

Food and Nutrition Information

Sharing Food and Nutritional Advice and Information

Some providers have asked what good nutritional offers looks like. We thought we would share some ideas we have seen offered locally and by HAF providers around the country. The Hampshire catering service, HC3S, has an extensive recipe bank at: [HC3S recipes | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/hc3s-recipes). These ideas are provided for information and in no particular order.

- Linking with local food banks and pantries and inviting them to attend a scheme and provide families with information on their services. Contact details are on FISH.
- Make use of the Change4Life games and resources below and the Disney-themed resources we can supply.
- Daily cookery sessions with children, talking about ingredients and healthy options. This could include making more than is needed for children to take home with recipe cards.
- Preparing and trying different foods, such as finger foods, baking, smoothies, sushi etc, perhaps in a bush tucker trial game or outdoor/camp fire cooking.
- Sharing low cost and healthy recipes with families in print or online, perhaps via a Facebook group where families can share their experiences, post photos and ask questions.
- Providing recipe ready grocery packs to take home, including the ingredients.
- Daily feedback to parents includes information on the food and nutrition activities and learning that children have enjoyed.
- Involving children in cooking the daily meal.
- Growing food indoors or outdoors; from mustard and cress to fruit and vegetables. Using this in meal preparation and taking seeds/cuttings/produce home.
- Family cooking workshops where families can prepare a meal together and either eat or take the food home to finish cooking, along with a recipe. These can be delivered virtually too.
- Drop in food and nutrition advice sessions for parents and carers, with chefs involved where possible. These could cover meal planning, shopping healthily on a budget: [Low cost happy family meals \(brighton-hove.gov.uk\)](https://www.brighton-hove.gov.uk/low-cost-happy-family-meals). These could be virtual too.
- Science experiments involving food. There are many online such as: [Tooth Decay Eggshells Experiment | Mombrite](https://www.mombrite.com/tooth-decay-eggshells-experiment) or [20 kitchen scraps you can grow with kids - Laughing Kids Learn](https://www.laughingkidslearn.com/20-kitchen-scrap-projects-you-can-grow-with-kids)
- Provide food-related activities for families to do at home together and for children to bring back in.
- Talk about the Eatwell plate, traffic light labelling, sugar content, portion size and use the Change4Life resources – links below. Encourage families to signup for: [Change4Life - Cook Together](https://www.change4life.co.uk/cook-together)
- Visits to local farms to pick fruit and vegetables. Discuss farm to fork.
- Link with local supermarkets, which often have community champions.
- During mealtimes talk about healthy eating and nutrition.
- Family food and activity diaries, meal planners etc to take home and bring back.
- Create a personal recipe book during the scheme and take it home.
- Message boards, information stands, newsletters, handouts and leaflets to take home.
- Provide some cookery books for loan.
- Award badges, hold mini-competitions for food and nutrition based challenges. Include families too and offer prizes to promote engagement.

While this list focuses on food and nutrition providers could also consider focusing on:

- Food safety – storage, handling fish and meat, cooking temperatures
- Reducing food waste within the home
- Promoting good oral hygiene – we are hoping to provide free toothbrushes for all FSM participants.
- Linking with physical activity and how our bodies work.

Sources of Useful Information

The Moodle has a useful section on Healthy Weight at [Course: Healthy Weight \(hants.gov.uk\)](https://www.hants.gov.uk/course/healthy-weight)

NB you need to enrol once to be able to access Moodle resources by contacting:
sfycmoodle@hants.gov.uk

British Nutrition Foundation

Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training. The food labelling traffic light system is explained here: [Looking at labels - British Nutrition Foundation - Page #1](https://www.bnf.org.uk/education/looking-at-labels)

Recipes – to support learning about handling a range of ingredients, food skills and cooking techniques.

<https://www.foodafactoflife.org.uk/recipes/>

Activity suggestions and resources to use to engage with parents and carers.

<https://www.foodafactoflife.org.uk/whole-school/parental-engagement/>

Full Time: Get cooking with Marcus and Tom

Marcus Rashford and Tom Kerridge have set up 'Full Time: Get Cooking with Marcus & Tom'. They want to help give children and families the skills and confidence to cook good, proper food in their own kitchens, using the equipment available to them. They hope to encourage children and their families to be creative, have fun and spend valuable time together cooking and eating.

As part of the year-long programme, Tom Kerridge has created 52 easy recipes. They are available in various forms from selected supermarkets every Sunday morning. Each recipe will also feature a QR code linking to the <https://www.instagram.com/fulltimemeals/> page where users can access tutorial videos. Parents are encouraged to try the recipes and share their results via Instagram using the hashtag #fulltimemeals.

