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Guidance on Healthier Food and Drink in Youth Work Settings



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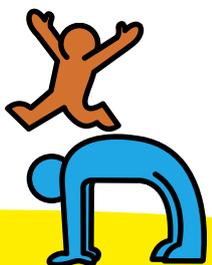
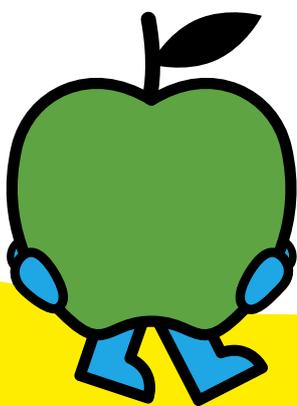
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1. Introduction

This booklet gives practical advice to support youth workers, volunteers and young people, when introducing healthier food and drink in venues where young people meet. It supports work being undertaken through Change4Life, Appetite for Life, and the Welsh Network of Healthy School Schemes, which all aim to improve the overall diet of young people living in Wales. It is consistent with the Welsh Government's aim to ensure that our public sector settings are an exemplar of best practice in the drive to create an environment where it is easy for people eat healthily.

We hope this booklet will inspire you to encourage and empower young people to make healthier food and drink choices. Different approaches will work in different settings. Here we set out a step by step guide designed to cover a range of food provision options from tuck shops to hot snacks and meals in youth work settings.

Why is healthy eating an important part of youth work?

Eating and drinking, learning about food and nutrition, and developing cooking skills, play an important part of youth work. Youth workers are ideally placed to guide food choices and promote consistent messages across schools, leisure and youth services. The National Youth Service Strategy for Wales, [Young People, Youth Work, Youth Service](#), contains more information about engaging and involving young people in decisions about opportunities which will enable them to gain the personal, social, emotional and practical skills they need to get the best from their lives, including making healthier food choices.

Benefits of healthier eating and drinking

Over one third of Welsh children are currently either overweight or obese¹ and this has serious consequences for long term health. Weight gain happens when an imbalance occurs between energy in and energy out. This document outlines some strategies that youth workers can adopt which will contribute to helping young people maintain or achieve a healthy weight and shape.

Ensuring young people eat and drink well can:

- Help them achieve and maintain a healthy weight
- Help ensure healthy growth and development
- Maintain energy levels throughout the day
- Establish healthy eating habits for life
- Offer long-term protection against diseases including heart and circulatory diseases, some cancers, diabetes and osteoporosis
- Help young people look and feel great
- Help improve mood, concentration and performance both at school and in sports

1. Health Statistics Wales, 2009, Chapter 2: Lifestyle <http://www.childreninwales.org.uk/policy/documents/statistics/11233.html>



2. Choosing a Healthy Diet

Choosing a variety of different foods every day is the key to eating well. No single food can provide the essential nutrients needed each day, so variety and balance are what count.

The 'Eatwell' plate is a healthy eating guide for adults and children over the age of 2 years. It shows the different types of food we need to eat – and in what proportions – to have a well balanced and healthy diet.



This means, for most people, choosing every day:

- plenty of fruit and vegetables
- plenty of potatoes, bread, rice, pasta and other starchy foods
- some milk and dairy products
- some meat, fish, eggs, beans, nuts and other non dairy sources of protein
- just a small amount of foods and drinks high in fat and/or sugar.

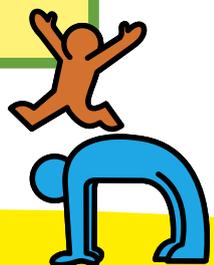
The 'Eatwell' plate is a useful tool for helping people put healthy eating into practice and can be used as a basic guide when planning food provision.

