



This year's Healthy Eating Week message is “Find your healthier you!”

Whether that means having one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe or using up leftovers - Healthy Eating Week 2025 is all about finding a healthier you!

Key themes:

- Stay hydrated
- Know the facts
- Plan for success
- Make healthier choices
- Get moving
- Your goal

“Children are likely to adopt the same eating pattern as their parents, so it is important that the whole family adopts to a healthy lifestyle change. You can set a good example by eating healthier, meal preps and encouraging the whole family to do activities together”

British Nutrition Foundation (BNF)

[Healthier Families - Home - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families) Make a change today! Discover healthy recipes, food swaps, nutritional advice, and top tips and activities to help the whole family stay healthy.

[British Nutrition Foundation - Homepage](https://www.bnf.org.uk) Healthy Eating Week engages schools, teachers and children with the importance of eating healthily and sustainably every June since 2013.

[Eating a balanced diet - NHS \(www.nhs.uk\)](https://www.nhs.uk/eating-a-balanced-diet) Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.

[Snack-tember 2025 | British Nutrition Foundation](https://www.bnf.org.uk/snack-tember) healthy snack ideas.

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy