



**Healthy eating workshop for parents**



# Meet the Health Improvement team



**Karen Gibson**  
HIT manager  
Safeguarding



**Nicole McGregor**  
Nutrition & exercise  
Officer



**Claire Meade**  
RSE & PSHE  
Officer



**Mubina Asaria**  
Prevent specialist  
Officer



**Stacey Payne**  
Mental health &  
emotional wellbeing  
Officer

# Our services to schools

The Health Improvement team's three services



## Universal

All schools receive this service for free.



## HS awards & training

Healthy Schools London workshops and 40 training workshops.



## Bespoke

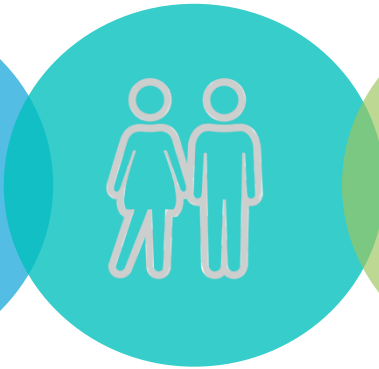
4 day customised service.

# What we do

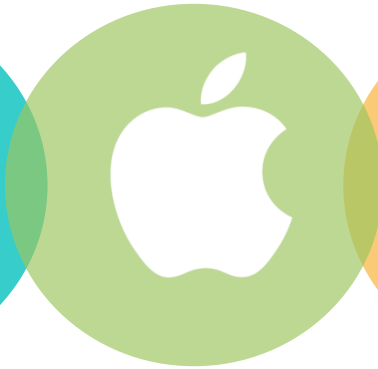
We provide support and training in five areas:



