



Children's Nutrition NEWSLETTER



AUTUMN 2024



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

In this month's newsletter we're celebrating the beginning of Autumn and exploring the different varieties of Autumnal food and exploring what the season brings to us.

We see plenty of **Green Vegetables** which are in season such as Broccoli, Spinach, Kale and Brussels Sprouts. These vegetables are full of flavour, full of vitamins and minerals such as Vitamin A, C, K, calcium, iron and fibre. There are many ways of enjoying these green vegetables – such as stir frying them, steam, bake or even sauteing. Adding them to other dishes will bring out the boldness of these vegetables and their flavours.



Plums are also in season with their deep colours. They are rich in a variety of vitamins and minerals including calcium – making sure blood clots normally. Plums can be added to your porridge for a tastier breakfast

Strawberries are still in season – they contain essential Vitamins such as Vitamin A, C, E and K. They have the benefit of keeping us fuller for longer and feeding our friendly gut bacteria.



Pumpkin is the sweetness of Autumn – with its vibrant colours of yellows and oranges. These can be found fresh or tinned. They are good for the body and provide essential vitamins and minerals such as Vitamin A and C and calcium. Pumpkins are rich in fibre which keeps us fuller for longer. The seeds are also good to eat, rinsed and roasted, either plain or with flavour by adding some herbs and spices and eaten as a snack.





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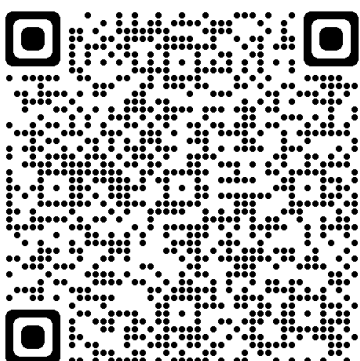
September sees the beginning of Autumn and the start of colourful fresh produce coming into season. This is a great way to explore new fruits and vegetables and new foods. Scan the QR Code for **CookwithJack** recipe book and explore over 30 different recipes which are healthy, cheap and simple.



Trying out new recipes can seem a little daunting and overwhelming when some of the ingredients call for equipment you may not have or use on a regular basis. Scan the QR Code to visit our Equipment swaps



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



Children's Nutrition and
Dietetics Resource Library



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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, 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** 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 contact 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.



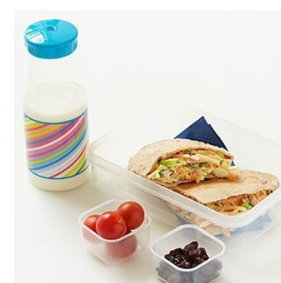
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HEALTHY PACKED LUNCH IDEAS AND BREAKFAST IDEAS

Healthy Packed Lunches & Breakfasts

Having a balanced variety of foods is good as this will assist your child in getting the nutrients needed. Using the Eatwell Guide can help to achieve a healthy, balanced diet. Helping them to develop lifelong healthy eating habits.



Healthy breakfasts provide important nutrients for children's health and development, including carbohydrates, fibre, protein, B vitamins, iron and calcium. Breakfast provides energy after the overnight fast, giving them the fuel they need to learn and be active. Mornings can be quite stressful for some families as everyone needs to get out on time, but breakfast doesn't have to be elaborate. Options like wholemeal toast with low fat cream cheese or peanut butter (small amount), lower sugar, wholegrain cereal with milk. Setting your breakfast out the night before can also help.

Breakfast Ideas

Creamy porridge with chopped up plums/bananas, or any berries

Plum and Peach Grills on wholemeal toast

Healthier full English Breakfast

Blueberry and banana muffins

Breakfast fruit salad with natural yoghurt

Breakfast Pancakes with fruit

Plums, Banana, berries smoothie



Packed Lunch Ideas

Pasta Salad with either ham, tuna, prawns, eggs or vegetables.
Carrot sticks and hummus

Spicy chicken and salad wrap.
Fruity Sundae (yoghurt swirled with mashed strawberries topped with berries)

Tortilla pinwheels (chicken, tomato and cucumber). Crackers and cheese

Omelette in a bun. Banana bread/banana muffin





SEPTEMBER RECIPE

Salmon and Spinach Pasta & Apple and Blackberry Crumble

Ingredients

200g Penne **Pasta**
2 skinless salmon fillets
60g sundried tomatoes
80g bag of spinach



Equipment List:

Pan to boil pasta
Frying pan
Fork
Weighing scales
Wooden Spoon

Method

Cook the pasta according to pack instructions.

Fry the salmon for 4-6 mins with the tomatoes in their oil. Flake the fish in the pan.

Add the drained pasta and the spinach. Stir for 1-2mins until the spinach is wilted and everything is coated. Serve

Ingredients

750g apples (chopped into medium chunks)
Juice and zest of 2 lemons or oranges
50g sugar
250g blackberries



Crumble Topping

250g plain **flour** (white or wholemeal or mixture)
150g of porridge **oats**
50g sugar
150g of low-fat spread.

