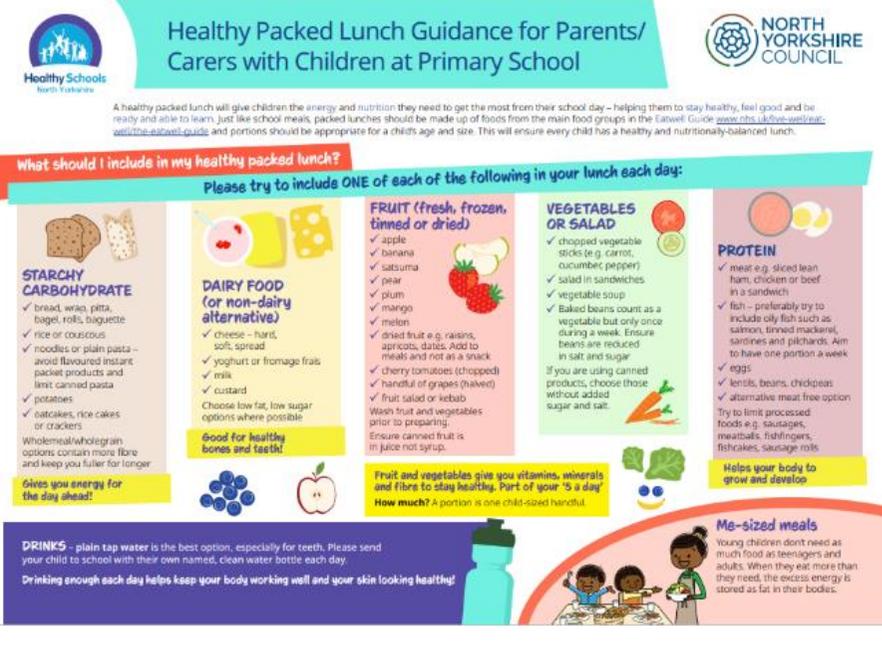


# School Food Resource Bank

This document contains web links to a number of resources and information for schools about healthy eating and food provision. The middle column shows an image of the website or resource, the links to these resources are on the left, and a brief description of the item is on the right. If you have any comments, suggestions or questions please contact North Yorkshire Healthy Schools [;healthyschools@northyorks.gov.uk](mailto:healthyschools@northyorks.gov.uk)

| Name of the Resource   | Image of the resource/document/website   | What is this resource/information   |
|--|--|---|
| <p>Healthy packed lunch leaflets for primary school and early years.</p> <p>Primary school version:</p> <p><a href="https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/02/Healthy-Lunchboxes-leaflet-primary-2024.pdf">https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/02/Healthy-Lunchboxes-leaflet-primary-2024.pdf</a></p> |  <p><b>Healthy Packed Lunch Guidance for Parents/Carers with Children at Primary School</b></p> <p>A healthy packed lunch will give children the energy and nutrition they need to get the most from their school day – helping them to stay healthy, feel good and be ready and able to learn. Just like school meals, packed lunches should be made up of foods from the main food groups in the Eatwell Guide <a href="https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/671477/eatwell-guide.pdf">www.gov.uk/government/uploads/system/uploads/attachment_data/file/671477/eatwell-guide.pdf</a> and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.</p> <p><b>What should I include in my healthy packed lunch?</b></p> <p>Please try to include <b>ONE</b> of each of the following in your lunch each day:</p> <ul style="list-style-type: none"> <li><b>STARCHY CARBOHYDRATE</b> <ul style="list-style-type: none"> <li>✓ bread, wrap, pitta, bagel, roll, bûgiette</li> <li>✓ rice or couscous</li> <li>✓ noodles or plain pasta – avoid flavoured instant packet products and limit canned pasta</li> <li>✓ potatoes</li> <li>✓ oatcakes, rice cakes or crackers</li> </ul> <p>Wholemeal/wholegrain options contain more fibre and keep you fuller for longer</p> <p><b>Gives you energy for the day ahead!</b></p> </li> <li><b>DAIRY FOOD (or non-dairy alternative)</b> <ul style="list-style-type: none"> <li>✓ Cheese – hard, soft, spread</li> <li>✓ yoghurt or fromage frais</li> <li>✓ milk</li> <li>✓ custard</li> </ul> <p>Choose low fat, low sugar options where possible</p> <p><b>Good for healthy bones and teeth!</b></p> </li> <li><b>FRUIT (fresh, frozen, tinned or dried)</b> <ul style="list-style-type: none"> <li>✓ apple</li> <li>✓ banana</li> <li>✓ satsuma</li> <li>✓ pear</li> <li>✓ plum</li> <li>✓ mango</li> <li>✓ melon</li> <li>✓ dried fruit e.g. raisins, apricots, dates. Add to meals and not as a snack</li> <li>✓ cherry tomatoes (chopped)</li> <li>✓ handful of grapes (halved)</li> <li>✓ fruit salad or kebab</li> </ul> <p>Wash fruit and vegetables prior to preparing. Ensure canned fruit is in juice not syrup.</p> <p><b>Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'</b></p> <p><b>How much?</b> A portion is one child-sized handful.</p> </li> <li><b>VEGETABLES OR SALAD</b> <ul style="list-style-type: none"> <li>✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)</li> <li>✓ salad in sandwiches</li> <li>✓ vegetable soup</li> <li>✓ Baked beans count as a vegetable but only once during a week. Ensure beans are reduced in salt and sugar</li> </ul> <p>If you are using canned products, choose those without added sugar and salt.</p> <p><b>Helps your body to grow and develop</b></p> </li> <li><b>PROTEIN</b> <ul style="list-style-type: none"> <li>✓ meat e.g. sliced lean ham, chicken or beef in a sandwich</li> <li>✓ fish – preferably try to include oily fish such as salmon, tinned mackerel, sardines and pilchards. Aim to have one portion a week</li> <li>✓ eggs</li> <li>✓ lentils, beans, chickpeas</li> <li>✓ alternative meat free option</li> </ul> <p>Try to limit processed foods e.g. sausages, meatballs, fishfingers, fishcakes, sausage rolls</p> </li> </ul> <p><b>DRINKS</b> – plain tap water is the best option, especially for teeth. Please send your child to school with their own named, clean water bottle each day. Drinking enough each day helps keep your body working well and your skin looking healthy!</p> <p><b>Me-sized meals</b><br/>Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.</p> | <p>A digital leaflet with suggestions for families about what to include in a healthy packed lunch.</p> |

