

**From:** Jennie Cockroft <jennie@phunkyfoods.com>  
**Sent:** 30 April 2024 15:38  
**To:** Jennie Cockroft  
**Subject:** (Test) Test Email

# WELCOME TO YOUR PHUNKYFOODS NEWSLETTER



## May 2024

Welcome back to the start of the Summer term!

We hope that you all had a lovely Easter break and that everyone has returned to school with far more “Spring” in their step ready to embrace the Summer term.

### Coming soon... LIVE Training ...

One of our objectives for this term is to bring to life the extensive (and fantastic!) PhunkyFoods resources that we have produced for teachers and schools. We want to make sure that the extent of our programme offer is well known across all our schools...and beyond!

So, we are delighted to announce we will be holding our first 30-minute Live Training session with Hannah, our PhunkyFoods Consultant Teacher and our Company Nutritionist, Beth.

Last year you may remember that we launched our Design & Technology Schemes of work (note- this can be located under the Members menu).

The training session will give an interactive overview of the following schemes of work that sit within this resource:

Early Years (P1) Cookery Skills	Year 1 (P2) Strive for 5	Year 2 (P3) Bag-A-Breakfast	
Year 3 (P4) A Healthy Lunch	Year 4 (P5) Drain Your Drinks	Year 5 (P6) Snack Attack	Year 6 (P7) Eatwell

There will also be guidance on navigating the website to locate other online resources and worksheets that are freely available to our Member schools, as well as practical examples on delivering hands-on food preparation sessions.

There will of course be the opportunity to ask questions and share your experiences of using our materials. We love to hear feedback from our schools, and welcome ideas and suggestions for future resources.

....**WATCH THIS SPACE...** email invites to the live training session will be sent out to all schools in the next few weeks...

## In other training news...

We wanted to share a snapshot of some work Lisa, our Engagement & Development Coordinator in the Carlisle area, recently did with Yewdale Primary School to increase awareness of the PhunkyFoods programme.

After delivering a training session to the schools PhunkyFoods Lead, they decided that the wider staff team could benefit from receiving some wider training, covering what the programme can offer, the theory around nutrition and some of the practical aspects of food prep sessions.

During the hour-long session the staff were updated on food hygiene, safety and preparation skills. Lisa demonstrated the fruit Supercrunch recipe showing instructional examples of the safe use of sharp knives, graters and vegetable peeler.

The staff then worked in pairs to make our some of our favourite PhunkyFoods recipes to practice those skills. The recipes prepared included fruit Supercrunch, Fun on the farm wraps, Indian raita and Super salmon dip with vegetable sticks, Oodles of noodles and Strawberry cheesecake.



Towards the end of the twilight training session everyone got the opportunity to taste and evaluate each recipe. The groups were asked to consider which skills their recipe was developing, how the Eatwell Guide could be used to enhance learning as well as any challenges around planning and delivering practical class sessions.

Lisa received some really positive feedback from the group including how useful it was to try the recipes out and how they could adapt a recipe if needed through the choice of ingredients for their class. One outcome from the group was that they stated they were either very likely / likely to use their new knowledge in school.

We look forward to hearing which recipes the staff use in their class!

## Not a member yet but want to find out more?

Explore our sample member content area of the website to view some of the content our member schools have access to. If you would like to join PhunkyFoods or would like to find out more then please contact us.

As well as over 400 curriculum linked lesson plans, we have brand new Assemblies, Pupil Workshops, Parent Workshops, Topic Based Ideas, An Early Years Curriculum, the Phunky15 and a range of Phunky Clubs.

We hope you find these newsletters useful as we move throughout the school year. Please do give us feedback - tell us what you want to hear more (or less) of and do encourage colleagues to sign up too if you find it useful. There's a link to sign up on our website, or your colleagues can simply email us at [help@phunkyfoods.com](mailto:help@phunkyfoods.com)

## New Resource:

In the last Newsletter we announced a new Food Explorers programme that we have been working on for the EYFS.

Typically delivered in a 5-week block, and designed for nursery/ EYFS years, the programme provides the perfect environment for even the youngest children to become more adventurous and experimental with different fruits and vegetables, in a fun and engaging way.

Over the last 2 months, our Engagement & Development Coordinator for Wiltshire Laura has been working with St. Osmund's Pre-school to deliver the programme.



**Early Years: Food Explorers**

Aiming to give nursery pupils the opportunity to become food explorers, through stories, craft activities, food preparation and discovery using their five senses.

