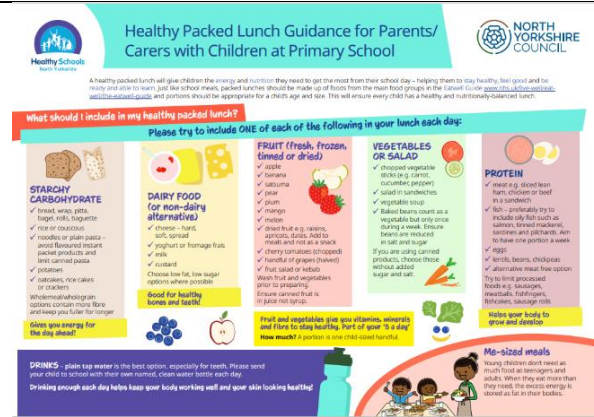


School Food Resource Bank

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

Name of the Resource	Image of the resource/document/website	What is this resource/information
High School Ready Programme https://healthyschoolsnorthyorks.org/wp-content/uploads/2025/09/High-School-Ready-flyer.pdf	 High School Ready GET YOUR STUDENTS HIGH SCHOOL READY THE PROGRAMME High School Ready is an innovative, forward-thinking, fully resourced programme to strengthen your Transition Offer from Primary to Secondary School. An educational resource to support the reduction of childhood obesity and the prevention of dietary-related illness. 8 INTERACTIVE VIDEOS Through eight engaging, interactive sessions, we introduce students to the skills and knowledge they need to make healthier, more sustainable food choices – skills they'll carry with them for life. Dive into topics like eating a balanced diet, reducing food waste, and more. PLAY THE GAME The 'game' begins with a roll of the dice taking the 'players' on a journey to High School. On route, they will meet experts who will provide key information from their multiple perspectives, to support the students to take positive actions to support their health and the health of the planet. Visit www.rethinkfood.co.uk/high-school-ready to find out more	Rethink Food have developed a healthy eating resource to use with Year 6 pupils to encourage them to make healthier food choices when they move to secondary school. Interactive and fun, designed to be used in the Year 6 classroom after SATs to help them prepare for making their own choices at secondary school. Sign up to get started https://www.rethinkfood

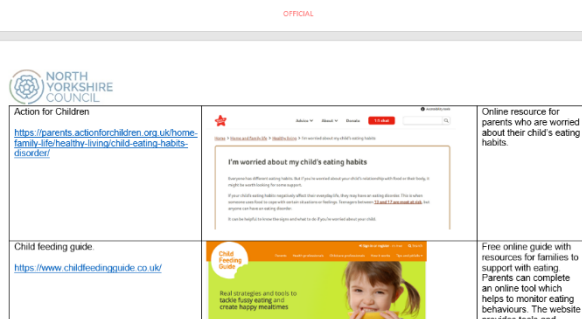
Healthy packed lunch leaflets for primary school and early years. Primary school version: https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/02/Healthy-Lunchboxes-leaflet-primary-2024.pdf Early Years version: https://healthyschoolsnorthyorks.org/wp-content/uploads/2024/02/Early-Years-Healthy-Lunchboxes-leaflet.pdf	 Healthy Packed Lunch Guidance for Parents/Carers with Children at Primary School 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 to learn. Just like school meals, packed lunches should be made up of foods from the main food groups in the Eatwell Guide. https://www.nhs.uk/eatwellguide/ and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritious packed lunch. What should I include in my healthy packed lunch? Please try to include ONE of each of the following in your lunch each day: STARCHY CARBOHYDRATE ✓ bread, wrap, pitta, bagel, rolls, bapette ✓ rice or couscous ✓ noodles or plain pasta – avoid flavoured instant packet products and lentil/corned pasta ✓ potatoes ✓ cereals, rice cakes or crackers - Wholemeal/wholegrain options contain more fibre and keep you fuller for longer DAIRY FOOD (or non-dairy alternative) ✓ 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) ✓ milk alternatives (use unsweetened options) - Children under the age of 5 should not be given rice drinks. Avoid foods which are too fat, sweetened with artificial sweeteners (often labelled 'low sugar') FRUIT (fresh, frozen, tinned or dried) ✓ apple ✓ banana ✓ satsuma ✓ pear ✓ plum ✓ orange ✓ frozen fruit e.g. raspberries, apricots, dates. Add to smoothies and fruit and veg sticks ✓ cherry tomatoes (chopped) - Handful of grapes (washed) - Wash fruit and vegetables prior to preparing. Ensure canned fruit is in juice not syrup. VEGETABLES OR SALAD ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper) ✓ salad in sandwiches ✓ vegetable soup ✓ baked beans (eat 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. PROTEIN ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich ✓ fish – preferably try to include oily fish such as salmon, tinned mackerel, sardines and pilchard. Aim to have one portion a week ✓ eggs ✓ lentils, beans, chickpeas - Alternative meat free option: try to limit processed foods e.g. sausages, meatballs, fish fingers, Bolognese, sausage rolls 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.  Healthy packed lunch guidance for parents/carers with young children (2-5 years old) 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. https://www.nhs.uk/eatwellguide/ 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. https://www.nhs.uk/eatwellguide/ and https://www.nhs.uk/eatwellguide/ for more information. 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 for 2 portions per meal ✓ bread, wrap, pitta, bagel, rolls, bapette ✓ rice or couscous, noodles, plain pasta – avoid flavoured instant packet products and lentil/corned pasta ✓ potatoes ✓ cereals, rice cakes or crackers - Avoid very high fibre foods 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 ✓ non-dairy alternatives (use unsweetened options) - Children under the age of 5 should not be given rice drinks. Avoid foods which are too fat, sweetened with artificial sweeteners (often labelled 'low sugar') FRUIT (fresh, frozen or tinned) ✓ dried fruit e.g. raisins, apricots, dates. Add to smoothies and rice puffs ✓ apple ✓ banana ✓ pear ✓ plum ✓ orange ✓ frozen fruit e.g. raspberries, apricots, dates. Add to smoothies and rice puffs ✓ mango (cut into sticks, not chunks) - Remove any pip/stones 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 (eat 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. PROTEIN ✓ meat e.g. sliced lean ham, chicken, or beef in a sandwich (but remove any skin) ✓ fish – preferably try to include oily fish e.g. tinned mackerel, sardines, pilchard, 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, Bolognese, sausage rolls 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.	.co.uk/high-school-ready/ A digital leaflet with suggestions for families about? what to include in a healthy packed lunch.
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Complex eating resource:

