

Mealtimes/Eat Well Spend Less

Week 6

Mealtimes

Eating meals together helps to support family relationships as it provides a daily time for the whole family to be together

Try to have at least one meal a day as a family where you can talk about school and things that effect you

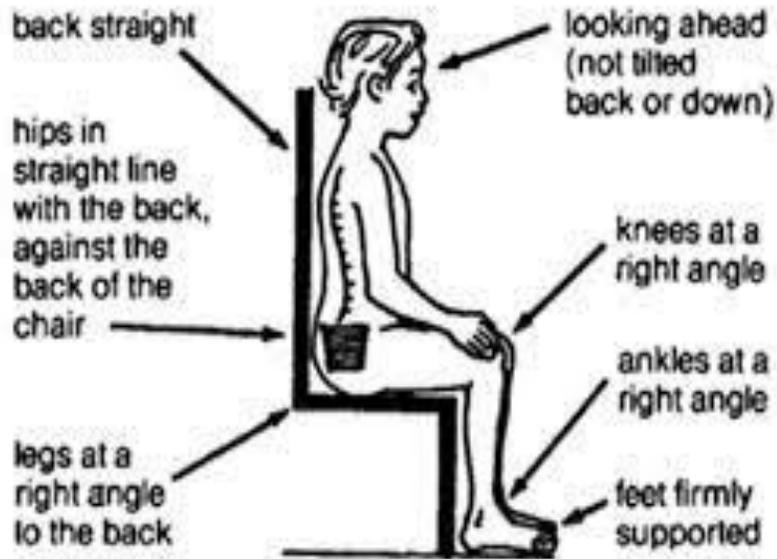
Try different types of meals e.g. Fajitas night where everyone serves themselves

Sit down together for meals away from distractions such as TV, and phones

Get involved with planning, shopping and cooking what meals you eat



Correct seating position:



Correct seating position:

It is important that the **CHAIR** is a suitable size, to provide stability when eating:

- o Hips flexed at 90 degrees
- o Feet flat on floor (or footplate) and hip width apart.
- o Bottom and back supported.
- o Chair tucked in under the table.
- o Elbows supported on the table.

Consider the properties of the **TABLE**:

Ensure you are sitting close to the table.

Ensure that the table is at the right height so that your elbows rest comfortably on the table.

Keep the table space clear from clutter.

Mealtimes - Breakfast

A healthy breakfast is a great way to start the day. Try to plan ahead as having breakfast will set you up for the day.

- Cereals
- Beans, tomatoes, mushrooms with grilled meat remember to cut off excess fat or substitute with meat free option
- Overnight oats
- Yoghurt and fruit
- Poached, scrambled or boiled eggs
- Wholemeal toast

Remember to check the labels of cereals and avoid those high in sugar, you could always add fruit or honey instead.



Mealtimes - Lunch

Preparing a lunch in advance can help avoid opting for a less healthier choice.

- Try sandwiches filled with veggies and hummus
- Try to have wholemeal pasta and rice dishes
- Opt for wholemeal options such as bread, wraps and pittas
- Choose baked items such as potatoes with a healthier filling such as tuna or reduced sugar and salt baked beans
- Add a piece of fruit to lunch



Mealtimes – Tea/Dinner



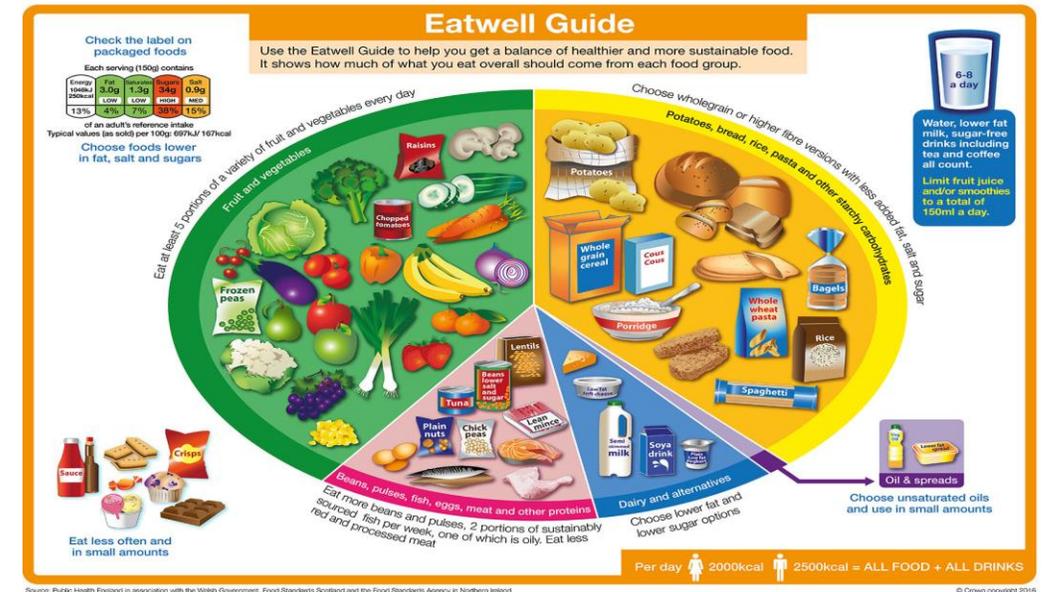
Making a meal plan for the week allows you to plan ahead saving money, time and will help you achieve a healthy balanced diet.

- Consider how you cook the food, aim to use a healthier cooking method, such as steam, boil, bake or poach
- Try to pick foods without butter, gravy or sauces
- Use the Eatwell guide to help you choose foods for the week ahead
- Aim for a dessert if having one of fresh fruit or share the dessert with someone
- Remember to consider portion sizes
- Use the food labels and colour coding to help make your decisions when purchasing foods

The Eatwell Guide

This shows that to have a healthy, balanced diet you should choose a variety of different foods from the 5 main food groups to get a wide range of nutrients. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink

- Eat at least 5 portions of fruit and vegetables per day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts
- Stay hydrated drink at least 6 to 8 glasses a day



Eat well Spend less

- Make a meal plan
- Write a shopping list, check what food you already have at home to avoid buying things you don't need
- Consider switching to supermarket own brands
- Avoid shopping when you are hungry as this often affects what you buy
- Be aware of special buys as these are not always the cheapest option, use the unit pricing to check the price of food for a specific unit of weight or volume



Eat well Spend less



- Consider shopping at the time supermarkets make the fresh food reductions, some items may be suitable for freezing
- Have a go at making a home-made take away
- Use left over vegetables to make a soup
- Consider replacing protein source with alternatives such as lentils, chickpeas or baked beans
- Consider options when choosing cuts of meat as some are cheaper than others for example chicken drumsticks rather than chicken breast

Eat well Spend less

- Select seasonal fruits and vegetables as they are often less expensive
- Look at what offers the supermarkets have, they often have selected fruits and vegetables on offer
- Consider buying the cheaper loose and wonky fruits/vegetables
- Tinned and frozen fruit/vegetables are a good option as they are cheap and often last longer, remember to avoid tinned fruits in syrups and vegetables in canned salted water



Further Resources

This is a free 8-week email programme that encourages families to eat better and move more, with budget conscious, easy and practical ideas.

www.healthysteps.uk



Thank You