

The challenge

Advertising campaign

Social media campaign

Schools' programme

Evaluation

What next?







VEGPOWER

We use advertising and communications to inspire kids to vegetable loving habits they will keep for life, and in turn share with their children.

In 2019 ITV and Veg Power partnered to create *Eat Them to Defeat Them*. Our multi-award-winning campaign reached into the homes of 38m people. Kids loved it and much veg was defeated. Click for the full report.

This year ITV and Veg Power were joined by Sky Media and Channel 4 for *Eat Them to Defeat Them* 2020 + we rolled out a national schools' programme. It was bigger, it was bolder, but was it better?



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TY ADVERTISING CAMPAIGN

Each week focused on a different vegetable, with six new 10' TV spots for the campaign, alongside the original 30" advert

















Click the ads to watch them

£3m TV advertising campaign on ITV, Channel 4, Sky, Channel 5, & Nickelodeon reached 46m people

Households with 4-9 year olds who saw the campaign over 10 times

CELEBRITY & EDITORIAL SUPPORT



























OTHER MEDIA

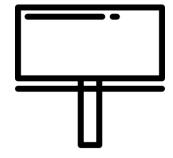
Generous support from other media partners



2.4m cinema admissions



3.6m You Tube adverts



14m billboard impacts



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SOCIAL MEDIA

Chefs, families and schools were fired up on social

February – April 2020

3,203 accounts posted our hashtag

30m people reached with 4 average opportunities to view each

Since January 2019

10,000 accounts have supported our hashtag

62m people reached with 10 average opportunities to view

....and that's just on Twitter, data not available for Facebook & Instagram





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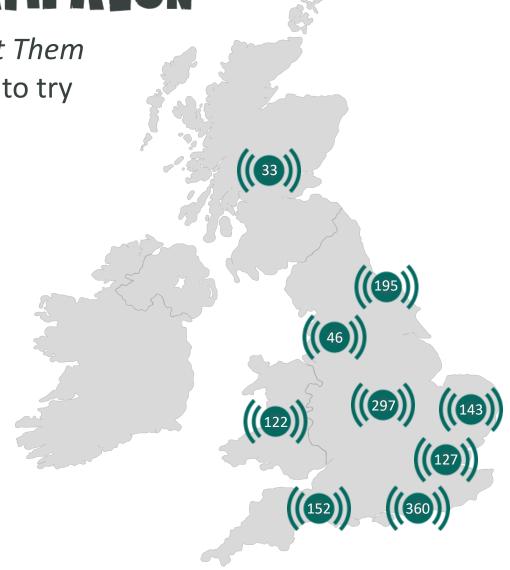


NATIONWIDE SCHOOLS CAMPAIGN

This year we introduced the *Eat Them to Defeat Them* primary schools' programme to encourage kids to try new vegetables in school

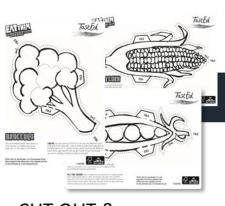
1,500 primary schools107 local authorities425,000 pupils

Please note: our distribution is entirely dependent on where we can find support from devolved & local government and local commercial partners. We hope to extend our reach in Scotland, Northern Ireland and the North West in 2021. If you can help, <u>please get in touch.</u>



RESOURCES FOR SCHOOLS

Extensive resources for all year groups to encourage sampling of vegetables



CUT OUT & COLOUR



POSTERS



WORKSHEETS



SCHOOL & CATERERS GUIDES



EATTHEM

COOKS CHALLENGE

TASTING TABLES & STICKERS



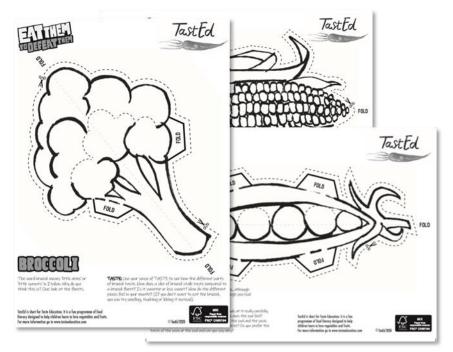
REWARD CHARTS & STICKER PACKS



CHALLENGE WALLCHART

MEET THE VEG

Posters, cut-out-and-colour sheets and work sheets introduce younger children to new vegetables. Through familiarity and fun we set the scene to encourage tasting.







