

Support for Families, CYP and Adults in Hertfordshire and beyond - Nutrition and Activity

Organisation, relevant website links and social media	Subject focus
<p>British Dietetic Association (BDA)</p> <p>The BDA have put together some information about eating well for those who are nutritionally well and those who are nutritionally vulnerable.</p> <p>https://www.bda.uk.com/resource/covid-19-corona-virus-advice-for-the-general-public.html</p> <p>They have also put together information, working with the Rooted Project around protecting the immune system through diet and dispelled myths around this.</p> <p>https://www.bda.uk.com/uploads/assets/5c75ea19-7b55-4281-86eaa3edda5a281a/BDA-Immunity-graphic-download.png</p> <p>Social Media</p> <p>Twitter @therootedproject @BDA_olderpeople @BDA_Dietitians @BDAPublicHealth</p>	<p>Nutrition for those who are well and unwell</p> <p>Evidence-based nutrition and myth busting</p>
<p>World Health Organisation - Europe</p> <p>Tips on staying active at home can be found here:</p> <p>http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine</p> <p>Social Media:</p> <p>Twitter @WHO</p>	<p>Activity</p>
<p>British Nutrition Foundation (BNF)</p> <p>The BNF have a variety of information available online around Healthy Eating and population health. However, currently most communications with tips around recipes and eating well during Covid-19 are being shared via twitter and the most useful/relevant information can be found by following the twitter handle including how to use store cupboard items and how to make bread if you are unable to get to the shops (info not on website).</p> <p>Social Media:</p> <p>Twitter @BNF</p>	<p>Evidence based nutrition for all</p>

<p>BBC Good Food - Store Cupboard Recipes</p> <p>A few recipes, although may need to swop ingredients to match vegetables that you have at home Worth looking through and sharing individual recipes if these look suitable for your workgroups</p> <p>https://www.bbcgoodfood.com/recipes/collection/storecupboard</p>	<p>Nutrition</p>
<p>Jack Monroe</p> <p>Providing useful tips to use store cupboard ingredients, recipe adaptations and all aimed at low cost meals and simple easy recipes. Jack offers a daily Q&A at 5pm online offering support and tips. Very useful during a time where some staple ingredients are currently difficult to obtain.</p> <p><u>This is updated daily and with useful affordable food</u></p> <p>https://cookingonbootstrap.com/category/recipes-food/</p> <p>Social Media Instagram @MxJackMonroe Facebook.com/bootstrapcook Twitter @Bootstrapcook</p>	<p>Nutrition for all</p>
<p>Stay In Work Out</p> <p>A movement of people around England finding new ways to get moving in and around the home, powered by Sport England. Lots of information available online for activity videos and ideas all collated by Sport England.</p> <p>https://www.sportengland.org/stayinworkout/</p> <p>Social Media:</p> <p>Twitter @StayInWorkOut</p>	<p>Activity</p>
<p>Park Run</p> <p>School of park run accessible via YouTube. This provides some short activities and a task related to a subject at school. However, these exercises are only useful if the person using these is familiar or understand the concept of park run:</p> <p>https://www.youtube.com/playlist?list=PLoEmsRMBXw6ujSqU2bG_bdQ04ybgwbyPT</p>	<p>Activity and education</p>
<p>Jane Devonshire – Masterchef Champion 2016</p> <p>Offering recipes for those who may have Coeliac disease (avoiding gluten) and who are unable to obtain ingredients in supermarkets. Follow on Instagram.</p> <p>The link provided offers a gluten free bread recipe that does not require yeast.</p> <p>https://www.instagram.com/p/B-cyKjCDAYP/?igshid=73lhr7w3xfd0</p> <p>Twitter: @janecdevonshire</p>	<p>Coeliac Disease Gluten Free Recipes</p>

<p>Herts Sports Partnership</p> <p>The Herts Sports and Physical Activity Partnership have been compiling lots of practical resources to help the community stay physically and mentally active at home over the last couple of weeks which we have called 'Work Out From Home' and is detailed here on our website https://sportinherts.org.uk/workoutfromhome/</p> <p>This is being added to daily to try and keep recourses fresh for those using the pages. Also have the Hertfordshire School Games Organisers (SGOs) making the children's page and this is titled Be HAPPY.</p> <p>Social Media:</p> <p>Twitter @sportinherts Facebook is facebook.com/sportinherts</p>	<p>Activity for all</p>
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Early Years (EY) Support and Comms

