

HEALTHY HOLIDAYS



**Providing healthy meals, snacks and
drinks within your holiday club**

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Profile of residents in Kirklees

- Kirklees has a population of 440,000
- 14% children (0-18) are in out of work families
- In 2017, 18.9% of pupils were claiming free school meals compared to 14% in England
- Only 20% of 14-year-olds eat healthily
- Only 20% of 14-year-olds meet the recommended level of physical activity
- 1 in 3 households are in poverty
- 1 in 5 children are living in poverty (21.5%)
- Food poverty results in;
 - Suffering of diet related diseases (cancer, diabetes, obesity & coronary heart disease)
 - Lower intake of fruit & vegetables

England: Overweight & obesity

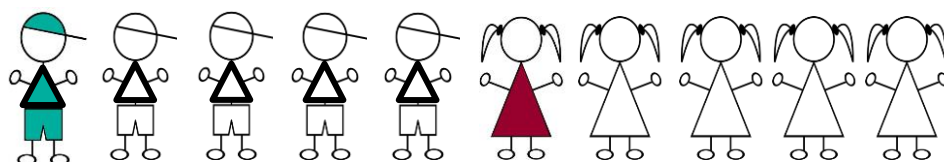
More than 6 out of 10 **men** are overweight or obese (66.2%)



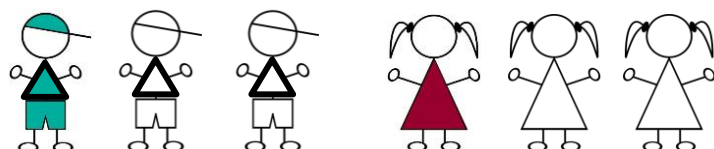
More than 5 out of 10 **women** are overweight or obese (57.6%)

England: Overweight or obese children

1 in 5 children in Reception (4/5 year olds) are overweight or obese (boys 22.6%, girls 21.2%)



1 in 3 children in Year 6 (10/11 year olds) are overweight or obese (boys 34.9%, girls 31.5%)

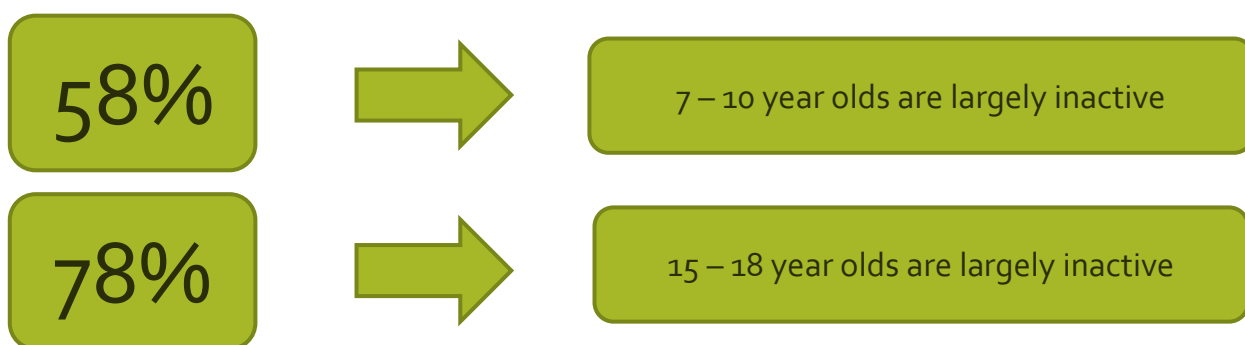


Physical activity

Energy intake is determined by

- Basic level of requirement to keep our bodies functioning (Basal Metabolic Rate)
- The amount of physical activity that we do (moving around, walking or exercising)

Inactive people have lower energy needs and will need less food to maintain their body weight. If less food is eaten it becomes hard to meet our nutritional requirements for good health and optimal growth



Physical Activity Guidelines

- 60 minutes of physical activity per day at moderate intensity
- Vigorous intensity activities including those that strengthen muscle and bone should be incorporated at least 3 days a week

