



## **“Food Route – What is it all about?”**

As part of Leicester City's Food Plan, the Food for Life Partnership and Leicestershire Nutrition and Dietetic Service (LNDS) have been commissioned by Leicester City Council to continue to support schools to help children and families to eat well, maintain a healthy weight and reduce the levels of childhood obesity. To help achieve this 'Food Route' is continuing in local schools. The Food Route project has been independently evaluated and rated highly by teachers and service users alike.

Food Route has 4 themes - *diet and health*, -*cooking*, -*food safety* and -*shopping*, aimed at young people covering all aspects of food and nutrition in the curriculum.

A Big Cook Little Cook is available as part of the Food Route programme

Benefits of Food Route for your school:

1. Easy to use teacher resources and colourful themed pupil 'I can' sheets and links to age related food competencies
2. Follow up support by the Food Route Dietitian who will help to tailor the programme to the needs of your school supporting food and nutrition on the curriculum
3. A Big Cook Little Cook course for families led by our Food Route Dietetic Assistant to help them understand the importance of healthy food and help them work together to create healthy family meals
4. A key element to meeting the criterion for your 'Food for Life Partnership' award
5. A programme that compliments Eco-Schools silver and green flag awards and will count towards healthy living projects
6. Evidence towards the healthy eating culture required as part of Ofsted's inspection criteria

Some comments from teachers who are successfully using Food Route....

*“It was good information coming direct from dietitians- it was from experts”*

*“I think the whole scheme has been excellent and well resourced with many incentives”*

*“The children responded well to the work we did. The Food Route team provided good resources and additional support”*

## And what is a Big Cook Little Cook Course?



Schools that are participating in Food Route have the opportunity to have a Big Cook Little Cook course in their School. These are practical healthy food and cooking sessions which last 1- 2hrs over a maximum six week period and run by the Food Route dietetic assistant. These courses support parents to encourage their children to eat a variety of foods and learn together about cooking

and healthier eating. Examples of sessions delivered include ideas on healthy sandwich fillings and healthy lunch box information, how to make eating '5 a day' fun and encouraging positive attitudes to eating using fun interactive tools. Independent evaluation from Big Cook Little Cook courses highlighted positive behaviour changes within families:

"It has been really nice spending time together - cooking as a family"

"We've used the reward chart and encouraged the kids to try things they haven't tried before. That's worked well"

"We cook more often together and I am more confident that the recipes I'm using are healthy."

"The kids are confident now at chopping and preparing food."

To find out more about Food Route contact:

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