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
Join the healthy fun run

Download Havering’s free app to win prizes for pupils and schools

WEEK 1

Monday
Veggie Scramble with Black Beans
Cherry Cooked Peas
Turn & Seasoned Mashed Potatoes
Potato Bake
Hummus Yogurt
Tuesday
Marinated Chicken Fillet with Salsa
Rice
Sticky Ginger Sausage with Potato Mash
Chicken Tomato Pasta Pot
Broccoli Sauce
Bamboo Spongy with Custard
Wednesday
Sweetcorn with Black Friday and Yoghurt Mashing
Vegetable Fingers with Bust Mustard and Yorkshire Pudding
Topped Jacket Potato
Cauliflower
Organic Carrots
Butt Aila
Thursday
Chicken Kebabs with Vegetable Rice
Homemade Cheese & Tomato Pizzas with Yoghurt
Hummus Yoghurt
Lemon & Herb Colis
Green Beans
Mashed Carrots with Custard
Friday
Stevi Fingers with Wholemeal Chips
Sweet Potato Chips with SATS Rice
Cheesy Tomato Pasta Pot
Rosti
Mashed Beans
Spinach & Courgette Muffins

WEEK 2

Monday
Organic Beef burger in wholemeal bun with Tomato Wedges
Veggie Scramble in wholemeal bun with Pickled Cucumber
Cheese Tomato Pasta Pot
Carrot on the Cob
Potato Aila
Tuesday
BBQ Chicken with Wholemeal Roll
Homemade Cheese & Sun-Ripened Tomato Salsa
Egg Parmesan Enchilada
Broccoli
Cauliflower
Peanut & Toppo Spongy with Custard
Wednesday
Beef Coddle Roll with Beetroot Pudding and Yorkshires
Homemade Cheesy Tomato Pasta Pot
Broccoli Sauce
Bamboo Spongy with Custard
Organic Carrots
Lemon Glaze
Thursday
Macaroni Cheese with Lamb and Cauliflower
Homemade Pepperoni Pizza with SATS Yoghurt
Toppo & Sun-ripened Salsa
Sourcream
Mixed potato Healthy
Macaroni Spongy with Custard
Friday
Barley Rich & Honey Wholemeal Chips
Homemade Cheesy Tomato Pasta Pot
Toppo & Sun-ripened Salsa
Baked Beans
Mixed Vegetables
Strawberry & Carrot Muffins

WEEK 3

Monday
Yogurt Hot Dog with Mixed Vegetables
Cherry Tomato Pasta Pot
Carrot on the Cob
Green Beans
Pineapple Smoothie
Tuesday
Sticky Chicken with Mixed Vegetables
Macaroni Cheese
Broccoli Sauce
Bamboo Spongy with Custard
Wednesday
Beef Kebab Roll with Beetroot Pudding and Yorkshires
Vegetarian Stuffed Boule with Roasted Potatoes and Yorkshires
Chesney Garlic Knots
Organic Carrots
Minted Cabbage
Tofu Muffins
Thursday
Stirfried Chicken with Wholemeal Rice
Quorn Sausage Rolls
Homemade Salad
Sourcream
Mixed Salads
Rosti Muffins
Carrot & Toppo Spongy with Custard
Friday
Lemon Cornflakes Pudding with Wholemeal Chips
Homemade Cheese & Tomato Pasta Pot with Diced Mixed Fruits
Toppo & Sun-ripened Sausage
Rosti
Cauliflower Pancakes with Carrot
RESULTS

• School catered meal uptake increased by 14 percent

• An additional 136,363 meals purchased

• 2018 Marketing Campaign of the year at

• 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
THANK YOU

ANY QUESTIONS?

PRESENTED BY
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