

Wolverhampton
Healthy Eating & Physical Activity Resource Pack

hands up who
wants our kids
to live longer?



wish the family to become more active and eat more healthily?

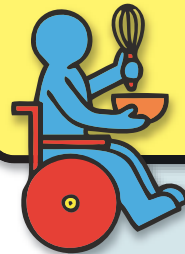
Finding activities which are safe, cheap and fun to do can be tricky, which is why this pack has been created. It's full of ideas to get everyone moving.

Schools provide sports and activities at breakfast clubs, during and after school. Many of these are free and children are already there. All schools now provide at least 2 hours of P.E. and games weekly during the school day.

For this to make a difference, **eating healthy food is crucial**. Everyone needs a balanced diet. All schools now provide appetising, healthy school meals.

encourage children to help prepare meals with you

Check if your child's school has a cooking club. These provide recipes to cook together, giving your child skills and confidence in the kitchen and an opportunity to spend time together.



check whether your child may be eligible for free school meals

More information can be obtained from the website www.wolverhampton.gov.uk/freeschoolmeals or phone 01902 551462 or 554128.



Exercising doesn't have to be hard or expensive. It can be anything you want it to be and most of all fun, otherwise you won't keep it up. Children need 60 minutes of activity daily and adults 30 minutes.

Here are some ideas:

- Join a Walking for Health group or walk around the block.
- Go on a bike ride with your family and have a healthy picnic.
- Buy a hula hoop or skipping rope for your child. It will provide hours of entertainment. Targets can be set – see if they can increase the number of skips every day for a week or longer.
- Get off the bus a stop early and walk the rest of the way or park a 10 minute walk away from the school gates or your workplace.
- Visit a park or swimming pool. Have a go on the equipment at the outdoor gym in a park near you.



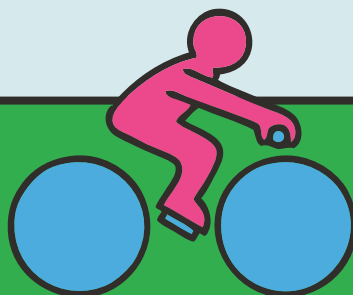
walking for health

Details can be found on the website
www.wolvespct.nhs.uk/healthycity



register your child for free swims

www.wolverhampton.gov.uk/freeswim

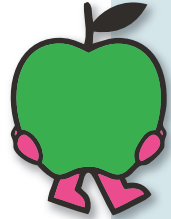


meal times for children

For good health children should have no more than 3 meals and 2 snacks in between meals each day. For example:

- Breakfast:** Wholegrain cereal with semi skimmed milk
- Snack:** Portion of fresh fruit
- Lunch:** Egg & cress sandwich on granary bread. Fresh or dried fruit
- Snack:** 2 crackers with low fat cheese and tomato
- Evening:** Shepherds Pie with carrots and peas.
Unsweetened fruit yogurt

Adults can follow the same pattern but may not require snacks in between meals, particularly if trying to manage their weight.



If your child is hungry serve extra vegetables.

Try not to bribe your child to eat all their food by offering them a dessert. This only encourages excess eating. **Never use food as a reward.**

Try not to eat meals in front of the TV as this is distracting. Instead try to eat meals at the table as a family. This is a great opportunity for the family to catch up on news or talk about healthy eating!

portions

Many of you will already be eating healthily, but if portions are too big you will be having too many calories for your needs. Try the following tips to reduce portion size:

- Use smaller plates and put less food on the plate. If still feeling hungry, have a little more. Serve any leftovers in the lunchbox or freeze for another day.
- Watch packaging sizes, many are family or adult sized and as these can be cheaper, it's easy to buy larger sizes than needed.

alternatives

Instead of:	Have:
Fizzy pop or sweetened fruit juice	Water or diluted unsweetened fruit juice
Crisps, chocolate, cakes, pastries, biscuits	Fruit, breadsticks, rice cakes, plain popcorn or a slice of toast
Chocolate or sugar coated cereals	Wholegrain or low in sugar cereal or porridge
Sweet puddings	Fruit based pudding with low sugar topping
Fizzy drink and chocolate bar	Fruit smoothie and a box of raisins
Crisps	Chopped up veg and natural yogurt or hummus

meal ideas

**Spaghetti Bolognese
Salad**

**Low Fat Sausages
Peas & Sweetcorn, Mashed Potato**

**Shepherd's Pie
Green Beans & Carrots**

**Home Made Burgers
Baked Beans/Salad
Baked Potato**

**Chicken & Pineapple Stir Fry
Wholegrain Rice**

**Mushroom Omelette
Salad, Wholemeal Bread**

**Chick Pea or Lentil Curry
Rice and Salad**

**One Pot Mince, Onion and
Baked Beans with Rice or Pasta**

**Roast Meat
Parsnips & Broccoli, Roast Potatoes**

**Fish Fingers, Peas & Carrots
Potato Wedges**

**Tuna Pasta with
Sweetcorn in Tomato Sauce,
Salad**

packing a healthy lunch box

If your child does not wish to have a school dinner, packing a healthy lunch box is an alternative.

