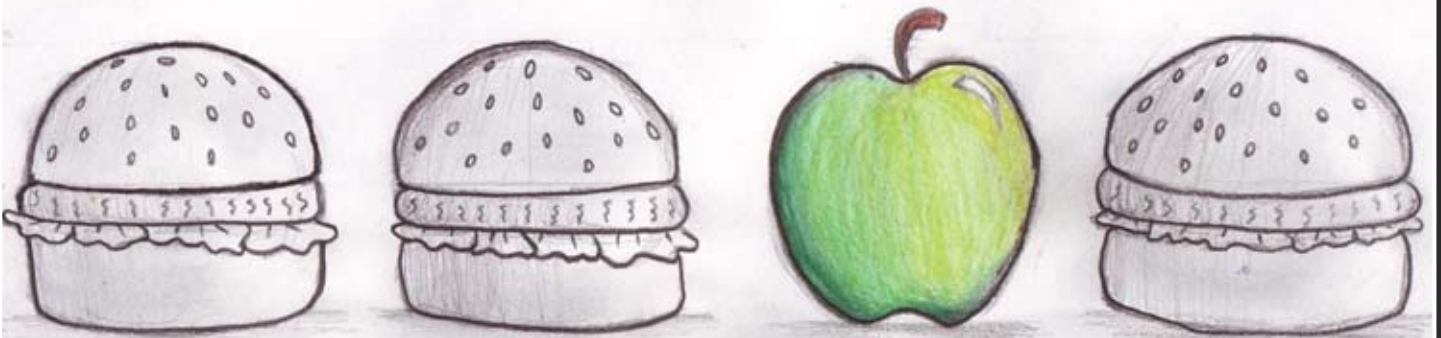


IT'S GOOD TO BE



DIFFERENT.

## Borders Healthy Eating Toolkit for Youth Groups

# Borders Health Eating Toolkit

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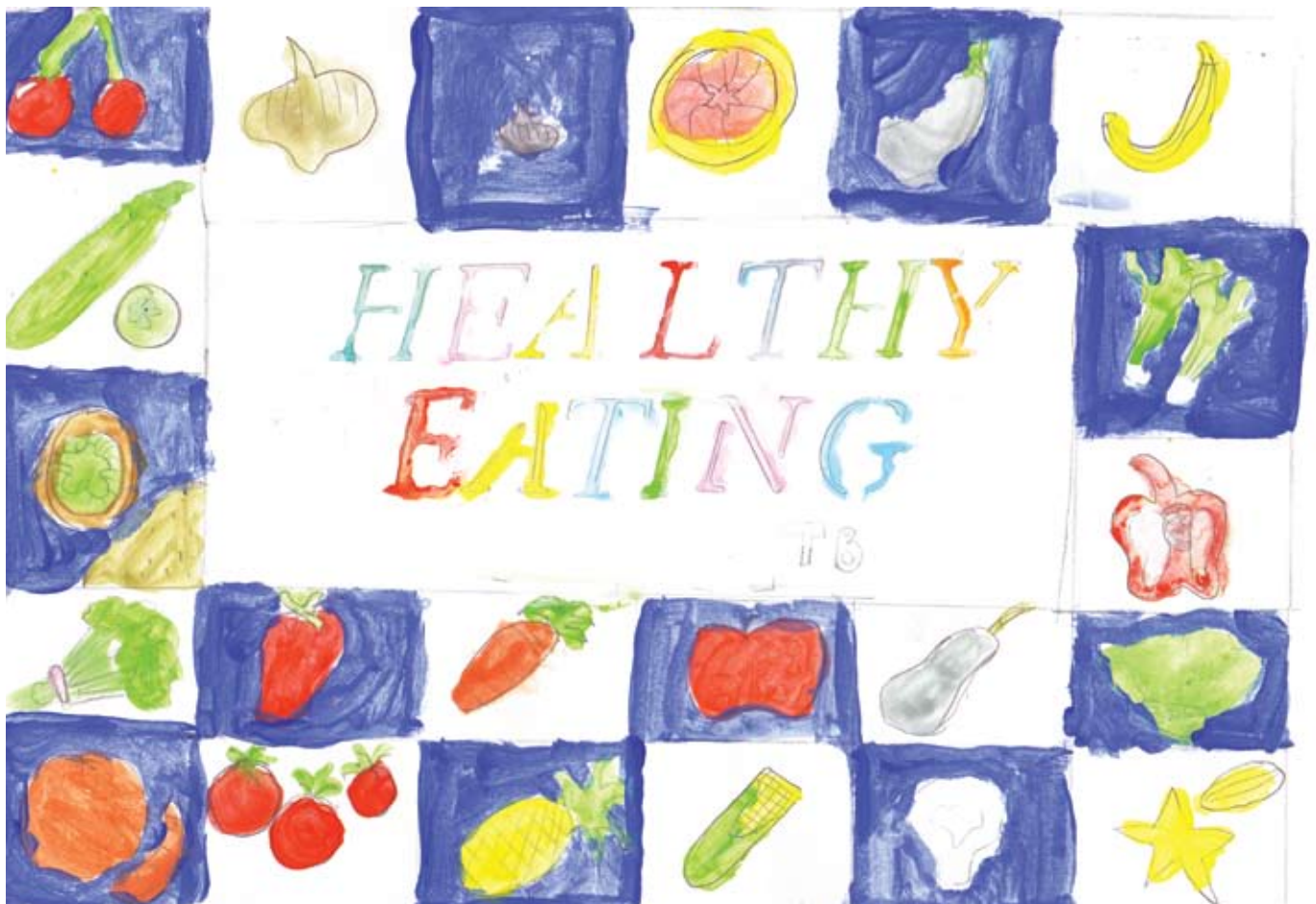
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The front cover was designed by : Meg Johannessen 2C1 Peebles High School

