

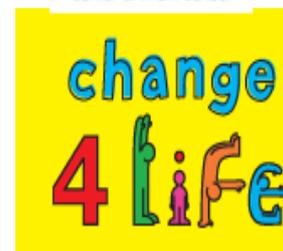
# Whiston Junior and Infant School supports

## The NHS - Change for Life campaign



### What is Change4Life?

These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, some children don't move about as much, or eat as well as children did twenty years ago. There are lots of ideas of how to stay healthier on the Change4Life website: <http://www.nhs.uk/change4life>



### Change4Life for your kids

Nine out of 10 of our kids today could grow up with dangerous amounts of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease.

### Shop smart - money-saving tips for eating healthily

There are plenty of things you can do to eat more healthily, and the good news is, making healthier meals needn't cost a lot of money. You can still enjoy your favourite meals but it's better to make them with your own ingredients – and cheaper too.

Try these great shopping tips from TV cook Ainsley Harriott:

- **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.

- **Save money**

The secret is to plan, plan, plan! Thinking about meals in advance means you can make ingredients go further during the week. It also helps you remember to use any coupons you've seen advertised or been sent.

- **Healthier swaps**

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.

- **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.

- **Get the kids involved!**

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 lunchboxes



### Packed lunches or school dinners?

These days, school dinners are much healthier than previous years. But if you want to make a packed lunch, Change4Life has got some great ideas for you. Just choose a week from the list on their website, and in no time you'll have delicious lunchbox ideas for all the family. See Week 1 menus below for some tasty ideas.

#### Kids aged 5 - 8 (Week 1)

##### Monday

- Banana sandwich with wholemeal bread
- Tomato
- Boiled egg
- Low-fat fruit yoghurt
- Small box of raisins
- Semi-skimmed milk

##### Tuesday

- Tuna and sweetcorn wholemeal roll
- Reduced-fat cheese triangle
- Satsuma
- Apple juice, unsweetened

##### Wednesday

- Pasta and sausage salad (with spring onion and red pepper)
- Stewed apple and blackberry with crumble top
- Reduced-fat natural yoghurt
- Bottle of water

##### Thursday

- Edam cheese, ham and lettuce pitta pocket
- Tomato
- Small flapjack
- Nectarine
- Reduced-fat yoghurt drink

##### Friday

- Houmous, red pepper and grated carrot wrap
- Grapes
- Creamed rice pot
- Slices of malt loaf
- Bottle of water

#### For Kids aged 9 and over (Week 1)

##### Monday

- Double-decker sandwich with ham (reduced salt) and salad
- Mini blueberry muffin
- Mixed dried fruit
- Kiwi
- Bottle of water

##### Tuesday

- Tuna pasta salad (with spring onion, green pepper and cherry tomatoes)
- Fresh fruit salad with low-fat fromage frais
- Slice of banana cake
- Apple juice, unsweetened

##### Wednesday

- Mexican chicken wrap
- Carrot sticks and baby corn
- Mixed fruit salad
- Slices of malt loaf
- Yoghurt drink

##### Thursday

- Spicy beans and vegetables
- Mini pitta pockets
- Raspberries
- Low-fat fromage frais
- Fruit smoothie (made with semi-skimmed milk)

##### Friday

- Tinned salmon salad baguette (with cucumber, lettuce and low-fat plain yogurt)
- Flapjack with dried apricots
- Orange
- Bottle of water

# Healthy eating tips from Change4Life

We were all brought up to finish the food on our plates, but sometimes it's more than we really need. These days larger portion sizes are also more readily available, which does mean that it's very easy to eat too much.

Try some of their simple tips to get you and your family into great healthy eating habits.

- **Love your labels**

Food labels can seem a bit boring, but they are the best way of checking what you're eating as they can tell you what's hidden inside the food. Once you know what how to use them, you'll soon be able to make healthier choices when you're shopping.

- **Be calorie smart**

Counting calories doesn't have to mean you're on a diet! They are a really handy way of helping you choose balanced meals each day, and not eating more than your body needs.