MEET THE VEG

Working with our partners TastEd we introduced simple sensory education ideas with the cut-out-and-colour sheets and ran two pilot sensory education workshops.

TOUCH: Take a whole corn on the cob and run your fingers up and down it. What does it feel like to you? If your corn on the cob still has a green leafy layer on the outside (a husk) you can feel that too. Now ask an adult to cut some corn kernels off the cob and taste them (if you like). What do the kernels feel like in your mouth?

TOUCH. Take: a valide corn on the colorand risk year flagers up and downly. What does it feel like to year I flever corn on the colo still has a green leab lager on the cartistic (a lines); you can feel that too, Now ask an addit to a scienc corn bornels off the colorand teach them (if you like). What do the consists off the in year meathful.

We used them and they worked well

Schools

61%



TastEd

EAT THE VEG

We asked caterers to lay on a special spread of vegetable tasters for each week for the veg of the week. These spreads make the veg the hero of lunch that day and create a perfect opportunity for kids to give them a taste. We supplied an inspiration pack and a create the Caterers Challenge with cash prizes for school caterers.

They blew us away with their passion and creativity >>>>

We used them and they worked well

Schools 86%















Andy Phillips
 AndyPhil74 · Mar 17

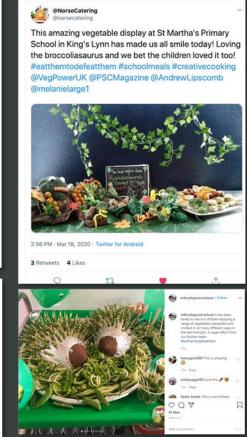
Great work defeating Broccoli today
 poultonlancelyn
 VegPowerUK
 TaylorShawUK
 Arbitantial
 AndyPhillips
 AndyPhillips





Our wonderful @HC3S ladies launching #EatThemToDefeatThem #HC3S #primaryschool #healthyeating







Andy Phillips @AndyPhi74









JustGem @riverside320 - Mar 12









2 Retweets 5 Likes





Happpea Friday @Ousebank trying all things #peas @VegPowerUK @chandco #EatThemToDefeatThem #vegetables





We are enjoying some delicious, sweetcorn this week as part of our #EatThemToDefeatThem campaign! Look at our school kitchen's brilliant display!



12:21 PM · Mar 11, 2020 · Twitter Web App

1 Retweet 4 Lik



#eatthemtodefeatthem

#feedingmorestudentsbetterfood #WhatIf





#EatThemToDefeatThem campaign has come to our school. Our kitchen staff, Ammie and Sam, have served up a treat today. Thank you ladies for encouraging our children to make healthy choices.









Pea week has begun! @EdwardsandBlake @VegPowerUK #EatThemToDefeatThem





The carrots are up to no good, but its no match for the pupils at Brooklands Primary, Greenwich It's crunch time! #EatThemToDefeatThem #SeeingFoodDifferently @VegPowerUK



5:35 PM - Feb 24, 2020 - Twitter Web Client



Eat them to defeat them. Carrot tasting table at The Shrubbery today. @VegPowerUK @TheShrubberySch @HowsonHelen @HolroydHowe #EatThemToDefeatThem





Day 5 and a worrying situation for the carrots at Torkington Primary School!! @TaylorShawUK @VegPowerUK @MurielTravis11 @TorkingtonPS #eatthemtodefeatthem



■ Jackiphillips @Jackiph55185460 · Mar 16

Lots of 為 知 defeated today @StAndrewsCESch Children especially loved the Broccoli Soup!