Equipment List:

Chopping board
Knife
Grater
Weighing scales
Oven proof baking dish
Saucepan

Method

Heat the oven to 180c/Gas 4/Fan 160c

In a pan add the apples, zest and juice of lemon/orange and the sugar. Place over a medium heat and simmer for 10mins until the apple begins to soften.

Remove from heat and put the apple into a baking dish and add in blackberries.

In a bowl add all the crumble ingredients and rub in low-fat spread until fully mixed and looks like breadcrumbs.

Add crumble to the fruits and spread out evenly. Bake for 25mins until golden brown.

Serve with custard or your own preference.

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

For information about how to store and reheat leftovers safely, please visit:
www.food.gov.uk/safety-hygiene/chilling AND www.lovefoodhatewaste.com



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OCTOBER RECIPE Butternut Squash Curry



Ingredients

200g brown basmati **rice**
1tbsp olive oil
1 butternut squash, diced and peeled
1 red onion chopped
2tbsp mild curry paste
300ml vegetable stock in boiling water
4 large tomatoes, roughly chopped
400g can **chickpeas**, rinsed and drained
3tbsp fat free Greek yoghurt
Small handful coriander, chopped

Equipment list

Large frying pan
Spoon
Tin opener
Measuring jug
Weighing scales
Knife
Chopping board

Method

Cook the rice in boiling water as per pack instructions.

Heat the oil in a large frying pan and cook the squash for 2-3mins until lightly browned. Add the onion and curry paste and fry for 3-4mins more.

Pour the stock, then cover and simmer for 15-20 mins, or until the squash is tender. Add the tomatoes and chickpeas, then gently cook for 3-4 mins, until the tomatoes slightly soften.

Take off the heat and stir through the yoghurt and coriander. Serve with rice and some wholemeal chapattis if you like.

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OCTOBER RECIPE

Apricot and Raspberry Tart



Ingredients

3 large sheets **filo pastry** (6 small)
2tbsp low fat spread, melted
3tbsp apricot jam/conserve
low sugar
6 ripe apricots, stoned and roughly chopped sliced
85g raspberries
2tsp caster sugar

Equipment

Baking tray
Pastry brush
Weighing scales
Spoon
Teaspoon
Knife
Chopping board

Method

Let the filo come to room temperature for about 10mins. Put a baking tray in the oven and heat oven to 200C/180C fan/gas 6.

Brush each sheet of filo with melted low-fat spread, then fold in half so you have a smaller rectangle 6 layers thick. If using small sheets, just stack on top of each other.

Fold in the edges of the pastry base to make a 2cm border, then spread the apricot jam/conserve inside the border.

Carefully slide the pastry base on to the hot baking tray and bake for 5 mins.

Remove from oven, arrange apricots over the tart and brush with any leftover melted low-fat spread. Bake for another 10mins, then scatter on raspberries and sprinkle with sugar. Bake for a final 10mins until the pastry is golden brown and crisp.

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NOVEMBER RECIPE

Baked Potatoes with mince and salad



Ingredients

4 baking potato, washed
250g extra lean minced beef/
lean turkey, vegetarian
mince
1 small onion, finely chopped
1 garlic clove, finely chopped
1 handful button
mushrooms, finely chopped
100ml reduced salt
vegetable stock in hot water
1 teaspoon tomato purée

Side Salad

1 handful of shredded lettuce
leave
1 medium red onion, sliced
1 handful cherry tomatoes

Equipment list

Knife
Fork
Wooden spoon for stirring
Teaspoon
Large saucepan
Chopping board
Measuring jug

Method

Preheat oven to 200C, Fan 180C, gas mark 6. Prick potatoes all over with a fork before baking for 1 hour, or until tender. Carefully push a sharp knife into the centre to check if soft.

Microwave – saving time (and money) by cooking potatoes in there instead of oven. Put the pricked potatoes on a microwaveable plate and cook on full power for 4 mins. Turn them over and repeat for a further 4 mins, or until cooked through.

Heat a large saucepan and add the mince/ or preference, a handful at a time, cooking until browned.

Add the onion and garlic, cook for 1 min, then add the mushrooms, stock and tomato purée. Stir well until hot, then simmer, part cover for 20 to 25 mins.

Once everything is ready, split the baked potatoes open and divide the filling between them. Serve with the side salad.

