

# Downham Nutrition Partnership



## Healthy Lunchboxes

Downham Nutrition Partnership and Lewisham Children's Centre (Area 3) have produced a calendar for 2008 showing healthy lunchbox ideas. This has been distributed to 1000 local families.

You can see the calendar and gain ideas and inspiration on our website [www.downhamnutrition.org.uk](http://www.downhamnutrition.org.uk) (go to the "recipes" section)

## Kendale Road

### Allotments

Now is the time to plan what produce to grow this year!

If you do not have the space or skills to grow on your school site you can utilize a local allotment site on the Downham estate. There is also an experienced gardener at the allotments to help and guide you!

## Forster Park is Fruitilicious!

Anyone in Downham can now pick up a delicious bag of mixed fruit and vegetables at Forster Park School any Thursday in term-time between 3:15 and 4:00 PM.

The Fruitilicious scheme offers small or family-sized mixed bags in re-useable environmentally friendly bags. Single items are also sold

The scheme started because local parents and school staff commented how difficult it was to buy healthy food locally. So, the local corner shop does a good business when the children buy chocolate, crisps and fizzy drinks on



their way home!

A price comparison with local supermarkets has been done to ensure the fruit and veg at Fruitilicious is cheaper than they supply. Clearly the convenience of picking up the fruit and veg when parents pick up the kids is great too—no extra traveling required!

Year 5 pupils help

each week to fill the mixed bags, set the stall up, and of course serve customers. It is a great way for them to learn practical skills, particularly maths. Adding up a customer's bill, and calculating their change is a fantastic way for them to apply what they learn in the classroom to a real situation.

It is hoped that as the stall grows in size and becomes more well known, some local parents will take on some of the duties and roles such as ordering the produce from the wholeseller, admin tasks and keeping track of finances.

If you feel a similar scheme could benefit your stall please do contact us!

Pick up your Fruitilicious bag at Forster Park School, Thursdays from 3:15PM. Small bags cost £5, family sized bags cost £12



Bringing your 5-A-Day closer to home  
DOWNHAM FRUIT & VEG SCHEME  
020 8461 4300

## Good Food Training for London

The Greenwich Co-operative Development Agency are providing free short courses and training sessions around healthy eating and nutrition. The sessions are particularly aimed at parents, teaching assistants and midday supervisors but any school staff member is eligible.

Through training staff and parents to better understand the messages behind healthy eating and why it is important, the aim is to increase the uptake of school meals and impact on the overall health of our school children.

All courses are free and

range in length from 3 hours to 8 days depending upon the topic. Some of the courses are accredited.

For more information call 0208 269 4880 or email [info@gcda.org.uk](mailto:info@gcda.org.uk)





Looking good, feeling fine!

**DOWNHAM NUTRITION PARTNERSHIP**

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**Websites for your address book!**

Make sure you've checked out these websites.....

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

Transforming School Food (established by the Dept Education and Skills)

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

Providing lesson plans and teaching resources. Sign-up for the newsletter

[www.nutrition.org.uk](http://www.nutrition.org.uk)

Sign-up for Education Newsletter & email updates

[www.yearoffoodandfarming.org.uk](http://www.yearoffoodandfarming.org.uk)

A campaign designed to help children understand where food comes from

[www.ltl.org.uk](http://www.ltl.org.uk)

Learning through Landscapes

[www.teachernet.gov.uk/growingschools](http://www.teachernet.gov.uk/growingschools)

Designed to support teachers in using the "outdoor classroom"

[www.healthfirst.org.uk](http://www.healthfirst.org.uk)

Health Promotion Agency for Lewisham, supplying training and free resources

## Exciting Cooking Initiatives

There's been a lot of change and new cooking initiatives launched since it was announced that the teaching and learning of food will become compulsory in Secondary Schools throughout England



### Let's Get Cooking!

[www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk)

A 5 year, £20 million programme, supported by the BIG Lottery Fund to set-up a network of cookery clubs across

England in both Primary and Secondary Schools

Register your interest now! They may be able to help by providing funding for cooking equipment and running costs, as well as training and support from their staff (including ideas, recipes and resources)

### Active Kids Get Cooking

[www.activekidsgetcooking.org.uk](http://www.activekidsgetcooking.org.uk)

This is a free programme

which recognises and rewards pupils excellent food work. The competition (win £££ for your school!) is free, and can supply resources



### License to Cook (KS3)

[www.schoolsnetwork.org.uk/cooking](http://www.schoolsnetwork.org.uk/cooking)

Training events and schemes of work are now available for Schools to provide cookery for all pupils who would like it

