

HEALTHY EATING TOOLKIT

**MESSAGES & ACTIVITIES FOR YOUR
HEALTHY HOLIDAYS PROVISION**

HOW TO USE THIS TOOLKIT



This toolkit shares ideas for your provision's healthy eating messages and activities, as well as sharing nutritional information with families.

You are welcome to use all or parts of it, as you know your families and provision best. Use the contents page to choose what is most relevant.

Also, look out for these symbols throughout the toolkit:



TRAINING LINKS The light blub points to training resources for your team. These can support you and your team in developing skills to deliver healthy eating messages and activities.



REAL EXAMPLES A range of Leeds-based providers have shared their experiences with healthy eating activities. Read these to get ideas for your own provision.

PLAY

GET MOVING WITH FOOD Physical activities with healthy eating messages to help you integrate healthy eating into your wider activities.



COMPETITION OPPORTUNITY Ideas for entries! Submit photos on behalf of your children/young people. There are 50 vouchers to be won, see pg.12 for details.



RECIPE LINKS Access relevant recipes to use them in your provision and/or share them with your families!

If reading a printed toolkit, scan this QR code to access digitally:



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OUR HEALTHY EATING PRINCIPLES

By setting out these principles, we can outline a common understanding of what 'healthy' means across Healthy Holidays Leeds provisions. Use these principles to help guide your provision's approach to healthy eating messages and activities.



1

Our understanding of 'healthy' is based on the **Eat Well Guide** (see pg.16), and its application within the **School Food Standards**. We continue to assess the **quantity**, **quality** and **nutritional** value of food needed throughout our provision.

2

We include frequent **nutritional education** across our provision and share **nutritional information** with families.

3

We support attendees' **healthy eating** alongside their **emotional and physical wellbeing**, as we recognise these are all **interconnected**.



4

We encourage and facilitate the development of **food skills**, the **sharing of food** and the creation of **positive healthy eating experiences**.

5

We consider and involve the **whole family**, with a particular focus on children and young people, when promoting healthy eating.

6

We ensure an **inclusive approach** to food during provision, with an awareness of what **culturally appropriate foods** are, different **ways of eating** and how to considerately introduce new foods.



7

We recognise the **importance of fun** within our provision and its crucial role in ensuring high engagement with healthy eating activities and messages.

8

We make the connection between a **healthy diet** and a **healthy planet**, by encouraging a higher consumption of seasonal vegetables and fruit.



GOT 5 MINUTES? LET'S TALK FOOD!

When starting the day, at meals/snack breaks or at another time, use these short food-based conversation starters to integrate healthy eating messages into your provision.



HOW CAN WE EAT #JUSTONEMORE VEG?

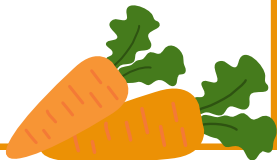
PROMPTS:

- At school?
- In your meals?
- As a snack?
- From a garden?

EXAMPLE ANSWERS:

- Choosing more veg at meal times at school.
- Asking for more veg (fresh, tinned or frozen) at home.
- Having raw veg with dips as snacks.
- Asking school or family/friends to grow veg with you (pg.13)

Why more veg? Click [here](#) (NHS) and see pg.12 for more ideas.



WHAT DO YOU THINK A 'BALANCED DIET' IS?

PROMPTS:

- Who has seen the Eat Well Plate? (Pg.16)
- What are the different sections/groups?
- What types of food do we need to eat as part of a balanced diet?

EXAMPLE ANSWERS:

- 5 main food groups: fruit & vegetables, starchy carbohydrates, proteins, dairy & alternatives and oils & spreads.
- You don't need to achieve a balance of all 5 with every meal. It's a good idea to get a balance of all 5 over a day or a week ([Link](#) (NHS)).
- Different cultures include different foods within the main food groups. See pg.16 for African Caribbean and South Asian Eat Well Plates.
- Try this [interactive game](#) with attendees and see activity plans [here](#) (Food - a Fact of Life).