To complement the 'Eatwell' plate, the Welsh Government promotes 8 tips for eating well. These are:

1. Base your meals on starchy foods; choosing whole-grain where possible
2. Eat lots of fruit and vegetables – at least 5 portions every day
3. Eat more fish – aim for two portions a week including one oily fish
4. Cut down on saturated fat and sugar – limit portion sizes of foods high in fat/sugar, use less in recipes and choose low/reduced versions where possible
5. Try to eat less salt – adults and children over 11 should have no more than 6g a day, younger children even less
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. Don't skip breakfast.

Use these tips to promote positive messages about healthier eating. Posters and healthy eating leaflets based on the 'Eatwell' plate are available to download from our website at:

<http://wales.gov.uk/topics/health/improvement/food/?lang=en>



Fluids: keeping topped up

Keeping well hydrated is just as important as healthy eating. Adults and children need at least 6-8 cups of fluids a day (about 1.2 litres) - more in hot weather and after physical activity. Water is lost throughout the day through urine, sweating and breathing and every drop needs to be replaced. A combination of drinks (and foods) can help with this. Healthier drinks are those low in added sugar. Some can also provide vital nutrients too.

Benefits of regular drinking

- helps sustain activities such as sport, dance and athletics
- helps support learning and concentration
- contributes to protecting health and general well being
- helps prevent dehydration which could cause tiredness, irritability, headache and stomach ache
- helps maintain a healthy complexion.

Water provision

Provision of a freely available source of water is a must.

Water should be:

- easily accessible
- in areas frequented by young people
- away from toilet facilities.

Water coolers are ideal but jugs of water and glasses are just as good provided they are regularly cleaned and topped up.

A word about drinks

Most drinks will be low in fat, saturated fat and salt – it's the sugars you need to look out for.

Drinks that contain sugars which come from crushed fruit, fruit juice or from milk are considered to be healthier than drinks containing added sugars simply because they contribute other nutrients to the diet. Flavoured milk and milk-based drinks with no more than 5% added sugar (i.e. no more than 5g per 100ml) are acceptable as they only produce a small increase in calories (energy) compared with plain milk. Dairy-based drinks containing low fat milk and low fat yoghurt will be lower in total and saturated fat than those containing whole milk or whole yoghurt.

Whilst fizzy low calorie drinks are low in fat, sugar and salt (and can feature in your vending selection as an alternative to sugar-containing drinks) there is some concern over their composition. Sugar is replaced with artificial sweeteners, which may undermine healthy eating by reinforcing a preference for sweetened drinks. Some also contain strong acids which can be harmful to teeth. For these reasons, fizzy drinks, including low calorie options, are no longer recommended in school vending machines and no longer allowed in hospital vending machines. So opt for a selection of the healthier choices – there's a good variety to choose from, including smoothies and low fat/sugar milkshakes and yoghurt drinks, and let young people decide on their favourites.



3. Creating a Supportive Environment

As part of a broader strategy for creating an environment that supports health and well being in youth work, there are a number of other important issues to consider including:

Sustainable food choices

Making better food choices goes beyond good nutrition. Food production, packaging, transport and waste have a significant environmental impact. Reduction of waste, particularly food waste, will become a key target for all public sector bodies in the near future. By choosing sustainable foods and minimising waste we can have a positive impact on our local and global environment as well as our health.

Where possible all public sector premises that provide catering are encouraged to identify opportunities to support and promote sustainable healthy foods. When ordering supplies or menu planning think about things such as:

- the amount of water and energy required to make and transport the product and its ingredients
- whether the ingredients are processed or altered
- what the minimum quantity would be to meet demand while avoiding waste from unsold items
- capacity and type of storage required to prevent spoilage and,
- how much packaging is used.

Your local authority procurement service can provide guidance. A procurement route planner for food is also available on the buy4wales website: <https://www.buy4wales.co.uk/buy4wales.aspx>

Local food sourcing

Offering local/regional produce benefits both your customers and your business. Customers are demanding more quality, fresh, seasonal food when eating out, and you may be able to source local products at more competitive prices.

