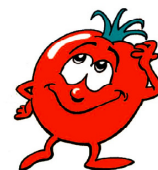




# The Foodies Books



Contact: Joanne Roach

Tel: 01568 780619 / 07989 602169

Email: [joanneroach@btinternet.com](mailto:joanneroach@btinternet.com) Website: [www.thefoodiesbooks.com](http://www.thefoodiesbooks.com)

## The Foodies Book Project

The Foodies Book project has been developed to reach the youngest children in schools and childcare settings. This healthy foods project is aimed at Foundation Stage and early Key Stage One children.

The project has two strands - a series of 12 children's books, which aim to familiarise children with seasonal British produce, and a website with online e-books and teaching resources for practitioners.

The book of the month is available online as a flash player book, and can therefore also be read on computers and on interactive whiteboards as an alternative reading activity..

The project has been developed as a pilot in Herefordshire as a collaboration between Herefordshire Healthy Schools, Orleton School (A Food for Life flagship school) and the author. The project began operating in September 2007, to complement the Year of Food and Farming. In Herefordshire every Foundation Stage child is receiving one free book, through their school, day nursery, pre-school or childminder. Practitioners can read the books to the children, use them as an anchor for relevant healthy eating activities and then send the children home with the book to read again with their family.

As the books are set in a veggie patch and contain a seasonal recipe, they are also being used to underpin cooking and gardening activities with young children.

### About The Books...

The Foodies Books are set in a vegetable garden and all the characters are British fruits and vegetables. Each book takes place in a different month of the year, and the characters, weather and storylines reflect the changing seasons.

Each book includes some factual information about the star of the book, investigated by primary school children - how it grows, how to eat it and more.

Plus each book includes a child friendly seasonal recipe for families to cook together, provided by respected restaurants, delicatessens and producers.

To see an example of the book visit [www.thefoodiesbooks.com](http://www.thefoodiesbooks.com)

- Recipes are all checked against latest School Food standards by a school nutritionist.
- Each book demonstrates and explores a value from the Values Education scheme.
- Activities have been devised with the support of experienced Foundation Stage teachers.
- Other story linked activities on the site also support wider PSHE objectives.



"The best food for humans and the environment is local, seasonal and fresh. Growing your own provides the most local, freshest and above all, healthiest food in every season. These books are a superb way of inspiring young children to enjoy the sheer fun of growing your own."



Monty Don

# How could this benefit your area?

The project has engineered the print and design to keep costs low and to enable other areas of the country to be able to benefit at an affordable cost.

Practitioners in your area can use the resources on the website to run activities and read the e-books to children. This is available free of cost as an educational project.

You may also choose to fund a giveaway project of your own. The books are accessible to Foundation Stage and are also enjoyed by early readers in Key Stage One. You may choose to select a cohort of children to provide with a free book, to reinforce the activities from their setting and to take the message home to their families.

This could be the whole of the Foundation stage, as in the pilot, or could be a single cohort, such as all school reception classes, a single age group, or all children in a chosen pocket of deprivation. The project meets many of the objectives from the 2006 Thomas Coram report on bringing healthy eating work to all early years settings, so you may decide to focus on non-maintained settings.

You may wish to deliver this yourself, or as in Herefordshire, in partnership with other agencies. Examples of others who may be able to use this project to provide a foundation for their other health, gardening or cooking projects or as a promotional opportunity are:

- Healthy Schools Partnerships / School Food teams
- The Year of Food and Farming team in your area
- Local food producers, their networks, and business support agencies
- Health agencies
- Farming associations and vegetable box schemes

## How would it work?

We will provide books at a hugely reduced price if they are to be used for a giveaway. The books retail and sell mail order at £1.99, but we can provide them at between 17% and 25% cover price depending on the size of the order. The next order for the printer, which will cover the book months January to April will be finalised on 9<sup>th</sup> November.

The supporting information for settings is available on the website so there is a minimal administrative burden for your team. Settings can download and print their own materials in the combination which will be most effective for them. The e-books are also available for use free of charge.

You have the opportunity to include any information you like about your projects or your co-funders with each book.

Support can be provided by email or phone. The author can visit the area to do a reading with children if you want to raise some local press. Other initiatives will be considered and support given as much as possible to make this a success in your area.

If you are interested in principle, please contact us on the email or phone contacts above and we will do our best to see how the project could fit your objectives.