[Complex-eating-behaviour-in-Children-Resource-Bank.pdf \(healthyschoolsnorthyorks.org\)](https://www.healthyschoolsnorthyorks.org/wp-content/uploads/2016/02/Advice-for-hesitant-anxious-and-limited-eaters.pdf)



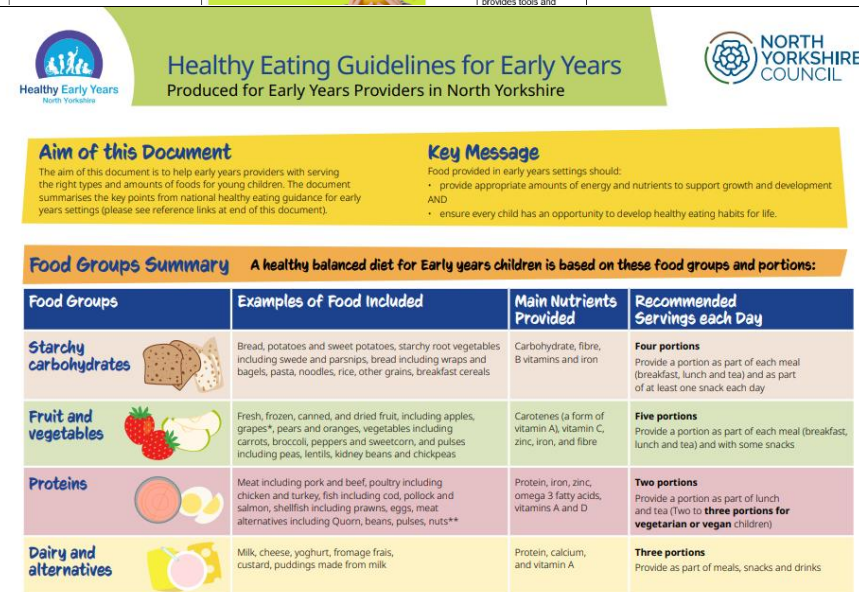
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Document with information to support families with children & young people with complex eating or food aversions.

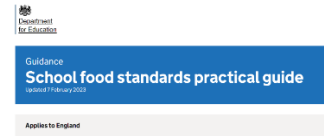
Healthy Eating Guidelines for Early Years

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



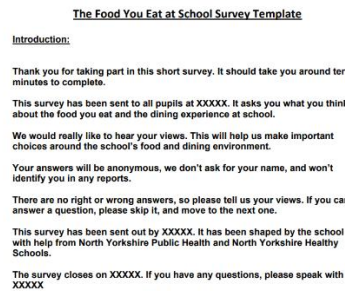
Digital document containing guidance for providing healthy food in Early Years settings.

