



# GOOD FOOD FOR THE HOLIDAYS 😊

**Refresher training session to support good food for the  
Holiday Activity and Food Programmes in Liverpool.**

Please introduce yourself and your organisation in the  
chat 😊

**FOOD  
ACT!VE**



# WHAT TODAY HOPES TO ACHIEVE

FOOD  
ACTIVE

- **School Food Standards:** Recap of the basics of the School Food Plan and how to apply these in practice
- **Fussy eaters:** Consider strategies to support children to try new foods
- **Changing the culture:** Explore how to cascade the key messages of this training to your wider team
- Allow the time and space to **discuss the challenges** faced over the summer, and **learn from others**



RECORD

# THE SCHOOL FOOD STANDARDS

PROVIDING HEALTHY AND TASTY  
FOOD AT YOUR CLUB

**FOOD  
ACTIVE**



## If you are serving breakfast, here are some useful guidelines to stick to:

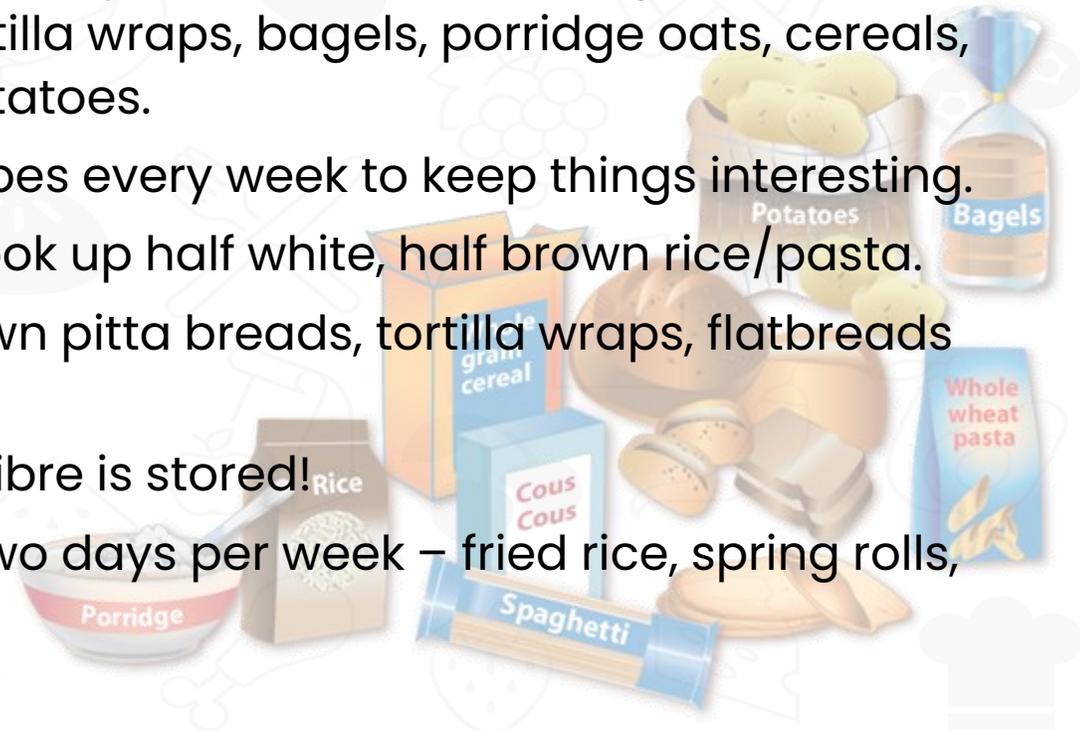
- ✓ Offer plain (not chocolate or sugar coated) cereals only. Weetabix, Shreddies or Porridge topped with fresh fruit are a great option. Serve with semi skimmed or skimmed milk.
- ✓ No pastries or cakes
- ✓ No chocolate spread or honey
- ✓ If serving jam/marmalade with toast, limit to no more than 2 times per week and offer in 10g portions (1 teaspoon)
- ✓ Breakfast is a great opportunity to serve a portion of fruit – some diced summer berries or banana on top of cereals or porridge is tasty.
- ✓ The only drinks that should be offered are water, milk, 100% fruit juice (fresh or from concentrate). Fruit juice can be diluted with water to reduce sugar content.