Examples of Activity		
Moderate Intensity	Vigorous Intensity	Strengthening Exercises
Bike riding Playground activities	Fast running Sports e.g. football or swimming	Hopping/skipping Sports e.g. gymnastics or tennis

Age Average energy requirements in Kcals (calories) per

	Boys	Girls
	Kcals	Kcals
4-6 years	1,715	1,545
7-10 years	1,970	1,740
11-14 years	2,220	1,845
15-18 years	2,755	2,110

Sedentary Behaviour

- ✓ Aim to minimise 'screen time' e.g. smart phones, tablets, televisions, playing video games
- ✓ Screen time should be minimised and ideally not included as an activity

Benefits of Physical Activity

- ✓ Improves fitness
- ✓ Increases concentration
- ✓ Improving academic scores
- ✓ Improving posture and balance
- ✓ Lowering stress
- ✓ Encouraging a better night's sleep
- ✓ Helps to reduce Body Mass Index (BMI)

What is holiday hunger?

- School holidays push many families into food poverty and insecurity
- Many children from low-income families are entitled to free school meals during term time, there is no consistent provision in holidays
- Results in children returning to school in a worse educational, health and developmental state
- As many as 3 million children face the risk of food insecurity over summer

Percentage of energy provided by school and home for children and young people aged 5 – 18 years (Caroline Walker Trust)

	Breakfast	Lunch	Home
Energy % of EAR	20%	30%	50%

Food for Thought:

- If a child attends breakfast club and is in receipt of free school meals this makes up 50% of their daily food intake
- Where does this food intake come from during the school holidays?
- 50% expected food intake from home...is this good quality and are they eating enough calories to cover this intake?

Eatwell Guide

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving contains			
Energy	Fat	Sugars	Salt
100kcal	5g	1.3g	0.9g
200kcal	LOW	LOW	HIGH
12.5%	7%	6.5%	38%
			15%

of an adult's reference intake

Typical values (as sold) per 100g: 687kJ / 167kcal

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Fruit and vegetables
Eat at least 5 portions of a variety of fruit and vegetables every day

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options

Oil & spreads
Choose unsaturated oils and use in small amounts

Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Sources: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Five food groups

1. Fruit and vegetables
2. Potatoes, bread, rice, pasta and other starchy carbohydrates
3. Beans, pulses, fish, eggs, meat and other proteins
4. Dairy and alternatives
5. Oils and spreads

Fruit and vegetables

- ✓ Fruit and vegetables provide the body with vitamins, mineral, fibre and water intake
- ✓ Aim for 5 – a – day
- ✓ Fresh, frozen, tinned, dried and juiced all count towards our daily intake
 - **Fresh** – fruit and vegetables make great snacks, salad in sandwiches or whole pieces of fruit to add to a lunch
 - **Frozen** – could be used to make smoothies, just add frozen fruits to a blender with milk and blend. Frozen can often work out cheaper so great for budgeting
 - **Tinned** – ensure that any tinned vegetables are in water and tinned fruit are in fruit juice not syrup
 - **Dried** – just a tablespoon counts, can make a great snack for older children
 - **Juice** – a quick and easy way to add one of your 5-a-day into daily intake. Just 150ml counts as a portion. If fruit juice is being served just a small carton is needed, if using glasses then using

a small glass will help to monitor portion sizes. Just one portion per day counts

- Watch out for 'fruit juice drinks' – these are water, fruit juice and added sugar, they do not count towards one of your 5-a-day, examples include: Rubicon and Ribena
- ✓ When providing fruit and vegetables think about including a variety of colours; eat a rainbow

Potatoes, bread, rice, pasta and other starchy carbohydrates

- ✓ Main source of energy in our diet
- ✓ Examples include: bread, rice, wraps, chapatti, potatoes, cous cous, crumpets, healthy breakfast cereal, plain porridge, baguettes
- ✓ They should be eaten at every meal
- ✓ Promote wholegrain varieties where possible
 - These help to keep a person fuller for longer
 - Aids with a healthy digestive system

