



# Children's Nutrition NEWSLETTER

April 2024



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

In this month's newsletter we're welcoming **Spring** and all of the lovely fresh produce that it brings, and thinking about the best ways to enjoy **Easter, Eid-al-Fitr and Passover.**

We hope you enjoy your Easter break and the start of a new term!



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

April sees lots of **salad leaves** in season including rocket, wild garlic, pea shoots, watercress and lots of varieties of lettuce. These green leaves are packed full of vitamins and minerals like Vitamin A, B6, C, K, folate, calcium, magnesium, potassium, iron, fibre and antioxidants. The warmer weather is the perfect time to enjoy a leafy green salad!



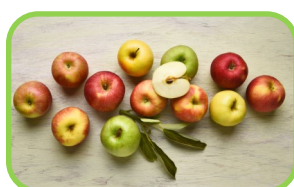
**Radishes** are also in season in April. These are great enjoyed raw and chopped up in a salad, or can even be cooked. Why not try them in a stir fry? Did you know that the pink and red colour of radishes is a vitamin called beta-carotene which is needed for healthy eyesight?



Another vegetable packed full of beta-carotene is **carrots!** Carrots come in different colours including yellow, orange and red, but the darker they are the more beta-carotene they contain. Did you know the 7th April is International Carrot Day! What's your favourite carrot recipe?



For something sweet, and healthier than all the festive treats, **apples** and rhubarb are in season in April. 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 April Cox, Gala, Braeburn and Jazz apples are the most in season.



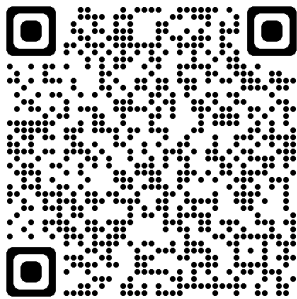
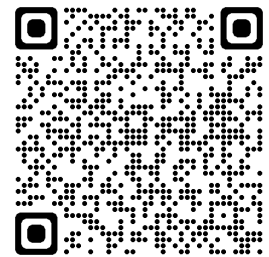


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April is the month of festivals this year with Eid-al-Fitr, Easter and Passover all being celebrated over the same month. Festivals are a great opportunity to try new foods, and to share dishes from different cuisines. Have you tried traditional Jewish chicken soup? What about Somali Eid Bread? Have you heard of North African Tajine? How about a Pakistani Biryani?

There are lots of delicious and nutritious foods from around the world which we sometimes overlook for our own traditional or routine menus. When we're introducing new foods it's important to check food labels and make healthy choices, as well as check for allergens and recommended portion sizes. Scan the QR card for more information on food labelling.

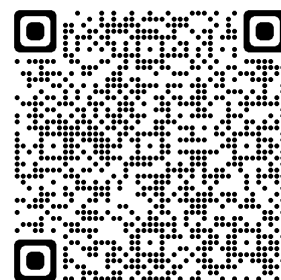


Enjoying special foods is a lovely way to celebrate festivals but we often overeat when there is so much on offer. Celebration foods are often higher in added salt, fat and sugar which can be damaging to our health if we are having too much of them and too often. It's important to think about appropriate portion sizes, even when we are celebrating! Scan the QR code to view our portion size guide:

Festivals also come with lots of treats and sweets. Chocolate eggs, Mithai and Mazto Toffee are all delicious but high in sugar. Scan the QR code for more information about sugars.



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





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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:

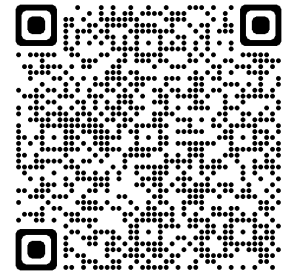
**live in Tameside, have a Tameside GP, or attend a school in Tameside**

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](mailto: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](mailto:childrensnutrition@tgh.nhs.uk)



Various awards for childcare providers.