Any leftover mince can be refrigerated in an airtight container and use within 3 days or can be frozen, and eaten again on a wrap with a spoon of low-fat plain natural yoghurt and low-fat grated cheese

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NOVEMBER RECIPE

Choc cherry popcorn cakes



Ingredients

2 teaspoons vegetable oil
100g popping corn
2 egg whites
2 teaspoons unsweetened cocoa powder
65g dried cherries, chopped
or sultanas or dried apricots

Equipment

Baking tray/Bun tray
teaspoon
Weighing scales
Spoon - scooping the popcorn
into cases
Knife
Chopping board
Whisk/Fork
Oven gloves
Bowl

Method

Preheat the oven to 180C,
Fan 160C, gas mark 4. Put
14 paper cases in bun
trays/ baking tray.

Heat the vegetable oil in a
large heavy based
saucepan with a tight-fitting
lid. Add the popping corn
kernels, put the lid on and
shake the pan to coat the
kernels in the oil. Put the
pan over a medium-high
heat. The kernels will begin
to pop, and when they do,
carefully shake the pan
occasionally.

**Some kernels may not
pop, these can be
removed.**

When the popping stops,
remove the pan from the
heat. Cool for 5 minutes.
Whisk the egg whites and
cocoa powder together in a
large bowl. Stir in the
cooled popcorn and dried
cherries (other dried fruits),
and then share the mixture
between the cases.

Bake for 8 to 10 mins, until
set, and leave to cool.

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Hydration

Water makes up two thirds of our body. It is vital we drink enough fluid to maintain a healthy balance. Many people get dehydrated by not drinking enough fluid or by losing fluids and not replacing them, and children and young people are particularly at risk of dehydration.

We should aim to have **at least 6-8 glasses** of water per day., increasing this if we need to when we are physically active or the weather is very warm.



Water and low-fat milk are the healthiest drink choices, particularly for children and young people. Full fat milks or other drinks which are creamier contain a lot of additional saturated fat which we need to try to avoid.

Fresh fruit juice or smoothies should be kept to a **maximum of 1 x 150ml serving per day**, served alongside a meal because of the amount of sugar in these drinks.



Choose **sugar free and no added sugar** cordial and squashes, and keep these to a minimum, diluted as much as possible. Even sugar free drinks can be acidic and cause damage to our teeth.



Avoid all fizzy drinks, even fizzy water, as the carbonation causes the drinks to become acidic, which causes damage to our teeth.



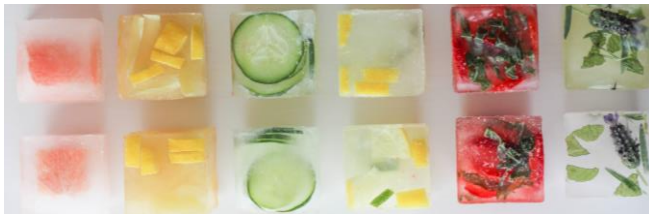


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Get creative with ways to encourage children to drink more and keep hydrated. Here are some of our top tips:

Infuse water with slices of fruit or berries.



Create flavoured ice cubes using fruit juice or slices of fruit or berries.

Infuse water with ribbons of cucumber and sprigs of mint.



Explore a variety of ways to serve up drinks. Try bottles, cups, mugs, straws etc to make drinks seem more appealing.

Explore ways to keep yourself motivated to stay hydrated.

Try setting a goal for drinking enough throughout the day.

Have a healthy competition with other people at home.

Or use a bottle with tracking markers printed on the outside.



Try beverages at different temperatures.

Try warm, room temperature, cool, chilled and over ice.



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Autumn Activities



Keeping active can be a little difficult as we approach the changes in the weather. In Autumn, we see the changes in leaves, the smell of outdoors is different, it starts to get darker, colder and wet most of the time.

Try to keep activity levels up by going for walks and enjoying seeing the changes in colours of the leaves, splashing around in puddles.

Research shows that exposing your lungs to fresh air can help to relieve stress and anxiety.

Visit the **InTameside website** for Autumn Fun activity ideas for all ages in your area, such as Portland Basin



<https://www.intameside.co.uk/>

Activities and games to do indoors when the weather isn't great:- Hide and Seek, Just Dance – watch a video and try to copy the dance moves such as Jungle Jig with Simba and Nala

<https://www.nhs.uk/healthier-families/activities/indoor-activities-for-kids/>

Visit the below link for family and friendly places to visit this, Autumn.

Look out for information about holiday activities within your area

October – Halloween – Pumpkin picking and carving

November – Fireworks



<https://www.familyonthego.co.uk/tameside-news/days-out-ideas-for-families-in-tameside/>

Visit the **Tameside Council website** for more information on what to do in your area

go and what





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



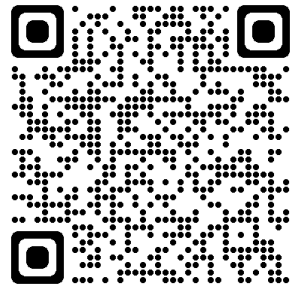
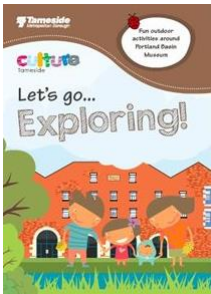
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Physical Activity

When we are looking for more structured activities, it's important that we find and follow **appropriate exercise regimens** which account for each individual need, 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, using what you find to make a wind chime. As you are exploring see what wonderful colours you can spot around 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 activities will help them reach the 60 active minutes they need every day!





