

Importance of healthy eating



Mental performance/ mood / concentration



Feel happier



Increase life span



Nutrients to grow & function



Physical performance



Maintains a healthy weight



Short term and long term health benefits



Healthy Start vouchers are going digital



Are you pregnant or have children under the age of 4?

You could get help to buy:

- Plain cow's milk
- Fresh, frozen or tinned fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk
- All pregnant, breast feeding and up to 1 year postnatal
- women & children 0 - 4 can get free Healthy Start vitamins

www.healthystart.nhs.uk

🐦 📺 @NHSHealthyStart

For more information visit your local children and Family Centre



If you are more than ten weeks pregnant or have a child under four, you may be entitled to get help to buy healthy food and milk. If you are already receiving Healthy Start vouchers, the way you receive this will soon change from paper voucher to prepaid card. You should have been contacted about this change already by letter or leaflet within your voucher pack.

Whether you are applying for the first time, or currently receiving paper vouchers, you must go online now to apply for your prepaid card. If your application is successful, you will typically receive your prepaid card within seven working days of your application

www.healthystart.nhs.uk/how-to-apply/



Finding the balance



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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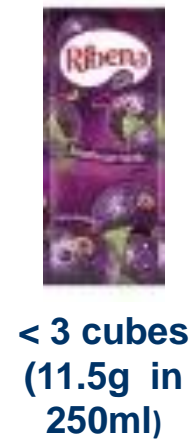
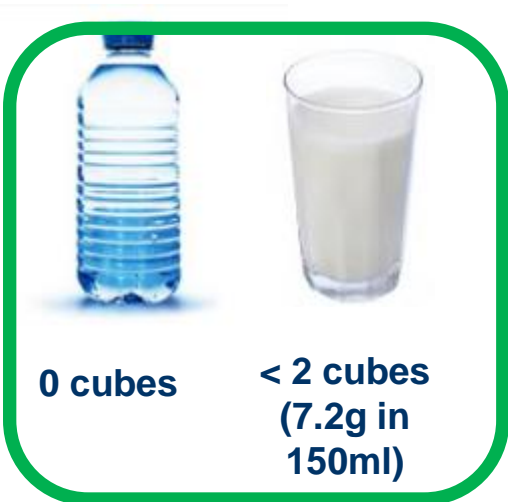
Vitamins and minerals