TELL ME ABOUT A TASTY & HEALTHY SNACK...

PROMPTS:

- What do you think a 'healthy snack' is? ([Link](#) (NHS))
- Why is it important to only have small amounts of sugar in our snacks? ([Link](#) (NHS))

EXAMPLE ANSWERS:

- Fresh fruit & veg are very good snack choices as they contain vitamins, minerals and are a good source of fibre. See examples of healthy snacks [here](#) (NHS).
- See pg.11 for the game 'Snack Attack' (with activity sheet & resources).



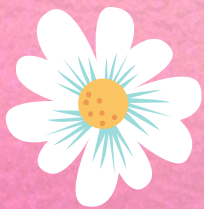
When talking food, remember the 3 S's!

To make sure you can engage your provision attendees, try being:

Specific
Simple
Steady paced

OTHER IDEAS:

- How many cubes of sugar do you think is in your favourite drink? ([More details](#) (NHS))
- What fruit & veg are in season right now? (see pg.6 for activity and [here](#) (Hubbub))



HEALTHY EATING SPRING COMPETITION



Submit photos of your Healthy Holidays attendees celebrating veg & fruit when taking part in healthy eating activities. There are no other criteria for submissions!

SUBMIT PHOTO ENTRIES 27TH MARCH - 21ST APRIL 2023



Make colourful posters or edible art works with raw fruit & veg (pg.8)

CLICK
ME!



Prepare & cook food or film a cookalong video (pg.7)

CLICK
ME!*



Grow your own food!
Try pea or cress heads with reused pots (pg.13)

CLICK
ME!*

Try different foods through senses (pg.10)

Create a song, dance or DJ mix

Do something completely different!

COMPETITION PRIZES

1st place = £35

2nd place = £25

3rd place = £15

47 runner-ups = £10



CLICK HERE TO PRINT
THE POSTER

TO ENTER:

1. Integrate the activities above or others into your provision for Healthy Holidays children/young people to take part in.
2. Send photos to info@foodwiseleeds.org (include their name, age, postcode and the HH provider attended). Photos should show how the child/young person is celebrating veg & fruit when taking part in healthy eating activities.
3. Competition opens 27th March & closes 21st April 2023. Winners announced after the close date.
4. Prizes awarded in x3 age groups: 5-9; 10-13; and 14-16 (or 25 for children with SEND).
5. Photos & details submitted will only be used in relation to this competition and toolkit (e.g. on FoodWise Leeds social media or other online platforms). Details will be deleted once prizes are awarded. Please ensure photos have appropriate consent to be shared online.

*Grimes Dyke Primary School, RHS



HEALTHY EATING MESSAGES + ACTIVITIES

The following suggestions can support providers when planning healthy eating messaging and activities. Please feel free to take these ideas and make them your own to suit your provision and families.



SPRING FOOD ACTIVITIES

Take inspiration from the following ideas. You might focus on one per day or per week, whatever works for your provision!

WHAT IS SEASONAL FOOD IN SPRING?

- Start conversations about seasonal eating (pg.4), during snack or meal times for example.
- Play 'What's Harvested When?' (see right)



TRY & SHARE SPRING RECIPES

- See pg.7 for tips on preparing and cooking food with your attendees. Try such recipes as:
 - [Spring Green Pancakes](#) (Season Well)
 - [Spring recipes](#) for ages 5-14 (Get Set to Eat Fresh)
 - [Other budget-friendly meals](#) (BBC Good Food)

SOW EDIBLE FLOWERS

- Many flowers have edible parts and can make colourful, tasty and nutritious additions to salads and other foods. Bees and other wildlife love these plants too!
- Try sowing the following:
 - Sunflowers (see [video](#)* or written [step-by-step](#)*)
 - Nasturtiums (see written [step-by-step](#)*)
- See pg.13 for growing in recycled containers & making your own upcycled watering cans.