A working group from Scottish Borders Council and NHS Borders has produced this resource.

## Introduction

The school years provide a unique opportunity to positively influence and affect children's behaviour. Since young children have a limited capacity for food at each sitting, smaller meals with nutritious in between meal snacks is the best way of meeting nutritional needs. Snacking and grazing are a common way of eating for many young children. Tuck shops are just one way to meet nutritional needs, encourage children to try new foods, incorporate healthier foods into every day eating and put into practise the information learnt in class.



*Emma Crozier - Peebles High School*

## The Benefits

Tuck shops have traditionally sold a selection of high fat, high sugar and high salt foods. However they don't have to sell unhealthy products and by selling healthier alternatives can be a route through which healthy eating habits can be established.

Childhood obesity and overweight is now the most common disorder of childhood and adolescence. Rates of childhood obesity and overweight in the UK have doubled over the last 20 years. There are a number of adult consequences associated with childhood obesity which have an impact on quality of life. Obese and overweight children and young people have a greater risk of becoming overweight or obese as an adult.

"It is important because if I eat healthy I will be more active etc".

"It is very important to me because it can lead to a healthier body and a healthy heart, and could help keep you fit."

"I don't eat really healthy, so I feel really bad, I'd like to be introduced to new healthy food."

"It will help lead to a healthy balanced diet and good for my heart."

"It's made an impact to me because before I couldn't be bothered to eat healthy, now however I've found out that healthy food is easy."



Stacey Grieve - Philiphaugh Community School, Selkirk

## The current situation

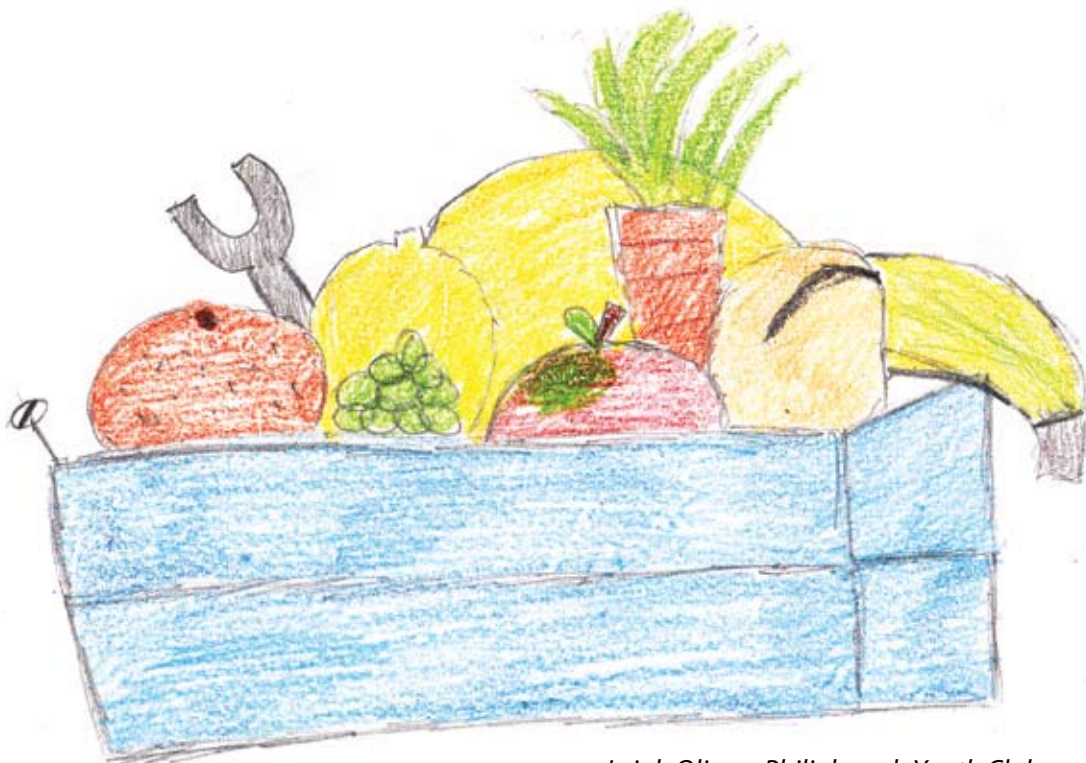
As part of a joint venture with NHS Borders Health Promotion Department and Scottish Borders Council Community Learning and Development an audit of tuck shop provision within community youth groups was carried out, with the following responses:

- Ninety percent of those completing the audit had a tuck shop
- The products sold varied between healthier fruit, smoothies, toasties etc to less healthy fizzy drinks or confectionary items. Fruit seemed to be highlighted as the healthy option
- When asked to rate their tuck shop between 1 and 10 with 1 being unhealthy and 10 healthy the average score was 5. However scores did range from 1-10

Therefore although some groups may feel that their tuck shops are healthy it is clear that there is still work to be done to improve the overall healthiness of tuck shops within youth groups in the Borders.

