

The Healthy Me Herald

Issue 2 October 2017

Welcome to the Halloween Healthy Me Herald! Our monthly newsletter and fun way to keep you all informed of what is happening across our four healthy me locations. We encourage you to celebrate your successes and wish to keep you informed of all upcoming events! Any stories of new activities you have tried, or foods tasted, or anything you want us to share please email in along with a picture if possible to healthyme@wiltshire.gov.uk, your story could feature next month!



Breaking news

The Healthy Me team welcomed 30 new families onto the programme this September.

Despite being only 3 weeks into the programme we have had some amazing success stories, many surrounding children and families trying new fruits and vegetables.

So far groups have learnt about the importance of a balanced diet, the importance of being active and all about fats and sugars sorting drinks and foods into what should be snacks or treats.

The Healthy Me team have visited Studley Green School Trowbridge and Frogwell School Chippenham this month delivering workshops

Useful Links

Get Wiltshire Walking - Free weekly guided walking routes in Wiltshire www.walkingforhealth.org.uk/walkfinder/get-wiltshire-walking

Healthy Weight 4 Life toolkit - information on healthy weight for all ages www.wiltshire.gov.uk/public/health-weight

Healthy Me Halloween ideas



Why not try some apple bobbing this Halloween? Pick out an apple using only your mouth from a bowl of water, it's harder than it sounds and great fun as a family game.



Trick or Treat! When giving out treats this Halloween how about making them healthy? An item or fruit? or cook up a healthy treat highlighted in the recipe below!

Kitchen challenge - Healthy Halloween Sweet Potato Fries

Ingredients

- 2 large sweet potatoes
- 1/2 teaspoon pumpkin pie spice
- 1 tablespoon sugar
- 3 tablespoons olive oil
- 1/2 tablespoon salt

- 1) Scrub the sweet potatoes clean. Slice sweet potatoes into 1/4 rounds
- 2) Use mini cookie cutters to cut jack-o-lantern faces, stars, and pumpkins into the center of each sweet potato slice. Or, use a small knife and carve a mini jack-o-lantern face into the sweet potato slices
- 3) Place sweet potatoes on a parchment-lined baking sheet. Drizzle with olive oil, sprinkle with pumpkin pie spice, sugar, and salt. Bake in an oven preheated to 400°F and cook until tender, about 18-22 minutes.
- 4) Let us know how it went!