School food standards practical guide - GOV.UK (www.gov.uk)



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



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).

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

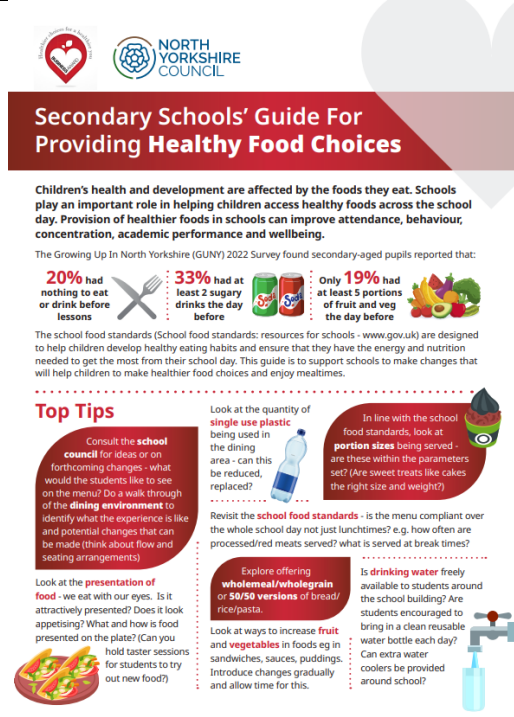
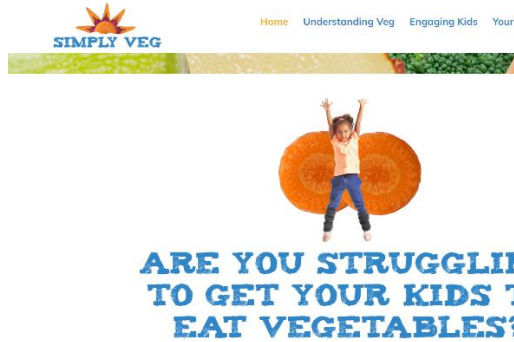
<https://northyorkshiretogether.co.uk/>



What is **FEAST**?



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	 The cover page features the logos of the Department of Health and North Yorkshire Council. The title is 'Secondary Schools' Guide For Providing Healthy Food Choices'. Below the title, it states: '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.' It mentions 'The Growing Up In North Yorkshire (GUNI) 2022 Survey found secondary-aged pupils reported that:'. Three statistics are shown: '20% had nothing to eat or drink before lessons' (with a crossed fork and knife), '33% had at least 2 sugary drinks the day before' (with a can of soda), and 'Only 19% had at least 5 portions of fruit and veg the day before' (with a bowl of fruit). A paragraph explains the purpose of the school food standards. A 'Top Tips' section includes: '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.', '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?'. There is also a tip about portion sizes: 'In line with the school food standards, look at portion sizes being served - and these within the parameters set? (Are sweet treats like cakes the right size and weight?)'.	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/	 The banner for the Simply Veg website features the 'SIMPLY VEG' logo with a sun icon. Navigation links include 'Home', 'Understanding Veg', 'Engaging Kids', 'Your Food', and 'Serving for Success'. The main image shows a child jumping over a large orange vegetable. The text reads: 'ARE YOU STRUGGLING TO GET YOUR KIDS TO EAT VEGETABLES?' with a blue arrow pointing to the right.	Website for parents to access information, tips, and recipes for helping children to eat more vegetables.

Healthier Choices (Trading Standards) Email inquires to ts.healthierchoices@northyorks.gov.uk	 The logo is a red heart shape with a white outline. Inside the heart, the words 'BUSINESS AWARD' are written in white capital letters. Above the heart, the text 'Healthier choices for a healthier you' is written in a curved path following the top of the heart.	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.
Secondary School Food webinar https://nyes.info/Event/206400	 The image is a promotional graphic for a webinar. It features the North Yorkshire Council logo in the top left corner. The main part of the image shows a woman in a white lab coat serving food to a young girl in a school uniform. Below the image, the text reads: 'Promoting Healthy Eating in Secondary Schools in North Yorkshire - Webinar June 2023'. At the bottom, it says 'Helen Ingle, Public Health Manager, NYCC'.	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.

TastEd https://www.tasteeducation.com/eyfs/	 Food Education Like You've Never TastEd Before EYFS Food Activities 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.	Online resources for Early Years Settings and primary schools to deliver sensory food education.
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