## What style are you planning?

Styles of tuck shops vary and you will need to think about what style you are planning. It may be easier starting a healthy tuck shop from scratch, as young people will not be used to buying sweet or fatty foods from the tuck shop. If you are considering changing to a healthy tuck shop you may want to do this as a step change. A good start would be to reduce the type and number of less healthy snacks on sale, at the same time as introducing and promoting healthier items. It would be a good idea to involve the young people in the discussions on reducing the less healthy snacks.



*Leigh Oliver - Philiphaugh Youth Club*

## Getting started

There is quite a lot to consider when starting out with your new tuck shop. The following pages will help you find solutions to the problems.

### Needs assessment

Planning a new tuck shop requires some background information e.g.:

- What items will sell?
- How much money the young people are willing to spend
- How many young people will be using the tuck shop

This can be done through a quick survey of young people's thoughts. It is a good idea to get the young people involved. They are more likely to use the tuck shop if they are involved in the planning or running of it.

### Who will run it?

A lot will depend on the size of your youth group but ideally young people themselves.

### Young People

Tuck shops can lend themselves to enterprise based work to include business skills, food hygiene skills, health promotion experience, ownership and team working. Young people being involved can increase self-esteem and confidence and can help to develop skills such as customer service and marketing. This may mean that the young peoples committee takes on the responsibility of running the tuck shop.

Some examples of what young people can be involved in:

- Ordering and stock control - buying the goods
- Manning and managing opening times
- Cash handling

It would be very easy and a good piece of youth work to allow the young people themselves to wholly run their own tuck shops, the learning and experience gained can only benefit them in future careers especially if they decide to go into retail or hospitality careers. Within the audit carried out among youth groups, 70% involved the young people in the running of the tuck shop, usually in selling the products rather than purchasing.

### Volunteers

You may already use your volunteer helpers to the maximum in youth group activities and you may find it difficult to ask again for their regular assistance with the tuck shop. But, if you are lucky enough to persuade enough volunteers that it is worthwhile, they will enjoy the banter and the fact that they are contributing to the success of the tuck shop and the health of the young people.

With enough volunteer helpers a committee could be formed including a paid staff representative, with a chairperson, secretary and treasurer this can help spread the load. The young people could also be involved in this committee if they are unable to run the tuck shop on their own. Regular meetings to discuss the "menu" and the way forward are helpful to all. Parents and volunteers can help by baking, shopping, donating fruit from their gardens and fund raising in different ways.

## Youth Group Workers

Can you afford an hour a day of worker time for food preparation, serving and clearing up? Probably not as most youth workers only have capacity for the face to face work, but could and should be encouraging the young people to take on the responsibility, as well as looking at food hygiene training for those involved.

## Finance

The tuck shop will require financial input from the start. Often grants are available to assist with start up costs e.g.: **Borders Community Food Grants**. These grants are available on an annual basis for groups contributing to the health of their community by promoting healthier food choices. They are usually available from October. See Health Promotion Department at NHS Borders for further information.

**Community Food and Health Scotland Small Grants**. These national grants are again available on an annual basis for community groups promoting healthier food. They are usually available from April. See Community Food and Health Scotland for further information.

Local firms could be approached - they may welcome the publicity.

## Can the tuck shop be self-sufficient?

You also need to think how much you are going to charge the young people. There is no reason why the tuck shop should not be profitable. But remember you do not want to make a loss so always cost out what you are serving to make sure you charge enough to cover it.

The audit carried out amongst youth groups across the Borders found that most charge between 5-50p per item. However there were number of different ways that the costs were arrived at:

- 4 items for a set price
- Free
- Sold at retail
- Discussions of what young people feel is a fair price between cost and RRP
- Reduced/free healthier items e.g. fruit
- Cost price



Rachel Crozier - Peebles High School

You may want to put a price on each item but a tried and tested simple method is to charge the same amount each day whatever is on offer.

## Where will the tuck shop be situated?

Ideally, the tuck shop should be placed where the bulk of young people will be passing or gathering. That way you can attract their attention. The front entrance/foyer is a good place. But remember to make sure there is plenty room for queuing and the tuck shop is not causing a fire hazard. Ideally there should be a sink nearby for washing hands

## Storage and Preparation

Plenty of storage is essential, ideal places are an empty cupboard that is clean and dry. You will also need access to preparation space if you intend to chop fruit or prepare toast etc and all surfaces need to be cleaned every time you are preparing food. A spare table that is kept solely for the tuck shop would be ideal. ***Training for anyone handling fresh food is a requirement in law.***

If you intend selling products that need to be refrigerated then you will need to purchase a fridge and you will also need space for it to be kept.