**Safeguarding  
Prevention**



**RSE**



**Nutrition &  
exercise**



**PSHE**



**Mental health &  
Emotional wellbeing**

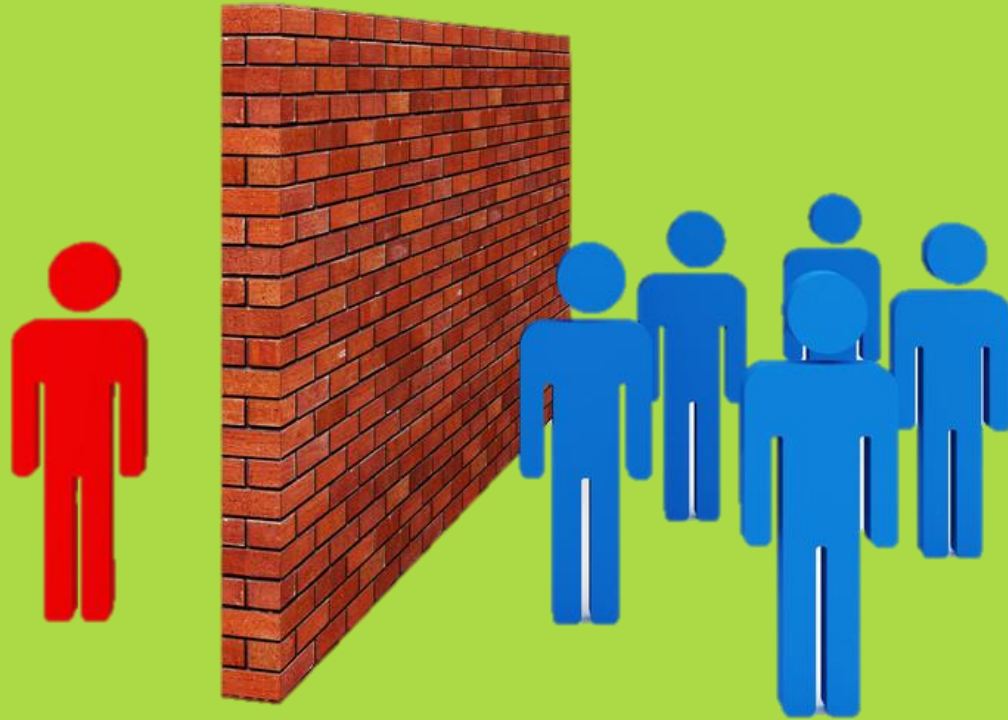
# Aims of this session

Provide ideas for parent workshops on healthy eating

Provide ideas for engaging hard-to-reach parents

Improve your knowledge on healthy eating

# What are the barriers to engaging parents?



# How to engage hard-to-reach parents

Offer cooking workshops

Offer a completion certificate

On-site child-care or activities for kids

Translate flyer into main languages

Tie in with existing event i.e. coffee morning, health fair

Get child to write/design invitation

Offer workshops in main languages

Use your PSA & governors

# How to get a good attendance

Run  
workshop  
at 9am

Offer  
freebies  
i.e. goodie  
bag, or  
cook  
something

Staff  
member  
promotes/  
recruits at  
entrance

Advertise  
'spaces  
are  
limited'



# How to promote your workshop

Flyer  
home to  
parents

Include in  
parent  
newsletter

Promote  
via text or  
email to  
parents

Posters at  
reception  
& gate



Workshop activities

# Are you sugar savvy?





# Put together a healthy lunchbox



# How much hidden sugar & fat in that lunchbox?



How many teaspoons of fat and sugar are  
in this lunchbox?





35

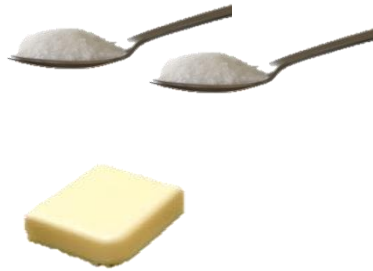


19



**How many teaspoons of fat and sugar are  
in this lunchbox?**

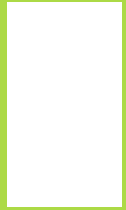




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# Healthy snack tasting





Resources for you to use

# Workshop promotion poster



**Healthy eating  
WORKSHOP**



**About this workshop**

This workshop delivered by a qualified nutritionist is a free hands-on opportunity for you to learn about healthy eating and to find out how to make a healthy lunchbox under £1. The first 20 participants will receive a healthy snack bag.

- ✓ Learn how to make a healthy, quick and cheap lunchbox
- ✓ Find out what's hidden in food
- ✓ Try some healthy snacks
- ✓ Discover tasty, fast and low-cost recipes for your family

**9:00am to 9:50am**

**11th November**

**FREE for parents**

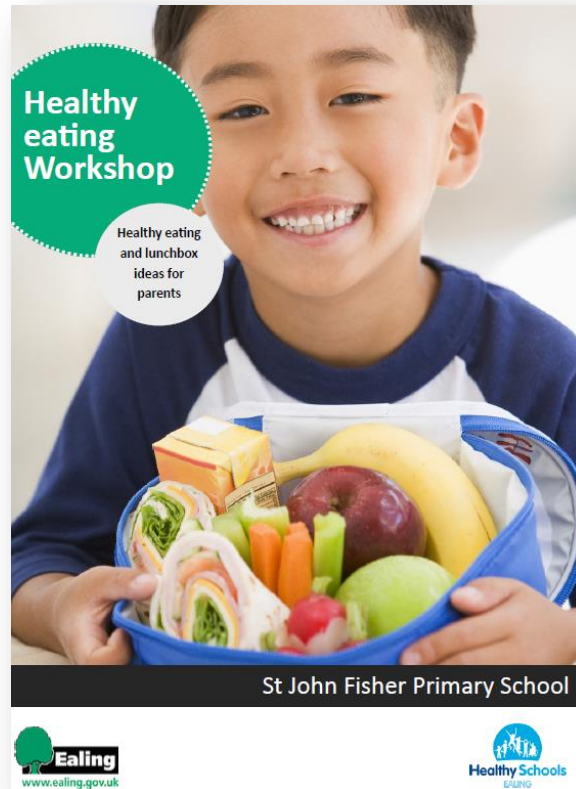
Bookings not required. For more information, contact Nicole McGregor on 02088255484 or [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk).

