



NUTRITION Newsletter

Why a balanced diet is important

Eating a healthy, balanced diet is important for children and young people. A balanced diet helps them grow properly and stay healthy. It supports brain development, builds strong bones and muscles, boosts the immune system, and helps maintain a healthy weight. Eating a variety of healthy foods also teaches good habits for life.

The NHS Eatwell Guide is based on the 5 food groups and shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. Find out more [here!](#)

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Encouraging healthy habits

Be a Role Model Lead by example, if children see you enjoying fruits, vegetables, and whole foods, they're more likely to do the same.

Eat meals together Family meals provide a chance to model healthy choices and enjoy time together.

Make Healthy Foods Fun and Accessible

Use a variety of colourful fruits and vegetables to make meals visually appealing.

Involve them Let children pick a new fruit or vegetable to try each week.

Include them in age-appropriate kitchen tasks—they're more likely to eat what they help make.

Gardening Growing their own food (even herbs in a pot) helps build excitement for trying it.

Educate Without Pressure Avoid labeling foods as "bad." Instead, talk about "everyday" foods vs. "sometimes" foods to encourage balance.

Establish a Routine Regular meals and snacks. Predictable eating times help kids feel secure and avoid excessive snacking.

Be Patient Repeated exposure. Children may need to try a new food 10-15 times before they like it.



Have healthy snacks available between meals, such as fruit, vegetable sticks or rice cakes. Change4Life have lots of healthy snack ideas, find out more [here!](#)



Change4Life have a range of delicious, healthy dinner recipes, lunchbox ideas and breakfast favourites. Check them out [here!](#)

know your labels!

Checking food labels is an important habit that helps families make informed and healthier food choices.

Understand What's Really in Your Food

- Labels reveal ingredients and nutritional content that may not be obvious from the packaging.
- Helps identify hidden sugars, salt (sodium), unhealthy fats, additives, or preservatives.

Make Healthier Choices

- Compare similar products (e.g., cereals, snacks, yoghurts) to choose the lower sugar, lower sodium, or higher fibre option.
- Avoid highly processed foods with long ingredient lists and unfamiliar chemicals.

Manage Allergies and Intolerances

- Vital for spotting common allergens like nuts, dairy, gluten, soy, or eggs.
- Prevents accidental exposure in children with food sensitivities or medical conditions.

Portion Awareness

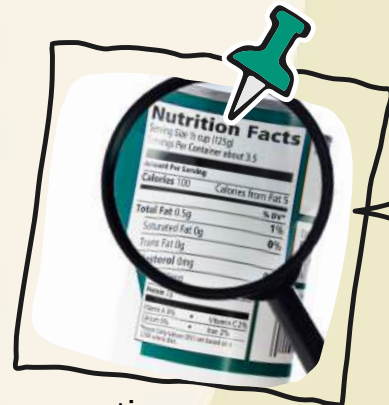
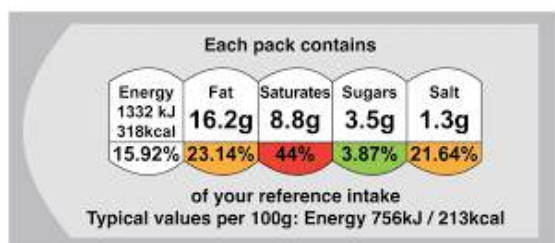
- Teaches kids and adults to understand serving sizes vs. what's actually eaten.
- Helps control overeating or undereating, especially in snack foods or drinks.

Monitor Sugar and Salt Intake

- Many "healthy-looking" foods (like granola bars, flavored yoghurts, juices) can be loaded with added sugars.
- Processed foods often contain high levels of salt, increasing the risk of high blood pressure later in life.



The NHS has lots of helpful information relating to food guidelines and labels. Check it out here



What to look for on the front-of-pack (FOP)

Nutrition labels help you make quick, informed food choices. They show key nutrients per portion, including:

- Energy (kcal/kJ)
- Fat
- Saturated fat
- Sugars
- Salt

Many use traffic light colours:

- Green = Low (healthiest)
- Amber = Medium
- Red = High (limit intake)

Some labels also include Reference Intakes (RIs) to show how much of your daily limit a portion contains.

Tip: Portion sizes on labels may differ from how much you actually eat, so always check!



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

South Leicestershire Community Board

Local Support Services

There is always a service out there for you no matter what the situation.
Click [here](#) to find details of great support services available.

five to thrive

We've all heard that our body needs 5 portions of fruit or veg a day to grow strong, well our brain needs 5 things too.



It's demonstrated in a tower of building blocks and can support your child's brain development. But this isn't just for children, the whole family can use Five to Thrive to strengthen relationships and build resilience.

Find out more by visiting the family hubs website



LET'S STAY ACTIVE!

Simple ideas to stay physically active and have fun!

Find joy in every step

Walking has many benefits for both your physical and mental health. A brisk walk can help build stamina, burn calories and keep your heart healthy. You and your family could go on a scavenger hunt, grab a bag and go foraging for treasures, snap a photo of any wildlife you spot or use a tracker to count your steps! Discover local walking routes [here](#) and enjoy the beautiful green spaces South Leicestershire has to offer.

#LetGirlsPlay

Fancy joining a girls football team? Click [here](#) to find local girls football clubs in your area!

Let's Dance!

GoNoodle has HUNDREDS of fun and active videos the whole family will enjoy. From dance routines in every genre, workouts, stretch and mindfulness videos, GoNoodle has you covered. Explore them [HERE!](#)

Parks & Adventure Playgrounds

Parks are the perfect place to be physically active, whilst having fun! Running, climbing, jumping, balancing, the possibilities are endless! Why not take a football, frisbee or tennis rackets and set up a game with your friends or family.



Ready, Set, Run!

Junior Parkruns are **FREE**, weekly, community events open to everyone! Find your nearest Junior Parkrun [here](#). Plus! you can earn milestone wristbands and achievement certificates.



Geocaching

Join the world's biggest treasure hunt, find out more [HERE!](#)

Weekly Workouts

Joe Wicks the Body Coach posts weekly home workouts to help you get stronger, healthier and happier! Check the videos out [HERE!](#)

Try something new!

Whether you're into gymnastics, athletics, taekwondo, or dance, there are plenty of local clubs to explore. Search for sports and activity clubs in your area [HERE!](#) For more information on local clubs, click on the logos.



Active Travel

Walking, scooting or cycling to school is a great way to be physically active. It can help with concentration in school and is a fantastic mood booster!

Benefits of volunteering on physical & mental wellbeing



Improve confidence and self-esteem

Get Outdoor

Build social networks

Personal development

Improved mental wellbeing

Lower stress

To find out more about volunteering opportunities in the Harborough District contact:

Grow the community

Have fun!

www.harborough.gov.uk - 01858 521000 - 01858 521001

Click the flyers to find out more!