Beans, pulses, fish, eggs, meat and other proteins

- ✓ Source of protein, iron and B vitamins
- ✓ Essential for growth and repair of muscles
- ✓ Aim for 2 portions per day
- ✓ Recommended 2 portions of fish per week
- ✓ Dietary requirements:
 - Vegetarian – ensure an alternative source of protein is provided

- Religious/cultural – for example meats used may have to be Halal
- It is important to make sure the meal contains some form of protein, do not rely on cheese as the main protein source

Dairy and alternatives

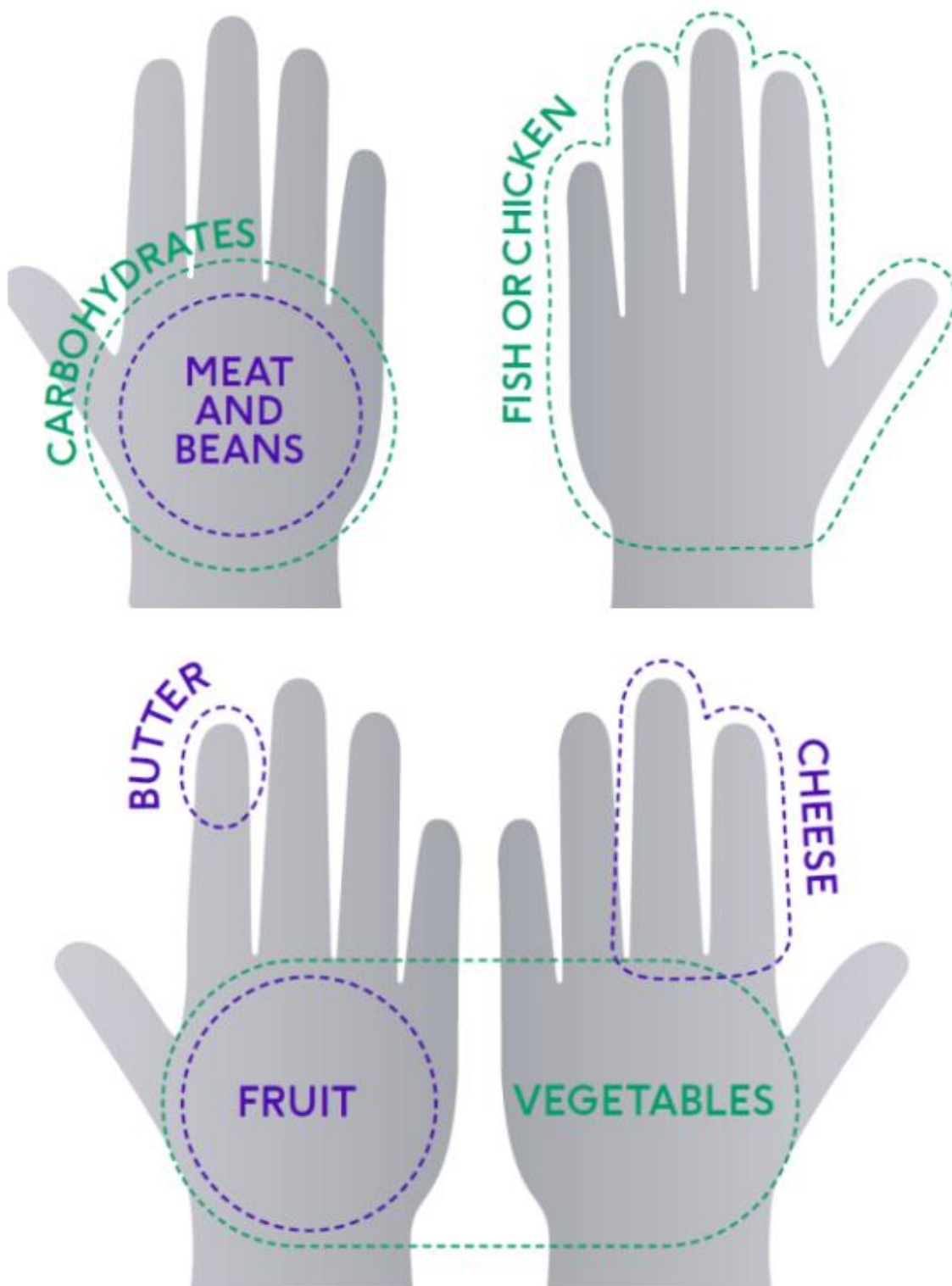
- ✓ Source of calcium
- ✓ Essential for the maintenance of healthy bones and teeth
- ✓ Aim for 3 portions per day
 - 200ml (1/3 pints) semi-skimmed milk
 - 125ml (small pot) low fat yoghurt
 - 25g (1oz) cheese – small matchbox size
 - 75g cottage cheese
- Dairy alternatives available if needed – these must be calcium enriched and ideally unsweetened

