

WINTER NEWSLETTER

Health and Wellbeing Team's quarterly newsletter

Bringing you up to date information on what the team will be providing over the next coming winter months, healthy start information for new parents and an unmissable recipe that is quick and cheap to make! It's also important to wrap up warm in the colder months, keep active and keep eating nutritious and delicious food. We're sharing one of the team's favorite heartwarming soup recipe.

Red lentil and Sweet Potato Soup

Makes 4 – 6 servings

Ingredients

100g red split lentils
2 large sweet potatoes, skin washed (no need to peel)
1tsp olive oil
2tsp curry powder
1tsp paprika
2 onions, finely chopped
2 garlic cloves, finely chopped
1cm of ginger, grated
Bunch of coriander and stalks, roughly chopped
200ml semi skimmed milk
1 low sodium vegetable stock cube
Juice of 1 lime

Method

1. In a warm pan, add the curry and paprika, then stir for a 2 minutes over a medium heat.
2. Add the olive oil, stirring to a sizzle.
3. Stir in the onions, garlic, ginger and most of the coriander (save some for later).
4. Chop the sweet potatoes (skin on) into small chunks and add them to the pan.
5. Add the lentils, stock cube and milk simmer until the sweet potatoes are soft.
6. Stir in the lime juice, zest – serve up with a sprinkle of coriander.



Families for Life; Early Years Programme (2-4 Years)

The Health and Wellbeing Team presents the up and coming programme on the 1st November 2018 every Thursday for 4 weeks. The programme will include healthy eating tips, nutritional advice and easy recipe ideas. Partners/Carers are welcome to join.

Book online to avoid disappointment: <https://uk.bookingbug.com/home/45750-Camden-Sure-Start>

Or email HealthAndWellbeingTeam@camden.gov.uk



Starting Solids and Starting Solids Next Steps

Starting solids sessions are held at various Children's Centres for families who have a baby who have started on solids and are under 1 year. Starting solids Next Steps sessions are for babies who are nearly 1 year or over eating solid foods. Please check out our October to December 2018 dates using the booking link below.

Book Online: <https://uk.bookingbug.com/home/45750-Camden-Sure-Start>



King's Cross Living Streets

The King's Cross (Camden) Living Streets Group aims to make King's Cross more accessible for pedestrians and to promote active travel. Living Streets works with neighbours using a formation of a neighbourhood forum across the area to bring together the boroughs of Camden and Islington.

Join up in order to help merge existing pathways, so people can walk and cycle more freely, pleasantly and safely. Please visit the website for more information: <https://www.livingstreets.org.uk/what-you-can-do/local-groups/kings-cross-camden>

Camden Healthy Start Scheme

All new and pregnant mums can collect **FREE** Healthy Start vitamin tablets and vitamin drops for their baby aged 4 weeks to 4 years at their local Children's Centre or Health Centre.

In addition, eligible families can apply for Healthy Start vouchers which can be used to buy cow's milk, fresh or frozen fruit and vegetables and infant formula milk.

<https://www.healthystart.nhs.uk/contact-us/>



"Everything was great; we really enjoyed cooking together and learning new types of food" Parent, from Family Kitchen

"It was great to do the cooking and learning about the ingredients that go in to our foods" Parent, from Family Kitchen

"Excellent idea to highlight sugar content in cereal. Some big surprises!" Parent, from FFL Promo Event



Health And Wellbeing Team

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