



# Children's Nutrition NEWSLETTER



Welcome to the **Children's Nutrition Team**

## SUMMER Newsletter 2026

This season is where we see nature in its fullest of bright colours and we are gifted with various fruits and vegetables. We can grow our own or visit a farm and pick a variety and see the animals. We could have picnics outside.



**Aubergine** – belongs to the nightshade plant family (Solanaceae). The most popular variety of aubergine looks like a large, pear-shaped egg, hence the American name 'eggplant'. They are full of fibre, vitamin K calcium and many more. They can be baked, stuffed, roasted, added to stews and curries.



**Lettuce** – is a source of vitamins A, C and K as well as folate. Lettuces are 95% water and so are generally eaten raw and fresh. You can have them by itself, in a salad, a sandwich, wraps and can be grilled too.

**Raspberries** – are a berry fruit related to the blackberry and rose. They have a sharp and sweet taste. Excellent source of vitamin c and fibre. The leaves are nutritious and usually dried and consumed as a tea. They can be eaten raw, made into a jam, put on cereals or as overnight oats.



**Rhubarb** – is a vegetable (it's related to sorrel and dock) but its thick, fleshy stalks are treated as a fruit, despite their tart flavour. They are high in many nutrients such as vitamin K. Rhubarbs can be stewed, poached, can be made into crumbles, pies or jam. Why not try rhubarb compote, have it with sweet fruits like bananas or strawberries.



## Fruit Bunting

Materials: pencil, scissors, coloured card/felt, glue / tape, string



1. Draw & cut out fruit shapes from coloured card/felt.
2. For the watermelon, layer and stick a white semi-circle on top of the large green semi-circle, then stick the red semi-circle on top. Finally stick on black seeds.
3. Do similar for other fruits!
4. Stick the string to the back of the fruits.
5. Hang and enjoy 😊

## Bubble Wrap Prints

Materials: pencil, paper/card, scissors, paints, bubble wrap

1. Draw and cut out a strawberry on white paper/card.
2. Paint the bubble wrap red with green at the top.
3. Place the bubble wrap, paint side down onto the strawberry cut out.
4. Apply pressure evenly over the bubble wrap.
5. To finish, peel the bubble wrap off to reveal the bubble wrap printed strawberry.
6. Do similar for other fruits!



## Summer Activities

Plan a day out at Portland Basin – have a walk along the canal and explore the family friendly museum to learn about what life used to be like for the people of Tameside!



Visit Stamford Park – play on the playground and go for a walk – see how many minibeasts, birds and plants you can spot!

Name the plants, birds and beasts

- A
- B
- C
- D



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## Picnic Ideas

### No-pastry mini mushroom Quiches

Prep: 20 mins Cook: 15 mins Serves 4



#### Ingredients

- 1 teaspoon **low fat spread** (to grease the tin)
- 1 tablespoon vegetable oil
- 100g button mushrooms – cut into quarters
- 1 small onion, finely chopped
- **2 eggs**, beaten
- 50ml **semi-skimmed milk**
- Large pinch of black pepper
- Large pinch of nutmeg
- 10g reduced-fat **cheddar cheese** - finely grated

#### Equipment

Muffin tin  
Small frying pan  
Spatula  
Long handled spoon  
Sharp knife  
Fork  
Grater

#### Method

1. Grease the bottom and sides of 4 holes of a muffin tray. Cut 4 circles of baking paper and place in the bottom of each hole.
2. Heat the oil in a small frying pan, add the onions and cook for a couple of minutes until softened, then add the mushrooms and cook for a further few minutes. Transfer to the muffin tray.
3. Mix the **eggs** with the **milk**, black pepper and nutmeg. Pour into the muffin tray and sprinkle on the **cheese**.
4. Bake in a pre-heated oven (180C, 160C, gas mark 4)
5. Serve with a side salad.

*\*Experiment with different vegetables – using 160g of thawed frozen vegetables instead of the mushrooms and onion saves time as there's no need to pre-cook them.*

**Allergens in bold** *\*this product has been pre-prepared so may contain allergens depending on the brand/version used. Please check the label carefully.*

For information about how to store and reheat leftovers safely, please visit:  
[www.food.gov.uk/safety-hygiene/chilling](http://www.food.gov.uk/safety-hygiene/chilling) AND [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)



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## Picnic Ideas

### Apple, Apricot and Sultana squares

Prep: 15 mins Cook: 20 mins Serves 16



#### Ingredients

- 100g **low-fat spread**
- 4 tablespoons golden syrup\*
- 250g high-fibre **porridge oats**
- 1 apple, cored and chopped into small chunks
- 50g ready-to-eat **apricots**, chopped
- 50g **sultanas or raisins** (or a mixture)
- ½ teaspoon ground mixed spice (optional)
- **1 egg**, beaten