**5 fully funded sessions**

**Objectives:**

- Encouraging pupils to use their senses to discover different foods
- Celebrating the pupils' achievements when tasting new foods/foods that they are unsure of
- Introducing the pupils to the concept of 'eating a rainbow' - a wide range of different coloured fruit and vegetables - for health benefits.
- Introducing the pupils to the concept of eating a balanced diet to stay healthy i.e. one that contains plenty of fruit and vegetables and a wide range of different foods.

## Be an Explorer; a Food Explorer! school, Salisbury

## St. Osmund's Pre-

Each week, of the 5-week programme, centres around a story that gently highlights a key healthy eating message, the children are then supported in tasting and preparing simple recipes that reinforce this.

There is such a range, from creating fruit rainbows to tasting the lesser appreciated celeriac, which exposes children to tastes and flavours that they may never have experienced before.

The first Phunky Food Explorer sessions have begun in Wiltshire, in St Osmund's a Pre-School in Salisbury.



Children have been excited by the programme and staff have been surprised by the children's willingness to try new and unusual flavours. Handling food, being encouraged to explore using

all their senses and creating dishes themselves makes an enormous difference to a child's experience and likeliness to try an unknown food.



St. Osmund's has children as young as 2 years old and the Food Explorers scheme allows the youngest children to be introduced to a wide range of fruits and vegetables aiming to lay healthy foundations for life.

"They often don't eat the fruit we put out but now look at them eating lemons!" Keyworker, St Osmund's Pre-school.

St. Osmund's Children have been eager to share their creations with their parents, be it a 'Celeriac and Carrot Remoulade' or a 'Gorgeous Guacamole.'

"It has been wonderful to see the children engage so well each week with the stories being shared, their eagerness to get involved with preparing food and how willing they are to try new things. Last week a little boy was telling me how delicious he thought spinach was!"

**Laura Dunne, Wiltshire EDC.**

Who would not want to be an explorer?



## The PhunkyFoods Programme

CASE STUDY: Upperby Primary School, Carlisle

In partnership with



Upperby Primary School has been involved with PhunkyFoods since 2015. The year 4 ambassadors are working on Snack Attack and have delivered their assembly to the whole school. The children in the audience were very surprised at the amount of sugar in the snacks shown in the presentation and had lots of questions to ask the ambassadors.

For the second activity the ambassadors have been handing out stickers to key stage 1 children if they choose to have a piece of fruit for snack or if they have brought in a healthy snack from home. For EYFS children they have a sticker if they choose to try a healthy snack. School also has a tuck shop for key stage 2 children. They are awarded a sticker if they choose a healthy snack there. After discussion as a whole school, the conclusion has been made that KS2 snack needs to be modified and has brought up the issue of healthy options. Therefore, we are going to be doing phase assemblies about snack to bring more understanding for all key stages. Then the ambassadors will do a survey for KS2 about snack options and their favourite/least favourite so we can change one of these to fruit. Then year 4 ambassadors will hand out stickers for fruit options. We will be holding another poster competition after this once this has been given enough time in school.



Work on Snack Attack continues in school as Mrs Lawson and Mrs Burns the Headteacher are keen on making changes for a healthy snack time across the whole school.

Mrs Lawson, the PhunkyFoods Co-ordinator had this to say about the work the ambassadors are carrying out in school:

*“The ambassadors are very passionate about spreading the key messages across school. This topic has brought about an area for change for the whole school, which is very positive and they can see their impact and value. They have grown in confidence and are very eager for their next task. The other children look up to them and it has brought more awareness to Phunkyfoods as a whole within our school. The parent/child cook club also brought awareness from a different angle and I am very pleased with how it’s going and has been received. Lisa has been very supportive and enthusiastic and this has really helped us with this drive for change in our school. “*

---

## Let’s talk ...Food Waste... it’s not just a load of rubbish!

We hope you spotted our latest blog last month on the topic of Food Waste. This linked to the 2 timely national and international awareness days UK Compost Week in early March, [Food Waste Action Week](#) was held between 18-27th March and the 24th April marked [Stop Food Waste Day!](#)

Food waste is a big problem. Research has shown that approximately one third of all the food that is grown in the world gets thrown away before being eaten! This is about 4.5 million tonnes of food, enough to fill the Royal Albert Hall 90 times.

It therefore felt fitting that our **Easter 2024 HAF programme** in Wiltshire linked into this topic too this year.

