



Briefing for Lowestoft Community Partnership

Task and Finish group was held on the 26th April 2022 in person at Riverside offices.

The aim of the group and the purpose of the work is to improve healthy eating in children by targeting & engaging with preschool/nursery staff, children, and parents by communication and education.

Topics discussed were:

- Communication with parents and families
- Community insight work
- Incentives
- Cooking classes

Specific projects that could be adopted:

- Pallet boxes
- Early intervention – working with early years, identified a missing gap. This could build upon work from the Healthy Movers work that was undertaken in 2021.
- Afterschool clubs
- Development of recipe cards
- Breakfast Clubs – providing Porridge to schools
- Daily Mile and any other free physical activity intervention that can be implemented within the early years/school settings.
- Engaging parents via a competition to submit recipe ideas for the recipe cards.

Actions and updates:

1. Family Recipe Cards – monthly collection of cards for families. Cllr James Reeder had a contact Newmarket for recipes. Louise Thomas to liaise with Cllr Reeder on this.
Better Health – Healthier families also have healthy recipes: [Recipes - Healthier Families - NHS \(www.nhs.uk\)](#)
2. Pallet Garden Boxes – this is already underway. 12 schools are already signed up to this. Plan to get pallets out to schools before end of summer term. Helen Fraser supporting with horticulture knowledge.
3. Porridge Pots/Breakfast Club Offer – Proposal to provide porridge pots or bags to breakfast clubs, this could link with action 1. Louise to source costs of porridge pots and Karen to engage with OLS to see if there is support there. Update – ask is being taken to OLS to see if they have capacity to support.
4. Free Apps/Resources, that we can promote to families along with the recipe cards, breakfast clubs etc. List of resources below to promote alongside the work outlined above. There will also be campaigns held throughout the year e.g. eat them to defeat them etc.
 - a. [Children's weight - Healthier Families - NHS \(www.nhs.uk\)](#)
 - b. [Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)
 - i. NHS Food scanner app - [NHS Food Scanner app - Healthier Families - NHS \(www.nhs.uk\)](#)
 - ii. Healthier food swaps - [Healthier food swaps - Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)



- iii. Snacks- [Healthier snacks - Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)
 - iv. Sugar - [Reducing sugar - Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)
 - v. Sugar calculator - [Sugar calculator - Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)
 - vi. Salt - [Reduce salt - Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)
 - vii. Fat - [Reduce saturated fat - Food facts - Healthier Families - NHS \(www.nhs.uk\)](#)
 - c. [The Eatwell Guide - NHS \(www.nhs.uk\)](#)
 - d. [Recipes - Healthier Families - NHS \(www.nhs.uk\)](#)
 - e. [Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](#)
 - f. [Relaxation Tips - The Sleep Charity](#)
5. Healthy Eating schools – work to have a ‘champion’ within the schools. Link with the work that is already ongoing and build exemplar model to support other schools.
6. Exploring the offer of extending provision of a piece of fruit to KS2 in Primaries – needs to be picked up, possibility of engaging with local supermarkets to support.