## Equipment

Equipment needed depends on what you want to sell in the tuck shop. The following items could be useful:

- Plastic chopping boards - provide colour coded for raw food including raw fruit and vegetables and ready to eat food
- Knives
- Scissors
- Disposable aprons and plastic gloves
- Paper towels/napkins
- Paper or plastic food bags
- Clingfilm/tin foil
- Plastic bowls or containers for displaying food and for storage
- Plastic bowls/cups/straws
- Cutlery/tongs
- Money tin
- Hand soap
- Washing up liquid
- Waste/refuse bin for food waste



## What to Provide

Choosing what to sell in the tuck shop is dependant on a number of factors, storage, costs, staffing, funding, access and availability etc. This section provides a guide to gauging the suitability of food and drink items for inclusion in a healthy tuck shop. When choosing any tuck items please check the nutritional label for their nutrient content. Most products provide nutrition information per 100g.

The Food Standards Agency states that in 100g of food:

	This is a LOT	This is a LITTLE
Fat*	20g	3g
Saturated Fat	5g	1g
Sugars	10g	2g
Sodium	0.5g	0.1g
Salt	1.25g	0.25g
Dietary Fibre	3g	0.5g

\*Food products under 5g per 100g can be labeled as "low fat"

Use this table as a guide. The closer to the little figures the more suitable an item will be, with the exception of dietary fibre where the content should be closer to the higher (a lot) figure.

### For example:

Packet of Mini Cheddars

Ingredients: wheat flour, vegetable oil, dried powdered cheese (12%), sugar, glucose syrup, salt, dried whey, malt extract, raising agents (ammonium bicarbonate, sodium bicarbonate) lactic acid, natural flavoring, pepper extracts

#### Nutrition information (per 100g)

Energy	2161 (KJ) 517(Kcal)
Protein	10.8g
Carbohydrates	50.9g
of which sugars	4.6g
Fat	30.0g
of which saturates	11.9g
Fibre	2.5g
Sodium	1.0g



Hannah Dickinson - Peebles High School

From the above information you can see that this product is high in fat, saturates and sodium. This would not be recommended as a healthy snack

## What to sell

The following shows a list of products which should be considered for sale on a regular basis.

- Fresh fruit** - whole or chopped, a good variety
- Vegetables** - cherry tomatoes, carrot sticks, cucumber pieces etc
- Bread products** - toast, bread sticks, rolls, bagels, scones, oatcakes, plain popcorn, toasties with a low-fat filling
- Dairy products** - low fat, low sugar yoghurts/fromage frais
- Drinks** - plain water, fresh fruit juice (100% Juice), fruit smoothies, semi-skimmed milk



Hannah Dickinson - Peebles High School

The following shows a list of products, which would be considered suitable for sale on a less regular basis e.g. monthly, alternating products each week/session.

- Crisps** - lower fat, lower salt, higher fibre varieties or the equivalent rice/corn snacks
- Cheese** - mini portions e.g. baby bel
- Drinks** - flavoured water, yoghurt drinks

Healthier home baking (hint: you could make some of your own – but this must be on the premises under the supervision of an adult with an Elementary Food Hygiene Certificate).

Any margarine, butter or spreads used should be high in monounsaturates or polyunsaturates and low saturated fat.

It is probably best to avoid nuts or products containing nuts, due to the possibility of allergies.

The following foods **would not** be considered suitable for sale in a healthy tuck shop and **should be phased out as soon as possible**:

- Chocolate, sweets and chews
- Ordinary crisps
- High sugar high fat cereal bars
- Fizzy and diet fizzy drinks
- Fruit juice drinks



