



Children's Nutrition NEWSLETTER



Autumn 2025

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

AUTUMN Newsletter!



In this month's newsletter we see the beginning of autumn. The most stunning sign of autumn is the leaves changing colour as they prepare for the winter months. We see changes in temperatures and start to wear warmer clothing. Autumn has an abundance of produce and is a great time to explore new fruits and vegetables – we hope you enjoy trying some of the recipes in this newsletter!

Beetroot Soft, savoury, earthy and even a little sweet. A good source of fibre and folate (vit B9), making them a powerhouse veg to support energy levels. Can be added to salads, roasted or even be made into a dip (see one of our later recipes). The colour can spread to everything – your plate, other food, your mouth and even the waste your body produces (don't worry it passes!)



Carrots Versatile, sweet root vegetables, typically orange, but also can also be purple / red / white / yellow! They are high in beta-carotene – a form of vit A that is essential for eye health. Carrots can be eaten raw or cooked (e.g. roasted) or turned into soups!



Pears A wonderfully gentle and nutritious fruit, and an excellent source of fibre, which helps our gut. Pears provide essential nutrients like vitamin C, which helps to boost our immune system. There are several types of pears; Conference, Williams, Comice and Concorde. Pears can be eaten raw, in a stewed crumble or with Greek yoghurt and added cinnamon.



Blackberries Edible fruits produced by various plants in the genus *Rubus*, belonging to the rose family. They are dark, often purplish-black in colour, with a sweet and tart flavour. Enjoyable to eat fresh, in preserves (jams), added to cereals or in baked goods. A good source of vitamins, minerals and fibre. Why not try out the blackberry scone recipe in a few pages...?!





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Current services and offers from the Children's Nutrition Team



JUMPS4Life is a healthy lifestyle course for families with children aged 4-16 years who are above a healthy weight and **live in Tameside / have a Tameside GP / attend a 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 during the course. 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 an Active Tameside 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 in Tameside. We **support** 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 offer **training sessions** for any professionals who work with children and young people, centred around nutrition and healthy eating.

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



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SNACKTOBER

Snacktober is about promoting healthier snacks and making children and young people along with their families and friends aware and having the confidence in choosing healthier snacks and exploring different kinds, trying new ideas and making their own healthier snacks.



Having healthy snacks can provide energy for activities throughout the day and can contribute valuable nutrients such as vitamins, minerals, protein and fibre. Ideally, we want to be having snacks that will be filling and nutritious – see below and next page for snack and recipe ideas!

SNACK IDEAS

Snack Platter – using both fruit and vegetables with dips – recipe next page



Ham and Cheese and Spinach Wrap

Wholemeal bagel with soft cheese, tomato and cucumber



Fruit oat bites

Paprika tortilla chips



Orange and carrot ice lollies

Varieties of dips to try – hummus, Marie rose sauce, banana dips, salsa





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SNACKTOBER RECIPE IDEAS – Try building a brilliant snack

1. Choose your wholegrain base



For example: **oatcake**, **crispbread**, **rice cakes**, **wholemeal wraps**, **wholemeal bread**/ **white** or **50/50 bread**

2. Spread on your chosen topping



For example: Low fat **hummus**, mashed avocado, salsa (lower salt option or make your own) Marie rose sauce, Banana dip, **tzatziki**

3. Finish with vegetables, fruit, or other toppings



For example: Sliced or grated carrots, sliced tomato, sliced cucumbers, sliced beetroots, sliced strawberries, sliced bananas or chopped fruits of choice

Ingredients

Blackberries, Strawberries, Pears, Apples, Pineapples, Oranges, Kiwi, Melons, bananas (Fruits of your choice)

Lettuce, tomatoes, cucumber, sweetcorn, red onions, peppers, beetroot, olives, carrots, avocado.

Low fat grated **cheese**/low fat **soft cream cheese**, low fat Greek **yoghurt**, low fat **cottage cheese**.

Eggs, **tuna**, **salmon**, turkey, chicken, **hummus**, low salt/low sugar baked beans, **falafel**

Equipment list

Knife, chopping board, plate, table knife, tin opener, colander, grater

The result



Disclaimer; **Allergens Labelled in Bold**. Please double check the labels carefully.

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



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SPICED CARROT & LENTIL SOUP

Ingredients

2 tsp cumin seeds
A pinch-Chilli Flakes
4g of **low-fat spread**
600g Carrots - grated
140g cooked split red lentils
1 cube reduced salt
vegetable stock
125ml semi-skimmed **milk**
To serve: **Naan Bread** or
plain crackers

Equipment list

Saucepan,
spatula, teaspoon,
tablespoon, frying pan,
measuring jug, weighing
scales,

Method

Dry-fry the cumin seeds and Chilli flakes in a saucepan until they start to pop and smell fragrant. Reserve half.
In a sauce-pan add **spread**, carrots, red lentils, veg stock. Stir fry for 1 min.
Now add **milk**. Stir and bring to a boil.
Simmer gently for 15 minutes, until lentils are soft and starting to break down.
Stir the soup until smooth. Serve hot with the reserved toasted spices. Enjoy with warm **naan bread** or **crackers**.