## When serving lunch, here are some useful guidelines to stick to:

### STARCHY CARBOHYDRATES:

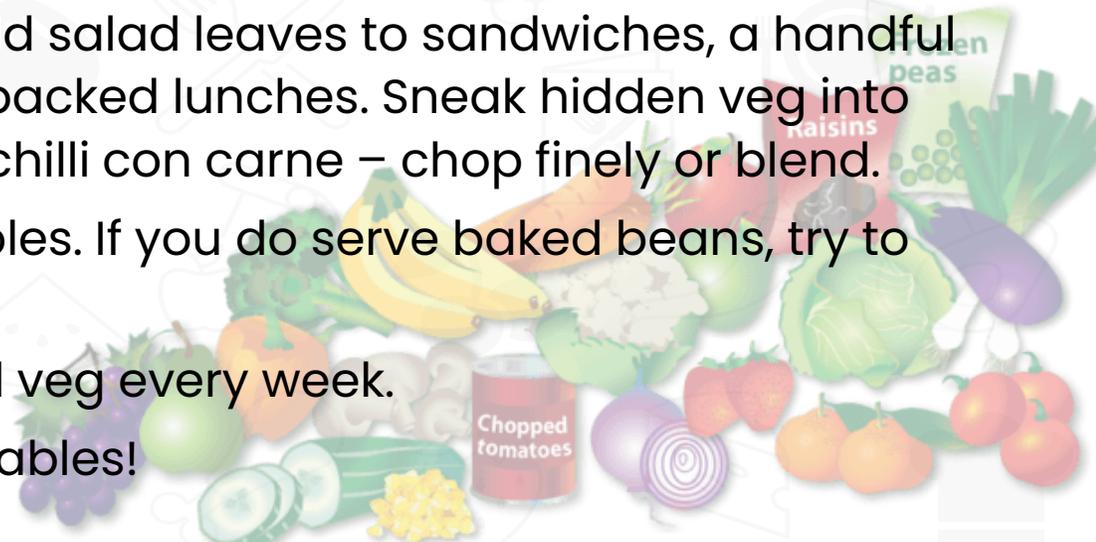
- ✓ Base meals around starchy carbohydrates – make sure you serve at least one portion of these foods every day. This includes rolls, sliced bread, tortilla wraps, bagels, porridge oats, cereals, pitta breads, chapattis, pasta, rice, cous cous, or potatoes.
- ✓ Variety is key! Try to serve three or more different types every week to keep things interesting.
- ✓ Wholegrain varieties are a great source of fibre – cook up half white, half brown rice/pasta.
- ✓ If making sandwiches, serve a mix of white and brown pitta breads, tortilla wraps, flatbreads as well as sliced bread or rolls across the week.
- ✓ Keep the skin on your potatoes as this is where the fibre is stored!
- ✓ Limit starchy foods cooked in fat/oil no more than two days per week – fried rice, spring rolls, potato wedges, chips etc.



## When serving lunch, here are some useful guidelines to stick to:

### FRUIT AND VEGETABLES:

- ✓ Try to serve *at least* one portion of fruit every day. At lunchtime, serving fruit salad as pudding or popping a piece of fruit in packed lunches is an easy way to meet this.
- ✓ Dried fruit can be served in 30g portions, but avoid providing as a snack/in between meals.
- ✓ Fruit juice can be served in 150ml portion, but only once a day and at mealtimes only.
- ✓ Try to serve *at least* one portion of veg every day. Add salad leaves to sandwiches, a handful of cherry tomatoes or veggie sticks with dip to cold packed lunches. Sneak hidden veg into sauces/composite dishes i.e. pasta bakes, stews or chilli con carne – chop finely or blend.
- ✓ Pulses and beans also count as a portion of vegetables. If you do serve baked beans, try to make sure these are lower salt/sugar varieties.
- ✓ **Variety is key!** Aim to serve **three** different fruits and veg every week.
- ✓ This includes fresh, frozen and tinned fruit and vegetables!



