



Good food for all

GLASGOW FOOD POLICY PARTNERSHIP



# 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](#)



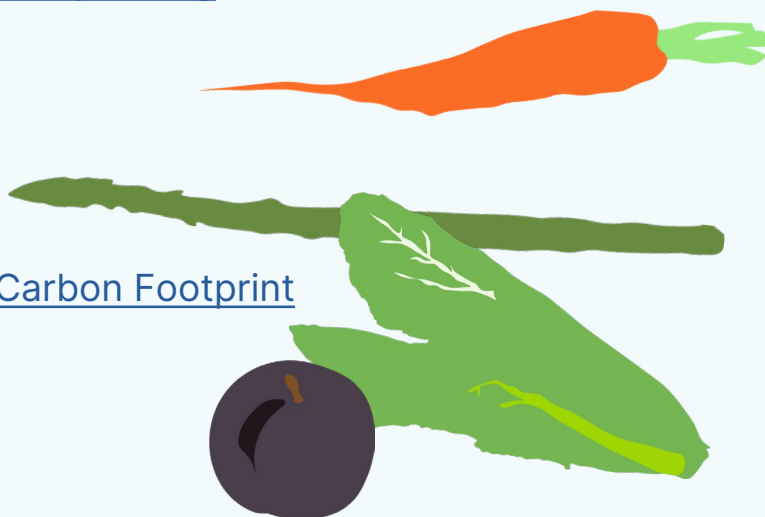
Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

### Sustainable Food

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

[Soil Association: Seasonal Food](#)

[Glasgow Sustainable Food Directory](#)

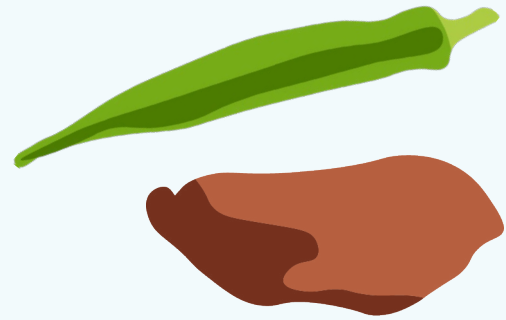


## Culturally Appropriate Food

[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](#)

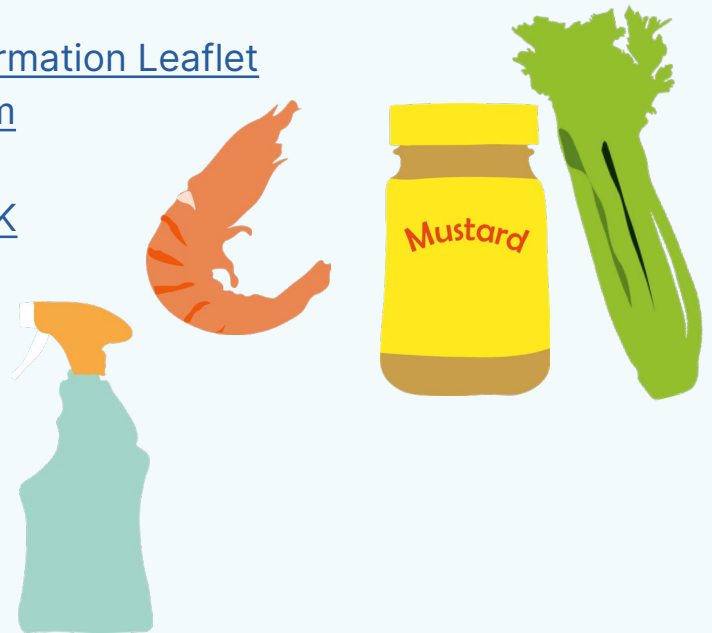
[Allergy UK](#)

[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](mailto:catherine@greencity.coop)

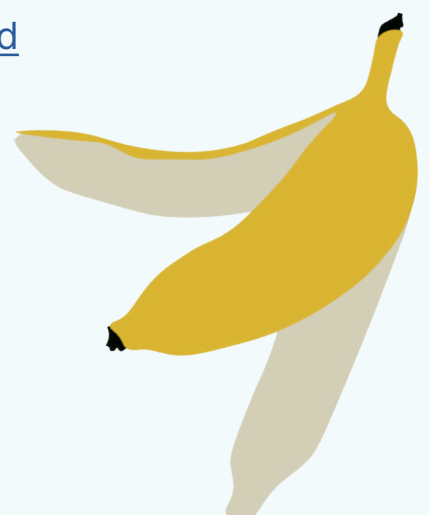
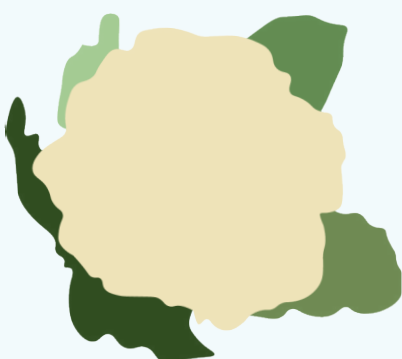


## Food Waste

[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](#)