Try contacting your current supplier and ask if they stock local alternatives. Visit Wales The True Taste website for information on the True Taste Awards and to obtain copies of the Food and Drink Producers/Wholesalers Directory which lists local food and drink suppliers in Wales:

<http://www.walesthetrue taste.co.uk/?lang=en>

The Welsh Government provides funding to the Rural Regeneration Unit (RRU) to deliver the Community Food Co-operative Programme. The aims are to improve access to and consumption of fruit and vegetables amongst communities in Wales, particularly in disadvantaged areas.

A food co-op is a simple system through which people can access affordable, quality fresh fruit, vegetables and salad on a weekly basis at a local community venue. The food co-ops run by local volunteers work by directly linking the local community to local suppliers, and therefore, can provide food much cheaper. There are food co-ops running across Wales from schools, community halls, church halls, drop-in centres, offices and many other different venues. To find out more, go to

<http://www.ruralregeneration.org.uk/>

The Welsh Government also provides support for local food sourcing by publishing a series of best practice case studies. The guidance Food for Thought provides advice on local supply chains: how to write contract specifications, appraise suppliers, evaluate tenders, and set conditions for contracts (see 'Further information and weblinks' at the end of this document). The aim is to provide nutritious meals using quality ingredients, look after the environment and avoid waste.



Support for breastfeeding

Breastfeeding provides babies with the very best start in life. In Wales we have some of the lowest rates of breastfeeding in Western Europe. The Breastfeeding Welcome Scheme has been established by the Welsh Government to help support the needs of breastfeeding mothers and their babies in the community. The scheme enables mothers to feed their babies in a welcoming environment.

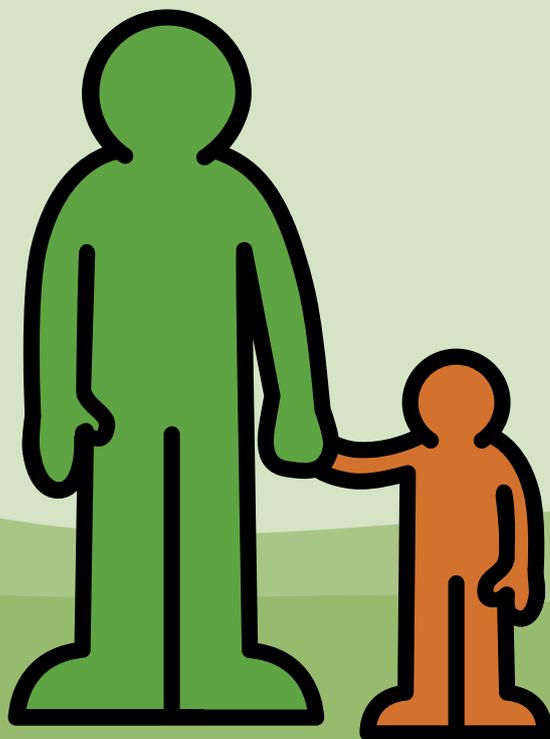
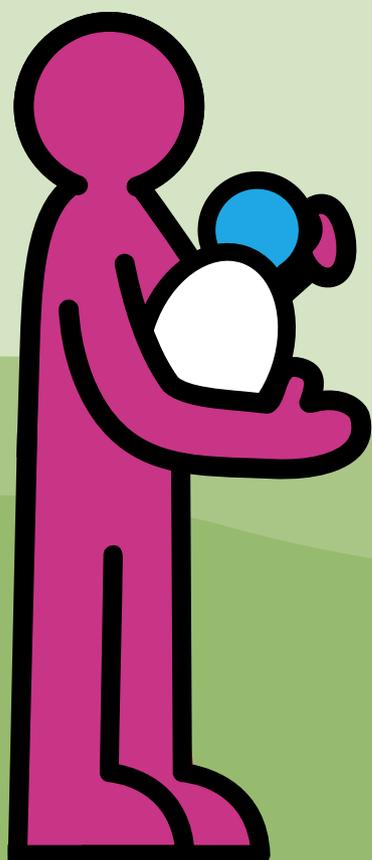
All community premises, clubs and groups in Wales are encouraged to join the scheme and many have already done so. The scheme requires members to make three promises. These are:

- to ensure breastfeeding is acceptable in all public areas
- to ensure mothers who choose to breastfeed are not asked to move or stop breastfeeding
- to ensure staff are fully aware and supportive of the scheme.