Purely Nutrition have been back in Wiltshire supporting the delivery of the Wiltshire FUEL holiday programme. The camps provide free activities and hot food to children during the Easter holidays.

We've worked across 12 camps to deliver nutrition education and hands on food preparation with the children to cover a different healthy eating message each week. Over 675 children took part in the holiday club sessions.

The PhunkyFoods led sessions included lots of discussion around food waste with each child getting the opportunity to make our Wasteless Winners recipe using nutritious store cupboard items and leftovers. The ingredients included tinned salmon and utilised leftover stale bread (as breadcrumbs).



Our super adaptable Wasteless Winner recipe makes for a delicious hot lunch or dinner and could be tweaked to include any leftover vegetables too, or beans or pulses if preferred in place of the fish!

Some providers purchased our resources to deliver the programme, whilst others accessed the free online material available on the website, including parent information leaflets and kids' activity booklets that were used in their holiday camps to educate them on key healthy eating messages.

The HAF programmes are fun and rewarding for all those involved, and we look forward to our next set of programmes during the Summer holidays.

If you're a provider looking to run nutrition education sessions in upcoming holiday camps, you can view our free material, HAF brochure and price list at <https://www.purelynutrition.com/haf-sign-up/>

---

## Recipe Spotlight:

In keeping with our topic of the term – Food Waste, here is another great recipe for using up bananas that may be turning brown and going a little past their best. In fact, when bananas reach this point, they make for even tastier baked goods! It's a win for reducing food waste and for deliciousness!



## Spicy Banana Bread

This banana bread recipe is low fat, and makes a delicious snack, pudding or weekend brunch.

Bananas are a nutritious and filling fruit, providing an excellent source of potassium (good for blood pressure regulation) and vitamin B6, as well as being a source of fibre.

This [recipe](#) along with 14 others can be found on the British Heart Foundation website in their feature [15 thrifty ways to use your leftovers](#).

---

## Event Focus:

### [World Health Day 2024](#) - My health, my right – 7th April

Championing the belief that everyone should have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

### [Allergy Awareness Week](#) – 22nd-28th April

The focus topic this year is childhood food allergy. [Allergy UK](#) have a great source of information and resources on their web page, which aims to help equip schools with practical advice and strategies to effectively manage and support pupils with allergies.

To help support Allergy Awareness Week, download their poster and help raise awareness by sticking it up in your office or school.

### [Earth Day 2024](#) -22nd April

The theme for 2024 is Planet vs. Plastics, highlighting EARTHDAY.ORG's commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of ALL plastics by 2040. We call all do our bit, including considering our food purchases, and the packaging that our food comes in as well as our storage methods.

### [Food Allergy Awareness Week](#) – 13th-19th May

Food Allergy Awareness Week is an initiative created by FARE (Food Allergy Research and Education). The aim of this week is to raise awareness of different food allergies and improve public understanding of what can sometimes be a life-threatening condition.

If you visit FARE's website you'll find a calendar of events and things you can do to highlight this initiative. There are events taking place throughout the month.

### **British Tomato Fortnight** 22nd May – 5th June

British Tomato Fortnight showcases the diversity and excellence of tomatoes grown across the United Kingdom. It aims to raise awareness about the importance of supporting local farmers and enjoying the seasonal abundance of homegrown tomatoes. This flavourful fortnight celebrates the rich taste, vibrant colours, and culinary versatility of British-grown tomatoes.

### **National Children's Gardening Week 2024** – 25th May- 2nd June

An annual event dedicated to encouraging children to discover the wonders of gardening. This week-long celebration provides children with opportunities to grow plants, learn about ecosystems, and appreciate the beauty and importance of gardening.

Participating in National Children's Gardening Week doesn't have to be extensive - perhaps tend to a Garden, allotment, patio tub or even start some cress growing on a window sill – it's all great to inspire those green fingers!

---

## Social Media

We love to see all the work that goes on in our PhunkyFoods Schools, so please continue sharing what you do and tagging us @PhunkyFoods on Facebook, Twitter (X) and Instagram.

Our latest blog highlights the importance of the Food Waste challenge we all face, read more at: [www.phunkyfoods.co.uk/blog/](http://www.phunkyfoods.co.uk/blog/).



---

**[Click Here to Unsubscribe](#)**

Ground Floor West, Spracklen House  
Dukes Place  
Marlow, Buckinghamshire SL7 2QH

Powered by  
**act!**