*David Hurrion, *Kids do Gardening*, Thompson & Morgan



COMBINING GAMES WITH SEASONAL EATING



"We played games that combined physical activity and healthy eating messages. These included a 'Cross the River' obstacle course, based on the Eat Well Guide, and 'What's Harvested When,' exploring eating with the seasons.

With the second game, it was great to see families getting involved, shouting out hints about which season to run to!"

PLAY

WHAT'S HARVESTED WHEN?

- Play this game to compare what's currently in season, versus other times of the year.
- Fun food facts are also included in this activity to help increase knowledge of how food is grown and later used.
- Use the activity sheet and resources below:
 - [Activity Sheet](#)
 - [Resources](#)

Examples:

Spring (Mar-May): Rhubarb, Spinach.

Summer (Jun-Aug): Aubergine, Blackcurrants, Peas.

Autumn (Sept-Nov): Apples, Pumpkin, Sweetcorn.

Winter (Dec-Feb): Mushrooms, Brussels Sprouts.



Don't forget to submit photos of your spring food activities to the healthy eating spring competition! More details on pg.5.

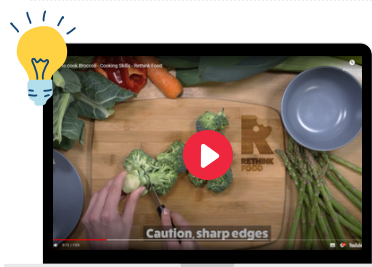


PREPARING & COOKING FOOD

Take inspiration from the following ideas and advice when preparing and cooking food with your attendees.

EXPLORE DIFFERENT WAYS TO PREP VEG

- Use a variety of different chopping/preparing methods and cooking veg simply with the children/young people.
- Try a few of the following methods and use the training/activity plans below.
 - Chopping (Dice, chop or cube)
 - Grating
 - Peeling
 - Juicing

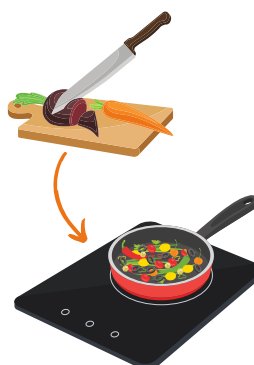


TRAINING FOR STAFF

- Show Rethink Food's '[Helping Hands](#)' videos to demonstrate how to prepare veg or use it to inspire your own demonstration.
- Use this Get Set to Eat Fresh [facilitator guide](#) for related activity plans.

LACK SPACE OR EQUIPMENT FOR COOKING?

- Table-top cookers can be affordable and suitable for small spaces. Perhaps consider these in your budget.
- Working with raw veg and fruit can still be effective in showing how to prepare and chop food.
 - Follow the Get Set to Eat Fresh [guidance here](#) for preparing raw foods.



Access nutritious, affordable and tasty recipes on [Leeds Recipe Hub](#). Make these with your attendees or share with families.



IMPORTANCE OF FOOD HYGIENE

- Ensure hand washing stations are accessible for everyone.
- Plan ahead for food storage, preparation, cooking & serving.
- Find out more [here](#) (Food - a fact of life).



CHOPPING & GRATING INGREDIENTS FOR VEG & CHICKEN WRAPS

"Our children and young people are invited to prepare food for their meals each day. This could be anything from chopping veg to grating cheese. They use these prepared ingredients to make meals like veg and chicken wraps or even garlic butter for garlic bread. Some children were fascinated when they cut into a red onion - they were surprised at how many layers an onion had."



DIFFERENT WAYS OF MAKING FOOD & IMPORTANCE OF CHOICE



"Our menu is chosen by attendees as this enables them to express their views, feel heard and actively be involved in decision-making about what they eat. They were also involved in making food, from growing and harvesting their own veg to selecting ingredients and helping with the preparation."



CREATIVITY & HEALTHY EATING

Take inspiration from the following ideas. You might focus on one per day or per week, whatever works for your provision!