## When serving lunch, here are some useful guidelines to stick to:

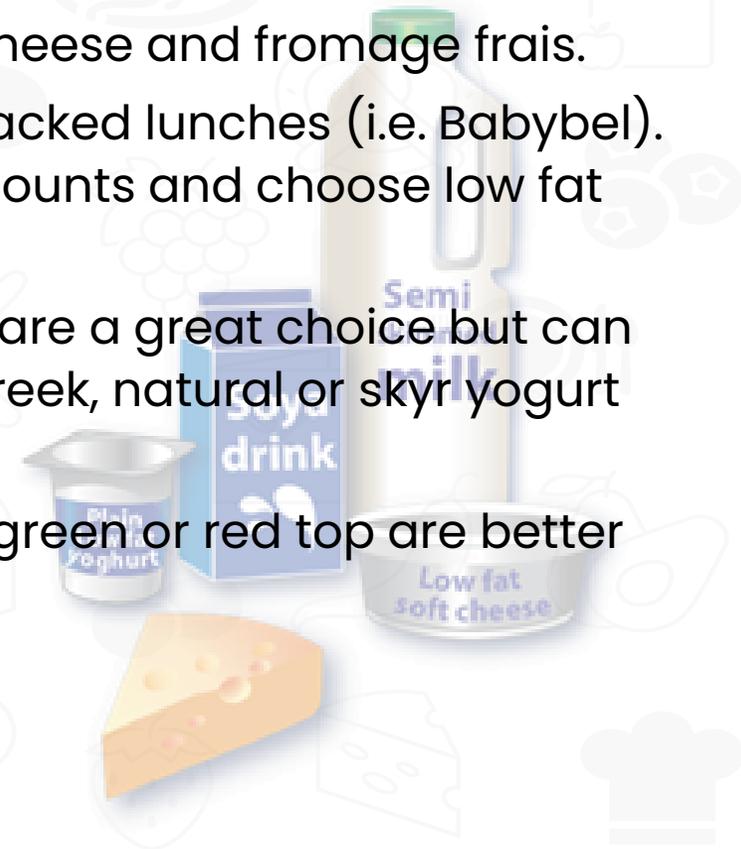
### PROTEIN:

- ✓ Ensure a portion of protein is served at least once per day.
- ✓ A portion of meat or poultry served on three or more days a week. For vegetarians, a portion of non-dairy protein three or more days per week.
- ✓ Limit meat products such as sausages, beefburgers and pâté to once/twice a week max.
- ✓ Oily fish once or more every three weeks – oily fish includes salmon and sardines. Tinned tuna doesn't count as an oily fish, but still a favourite with kids!
- ✓ Protein sources for sandwiches could include tinned tuna, sliced cooked chicken, turkey or ham, egg, hummus, low fat grated cheese or cream cheese. Don't forget your veggies!
- ✓ Pasta dishes could include tuna, cooked chicken or tinned mackerel
- ✓ For children who do not eat meat, beans, peas and lentils are good alternatives because they're naturally very low in fat yet rich in fibre, protein, vitamins and minerals – not to mention very cheap.

## When serving lunch, here are some useful guidelines to stick to:

### MILK AND DAIRY

- ✓ A portion of this food group every day. This includes milk, yogurt, cheese and fromage frais.
- ✓ You can serve cheese in sandwiches, or a plain cheese snack in packed lunches (i.e. Babybel). Cheese can contain high levels of fat and salt, so limit to small amounts and choose low fat options where available.
- ✓ You could serve yogurt at breakfast or in packed lunches. Yogurts are a great choice but can contain lots of sugar – even the fruity ones! Stick to plain low fat Greek, natural or skyr yogurt and flavour with fresh, tinned or defrosted fruit instead.
- ✓ Lower fat milk must be available for drinking at least once a day – green or red top are better choices.