@SarahIMacdonald @TaylorShawUK @VegPowerUK @AndyPhi74

@chrisjones1302



catherine loonam
@catherineloonam
The categing team @bundburstorimanusch.c

The catering team @lyndhurstprimarysch doing a great job with there #peasoup #peasrice #peakebabs #eatthemtodefeatthem #peasyouaregoingdown @VegPowerUK @TaylorShawUK





The carrots are not having a 'grate' time today at Rolleston! @VegPowerUK @LeicsTraded @famanda33 @kellybel78 #EatThemToDefeatThem







@VegPowerUK here's some more amazing displays from our School Cooks! This week we've had raw and cooked carrot tasters, carrot juice and carrot muffins. It's crunch time carrots! #EatThemToDefeatThem #schoolmeals #creativecooking @AndrewLipscomb @PSCMagazine @LACA_UK







Lincolnshire County Council 💸

A great start last week from Lincolnshire schools in the @VegPowerUK #EatThemToDefeatThem challenge. Children have tasted cooked and raw carrots and tried a selection of carrot inspired dishes

This week the peas are going down!

goo.ly/34pnwe













Our Caterlink teams are having so much fun joining in the fight against carrots #EatThemToDefeatThem

The children are loving the amazing displays and tasting all of the delicious carrot recipes! IT'S CRUNCH TIME CARROTS!

@VegPowerUK @caterlink ltd @HughFW @jamieoliver





Did you know carrots were originally grown to use as medicine and not food? This week it's crunch time for carrots as part @VegPowerUK,. Here's a great display by Shenton Primary School who are eating them to defeat them #eatthemtodefeatthem





We've gone all Brock 'n Roll at @JuniorAnstey to kick off broccoli week with a broccoli drummer and saxophone player. Raw atsters were a surprising 'hit' along with broccoli, cucumber and green pepper mayo pasta.

#EatThemToDefeatThem #FoodToFlourish @VegPowerUK @LACA_UK



6:00 PM - Mar 16, 2020 - Twitter Web App

1 Retweet 3 Likes

Brooklands School @BrooklandsPS

Our @TaylorShawUK catering staff have helped the children get in the mood today! @VegPowerUK #EatThemToDefeatThem



8:51 PM - Feb 24, 2020 - Twitter for iPhone

CATERERS CHALLENGE 2020

WINNER

Stephenson Way Primary (Taylor Shaw)









RUNNERS UP

Endeavour Primary (HC3S)





Middleton Moor Primary (Taylor Shaw)





EAT THE VEG

We encouraged schools to give kids stickers when they tasted the featured weekly vegetable. The role of the stickers is to reward the child and to inform their parents that they have tried that vegetable at school



At school pick up time I noticed some parents making comments such as "You've eaten your carrots today!" proving how they were great communication to parents. Other comments included that they couldn't believe their child had tried a specific enjoyed trying the vegetable, something they may have not foods and getting the realised without the sticker as a method stickers as a reward.

of communication.

The children

They often tried it to get

Senior leadership

Lincoln

the sticker.

Teacher, Lancashire

We used them and they worked well

Schools

REPEAT THE VEG

425,000 children took home our reward chart and sticker pack. This is designed to encourage parents to repeat, reward and normalise the new veg tastes the kids have tried in school by trying each veg three more times



We used them and they worked well

Schools 76%

It introduces eating vegetables regularly to the children and they strive to get all of the stickers

Parent of girl, aged 5, Hampshire Many children from the whole school told me that they used the chart at home. This was the best of all resources, I think, as it got the children engaged at home too

Teacher, Brighton



Deeks was so excited to get his broccoli SUPER sticker today. He also got a a and a pea sticker on today's lunch! @VegPowerUK @VegPower #eatthemtodefeatthem @BadenPowelIPS now the challenge of red pepper









St Katharine's @stkbournemouth







School might be closed but the battles continues! What a superstar - a full sticker chart completed. Even the dreaded tomatoes were defeated. Well Done #eatthemtodefeatthem @VegPowerUK