TRY A TRAYBAKE OR MAKE RAW VEG SCULPTURES

- Check out the [Try a Traybake activity booklet](#).
 - Activities include creating designs with chopped seasonal veggies, traybake recipes, learning about using leftovers and making spice & herb blends!
- See pg.7 for tips on preparing and cooking food with attendees.



CREATE COLOURFUL #VEGROCKS!

- Brighten walls & windows with colourful posters!
- Hold activities to draw/paint a picture of their favourite veg. Instructions could include 'give them a face, a name, a hat or curly hair'.
 - Download the [#Vegrocks Activity Poster](#).



MORE CREATIVE ACTIVITIES WITH FOOD

- Design a Bag for Life to inspire others to eat fruit and vegetables. Use this [activity pack](#) (Get Set to Eat Fresh).
- Create 3-D paper models and learn about different fruit and veg! Use this [activity pack with printables & templates](#) (Get Set to Eat Fresh).



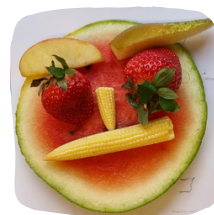
Credit: [Get Set to Eat Fresh](#)



TIPS FOR CREATIVE HEALTHY EATING ACTIVITIES



Creators of 'Vegimation'



- Get ready & have enough support. Have your materials/resources laid out in good time and enough people/volunteers to cover the group - you don't want anyone feeling left behind.
- Make something to show their families. The activities become more engaging not only for the kids but for the families too.
- You don't have to know everything! If asked questions (e.g. on healthy eating) and don't know the answer, it's a great opportunity to say 'I don't know, shall we look it up and find out together?'



MAKING HEALTHY EATING ZINES + SEWING FRUIT & VEG BADGES

STITCH-UP



"We incorporated seasonal foods into craft activities like making healthy eating zines and sewing fruit and veg badges.

Creative, hands on activities helps to open up valuable conversations with the young people about healthy foods in a fun and engaging way and is a way of them carrying on the conversation at home with family"



Don't forget to submit photos of your creative food activities to the healthy eating spring competition! More details on pg.5.



GET MOVING WITH FOOD

Take inspiration from the following ideas. You might focus on one per day or per week, whatever works for your provision!

A TASTE OF OLYMPICS & PARALYMPICS

- Take inspiration from free resources available from [Get Set to Eat Fresh](#) (Aldi, Team GB and Paralympics GB):



- [Healthy Holidays Pack](#)
- [Power to perform activity sheets](#) (Pg.5 of activity sheets includes quiz on how food can power our bodies)



Credit: [Get Set to Eat Fresh](#)

WHAT DOES AN ATHLETE EAT?

- Watch the [Eat Well with Team GB video](#) together and ask 'what could we learn from how athletes eat?'
- Use the [lesson plans and activity sheets](#) for more activities exploring what athletes might eat across the different food groups.

'WHATS YOUR FAVOURITE?' GAME

Warm up their minds and bodies for learning about healthy eating and physical activity with this game:

- Pg.1 of [Power to Perform Activity Sheet](#) (Get Set to Eat Fresh)
- Find other games on pg.6 and pg.11 of this toolkit. Look for the yellow PLAY button.



USE A BIKE TO MAKE HEALTHY SEASONAL SMOOTHIES!



St Vincent
de Paul Society
England and Wales
Turning Concern into Action

"We partnered with Season Well and ran smoothie bike sessions. The children picked local blackberries from bushes in East End Park and brought them back to our venue.

They chose from a range of other ingredients to add to the berries and made their own smoothies using the smoothie bike, hired from [Zest Leeds](#).

Berry and banana smoothies were very popular!

This was a great way to combine physical activity with learning about seasonal and healthy eating."





EXPLORING FOOD THROUGH SENSES

Take inspiration from the following ideas. You might focus on one per day or per week, whatever works for your provision!

HOW TO VIDEOS, TRAINING & RESOURCES

- Watch the exploring food training video from TastEd by [signing up here](#) (includes other resources).
- Watch short how-to videos provided on their [YouTube channel](#). Videos for the kids are also available!