Lewis Grandison - Peebles High School

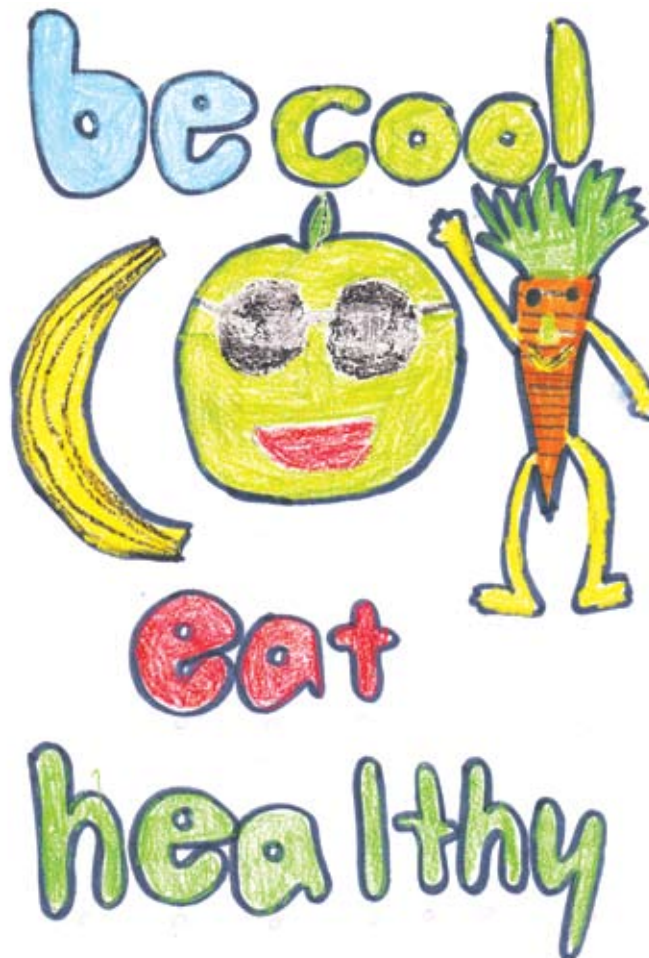
## Purchasing

Where you purchase the products from depends on the circumstances in your group – where the group is situated, who buys the products, what type of product you are providing, storage and equipment etc. Most responses to the local audit stated that they bought their products at the Cash and Carry or Supermarket.

## Allergies

Foods commonly associated with allergies are milk, wheat, peanuts, fish, Soya, eggs, shellfish, citrus fruits, strawberries, kiwis, seeds and nuts. A wide range of symptoms can occur when a young person is exposed to an allergen in food, ranging from a mild reaction to a very rapid and severe response. Remember that some allergens may be ingredients in a food product that you might not expect it to be in so check labels carefully. It is essential that you are aware of any young person in your care who has a food allergy and the appropriate care and action should be taken e.g. avoid having the food/ingredient in the youth group.

If you do decide to use products that someone has an allergy to then use separate cutting boards for different foods, avoid mixing foods e.g. fruits, thoroughly wash equipment between foods and have separate, preferably disposable, wiping cloths.



*Stephanie Grieve - Philiphaugh Youth Club*

## Oral Health

### Sugar in Snacks

It is important to reduce the frequency of sugary foods and drinks between meals. This is because the number of times sugar passes through the mouth is more important, in relation to dental decay (caries), than the amount consumed.

Therefore foods consumed as snacks should be low in sugar or sugar free.

Sugar that is added to foods and drinks during processing, manufacturing or preparation and products that are essentially a mix of different sugars all have the potential to cause dental decay. These types of food are not advised between meals as a snack.

### Examples of these types of sugar are:

- Glucose; Sucrose; Fructose; Maltose; Glucose Syrup
- Maple Syrup; Golden Syrup; Treacle; Honey; Brown Sugar
- Maltodextrin: Hydrolysed Starch

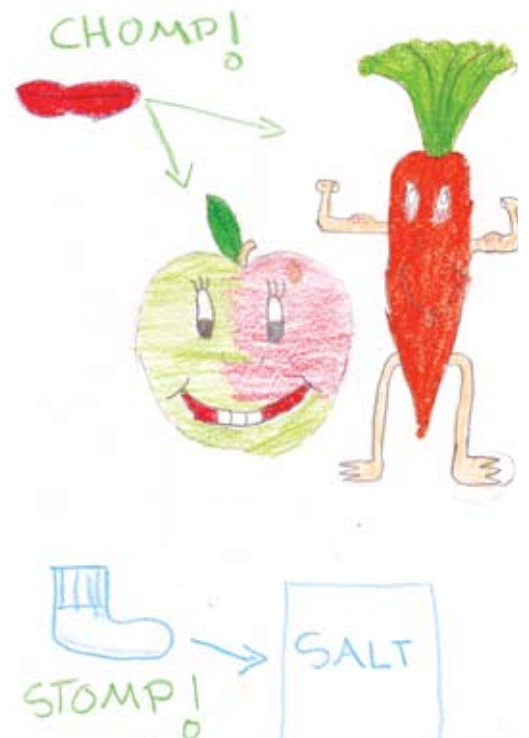
Concentrated fruit juices and dried fruits also have high concentrations of naturally occurring sugars. Whilst these are included within the "5 a day" message, from a dental point of view, frequent consumption especially between meals could increase the risk of dental decay.

### Erosion

Erosion (loss of enamel) is a problem with high intake of all carbonated drinks, fruit juices and fruit juice drinks. This problem is made worse when these types of drinks are taken through "sports top bottles" as they increase the likelihood of erosion occurring and also the severity of the erosion that occurs.

### Oral Health Messages

1. Toothbrush twice a day for at least 2 minutes using a fluoride toothpaste that contains 1000 parts per million (ppm) of fluoride
2. "Spit don't rinse" after toothbrushing
3. Reduce the frequency of sugary foods and drinks consumed
4. Visit your dentist regularly



Gemma Milton- Philiphaugh Community School

## Food Safety and Hygiene

When setting up a healthy tuck shop you need to consider the type of tuck shop you are going to provide and how to have a safe system in place.