**Venue:**  
St John Fisher Catholic Primary  
Sarsfield Rd, Perivale  
UB6 7AF (Come to school office)

 **Ealing**  
[www.ealing.gov.uk](http://www.ealing.gov.uk)

 **Healthy Schools**  
EALING

# Workbook for parents



# Sample session plan

## Session Plan

### Healthy lunchbox workshop – 45 minutes

Timing	Activity	Resources
5 mins	<ul style="list-style-type: none"><li>Welcome and introductions</li><li>Aims and objectives</li><li>Discussion: What do you put in your children's lunchboxes?</li><li>Activity: 'Are you sugar savvy' game</li></ul>	<ul style="list-style-type: none"><li>Laminated 'Are You Sugar Savvy?' Drinks, sugar, cups.</li><li>Packed lunch workbook</li></ul>
5 mins	<ul style="list-style-type: none"><li>Discussion: What is a healthy diet? Using the Eatwell Guide poster discuss foods which could be included in each section and healthier alternatives</li><li>Show a few food cards that people often get wrong</li></ul>	<ul style="list-style-type: none"><li>Eatwell guide poster, Eatwell guide placemat, food cards or food packets</li></ul>
5 mins	<ul style="list-style-type: none"><li>Competition: Pack a healthy/balanced and unhealthy lunchbox</li></ul>	<ul style="list-style-type: none"><li>2 Lunchboxes – green and pink</li><li>Lunchbox items: apple, veggie sticks, 2 sandwiches</li><li>Eatwell plate</li></ul>
10 mins	<ul style="list-style-type: none"><li>Discussion: What are healthy items we can put in our children's lunchboxes? How to put together a tasty, cheap sandwich and lunchbox.</li><li>Discussion: What are the barriers to getting kids to eat healthy lunches?</li><li>Discuss food hygiene, lunchbox containers and storage.</li></ul>	<ul style="list-style-type: none"><li>Refer to posters in workbook</li><li>Alternative snack ideas</li><li>Alternative rewards</li></ul>
5 mins	<ul style="list-style-type: none"><li>Activity – How much sugar and fat in that lunchbox?</li></ul>	<ul style="list-style-type: none"><li>Healthy and unhealthy lunchbox, sugar and oil.</li><li>Sandwich poster</li></ul>
5 mins	<ul style="list-style-type: none"><li>Healthy lunchbox snacks – tasting session</li></ul>	<ul style="list-style-type: none"><li>A range of healthy lunchbox snacks</li><li>Bowls, serviettes</li></ul>
5 mins	<ul style="list-style-type: none"><li>Bringing it all together</li><li>Question time</li><li>Evaluation</li></ul>	<ul style="list-style-type: none"><li>Evaluation</li></ul>

# Free healthy eating parent workshops



**HENRY**



**One You Ealing  
cooking club**



**Parent healthy  
eating workshops**



# Contacts

<b>One You Ealing</b>	<b>MEND programme</b>	<b>Nicole Stephens</b>	<b>07714 756222/ 0208 354 8936</b>	<b><a href="mailto:Nicole.Stephens@wl.mht.nhs.uk">Nicole.Stephens@wl.mht.nhs.uk</a></b>
<b>NGP Public Health Worker</b>	<b>Offers packed lunch and healthy eating parent workshops.</b>	<b>Zeine Mehio</b>	<b>0798 4401 234</b>	<b><a href="mailto:mehiozeina@hotmail.com">mehiozeina@hotmail.com</a></b>
<b>HENRY</b>	<b>Eight week programme for parents or carers of children aged 0 to 5 years old. Free to join.</b>	<b>Denise Wheatley</b>	<b>07872 507 659</b>	<b><a href="mailto:DeniseW@familylives.org.uk">DeniseW@familylives.org.uk</a></b>
<b>Ealing Health Improvement Team</b>	<b>Offers packed lunch and healthy eating parent workshops.</b>	<b>Nicole McGregor</b>	<b>020 8825 5484</b>	<b><a href="mailto:McGregorN@ealing.gov.uk">McGregorN@ealing.gov.uk</a></b>

End of presentation