



# Children's Nutrition NEWSLETTER

Summer 2024



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

In this month's newsletter we're leaving you with our top tips for keeping healthy, hydrated and active during the summer holidays!

We hope you enjoy your summer break!

Here are our top tips for some of the best **produce in season in July and August:**

**Lots of delicious berries** are in season in July and August, including **blackberries, blueberries, raspberries, gooseberries bilberries and strawberries**. Berries contain berries vitamins and minerals such as potassium, magnesium, vitamins C and K, fibre, and prebiotics which promote a healthy gut.



**Runner beans, French beans, mangetout and peas** are in season in July and August. These tasty, sweet greens contain



carbohydrates which give us energy, protein for building and repairing muscles, fibre for a healthy gut, and other essential vitamins including vitamin A, vitamin C and vitamin K.

**Tomatoes** are also in season in the UK during the summer months. Did you know that there are over **15000** varieties of tomatoes in the world? Tomatoes come in a variety of shapes, sizes and colours, and they are the richest source of a powerful antioxidant called lycopene, which boost our immune system.



Summer is the perfect time to enjoy cold, crisp, fresh **salads** and luckily lots of our favourite salad ingredients are also in season, including lettuces, **cucumber, radishes, tomatoes, spring onions, peppers and sweetcorn**. Lots of salad ingredients are easy to grow at home in your garden or in pots on your window ledges.



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Managing finances and budgeting can be even trickier when it comes to school holidays, especially around food. Planning ahead and keeping to a shopping list can be really useful, especially when there are lots of holiday offers on and the kids are with you in the supermarket asking for extra snacks! Scan the QR code for our other Top Tips for shopping on a budget.

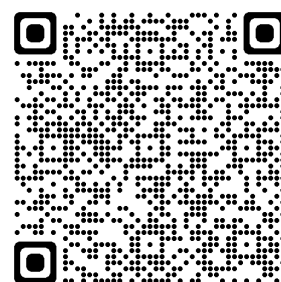


Did you know there are lots of quick, easy, healthy meals you can make in your microwave? Microwaves are not just for reheating but also save on time and are cost-effective as they are far more energy efficient compared to conventional ovens, grills and hobs. Scan the QR code to see our Top Tips for microwave cooking.

Sometimes looking at a new recipe can feel a bit daunting especially if we don't have fancy kitchen gadgets or lots of kitchen equipment. But we don't always have to use the equipment stated on a recipe. Scan the QR code to see our Top Tips for kitchen equipment swaps!



**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:

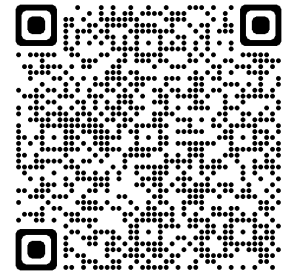
**live in Tameside, have a Tameside GP, or attend a school in Tameside**

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: Healthy Summer Snacks



2 healthy snacks between 3 balanced meals is best for giving our bodies everything they need throughout the day. There are lots of healthy choices which can be delicious, nutritious snacks, perfect for a little something on those long summer days:

### Baked Chickpea Snacks

Preheat the oven to 200°C. Drain and rinse a tin of chickpeas and spread on a kitchen towel and gently pat them dry. Once totally dry, toss them in a little olive oil. Discard any loose skins from the outside of the chickpeas. Transfer the chickpeas to a baking paper lined baking tray, and spread evenly. Place in the oven and roast until crispy (about 20-30mins). Remove from the oven and, while still warm, toss with pinches of your favourite herbs and spices.



### Creamy Hummus Dip

Place half a tin of drained chickpeas, juice of half a lemon, 1 tbsp low-fat Greek style yoghurt (**Milk**), 1 tbsp olive oil, ¼ tsp paprika, ¼ tsp cumin and 1 clove garlic in a bowl or blender. Use a hand blender to mix together until smooth. Serve with your favourite vegetable sticks or warm pitta (**WHEAT, GLUTEN**) strips.

### Any Flavour Popcorn

Heat 2 tsp vegetable oil in a large heavy-based saucepan with a tight-fitting lid. Add 160g popping corn, put the lid on, and shake the pan to coat the kernels in oil. Place over a medium-high heat. The kernels will begin to pop. When the popping has almost stopped, remove from the heat. Leave to cool for 10 minutes, then add your favourite toppings. Try cinnamon, za'atar, paprika or BBQ seasoning. Avoid adding salt, sugar or butter.





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## Homemade Ice-Lollies

Use an ice-lolly mould or empty yogurt pots and lolly sticks. Fill the mould or pot with your low-fat natural yoghurt (**MILK**) and fruit. For an extra treat, start with a layer of crushed biscuit or granola at the bottom. Freeze for at least 2 hrs. Here are some of our favourites for you to try:

- Natural yogurt (**MILK**) + crushed fresh or frozen berries mixed through with a granola top.
- Natural yogurt (**MILK**) with a little vanilla extract + fresh blueberries with crushed ginger nut top (**WHEAT / GLUTEN**).
- Natural yoghurt (**MILK**) with thin strawberry + banana slices.



## Rainbow Fruit Skewers

Use wooden skewers and thread on your favourite fruit. We used 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries.

## Carrot and Courgette Muffins

Preheat the oven to 180C (fan oven 160C, gas mark 4). Line a muffin tin with 8 paper cases. Melt 125g low-fat spread and allow to cool a little. Mix together the spread, 2 tbsp milk (**MILK**) and 2 large eggs (**EGG**). Stir in 100g grated carrot and 100g grated courgette. In a separate large mixing bowl, combine 100g wholemeal self-raising flour (**WHEAT/GLUTEN**), 1 tsp baking powder, 1 tsp dried mixed herbs and 75g porridge oats. Stir the wet ingredients into the dry ingredients, taking care that you do not over-mix. Spoon into the muffin cases and bake for 25 to 30 minutes, until firm and golden. Cool on a wire rack.



