



Children's Nutrition NEWSLETTER

March 2024



Welcome to the **Children's Nutrition Team March Newsletter!**

In this month's newsletter we're looking forward to welcoming **Spring** and thinking about the best ways to enjoy **Easter** and **Ramadan**.

We hope you enjoy the rest of this term!

Here are our top tips for some of the best **produce in season in March:**

Lots of green veggies are in season including broccoli, kale, Brussels sprouts, and cabbage. These leafy greens are packed full of vitamins and minerals like Vitamin A, B6, C, K, folate, calcium, magnesium, potassium, iron, fibre and antioxidants. Why not try them in a stir-fry with your other favourite veggies?



Carrots are in season in the UK in March too. Carrots contain lots of beta-carotene which our bodies turn into vitamin A, needed to keep our eyes healthy. So they really do help us see better in the dark! Did you know that carrots come in different colours too? Yellow, orange, purple and red. The darker the colour, the more beta-carotene they contain!

For something sweet, apples and pears are in season in March. Did you know in the UK, there are over 2,500 varieties of apples (of the 7,000 that exist worldwide). This means you could eat a different UK variety every day for over 6 years!!



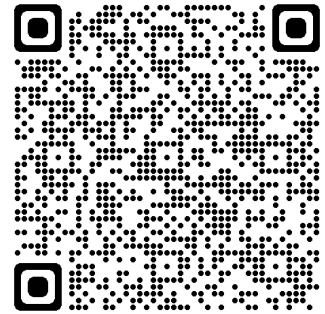
In the colder months **stews and soups** are easy and cheap meals to warm you up and keep you feeling fuller for longer. Scan the QR code on the next page to visit our website for some of our favourite recipes including slow cooker recipes like hardy winter stews.



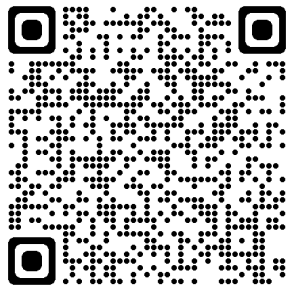
Children's Nutrition NEWSLETTER



In the run up to **Easter** there are lots of sweet treats available in the shops. It's easy to buy these in advance thinking we will save them until the big day, but we often give in and eat them early and end up buying more. Try to resist until nearer the time and keep treats for special occasions only. Why not try enjoying other non-food based Easter activities like crafting bonnets or going for a walk to spot the bulbs pushing up.



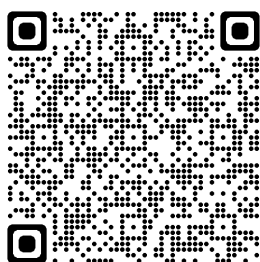
Scan the QR code to read our **Snacks, Hunger and Cravings** resource for more information.



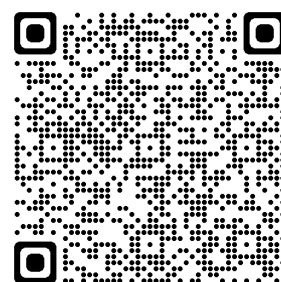
March also sees the start of **Ramadan**, the Islamic lunar month of fasting before the celebration of Eid Al Fitr. Evidence has shown that intermittent fasting can be beneficial to our health but it is not appropriate for everyone so check with your GP before you begin any fasting.

When we are fasting, it is important that we make sure we have good and balanced meals either side, as well as ensuring good hydration, to keep our bodies full of the energy and nutrient it's needs to get us through the fasting period. Scan the QR code to read more about a balanced diet in our Eatwell Guide resource.

Scan the QR code for our quick read on why food matters so much for our health:



For more information, resources and recipes, visit our website by scanning the QR code below:





Children's Nutrition NEWSLETTER



Current services and offers from the Children's Nutrition Team

JUMPS 4 Life is a healthy lifestyle course for families with children aged 4-16 years who are above a healthy weight and meet one of the following criteria:

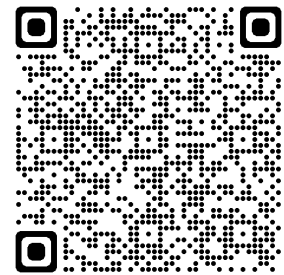
live in Tameside, have a Tameside GP, or attend a school in Tameside

The course runs over 10 weeks, with follow-up at 6 months and 1 year.

