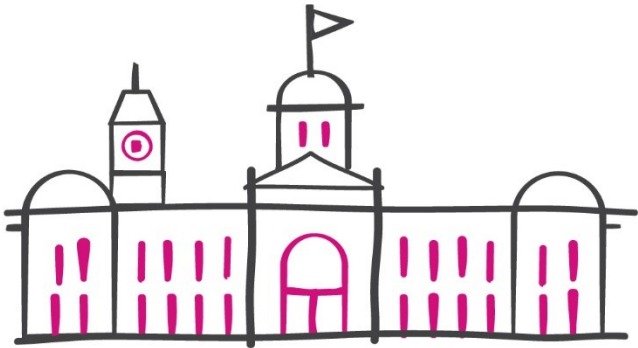


# A Bolder Healthier Winter Webinar Series

Eating Well

Birmingham Public Health 2023



 **RESET**

 **RESHAPE**

 **RESTART**

# A Bolder Healthier Winter

A series of practical resources to enable professionals and community leaders with **direct reach to communities** and an established, trusted relationship **to support their communities** to improve overall health and wellbeing.



# Benefits of Eating Well

Maintain Healthy Weight

Prevent/Manage Chronic Disease

Provide Energy

Strong Immune System

Strong Skeleton

Heart Health

Mental Health

Improve Mood and Sleep

Muscle Support



# Government Healthy Eating Recommendations

[The Eatwell guide](#) is based on 5 food groups and represents the overall balance of a healthy diet.

The guide also recommends:

- Drink 6 to 8 glasses of fluid a day
- Limit red and processed meat to less than 70g per day

[NHS healthy eating guidance](#) is also available.



≥5 portions of **fruit and vegetables** a day



Base meals on **starchy carbohydrates** (rice, pasta etc.)



**Dairy** or dairy alternatives



Beans, pulses, fish, eggs, meat and other **proteins**



Choose unsaturated oils and spreads



# Understanding Food Labels

## Front of Pack Information Includes:



- **Red, amber and green colour coding:** colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt:
  - Red means high, amber means medium, green means low. Generally, the more green on the label, the healthier the choice.
- Download the [NHS Food Scanner App](#) for information on traffic light ratings, healthier swaps and 'good choice' items



# Barriers to Healthy Eating

- Low income
- Access to shops selling healthy food
- Access to transport
- Time available to prepare food e.g. shift work
- Reliance on others to prepare food
- Kitchen facilities

**Time, Money & Resources**



- Cooking knowledge
- Lack of confidence in the kitchen
- Confusion around food labels and messages
- Unaware of healthy eating guidance

**Skills & Knowledge**



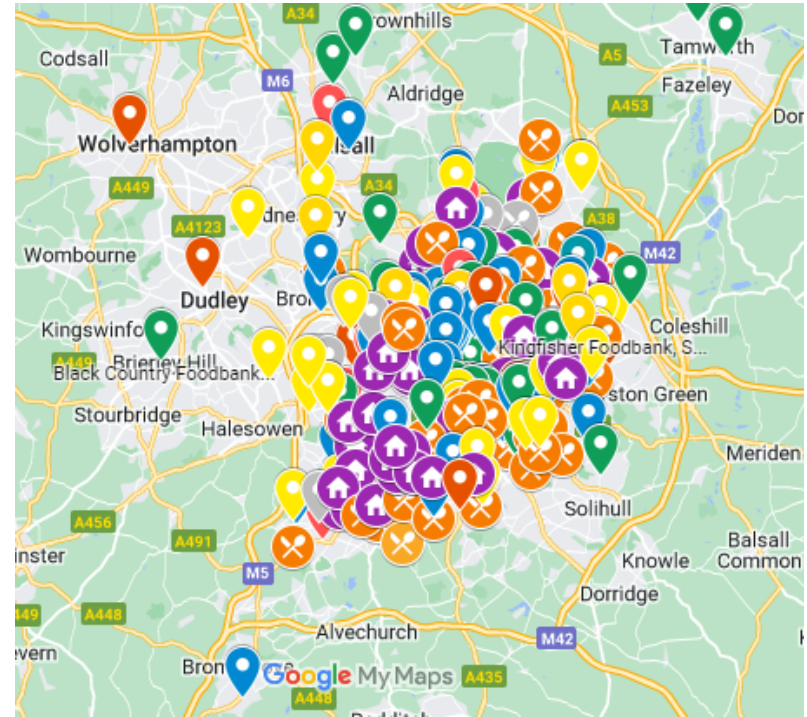
- Taste preferences
- Family units with different preferences
- Children/family don't like healthy food
- Preference for unhealthy food/takeaways
- Cultural influences in cooking

