



Eat Smart Sheffield 2021 Newsletter

January

*Welcome to the latest edition of your **Eat Smart Sheffield Newsletter!***

Despite the challenges that the Covid-19 pandemic brings (and let's face it, there are a lot!!), the Eat Smart Sheffield programme continues.

*Over 20 schools across the city are now working towards their **Food for Life Award**, and around **60 schools** in total have engaged with the programme at some level – a great achievement which highlights our commitment to a **good school food culture** and the importance it has for the **physical and mental health** of our children and their families.*

*In December, an **Eat Smart Sheffield Briefing** was held (remotely) – thank you to those of you who joined us; it was great to see such interest and the actions that have happened as a result. If you couldn't make it and would like an overview of the programme, you can **access the session and complementary slides** via the Eat Smart Sheffield website here:*

<https://www.learnsheffield.co.uk/Partners/Eat-Smart-Sheffield/Training-and-Events>

Please also join **over 1000** other people who follow us on our social media platforms where you'll find further updates including our **Recipe of the Week, Top Tip Tuesdays, and Fun Fact Fridays!**

Twitter: [@eatsmartsheff](https://twitter.com/eatsmartsheff)

Facebook: [@eatsmartsheff](https://www.facebook.com/eatsmartsheff)

Instagram: [@eatsmartsheffield/](https://www.instagram.com/eatsmartsheffield/)

Happy Reading!

Let's Get Growing!

One of the criteria for the Food for Life Award is that pupils have the opportunity to grow and harvest food. To some, this can seem a little daunting but it really shouldn't be. You need not worry if you don't have much (any) outside space - you certainly don't need an orchard or allotment! - and not even a pandemic can stop the green-fingered amongst us from flourishing...

Check this out from one of **Eat Smart Sheffield's Targeted Support Schools** (who are in touching distance of achieving their Food for Life Bronze Award, of which we are super proud!)



Growing at Emmaus Catholic C of E Primary School

"At the beginning of last school year, we started our growing projects at Emmaus Catholic C of E Primary School across the different phases. When lockdown began in 2020, it brought with it lots of doubts about how we and many other schools would help continue children's learning, and although months of lockdown brought lots of stress, it also provided a lot of sunshine! With the key worker children still in school and keen to be outside, lots of our gardening and growing continued to flourish. The children who remained in school took on the responsibility of being head gardeners with pride, and it became a welcome distraction for many of our young children who had parents as front-line workers. Over the

spring and summer term, we used our foundation stage garden to grow a variety of fruits and vegetables, all of which were tended to and shared by our bubble.

The school garden also created a connection between the children at home with parents e mailing for garden updates and sharing images of their own growing projects. We fostered this new interest by sending cress home to our early years children as part of their home learning project and to allow the children to connect with each other even though they were apart. We also had a Bean Growing Competition and the children loved to see what their friends were doing at home. With something so simple, both children at home and those at school could be a part of our school garden. With the arrival of winter and another national lockdown, planning for the future feels uncertain –however, one thing we can always plan and be prepared for is growing in Spring!"



Slow Cooker Library

By Arbourthorne Community Primary School - another of Eat Smart Sheffield's Targeted Support Schools...



An Even Better Arbourthorne

Since launching the Slow Cooker Library courses in November, An Even Better Arbourthorne (AEBA) have seen nothing but non-stop cooking, sharing and support from all participants.

Four fantastic parent volunteers have led two courses over WhatsApp on how to cook with a Slow Cooker. They have managed to get the blend of professionalism, encouragement and friendliness just right, which in turn has brought participants out of their shells. As they scroll through the WhatsApp it sometimes feels like you can almost smell the food that they are cooking!

AEBA report that it has been incredible to watch the parents' skills develop each week.

Seeing the groups share their own independently cooked meals has been really great and they are very excited to be running a second course starting this February! The course is currently available to the families of Arbourthorne Community Primary School and we can't wait to see all the yummy meals they make!

"This curry was the first curry I have ever made from scratch and my children really enjoyed it"

Participant of Slow Cooker Course

"This is how my kids make me happy, empty plates! They have eaten so much!"

Participant of Slow Cooker Course

"But what was important as well for me was making friends even if it via Whatsap. Chatting even outside of the course on Monday; sharing our fussy eaters and the different meals we have cooked for our families."