Nicola Richards





























You're stuffed peppers! 6 weeks and the challenge is now

complete 55 The veg's are being ate regular to keep at

Replying to @jamieoliver and @VegPowerUK

We've gone with a carrot apple a

We've gone with a carrot apple and strawberry smoothie #EatThemToDefeatThem





6:54 PM - Mar 9, 2020 - Twitter for Android







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ATTITUDES & CLAIMED BEHAVIOUR

In order to create a long-term and lasting shift in veg consumption we aim to slowly reshape the perception of vegetables. In our survey data as well as an immediate step-up in claimed veg consumption we are particularly keen to see perceptions of fun and enjoyment coupled with a desire to repeat the experience. We completed three surveys:

NATIONAL SURVEY

Survey of 956 parents of 6-14 year olds and 1,256 children aged 6-15 across the UK

YouGov[®]

SCHOOL SURVEY

Survey of 217 school senior leaders, teachers, caterers and local authority public health teams who participated in our schools programme

Survey conducted by

the smaller boat

FAMILY SURVEY

Survey of 184 parents and children aged 4-11 in Lambeth, Hampshire and South Wales who participated in our schools programme

Survey conducted by

the smaller boat

PARTNER SURVEYS

Our partners have also conducted surveys which they have kindly allowed us to share

COOK SCHOOL

Based on in-class feedback from participating pupils

Survey conducted by **COOK SCHOOL**

CAMPAIGN SURVEY

Post-campaign survey of 48 schools and 287 families by our campaign partner, caterer HC3S

Survey conducted by
YOUR CATERING EXPERT

HC35

IMPACT OF COVID-19

Please note, our campaign in schools ran for 4 weeks out of a scheduled 6 due to Covid-19 closing schools. This made post-campaign surveys of schools, parents and kids very challenging. The response volumes are lower than we had planned.



KIDS LOVE IT

It made me feel more confident to eat more veg Girl, 7, London I thought the advertisements were really cool

It is awesome

Boy, 10, Hampshire

I felt more brave to try a tomato It was fun. I liked getting the stickers.
I liked trying different food
Boy, 7, London

It makes eating veg more fun

National survey

50%

Family survey

76%

I have eaten more vegetables as a result

National survey

15%

Family survey



SO DO PARENTS

My kids keep on saying the phrase and my youngest loved getting the sticker rewards
Parent of girl aged 5

As the slogan eat them to defeat them, my son has been saying this for weeks now and he has really enjoyed it.
Parent of boy aged 7

It got my son trying a different range of vegetables at school and home and now has a love for broccoli
Parent of boy aged 6

My child ate vegetables he would usually refuse - broccoli and tomatoes.

Parents, of boy aged 8

It's got my child eating vegetables without a fuss

Parent of girl aged 5

My daughters have definitely eaten more veg, without any argument, mainly to get stickers for their charts

Parent of girl aged 7

My child has been eating more vegetables than usual in the past few weeks

National survey

37%

Family survey

52%

My child has wanted to eat a wider variety of vegetables









SCHOOLS & CATERERS LOYED IT TOO

This has really engaged the children both here and at home. We have had fantastic feedback from parents saying their children are eating and asking for more veg. Parents are also eating the more veg and staff as well!

Catering Manager Birmingham trace created a real buzz in the school and I think that if we do it again next year the children, being familiar with it now, will embrace it even more.

Teacher, Southwick

Innovative approach.

We know that the more
traditional approaches don't
work very well, especially with
children, and this is something
new and pushes the boundaries
which I think is really exciting.

Public Health Cambridgeshire This is one of the few healthy eating schemes that really engaged children. We had parents saying that their fussy eaters were actually eating vegetables!

Headteacher Hampshire Most effective way
we've tried so far at
getting younger children
to try and keep eating a
range of vegetables.

Headteacher London

It was great to see the range of vegetables in packed lunches increasing and pupils being excited and proud they had tasted something new.

Teacher

Plymouth

It was more popular than other healthy eating initiati

Schools survey

81%

Children ate more veg with their school lunches

Schools survey

80%

Parents put more veg into their children's packed luncl

Schools survey





IMPACT IN SCHOOLS

A survey by our partner in Hampshire showed an exciting reduction in waste with anecdotes of empty plates and less veg on the floor. We hope to study this more closely next year.