For more information, please visit <http://wales.gov.uk/topics/health/improvement/pregnancy/breastfeeding/?lang=en>

Health and safety

It is essential that youth workers involved in food preparation have completed the required health and safety training. Contact your local authority environmental health service for guidance. It is also highly recommended that they attend the Agored Cymru (OCN) Community Food and Nutrition courses. See 'Further information and weblinks' for further details.



4. Identifying Healthier Foods: Making Sense of Food Labels

So, you've decided to provide some healthier food choices – but how do you know which are the healthier options? Food labels can be confusing, making it difficult to know which foods are preferable nutritionally. To help with this, use the quick guide below – table A. This can tell you whether a food is high or low in fat, saturated fat, sugar or salt. Check the nutrition information per 100g of a product against the 'Low' and 'High' criteria outlined in the table to assess how healthy a food is. If the amount is between these figures, then the food contains a medium amount.

Table A (per 100g of food)

	low	high
fat	3g or less	more than 20g
saturates	1.5g or less	more than 5g
sugar	5g or less	more than 15g (of added sugar ²)
salt	0.3g or less (0.1g sodium)	more than 1.5g (0.6g sodium)

Many food manufacturers also display nutritional information on the front of food packaging too. This can be useful when you want to compare different food products at a glance. Front-of-pack labels usually give a quick guide to:

- calories
- fat
- saturated fat
- sugars and
- salt.

Forms of front-of-pack nutrition labelling may use Guideline Daily Amounts (GDAs), the descriptors 'high', 'medium' and 'low' or red, amber and green (traffic light) colour coding (or a combination of these). These show whether a product has high, medium or low amounts of fat, saturated fat, sugars and salt. Most foods will have a mixture, but by picking products with more lows and mediums you'll be making a healthier choice.

For more information on nutrition labelling visit: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>.

2. 'added sugar' is generally defined as any food used for its sweetening properties. This would include, but is not exclusively limited to: sucrose, fructose, glucose, glucose syrups, fructose-glucose syrups, corn syrups, invert sugar, honey, maple syrup, malt extract, dextrose, fruit juices (added for their sweetening properties only), deionised fruit juices, lactose, maltose, high maltose syrups, Agave syrup, dextrin & maltodextrin.



5. Healthier Food and Drink in Youth Work Settings

A step-by-step approach

Use the template here as a step-by-step approach to offering healthier options. Whatever your ambitions (healthier vending, drinks, tuck shop or hot snacks) each step is a necessary part of your plan.

- Stage 1: Getting started
- Stage 2: The team
- Stage 3: Taking stock of food and drinks
- Stage 4: Agree a plan
- Stage 5: Monitor, evaluate and review
- Stage 6: Celebrate and share your success.

Getting started

Where to start and how to motivate change can often be the hardest part. Having youth workers and volunteers on side is essential to success, so it's a good idea to talk to them about your ideas and identify any concerns early on. Food and confectionary sales in some settings may contribute to generating income for trips and other activities, so you may need to consider how you tackle this early on. Fortunately, many young people today are more aware of the benefits of eating healthily and will have adapted to changes in the food and drinks offered in schools through other initiatives like Appetite for Life and the work of local Healthy School Schemes where young people will have been involved in decisions about change. This means that they expect to be involved in decisions relating to their health and may resist any change imposed upon them outside of school. Involving young people at the earliest possible stage in the decision making is key to gaining acceptance of any changes.