<p>Vitamin A</p> <p>Found in: Eggs, cheese, whole milk. The body can also make vitamin A from beta-carotene, found in dark green leafy vegetables (e.g. spinach), orange-coloured fruits and vegetables (e.g. carrots, cantaloupe melon).</p> <p>did you know? Carrots are rich in beta-carotene which can be converted to vitamin A in the body – 3 tablespoons will provide children with all they need for the day!</p> 	<p>Vitamin B6</p> <p>Found in: Poultry, fish, fortified breakfast cereals, chickpeas, soya beans, some fruit and vegetables (e.g. bananas, avocados, green peppers).</p> <p>did you know? A banana will provide around a third of the vitamin B6 needed for a 4-10 year old.</p> 	<p>Vitamin B12</p> <p>Found in: Meat, fish, milk, cheese, eggs, fortified yeast extract, fortified breakfast cereals, fortified milk alternatives (e.g. soya, oat, almond drinks – check labels).</p> <p>did you know? 2 tablespoons of tuna in a sandwich can provide all the vitamin B12 a child needs for the day (use wholegrain bread and add salad for a super sarnie).</p> 	<p>Vitamin C</p> <p>Found in: Citrus fruits (e.g. easy peelers), berries, kiwi fruit, green vegetables (e.g. broccoli, cabbage), cauliflower, peppers, tomatoes.</p> <p>did you know? Broccoli is a good vitamin C provider – and is a popular vegetable with children. 5 small steamed florets will provide under 11s with the vitamin C they need for the day.</p> 	<p>Vitamin D</p> <p>Found in: Oily fish, eggs, some fortified breakfast cereals, some fortified dairy and dairy alternative products (check labels). Children 1-4 years old should be given a daily supplement containing 10 micrograms of vitamin D all year, with older children advised to take a supplement in autumn and winter.</p> <p>did you know? Oily fish are a good source of vitamin D – why not try a sardine Bolognese – great for children (and adults)?</p> 
<p>Copper</p> <p>Found in: Wholegrain breakfast cereals, wholewheat pasta, couscous, quinoa, shellfish, pulses (e.g. baked beans, kidney beans, chickpeas, lentils), dried fruit.</p> <p>did you know? Baked beans are an easily prepared source of copper that children often enjoy.</p> 	<p>Folate</p> <p>Found in: Green vegetables (e.g. broccoli, cabbage, spinach), chickpeas, oranges, berries, cheese, wholemeal bread.</p> <p>did you know? Frozen green veg like spinach can be a good source of folate – it can also be cheaper than fresh spinach and save on waste.</p> 	<p>Iron</p> <p>Found in: Red meat, pulses (e.g. kidney beans, lentils), nut butters and seed pastes (e.g. peanut butter, tahini), fortified breakfast cereals, wholemeal bread, dried fruit (e.g. apricots).</p> <p>did you know? Vitamin C can help the body absorb iron – so why not try a small glass of orange juice with some fortified breakfast cereal?</p> 	<p>Selenium</p> <p>Found in: Nuts and seeds* (particularly Brazil nuts, cashews, sunflower seeds), eggs, poultry, fish, shellfish.</p> <p>did you know? Scrambled, boiled or fried – eggs are a source of selenium.</p> 	<p>Zinc</p> <p>Found in: Meat, cheese, nuts and seeds* (like pumpkin seeds, pine nuts), wholegrain breakfast cereals, wholegrain and seeded breads.</p> <p>did you know? Lean beef mince is a good source of zinc; so favourites like chilli, meatballs, koftes and cottage pie will all boost zinc intake. For vegetarians, nuts and seeds and mycoprotein are good sources of zinc.</p> <p><small>*For children under 5 years, nuts and seeds should be offered ground or as a nut butter/seed paste to reduce the risk of choking.</small></p> 

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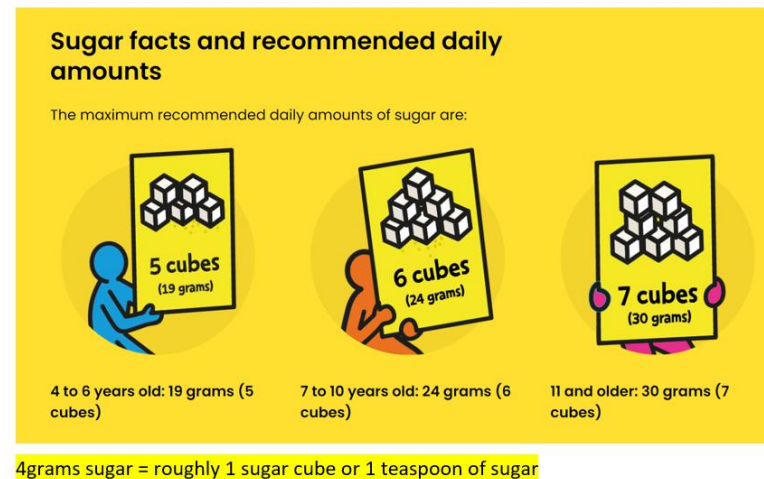
The number of sugars in drinks