Organisation, relevant website links and social media	Subject focus
<p>Infant Toddler Forum (ITF)</p> <p>Using the hashtag #ITFInsiders, the ITF will be sharing daily tips and advice to help manage the current lockdown. Ideas around making mealtimes fun and healthy and how to stay active and keep the little ones happy and entertained.</p> <p>Social Media:</p> <p>Twitter @InfTodForum Facebook @InfantandToddlerForum</p>	<p>Nutrition for under 5s</p>
<p>Early Start Nutrition</p> <p>There is a parents sections which has the following useful resources:</p> <ol style="list-style-type: none"> 1. cooking activity cards that parents can access – these are being updated weekly <p>https://www.earlystartgroup.com/nutrition-services/parent-blogs/fun-child-friendly-recipe-and-cooking-activities/</p> <ol style="list-style-type: none"> 2. 'Feeding your baby in the first year' e-guide which parents can access for free – coupon code in the following link <p>https://www.earlystartgroup.com/general/free-weaning-guide-for-families/</p> <ol style="list-style-type: none"> 3. YouTube channel with new recipes that are added monthly <p>https://www.youtube.com/channel/UClxzD5EOI-gQ5aZDlrOshBA/videos</p>	<p>Evidence based nutrition for under 5</p>

<p>4. blogs for parents/early years settings to access</p> <p>https://www.earlystartgroup.com/nutrition/</p> <p>Social Media Links</p> <p>Twitter: @EarlyStartRNutr and Instagram: @earlystartnutrition and Facebook: https://www.facebook.com/EarlyStartNutrition</p>	
<p>Change for Life – Indoor Activities</p> <p>Get active at home – lots of ideas for children and families Simple recipes for families</p> <p>https://www.nhs.uk/change4life/activities/indoor-activities</p> <p>https://www.nhs.uk/change4life/recipes</p> <p>Social Media</p> <p>Twitter @Change4Life</p>	Activity and Recipes
<p>BDA</p> <p>Cooking at home with children and top tips as to how to involve children at different ages. Some information provided here:</p> <p>https://www.bda.uk.com/food-health/lets-get-cooking/recipes.html</p> <p>https://www.bda.uk.com/food-health/lets-get-cooking/cooking-at-home.html</p> <p>https://www.bda.uk.com/food-health/lets-get-cooking/cooking-at-home/cooking-with-children-of-different-ages.html</p>	Evidence based nutrition for children all ages
<p>Food – A Fact of Life (FFL)</p> <p>The FFL Classroom hosts a wide range of resources, covering seven learning approaches: everyday learning; finding out and exploring; being active; worksheets; interactive quizzes and activities; being creative (through writing, arts and crafts) and cooking. The FFL Classroom also provides tips and best practice advice for parents and carers.</p> <p>Resources focus on key food themes within curriculum areas, such as where food comes from, cooking, and healthy eating, but also offer a range of opportunities for cross-curricular (interdisciplinary) learning. Many resources and activities use food as a vehicle to provide engaging learning via subjects such as: numeracy, literacy, humanities, science, PSHE/health and wellbeing, D&T, religious education, and art.</p> <p>The FFL Classroom will provide an activity or resource for every day, from now until 1 September 2020, with new sets of resources being</p>	Evidence based nutrition and education for children all ages

