

## Ideas for caterers

Try these ideas during BNF Healthy Eating Week (10-14 June 2019) to help support healthy lifestyles.

- Organise a healthy school or nursery breakfast – you could plan this around a theme! Invite pupils, staff, parents/carers along for the event. Send out invitations and decorate the area where the breakfast will be served or eaten.
- Organise a pop-up ‘hydration station’ to be available at break and lunch times during BNF Healthy Eating Week. Serve chilled water and offer infusions such as slices of cucumber or mint leaves.
- Invite members of the school or nursery Governing Body to experience a healthy lunch during BNF Healthy Eating Week. Perhaps you could invite your local MP too!
- Work with school staff (in particular those teaching food and nutrition) to devise a cooking competition for pupils which challenges them to design a dish to promote 5 A DAY. The competition winner could have their dish made and served in the canteen during BNF Healthy Eating Week.
- Organise fruit and vegetable tasting sessions at break and lunch times during BNF Healthy Eating Week for pupils and staff! The tasting sessions could be themed, e.g. local, tropical, international.
- Invite a supplier in to give a short talk about the ingredients they supply for the catering. The talk could be for staff, pupils or parents/carers. Perhaps they could bring in some samples for tasting!
- Work with school staff to plan and supply refreshments for a sports/activity day or event during BNF Healthy Eating Week.



### BNF Healthy Eating Week themes:



Monday



Tuesday



Wednesday



Thursday



Friday