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NHS

Little things like a daily walk make a **big difference**



NHS

Better Health every mind matters

Find your little big thing

NHS

Little things like breathing exercises make a **big difference**

to your mental health



NHS

Do something you like



Better Health every mind matters

The best way to get active is to do something you enjoy

NHS

Little things like a regular chat make a **big difference**





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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), play education 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

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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.

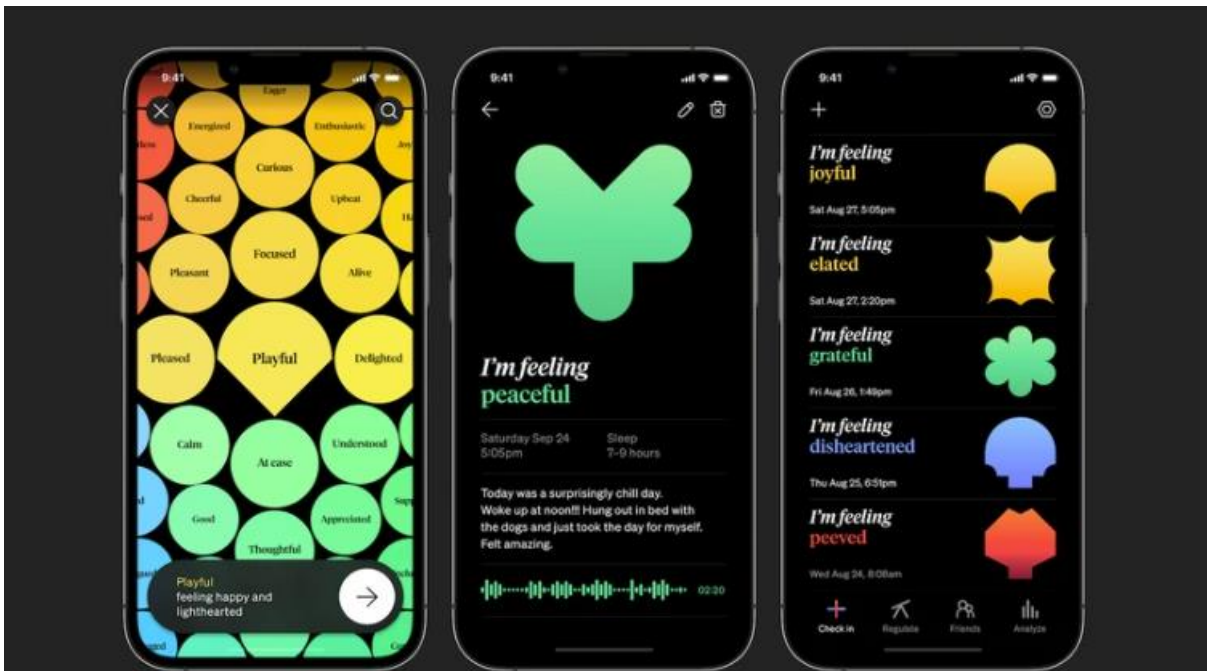
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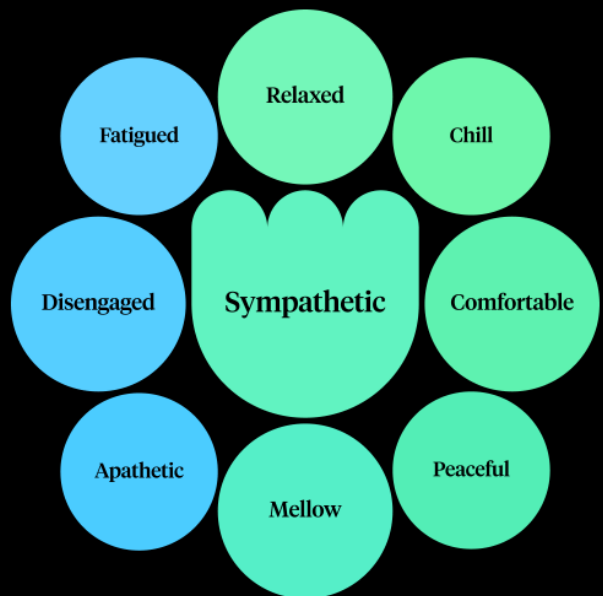
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The **How We Feel** app is a free, science-based mood journal designed to help you achieve a more balanced sense of well-being.



Check in to track your emotions



Visit www.howwefeel.org to download the app and start your wellbeing journey.