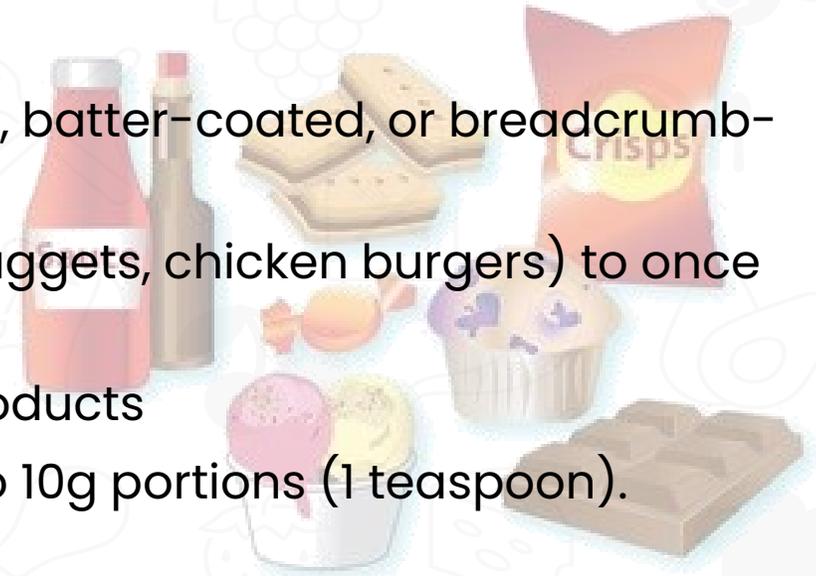
## When serving drinks across the day, here are some useful guidelines to stick to:

- ✓ The only drinks that should be offered are water, lower fat milk (green or red top), 100% fruit juice (fresh or from concentrate, 150ml max).
- ✓ Make sure fresh water is accessible across the whole day, and encouraged
- ✓ Fruit juice can be diluted with water to reduce sugar content – 10 parts still or sparkling water to 1 part .
- ✓ Plain and unsweetened soya, rice or oat milks are suitable for those who are dairy free.
- ✓ Spice up plain water by infusing them with some fresh fruit, vegetables and herbs – add combinations such as cucumber, melon and mint, strawberry and basil, blueberry and ginger, watermelon and kiwi are tasty infusions!
- ✓ Encourage them to bring in or provide each child with their very own reusable water bottle, ideally one where they can write their name on it and take home to keep sipping away!



## When serving snacks, here are some useful guidelines to stick to:

- Offer fruit or vegetables as snacks – a great way to boost fruit and veg intake!
- No crisps or similar snack items, except fruit and vegetables with no added salt, sugar or fat
- No confectionary items (chocolate bars, sweets, cereals bars, chocolate covered biscuits) should be offered
- No savoury crackers or breadsticks
- No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week e.g. battered fish, chips, potato waffles
- Limit processed meat (such as sausages, burgers, chicken nuggets, chicken burgers) to once per week
- Don't serve confectionery, chocolate or chocolate-coated products
- Limit condiments like ketchup, brown sauce or mayonnaise to 10g portions (1 teaspoon).



- ✓ Variety is the spice of life – change things up to keep the kids interested, this can even include the method of preparation (i.e. grating rather than slicing)
- ✓ Emphasis on fruit and veg – more is always better!
- ✓ Limit processed products where possible
- ✓ Wholegrains are great choices 😊
- ✓ Try to limit treat foods as much as possible – including chocolate bars, crisps, sweets etc.
- ✓ Water and low fat milk are the best choices for drinks

# RECIPE IDEAS AND INSPIRATION

FOOD  
ACTIVE



## SCHOOL FOOD PLAN

### What Works Well Recipe Hub

Public Health England has supported the School Food Plan to develop the 'What Works Well' Recipe Hub. The Hub brings together recipes for pupils' favourite meals and snacks. These tried and tested recipes have been created by school cooks and caterers and include food served across the whole day: breakfast clubs, mid-morning break, lunch and after-school clubs.

All the recipes have been checked against the School Food Standards. Ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF). All allergens are listed.

Click on the thumbnail images to view and download the recipes from the What Works Well website - [www.schoolfoodplan.com/home](http://www.schoolfoodplan.com/home).