You could try:

- gathering their views of the foods currently offered
- asking for their ideas on what should change and how to go about it
- getting them to make their own healthier snack foods from fresh ingredients
- managing a small plot of land, grow bags or containers to grow vegetables in
- local fruit picking and smoothie making
- working out strategies to promote healthier foods and healthy eating
- linking to Change4Life in Wales, the social marketing campaign aimed at getting people to eat well, move more and live longer
- charting the success of your project through a video diary
- categorising foods in food groups using food packets and pictures
- measuring out fat and sugar levels in foods and drinks using butter pats or sugar lumps.

Where youth clubs are operating on school sites it is a good idea to liaise with the school regarding what is on offer to ensure consistent messages are provided.



The team

Making changes requires effort and commitment but it is far easier if others are involved. Encourage youth workers, volunteers and members of the club to get involved but keep the team small and manageable. Meet regularly to discuss progress and agree next steps. If you need some extra support or advice call on your local community dietitian and/or local authority catering manager.

Taking stock of food and drinks - the audit

In its simplest terms an audit tells you what you currently offer, and what is sold. This is your starting point and helps you set a base line from which you can agree some changes. It allows you to determine which foods are popular and which are not. Agree how best to canvass opinion from club users about what changes to make. Informal group discussions, questionnaires or suggestion boxes might work well.

How to audit:

1. list all the foods you currently offer
2. monitor and record sales over one or more weeks
3. separate the foods into two lists – healthier foods and less healthy foods using the tables in this booklet
4. gather the views of young people using the club.

Agree a plan

Agree what you want to achieve– it may be as simple as “changing the range of snack foods to include healthier options”. Break this aim down into small and measurable steps and agree who will do what by when. Review your action plan each time you meet. Determine what support you need to be successful and where you can get it.

For example:

Aim – To increase the provision of healthier snack foods (the timings are meant as a rough guide):

- | | |
|------------------|---|
| Week 1 | The team explore their ideas |
| Week 2-3 | Record which snacks are provided now and monitor their sales over the next 2 weeks
Find out about alternative snacks that are available through local suppliers and determine the price you might sell them at |
| Week 4 | Use this information in discussion with young people to find out what they like and if they would buy healthier snacks if offered |
| Week 5 | Host a healthier snack tasting session and gather feedback |
| Week 6 | Agree which snacks to sell and how to publicise the changes |
| Week 7 | Start to offer healthier snacks alongside your current range
Put up posters, organise activities, price promote or offer loyalty deals on healthier snacks (eg. buy three get the fourth free) |
| Week 7-11 | Continue to monitor sales |
| Week 12 | Review the popularity and agree further changes and promotions where appropriate |



Monitor, evaluate and review:

This is an essential part of the process, to determine how well the changes have gone and what more needs to be done. Carefully judging demand should allow you to reduce waste and maintain or increase sales. Don't forget to ask young people what they think.

Whatever you choose to change, be realistic in your evaluation, as it may take some time to embed any changes.

As you achieve your aims, don't forget to revise your plans and work towards further reducing the provision of less healthy foods and drinks. You could introduce food and drink in line with Appetite for Life and the Health Promoting Hospital Vending Guidance (see 'Further information and weblinks' at the end of this document).

Celebrate and share your success

Along the way you and your team are sure to learn a lot and others may benefit from your experience. Don't forget to share your success with other youth workers, parents, the local media and your local authority. Your activities will contribute to local health action plans – so tell people! Why not prepare a video diary or news report to demonstrate the main events or nominate your project for a local award.



6. A Guide to Healthier Snacks

Young people, especially growing teenagers, have high energy and nutrient needs, and what they eat at mealtimes may not be enough to meet these needs. Healthier, nutritious snacks can make an important contribution to overall energy, protein, vitamin and mineral intake. They also play a big part in helping to manage hunger between meals.

Ideally snacks should:

- Be planned
- Come from a variety of food groups
- Contribute to meeting the balance in the Eatwell plate.