#### Equipment

Oven  
Hob  
Measuring scales  
Shallow square cake tin  
Greaseproof paper  
Large saucepan  
Long handled spoon

#### Method

1. Pre-heat the oven to 180°C (fan 160 °C, gas mark 4).
2. Grease a 9inch shallow square cake tin with a little **reduced-fat spread**, then line the base with baking parchment or greaseproof paper.
3. Melt the remaining **spread** in a large saucepan with the golden syrup\*. Take care that the mixture doesn't get too hot.  
*OR If you have a microwave, melt the **spread** and golden syrup in a large microwave-safe bowl for 40-50 seconds on high.*
4. Add the **porridge oats**, apple, **apricots**, **sultanas (or raisins)** and mixed spice. Stir well.
5. Add the beaten **egg** and mix well again.
6. Tip the mixture into the prepared tin and level the surface.
7. Bake for 20 to 25 minutes until firm.
8. Cool in the tin for about 20 minutes, then cut into 16 squares.
9. Store in an airtight container for up to a week or freeze for up to 3 months.

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## Picnic Ideas

There's nothing nicer on a summers day than unpacking the picnic blanket and enjoying a family picnic!



### Top Tips

- Pack foods that **travel well** & don't require reheating
- Use **containers or wraps** to prevent soggy sandwiches
- Include a mix of **savoury & sweet options** to satisfy all tastes
- Finger foods are ideal & make life easier (- bring utensils if needed)
- Bring napkins
- Freeze drinks containers/bottles overnight so they can act as ice packs!



### Finger food suggestions

- savoury muffins / mini quiches
- home-made cheese / pizza whirls
- homemade sausage rolls
- cold chicken skewers
- tuna pasta salad
- dunking station – carrot, cucumber & pepper sticks, with mini tubs of hummus & Tzatziki
- fresh fruit skewers
- flapjacks
- banana bread



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## Easy Summer marinades for meat / fish / vegetables / tofu

1. Place ingredients in a large bowl.
2. Stir well.
3. Mix in the meat / **fish** / vegetables / **tofu** and coat in the marinade.
4. Cover and place in the fridge for at least 20mins, or over night.
5. Cook on the BBQ / grill / in the air fryer (ensure meat / fish is cooked through).

### Which will you try first?!



#### Italian Basil Marinade

- 2 tablespoons chopped fresh rosemary
- 3 tablespoons chopped fresh basil
- 1 tablespoon olive oil
- 1 finely diced spring onion
- 2 cloves garlic, minced

Great with pork or **mackerel!**  
Serve with **pasta** and vegetables.

#### Herby Lemon Marinade

- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 teaspoons chopped fresh thyme
- 2 garlic cloves, minced

Especially good with chicken and vegetables  
- why not try a vegetable skewer?  
Serve with rice or **grains**.



#### Tandoori Yoghurt Marinade

- 300ml low-fat Greek **yogurt**
- 1 large piece of ginger, finely grated
- 4 cloves garlic, crushed
- ¼ teaspoon turmeric
- ½ teaspoon chilli powder
- ¾ teaspoon garam masala
- ¾ teaspoon ground cumin

Recommended for chicken or **tofu**.  
Serve with salad.

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## Summer Activities

With the weather changing, why not venture outdoors and explore the different colours of leaves that are growing, listening to the birds as they sing.



Visit the **InTameside website** for Summer Fun ideas for all ages! Why don't you visit Armentieres Square Stalybridge for the Street Festival second Friday of every month



[Tameside](#)

Have a look at this, some exciting activities and events have been lined across the summer in Tameside, such as family fun days, theatre sessions. A chance to bring your picnics with you as the seaside will be coming to Stalybridge in August.



[Summer Fun in Tameside](http://www.visitmanchester.com/event/summer-fun-tameside)  
[www.visitmanchester.com/event/summer-fun-tameside](http://www.visitmanchester.com/event/summer-fun-tameside)



Visit the **Tameside Council website** for more information on where to go and what to do in your area – including a full list of parks and countryside sites.



Tameside's **green spaces** offer excellent opportunities to reconnect with nature and boost your wellbeing, even if the sun isn't shining!

- **Stalybridge Country Park** spans over 1,400 acres of woodlands, riverside paths and cycling routes – perfect for walks, picnics or wildlife watching along the River Tame.
- **Haughton Dale Nature Reserve** provides tranquil woodland and riverside trails, with plenty of space to reconnect with nature.
- **Family Jamboree – Portland Basin 25<sup>th</sup> August 11:00-3pm** – free performances and activities, including live music, circus skills and puppets



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## Physical Activity

Children should aim to enjoy an **hour/day** of moderate/vigorous physical activity.