WHAT DOES FOOD SOUND LIKE?

- Watch this [video](#) to learn about this activity as a stand-alone session or for during snack time.
- Have your attendees experience the difference in how food sounds, with and without holding their hands over their ears.
- See how others have run this activity [here](#) and how to combine it with other senses [here](#).



Credit: [TastEd](#)

FLAVOURS FROM HOME

Take inspiration from [Flavour School's manual](#) and hold a food celebration, based on the diverse culinary culture of the group. Here are some of their suggestions:

- Discuss different foods the children have at home (what do they look, smell, feel, sound and/or taste like?)
- Mark out where the dishes come from on a world map.
- You could invite other family members along too!
- See pg.7 for tips on preparing/cooking food with attendees.



TOP TIPS:

- Flavour Schools' [golden rules](#) are (pg.4-6):
 - No one has to try anything they don't want.
 - No one has to like anything.
- Considerations may be required for children/young people with [additional sensitivities](#) (e.g. to touch, smell, taste & sight).
- Children and young people can be more likely to try new foods when [kept separate](#) from main meals and snacks.
- Give [small pieces](#) to try with whole versions nearby for reference.
- Make a game of it, look at these [Activity Cards](#) from Street Games.



COMPARING RHUBARB TO HARIBO TANGFASTICS

"Comparing rhubarb to Haribo Tangfastics really worked to encourage more children to try it (i.e. relating new foods to something they might already know).

The children grew and harvested rhubarb on the schools' allotment. It was made into a crumble and the whole school had the opportunity to try it!"





SWITCH UP YOUR FOOD

Take inspiration from the following ideas. You might focus on one per day or per week, whatever works for your provision!

EXPLORING SPICES & HERBS

- Spices & herbs are great to use when preparing and cooking food. They can add flavour, colour & fragrance, as well as nutritional benefits.
- Play 'Guess the spice or herb' and have children/young people identify spices/herbs by sight, smell, touch & taste (pg.10).
- Make their own spice blends using pg.6-8 of this [activity pack](#).



SWAP IN, SWAP OUT

- Think of common 'treats' your attendees might like and how you can make healthier alternatives (see right).
- Play 'Snack Attack' to explore different swaps. Use this [activity sheet](#) and these [resources](#).
- Introduce different [Lunch Box Hacks](#) from Veg Power & vote on favourites.

PLAY

TRYING FAKEAWAYS!

- Prepare and cook 'fakeaways' with attendees to learn about healthy alternatives of family favourites.
- Here are a few to try:
 - [Veggie Bean Burgers](#) (Zest Leeds)
 - [Chinese Sweet & Sour Chicken](#) & [Egg-fried rice](#) (Get Families Cooking)
 - [Caribbean Vegetable Curry](#) (Leeds Beckett University)



MAKING HEALTHY CHOCOLATE ORANGE TRUFFLES



"We made healthy chocolate orange truffles as a healthier version of a treat (truffles). We used a sometimes unfamiliar food (dates) with often familiar ingredients (cocoa, oats, orange). This meant the children were keen to have a taste once finished.



Many declared the truffles were 'ten out of ten'!

We all decorated gift boxes, using dried orange slices and rosemary sprigs, to give the truffles to friends and family as presents."



MAKING HEALTHY KFC-STYLE CHICKEN WITH YOUNG PEOPLE



"Ask the young people what takeaway/fast food they like to eat and show them how to make healthier versions of their favourites. For example, we made KFC-style chicken by coating chicken breast in spiced breadcrumbs and baking it in the oven. Tastes great!"



Submit photos of attendees switching up food and submit them to the spring competition on pg.5.

EAT #JUSTONEMORE VEG...

