  
3 tablespoons dried yeast  
2 tablespoons Zaytoun Fairtrade Palestinian olive oil  
(one for the dough and one for the bowl)  
3 tablespoons Salt  
650 ml warm water

##### Basic Topping (1)

1400 gm can chopped tomatoes  
50 ml tomato puree  
150 grams grated cheese

##### Basic Topping (2)

Use Italian tomato sauce, plus grated cheese to taste.  
Fairtrade freshly ground black pepper

##### Extra Toppings

Chicken nuggets  
sliced Fairtrade olives  
diced fried bacon  
thinly sliced salami  
sliced and fried mushrooms  
sliced Fairtrade pineapple chunks

#### How to

##### Preparation

In a large warm mixing bowl, mix the flours, salt, yeast and oil to form a dough ball.  
Knead until smooth.

Wash out the bowl and dry it, and then add a little oil. Put the dough ball in the bowl and swirl it to cover with oil. Cover and put in a warm place to rise, until doubled in volume (This should take around 60 - 90 mins).

##### Cooking

1. Pre-heat the oven to maximum temperature.
2. Deflate the dough by turning out and patting.
3. Cut off a lemon sized lump of dough (100 grams of dough is fine for a pizza for one).
4. Roll it round between your hands to make a dough ball.
5. On a floured surface, roll the dough out using a rolling pin, until about 4 mm thick keeping

it as round as possible.

6. Place on a baking tray.

7. Add a drizzle of oil and a good pinch of salt.

8. Add your chosen toppings.

9. Bake in the top of the oven for 5 to 8 minutes.

10. If the "crust" is browning at the edges and any cheese is melted, it's cooked.

### **Assembly**

Add any extras such as fresh herbs or green leaves.

### **Did you know?**

Zaytoun's Olive Oil is one of the best in the world as a result of the use of organic, traditional farming methods, the Mediterranean climate and rich fertile soil. It is produced in Palestine along with the other Zaytoun products such as: olives, almonds, dates and herbs. Check them out here: <http://www.zaytoun.org/>

# Key Stage 2

## Model Fairtrade School Policy

Our school is committed to supporting Fairtrade wherever possible. To do this we will take the following steps:

- \* Ensure that the subject is taught in at least three (named) subjects in two or more year groups.
- \* Support a Steering Group involving students by holding meetings at least once a term, which are minuted, publicised and open to staff and students.
- \* Include Fairtrade in the School Development Plan.
- \* Promote Fairtrade in school at least once a term and in the wider community once a year, by organising events and publicity, such as: assemblies, stalls, newsletters etc, including during Fairtrade Fortnight.
- \* Use Fairtrade products where possible: sports balls; staff drinks; refreshments and confectionary at meetings, parents evenings or other events; Food Tech lessons.
- \* Ensure that our school uniform is ethically sourced and use Fairtrade cotton items where possible, either through our existing supplier or a new one.
- \* Ask our catering manager and/or our council to supply as many Fairtrade products to our canteens as possible, eg, bananas and other fruit, fruit juices, bulk sugar, rice.

- **Resources for the Classroom**

The Pa Pa Paa website has some great lesson plans, interactive activities and even webcasts of African children.

<http://www.papapaa.org/>

The Cafod website, has games, quizzes, lesson plans, assembly plans, worksheets and more.

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The Co-operative Food has an excellent Schools pack which you can browse online or download.

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- **Fairtrade Products and Suppliers**

**School canteens:** ask your council or contractor for Fairtrade products. Most school canteens are supplied by council catering contractors. Many now stock Fairtrade products as part of their standard range. If not, they can order them. Fairtrade bananas and fruit juices are supplied to schools in Camden, Islington, Cardiff, Birmingham and Bristol. Price should not be a problem for such large volume orders. Other relevant products: sugar, rice, oranges and cereal bars. You can check with your catering manager, then contact your local Fairtrade town steering group, (The Fairtrade Foundation has these details) or you can approach local councillors via your town hall.

**Catering products for staff rooms, breakfast clubs and parents' evenings.**

Supermarkets stock a wide range of Fairtrade products. Schools can also get deliveries direct for tea, coffee, sugar, fruit juices, smoothies, cereal bars, wine, nuts, dried fruit, biscuits, cakes, chocolate, yoghurt etc. Schools with breakfast clubs can order Fairtrade muesli, jam, marmalade and honey. Traidcraft can sell products on a wholesale basis for students to sell on Fairtrade stalls to raise money for school funds.

Go to [www.traidcraftschools.co.uk/buying\\_fairtrade\\_products](http://www.traidcraftschools.co.uk/buying_fairtrade_products) for more information.