Vending

Vending machines can be a convenient, flexible and cost-effective means of snack provision, and there may already be one at your current venue. With careful planning, vending machines can provide an opportunity for healthier eating. Find out who has overall responsibility for the management of the vending operation. If the machine provides refreshments for a number of other groups you may need to work closely with them to influence the content.

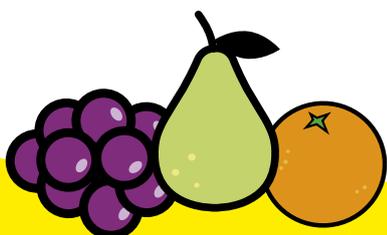
Existing vending contracts may limit the progress that can be made in phasing out less healthy options but, if the demand exists, this should not stop you acquiring an additional machine dedicated to healthier vending. Talk to the local council's procurement officer for some practical advice on local vending contractors that supply healthier options and discuss these with the person responsible for your existing vending operation. Check out the Health Promoting Hospital Vending Guidance (see 'Further information and weblinks' at the end of this document).

Table E gives examples of types of foods that could be included, in an ambient (room temperature) snack provision.

Table E: Ambient snack foods

Examples of healthier foods	Examples of less healthy foods
Unsweetened dried fruit Fruit in natural juices	Processed fruit bars containing added sugar or fat Fruit in syrup
Nuts and seeds without added salt or sugar Fruit, nut and seed bars Baked crisps, low fat crisps* Plain pretzels*	Coated or salted nut and seed snacks Any type of confectionary Ordinary crisps Deep fried snacks Bombay mix
Plain biscuits (e.g. rich tea, digestive) Plain popcorn Crackers Oat cakes	Filled, chocolate-coated and sweet biscuits

* Watch the salt content - use Table A to help choose lower salt options



Chilled or fresh snacks

Some youth work settings may have the opportunity to sell chilled and fresh foods. Tables F and G list some suggested healthier food and drink choices.

Table F: Chilled foods

Examples of healthier foods	Examples of less healthy foods
Fresh fruit Fruit salad pots Vegetable pieces with dips Salad pots	Fruit pies
Breakfast pots with skimmed, 1% or semi skimmed milk Teacakes Currant and fruit breads Bread, English muffins and crumpets Bagels Porridge Malt loaf	Breakfast cereals coated with sugar or chocolate Croissants American style muffins Danish pastries Doughnuts
Low fat yoghurts or fromage frais (plain and fruit varieties) Cheese and crackers	Full fat yoghurt and fromage frais
Filled sandwiches, rolls, baguettes, pitta breads and wraps e.g. tuna and sweetcorn, salmon and cucumber, chicken salad, humous and grated carrot Pasta salads and pasta mixes Pizza slice with healthier topping, e.g. chicken & mushroom	Meat pies Sausage rolls Meat or vegetable pasties Pork pie Scotch egg Spring rolls Samosa

Table G: Chilled drinks

Examples of healthier drinks	Examples of less healthy drinks
Plain water (still or sparkling) Skimmed, 1% or semi skimmed milk Fruit or vegetable juice Fruit smoothies Milkshakes made from skimmed, 1% or semi skimmed milk and fruit Yoghurt drinks made from low fat yoghurt and fruit Fresh flavoured milk with less than 5% added sugars Flavoured unsweetened waters Squash with no added sugar	Flavoured milk with more than 5% added sugars Sugary squash and cordial Sugary and diet fizzy drinks



7. A Guide to Healthier Meals

If you have access to a kitchen and prepare foods (hot or cold) to serve to young people then this section is for you. Involving young people in the preparation and cooking of healthy meals provides an excellent opportunity to develop lifelong food, nutrition, cooking and budgeting skills.