Most school lunch boxes contain too much fat, sugar and salt.

Current government recommendations are that a packed lunch should contain a portion of starch, protein and fruit and vegetables. Ideally it should also contain a dairy product. By following these guidelines you will be encouraging your child to eat a nutritious lunch.

Remember to include a variety of foods during the week and also to pack a healthy drink. Diluted fruit juice, water or milk are the best options.

Keep them cool with a mini ice pack and an insulated lunch box.

Small food items can be frozen when packed. These will keep surrounding food cool as they gradually defrost.

Packing a lunch for all the family, including yourself, can also help to save money, if you buy ready made sandwiches and snacks.



pick 'n' mix

Try selecting one item from each of the lists below to achieve balance and get your pick and mix menu for any one day

starch

Bread
(all varieties)

Baguette

Bread rolls
(all varieties)

Pitta bread

Tortilla wrap

Scone

Crackers

Oatcakes

Pasta

protein + fruit/veg filling

Grated cheese, cottage cheese

Cream cheese
(with cucumber, apple, tomato or celery,
pineapple, mixed peppers, pickle)

Egg – chopped or sliced
(with cress, cucumber, tomato or ham)

Tuna (with sweetcorn, tomato or salad)

Ham (with tomato, pineapple)

Salmon (with cucumber or salad)

Hummus (with grated carrot)

Cheese spread (with tomato or celery)

Chicken or turkey (with salad or pickle)

fruit & veg

Any whole fruit

Fruit salad

Dried fruit

Tinned fruit

Fruit smoothie

Any raw vegetable

Cold roast vegetables

extras

Fruit bread

Currant bun

Cereal bar

Fruit scone

Flapjack

dairy

Yoghurt

Fromage frais

Smoothie made with
milk/yoghurt

Cheese cubes

Milk

Milkshake

local clubs and activities in your area

why not try walking in the park?

Many of these have children's playgrounds, and some now have new adult outdoor gyms that can be accessed free of charge whenever the park is open.

adventure playgrounds

Or if you are aged between 5 and 12, why not give your local adventure playground a try? These are available at locations across the city and available **FREE of charge!**

For further information on adventure playgrounds and other play provision, including Play Ranger venues and holiday play activities, contact Wolverhampton Play Service on **01902 552170**, email playservice@wolverhampton.gov.uk or visit the website: www.playspace.tv

free swim!

Don't forget – if you are aged under 16 or over 60, you are able to benefit from free swimming at Central Baths, Bilston Leisure Centre and Wolverhampton Swimming and Fitness Centre. For further information, contact the Sport Development Team on **01902 556220**; email sport.development@wolverhampton.gov.uk or visit the website: www.wolverhampton.gov.uk/freeswim

check out the youth gym and activity centres at:

- Bilston Leisure Centre
- Central Baths
- Graiseley Healthy Living Centre
- Springfield Youth Centre
- Ashmore Park Youth Centre
- Bushbury Youth Centre
- Moreton School
- Our Lady & St Chad RC Sports College
- Aldersley School
- Deansfield School

Ring the facility for opening times or visit www.youthgymswolverhampton.com

urban rebounding

Urban rebounding and dance mats provide excellent workouts and fun activity for the whole family. Sessions are available at locations across the city for children, adults and families, including at youth gym facilities, Wolverhampton Swimming and Fitness Centre, Aldersley Leisure Village (dance mats) and Wolverhampton College.

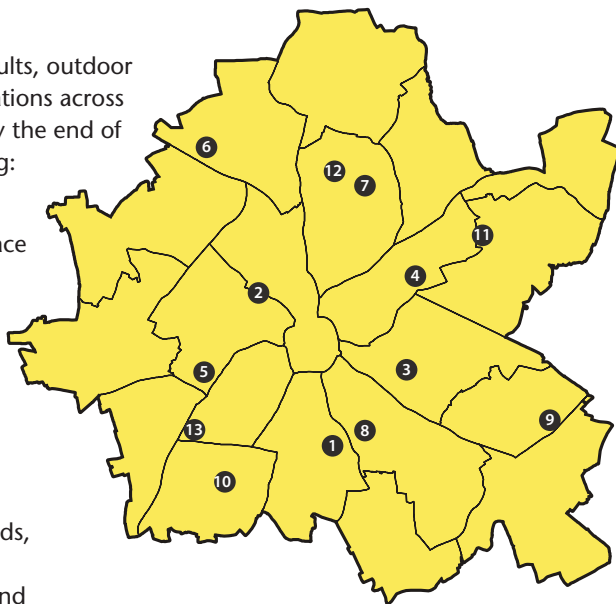
For further information, contact Sue Cook, Education Development Officer on **01902 554194** or email sue.cook@wolverhampton.gov.uk www.urbanrebounding.co.uk

