



# eat well, move more



Newsletter Oct 2016

## What's new...

The healthy lifestyle school programmes have started at Lyndon, Fordbridge, Cheswick Green, Peterbrook, and Smith's Wood Primary Academy. The pupils are learning about the eat well guide, healthy eating and portion sizes as well as taking part in lots of activities.

The NEW fun packed Hobs Moat community programme for children aged 7-11 years is underway and more details of the January family programme will be available soon!

## Has your child just been weighed and measured at school?

The results can be surprising, but they're just a snapshot of your child's weight. If your child falls outside the healthy weight measure, get them back to a healthy weight with a few simple changes to help them eat more healthily and be more active. Change4life has a new section on [your child's weight](#)

Welcome to the Autumn Eat Well Move More (EWMM) newsletter. The Eat Well Move More Newsletter is jam packed with lots of exciting information, recipes, top tips and ideas for you and your family to enjoy.

## Tomato, Bean and Pasta Soup

### Ingredients and method:

1 onion, chopped  
2 celery sticks, sliced  
1 clove garlic, crushed  
1 x 15ml spoon oil  
2 large cans chopped tomatoes  
1 can cannelloni beans, drained  
600ml water (1 stock cube, optional)  
50g small pasta shells  
basil leaves and parmesan cheese, grated (optional)  
1x5ml spoon mixed herbs, Black pepper to taste



1. Chop the vegetables and fry the onions, celery, and garlic in the oil for 3-4 minutes until soft.
2. Add tomatoes and herbs and simmer for 10 mins stirring occasionally.
3. Add beans, water and pepper, cook for 20 mins
4. Add dried pasta and cook for 10 mins until the pasta is cooked
5. Taste the soup, then serve the soup. Season with black pepper, sprinkle with basil and parmesan cheese.

Tips: \*Replace the beans with chopped courgette or peppers. Swap the pasta for rice or potatoes. Allow the soup to cool and freeze in a suitable container.\*  
Recipe from [British Nutrition Foundation](#)  
Other recipes: [Veg cous cous](#), [fruit smoothie](#), [Hummus wrap](#), [jacket potato](#), [scones](#), [fruit salad](#)

For more info visit:  
[www.solihullactive.co.uk](http://www.solihullactive.co.uk)  
or call 0121 704 8207



**Did you know...** adults need to be active for at least 150 minutes each week and kids aged 5-16 need to be active for at least 60 minutes per day  
See [how](#) you can be active everyday



# 60 active minutes

Do your kids get theirs every day?

## Tips to eat well for less

- Write a shopping list
- Buy frozen veg
- Make extra when cooking meals that can be frozen or eaten for lunch the next day
- Buy cheaper brands
- Cook with pulses including beans, lentils and peas, they can often replace meat
- Cook from scratch
- Compare pre-packed with loose
- Avoid buy one get one free on unhealthy items
- Shop during happy hour
- Waste less- lots of foods can be frozen

**Fruit and Veg wordsearch...** See if you can find the fruit & veg below and try eating them this week!

C	A	B	B	A	G	E	F	D	T	U	E
E	Y	R	B	K	C	N	V	A	D	Y	R
W	Q	O	M	H	C	A	I	P	F	O	H
U	D	C	G	M	A	P	U	P	K	J	A
H	N	C	W	B	R	T	J	L	E	E	K
P	K	O	G	T	R	I	N	E	D	A	T
A	B	L	W	N	O	F	A	Y	N	T	F
R	A	I	P	O	T	A	T	O	O	H	E
S	P	E	B	F	T	H	D	G	N	B	C
N	O	A	G	K	C	A	C	F	I	G	O
I	T	Y	F	X	D	W	M	N	O	A	L
P	E	A	R	A	Z	P	I	K	N	P	N

**POTATO; FIG; PARSNIP; CABBAGE; LEEK;  
APPLE; BROCCOLI; CARROT; ONION; PEAR**

## **Choosing healthier foods is easier than you may think.**

### **Food swap changes and ideas:**



Breakfast (click [here](#) for more healthy breakfast ideas)

- swap whole milk for semi-skimmed, 1% fat or even skimmed milk (if 3 years +)
- swap a sugar-coated cereal for a wholegrain cereal such as porridge or shredded wholegrain wheat cereal with no added sugar – read choosing [healthy breakfast cereal](#)
- swap a sprinkle of sugar on your breakfast cereal for a topping of fresh or dried fruit, which counts towards one of your 5 A DAY

Lunch

- swap white breads, bagels and muffins for wholegrain varieties. Add salad to sandwiches.

Dinner

- swap creamy or cheesy sauces for tomato- or vegetable-based sauces on your pasta, meat or fish dishes (try making your own sauces instead of using shop bought sauces)
- swap chips for boiled potatoes
- swap the frying pan for the grill when cooking meat

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