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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## 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.





**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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## Summer Sun Safety Tips



**Keeping active** in Summer, the evenings are lighter and the weather is good, so try to get out as much as possible and enjoy the outdoors!

During the summer months, until late September, our bodies are able to make **Vitamin D** from the sunlight, which is essential for healthy bones, teeth and muscles, and for absorbing calcium and other minerals.

However, our skin is also **vulnerable to sun-damage**, so it's important to look after our skin, especially in the summer:

Spend time in the **shade between 11.00am and 3.00pm**, when the sun is at it's hottest.



**Keep well hydrated** and drink a minimum of 8 glasses of water throughout the day.

Make sure you use **adequate sunscreen; minimum SPF 30**. SPF's are rated on a scale of 2-50+ based on the level of protection they offer. Sunscreens should also be at least four-star UVA protection rated (UVA protection is indicated by the letters 'UVA' in a circle, which indicates that it meets the EU standard.)



Wear suitable clothing including a wide brimmed sunhat, long sleeved tops, trousers or long skirts, and sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013 E.







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## Seasonal Activities



Try to **keep outdoor activity levels up** by going for walks and enjoying the sights and smells of Summer.

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

Visit the Tameside Council website for Summer Sun Fun activity ideas for all ages: [www.tameside.gov/summersunfun](http://www.tameside.gov/summersunfun)



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)

There are lots of summer fairs and fetes on during the summer holidays. Check information from your local schools, parks and community hubs for events in your area.

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



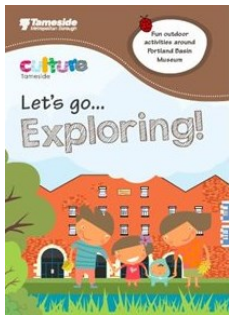
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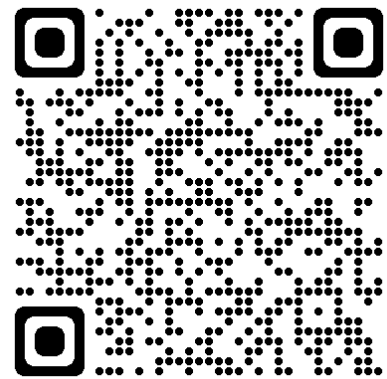
## Physical Activity



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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**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**

**NHS**

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



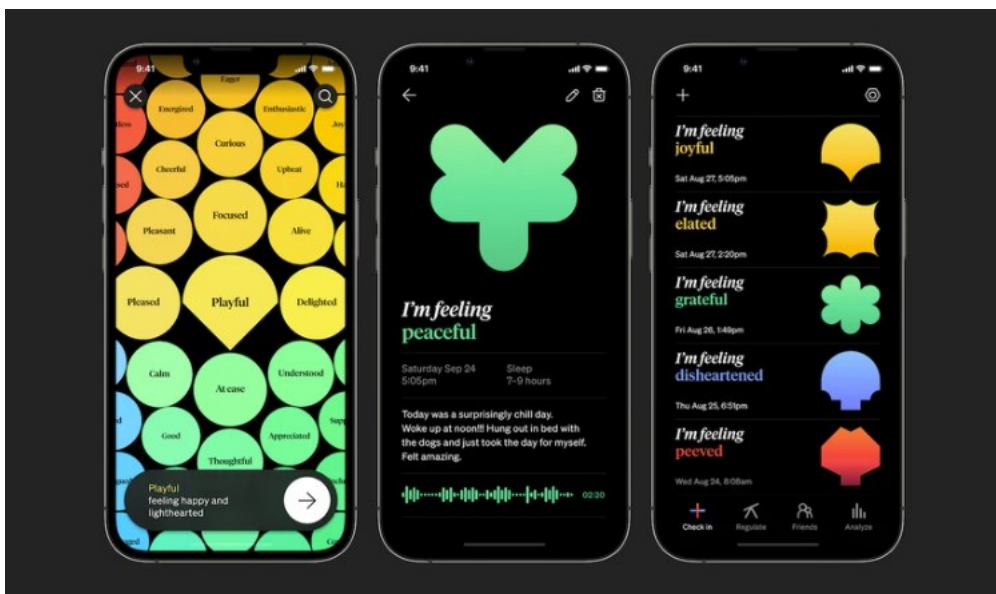




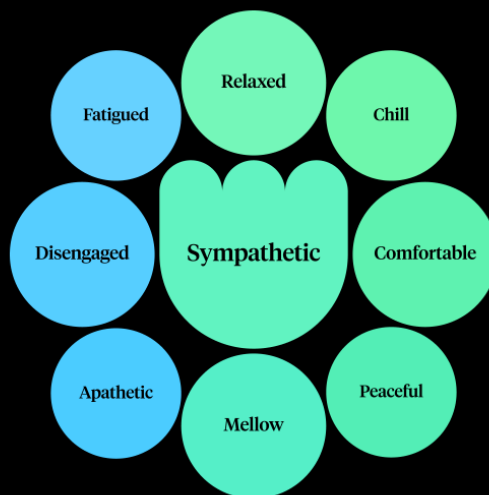
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The **How We Feel** app is a free, science-based mood journal designed to help you achieve a more balanced sense of well-being.



Check in to track your emotions



Visit [www.howwefeel.org](http://www.howwefeel.org) to download the app and start your wellbeing journey.





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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>



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anya



Download the free  
Anya app for 24/7  
expert guidance with  
breastfeeding.