Opportunities for getting fitter and more active as a family are available on your doorstep or nearby – and many of these are offered free or at little cost.

outdoor gyms

For older young people and adults, outdoor gyms are being installed at locations across the city, and will be available by the end of June 2010 at locations including:

- 1 Phoenix Park
- 2 Leicester Square Open Space
- 3 East Park
- 4 Heath Town Park
- 5 Bantock Park
- 6 Pendeford Open Space
- 7 Showell Circus
- 8 Dixon Street
- 9 Cedar Grove, Bilston
- 10 Muchall Park, Penn
- 11 King George V Playing Fields, Wednesfield
- 12 Bushbury Recreation Ground
- 13 Bradmore Recreation Ground



further information

City Direct: 01902 551155

Sport Development Team:

Aldersley Leisure Village

01902 556220

www.wolverhampton.gov.uk/sportdevelopment

**Play and activity opportunities
(including youth service provision):**

www.wolverhampton.gov.uk

Family Services Directory

www.wolverhamptonfsd.org.uk

dancing to keep fit

You may be interested in dancing to keep fit, and there are many opportunities to take part in dance activities across the city. A useful starting point for information on dancing opportunities near you is: Christine McGowan, Centre Manager, Newhampton Arts Centre: **01902 572090** or admin@newhamptonarts.co.uk
www.newhamptonarts.co.uk

watching your weight?

FREE programmes are now operating across the city to support children, young people, families and adults wishing to improve their lifestyle (and their waistline).

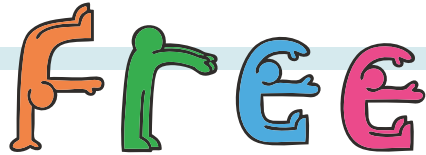
change4life

General advice on healthy eating and increasing physical activity or making lifestyle changes can be found on the Change4Life website: www.nhs.uk/change4life. Sign up to receive regular information to help make those changes.

maternal & early years healthy weight service

Women who are overweight at the start of pregnancy can receive support to limit further weight gain and help with weight loss following delivery. Support with breastfeeding, weaning and cooking skills can also be provided until the baby becomes 2 years old.

Contact the Healthy Lifestyles Department on **01902 445493**.



mini-mend

For children aged 5 – 6 years, whose weight is above the healthy range, accompanied by an adult family member.

Contact Sue Cook, Education Development Officer on **01902 554194**

the WISH consortium

An exciting programme to eat smart for 7 – 15 year olds to get fitter and be happy. The programme is being offered at locations across the city and is open to young people whose weight is above the normal range accompanied by at least one adult family member.

Contact WISH on **01902 714433** or see www.wolvespct.nhs.uk/healthycity

school nurses

School nurses measure reception and year 6 pupils every year in school as part of an overall assessment. They can refer children who have an unhealthy weight to one of the support programmes.

For general advice or information, school nurses can be contacted between 8.30am and 5pm, Monday to Friday – term time only, at:

Gem Centre	01902 444161
Ashmore Park Health Centre	01902 444115
Bilston Health Centre	01902 444419
Bushbury Health Centre	01902 444511
Pendeford Health Centre ...	01902 444531
Phoenix Health Centre	01902 444165
Whitmore Reans Health Centre	01902 444789

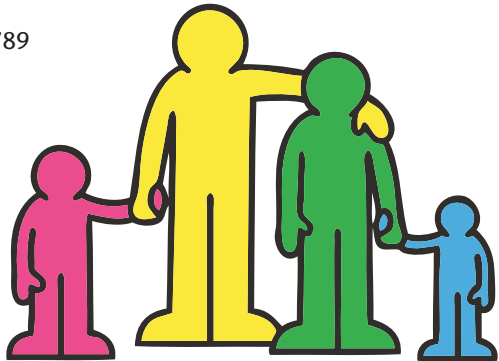
adults

General Practice staff are now able to refer adults who meet age and weight criteria to either Weight Watchers or Fitbug.

Contact Public Health on **01902 444742** or see www.wolvespct.nhs.uk/healthycity

health trainers

Health Trainers can also provide practical individual support to anyone over 16 years. Clients will be supported for 6 – 8 sessions over a 6 month period to make lifestyle changes. Contact the service on **01902 443083**.



hands up who wants our kids to live longer?

We all do! But if we carry on living as we are, 9 out of 10 kids are set to grow up with dangerous levels of fat in their bodies. This can cause life-threatening diseases like cancer, diabetes and heart disease. So it's really important that we all get together and do something about it – now!

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

Wolverhampton City PCT and Wolverhampton City Council is in support of Change4Life. In order to maintain a healthy weight we need to both eat better and move more. Many families are making changes that will help them live healthier and longer lives.

Visit www.nhs.uk/change4life or call 0300 123 4567 for more information.

Wolverhampton City 
Primary Care Trust

Wolverhampton
City Council 