

# Downham Nutrition Partnership



## Smooth Riders!



Children enjoy the Smoothie Bike at Downham Celebrates!

Downham Nutrition Partnership have recently purchased a "Smoothie Bike"! It is a regular bike, adapted so it has a blender attached to the back. Pedaling the bike powers the blender—add your favourite ingredients

and hey presto! A smoothie!

This is a really novel way of teaching about both healthy eating and physical activity at the same time. We hope that by making it fun and enjoyable, the messages will be remembered by

The **co-operative membership**    
 Community Fund

remembered by

## Childhood obesity continues to rise

MEND (Mind, Exercise, Nutrition, Do it!) will be running again in September at Downham Leisure Centre. It is a programme aimed at overweight children (aged 7-13 years). A crucial component is that a parent/carer has to attend MEND with the child, as it is well-recognized that it is the whole families lifestyle

that leads to poor habits and therefore weight issues.

The programme consists of fun education around nutrition, healthy eating and changing habits, alongside activities such as swimming and group sessions. Families take part in games such as

the children.

So far, the bike has been very popular—both locally in Downham but across the wider Borough too. Use of the Smoothie Bike is free of charge for organisations in Downham, and costs £50 (plus transport if required) to those outside the area.

We hope to take the Bike to as many Downham groups as possible in the next few months as a mini-Smoothie tour! Every organization will have the chance to develop (and of course make and drink!) their favourite smoothie recipe. These will then be put together to produce a Smoothie Booklet.

**Want to take part? Contact Laura on [laura.dnp@btconnect.com](mailto:laura.dnp@btconnect.com) or 0208 697 6424**



"Who wants to be a healthionnaire?", a supermarket tour and cook healthy recipes. And it's all free!

Referrals can be made by the family themselves, or any worker (including school staff) on 0208 314 8208 or via Laura

### Cookery Booklet

#### 50 Family Friendly Recipes

Downham Nutrition Partnership and Lewisham Children's Centre (Area 3) have produced a cookery booklet of healthy recipes. The recipes have been tried and tested by local people at a cookery club. It is being distributed to 1000 local families.

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

### Fruit and Veg Stall

Last year, Forster Park held a Fruit and Veg stall every Thursday after school. Parents and the wider community could buy reasonably priced produce; either as mixed bags or single items.

The scheme started as it was recognized that there were few local shops selling fruit and veg (only sweet shops!)

Would your school like to start a similar scheme? Contact Laura 0208 697 6424



Looking good, feeling fine!

#### DOWNHAM NUTRITION PARTNERSHIP

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## 6 Steps to Transform School Food Culture

The most important lever the Government has to improve child health; the school meal service - is at risk of collapse, reports Food4media. The majority of school caterers are running at deficits they can no longer sustain. The Food for Life Partnership, with the backing of the Local Authority Caterers Association, Caroline Walker Trust and Sustain, has sent an open letter to Secretary of State Ed Balls, calling on him to implement Six Steps to Transform School Food Culture without further delay. The letter says that if urgent action is not taken the Government risks losing this key opportunity to fight obesity and climate change by changing young people's eating habits, and urges the Government to see school meals as an education service, not a commercial business.

The groups are calling on the Government to adopt Six Steps to Transform School Food Culture:

- 1) Every pupil to eat healthy and climate-friendly school meals by 2015.
- 2) School meals to be run as an Education Service, not a commercial business.
- 3) The Government should reinstate the obligation on local authorities to provide a school meal suitable in all respects as a 'main meal of the day' by 2011 - this means 4025 new school kitchens.
- 4) 50p per pupil per school meal from Government to achieve a £1 ingredient spend while allowing take-up to rise. More paid hours for school cooks to prepare fresh food.
- 5) At least 12 hours of cooking lessons a year for every pupil up to key stage 3 by 2011.
- 6) Every pupil to have direct experience of food growing and production, in school gardens and on farms, by 2011.

Emma Noble, Director of the Food For Life Partnership said, "The Government needs to rescue the school meals service or it will end up serving no-one. School meals provide one of the most important tools the Government has to tackle obesity, diet-related ill health and the significant contributions to greenhouse gas emissions made by farming and food. They must act now."

This package will only require an extra £291.5m of Government investment a year (rising to £734m if school meal take-up reaches 100%). This can be usefully compared with the £10bn annual cost to the NHS of diet-related diseases, and the conclusion of the Stern Review that the benefits over time of actions to shift the world onto a low-carbon path could be in the order of \$2.5 trillion each year.

## School Growing Clubs

As part of Science Week, Downderry School visited Downham Nutrition Partnership's allotment site on Kendale Road. As well as taking part in gardening activities, the classes had the opportunity to make smoothies on the Smoothie Bike! The children had a great time, and didn't want to leave!

The children and staff have been inspired, and now are planning to start their own allotment plot on the school site. An overgrown area will be transformed, so the children can have their own after-school growing club.

One of the main barriers to

starting a Growing Club is that often the leader (who could be a teacher, parent,

TA, anyone!) is unsure how to go about it.. Downham Nutrition Partnership have started a network for growing club leaders; several local schools were represented at the first meeting in July.

The main aim of the meeting was to share experiences,



ideas and knowledge. Feedback was positive, with attendees commenting that it was great to feel as if they weren't the only ones trying to run these clubs. It is hoped the group will continue to meet on regular intervals. If you would like to join, please contact Laura on 0208 697 6424