#### SCHOOL LUNCH



SCHOOL FOOD PLAN  
School Food Plan  
Posted 24/06/2015



## 'What Works Well' Recipe Hub

Public Health England has supported the School Food Plan to develop the 'What Works Well' Recipe Hub. The Hub brings together over 100 recipes for pupils' favourite meals and snacks. These tried and tested recipes have been created by school cooks and caterers and cover food served across the whole day: breakfast clubs, mid-morning break, lunch and after-school clubs.

Children's Food Trust has checked each recipe against the School Food Standards, best practice guidance and recommended typical portion sizes. Ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF) and allergens are listed.

This interactive contents page splits all recipes by meal type and occasion. Click on the thumbnail images to view and download.

3679 Likes | Share:

OPEN PDF

DOWNLOAD PDF

# OTHER USEFUL TIPS AND POINTERS FOR HAF PROVIDERS

- Include food as part of your club activities. This could be cooking food, growing it or even just tasting different foods to learn about senses, flavours, likes and dislikes.
- Talk about food during lunchtimes and snack times. Try to encourage children to learn about what they are eating, talk about where it comes from and why it is good for them.
- Allow time for children to enjoy their mealtimes.
- Encourage staff members and volunteers to eat with children where possible, this could be done on a rotation so staff can still take a break.
- Ensure your food provision and menus are culturally appropriate and inclusive.



# OTHER USEFUL TIPS AND POINTERS FOR HAF PROVIDERS



- Add extra salad, bread or vegetables to the middle of tables to encourage children to help themselves
  - Be a role model. Make sure that all staff and volunteers demonstrate healthy eating and drinking practices...
  - Make sure you collect information on pupils allergies and dietary requirements at the point of enrolment.
- Try to create a pleasant eating environment for meals and snacks, using table clothes & by setting the table. Children could have a go at making their own placemats or place names as part of an activity.
- Involve children in meal times, setting up the tables, serving food, water, clearing the tables and also planning the menus. Having roles and responsibilities is a great way to develop children's skills and engage them with meals.

# A FOCUS ON FUSSY EATERS

Have You Had Any Success Encouraging  
Children To Try New / Healthy Food?

**FOOD  
ACT!VE**



# TOP TIPS TO SUPPORT FUSSY EATERS

FOOD  
ACTIVE

1. Variety is key
2. Perseverance pays off
3. All staff lead by example
4. Getting their hands dirty and catching their attention
5. Using their senses
6. Make mealtimes enjoyable and interesting
7. Increase children's appetite
8. Give them a voice!
9. Make food fun!



# THINGS TO REMEMBER...

- The reason why the child may be refusing food may not be as a result of the food itself
- Don't be visibly annoyed or frustrated
- Never force a child to eat
- Understand if the child has any special needs or requirements when it comes to food
- Consult with parents if you are having persistent issues or have any concerns about any food-related behaviours they are expressing