Oils and spreads

- ✓ Choose unsaturated fats and use in small amounts
- ✓ Aim to choose unsaturated fats over saturated
- ✓ Examples of unsaturated fat include: Vegetable oils including; olive oil, sunflower oil, rapeseed oil margarines
- ✓ Examples of saturated fats include: butter, lard, ghee, coconut oil, dripping

Portion Size Guide

The hand diagrams below demonstrate approximate portion sizes for the different food groups. The hand is often an age appropriate tool for planning appropriate portion sizes.



Snacks

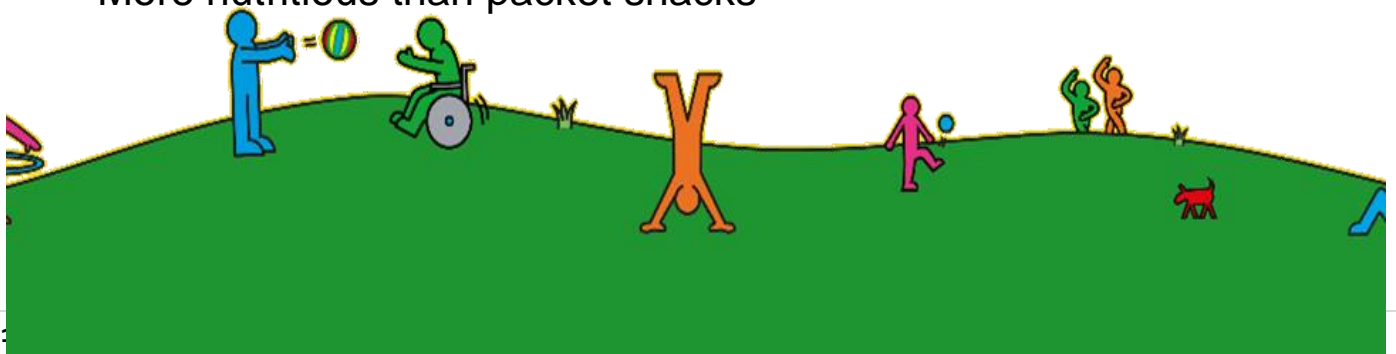
- ✓ Snacks form an important part of an individual's food intake
- ✓ They should be balanced in order to gain a variety of nutrients
- ✓ Try to avoid highly processed foods for snacks i.e. foods and drinks which are high in fat, salt and/or sugar

Aim for two 100 calorie snacks per day

- ✓ Malt loaf slice
- ✓ Lower fat, lower sugar fromage frais
- ✓ Fresh or tinned fruit salad (in juice not syrup)
- ✓ Chopped vegetables with lower fat hummus
- ✓ Plain rice cakes or crackers with lower fat cheese
- ✓ Sugar free jelly with fruit/yoghurt
- ✓ One crumpet (without butter/spread)

