

HEALTHY EATING TOOLKIT

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

HOW TO USE THIS TOOLKIT



This toolkit shares ideas for planning your provision's daily healthy eating messages and activities, as well as the sharing of 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 pick and choose what is most relevant to you.

Also, look out for these symbols throughout the toolkit:



REAL EXAMPLES

The light bulb highlights where Leeds providers have shared their experiences for others to learn from. Read these to get ideas for your own provision.



GET MOVING WITH FOOD!

The play button points out physical activities with healthy eating messages. Check these out to help integrate healthy eating into your wider activities.



COMPETITION OPPORTUNITY

The trophy indicates a chance for creating submissions for our competition! Submit photos of behalf of your children/young people. There are 50 vouchers to be won! See pg.12 for more details.



If you're reading a printed version, scan this QR code to access a digital copy



CONTENTS



3	OUR HEALTHY EATING PRINCIPLES
4	GOT 5 MINUTES? LET'S TALK FOOD!
5	DAILY HEALTHY EATING MESSAGES & ACTIVITIES:
5	Winter food activities
6	Exploring food through senses
7	Eat #JustOneMore veg
8	Healthy food activities outdoors
9	Growing food & seasonal eating
10	Switch up your food
11	INVOLVING PARENTS AND CARERS:
11	Sharing recipes using the Leeds Recipe Hub
12	WINTER COMPETITION!
13	ADDITIONAL INFORMATION:
13	Frequently Asked Questions
13	Healthy eating training for staff
13	Healthy eating printables
13	Family signposting
14	ABOUT THE HEALTHY EATING TOOLKIT
14	ABOUT FOODWISE LEEDS

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](#), 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 an element of **nutritional education** each day of our provision and **weekly nutritional information** for the families and carers.

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 food 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 **healthy diet** and a **healthy planet** by increasing the consumption of seasonal vegetables and fruit.



GOT 5 MINUTES? LET'S TALK FOOD!

When starting the day, serving lunch, offering snacks or at another time, use these short food-based conversation starters to integrate daily healthy eating messages into your provision.



WHAT FRUIT & VEG ARE IN SEASON RIGHT NOW?

PROMPTS:

- Where has the food on your plate come from?
- Why do you think it's good to eat foods that are grown in the UK (i.e. eating local & seasonally)?

EXAMPLE ANSWERS:

- Eating local and seasonal food is not only tasty and healthy but helps to protect our planet too! ([More details](#))



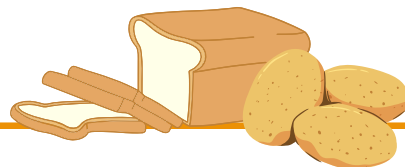
WHAT DO YOU THINK IS A STARCHY CARBOHYDRATE?

PROMPTS:

- How much space should starchy carbohydrates take up on our plate?
- What do you think 'wholegrain' means? Why is it good to eat wholegrain versions?

EXAMPLE ANSWERS:

- Bread, potatoes and other starchy carbohydrates should make up just over 1/3 of what we eat.
- Wholegrain versions (e.g. wholemeal bread) can contain up to 75% more nutrients than refined versions ([More details](#)).



TELL ME ABOUT A TASTY AND HEALTHY SNACK...

PROMPTS:

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

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](#).



When talking food, remember the 3 S's!

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

Specific
Simple
Steady paced

OTHER IDEAS:

- What do you think a 'balanced diet' is? (Refer to Eat Well Guide, pg.13)
- How many cubes of sugar do you think is in your favourite drink? ([More details](#))





WINTER FOOD ACTIVITIES

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

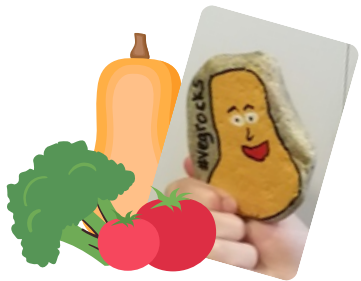
TRY A TRAYBAKE!

- Check out the [Try a Traybake activity booklet](#).
- Activities include creating festive designs with chopped seasonal veggies, learning about using leftovers and making spice & herb blends!



CREATE COLOURFUL #VEGROCKS!

- Brighten up winter days by creating colourful #vegrock!
- Hold activity to draw/paint a picture of their favourite veg on a rock. Instructions could include 'give them a face, a name, a hat or curly hair'.



LOOKING FORWARD TO SEASONAL FOODS

- Start conversations about seasonal eating (pg.3).
- Play 'What's Harvested When?' (Zest Leeds, see right)



"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.

For the last one, it was great to see parents and carers getting involved too, shouting out hints about which season to run to!"

PLAY

WHAT'S HARVESTED WHEN?

1. Set up 4 stations around the room and label them with the seasons.
2. Have the children / young people stand in the middle of the room.
3. Call out different fruit or veg and ask the children/young people to run to the season they think that food is harvested in.

Examples:

Spring (Mar-May): Rhubarb, Spinach.

Summer (Jun-Aug): Broccoli, Blackcurrants.