Early Years version:

<https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/02/Early-Years-Healthy-Lunchboxes-leaflet.pdf>

**Healthy Early Years** **NORTH YORKSHIRE COUNCIL**

A healthy packed lunch will give young children the energy and nutrition they need to get the most from their day – helping them to grow and develop, learn and play, be healthy and happy.

Packed lunches for children aged 2-5 years old should be made up of foods from the main food groups in the Eatwell Guide [www.nhs.uk/live-well/eat-well/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide) and portions should be appropriate for a child's age and size. This will ensure every young child has a healthy and nutritionally-balanced lunch. NB, The Eatwell Guide does not apply to children under the age of 2 because they have different nutritional needs. <http://www.nhs.uk/conditions/baby-weaning-and-feeding/babys-first-solid-foods/>

**What should I include in my child's healthy packed lunch?**

**Try to include a variety of different foods across the week to provide all the vitamins and minerals required and make sure content varies from day to day.**

**STARCHY CARBOHYDRATE**  
1 or 2 portions per meal  
✓ bread, wrap, pitta, bagel, rolls, baguette  
✓ rice or cous cous, noodles, plain pasta – avoid flavoured instant packet products and limit canned pasta  
✓ potatoes  
✓ oatcakes, rice cakes or croutons  
**Avoid very high fibre foods**  
**Gives you energy for the day ahead!**

**DAIRY FOOD (or non-dairy alternative)**  
At least 1 portion of milk or dairy foods, or alternatives per meal  
✓ cheese – hard, soft, spread (avoid blue cheese and mould ripened cheese and cut cheese into strips not chunks)  
✓ yoghurt or fromage frais  
✓ milk (avoid unpasteurised). Whole milk is recommended  
✓ custard  
✓ non-dairy alternatives (use unsweetened options). **Children under the age of 5 should not be given rice drinks.**  
**Avoid foods which are low fat, sweetened with artificial sweeteners (often labelled 'low sugar')**  
**Good for healthy bones and teeth!**

**FRUIT (fresh, frozen or tinned)**  
✓ apple  
✓ banana  
✓ satsuma  
✓ pear  
✓ plum  
✓ cherry  
✓ tomatoes (cut into quarters)  
✓ handful of grapes (cut into quarters)  
✓ dried fruit e.g. raisins, apricots, dates. Add to meals and not as a snack.  
✓ melon (cut into slices not chunks)  
✓ mango (cut into slices not chunks)  
Remove any pips/seeds before serving fruit.  
Wash fruit and vegetables prior to preparing.  
Ensure canned fruit is in juice not syrup.