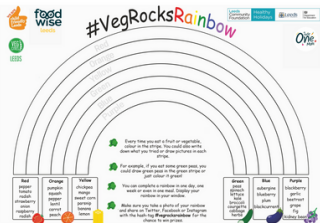


Just One More is a local campaign encouraging people across Leeds to eat one more portion of veg every day - fresh, frozen or tinned! ([More details](#))

The campaign has most recently been promoted in schools across the city. Join in with your provision by taking inspiration from the below with #JustOneMore veg...

...IN MEALS

- Try #JustOneMore recipes with children/young people. Find these marked with the #JustOneMore badge on the [Leeds Recipe Hub](#).
- Click [here](#) for more campaign resources.



...TO MAKE THE RAINBOW

- Create [#VegRocks rainbow posters](#) to get creative with veg.
- Include [key messages](#) about why it's important to eat colourful food! (British Heart Foundation)

...FROM A WINDOWSILL

- Talk about veg you can grow on windowsills all year round. Get ideas for [windowsill growing](#) (GrowVeg) and see pg.13.
- Cook with seasonal veg. Try this Season Well's [Pea and Mint Soup](#) using frozen/tinned peas and fresh pea shoots!



Recipe



Remember, where recipes ask for fresh ingredients, frozen or tinned ingredients can be used instead and can be more affordable.

...THROUGH CONVERSTATIONS STARTERS

- Start conversations about how attendees think they could add #JustOneMore veg into a meal that day or week.
- See pg.4 for prompts and example answers.



TALKING ABOUT VEG & RAINBOWS WHEN MAKING MEALS



"We laid out all the different toppings and chatted about which they knew and which they didn't."



When putting the pizza's together, we gave the children choice from a wide range of different veggie toppings and said 'think of the rainbow and add as many different colours as you can!'"

Find the Veggie Wrap Pizza recipe [here](#).

Recipe



GROWING FOOD & EATING SEASONALLY 🍷

DAY	ACTIVITY	WHAT YOU MIGHT NEED
1	INTRODUCE THE WEEK'S THEME Play 'Food from home or away' (RHS)	RHS Lesson plan: Fruit & vegetables for health
2	SESSION 1: SOWING SEEDS Activity: Make Pea Head people (RHS) + watering cans from plastic bottles. Messages: Growing on windowsills (Kew)	Pre-prepared pea pots * Season Well resources: <ul style="list-style-type: none"> Growing in recycled containers + DIY watering can
3	SESSION 2: EATING SEASONALLY Activity: Prepare snack/meal with seasonal veg/fruit with the children/young people. Messages: Why eat seasonal? (Hubbub)	Recipe: Sweet & Sour Spring Onion Stir Fry (Season Well, pg.3 via link above)
4	SESSION 3: GROWING FROM SCRAPS Activity: Run the Saucer Veg activity (RHS), re-growing seasonal veg from kitchen scraps. Messages: What part do we eat? (RHS)	RHS What part of the plant do we eat game
5	SESSION 4: HARVESTING FOOD Activity: Harvest shoots from pre-prepared pots* & do some taste testing (pg.6). Messages: What food you can make when veg is ready to harvest (e.g. recipes on right).	Pre-prepared pea pots* Recipes: <ul style="list-style-type: none"> Pea & Mint Soup (Season Well) Leek, pea & watercress soup (BBC Good Food)



GROWING INGREDIENTS FOR RAMADAN



Shantona Women's & Family Centre



"We used the toolkit to plant seeds. The young people enjoyed following the easy-to-read instructions, planting seeds, getting their hand dirty with the soil and also following up afterwards to show what had grown.

Parents were pleased their children took part in growing their own plants which they had later used as a part of their ingredients to open their fast in the month of Ramadan."



CHOOSING SEEDS BASED ON ATTENDEE AGES

DEWSBURY ROAD COMMUNITY HUB AND LIBRARY

"When growing food with children, bigger seeds are easier for them to handle. Bean, pea and, sunflower seeds work really well. Make labels with wooden spoons & forks for a bit of fun too!

Harvesting is a great time to explore the food grown, through smelling, touching and seeing different textures and sizes."