The first week is a face-to-face appointment to introduce the course and understand what you would like to change during the course.

We offer weeks 2-9 as a face to face group session including an activity lead by a Tameside Active coach; or as remote learning where you will receive an email with a recorded session about nutrition and a recorded activity session, which you are asked to watch as a family. You will also receive a phone call at an arranged time with the Nutrition Advisor to discuss how you are getting on with the changes you are making.

Parents and carers who are interested in the JUMPS 4 Life course, can complete a self-referral form on behalf of their child. Professionals can also refer using the Nutrition & Dietetics referral form, both of which can be found on our website by scanning the QR code.



We work closely with many of the schools in Tameside on the **Food 4 Life Award** which focusses on schools meeting the guidelines for healthy, balanced school dinners, as well as having excellent healthy eating practices in school overall.

If your child's school doesn't currently have a Food 4 Life award and would like to work towards one with our team, please do encourage your school to get in touch with us at childrensnutrition@tgh.nhs.uk

The Children's Nutrition Team also offer **training sessions** for any professionals who work with children and young people, centred around nutrition and healthy eating.

For more information about our upcoming training sessions please email us at childrensnutrition@tgh.nhs.uk



Various awards for childcare providers.





Children's Nutrition NEWSLETTER



Recipe of the Month: Spring Salmon with Minty Veg

Ingredients:

Makes 4 servings

- 750g small new potato, thickly sliced
- 750g frozen peas and / or beans
- 3 tbsp olive oil
- zest and juice of 1 lemon
- small pack fresh mint, leaves only
- 4 **salmon** fillets about 140g/5oz each
(Fish)



Method:

- Boil the potatoes in a large pan for 4 mins.
- Tip in the peas and beans, bring back up to a boil, then carry on cooking for another 3 mins until the potatoes and beans are tender.
- Whizz the olive oil, lemon zest and juice and mint in a blender to make a dressing (or finely chop the mint and whisk into the oil and lemon).
- Put the **salmon (fish)** in a microwave-proof dish, season, then pour the dressing over. Cover with cling film, pierce, then microwave on High for 4-5 mins until cooked through.
- Drain the veg, then mix with the hot dressing and cooking juices from the fish.
- Serve the **salmon (fish)** on top of the vegetables.

Disclaimer; **Allergens Labelled in Bold.** Please double check the labels carefully.

Recipe adapted from BBC Good Food.

For information about how to store and reheat leftovers safely, please visit:

www.food.gov.uk/safety-hygiene/chilling AND www.lovefoodhatewaste.com





Children's Nutrition NEWSLETTER

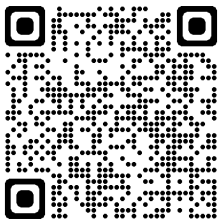


Seasonal Activities



Keeping active heading into Spring the evenings are becoming lighter and the weather is improving, so try to get out as much as possible and enjoy the outdoors! There are lots of activities we can do both at home and outdoors.

Try to **keep outdoor activity levels up** by going for walks and enjoying the early Spring flowers like daffodils and crocuses. **Research shows that exposing your lungs to fresh air can help to relieve stress and anxiety.**

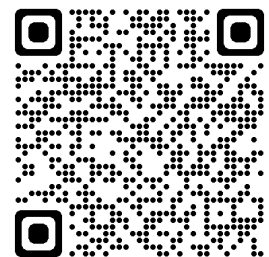


Have you ever wanted to explore the local countryside around Tameside? FREE community guided walks are taking place this month. Scan the QR code for more information about dates, times and suitability.