- You will need to ensure that at least one of the adults involved in food preparation or supervision in the tuck shop whether community worker or volunteer has received since 1996 the Elementary Food Hygiene Certificate from the Royal Environmental Health Institute of Scotland (REHIS) or equivalent. The Food Team at Scottish Borders Council (see contacts) run Elementary Food Hygiene Courses throughout the Borders which involve 2x3 hours sessions followed by a third session to take a 30 minute multiple choice examination. **To book on a course contact the Food Team at 01896 662706 or see SBC website, [www.scotborders.gov.uk](http://www.scotborders.gov.uk)**
- BC Consultants/Border College run similar courses throughout various locations in the Borders
  - See contacts
- Young people involved in food preparation should be aware of basic food hygiene and be supervised at all times
- All persons working in the tuck shop must wash their hands prior to handling food or equipment and must wear suitable protective clothing and have hair tied back or covered. Hair nets are recommended
- Washing facilities including antibacterial liquid soap (or bactericidal) and paper towels must be provided
- Washing facilities for equipment and utensils must include hot water and bactericidal (not antibacterial) washing up liquid and water for a hot rinse
- Equipment and utensils when not in use should be stored in a clean environment where the equipment is not at risk of contamination. Lidded, washable containers are recommended
- Toast, cereal, fruit etc – check dates, and reject contaminated or damaged packaging
- Provide suitable easily washable and sufficient storage equipment
- The fridge must be kept between 1 and 4 degrees C and must be cleaned regularly
- Foods to be rotated properly, storage sufficient that new products are put into fresh containers and don't top up existing food
- Washing facilities for food – is the cold water direct from the mains
- Avoid cross contamination in the fridge – raw food stored below ready to eat food. All foods covered
- Chopping boards – provide colour coded for raw including raw vegetables and ready to eat food
- Provide the right equipment which is easy to clean and will allow safe handling i.e. Tongs, utensils, disposable plastic gloves, so that you can serve food without directly handling it. Develop no touch techniques
- Be allergy aware and don't guess if asked

## Promotion and Marketing

There are loads of ways to promote and market your healthy tuck shop, and this ensures that young people, parents/carers and staff are all aware of what is happening and how they can help to make it successful.

What is most important is to involve the young people themselves from the earliest stage. This not only gives them a sense of ownership which contributes to the success of any new project, but also helps them to develop business and health promotion skills.

### Initial promotion ideas:

- Run a competition for young people to design a poster promoting the new healthy tuck shop
- The winning entry should be printed and posters displayed around the youth group
- Task a group of young people to compile information on how the tuck shop works, costs etc. Decrease winning poster design to A5 and print flyers with this information on the back to be sent out to the other young people and parents/carers
- Young people could write an input for the youth club welcome book
- Support young people to organise a 'launch' for the first day

### Ideas to keep momentum going:

- Always have new promotions. Eg. 'Buy one, get one free' days, or 'buy x, get y free', 'spend £x, get y free', 'attend 4 days, get 5th free'
- Link foods to specific months or local, national or international events. Eg. 'Mad March Muffins', 'Burns Oatcakes', 'Autumn Apples'
- Give certificates or awards for healthiest member in youth groups, or have a 'healthiest member' board where young people's names and photographs go on the wall
- 'Tuck shop tokens' given to members who have excelled
- Support young people to organise a 'healthy tuck shop stand' for a local event/common riding
- Organise a 'free day' where parents can come along to sample the products

## Monitoring and Evaluation

### Monitoring sales:

- Determines what is popular and what isn't, helping you in ordering new stock
- Enables you to determine how many young people are using the tuck shop, and if new/enhanced marketing may be needed
- Enables you to keep an eye on the quality of products being sold

**Evaluation** is essential to determine the success of the healthy tuck shop. Member and parent/carer questionnaires as well as focus groups or member councils can all be used to evaluate its success and influence changes or improvements.

What young people and community workers say about their tuck shops

"I tried the fruit kebab it went really well because it was easy to make and it was healthy"

"Fruit kebab, it tasted so good and was really healthy"

"Getting the choice on what to buy for tuck times to help us stay healthy"

"It has made me realise that you can make healthier and more interesting treats"

"I think the tuck could be improved by having fruit etc."

"Free fruit at tuck time, strawberries, apples"

## Recipes

### Tortilla Pizza - Serves 2 - 3

#### Ingredients

- 1 packet tortillas
- 1 box tomato passata
- 1 packet grated mozzarella Cheese
- 1 tsp mixed or Italian herbs

#### Method

1. Place a tortilla on a large baking sheet
2. Spread the passata over thinly and sprinkle on cheese
3. Place another tortilla on top and repeat (you can make as many layers as your like)
4. Sprinkle the herbs over and bake in oven (200C) for 10 minutes or until cheese is golden brown)

You can also have other toppings i.e. mushrooms, onions, peppers



### French Bread Pizza – Serves 4

#### Ingredients

- 2 French bread rolls, split open
- 1 small tin chopped tomatoes
- 1 teaspoon dried mixed herbs
- 85g half fat cheddar cheese
- A small pinch of pepper