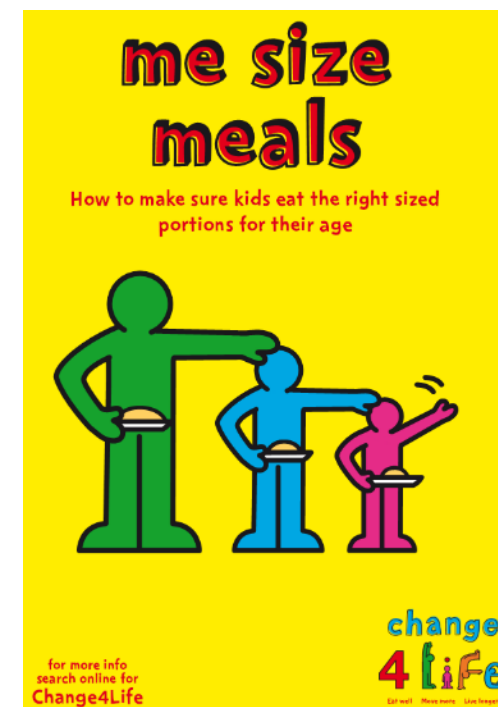
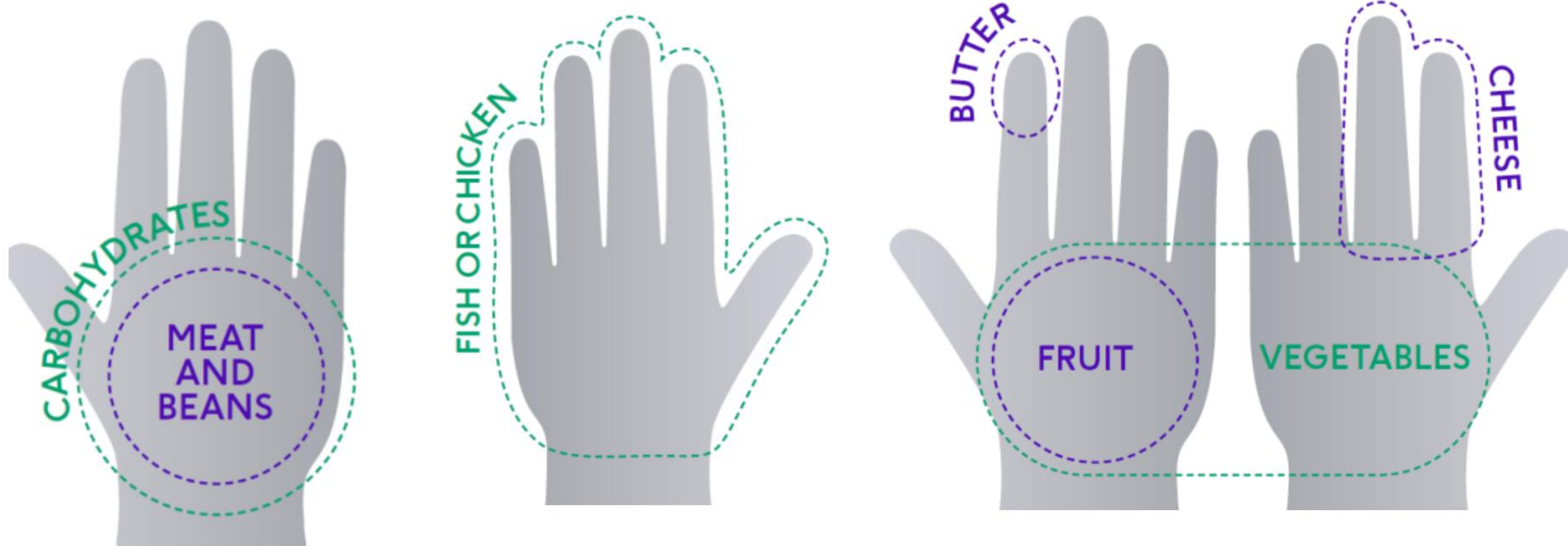
1 sugar cube = Approx. 4g



How much is too much?