FRUIT AND OAT BITES

Ingredients

100g canned Mandarin Oranges in juice
1 **Egg**
60g Sultanas
50g **Porridge Oats**
150g **Reduced-fat natural yoghurt**
1x5ml spoon Ground Cinnamon

Equipment list

Weighing scales, measuring spoons, sieve or colander, chopping board, sharp knife, mixing bowl, mixing spoon, muffin tray, 2 x spoons, cooling rack

Method

Pre-heat the oven to 200°C/Fan180°C or gas mark 6.
Drain the mandarins
Chop the mandarins into small pieces and add them to the mixing bowl
Add the rest of the ingredients to the mixing bowl and stir thoroughly.
Spoon the mixture equally into the muffin tray.
Place in the oven and bake for 20-25 minutes.
Use a spoon to loosen the bites from the muffin tray and transfer them onto the cooling rack.



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TORTILLA CHIPS AND BEETROOT HUMMUS

Ingredients

2 Wholemeal wraps

Spray oil

Smoked Paprika

For Hummus (dip):

1 Canned Chickpeas (400g)

1 small-cooked Beetroot

1 Clove Garlic

4 Teaspoon Lemon Juice

Black Pepper to taste

Equipment List

Weighing scales, measuring spoons, oven tray, baking paper, chopping board, kitchen scissors or sharp knife, small bowl, brush for spray oil, tongs (turning the tortillas), mixing spoon, food processor.

Method

Pre-heat the oven to 200°C/fan 180°C. Line the oven tray with baking paper.

Cut the wrap so that you have created 8 triangle.

Spread the wrap triangles on the oven tray. Spray with a little oil, then turn each one over and spray (or brush) the other side.

Bake the triangles for 4-5 minutes until they are lightly brown.

Remove from the oven and, using the tongs, turn them over and cook for a further 4-5 minutes. Once cooked, sprinkle on both sides with the smoked Paprika.

For Hummus:

canned chickpeas, beetroot, garlic, lemon juice, and black pepper,

Place all ingredients into a food processor. Blend until a coarse paste is formed.



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CHICKEN AND LEEK CRUMBLE PIE

Ingredients

225g Diced Chicken Breast
200ml semi-skimmed **Milk**
1 Bay Leaf
1 reduced salt **Chicken stock cube**
1 tablespoon **reduced low fat spread**
55g Onion, finely chopped.
55g Leek - sliced
1 tablespoon **Plain flour**
2 tablespoons fresh Parsley-chopped
25g reduced-fat **Mature Cheddar Cheese**-finely grated.
2 tablespoons **Rolled Oats**.
Black Pepper to taste

Equipment List

Small saucepan x 2, weighing scales, measuring spoons, chopping board, sharp knife, oven proof dish, large serving spoon, colander, mixing bowl.



Method

Heat the oven to 200°C
/180°C Fan, Gas mark 6.

Place the chicken pieces in the saucepan and pour in the **milk**. Add the bay leaf and stock cube. Bring to the boil, then simmer very gently for 10-15 minutes or until the chicken is tender.

Drain the chicken, discard the bay leaf and keep the cooking liquid in a separate jug/dish.

Place the sliced leeks in a colander and wash well with cold water. Melt the **spread** in a saucepan and stir in the chopped onions and leeks. Cook on a low heat until soft and lightly golden.

Stir in the **flour** and gently cook for 30 seconds then slowly stir in the milk and simmer until the sauce is smooth.

Season with black pepper if required.

Stir in the parsley and cooked chicken. Leave to cool. Spoon the mixture into an oven proof dish.

Rub together the **cheese** and **oats**. Sprinkle over the chicken mixture and chill until ready to use.

Place the pie into the oven and bake for 15-20 minutes until golden brown and piping hot.

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BAKED BEAN & VEGGIE PASTA BAKE

Ingredients

200g **Wholewheat Pasta**

1 Tin (400g) Baked Beans (with low salt/ low sugar)

1 Tin (400g) Tomatoes

1 Medium onion-finely chopped

1 Medium carrot grated

1 Teaspoon dried mixed herbs

50g low-fat grated **Cheese**
(optional for topping)

1 Teaspoon vegetable oil (for frying)

Ground black pepper, to taste

Equipment list

Saucepan, frying pan, grater,
ovenproof baking dish, teaspoon,
knife



Method

Heat the oven to 200°C
/180°C Fan, Gas mark 6.

Bring a large pan of water to the boil.
Cook pasta following the instructions
on the packet

Drain and set aside.

While pasta is cooking, heat 1 tsp oil
in a frying pan. Fry the chopped
onion until soft.

Add the grated carrot and cook for
another 2–3 minutes.

Stir in the baked beans, chopped
tomatoes, and herbs.

Simmer 5 minutes to allow the
flavours to blend.