<p>launched weekly throughout the coming months. There is a section aimed at 3-5 year olds.</p> <p>https://www.foodafactoflife.org.uk/whole-school/remote-learning/</p>	
<p>First Steps Nutrition Eating well family recipe book may provide a few ideas for families.</p> <p>https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a5a322fc83025fbb01f413a/1515860551067/Eating_well_recipe_book_july_2014.pdf</p>	<p>Evidence based nutrition for under 5s</p>
<p>The Scouts - Ideas for indoors</p> <p>https://www.scouts.org.uk/the-great-indoors/</p>	<p>Indoor Activity (not necessarily physical)</p>
<p>BBC - Cbeebies</p> <p>Activities at home for younger children</p> <p>https://www.bbc.co.uk/cbeebies/grownups/fun-exercises-to-do-at-home-with-kids</p>	<p>Exercise and activity</p>
<p>Active for Life</p> <p>This is a Canadian website. Whilst physical activity recommendations vary to UK guidance slightly, there are some useful games and ideas that could be used for keeping children active at home, whilst parents are working from home, including tow template dice that can be printed and cut out for under 6 years and 42 other activity ideas.</p> <p>https://activeforlife.com/42-activities-to-keep-kids-busy-while-parents-work-at-home/?utm_source=Newsletter+English&utm_campaign=ac7d96eba3-EMAIL_CAMPAIGN_2020_04_12&utm_medium=email&utm_term=0_f5bcbf5d48-ac7d96eba3-353103901</p>	<p>Activity</p>

School Years / Young People (YP)

Organisation, relevant website links and social media	Subject focus
<p>Food – A Fact of Life (FFL)</p> <p>The FFL Classroom hosts a wide range of resources, covering seven learning approaches: everyday learning; finding out and exploring; being active; worksheets; interactive quizzes and activities; being creative (through writing, arts and crafts) and cooking. The FFL Classroom also provides tips and best practice advice for parents and carers.</p> <p>Resources focus on key food themes within curriculum areas, such as where food comes from, cooking, and healthy eating, but also offer a range of opportunities for cross-curricular (interdisciplinary) learning. Many resources and activities use food as a vehicle to provide engaging learning via subjects such as: numeracy, literacy, humanities, science, PSHE/health and wellbeing, D&T, religious education, and art.</p> <p>The FFL Classroom will provide an activity or resource for every day, from now until 1 September 2020, with new sets of resources being launched weekly throughout the coming months.</p> <p>https://www.foodafactoflife.org.uk/whole-school/remote-learning/</p>	<p>Evidence based nutrition and education for children all ages</p>
<p>BDA</p> <p>Cooking at home with children and top tips as to how to involve children at different ages. Some information provided here:</p> <p>https://www.bda.uk.com/food-health/lets-get-cooking/recipes.html</p> <p>https://www.bda.uk.com/food-health/lets-get-cooking/cooking-at-home.html</p> <p>https://www.bda.uk.com/food-health/lets-get-cooking/cooking-at-home/cooking-with-children-of-different-ages.html</p>	<p>Evidence based nutrition for children all ages</p>
<p>Joe Wickes</p> <p>Offering daily P.E. activities lasting around 20 minutes (plus warm up) at 9am via YouTube</p> <p>https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTI&utm_medium=email&utm_source=govdelivery</p>	<p>Activity</p>
<p>British Cycling</p> <p>Offering daily activity via YouTube for school-age children during lockdown. Several videos already uploaded, this includes teach your child to ride with fun games.</p> <p>https://www.britishcycling.org.uk/go-ride/article/20200325-goride-news-We-re-launching-a-daily-activity-to-keep-kids-moving-during-school-shutdown-0</p> <p>Useful to follow Herts Cycling too (where I first saw the link to British Cycling).</p> <p>Social Media</p> <p>Twitter: @BritishCycling</p> <p>Twitter: @hertscycling</p>	<p>Activity</p>