Providers told us children/young people have been more engaged with eating seasonally when using ingredients they've learnt to grow!



HEALTHY FOOD ACTIVITIES OUTDOORS

Take inspiration from the following ideas. You might focus on one per day or per week, whatever works for your provision!

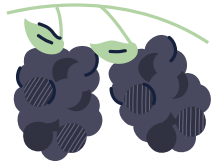


IMPORTANCE OF FOOD HYGIENE

- Ensure hand washing stations are accessible for everyone.
- Plan ahead for food storage, preparation, cooking & serving.
- Find out more [here](#) (Food - a fact of life).

PREPARING RAW FOOD

- Prepare a tasty and fresh salad with attendees. Introduce them to each ingredient (through the senses, see pg.10) and involve them in the chopping (see pg.7).



FORAGING FOR FOOD

- Forage for edible flowers, berries or leaves. Find them along hedgerows, path edges & in woodlands ([More details](#)). See pg.9 for case study including foraging.



Always ensure you know what you are eating. If unsure, bring someone in with experience of foraging.

GROWING FOOD

- Grow food onsite in the ground or in pots for the children/young people to take away with them (see pg.13).
- Take a trip to an urban farm in Leeds and see how food is grown locally.



Take photos of your attendees growing food and submit on their behalf to the spring competition! More details on pg.5.



MAKING WATERMEON, CUCUMBER, MINT & LIME SALAD



"We prepared some exciting salads. One that went down really well was watermelon, cucumber, mint & lime salad."

We used the mint from a local orchard but using potted herb plants from the supermarket is just as effective & engaging!"



WORKING WITH SIMPLE RECIPES AND GIVING CHOICE



"For the outdoor food activities we included a range of vegetables, herbs, pulses and spices that families may not have used before. We also wanted to use recipes that were affordable meals on a budget."

We found simpler recipes worked best with choice of what they added. The children liked chopping some veg but it was helpful to have some ready done as well."

Click for [Lentil Ragu](#) and [Aloo Sabzi recipes](#).



SHARING INFORMATION WITH FAMILIES

It's important to involve the whole family through the Healthy Holidays programme, in whichever way is best for your provision. Some providers have supplied families with recipes and ingredients. Suggestions for how to approach this are listed below.



SHARING RECIPES USING LEEDS RECIPE HUB

1. Each week, choose 3-4 recipes from [Leeds Recipe Hub](#).
 2. Select or take inspiration from an approach below, whichever is most suitable for your provision and families:
- **CHOOSE ON THEIR BEHALF:** Choose recipes to give to families with a box of ingredients needed.
 - **ASK FAMILIES TO CHOOSE:** Invite the parents/ to choose from the selected recipe cards. Once you've prepared the ingredients needed, ask families to pick up the ingredients and recipe later that week.
 - **CHOOSE VIA POPULARITY:** Make your provision meals using selected recipes through the week. Identify which recipe the children and young people enjoy most. Provide families with this recipe and ingredients needed at the week's end.
 - **MAKE FOOD ON SITE & SEND PORTIONS HOME:** Make a recipe with the children/young people. Send them home with extra portions, the recipe and all/some ingredients for making again at home.
 - **PROVIDE THE CARDS:** If the above options are not realistic for your provision, please share an appropriate choice of recipes with your families.



You can also signpost families to other information (e.g. health, employment & education). See more details on pg.16.



PROVIDING EQUIPMENT WITH RECIPE CARDS & INGREDIENTS



GRIMES DYKE
PRIMARY SCHOOL
ASPIRE ENJOY ACHIEVE



"When providing meal hampers with recipe cards, we provided additional kit including basics like knives, potato peeler, spoons, chopping boards, potato masher, tea towels, cloths, tin foil, scales, whisk, bowls, things we would presume are everyday items.

Oven gloves were also a necessity."