In a baking dish, mix the cooked
pasta and the veggie-bean sauce.
Season with a little black pepper (no
need for salt – beans have some
already).

Sprinkle the top with cheese if using.
Bake for 15–20 minutes until golden
and bubbling.

Serve hot with a side of steamed
broccoli, peas, or a green salad.

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BLACKBERRY SCONES

Ingredients

250g self raising **flour** (small amount to dust surface)
50g sugar (optional)
50g low fat **spread** chilled
1 **egg**
60g plain **yoghurt**
60ml of semi-skimmed **milk**
90g blackberries
Little extra **milk** to brush on top of scones.

Equipment list

Oven/ oven gloves, baking tray, baking paper,
2 mixing bowls
measuring jug, scales, cookie cutter/small cup/glass, pastry brush or hands, whisk/fork



Method

Preheat oven to 220/200 fan/gas 7

Line baking tray with baking paper.

In a bowl, mix **flour**, sugar. Add low fat **spread** and rub into the dry ingredients until fully combined like fine crumbs.

In a separate bowl combine **egg**, **milk** and **yoghurt**. Add wet ingredients to dry ingredients. Stir to together to form a dough.

Gently add the blackberries and combine them into the dough but carefully so as not to squish them too much.

Dust worksurface with a little **flour** and pat out the dough to about 3cm thick.

Use cookie cutter//or cup to get the scones out. Glass

Place scones on to baking tray with baking paper evenly spaced out. Brush the top of each scone with a little **milk**.

Bake in the oven for 12-14minutes until golden.

Leave to cool, serve with low sugar jam



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Autumn Activities

Keeping active can be quite difficult as the weather starts to change during this season.



This autumn why don't you explore the great outdoors – see how many different colours you can find on the leaves, and whether you can spot any interesting animals on your walk!

Research shows that being outside can help relieve stress and anxiety.

Visit **the InTameside website** for Autumn Fun activity ideas for all ages in your area. There are many things to look out for this autumn, such as Mossley Farmers Market, National Youth Music Concert at Stoller Hall. Halloween events at Portland Basin, Cockfields Farm. Reddish Vale Festival 4th October – 31st October and the Great Frost Fair at Hyde Market and Townhall 1st November

<https://www.intameside.co.uk/>



Activities and games to do inside and outside: why not try Sleeping Beauty Tag – all you need is a blindfold and friends. Or Toy Story Triathlon!

<https://www.nhs.uk/healthier-families/activities/indoor-activities-for-kids/>

Look out for information on Autumn activities within your area.

Have a look at your local libraries for fun activities



<https://www.familyonthego.co.uk/tameside-news/days-out-ideas-for-families-in-tameside/>

Visit the **Tameside Council website** for more information on where to go and what to do in your area





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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 resources:

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

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!

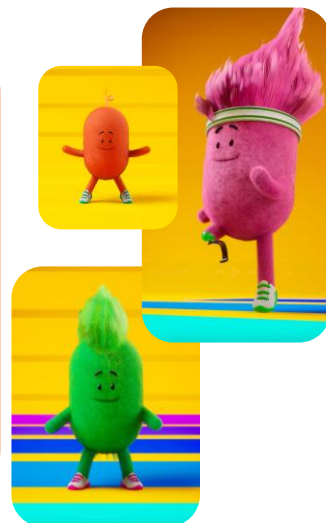
Whilst on your walk why not explore nature and see what wonders you can find! You could around Werneth Low and create your own nature face using twigs, leaves, flowers – see what adventures await you!



Activate is a new animated series of 5-minute episodes, designed to inspire children to move more!

Join an animated Joe Wicks plus **'the Activators'** here:

[The Body Coach](#)
[YouTube channel](#)



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 Buzz Lightyear! These activities will help them reach the 60 active minutes they need every day!





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WORKWELL TAMESIDE

Support that suits you:

WorkWell helps residents with a health condition who need support to get back on track. You're eligible if you're currently employed or have recently become unemployed. Contact the team to find out more.

Call: 0161 342 3111 **Email:** WorkWell@tameside.gov.uk



tameside.gov.uk/workwell



BE WELL TAMESIDE

Being well is important to us all. We all want to feel good, healthy and happy.

Are you wanting to;

-  **BE SMOKEFREE**
-  **MOVE MORE**
-  **DRINK LESS**
-  **EAT WELL**
-  **MANAGE WEIGHT**
-  **GET AN NHS HEALTH CHECK**

The Be Well service can support **YOU** to make those small changes that can have big benefits to your health and wellbeing.

Be Well Tameside can help **YOU** achieve this by offering:

- One-to-one appointments
- Help to develop a personalised plan
- Regular contact and support to achieve your goals
- Practical tips
- Information about local groups in your area
- Help to access services locally; e.g. mental health, debt, housing, volunteering etc.

If you need support with anything else, we can assist you to access other services.

Call us to make an appointment or for more information: Tel: **0161 342 5050** or email: bewelltameside@tameside.gov.uk

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Appointments are available at a number of venues across Tameside.



Scan here to
self-refer to
our service