**Fairtrade Sports Balls**

Fairtrade rugby balls, netballs and footballs can cost less than many brand names. Details can be obtained from the Fair Corporation (Formerly 'Fair Deal Trading'). They also stock ethically sourced trainers. [www.faircorporation.com](http://www.faircorporation.com)

**Fairtrade Uniforms**

We've collated all the information you need regarding Fairtrade school uniforms and the contact details for suppliers in one handy document. Download it here:

<http://www.fairtradelondon.org.uk/wp-content/uploads/2011/09/Fairtrade-Uniform-Suppliers.pdf>



- **Links to organisations and sites that we have found useful**

**Pants to Poverty:** [www.pantstopoverty.com](http://www.pantstopoverty.com)

A super company dedicated to Fairtrade Organic cotton underwear.

**Christian Aid:** <http://learn.christianaid.org.uk/>

Information and easy to use resources on the topic of poverty.

**Divine Chocolate** [www.divinechocolate.com](http://www.divinechocolate.com)

“To love chocolate is human. To choose Fairtrade is Divine.” Divine Chocolate is Fairtrade and delicious. It has lots of useful information about where their Fairtrade chocolate comes from and how it is made.

**People & Planet’s Wear Fair Campaign:** <http://peopleandplanet.org/wearfair>

Full of activity ideas to raise awareness of cotton, fashion shows etc.

**Fairtrade Wales:** [www.fairtradewales.com/schools/resources/493](http://www.fairtradewales.com/schools/resources/493)

A wide range of resources, categorised for primary & secondary schools.

**Oxfam** [www.oxfam.org.uk/education/resources/clothes\\_line/?30](http://www.oxfam.org.uk/education/resources/clothes_line/?30)

The Clothes Line – 12 lesson scheme of work for primary schools, explores fair trade and the cotton supply chain. Free downloads which include a powerpoint.



### **1. Abbeylicious Tea Bread**

This recipe is taken from the Real Foods website. Follow the link below for more information and delicious recipes.

<http://www.realfoods.co.uk/recipe/fair-trade-tea-loaf>

#### **Ingredients**

- 75g/2¾oz raisins
- 75g/2¾oz sultanas
- 75g/2¾oz currants
- 300ml/½ pint tepid Fairtrade tea
- 250g/9oz self-raising flour
- 200g/7oz soft light brown sugar
- 1 free-range egg, beaten
- 1 tsp ground cinnamon
- butter, for greasing
- unsalted butter and apricot jam, to serve

#### **How to**

1. Place the dried fruit and tea into a large bowl. Cover the bowl with a clean cloth and leave to soak overnight.
2. The next day, preheat the oven to 175C/325F/Gas 3.
3. Add the flour, sugar, beaten egg and spices to the soaked fruit and mix well.
4. Grease a 22cm x 10cm/9in x 5in loaf tin. Spoon the mixture into the tin.
5. Transfer to the oven and bake for one and a quarter hours, or until a skewer inserted into the cake comes out clean.
6. Serve slices of the tea loaf spread with unsalted butter and jam.

#### **Did you know?**

Fairtrade churches and other faith groups are key supporters of Fairtrade. They organise many events to help raise awareness of Fairtrade throughout the year and particularly during Fairtrade Fortnight. Westminster Abbey has also gained Fairtrade church status as well as St. Paul's Cathedral.



## 2. Crunchy Farmer's Salad

This recipe is taken from the Fairtrade Cookbook. Follow the link below for more information and delicious recipes.

[http://www.fairtradecookbook.org.uk/recipes/crunchy\\_potato\\_salad.htm](http://www.fairtradecookbook.org.uk/recipes/crunchy_potato_salad.htm)

### Ingredients

- 50 grams new potatoes
- 2 Fairtrade sweet apples
- 1 yellow pepper
- half green pepper
- 6 spring onions
- 30ml mayonnaise
- 10 baby potatoes
- 30ml Fairtrade lemon juice
- herbs

### How to

1. Cut the new potatoes into small bite sized chunks and cook them in a steamer for 20 minutes or until tender. Allow to cool
2. Core and dice the apples
3. Dice the peppers
4. Cut off the green heads and roots of the spring onions, and cut cross-wise into rings
5. Halve the tomatoes
6. Put the prepared apples, peppers, onions into a bowl and add the lemon juice. Toss or turn gently
7. Put the potatoes into a serving bowl and turn with half the mayonnaise
8. Add the lemony fruit and vegetables and turn with the other half of the mayonnaise so that everything is nicely covered
9. Put into a serving dish
10. Sprinkle with mixed herbs
11. Decorate with the tomatoes

### Did you know?

Through Fairtrade, farmers receive fair terms of trade, decent working conditions and local sustainability. It enables them to improve their own lives and the lives of those in their local community.

Have you got more questions? Email [schools3@fairtradelondon.org.uk](mailto:schools3@fairtradelondon.org.uk)

This guide has been produced by Fairtrade London [www.fairtradelondon.org.uk](http://www.fairtradelondon.org.uk)