OTHER IDEAS:

- Invite families to take part in an activity e.g. cooking workshops, craft sessions or taste testing.
- Provide resources to families, including the Family Food and Wellbeing Leaflet (pg.16).
- Do you have a great way to share healthy eating information with families? Please get in touch at info@foodwiseleeds.org.

FREQUENTLY ASKED QUESTIONS

WHERE CAN WE FIND THE EAT WELL GUIDE?

- [Eat Better: Eat Well Guide](#)
- [African Caribbean Eat Well Guide](#)
- [South Asian Eat Well Plate](#)



WHERE CAN WE FIND THE SCHOOL FOOD STANDARDS?

- [Gov.uk: School Food Standards](#)

WHERE CAN WE LEARN MORE ABOUT CULTURALLY APPROPRIATE FOODS?

- Watch the [Multicultural Food Training Webinar](#) from Leeds City Council.
- Consult the [Multicultural Nutrition information page](#) (includes recipes) (NHS).
- Contact the cultural food partners:
 - [Hamara](#)
 - [Give a Gift](#)
- Use African and Caribbean [modified recipes](#) on Leeds Recipe Hub (submitted by Leeds Beckett University, University of Leeds, Feel Good Factor & Leeds ACTS Seedcorn Funding).
- Search for recipes by cuisine / dietary requirement: [British Heart Foundation's Recipe Hub](#).

WHAT IF WE DON'T HAVE FACILITIES TO PREPARE/COOK MEALS?

- Some providers work with cafes/restaurants in their area to support their provision.
- Additional food support can be provided through the following; however, this should be considered as surplus support rather than the core food offer:
 - [Rethink Food](#)
 - [Hamara](#)
 - [Fareshare Yorkshire](#)
 - [Give a Gift](#)



Is there something missing from this page? Please let us know via info@foodwiseleeds.org.

HEALTHY EATING TRAINING

MULTICULTURAL FOOD TRAINING - LEEDS CITY COUNCIL: [LINK](#)

EXPLORING FOOD THROUGH SENSES - TASTED: [LINK](#)*

INCLUSIVE COOKING - STREET GAMES (SG): [LINK](#)

- Allergies and dietary requirements + children with additional needs.

FOOD WORKSHOPS FOR CHILDREN & FAMILIES - SG: [LINK](#)

- Simple activities to include in a provision activity session.

PREPARING COOKED LUNCHES FOR CHILDREN - SG: [LINK](#)

- Including food hygiene and risk assessments.

*Free sign-up required



HEALTHY EATING PRINTABLES

Printables are available for your provision on the [Healthy Holidays Leeds Knowledge Hub](#). Resources available include:

- [Family Food Leaflet](#) (Leeds City Council)
- [Department for Education Training](#)

Knowledgehub

*If you need help with accessing Knowledge Hub, please contact healthyholidays@leeds.gov.uk.

FAMILY SIGNPOSTING

The [Family Food and Wellbeing Leaflet](#)* can be used to signpost families to information across health, employment education and more. It includes:

HEALTHY START ([LINK](#))

- If more than 10 weeks pregnant or have a child under 4, families may be entitled to support buying healthy food and milk through the Healthy Start scheme.



ABOUT THIS TOOLKIT

FoodWise Leeds has co-produced this toolkit with a wide range of collaborators, including local third sector organisations, schools, community hubs, key food providers, Leeds City Council and Leeds Community Foundation.

Thank you to all Healthy Holidays providers and others who have been involved in the Healthy Holidays Plus programme to date.

ABOUT FOODWISE LEEDS

Our mission is to collaboratively transform policy, contribute to research, motivate businesses and communities to become FoodWise, and inspire pride in our sustainable food city status.

Critical in our work is taking action on veg!
We work with Veg Cities to grow, cook, sell, serve and save more veg across Leeds.

Join the good food movement today and #BecomeFoodWise by pledging your actions [here](#).



✉ info@foodwiseleeds.org

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**Have examples of your own
to add to this toolkit?**

**Have feedback on the ideas
included?**

**Please get in touch at
info@foodwiseleeds.org**