



GLASGOW'S HOLIDAY PROGRAMME

Toolkit: Providing Tasty, Healthy Food During the Holidays

This toolkit has been put together to provide some information and guidance on 'Providing tasty, healthy food for children and young people during the school holidays' for the Glasgow Holiday Programme grant holders. Here you can find useful links to information about Nutrition, Sustainable Food, Culturally Appropriate Food, Food Safety, Food Hygiene Training, Allergies, Local Suppliers, Food Waste, Recipes, Ideas for Activities, and resources which can support families to access food.

Nutrition



[Eatwell Guide](#)

[Healthy Eating on a Budget Video by Nutrition Scotland](#)

[Food Labels](#)

[NHS How to Read Food Labels](#)

[Nutrition Scotland Food Labels Factsheet](#)

[Nutrition Scotland Food Labelling Video](#)

[5 a Day Portion Sizes](#)

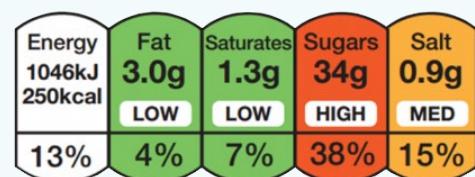
[Full of Beans Campaign](#)

[Nutrition Scotland Factsheets](#)

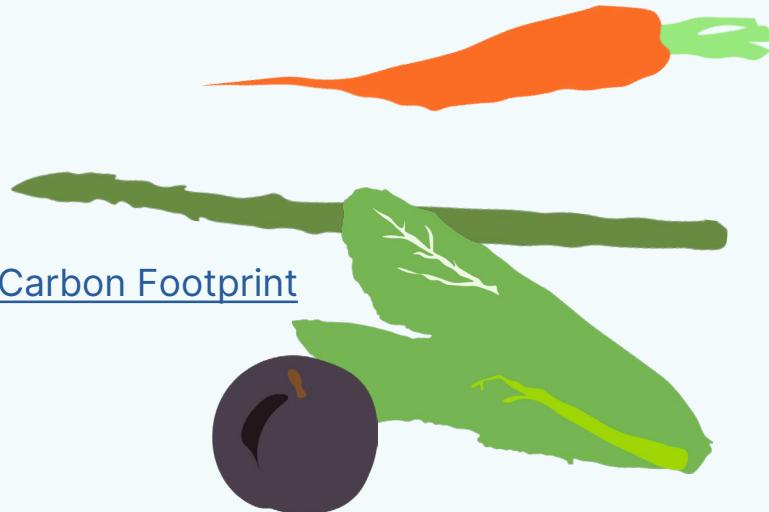
[Parent Club Advice on Encouraging Healthy Eating](#)

[NHS Food and Nutrition Information](#)

[GCC Packed Lunch Guidance](#)



Sustainable Food



[Soil Association: How to Reduce your Carbon Footprint](#)

[Soil Association: Seasonal Food](#)

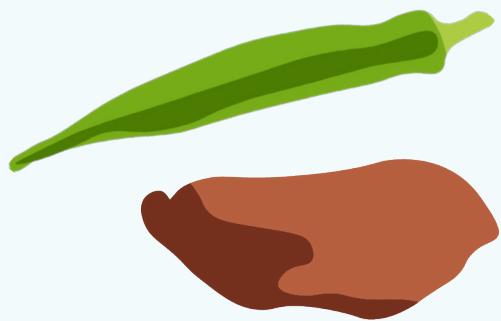
[Glasgow Sustainable Food Directory](#)

Culturally Appropriate Food

The Dignity in Practice Project: Culturally Valued Food

Culturally Valued Food

Religious Dietary Requirements



Food Safety

Special Diets

Medical Referred Diet - GCC Information Leaflet

Sample Dietary Requirement Form

Allergies

Top 14 Food Allergies - Allergy UK

Allergy UK

Anaphylaxis Campaign

Food Hygiene Training

REHIS Elementary Food Hygiene

Nutrition Scotland Training



Suppliers

Glasgow Sustainable Food Directory Sustainability Resources

Greencity Wholefoods

To get 10% off product list prices on your first order, contact catherine@greencity.coop

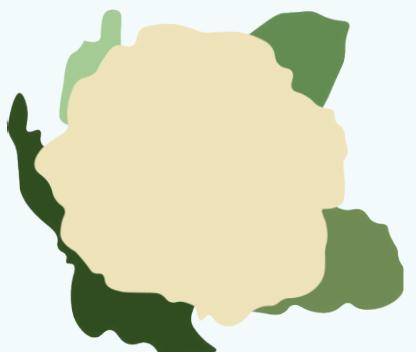


Food Waste

Recipes from Love Food Hate Waste

Food Waste Reduction Actions from Zero Waste Scotland

Lesson Plans and Activities from Zero Waste Scotland



Recipes and Ideas

[Full of Beans Recipes](#)

[Good Food For Glasgow Community Recipe Book](#)

[Nutrition Scotland Recipes](#)

[NHS Healthier Families Lunchbox Ideas and Recipes](#)

[Parent Club Recipes](#)

Activities

Let Glasgow Nourish: Design a Glasgow City Food-Focused Crest

[Colour Version](#)

[Black and White Version](#)

[Bean-related activities from Beans is How](#)

[Glasgow Community Food Network's Food and Climate Action Project](#)



Access to Food

[Resources for those in Glasgow from Glasgow Food Policy Partnership](#)

[Advice on Healthy Eating on a Budget from BDA](#)

[Trussell Trust Emergency Food Pathway](#)

[Scottish Pantry Network Pantry Locations](#)



More from Glasgow Food Policy Partnership

To access more information and resources on food justice, sustainability, and healthy eating you can find Glasgow Food Policy Partnership's Newsletter, Webinars, and Podcasts below.

[Subscribe to our Newsletter](#)

[Webinars](#)

[The Good Food For Glasgow Podcast](#)