Portion sizes



Plant based proteins

black lentils

12 grams per
1/2 cup



green lentils

9 grams per
1/2 cup



navy beans

~8 grams per
1/2 cup

black beans

~7 grams per
1/2 cup



split peas

8 grams per
1/2 cup



chickpeas

~8 grams per
1/2 cup



kidney beans

~7 grams per
1/2 cup



Resources

CHANGE FOR
LIFE

SUGAR SWAPS



Make a breakfast swap ▲

Swap their cereal

Choose from:

- porridge
- wheat biscuits
- 'no added sugar' muesli
- shredded wholegrain



Make a lunchbox swap ▲

Cut sugar with a swap!

Instead of chocolate, cake bars or pudding pots, pick:

- a slice of malt loaf
- a fruited teacake
- sugar-free jelly
- fresh or tinned fruit (in juice,



Make a snack swap ▲

After-school ideas

Fight the 4pm tummy rumbles with:

- crackers topped with lower-fat cheese
- a scotch pancake
- a crumpet

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids#school-day-swaps>



Food assistance in Tower Hamlets



Community

- The Food Store was launched in partnership with [Women's Environmental Network \(WEN\)](#), [Poplar Harca](#) and Burdett Football Club.

The Food Store is a new food support service based on a Food Pantry Model, which is a membership-based service accessed only through referrals.

This is a membership subsidised scheme that members pay to use, unlike food banks offering food free hand outs. Membership costs either £3.50 per week or £10 per month. In return members will get £30 worth of food plus available fruit and vegetables on top of that. Members will also have greater choice of food banks.

Members will be required to sign terms and conditions of use of the service and agree to access available support services such as welfare benefits advice and employment support to deal with the underlying issues, e.g. debt, housing, income maximisation, membership will be reviewed quarterly to check progress and confirm member's continued engagement with services. You must consent to your information being shared at the point of referral with organisations providing support services as relevant to their need, including local welfare advice, relevant council teams and employment support service providers amongst others. You can email [Masoom Ahmed](#) for more information.

Food Bank

Foodbanks - Drop-in/Open Access

- [Bethnal Green Food Bank](#) -Raine's Foundation School Approach Road, London, E2 9LY; drop in's take place on Wednesdays 2-7pm. For more information you can call 020 7739 7586 or [email](#)
- Bow Food Bank - Bromley by Bow Centre, St Leonards Street, Bromley by Bow, London, E3 3BT (Entrance through the park on Bruce Road or St Leonards Street); Monday drop in between 8:30am - 12:30pm. For more information you can call 07934 734603 or [email](#)
- Neighbours in Poplar - St Matthias Community Centre, 113 Poplar High Street, Poplar, London, E14 0AE. Open Thursdays 10:30am-12pm. Walk-in service is available although you should call in advance for requests of support 020 7987 0257
- Osmani Centre - 58 Underwood Road, London, E1 5AW. Drop-in Wednesday 12-3pm. For more information you can call 020 7247 8080 or [email](#)
- Salvation Army, Kerbey Street, E14 6AJ. Drop-in Thursdays 10.30am-12.30pm. For more information contact David on 020 7987 9405
- St Luke's Food Bank, Alpha Grove, London, E14 8LH. Drop-in Tuesdays and Thursdays 10am - 12pm. For more information you can call 07810 748 534 or [email](#)

**Support with food
in Tower Hamlets –
020 7364 3030**

[Food Assistance
\(localoffertowerhamlets.co.uk\)](http://localoffertowerhamlets.co.uk)



NHS Food Scanner



- With sixty per cent of parents saying they give their children more sugary or fatty snacks than before the pandemic, the NHS has just launched its new NHS Food Scanner App to help families eat better.
- Families can now scan product barcodes from their shopping and the app will suggest healthier alternatives to help them make easy swaps.
- The free app uses a 'Good Choice' badge to help signpost people to healthier food and drinks in line with government guidance.
- Search for “NHS Food Scanner” on the App Store or Google Play or visit the [NHS healthier families website](#) to learn more.