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## Recipe of the Month: Baked Vegetable Frittata

### Ingredients:

Makes 6 servings

- 6 **eggs (egg)**
- 1 sliced aubergine
- 1 teaspoon of oil
- 1 finely chopped onion
- 1 crushed clove of garlic
- 1 courgette cut length ways
- 1 red pepper, cut into slices
- 4 tbsp skimmed **milk (milk)**
- 2 tsp fresh or dried oregano
- Optional—50g grated **cheese (milk)**

You will need a 23cm round baking dish



### Method:

- Heat the grill to a medium heat.
- Brush the aubergine, peppers and courgette with a little oil and grill each side for about 3 mins.
- In a little oil fry the onion and garlic for about 3/4 mins.
- Pre heat oven to about 190C.
- Brush the baking tin with a little oil.
- Layer half the aubergine, peppers and all the courgette, sprinkling each layer with the garlic and onion mix.
- Repeat with the remaining peppers and aubergine.
- Beat the **eggs** , **milk** and oregano.
- Pour the **egg** mix over the vegetables.
- Optional—Sprinkle over the grated **cheese**.
- Place the baking dish into the oven.
- Bake for 25 minutes until golden brown.

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](http://www.food.gov.uk/safety-hygiene/chilling) AND [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)







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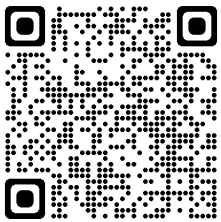


## Seasonal Activities



**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.**

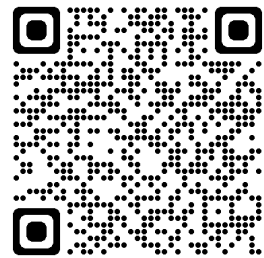


Have you ever wanted to explore the local countryside around Tameside? FREE community guided walks are taking place this month. Scan the QR code for more information about dates, times and suitability.



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](http://www.the-vale.co.uk)

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





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## Seasonal Activities



## TAMESIDE STORY WALKS



Join us for our outdoor story walks this half term! Dress for weather is advised.

Please ring the contact numbers below to secure your place or to find out more information.

### Sunny Bank (Droylsden)

Friday 5th April

Friday 12th April

1pm - 2pm

Please ring 0161 342 5197 to book

### Cedar Park (Ashton)

Friday 5th April

Friday 12th April

10am - 11am

Please ring 0161 342 2255 to book

### Hyde Park

Thursday 4th April

Thursday 11th April

1pm-2pm

Please ring 0161 342 5353 to book

### Chadwick Dam (Stalybridge)

Thursday 4th April

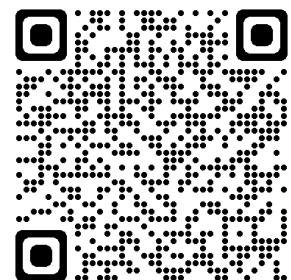
Thursday 11th April

10am - 11am

Please ring 0161 342 5533 to book



For more information visit the GROW in Tameside website by scanning the QR code or visit their Facebook page for more events.





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



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



DEVELOPS  
CO-ORDINATION



IMPROVES  
CONCENTRATION  
& LEARNING



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
HEALTH  
& FITNESS



MAINTAINS  
HEALTHY  
WEIGHT



IMPROVES  
SLEEP



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



## 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





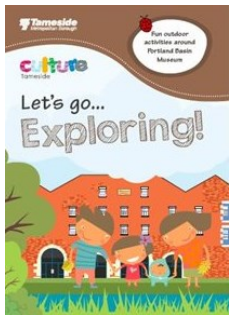
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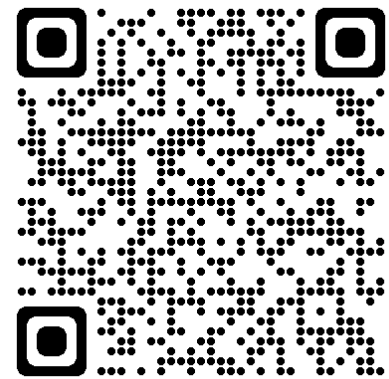
## Physical Activity



When we are looking for more structured activities, it's important that we find and follow **appropriate exercise 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](http://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!





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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<sup>®</sup>  
by Amwell<sup>®</sup>

Is your child or teenager struggling with worry or anxiety?



Digital mental health programmes can help to support.

The SilverCloud<sup>®</sup> by Amwell<sup>®</sup> 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

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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.

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