**VEGETABLES OR SALAD**  
✓ vegetable sticks (e.g. carrot, cucumber, pepper)  
✓ salad in sandwiches  
✓ vegetable soup  
✓ 'baked' beans count as a vegetable but only once during a week. Ensure beans are reduced in salt and sugar  
**If you are using canned products, choose those without added sugar and salt.**  
**Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'**  
**How much?** A portion is one child-sized handful.

**PROTEIN**  
✓ meat e.g. sliced lean ham, chicken, or beef in a sandwich (cut sausages into strips and remove skins)  
✓ fish – preferably try to include oily fish e.g. tinned mackerel, sardines, pilchards, and salmon  
✓ eggs (ensure eggs are fully cooked)  
✓ lentils, beans, chickpeas  
✓ alternative meat free option  
Try to limit processed foods e.g. sausages, meatballs, fish fingers, fish cakes, sausage rolls  
**Helps your body to grow and develop**

**Me-sized meals**  
Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.

**DRINKS** – tap water is the best, especially for teeth. Fresh drinking water must be available and accessible to children at all times when attending an early years setting.

Complex eating resource

[Resources & Support for Schools – Food in Schools > Healthy Schools North Yorkshire](https://www.hull.nhs.uk/wp-content/uploads/2019/02/Advice-for-hesitant-anxious-and-limited-eaters.pdf)

**Image of the resource/document/website**

Harrogate and district NHS Foundation Trust  
Advice for Anxious and Hesitant Eaters and Children with Limited Diets  
<https://www.hull.nhs.uk/wp-content/uploads/2019/02/Advice-for-hesitant-anxious-and-limited-eaters.pdf>

**What is this resource/information**  
Printable resource for professionals and families with children who may be anxious, hesitant eaters or have a limited diet.

**Child feeding guide:**  
<https://www.childfeedingguide.co.uk/>

Free online guide with resources for families to support with eating. Parents can complete an online tool which helps to monitor eating behaviours. The website provides tools and

**OFFICIAL**

Document with information to support families with children & young people with complex eating or food aversions.

# Healthy Eating Guidelines for Early Years

<https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/02/Early-Years-Healthy-Eating-guidelines-for-settings.pdf>



## Healthy Eating Guidelines for Early Years Produced for Early Years Providers in North Yorkshire



### Aim of this Document

The aim of this document is to help early years providers with serving the right types and amounts of foods for young children. The document summarises the key points from national healthy eating guidance for early years settings (please see reference links at end of this document).

### Key Message

Food provided in early years settings should:

- provide appropriate amounts of energy and nutrients to support growth and development AND
- ensure every child has an opportunity to develop healthy eating habits for life.

### Food Groups Summary A healthy balanced diet for Early years children is based on these food groups and portions:

| Food Groups                   | Examples of Food Included   | Main Nutrients Provided   | Recommended Servings each Day  |
|-------------------------------|---|---|--|
| <b>Starchy carbohydrates</b>  | Bread, potatoes and sweet potatoes, starchy root vegetables including swede and parsnips, bread including wraps and bagels, pasta, noodles, rice, other grains, breakfast cereals                                   | Carbohydrate, fibre, B vitamins and iron                          | <b>Four portions</b><br>Provide a portion as part of each meal (breakfast, lunch and tea) and as part of at least one snack each day |
| <b>Fruit and vegetables</b>   | Fresh, frozen, canned, and dried fruit, including apples, grapes*, pears and oranges, vegetables including carrots, broccoli, peppers and sweetcorn, and pulses including peas, lentils, kidney beans and chickpeas | Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre | <b>Five portions</b><br>Provide a portion as part of each meal (breakfast, lunch and tea) and with some snacks                       |
| <b>Proteins</b>               | Meat including pork and beef, poultry including chicken and turkey, fish including cod, pollock and salmon, shellfish including prawns, eggs, meat alternatives including Quorn, beans, pulses, nuts**              | Protein, iron, zinc, omega 3 fatty acids, vitamins A and D        | <b>Two portions</b><br>Provide a portion as part of lunch and tea (two to <b>three portions for vegetarian or vegan children</b> )   |
| <b>Dairy and alternatives</b> | Milk, cheese, yoghurt, fromage frais, custard, puddings made from milk  | Protein, calcium, and vitamin A                                   | <b>Three portions</b><br>Provide as part of meals, snacks and drinks   |

Digital document containing guidance for providing healthy food in Early Years settings.

# National School Food Standards

[School food standards practical guide - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/100000/school-food-standards-practical-guide)



## The School Food Standards

Helping schools to provide a healthy diet for their pupils is one of the most important things that schools can do. This document provides a practical guide to the standards for school food. It includes information on the standards for school food, how to implement the standards, and how to monitor and evaluate the standards. It also includes a checklist for schools to use to assess their current standards and to identify areas for improvement.

