



Havering
LONDON BOROUGH

Why Veggie Run?

- One fifth of our five year olds have dental decay
- One in five of the borough's children start school overweight or obese
- By Year 6, one in three children are either overweight or obese

How does an app promote healthy eating and sports activities?

- Research evidences educational digital apps which are goal based helps young people to achieve the most of digital media.
- Veggie Run is just one part of a programme, that operates in conjunction with education, school menus, sports activities and prizes.



Veggie Run and partner organisations



the CRUNCH BUNCH

WEEK 1

Week Commencing: 16/04/2018, 07/05/2018, 04/06/2018, 25/06/2018, 16/07/2018, 17/09/2018, 08/10/2018

Monday

Pork Sausages with Mash Potato
Cheesy Leak Pasta
Tuna & Sweetcorn Baguette
Peas
Baked Beans
Frozen Yoghurt

Tuesday

Marinated Chicken Tikka with 50/50 Rice
Sticky Quorn Sausage with Potato Wedges
Cheesy Tomato Pasta Pot
Broccoli
Sweetcorn
Banana Sponge with Custard

Wednesday

Roast Gammon with Roast Potatoes and Yorkshire Puddings
Vegetable Fingers with Roast Potatoes and Yorkshire Pudding
Topped Jacket Potatoes
Cauliflower
Organic Carrots
Fruit Jelly

Thursday

Chicken Fajita with Vegetable Rice
Homemade Cheese & Tomato Pizza with Pasta
Ham Baguette
Corn on the Cob
Green Beans
Marble Cake with Custard

Friday

Fish Fingers with Oven Baked Chips
Sweet Potato Korma with 50/50 Rice
Cheesy Tomato Pasta Pot
Peas
Baked Beans
Lime & Courgette Muffins

Fruit, yoghurts, cheese and crackers available daily!

Week Commencing:

WEEK 2

23/04/2018, 14/05/2018, 11/06/2018, 02/07/2018, 03/09/2018, 24/09/2018, 15/10/2018

Monday

Organic Beef Burger in a Wholemeal Bun with Potato Wedges
Vegetable Burger in a Wholemeal Bun with Potato Wedges
Cheesy Tomato Pasta Pot
Corn on the Cob
Peas
Artic Roll

Tuesday

BBQ Chicken with Diced Potatoes
Homemade Cheese & Bean Puff with Diced Potatoes
Egg Mayonnaise Baguette
Broccoli
Cauliflower
Pear & Peach Sponge with Custard

Wednesday

Roast Chicken Fillet with Roast Potatoes and Yorkshire Pudding
Roast Quorn Fillet with Roast Potatoes and Yorkshire Pudding
Topped Jacket Potato
Cabbage
Organic Carrots
Lemon Cookie

Thursday

Mediterranean Fish with Lemon CousCous
Homemade Cheese & Tomato Pizza with 50/50 Pasta
Tuna & Sweetcorn Baguette
Sweetcorn
Mixed Pepper Medley
Mandarin Sponge with Custard

Friday

Battered Fish Fillet with Oven Baked Chips
Cheesy Stack Wrap with Oven Baked Chips
Topped Jacket Potato
Baked Beans
Mixed Vegetables
Strawberry & Caramel Muffin

Unlimited salad & vegetables!

Monday

Hot Dog with Potato Wedges
Veggie Hot Dog with Potato Wedges
Cheesy Tomato Pasta
Corn on Cob
Green Beans
Pineapple Iced Smoothie

Tuesday

Sticky Chicken with Diced Potatoes
Macaroni Cheese
Topped Jacket Potato
Broccoli
Baked Beans
Vanilla Sponge with Custard

Wednesday

Roast Turkey with Roast Potato and Yorkshire Pudding
Vegetarian Sausage Roll with Roast Potatoes and Yorkshire Pudding
Cheesy Tomato Pasta
Organic Carrots
White Cabbage
Tofee Muffin

Thursday

Breaded Chicken Bits with Potato Wedges
Quorn Sausage Paella
Ham Baguette
Sweetcorn
Mixed Vegetables
Peach Melba Sponge with Custard

Friday

Lemon Cumb Salmon Fillet with Oven Baked Chips
Homemade Cheese & Tomato Pizza with Oven Baked Chips
Topped Jacket Potato
Peas
Cauliflower
Pancakes with Lemon

WEEK 3

Week Commencing: 30/04/2018, 21/05/2018, 18/06/2018, 09/07/2018, 10/09/2018, 01/10/2018




Download Having's free app to win prizes for pupils and schools

Join the healthy fun run



RESULTS

- School catered meal uptake increased by 14 percent
- An additional 136,363 meals purchased
- 2018 Marketing Campaign of the year at  LACA
Lead Association for CAtering in Education
- 65% of primary and junior schools actively promote the app and campaign
- Isa, aged 9, said:
“This game helps you understand which foods are unhealthy.”

NEXT STEPS



FOUNDATION



- **Franchise opportunities**



Havering
LONDON BOROUGH

THANK YOU

ANY QUESTIONS?



PRESENTED BY DENNIS BREWIN



Havering
LONDON BOROUGH