

WELCOME TO YOUR
PHUNKYFOODS NEWSLETTER



Happy New Year and welcome back to Spring Term 2026!

We hope you all enjoyed a well-deserved break over the Christmas holiday.

Our PhunkyFoods Engagement & Development Co-ordinators (EDCs) are ready for an action packed Spring term.

If you would like to book in with them for a planning meeting, request support or direction to some of our fantastic materials on the website please either reach out to your school's dedicated **local EDC** (School Support Worker) contact available [here](#), or contact us directly at help@phunkyfoods.com

Together, we can plan and deliver engaging, topic-based activities; support parent engagement events and workshops; run our Food Explorers programme with Early Years; and much more!

Don't forget you can also book staff training sessions to refresh knowledge, upskill your team, and explore the full range of resources available on our website.

Putting some faces to names!

Last week, the team enjoyed a long-overdue face-to-face catch-up at our PhunkyFoods conference.

Although we usually meet collectively online every half term, it was fantastic to come together in person for training, updates and insightful discussions.

We're feeling energised and excited to bring our new ideas to life!



What is new for 2026?...

We are so excited to introduce lots of new teaching and learning resources to support you and your pupils to work towards a healthier new year.

Active Schools Content...



We know that being physically active helps children enjoy learning and learn more effectively.

With this in mind, Hannah, our Consultant Teacher, has been busy developing some exciting new [PhunkyFoods Active Schools content](#).

It includes a wealth of information and activity ideas, designed to get children moving and becoming more engaged in their learning, including:

Active Learning:

- Information on different approaches to Physically Active Learning (PAL).
- Curriculum-linked learning activities across all areas of the curriculum.
- A detailed focus on Maths and English lesson ideas with example lesson plans.

Active Play:

- Play Leaders pack with easy-to-follow games suitable for older pupils to lead.
- Suggested equipment.
- Play Leaders application form and certificate of participation.

Active Families:

- Family Fitness Challenge ideas to promote physical activity with the whole family.

EY and SEN Happy Tummies materials



As we mentioned in our last newsletter, our fantastic new **Focus on Fibre: Top, Add, Swap!** key message resources are available [here](#).

As with all our Key Message topics, you will find an Assembly script and PowerPoint, Pupil workshop and Parent engagement workshop plans.

We have also added to our [Early Years Foundation Stage Programme](#), with the [Happy Tummies](#) topic under Healthy Lifestyle Activities.

This provides fun and age-relevant activities, which introduce young children to the concept of eating foods that will keep their tummies feeling happy, which in turn, can help their whole bodies and minds to feel good.

[Happy Tummy](#) also now features in our [PhunkyFoods SEN Programme](#). These topics contain activities across a range of subjects and include recipes to make with the pupils.

Case Studies

Discover how our PhunkyFoods EDCs have been making a difference—take a look at recent highlights from across our network.



The PhunkyFoods Programme

CASE STUDY: St Andrew's Junior School, Halifax

In partnership with



Karen, the PhunkyFoods EDC for Halifax, delivered a family cook club at St Andrew's Junior School, Halifax, over a three-week period.

The cook club involved 11 children and 10 family members who participated in the workshops. The aim of the sessions was to provide young families with ideas for simple, healthy, and affordable meals and snacks to cook together, while giving them the opportunity to work alongside a family member and develop new culinary skills.

In the first week, participants made noodle pots and strawberry cheesecakes. During the second week, pizza was prepared. In the third week, coronation chicken pockets and banana and oat cookies were made.

The cook club was well received, and both parents and children developed practical skills such as peeling, cutting, grating, mixing, and folding.



"We have been accessing Phunky Foods support for a number of years and have always found it a very valuable and enriching service.

The children love the Ambassador role. It gives them a chance to both learn about food, nutrition, healthy eating but also teach others as they pass on their knowledge.

The Parent & Child after school sessions have been particularly popular this year and we have had to put in extra dates to try and accommodate the large numbers wanting to take part. Parents who have already participated have shared how much enjoyment both themselves and their child have got but also that they are continuing to use the recipes at home.

We would love to continue working with Phunky Foods and have encouraged other local schools to take part too".

Pastoral Manager – Georgina Brearley



"The work I have been doing with St Andrew's school has been extremely successful.. The parents have all been positive about the experience.

One family have started choosing one recipe a week, from the Phunkyfood website to cook together. It makes all the hard work that goes into prepping for the clubs

worth it to hear that the school and children have taken home lots of useful tips and resources.