#### Fruit and vegetables

Quantity of fruit and vegetables per week

Options for each year group

#### Milk and dairy

Quantity of milk and dairy per week

Options for each year group

#### Starchy food

Quantity of starchy food per week

Options for each year group

#### Meat, fish, eggs, beans and other non-dairy sources of protein

Quantity of protein per week

Options for each year group

#### Foods high in fat, sugar and salt

Quantity of high fat, sugar and salt per week

Options for each year group

#### Healthier drinks\*

Quantity of healthier drinks per week

Options for each year group

#### Food provided outside lunch

Options for each year group

Guidance  
**School food standards practical guide**  
Updated February 2023  
Applies to England

Online national food standards for schools – includes a checklist for head teachers, information for governors, a school food standards poster, allergy guidance etc.

The Food You Eat at School Survey template

[https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/04/The-Food-You-Eat-at-School-Survey-Template\\_.pdf](https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/04/The-Food-You-Eat-at-School-Survey-Template_.pdf)



**The Food You Eat at School Survey Template**

**Introduction:**

Thank you for taking part in this short survey. It should take you around ten minutes to complete.

This survey has been sent to all pupils at XXXXX. It asks you what you think about the food you eat and the dining experience at school.

We would really like to hear your views. This will help us make important choices around the school's food and dining environment.

Your answers will be anonymous, we don't ask for your name, and won't identify you in any reports.

There are no right or wrong answers, so please tell us your views. If you can't answer a question, please skip it, and move to the next one.

This survey has been sent out by XXXXX. It has been shaped by the school with help from North Yorkshire Public Health and North Yorkshire Healthy Schools.

The survey closes on XXXXX. If you have any questions, please speak with XXXXX

**The food you eat at school:**

We are interested in your views on food provided at school.

Please tell us you view about each of the following statements: (Please tick one answer per statement)

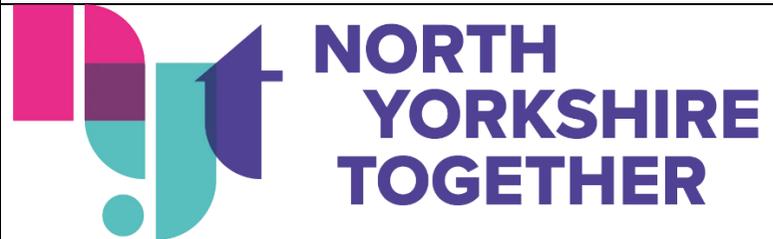
*(table / matrix format - Tick options - Strongly agree, agree, neither agree/disagree, disagree, strongly disagree, don't know).*

|   | Strongly agree | Agree | Neither agree / disagree | Disagree | Strongly Disagree | Don't know |
|---|----------------|-------|--------------------------|----------|-------------------|------------|
| I enjoy / like school meals   |                |       |                          |          |                   |            |
| School meals offer healthy options                                    |                |       |                          |          |                   |            |
| School break times offer healthy options                              |                |       |                          |          |                   |            |
| There are always fruit and vegetables on offer                        |                |       |                          |          |                   |            |
| School meals offer a variety of choices each day.                     |                |       |                          |          |                   |            |
| School meals offer a variety of choices across the week.              |                |       |                          |          |                   |            |
| I can always access free drinking water                               |                |       |                          |          |                   |            |
| School offers choices for different dietary requirements / allergies. |                |       |                          |          |                   |            |

An editable online survey template that can be used in secondary schools to gather pupil feedback on the food in schools.

FEAST – Holiday Activities and Food Programme

<https://northyorkshiretogether.co.uk/>



The programme provides a range of activities during the main school holidays (easter, Summer and Christmas) for children and young people across North Yorkshire. The activities are free to children on benefits-related free school meals and include a free hot meal or packed lunch each day.

Secondary Schools' Guide for Providing Healthy Food Choices

<https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/05/Secondary-School-Food-case-study.pdf>

**Secondary Schools' Guide For Providing Healthy Food Choices**

Children's health and development are affected by the foods they eat. Schools play an important role in helping children access healthy foods across the school day. Provision of healthier foods in schools can improve attendance, behaviour, concentration, academic performance and wellbeing.

The Growing Up In North Yorkshire (GUNI) 2022 Survey found secondary-aged pupils reported that:

- 20% had nothing to eat or drink before lessons
- 33% had at least 2 sugary drinks the day before
- Only 19% had at least 5 portions of fruit and veg the day before

The school food standards (School food standards: resources for schools - www.gov.uk) are designed to help children develop healthy eating habits and ensure that they have the energy and nutrition needed to get the most from their school day. This guide is to support schools to make changes that will help children to make healthier food choices and enjoy mealtimes.