- **Eatwell plate**

The eatwell plate is a brilliant idea - it helps you eat a balanced diet by showing you how much of what type of food to eat at each meal. Simple!

- **Share packaged foods**

Many foods and drinks are packaged for two adults sharing, so if you're eating by yourself avoid temptation and save some for later. Don't give a whole one to a child - let them share a bag of crisps, or save some.

- **Eat a little slower**

It takes time for our brains to register we're full, so try to eat more slowly. If you're eating with friends or family try pacing yourself to the slowest eater.

- **Focus on your food**

Eating distractedly, such as in front of the TV, means we eat more without noticing or even enjoying it. Swap the TV for the table.

- **Aim to feel satisfied, not stuffed**

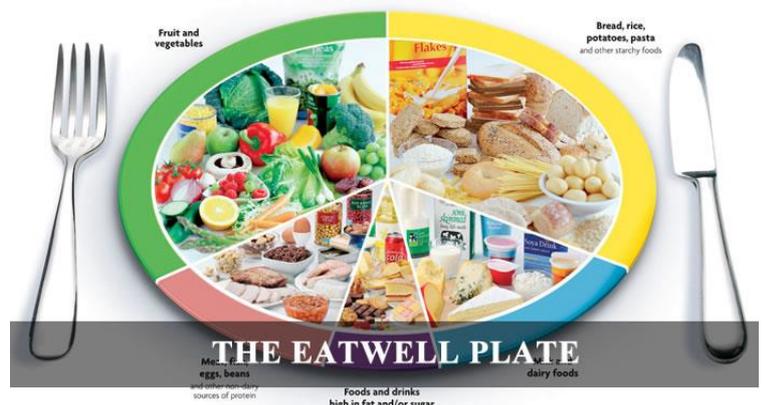
Try eating just one plate of food and don't go back for seconds.

- **Super start your day**

Don't be tempted to skip breakfast, even if you're trying to lose weight. If you have a healthy breakfast in the morning you're less likely to want to snack before lunch.

- **Mix and match**

If you know you'll be having a proper dinner later, keep an eye on the calories by having a lighter lunch.



- **Pack it in**

Plan ahead and try to take a packed lunch to work or when you are out and about. It can work out cheaper.

- **Spot the difference**

Swap a big dinner plate for a smaller one and you'll have a smaller portion. It will also look as if you have more food on your plate too.

- **Max your pocket, not your drink!**

Extra large whole milk lattes or cappuccinos may seem like value for money, but they also contain more calories. Try swapping for a regular size coffee made with lower fat milk – less calories (and it'll save you money).

### **5 A DAY – tips for getting five portions of fruit and veg each day**

Fruit and veg are a source of vitamins, minerals and fibre which may help reduce the risk of diseases like heart disease and some cancers. We all know that it's important for us to eat a variety of at least five portions of fruit and veg each day, but how many of us actually manage it?



Luckily, it can be easier than you think to get your 5 A DAY. The great thing is that you don't need to make a big change to your diet or do without the foods you love.

### **It doesn't have to be expensive!**

You can keep the costs down by buying canned fruit and veg, which doesn't go off as quickly. Choose canned fruit in its own juice – it's healthier than fruit in sugary syrup. Or try canned veg in water with no added salt or sugar.

Frozen is even handier, as you can use what you need and put it back in the freezer! And buying fresh fruit and veg when it's in season is usually cheaper too. Local markets can be great places to pick up fresh and tasty produce at really good prices.

Just add a portion of veg here, sprinkle a portion of fruit there – and you'll hit your 5 A DAY before you know it!

### **Other fabulous ideas including how to become more active can be found on**

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

- 60 active minutes**  
Do your kids get theirs everyday?  
Visit [60 active minutes](#)
- 5 A DAY**  
Giving them their 5 portions of fruit or veg a day is easier than you think.  
Visit [5 A DAY](#)
- me size meals**  
How to make sure kids eat the right sized portions for their age.  
Visit [me size meals](#)
- meal time**  
Why it's important to make time for 3 regular meals.  
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