<p>Change for Life – Indoor Activities</p> <p>Get active at home – lots of ideas for children and families</p> <p>Simple recipes for families</p> <p>https://www.nhs.uk/change4life/activities/indoor-activities</p> <p>https://www.nhs.uk/change4life/recipes</p> <p>Social Media</p> <p>Twitter @Change4Life</p>	<p>Activity and Recipes</p>
<p>The Scouts - Ideas for indoors</p> <p>https://www.scouts.org.uk/the-great-indoors/</p>	<p>Indoor Activity (not necessarily physical)</p>
<p>BeeZee Bodies</p> <p>The commissioned tier 2 weight management service in the county is continuing to run sessions for children (between 5-15) and their families via webinars. Families will need to sign up to the service either by referral from a professional or self-referral and will be given all the instructions once they speak to a staff member. Webinars are group based and offer interaction with other families, activities during the session, and the chance to ask questions. Free 1-2-1 virtual appointments with a nutritionist are available for families who have already completed the BeeZee Families service or are interested in signing up and are available on Tuesday afternoons.</p> <p>Recipes, blog posts, healthy tips, behaviour change strategies, cooking videos, and physical activity ideas for kids and adults are all available on the BeeZee Bodies website as well as their social media pages which are updated multiple times a week.</p> <p>https://beezeebodies.com</p> <p>BZ have started uploading some cupboard/freezer based recipes on their page and videoing them. These are very short and easy to follow too. This first one makes use of chickpeas.</p> <p>Here is the first one https://beezeebodies.com/blog/recipe-chana-masala/</p> <p>Facebook page:</p> <p>https://www.facebook.com/groups/beezeefamilies/</p> <p>Link for 1-2-1 bookings: https://outlook.office365.com/owa/calendar/BZ121Clinics@beezeebodies.co.uk/bookings/</p> <p>Social Media:</p> <p>Instagram: beezeebodies @beezeebodies1</p> <p>Twitter: @BeeZeeBodies</p> <p>Facebook:</p>	<p>Evidence based nutrition information from nutrition professionals.</p> <p>Recipes, healthy eating and living ideas</p>

Adults / Older Adults

Organisation, relevant website links and social media	Subject focus
<p>British Dietetic Association – Older People Specialist Group</p> <p>Useful information online for older people via twitter mainly and also a guide about Eating Well using store cupboard items (added 7.4.20)</p> <p>https://www.bda.uk.com/uploads/assets/275073a5-06cc-473f-b349ca768124e72f/200406-BDA-OPSG-Store-cupboard-Flier-V2-A4-version.pdf</p> <p>Social Media</p> <p>Twitter @BDA_olderpeople</p>	All
<p>Joe Wickes</p> <p>Short home workout via YouTube</p> <p>https://www.youtube.com/watch?fbclid=IwAR07l_fgN2tkY2Z2xOYWkrE-3TYmxHXd_CNB4SyRURnoSqsJUpt3txSV_Qk&feature=youtu.be&utm_medium=email&utm_source=govdelivery&v=A2wp8lpxn9s</p>	Activity for older adults

Additional Support around Nutrition Myths

Organisation, relevant website links and social media	Subject focus
<p>Dietetically Speaking</p> <p>Run by registered dietitian Maeve Hanan. The conclusion of the article (looking at immune function claims) is copied below:</p> <p>Conclusion</p> <p>COVID-19 is a scary time for most individuals. Largely because we don't have much data on the disease as it's brand new. In times like this, 'diet gurus' and zealots fill the gaps we have in science with speculation. Those that are fearful buy in. They eloquently and persuasively explain how X supplement will help "boost the immune system" which will then give you an extra layer of protection, in this case, from COVID-19.</p> <p><i>Before we can make any reliable claims during this pandemic, we need repeated, robust, human clinical evidence.</i></p>	Nutrition Myths and 'immune boosting diet to fight Covid-19

As we saw, many of these foods and supplements that were claimed to be 'immune boosting' or a 'superfood', don't have much scientific backing at all.

Next time you run out to buy a litre of apple cider vinegar, or hear anything that you know sounds too good to be true, ask the guru that recommended it for rigorous human evidence that supports their claims. Nearly each and every time, all that they have to offer are spurious anecdotes, animal models, or unproven mechanisms.

Evidence-based ways to support our immune system include:

- Consuming a balanced and varied diet
- Adequate sleep – most adults need 7 – 9 hours per night
- Staying physically active (as able within current physical distancing guidelines)
- Regular thorough hand washing for at least 20 seconds
- Following the specific advice from the health authorities related to COVID-19, such as: physical distancing measures.

Stay evidence based and stay safe!

<https://dieteticallyspeaking.com/covid-19-diet-claims-debunked/>

Social Media:

Twitter @DieteticSpeak

Instagram dieteticallyspeaking