**Top Tips**

- Consult the **school council** for ideas or on forthcoming changes - what would the students like to see on the menu? Do a walk through of the dining environment to identify what the experience is like and potential changes that can be made (think about flow and seating arrangements)
- Look at the **presentation of food** - we eat with our eyes. Is it attractively presented? Does it look appetising? What and how is food presented on the plate? (Can you hold taster sessions for students to try out new food?)
- Look at the quantity of **single use plastic** being used in the dining area - can this be reduced, replaced?
- Revisit the **school food standards** - is the menu compliant over the whole school day not just lunchtimes? e.g. how often are processed/red meats served? what is served at break times?
- Explore offering **wholemeal/wholegrain or 50/50 versions of bread/rice/pasta**.
- Look at ways to increase **fruit and vegetables** in foods eg in sandwiches, sauces, puddings. Introduce changes gradually and allow time for this.
- In line with the school food standards, look at **portion sizes** being served - are these within the parameters set? (Are sweet treats like cakes the right size and weight?)
- Is **drinking water** freely available to students around the school building? Are students encouraged to bring in a clean reusable water bottle each day? Can extra water coolers be provided around school?

A digital document with tips on providing healthy food choices. It includes a case study of a secondary school who have made changes.

Simply Veg - Veg power

<https://simplyveg.org.uk/>

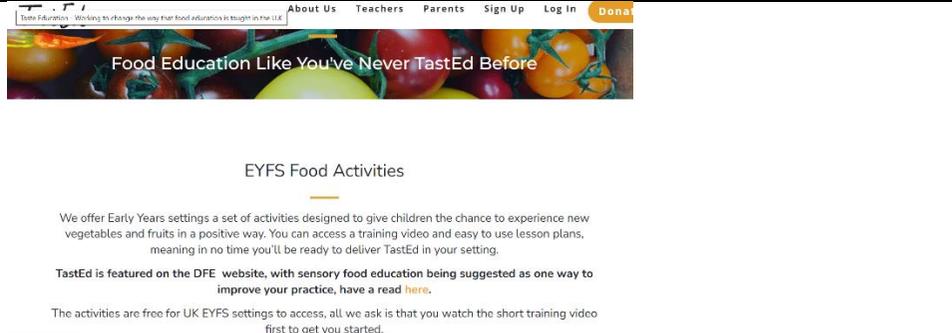
Home Understanding Veg Engaging Kids Your Food Serving for Success

**SIMPLY VEG**

ARE YOU STRUGGLING TO GET YOUR KIDS TO EAT VEGETABLES?

Website for parents to access information, tips, and recipes for helping children to eat more vegetables.

|  |   |   |
|--|---|---|
| <p>Healthier Choices (Trading Standards)</p> <p>Email inquires to <a href="mailto:ts.healthierchoices@northyorks.gov.uk">ts.healthierchoices@northyorks.gov.uk</a></p> |   | <p>Healthier Choices is a programme within Trading Standards (North Yorkshire Council), that offers a healthy eating business award which is open to all businesses serving food and drink, they can also offer support to schools with providing healthy food options.</p> |
| <p>Secondary School Food webinar</p> <p><a href="https://nyes.info/Event/206400">https://nyes.info/Event/206400</a></p>  |  | <p>Pre-recorded webinar for secondary schools to support healthy eating in schools. The webinar is 1 hour 30 mins long. Includes Free school meals, healthy schools award programme, national school food standards, pupil food survey and breakfast clubs.</p>             |

|  |  |   |
|--|--|---|
| <p>TastEd</p> <p><a href="https://www.tasteeducation.com/eyfs/">https://www.tasteeducation.com/eyfs/</a></p> |  <p>The screenshot shows the TastEd website interface. At the top, there is a navigation menu with links for 'About Us', 'Teachers', 'Parents', 'Sign Up', 'Log In', and 'Dona'. Below the menu is a banner image of various fruits and vegetables with the text 'Food Education Like You've Never TastEd Before'. The main content area is titled 'EYFS Food Activities' and contains the following text: 'We offer Early Years settings a set of activities designed to give children the chance to experience new vegetables and fruits in a positive way. You can access a training video and easy to use lesson plans, meaning in no time you'll be ready to deliver TastEd in your setting. TastEd is featured on the DFE website, with sensory food education being suggested as one way to improve your practice, have a read here. The activities are free for UK EYFS settings to access, all we ask is that you watch the short training video first to get you started.'</p> | <p>Online resources for Early Years Settings and primary schools to deliver sensory food education.</p> |
|--|--|---|