

20 Ways to Promote a Healthy Eating Culture in Schools

Creating a culture of healthy eating within a school is a powerful way to influence the wellbeing of students and staff alike. This resource offers a range of practical tips and innovative ideas to foster an environment where nutritious choices are celebrated and encouraged. From staff-led initiatives to engaging the wider school community, these strategies aim to make healthy eating an integral part of school life.

Building a healthy eating culture in schools is a collaborative and ongoing effort. By implementing these tips and fostering an environment that supports nutritious choices, schools can positively impact the well-being of their entire community. Remember, small changes can lead to big results in promoting a lifelong habit of healthy eating.

1	Model Healthy Eating
	Encourage staff to be visible engaging in their healthy meals and snacks during breaks. Visibility of healthy choices by teachers can significantly influence student behaviour.
2	Healthy Eating Challenges
	Organise monthly challenges that encourage staff and students to try new healthy foods or recipes.
3	Celebrate Nutritional Success Stories
	Highlight the achievements of those who make significant changes to their eating habits and give them a platform to explore what went well and why so others can be inspired by and learn from them.
4	Nutrition Education Workshops
	Regularly schedule workshops with nutrition experts for both staff and students, focusing on the importance of balanced diets.
5	Healthy Recipe Exchange
	Create a platform (like a bulletin board or digital forum) where the school community can share and find healthy recipes.
6	Incentivise Healthy Choices
	Offer small rewards or recognition for individuals or classes that consistently make healthy food choices.
7	Parental Involvement Sessions
	Host sessions for parents on how to support healthy eating at home and the impact of nutrition on learning.
8	Healthy Eating Posters and Signage
	Place informative and visually appealing posters around the school, promoting the benefits of healthy eating.

9	School Garden Project
	Start a school garden where students can grow fruits and vegetables, integrating hands-on learning with nutrition education.
10	Nutrition Fact of the Week
	Share interesting nutrition facts or tips through assemblies, tutor or circle time.
11	Integrate Nutrition into Curriculum
	Include lessons on healthy eating in the school curriculum, emphasising the science of nutrition and the impact of food choices on the body and mind.
12	Healthy Food Share Events
	Organise healthy 'potluck' style lunches where staff bring in healthy dishes to share. This has the dual benefit of being a positive socially connecting event too.
13	Fruit and Veggie Mascots
	Introduce fruit and veggie mascots to make nutrition education fun for younger students.
14	Cooking Demonstrations
	Invite local chefs or dietitians or keen staff members to perform healthy cooking demonstrations at school.
15	Water-Drinking Campaign
	Promote hydration by setting daily water intake goals and providing accessible water stations around the school.
16	Collaborate with Local Health Organisations
	Partner with local health organisations to provide resources and support for your healthy eating initiatives.

17	Mindful Eating Sessions
	Teach the principles of mindful eating, encouraging staff and students to appreciate and enjoy their food fully
18	Nutrition Newsletter
	Publish a monthly nutrition newsletter with tips, recipes, and highlights from the school's healthy eating culture.
19	Smoothie Days
	Host smoothie making sessions using fruits and vegetables from the school garden or local suppliers.
20	Staff Wellness Days
	Include sessions on nutrition and healthy eating in staff wellness days or professional development programmes.

Supporting Notes for Implementation:

- Start small by choosing a few tips to implement and gradually expand your efforts.
- Engage students, staff, and parents in planning and executing these ideas to ensure wide participation and buy-in.
- Regularly assess the impact of your initiatives and be open to feedback to continuously improve your healthy eating culture.