I just wish I could do it with more families as it is such a fantastic tool to encourage them to take the healthy message into the home”.

Karen Cross - Engagement & Development Co-ordinator – Halifax



The PhunkyFoods Programme

CASE STUDY: Clifton Green Primary School, North Yorkshire

In partnership with

NESTLÉ for
HEALTHIER KIDS

Eleven children from Key Stage 2 at Clifton Green Primary School have taken part in a pupil cook club in Autumn term 2.

Over the weeks they have developed many skills including following food safety and hygiene rules, cutting using the claw and bridge techniques, measuring skills using spoon measures and measuring jugs, using a box grater safely and using a vegetable peeler safely. The children have also learnt about the Eatwell guide, the different food groups and where the ingredients they have used fit.

The children started in week 1 with the Phunkyfoods favourite Supercrunch and a fruit cheesecake. This introduced them to the claw and bridge technique.

The following weeks the children were able to pick the recipes that they would like to make. They chose pizza, smoothies, banana and oat cookies and chose to finish with cous cous as they were all intrigued as to what it was!



The children prepared the food at school and then took them home, alongside a recipe card with cooking instructions, to cook and eat. The children reported back the following week as to whether they enjoyed the recipe or not. Lots of the children tried new foods and surprised themselves when they found they liked it!

Feedback from the children and school after the final session was extremely positive and many have asked if they could complete the club again!

‘I enjoyed the pizza and my mum and I have made it at home again. I learnt how to grate a carrot and peel correctly’

'I have enjoyed making new recipes like pizza with yoghurt and cous cous. I like using new ingredients for foods I already like.'

'I enjoyed making the pizza and smoothies. I also like using the claw skill to cut'



'Children have grown in confidence with skills and their approach to trying new foods and flavours. They have also developed their understanding of the Eatwell guide. The pizzas were a huge success and the cheesecake was great too!'

Peter Murray, class teacher supporting the cook club

'I have really enjoyed delivering the cook club sessions and getting to know the children. They have told me how much they look forward to the sessions each week. Seeing the children develop their cookery skills and becoming increasingly confident to try new foods has been really rewarding. Hearing that families have recreated the recipes at home together shows the PhunkyFoods messages are being shared and the value the cook clubs have on children's cookery skills and confidence.'

Hannah Roberts, EDC York

Want to see more? Visit our website for other inspiring case studies from across the country!

Events coming up...

Energy Saving Week 2026 (19th - 25th January) a national campaign by [Citizens Advice](#) and the [Energy Saving Trust](#) to help households cut fuel bills through tips on efficiency, insulation, and financial support. It's a key event in January for promoting energy awareness, with various organisations providing resources on saving energy and combating fuel poverty.

Chinese New Year in 2026 falls on **Tuesday, February 17th**, marking the beginning of the Year of the Horse (specifically the Fire Horse), with celebrations lasting until the Lantern Festival on March 3rd, 2026. Spring rolls (Chun Juan in Chinese) are a popular food to help celebrate the Spring Festival of Chinese New Year, as they resemble bars of gold.

Children's Mental Health Week (9th- 15th February) organised by [Place2Be](#), with this year's theme "[This is My Place](#)," focusing on the importance of feeling a sense

of belonging in schools, communities, and homes, with resources available for download to help families, schools, and workplaces participate. takes place in the first week of February, a vital campaign focused on raising awareness about the importance of children and young people's mental health.

Recipe Spotlight:

Chilli Pork Noodles

With the Chinese New Year round the corner, we are championing one of our Asian inspired dishes from our PhunkyFoods [recipe bank](#).

Super quick to make, this delicious stir fry is packed with vegetables and is a great budget family dish too coming in at under £1 per serving.



You can throw in any vegetables that you have to hand - fresh or frozen; peas, sliced peppers, mushrooms, spinach, broccoli, carrots...

Keep it mild for younger children; spicing it up at the table by adding chilli flakes to taste for those with a more adventurous palate.

Find full details of the recipe [here](#).

A quick reminder on Website access...

There are loads of fantastic resources waiting for you in the **Members section** of our website, from lesson plans to activity ideas and more.

We've recently made a small update to the Members section layout—but don't worry, all the great resources are still there! If you have any trouble finding something, just give us a shout—we're happy to help.

 Log in at: www.phunkyfoods.com

Forgotten your school's username or password?

No problem—just give us a call at **01628 486800** or email us at **help@phunkyfoods.com**.

Remember: one login per school—feel free to share it with colleagues!



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