

School Nurses Top Tips

With childhood obesity on the increase, we thought this month we'd try and give some support with healthy eating

- **Make a shopping list**

Think about the meals you want to cook over the week and make a shopping list based on the ingredients for each meal – that way you're more likely to stick to it in the supermarket and avoid filling your trolley with things you don't need. The secret is to plan! Thinking about meals in advance means you can make ingredients go further during the week.

When you're shopping give your kids a job like holding your shopping list. Or make a game of it by asking them to go and find the healthy food on your list. It will save time and teach them about healthy eating along the way.



- **Healthier Swaps & 5 A DAY**

Fresh, canned, dried and juiced fruit and veg. all count towards your 5 A DAY. So does frozen, it's cheaper than fresh, quick to use and lasts a lot longer, so you can save money in the long run.

When you're in the supermarket, look at the labels and try to swap to healthier versions which are lower in salt, fat and sugar.

Traffic lights system: Green =V. Good, Amber = Ok, Red = Not too Much



- **Packed lunches:**

If you want to make a packed lunch, we've got some great ideas for you. Plan your lunches and take the list with you when you shop - it will help you avoid reaching for tempting, less healthy foods, and it could save you time and money too!



* If you have any concerns regarding your Childs eating please contact the above number – many thanks from your Children & Young Peoples Nursing Team- 'working together, with you, to keep your child healthy' *