Visit **The Vale in Mossley** for family friendly FREE craft workshops and Our Space garden sessions on Saturday mornings. For more information visit www.the-vale.co.uk

For more information about activities in your area visit the **InTameside website** by scanning the QR code





Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week



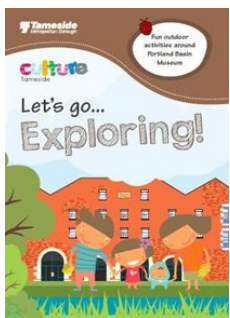
Children's Nutrition NEWSLETTER



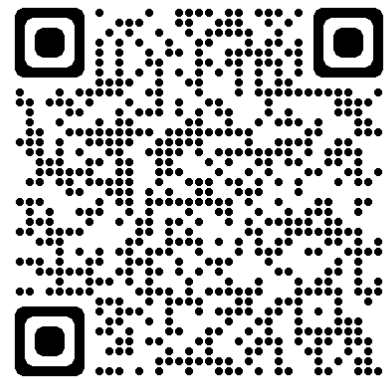
Physical Activity



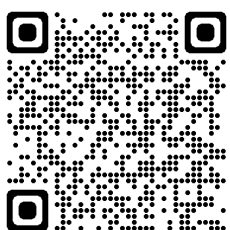
When we are looking for more structured activities, it's important that we find and follow **appropriate exercise regimes** which account for individual needs, abilities and age. Here are some of our favourite reliable resources for **appropriate activities for children and young people**:



Tameside Council have put together some **family walking trail** resources for exploring local parks and woodland, whatever the weather! These include family friendly activities including outdoor games and things to spot around the local area. Scan the QR code for more information and to find a trail near you!



Your local **Active Tameside** centre run regular sessions for all ages and abilities. Visit the website for timetables and further information www.activetameside.com



Keep active at home by following these NHS Healthier Families **10 Minute Shake Up Games**. Get the kids moving with these fun games inspired by some of their favourite Disney characters. These boredom-busting activities will help them reach the 60 active minutes they need every day!



Children's Nutrition NEWSLETTER



Mental health and wellbeing

Growing up isn't always easy and everyone has problems from time to time.

It's good to talk...

Sometimes all you need is to share how you feel with someone you can trust. Is there anyone you can talk to about how you are feeling?

Maybe:

Your family members or friends.

People at school – teachers, school counsellors, friends?

People outside of school – sports coach, dance instructor, club leader, someone from within your faith community?

Self-help

There are also plenty of ways you can help yourself to feel better at home. Finding ways to relax and unwind such as listening to music, or writing down your thoughts and feelings.

SilverCloud[®]
by Amwell[®]

Is your child or teenager struggling with worry or anxiety?



Digital mental health programmes can help to support.

The SilverCloud[®] by Amwell[®] parenting programmes are here to support parents and caregivers of anxious children and teens aged 12-18.

Evidence based and built on Cognitive Behavioural Therapy (CBT), psychoeducation and positive psychology, the programme will help you understand your child's anxiety and give you tools to support them to manage feelings of anxiety and worry.



Easy to use

Available online 24/7. Accessible on your phone, tablet or laptop wherever you need.



Proven to work

Evidence based that have already helped over 1 million people to think and feel better.



Right for you and your child or teen

Private, judgement-free and tailored to your needs.

Ask your healthcare specialist or find out more here:



amwell

©2021 AmericanWell Corporation. All rights reserved. Amwell® and SilverCloud® are registered trademarks of American Well Corporation.

Kooth is a free, safe and anonymous online platform providing digital mental health and wellbeing advice, support, and guidance to all young people aged 10-18 (up to 19th birthday).



Through the website young people can access live 1-2-1 chat sessions and 24hr messaging with qualified practitioners, access moderated peer-to-peer discussions, and receive self-help with mini-activities, goal setting, and a personal journal.

Children and young people can self-refer, with no thresholds to access the service, and no waiting lists.

Join at <https://www.kooth.com>



Children's Nutrition

NEWSLETTER



HEALTHY PLACES

- **Let's clear the air!**

Be part of the change to reduce smoking rates in Tameside.

- **Food for thought!**

Help shape a Tameside where nutritious choices are easy.

- **Raise your voice for a healthier Tameside.**

Share your ideas and be part of the solution by completing the Healthy Places survey.



Scan the code for the survey



www.surveymonkey.com/r/TMBCHealthyPlaces

 **Tameside**
Metropolitan Borough

Survey closes 29 March 2024