Making changes to the food on offer can be as simple as making ingredient changes, providing a daily healthier option or modifying existing cooking methods. These small changes can make a big impact over time. Try some of the tips that follow to improve the health credentials of your menu:

Table H: Catering tips

Food group	Healthier catering tip
Sandwiches	<ul style="list-style-type: none"> • Try wholegrain, granary, seeded, half and half bread, wraps or wholemeal pitta bread • Use reduced fat spreads based on olive, sunflower or rapeseed oil • Fill with lean meat, salmon, egg or tuna mayonnaise (using reduced fat mayo), reduced fat cheese or humous • Include lettuce, sliced tomato, cucumber, grated carrot • Try toasted sandwiches or paninis with reduced fat cheese or less of a grated strong cheese.
Jacket potatoes	<ul style="list-style-type: none"> • Replace butter with a lower fat polyunsaturated spread (see above) and use less or none at all if adding other toppings • Fill with tuna mayonnaise (made with reduced fat mayo), baked beans, cottage cheese, grated cheese and pickle, chilli, vegetable curry or prawns & seafood sauce – make sure the dressings are reduced fat.
Burgers	<ul style="list-style-type: none"> • Try serving veggie burgers with relish • Buy good quality lean burgers and cook under the grill slowly to release extra fat • Serve in a wholegrain roll with salad and relish • Serve with small portions of wedges or oven chips.
Breakfast cereals	<ul style="list-style-type: none"> • Include low sugar, low salt, high fibre options alongside, or instead of, sugary varieties • Serve with low fat milk.
Pasta noodles and rice	<ul style="list-style-type: none"> • Try different shaped pasta or noodles or rice (wholemeal, or a mixture of white and wholemeal, where possible) • Serve more pasta, noodles or rice and less sauce • Serve with tomato based sauces rather than creamy ones and crusty bread rather than garlic bread.
Fruit and vegetables	<ul style="list-style-type: none"> • Offer a good variety of different fresh fruits • Try fruit smoothies or milkshakes made with fresh, canned (in juice) or frozen fruit • Offer popular salads with crusty bread or as a garnish with snacks. Use reduced calorie dressings • Include fruit and vegetable based snacks e.g. vegetable soups, melon, salads, vegetable sticks - carrot, cucumber and pepper, etc - and dips • Add extra vegetables to sauces and pizza toppings • Offer fruit salads, fruit jellies and dried fruit.

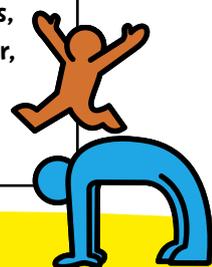


Table H: Catering tips cont...

Food group	Healthier catering tip
Milk and dairy foods	<ul style="list-style-type: none"> • Use skimmed, 1% or semi-skimmed milk in recipes, drinks and on cereals - they contain just as much calcium as full fat milk • Offer a range of cheeses including lower fat versions e.g. Edam, Gouda, cottage cheese and reduced fat Cheddar • Serve low fat yogurts and fromage frais.
Snacks	<ul style="list-style-type: none"> • Toasted English muffins, currant teacakes, sliced malt loaf • Fruit breads, cinnamon toast , cheese, poached egg or baked beans on toast.

8. A Guide to Healthier Celebrations

The occasional party is a must in any youth setting and provides an opportunity to celebrate with friends. It's all too easy to succumb to the routine high sugar, salt and saturated fat snacks which are a feature of most parties. But with a little imagination it is possible to include healthier options and still guarantee empty plates every time....it's also an opportunity to demonstrate that healthy eating doesn't have to be boring and tasteless!

Try introducing a selection of the following items or challenge young people to prepare and bring their own healthier contributions.

Cold food:

- small sandwiches or mini bread rolls (mixture of brown, half and half or white bread) filled with: grated cheese; ham or tuna and cucumber or sweetcorn (in reduced fat mayonnaise)
- lower fat cheese and pineapple cubes or grapes on sticks
- cheese and tomato pizza slices (hot or cold)
- grilled or oven-baked low fat cocktail sausages (hot or cold)
- pasta, rice or bean salads
- cherry tomatoes
- pretzels
- baked crisps
- plain popcorn
- breadsticks
- medium fat soft cheese or humous for dipping
- vegetable sticks such as carrot, cucumber and pepper sticks.