**Food Choices**



# Support With Food – Birmingham Food Justice Network

- The cost-of-living crisis has made it much more difficult for many people in Birmingham to afford food.
  - The [Birmingham Food Justice Network Map](#) has been created to help you find nearby options, which include foodbanks and other options such as food clubs/food pantries (where you can get cheaper food) and community cafés (where you can get a free or cheap hot meal).
  - Foodbanks typically work using a **voucher referral system**
- [Foodbank voucher request](#)



# Support With Food – Local Projects

- [The Active Wellbeing Society](#): free meals at Big Feed Community Cafes
- [FoodCycle](#): free meat-free meals across Birmingham
- Olio and Too Good To Go App: free/reduced price surplus food collection
- [Incredible Surplus](#): ‘pay as you feel’ by cash, time or skill either at time of collection or a later date
- [Local Pantries](#): Members pay a small subscription of a few pounds a week, and in return can choose groceries worth more.

- Free Hot Meals
- Free Food Collection
- Surplus Food Collection
- Foodbanks
- Pantries
- Community Centres
- Places of Worship

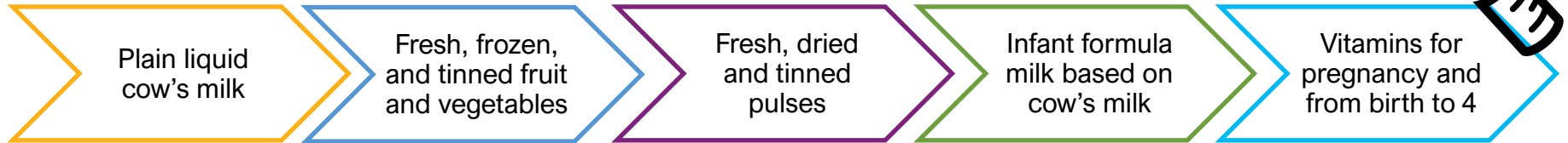




# Support With Food – Healthy Start

- People more than 10 weeks pregnant or with a child under 4 may be entitled to get help with buying healthy food and milk.
  - [Healthy Start Cards](#) can be received by those receiving certain benefits and on low income, and those aged under 18.
  - Qualifying recipients will get between **£4.25 and £8.50 per week**.
- [Apply online via the NHS website](#)

## The Healthy Start Card Can be Used to Buy:



# Resources

- **Full of Beans** – Check out the Samsung Food communities to find our [Full of Beans recipes](#), in collaboration with the British Dieticians Association. Search “fob” to see all the different recipe communities from affordable recipes to recipes for large gatherings and so much more. The Full of Beans recipes are really showcasing beans and pulse recipes for everyone and for all occasions
- [Healthier Families](#) – Discover healthy swaps, recipes, nutritional advice, top tips and activities to help families stay healthy.
- **NHS Resources** – [Eat well](#) and [Better Health](#) resources available to provide information on getting a healthy, balanced diet.

**Birmingham City Council – [cost of living support](#) including information on energy bills, organisational support, money advice and short-term crisis support.**



# Top Tips for Eating Well in Winter

- **Are you eating 5 portions of fruit and vegetables every day?** Choose fruit and vegetables which are in season, such as apples, butternut squash and leeks, which tend to be less expensive. Frozen options are great too, as the nutrients are locked in during the freezing process.
- **Are you eating snacks which actually keep you full?** Try swapping crisps and chocolate for chopped up vegetables with hummus or a small handful of unsalted nuts. Not only are they tasty but they will fill you up until your next meal.
- **Are you cooking from scratch?** Cooking from scratch is a great way to connect with family, have fun and build your confidence in the kitchen. Try making homemade soups from any vegetables to have leftover. Also try different sources of protein, for example, swap some of the mince out of a spaghetti bolognese for lentils and try adding chickpeas to a curry.





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