DIY snacks

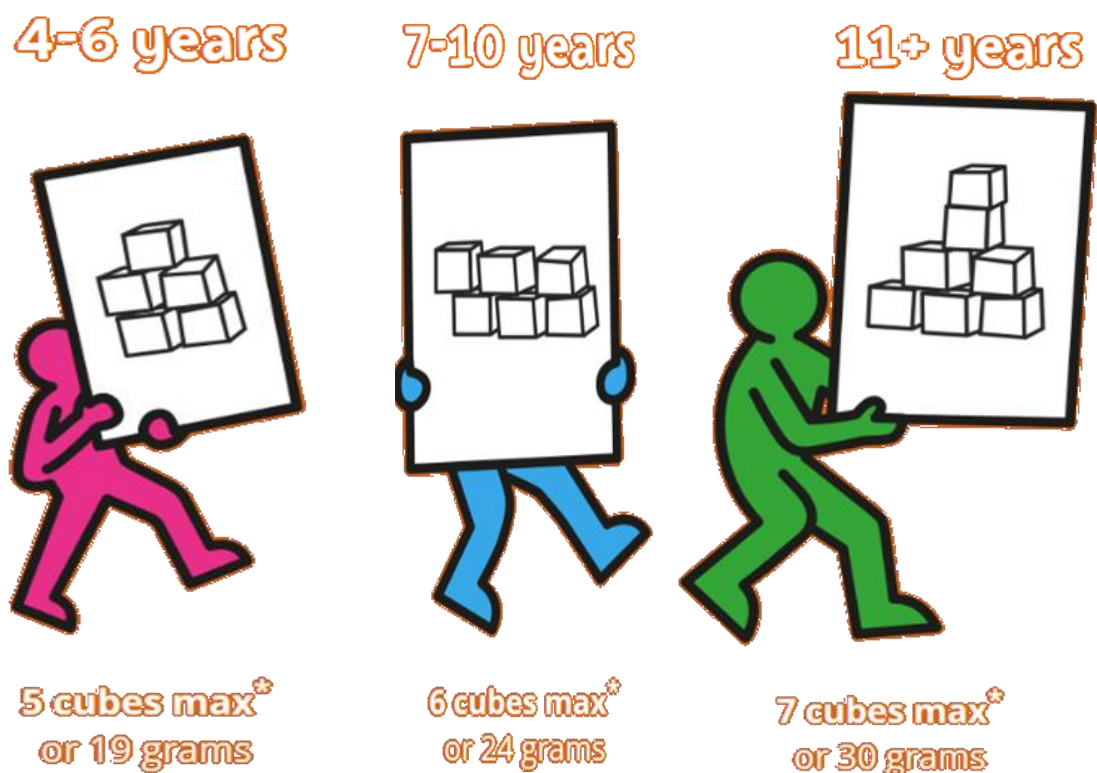
- You can save money by preparing snacks yourself – or even why not get the children/young people involved as part of the activity
- Homemade snacks can be sugar free
- You know what ingredients are in DIY snacks – No E-numbers or hidden fats/sugars
- More nutritious than packet snacks



Drinks

- ✓ Ensure that drinks are easily accessible and readily available throughout the day and at meal times
- ✓ Ideal drink options are milk or water
- ✓ If water is not accepted then a no added sugar dilute can be used if heavily diluted
- ✓ Fruit juices or smoothies can be used to contribute to fluid intake (please note if any under 5's then pure fruit juices should be diluted with water 1:10)
- ✓ Please avoid carbonated drinks – even sugar free or diet varieties as the acidity can still contribute towards dental decay. This would also include energy drinks, as well as carbonated they contain high levels of caffeine and sugar. Avoid hot drinks such as tea and coffee

Sugar



- ✓ Aim to keep sugar intake to a minimum
- ✓ Buy no added sugar foods/drinks
- ✓ Do not provide table sugar to add to cereal, drinks or desserts etc
- ✓ Minimal pre-prepared products e.g. cake bars, cereal bars, biscuits

Your Holiday Scheme

Using the information that you have read through this guide, now think about your holiday scheme and focus on the food provision. Outline your main considerations for any food and drink provided. Key areas to address:

- ☐ Are meals balanced in line with the Eatwell Guide?
- ☐ Have you taken into account any allergies or dietary requirements?
- ☐ Limit refined sugars in food, drinks and snacks
- ☐ Could you complete any food based activities with the children to reinforce the healthy eating messages
- ☐ Healthy drinks are available

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Further Support

If you require any additional support surrounding the food and drink provision within your holiday scheme or you would like to access free training for the staff/volunteers then please contact the Kirklees FINE Project.



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