Participant of Slow Cooker Course

If any other school would like to set up something similar and would like some top tips on how to do so, feel free to contact Paige Liddle via paigeliddle@arbourthorne.sheffield.sch.uk

Bags of Taste

Do you know anyone who would benefit from learning how to cook healthy, low-cost meals? Have a look at what Bags of Taste have to offer...

Bags of Taste is a non-profit organisation with the goal of making cooking accessible, inspiring and affordable by offering virtual mentored cooking courses. You'll get to go on a culinary adventure around the world in three easy recipes without ever leaving your kitchen! You'll learn to cook dishes that are quick to make and packed with nutritious ingredients that are budget-friendly and easy to find.

The course is entirely free and comes with the home delivery of a generous ingredients bag sufficient to cook three dishes at home, and although it's aimed at adults lots of people enjoy getting their children involved. Set your own pace in small, friendly groups with lots of attention and support from a cooking mentor.

They are particularly keen to connect with people who are unemployed, on benefits or struggling with food costs.

Please register your interest for the course via email sheffield@bagssoftaste.org or text/WhatsApp/call 07757393758.

Recipes 3 Meals 7 Fun 10

JOIN THE FREE BAGS OF TASTE VIRTUAL COOKING COURSE

Are you struggling with food costs? Want to eat better food on a tight budget? Learn to cook some of our delicious £1 a portion recipes. We'll deliver you a free bag of ingredients for 3 different recipes to help you on your way, and we'll guide you through how to cook them, save money, and delight your friends and family.

FREE VIRTUAL COOKING COURSE

LEARN AT HOME AT YOUR OWN PACE

To register for this free course, email sheffield@bagssoftaste.org or call/text/WhatsApp 07757 393 758

* Free course and ingredients for qualifying participants only

OUR BUDGET COOKING MENU:

	CHANNNA MASALA - a classic curry beloved by Indians the world over - proper, authentic homestyle Indian cooking, better than the takeaway!
	ITALIAN PASTA SAUCE - home made is so much better than jars! Twist it your way, with or without meat or tuna, it's a versatile basic dish everyone should know
	MIDDLE EASTERN PILAF - whether you make this with chickpeas or chicken, this is a fabulous tasty one-pot dish, perfect for weekday suppers

Keep Smiling!



We are living through challenging times but it's still important to think of the positives, be grateful for what we have and SMILE!

Here are some tips to ensure we have a healthy smile:

- Brush teeth last thing at night and another time during the day. Spit out after brushing - do not rinse (it washes all the lovely protective fluoride off your teeth).
- Use a toothpaste containing 1450ppm of fluoride.
- Try to reduce the frequency and amount of sugary food and drink being eaten. Try to keep sweet things to meal times only.
- Visit the dentist regularly. Children should have a dental check by the age of one year old.

Due to coronavirus (COVID-19), changes have been made to routine dental treatment but some routine dental treatments are available again and you should be able to get an appointment if you need one. Contact your dentist by phone or email. Only visit if you've been told to.

And if you think you need urgent dental treatment, call your dentist or use NHS 111 online if you do not have one.

Live Lighter - Free Families Programme

Live Lighter offers age-appropriate programmes to support overweight children, young people, and their families in leading happier and healthier lives.

A 12 week interactive online programme covers:

- Diet and healthy eating habits
- Age-appropriate physical activity in line with UK guidelines
- Reducing the amount of sedentary time
- Strategies for changing family behaviour to create new and positive, healthy habits

For more information, check out the website: <https://www.livelightersheffield.com/get-involved/families/> or call 0114 2702043



Sheffield's Sweet Enough!



We have some exciting news to share. As part of the Sheffield is Sweet Enough public health initiative, we've been busy creating a book! The Sheffield Family Guide to Smart Sugar Swaps is full of healthy recipe ideas and top tips to help everyone reduce their sugar intake.

The guide has been written by local parents, Sheffield Hallam students, group leaders and business owners to offer practical advice on making meals fresh, fun and tasty without so much sugar. Copies will go on sale in Sheffield bookstores and we'll be using some of the proceeds to donate books to families who otherwise might struggle to afford one. A huge thank you to all our collaborators who have worked together to make this possible.

We'll be sharing some of the recipes from the book on our dedicated website – www.sheffieldissweetenough.org. It's full of helpful information, including education resources, which can be downloaded and used to support home learning. You'll find everything you need in the 'Make a pledge' section of the website under 'My school is sweet enough'.

If any schools would like a copy for their lending libraries, please contact us via the website or email Jessica.Wilson2@sheffield.gov.uk.