Autumn (Sept-Nov): Apples, Pumpkin.

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



Don't forget to submit photos of the traybakes or #vegrock to the winter competition! More details on pg. 12.



EXPLORING FOOD THROUGH SENSES

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

DAY	ACTIVITY	WHAT YOU MIGHT NEED
1	INTRODUCE THE WEEK'S THEME Talk about eating a <u>balanced diet</u> and the benefits of eating different food types.	<ul style="list-style-type: none"> • <u>Eat a balanced diet</u> (poster) • <u>Flavour School (FS) Manual</u> pg.4-6
2	SESSION 1: TOUCH Activity: Exploring textures, softness etc. Messages: <u>Why eat the rainbow?</u>	<ul style="list-style-type: none"> • <u>FS Manual Pg. 11-13</u> • A variety of whole vegetables and fruit.
3	SESSION 2: SMELL Activity: Exploring smells, e.g. seasonal veg/fruit (e.g. berries) or dried herbs/spices. Messages: Why eat seasonally (e.g. berries are rich in antioxidant vitamin C, which helps maintain healthy bones!)	<ul style="list-style-type: none"> • <u>FS Manual pg.15-17</u> • <u>Vitamins & minerals</u> • 3-4 strong-smelling foods, herbs or spices.
4	SESSION 3: TASTE Activity: Exploring sweetness, sourness etc. Messages: Importance of eating a range of different foods, refer to the <u>Eat Well Guide</u> .	<ul style="list-style-type: none"> • <u>FS Manual pg.23-25</u> • Selection of vegetables and fruit prepared in small pieces for trying.
5	SESSION 4: SIGHT Activity: Exploring colours, shapes, sizes... Messages: How to make food appealing with colours, presentation, freshness etc.	<ul style="list-style-type: none"> • <u>FS Manual pg.7-9</u> • Creative materials (e.g. paper, pencils, pens). • <u>VegRocks Poster Activity</u> (FoodWise Leeds)

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 food when it's **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.



GROUNDWORK YORKSHIRE

"Exploring food through the senses was an engaging way for children to try a range of healthy and sometimes unfamiliar foods. Also involving wider families meant we could show them how to easily make trying new/different food fun!

The most important part was giving the children a choice of which foods to try and away from meal times. This way they were much more willing to try different foods."

EAT #JUSTONEMORE VEG...

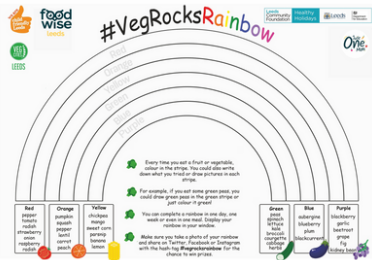


Just One More is a local campaign encouraging people across Leeds to eat one more portion of veg every day - fresh, frozen or tinned! ([More details](#))

The campaign has most recently been promoted in schools across the city. Join in with your provision by taking inspiration from the below and eat #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 and include [key messages](#) about why it's important to eat colourful food!

...FROM A WINDOWSILL

- Talk about veg you can grow on windowsills all year round. Get ideas for winter windowsill growing [here](#).
- Cook with seasonal veg, like this [Pea and Mint Soup](#) using frozen or tinned peas and fresh pea sprouts!



"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!'"



"We made the Pea & Mint Soup recipe with children at Bramhope Primary School using peas they had grown and mint from their garden. The kids loved it and the parents asked for the recipe!"



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



HEALTHY FOOD ACTIVITIES OUTDOORS

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

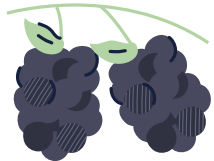


IMPORTANCE OF FOOD HYGIENE (OUTDOORS & INDOORS)

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

PREPARING RAW FOOD

- Prepare a tasty and fresh salad with children/young people. Introduce them to each ingredient (through the senses, see pg.6) and involve them in the chopping.



FORAGING FOR FOOD

- Forage for edible flowers, berries or leaves. Find them along hedgerows, path edges & in woodlands ([More details](#)).



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

GROWING FOOD

- Grow food in the ground onsite or in pots for the children/young people to take away with them (see pg.10).
- Take a trip to a Leeds urban farm and see how food is grown locally.



"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!"



"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."



Ask them to make short videos celebrating food outdoors and submit them to the winter competition! More details on pg.12.



SWITCH UP YOUR FOOD

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

EXPLORING SPICES & HERBS

- Spices & herbs are essential to preparing and cooking food. They can bring 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.6)



TRYING FAKEAWAYS!



- Prepare and cook 'fakeaways' with attendees to show healthy alternatives of family favourites. Here's a few to try:
 - Chinese Sweet & Sour Chicken & Egg-fried rice
 - Caribbean Vegetable Curry
 - Veggie Bean Burgers

SWAP IN, SWAP OUT

- Start a conversation about healthier snacks (pg.3). Explore different swaps and play 'Snack Attack' (see right).
- Introduce different Lunch Box Hacks each day & vote on favourites at the end of the week.