<https://tomkerridge.com/full-time-meals/>

Kitchen Social's response to the 'Take & Make' initiative

Taking inspiration from the recipe kit box phenomenon, Take & Make aims to get children in London learning to cook in their homes and spending time with siblings and parents. The initiative was designed in direct response to the Covid-19 crisis allowing healthy food to be delivered to homes regardless of the lockdown status.

<https://www.mayorsfundforlondon.org.uk/kitchen-social/take-and-make/>

Public Health England's Change4Life campaign

PHE have kindly shared links to their Campaign Resource Centre where they have a range of digital resources, relating to their Change4Life campaign available for all to use.

The main Change4Life resource page includes both nutrition and physical activity resources: <https://campaignresources.phe.gov.uk/resources/campaigns/17-change4life/resources>

PHE also has the School Zone website which provides resources for teachers to use, focusing on a mix of healthy eating and physical activity. The first two links are to the main pages for Being active and Healthy eating and the links below that are to a selection of these resources within those pages. All contain printable resources that could be used by providers, including lesson plans, certificates, checklists and shareable information.

- [Healthy eating | Overview | PHE School Zone](#)
- [Our Healthy Year: Reception take-home resources | PHE School Zone](#)
- [Our Healthy Year: Year 6 take home resources | PHE School Zone](#)
- [Recipe idea print-outs | PHE School Zone](#) (NB 5 recipe cards available)
- [Sugar Smart World take-home pack | PHE School Zone](#) (NB this is a game)
- [Classroom cooking toolkit | PHE School Zone](#)

Change4Life and the NHS also have a range of useful apps available for Android and Apple phones.

- Change4Life Food Scanner – The Food Scanner app brings food labels to life and helps you make healthier choices. Simply scan the barcode to see how much sugar, saturated fat and salt is in everyday food and drink.

Change4Life has an option to sign up for Cook Together. Every week for 4 weeks, families are sent two tasty, healthy recipes with easy to follow instructions, and a shopping list of all the ingredients needed to cook a healthy meal. They also send some handy tips about healthier eating and how to be food smart when out shopping.

- [Change4Life - Cook Together](#)

NHS Live Well, Eat Well campaign

NHS site containing healthy eating advice for all: [Eat well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

- [The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk) to your 5 a day and the Eatwell plate
- [The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk) recipes and tips

School Food standards

Providers must provide at least one meal a day (breakfast, lunch or tea) and all food provided at the holiday club (including snacks) must meet school food standards. Our/DfE expectation is that the majority of food served by providers will be hot. However, we acknowledge that there will be occasions when this is not possible and a cold alternative may be used.

All food provided as part of the programme must:

- comply with regulations on food preparation:
- take into account allergies and dietary requirements (see the allergy guidance for schools)
- take into account any religious or cultural requirements for food.

Please refer to the School Food Standards for further guidance

[School-Food-Standards-Guidance-FINAL-V3.pdf \(publishing.service.gov.uk\)](#)

Food Safety

Food Standards Agency

The Food Standards Agency (FSA) is the independent government department working to protect public health and consumers' wider interests in relation to food in England, Wales and Northern Ireland. It is responsible for the systems that regulate food businesses and tackles food crime.

The website has a wealth of advice that may be useful.

- [Managing food safety | Food Standards Agency](#)
- <https://www.food.gov.uk/sites/default/files/media/document/sfbb-chinese-hot-holding.pdf>
on transporting hot food

Local Environmental Health Services

If in doubt contact your local Environmental Health Team. Details can be found at:

Isle of Wight: [Environmental Health Contact information \(iow.gov.uk\)](#)

Hampshire: Service provided by the local District Council.

Basingstoke: [Environmental health \(basingstoke.gov.uk\)](#)

East Hampshire: [Food safety | East Hampshire District Council \(easthants.gov.uk\)](#)

Eastleigh: [Food safety | Eastleigh Borough Council](#)

Fareham: [Food safety information and advice \(fareham.gov.uk\)](#)

Gosport: [Environmental Health - Gosport Borough Council](#)

Hart: [Food safety | Hart District Council](#)

Havant: [Food safety | Havant Borough Council](#)

New Forest: [Food safety for customers - New Forest District Council](#)

Rushmoor: [Food safety advice - Rushmoor Borough Council](#)

Test Valley: [Environmental Health | Test Valley Borough Council](#)

Winchester: [Food Safety - Winchester City Council](#) NB Contains useful FAQs