Please also follow us on:

Twitter: @sweetenoughshef

Facebook: @sheffieldssweetenough

Instagram: @sheffieldissweetenough

Sheffield Healthy Holidays - Evaluation

In the summer of 2020, **Voluntary Action Sheffield** – alongside a number of key partners including Eat Smart Sheffield – developed and implemented a programme of activities for families in the city. '**Sheffield Healthy Holidays**' provided food boxes as well as activities (face-to-face & remote), supplements which featured in The Star newspaper, a dedicated website and an app; all of which had a focus on physical, mental and emotional wellbeing.

Around **3500 food boxes were distributed each week** over a 5 week period and almost **2000 children** participated in face-to-face group activities – quite a feat given the Covid-19 restrictions!

A formal evaluation of the programme has now been done and overall, responses were positive.

For example:

- 97% of recipients felt that food provided was healthy and nutritious
- 93% said that the recipes and cooking instructions were clear and the food was good quality;
- 90% of people involved tried new foods and recipes
- Over 80% of families reported having learned about keeping active and feeling more confident in doing so.

And additional common themes were excitement and anticipation, enjoyment of cooking and eating new things, and parents engaging in activities with their children.

Eat Smart Sheffield was proud to be a part of this and when you hear quotes like this...

“Myself and my family have found this wonderful! It’s helped in so many ways, from having fun with the hula hoops, skipping rope, and crafts to helping with meal planning and ideas and getting the kids to try new things” Healthy Holidays participant

... you know what you’re doing is worthwhile!



Walking in Someone Else's Shoes - Climate Change



Need an activity on climate change? Want your students to discuss ethical and environmental impacts of food choice? Aiming to use sustainability for a food topic? (all of which will help towards meeting the criteria for your FFL Award of course!) – check out this interesting and thought-provoking activity from Food for Life...

This Food for Life activity helps pupils understand climate change, the effects it has and how this might impact the food we eat.

By the end of the activity it should be clear to students the inequality experienced by people living around our world, and how climate change affects us in different ways.

Role Cards Activity

This activity is part of a wider [Climate Change Activity sheet](#) – scroll to page 10 in the Appendix for the activity outlined here.

Instructions:

- Lay out the Role Cards onto the table for everyone to see. Allow time for students to familiarise themselves with the different people described on each card (includes name, age, country, living situation).
- Read out the different effects of climate change. After each one is read out, students pick out the Role Cards of who could be affected.
- Discuss each Role Card individually, thinking about what will be affected for that character and the consequences.

The aim of the activity is to think about the life of each character. Students will be able to see the Role Cards that were picked out more often, and those that weren't picked out at all.

You can also apply this to student's own lives and think about ways in which we are affected by climate change in this country; explaining that although they may be less obvious, they are still there.

[Download the Role Play cards here](#) (p10 in Appendix of the activity sheet)

Update from the School Nursing Service

The latest lockdown has meant the 0-19 School Nurse Service have had to delay the start of the 2020/21 National Child Measuring Programme (NCMP) for F2 and Y6 pupils. This was due to start as schools reopened in January. Our aim is to restart the programme as soon as we are able with advice from PHE.

If any child has previously missed the school-based screening programme and a parent/carer has concerns about their child's height, weight or hearing, parents can contact the School Nursing Service to request support or arrange a clinic appointment. They are also able to offer support to parents/carers who are concerned about other issues such as sleep problems, continence issues, emotional health concerns and fussy eating.

The contact number is: 0114 3053284.



Food - A Fact of Life : Free Healthy Eating Workbooks



Check out these fabulous workbooks from Food – A Fact of Life; a perfect resource covering topics such as the Eat Well Guide, 5-a-day, and hydration.

There is one for 5-7 year olds and one for 7-11 year olds.

A self-contained pack, they are ideal for home learning – and they're free!

Just click on the links below to download:

<https://www.foodafactoflife.org.uk/media/4897/ffl-workbook-1-ages-5-7.pdf>

<https://www.foodafactoflife.org.uk/media/4898/ffl-workbook-2-ages-7-11.pdf>

Contact Us

For all the latest updates, info, foodie facts and top tips, remember to follow us on our social media channels:

Facebook: @eatsmartsheff

Instagram: @eatsmartsheffield

Twitter: @eatsmartsheff

And if you'd like to get involved with the Eat Smart Sheffield programme, **contact Lisa** (Eat Smart Sheffield Programme Manager): lisa.aldwinckle@learnsheffield.co.uk

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