It's important to find **appropriate activities** which account for individual needs, abilities and ages. Here are some of our favourite reliable sources:

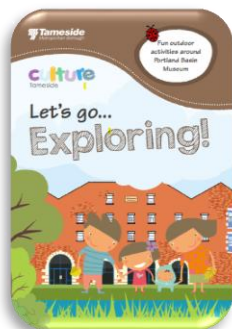
Your local **Active Tameside** centre run regular sessions for all ages and abilities. Visit the website for timetables and further information

[www.activetameside.com](http://www.activetameside.com)



Tameside Council have put together some **family walking trail** resources. Scan the QR code for more information and to find a trail near you!

You can discover Portland Basin and the wild trail at it's fullest..



The seaside is coming to Stalybridge Civic for one week – 17<sup>th</sup> – 23<sup>rd</sup> August 2026. There will be dancing, and activities for all ages. There will be games and a seaside themed crafts.



Family Hubs – will have fun activities for all ages to participate. Please check your area.

Keep active at home by trying NHS Healthier Families **10 Minute Shake Up Games**. Get the kids moving with these fun games inspired by some of their favourite crew characters, like Captain America! These activities will help them reach the 60 active minutes they need every day!





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Juggling family life and raising children in a digital world can be challenging... so **Best Start in Life** have produced this useful guide to screentime for under 5s

UK Government

NHS



## A GUIDE TO SCREEN TIME



UNDER 5s

How to help little brains develop healthy screen habits

### How much screen time should my child have?

**Limit total screen time, wherever possible.**

**Under 2 yrs:** Avoid screen time except shared activities with family that encourage bonding and interaction.

**2-5 yrs:** Try to keep to 1 hour a day. Less if possible.



Young children's brains are over-stimulated more easily than adults', so they need specifically tailored content.

**Slow paced content:** Choose content with simple stories and clear, slow speech, so emotions are easy to follow.



### What content is better content?



**Safe content:** Use parental controls to block inappropriate, harmful material.

**Social media:** This isn't made for young brains, so it should be avoided.

**AI:** Don't let them use AI toys, tools, or chat-bots until we know more about their effects on children.

**Safe screen swaps:** Switch fast-paced style videos for slower-paced content with simple stories.

### How does my screen use affect my child?

**Lead by example:** Children's brains are like sponges – they'll copy your screen use habits. Be mindful of how often you use screens around your child.



**Set clear boundaries for screen use. This gives children time for activities and play that help them develop.**

Avoid young children using screens alone. Try to keep bedrooms and mealtimes free from screens.

**Why not try...** watching and discussing content with your child? Conversation helps their development.



**Safe screen swaps:**

**Mealtimes:** Swap screens for music, games or conversation – make it social.

**Bedtimes:** Swap screens for bedtime stories 1 hour before sleep.

### When and where is it okay for my child to use screens?

Children with disabilities or special educational needs may benefit from tailored screen use. And for some, assistive technology can be an important tool for communication and everyday participation.

### My child has SEND. Is the advice the same for us?

They also need ample time for interaction, play, and sleep. Try to avoid screen time for these activities.



### How does screen time affect my child's development?

**Large amounts of screen time are linked with negative effects on children's health and development. It can affect social, emotional, language & brain development, sleep, eyesight and weight.**

Young children learn best through warm interaction with parents and carers – reading, play and conversation. These early moments build the foundations for life.





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## The Children's Nutrition Team - Services



**JUMPS4Life** is a healthy lifestyle course for families with children aged 4-16 years who are above a healthy weight and **live / have a GP / attend school** in Tameside.

The course runs over 10 weeks, with follow-up at 6 months and 1 year.

Week 1 and 10 are individual face-to-face appointments.

In week 1 we introduce the course and understand what you would like to change. In week 10 we discuss all the positive steps you've taken and get your feedback.

Weeks 2-9 we have two options:

**GROUP:** Weekly face-to-face group education sessions plus an activity session lead by a sports coach.

**REMOTE:** involves learning via email, video links and weekly telephone consultations.

Parents/carers and professionals can complete a referral form.



We work closely with many schools and childcare providers, **supporting** them to ensure the food they provide is healthy and balanced, and to embed healthy lifestyle practices overall.

This is celebrated by achieving one of our **awards**:



Various awards for childcare providers.

We run **training sessions** for professionals/volunteers who work with children and young people, covering what makes a healthy diet and how to read food labels.

For resources and recipes, visit our website:

**Children's Nutrition and Dietetics Resource Library**



For more information about our courses / awards / training, please email us at [childrensnutrition@tgh.nhs.uk](mailto:childrensnutrition@tgh.nhs.uk)