# BEING A ROLE MODEL

## CHALLENGING STAFF CULTURE

**FOOD  
ACT!VE**

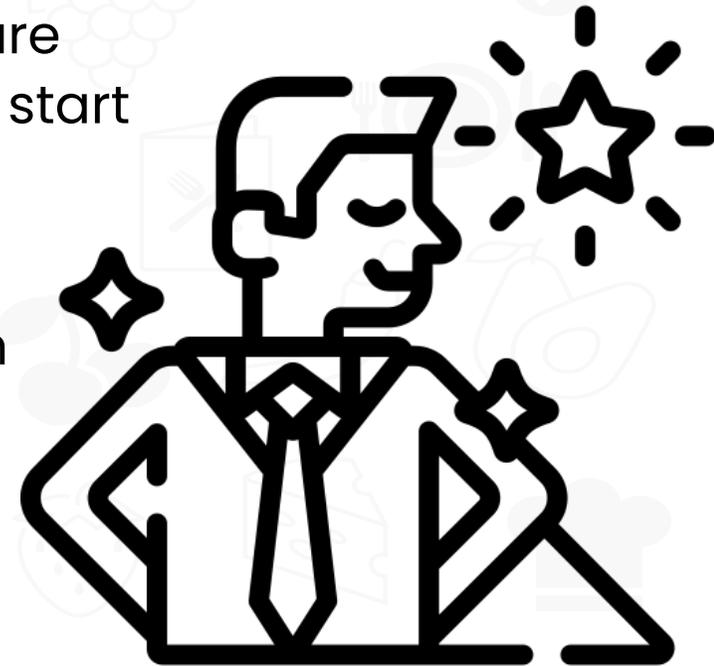


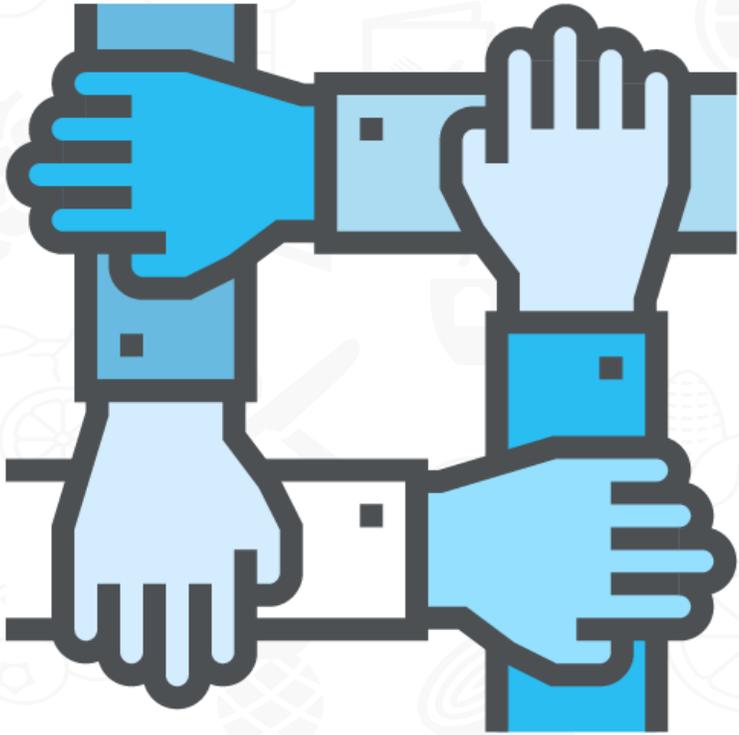
# ROLE MODELLING AND CHALLENGING STAFF CULTURE

**It is really important to make sure you are not the only person at our provision who is championing healthy food.**

Making sure that all staff and volunteers demonstrate healthy eating and drinking practices is key. Children can be very impressionable – if they see you drinking water and eating healthy food they may follow suit. Equally if they see you consuming unhealthy food when you are talking to them about the importance of healthy eating, they may start to challenge and reject the food you serve up.

If you can, eat the same food as the children and with the children every day. Talk about why it is important to eat healthy – and emphasise how tasty it is!





- After this training, it is really important to convene a meeting with other members of staff to share some of the key messages/recommendations, and ensure they too have access to the toolkit.
- Use some of the slides from today to help you convey the message
- Ensure they are aware of some of the foods that are not recommended i.e. sweets and chocolate confectionery
  - If you feel like other members of staff would benefit from attending the 2h or even 1h refresher training, please pop your hand up.

# DISCUSSION

**FEEL FREE TO TURN ON YOUR CAMERAS AND  
PLEASE DO SHARE YOUR EXPERIENCES!**



**FOOD  
ACT!VE**



- Refer to the Good Food for the Holidays Toolkit for much more in-depth information and support.
- Make sure these messages are cascaded to your wider members of staff and volunteers – and ensure you are all signing from the same hymn sheet!
- You could arrange a meeting with staff ahead of your delivery to share some of the content from today's meeting – sharing the refresher slides.

# GOOD LUCK!

## GET IN TOUCH IF YOU HAVE ANY QUESTIONS

✉ [Beth.Bradshaw@foodactive.org.uk](mailto:Beth.Bradshaw@foodactive.org.uk)

**FOOD  
ACTIVE**

