



Living Well North Tyneside

Supporting Health and Wellbeing

Healthy Eating Week 2025 runs from **Monday 9th to Friday 13th June** and is organised by the **British Nutrition Foundation (BNF)**. This national campaign empowers schools, workplaces, families, and local communities—like those in North Tyneside—to build healthier habits around food, hydration, activity, and curiosity.

Although the BNF is shifting towards its new month-long “Snack-tember” initiative from September 2025 onwards, Healthy Eating Week still plays a vital role in June, offering resources and support for wellbeing-focused environments.

What Is Healthy Eating Week?

Since its launch in 2013, Healthy Eating Week has promoted healthier living through practical measures:

- Eating well-balanced meals
- Staying active and hydrated
- Developing cooking skills
- Exploring new foods
- Building positive relationships with food

It's about encouraging small, manageable changes—backed by BNF's clear daily themes, guides, lesson plans, and activity suggestions.

Daily Themes: Focused on Lasting Healthy Habits

Each day of the week emphasises a simple, powerful habit:

- **Monday – Know the Facts:** Bust myths and build awareness around healthy eating.
- **Tuesday – Make a Healthier Choice:** Choose wholegrains, lean proteins, fruits and vegetables.
- **Wednesday – Plan for Success:** Encourage meal planning, batch cooking, or packed lunches.
- **Thursday – Be the Chef:** Learn simple recipes, basic skills, and cooking with seasonal produce.
- **Friday – Keep Moving:** Incorporate daily movement—walking, gardening, dance, or family activity.

These themes support a holistic approach to nutrition by tying in hydration, mindfulness, and physical activity alongside healthy meals.

Why These Themes Matter

Research shows that:

1. Meal planning leads to healthier choices and better portion control
2. Cooking skills improve long-term diet quality and confidence
3. Regular activity supports weight management and mental wellbeing
4. Myth-busting education helps address diet fads and misinformation

By weaving these elements together, Healthy Eating Week sets a foundation for sustainable, lifelong wellbeing.

How to Get Involved

At Home

- Cook a family meal together based on one of the daily themes.
- Introduce new ingredients or recipes—perhaps a new veggie, wholegrain, or healthy snack.
- Start a hydration challenge with infused water stations.
- Schedule a "move together" break—letterbox walk, garden games, or after-dinner stroll.

In the Workplace

- Share daily tips and challenges through email or noticeboards.
- Host live cooking demos, healthy lunches, or exercise breaks.
- Encourage colleagues to share success stories and recipes.
- Offer a healthy breakfast or snack option in common areas.

At School

- Use BNF lesson plans linked to each theme (available on the BNF site).
- Organise fruit mornings, recipe contests, or food-focus assemblies.
- Invite local chefs or nutritionists to support practical sessions.
- Set up step-count or activity challenges to promote movement.

Healthy Eating in North Tyneside

Our region offers several ways to build on Healthy Eating Week:

Living Well North Tyneside provides nutrition services, cooking class listings, and group events.

North Tyneside Council partners with local markets and community centres to support nutrition programmes.

Farmers' Markets in Whitley Bay, Tynemouth, and Wallsend offer fresh, seasonal produce to support local food education.

Community centres across the borough host cooking and nutrition sessions—check the Living Well events calendar.

Final Thoughts: One Week Can Spark a Health Revolution

Healthy Eating Week 2025 reminds us that making small, focused changes—like trying a new recipe, planning meals, or staying hydrated—can have a profound impact on health and wellbeing. Whether you're a busy parent, student, or community worker, it's a chance to take positive steps together.

Use this week to start conversations, build routines, and celebrate healthier choices. Every small action counts—and together, we make North Tyneside healthier and stronger.

Related Links

- [Healthy Eating Week 2025](#)
- [Connecting people, food and science, for better nutrition and healthier lives.](#)



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