#### Method

1. Preheat grill
2. Toast the rolls lightly on both sides
3. Spread the tomatoes over the top of the toasted bread
4. Scatter with cheese, divided equally between the 4 portions
5. Place under the grill and cook until cheese is bubbling

## Banana Muffins - Makes 12

### Ingredients

300g plain flour  
 1 tsp (5mls) baking powder  
 1 tsp (5mls) bicarbonate of soda  
 60g white granulated sugar  
 1 egg  
 3 large well ripened bananas – peeled and mashed  
 60 mls water  
 90 mls melted low fat spread



### Banana Oatmeal Muffins

Reduce flour to 240g and add 60g rolled oats to the wet mixture

### Method

1. Prepare muffin tins, preheat oven to 190°C/375°F/Gas 5
2. In a large bowl, sift together flour, baking powder, and bicarbonate of soda
3. In another bowl, mash bananas thoroughly and stir in sugar, egg, water and low fat spread (add porridge oats if using)
4. Pour all the wet mixture into the dry mixture. Stir until combined. The batter will be lumpy, but no dry flour should be visible. Do not over stir
5. Spoon into muffin cases and bake for about 20-25 minutes until the tops are lightly browned and spring back when pressed gently

## Berry Muffins – Makes 12

### Ingredients

250g plain flour  
 1 tablespoon baking powder  
 100g castor sugar  
 75g chilled margarine, chopped  
 1 medium egg, beaten  
 175ml semi-skimmed milk  
 175g raspberries, blueberries or blackberries or a mixture of all three

Carrot and Nut Muffins (beware of nut allergies)

Replace berries with 100g of grated carrot and 50g of chopped pecan or walnuts. Add tsp of mixed spice to flour

### Method

1. Pre-heat oven to 200C/400F/Gas mark 6
2. Sift flour and baking powder into a large bowl
3. Stir in sugar and margarine
4. Mix egg and milk into dry ingredients until just blended, it's okay if it's lumpy – it should be
5. Add some extra milk if the mix is quite dry
6. Add in fruit and mix gently so as not to crush it too much
7. Spoon muffin mix into 12 paper case lined or non-stick muffin tins
8. Bake for 20-25 minutes or until firm to touch and golden

## Fruit Smoothie Recipes

Making a smoothie couldn't be easier – just prepare your ingredients, throw them into a blender and press 'on'.

### Summer Refresher

- $\frac{3}{4}$  pineapple
- 1 handful raspberries
- 5-6 fresh mint leaves
- 8 tablespoons (120ml) pineapple juice

A tropic-temperate blend of fruits lifted even higher with the refreshing mint.

### Pineberry

- $\frac{1}{2}$  pineapple
- 1 handful cranberries
- 1 handful strawberries
- 8 tablespoons (120ml) pineapple juice

The sharp taste of the cranberries is well balanced by the sweetness of all the other ingredients.

### Peachy Strawbs

- 2 handfuls of strawberries
- 3 peaches (or nectarines)
- Juice of 1 lime
- 8 tablespoons (120ml) orange juice

Summer delight in a glass, and laden with antioxidants for better immunity and healthy skin.

### Peach Melba

- 3 peaches (or nectarines)
- 1 banana
- 1 handful raspberries
- 10 tablespoons (150ml) apple juice

An exquisite combination bursting with energy and taste.

### Strawberry Smoothie – makes 4 glasses

- 16 strawberries (fresh or frozen)
- 1 banana
- 700ml semi-skimmed milk
- 200ml low fat strawberry yoghurt or natural yoghurt
- 6 ice cubes (optional)



## Popcorn Recipe

### Ingredients

A popcorn pan or a large saucepan with a lid

Popcorn kernels

Tablespoon of olive oil

### Method

1. Put about a tablespoon of olive oil in your pan with a handful of popcorn kernels
2. Put a lid on the pan then put the pan on the hob over a medium heat. When you hear the kernels start to pop, you should turn the handle of the popcorn pan or shake the saucepan with the lid on
3. Once the popping has definitely stopped turn off the heat and carefully open the pan



## Oatie Raspberry Slice – Makes 20

### Ingredients

225g self raising flour

165g low fat spread

180g rolled oats

150g caster sugar

340g raspberries, fresh or refrosted

### Equipment

9 x 13 swiss roll tin

### Method

1. Put the flour in a bowl and roughly rub in low fat spread. Stir in the oats and sugar and rub in a little more
2. Grease a swiss roll tin and press half the mixture into the tin
3. Squash the raspberries slightly then scatter over the top of the mix. Cover with the remaining mixture and press down firmly
4. Bake in a preheated oven at 190C for 20-25 minutes or until golden brown
5. Leave to cool for 10 minutes then cut into square

## Working Group

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Aileen can be contacted for the types and variety of foods and drink to offer at the tuck shop and for information pertaining to training in food and health, including the REHIS Elementary Food and Health Course

### **Aileen Richardson**

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Aileen can be contacted for help, information and resources regarding oral health issues