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

PLAY

SNACK ATTACK!



"To get children thinking about how to make healthier swaps, create sets of paired picture cards showing a range of snacks and their healthier alternatives. Older children could create their own cards from the four main food groups using the Eat Well Guide.

Put the group into teams and set them up with the team at one end of the hall and the cards at the other. In a relay, the team must run and collect the cards one at a time. Once a team has the full set they must pair them correctly to win the game."



Submit photos of them switching up food and submit them to the winter competition on pg.12.



GROWING FOOD & EATING SEASONALLY 🍷

DAY ACTIVITY

WHAT YOU MIGHT NEED

1 INTRODUCE THE WEEK'S THEME

Play 'Food from home or away'.

RHS Lesson plan: [Fruit & vegetables for health](#)

2 SESSION 1: SOWING SEEDS

Activity: Make [Pea Head people](#) + [watering cans](#) from plastic bottles.

Messages: [Growing on windowsills](#)

Pre-prepared [pea pots](#)*

[Season Well](#) resources:

- [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?](#)

Recipe: [Sweet & Sour Spring Onion Stir Fry](#). (Season Well Pg. 3)

4 SESSION 3: GROWING FROM SCRAPS

Activity: Run the [Saucer Veg activity](#), re-growing seasonal veg from kitchen scraps.

Messages: [What part of the plant do we eat?](#)

[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:

- [Pea & Mint Soup](#) (Season Well)
- [Leek, pea & watercress soup](#)



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."

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!

WEEKLY HEALTHY EATING ACTIVITY FOR PARENTS AND CARERS

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 recipe cards each week. Suggestions for how to approach this are listed below.



SHARING RECIPES USING LEEDS RECIPE HUB

1. Each week, choose 3-4 recipe cards from the [Leeds Recipe Hub](#).
2. Select or take inspiration from an approach below, whichever is most suitable for your provision, parents and carers:

- **CHOOSE ON THEIR BEHALF:** Choose recipe cards to give to families with a box of ingredients needed.
- **ASK FAMILIES TO CHOOSE:** Invite the parents/carers to choose from the selected recipe cards. Once you've prepared the ingredients needed, ask families to pick up the ingredients and recipe card later that week.
- **CHOOSE VIA POPULARITY:** Make your provision meals using selected recipe cards through the week. Identify which recipe the children and young people enjoyed most. Provide families with this recipe card 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 card 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 recipe cards with your families.



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 parents and carers to take part in an activity e.g. cooking workshops, craft sessions, taste testing.
- Provide resources to parents and carers, including the Family Food and Wellbeing Leaflet (pg.13).
- Do you have a great way to share healthy eating information with parents and carers? Please get in touch at info@foodwiseleeds.org.

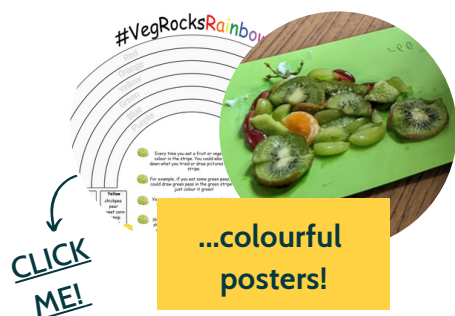


You can also signpost families to other information (e.g. health, employment & education). See more details on page 13.

WINTER COMPETITION

Integrate the activities below into your provision and submit entries from Healthy Holidays children/young people into the winter competition! Send in photos/videos on behalf of your attendees, showing how they're celebrating fruit & veg - there's no other criteria for submissions!

Using fruit + veg as inspiration, create...



...a song, dance or DJ mix

CLICK ME!

...a cookalong video

...or something completely different!

COMPETITION PRIZES:
1st place = £35
2nd place = £25
3rd place = £15
47 runner-ups = £10

SUBMIT ENTRIES 12TH DECEMBER 2022 - 6TH JANUARY 2023

TO ENTER:

1. Integrate the activities above or others into your provision for children/young people.
2. Send in photos/videos of how the child/young person is celebrating veg & fruit to info@foodwiseleeds.org, with their name, age, postcode and the HH provider attended.
3. Competition opens 12th December 2022 & closes 6th January 2023. Winners announced after 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 sent in will only be used in relation to this competition (e.g. on social media or other FoodWise Leeds online platforms) and details will be deleted once prizes are awarded. Please ensure photos have relevant consent needed to share them online.



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 African Caribbean and South Asian Eat Well Guides, Nutritional information and recipes).
- Contact the cultural food partners:
 - [Hamara.](#)
 - [Give a Gift.](#)
- Check out the 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: [BHF 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](#)

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

- Considering allergies and dietary requirements, children with additional needs.

HANDS ON 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 for preparing/cooking lunches.

HEALTHY EATING PRINTABLES



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

- [Family Food Leaflet](#)
- [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

🌐 foodwiseleeds.org

📱 @foodwiseleeds

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

Do you have any feedback on the ideas included?

Please get in touch at info@foodwiseleeds.org.