

Healthy Eating Week

13-17 June 2016

BNF Healthy Eating Week will take place from 13-17 June 2016 – are you taking part?

Registration is FREE and helps to demonstrate your commitment to healthy eating and pupil health and wellbeing!

Register now for the fourth annual BNF Healthy Eating Week and receive:

- an electronic guide to help you plan your week
- information about the five health challenges for the week – all set around changing behaviour
 - have breakfast
 - have 5 a day
 - drink plenty
 - get active
 - try something new
- free printed posters to support healthy eating
- links to free downloadable resources on BNF's *Food – a fact of life* website
- downloadable certificates
- support for parents/carers

What's happening?

- Take part in our BNF Healthy Eating Week competition - a great chance to win prizes to support your healthy eating week!
- Get your class to cook-a-long live with BNF during the week – creative, fun and delicious!
- Tune in to a number of live informative presentations about healthy eating.
- Receive support to help you organise your very own health fair for pupils, parent/carers and the wider community!
- Share what you do on Twitter and Facebook - #HEW16

Did you know...

- Last year we registered a record **7,524** nurseries and schools for BNF Healthy Eating Week!
- Teachers rated the impact of the week highly for raising the profile of food/health, supporting pupil learning and promoting healthy eating.
- Schools tweeted about their work - #HEW15 had over 28 million impressions!
- Our five challenges were downloaded over **12,300** times.
- BNF Healthy Eating Week appeared on TV, in the press and online!

BNF Healthy Eating Week is open to all UK nurseries, primary, special and secondary schools.

Register now and help make this the best BNF Healthy Eating Week yet!

www.healthyeatingweek.org.uk