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Ron can be contacted or advice on all aspects of food safety and hygiene

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Currie Road  
Galashiels  
TD1 2UA  
Tel: 01896 663736

**Dental Enquiry Line 0845 300 0930**

Open to all who may require dental care or advice

**Borders Emergency Dental Services (BEDS) 08454 242424**

Operates  
Monday to Friday 6pm to 8am  
6pm Friday to 8am Monday (24 hr)

**Community Food and Health Scotland  
C/O Scottish Consumer Council**

Royal Exchange House  
100 Queen Street  
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Tel: 0141 226 5261  
[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

**Food Standards Agency**

[www.food.gov.uk](http://www.food.gov.uk)

**Health Education Trust**

[www.healthedtrust.com](http://www.healthedtrust.com)

**Healthy Living**

[www.healthyliving.gov.uk](http://www.healthyliving.gov.uk)

**British Nutrition Foundation**

[www.nutrition.org.uk](http://www.nutrition.org.uk)

**Food Commission Research Charity**

[www.chewonthis.org.uk](http://www.chewonthis.org.uk)

## Further Reading

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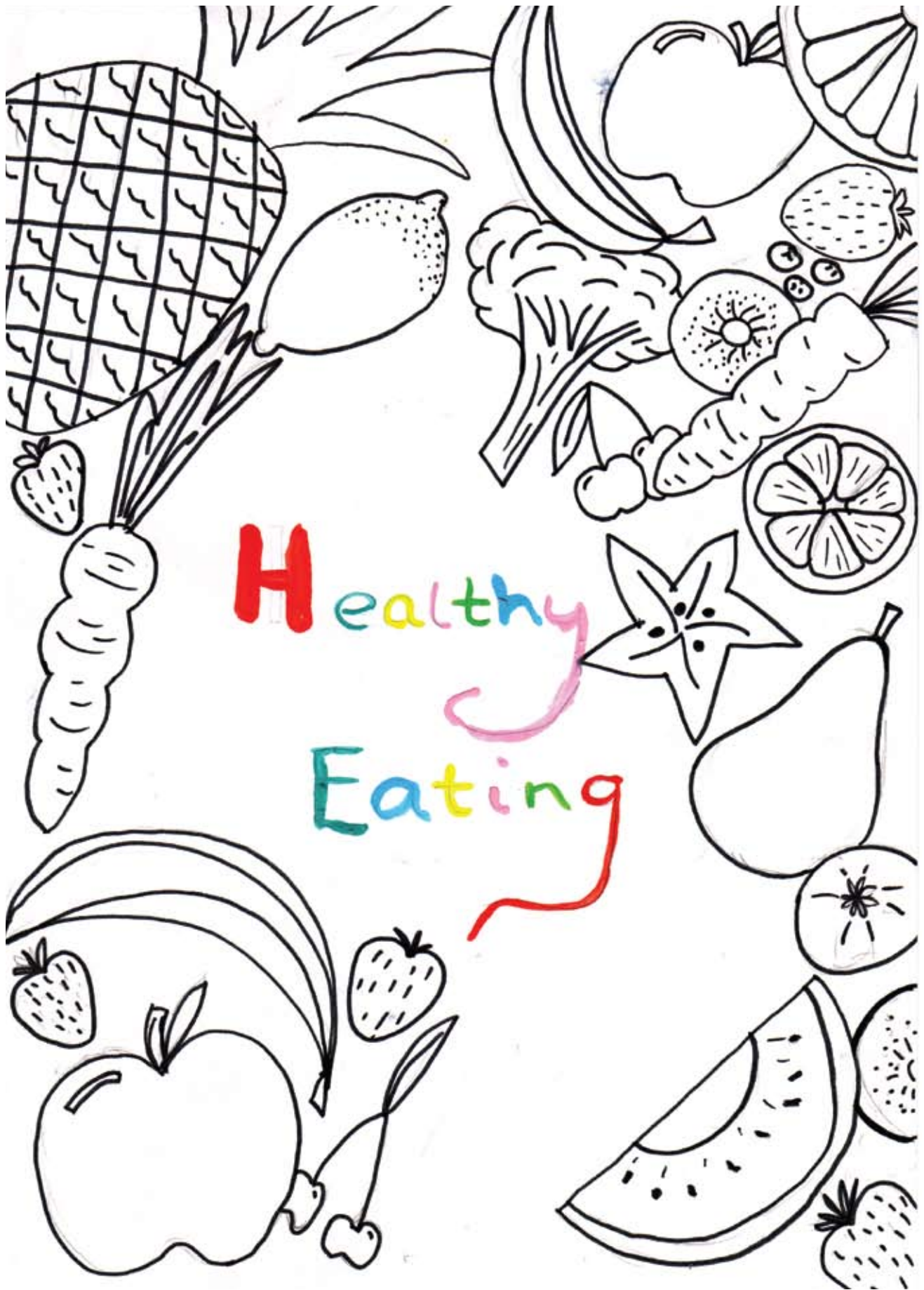
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