25%

A pilot in two schools recorded a 25% reduction in food waste during our campaign

96%

96% of schools reported that they included all year groups

90%

90% of schools reported that they used at least 2 elements of the campaign



COOK SCHOOL - LAMBETH

In partnership with Lambeth Council and Cook School we are enhancing the schools' programme with campaign-themed fun-focussed cookery lesson for 10,000 kids







Children

80%



We've never had an experience like this in our school before, all our children and teachers loved it."

Senior leadership team, Lambeth

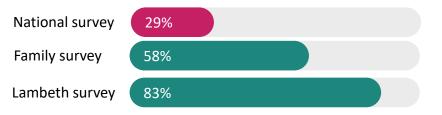
IMPACT CONCLUSIONS - KIDS

- Once again, our evaluation shows that the Eat Them to Defeat Them campaign has encourage millions of kids across the UK to perceive vegetables as fun and to claim increased consumption
- 2. Where the TV campaign is supported by the school's programme, we see a significant lift on their attitudes and claimed behaviour
- 3. We see a further lift in Lambeth where children also received a 90-minute immersive and fun veg cookery lesson

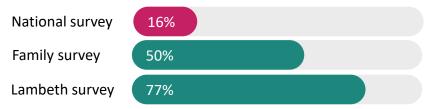
It makes eating veg more fun



I would talk with my friends and family about these adverts



I have eaten more vegetables as a result



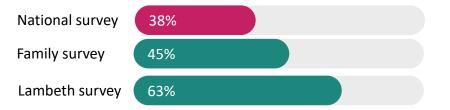
IMPACT CONCLUSIONS - PARENTS

- Parents across the UK reported that their kids enjoyed the campaign with many reporting increased veg consumption.
- Where the TV campaign is supported by the schools' programme, we see a significant lift on parental attitudes and observed behaviour
- Again we see a further lift in Lambeth where children also received a 90-minute immersive and fun veg cookery lesson

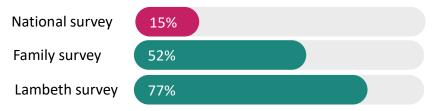
My children enjoyed it



I would talk with my friends an family about these adverts



My child has been eating more vegetables than usual in the past few weeks



AGAIN?

If it was your decision how likely would you be to run the Eat Them to Defeat Them programme in your school again next year?

Family survey - kids	70%
Family survey - parents	84%
Lambeth survey - kids	87%
Lambeth survey - parents	83%
Schools survey - stakeholders	92%

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WHAT NEXT?

#SeasonalVeg

Our social media influencer campaign to promote seasonal vegetables is reaching 7m people each week



Impact assessment of UK retail vegetables sales from Eat Them to Defeat Them 2020 campaign

OCTOBER 2020

TATELLE STATE OF THE STATE OF T

The first edition of the Eat Them to Defeat
Them kids activity book in print and downloads.
A partnership with ITV, Channel 4, Sky, Public Health England, Coop, Sainsbury's and ASDA

OCTOBER 2020



It's back for a third year. More news coming soon



FEBRUARY 2021

VEGPOWER

Veg Power is an alliance united by a common goal - to get our kids eating more veg. Organisations and individuals all over the UK generously provide funding, free media, goods and services as well as thousands joining in online and in their schools and communities.

MORE ABOUT OUR CAMPAIGNS

HOW CAN YOU GET INVOLVED?

JOIN OUR SCHOOLS PROGRAMME

CHECK OUT OUR AWARDS

MEET OUR SUPPORTERS

VEGPOWER.ORG.UK



CAMPAIGN PARTNERS



LUV VEGPOWER S

























MEDIA PARTNERS

































SCHOOL SPONSORS

Our schools' programme is funded by local authorities, caterers & horticulture























Lambeth





































VEGPOWER

Dan Parker | Chief Marketing Officer Dan.Parker@VegPower.org.uk



