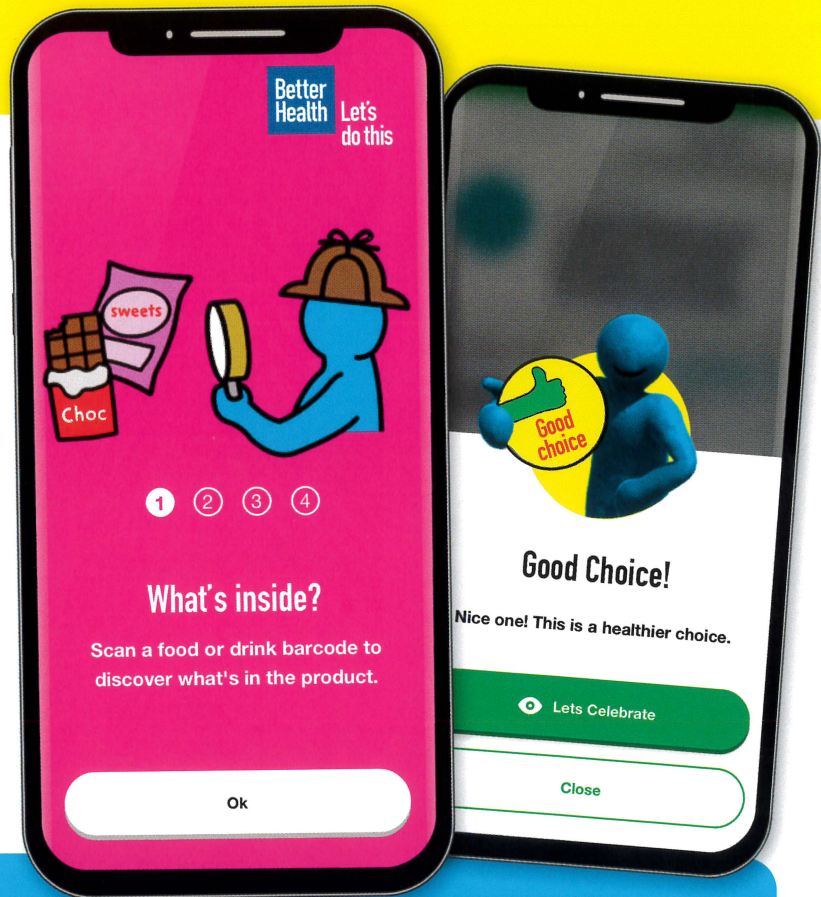


Dear headteacher,

Research shows that nearly 28% of pupils in Reception are overweight or obese, rising to over 40% of pupils in Year 6.¹ The **NHS Food Scanner app** makes it easier for families to find healthier food and drink options. We have enclosed a **class set of take-home nutrition leaflets** to inspire pupils and their families to make healthier swaps at home.



Getting all your pupils involved is easy:

- 1 Order more free leaflets**

You can send all pupils home with the leaflet by simply ordering more - you'll also receive some fantastic **free classroom display assets including an Eatwell Guide poster.**

Call: **0300 123 1002**

Email: **foodscanner@prolog.co.uk**

Order via our website:
campaignresources.phe.gov.uk/schools/resources/food-scanner-app

- 2 Download our new Scan, Swipe, Swap resources**

Our new, curriculum-linked, healthy eating resources are filled with fun ideas that will use the excitement of the NHS Food Scanner app to encourage young people to explore what's in their food and make healthier swaps.

Search: **School Zone/healthy eating**

Don't forget to sign up to the School Zone to be the first to hear about our new flexible and free resources. Simply search **School Zone/healthy eating.**

Wishing you a happy and healthy new year,

The Better Health Team
partnerships@phe.gov.uk

"I really like the resources and feel they have a positive impact on the healthy eating habits of children. I think the inclusion of app technology is effective in making this relevant for children and will help them take a healthier approach into their teenage years and beyond."

C Mortimer, Hurst Primary School