

# Public Health Campaign: BNF Healthy Eating Week

Warwickshire School Health & Wellbeing Service is supporting the British Nutrition Foundation Healthy Eating Week, which takes place 28th Sept - 4th Oct. The aim of Healthy Eating Week is to bring the UK together to focus on key health messages and promote healthy habits. This year's health challenges are:

- Eat more whole grains
- Vary your veg
- Drink plenty
- Move more
- Be mind kind
- Get active together
- Eat together



More information and advice can be found on the British Nutrition Foundation website: [www.nutrition.org.uk](http://www.nutrition.org.uk)

## Useful links

[nhs.uk/change4life](http://nhs.uk/change4life)

[greatgrubclub.com](http://greatgrubclub.com)

[nhs.uk/live-well/eat-well/the-eatwell-guide](http://nhs.uk/live-well/eat-well/the-eatwell-guide)

Find out about Change Makers healthy lifestyles services for families:

[cutt.ly/change-makers-leaflet](http://cutt.ly/change-makers-leaflet)

## Printable activities for children & young people

### Reception

Fruit and vegetables colouring in activity: [cutt.ly/fruit-veg-colouring](http://cutt.ly/fruit-veg-colouring)

### KS1

Healthy or Treat? activity (easy): [cutt.ly/healthy-or-treat](http://cutt.ly/healthy-or-treat)

Little or Lots? lunch box activity (easy): [cutt.ly/lunchbox-little-lots](http://cutt.ly/lunchbox-little-lots)

Food groups lunch box activity (medium): [cutt.ly/lunchbox-food-groups](http://cutt.ly/lunchbox-food-groups)

### KS2

Healthy lifestyles activity sheet: [cutt.ly/healthy-living-worksheet](http://cutt.ly/healthy-living-worksheet)



## Support from Warwickshire School Health & Wellbeing Service

Our service is here to provide with a range of health and wellbeing issues. Schools can get in touch by calling **03300 245 204** or emailing [schoolhealthwarks@welearn365.com](mailto:schoolhealthwarks@welearn365.com).

Parents/carers and secondary school pupils can use our confidential text messaging services: ChatHealth (for ages 11-19): **07507 331 525**

Parentline text service: **07520 619 376**

Find out more on our website: [www.compass-uk.org/services/wshwbs](http://www.compass-uk.org/services/wshwbs)