Hot food:

- small baked potatoes with various fillings (tuna and sweetcorn; grated cheese; baked beans; vegetarian or meat based chilli and curry)
- grilled sausages
- breaded chicken or fish goujons (oven baked) with salsa dip
- warm pizza slices
- potato wedges with salsa dip
- grilled beef or veggie burger in a bun.

Sweet foods:

- fruit kebabs or bowls of cut-up fruit pieces/wedges
- a small amount of cakes and biscuits in small portion sizes, picking lower fat and low sugar options where possible. Serving these after the savoury items and fruit will hopefully mean young people don't just eat these, but have them in moderation!

Drinks:

- water
- squash with no added sugar
- fruit crush/slush (pureed fruit and fruit juice served with crushed ice e.g. pureed pineapple and juice with ice, or pineapple and orange juice with ice).



9. Further Information and Weblinks

Policy

Welsh Government (2010), **All Wales Obesity Pathway** - <http://wales.gov.uk/topics/health/improvement/index/pathway/?lang=en>

Welsh Government (2007), **Appetite for Life Action Plan** - <http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/appetiteforlife/?lang=en>

Welsh Government (2007) **Young People, Youth Work, Youth Service: National Youth Service Strategy for Wales** - <http://wales.gov.uk/topics/childreneyoungpeople/publications/youthservice/?lang=en>

Welsh Government (2012) **Health Promoting Hospital Vending Guidance** - <http://wales.gov.uk/topics/health/improvement/index/vendingguidance2012/?lang=en>

Flying Start - <http://wales.gov.uk/topics/childreneyoungpeople/parenting/help/flyingstart/?lang=en>

Assessment tool for auditing

Primary & Secondary School Food Standard Assessment Tool (due to be published shortly) - <http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/appetiteforlife/supportingdocuments/?lang=en>

Healthy lifestyles

The 'Eatwell plate' resources (leaflet, poster and postcards) are available to download and print from the Welsh Government website - <http://wales.gov.uk/topics/health/improvement/index/?lang=en>

Food labelling guidance (see nutrition legislation guidance) - <http://wales.gov.uk/topics/health/improvement/index/?lang=en>

Fruit and vegetables: serving sizes - www.nhs.uk/livewell/5aday/pages/5adayhome.aspx/

Healthy weight - **Change 4 Life** www.wales.gov.uk/change4life

Healthy weight - www.teenweightwise.com

Breastfeeding Welcome Scheme - www.wales.gov.uk/breastfeeding

Healthy recipes

A range of healthy recipes that appeal to young people and adults - <http://www.schoolfoodtrust.org.uk/>



Food allergies

For more information about common allergies and guidance for caterers visit the following website links - <http://www.allergyuk.org/>
<http://www.eatwell.gov.uk/healthissues/.foodintolerance/>

Healthy vending

Think Healthy Vending: Welsh Government guidance on vending machines in schools - <http://wales.gov.uk/topics/health/improvement/index/?lang=en>

A fresh look at vending in schools - <http://www.schoolfoodtrust.org.uk/index.asp>

A Fit choice? A campaign report on the provision of children's food in leisure venues - www.bhf.org.uk/publications

Local food sourcing

Wales The True Taste - www.walesthetrue taste.co.uk

Food for Thought Case Studies -

<http://www.physicalactivityandnutritionwales.org.uk/docmetadata.cfm?orgid=740&id=99827>

Water and hydration

Welsh Water – Living and Learning with Water - www.livingandlearningwithwater.com

Water is Cool in Schools - <http://www.wateriscoolinschool.org.uk/>

Welsh Assembly Government (2006) Think Water: Guidance on water in schools -

<http://wales.gov.uk/hcwsite/healthchallenge/organisations/media/water/?lang=en>

Community nutrition courses in healthy eating and catering

Physical Activity and Nutrition Networks Wales - <http://www.physicalactivityandnutritionwales.org.uk>

