

Early Start Nutrition Newsletter

Welcome to our Summer newsletter!

Welcome to the latest edition of our nutrition newsletter
for Newham families!

Every term we provide tips, recipes and information to help you put good
nutrition at the heart of family life.

Read on to find out what we're talking about this term!



Exciting News!

Over the last couple of months, you may have found it difficult to access the usual services and groups to receive nutrition information and advice. That's why we've been busy creating new types of nutrition support for families.

This month sees the launch of two brand new e-guides, along with two new webinars!

New E- Guide:

Good Nutrition for your Toddler

This guide has been created to help you provide your toddler with a nutritious diet to support their growth, development and learning! It covers information on what foods to offer, nutritious snack and drink choices and how to create positive mealtimes.



New E- Guide:

Fussy Eating- Positive Mealtimes for Families

This guide has been created to support you if your child is fussy with food. It covers information on why children refuse food, along with lots of tips and strategies to help you support your little ones at mealtimes.



Visit: earlystartgroup.com/all-courses/online-courses/

Use the coupon code **Parent-Newsletter** at checkout to access the guides for free!

New Webinar:

Weaning your Baby

This 30 minute webinar with the Early Start Nutritionists will support you and your baby on your weaning journey! We'll cover topics such as, when to introduce solid foods, what types of foods to offer and how to support your baby at mealtimes.



New Webinar:

Toddler Meals and Snacks

This 30 minute webinar with the Early Start Nutritionists will support you to plan meals and snacks for your little ones. We'll cover topics such as, what foods to offer, creating a positive mealtime environment and nutritious snacks and drinks.



Book your place on one of the webinars here:

earlystartgroup.com/nutrition/parents-page/

Topic of the month:

Growing and Gardening Activities

We're sure that, like many other parents, you're looking for simple and enjoyable activities to keep your little ones entertained while we spend more time at home. Growing and gardening offers so many fun and interesting learning opportunities for children!

Why?

Growing and gardening activities will help children to:

- Learn about different types of plants and what they require to grow
- Explore and develop their senses, e.g. touch, smell, taste
- Understanding more about healthy eating
- Be encouraged to try new foods
- Develop hand- eye coordination and motor skills
- Learn new words and develop their communication skills
- Practice mathematics, e.g. counting seeds and measuring water
- Learn to be patient when waiting for flowers and veggies to grow.

What if I have limited or no outdoor space?

When you think of growing and gardening activities you might think you need big outdoor spaces. However, with a little bit of creativity it's absolutely possible to grow certain plants indoors or in small outdoor spaces.

What can we grow?

There are lots of herbs and small plants that can be grown indoors or in small outside spaces! Many of which you can pick up the seeds for in your local supermarket.

For example:

- **Basil**
- **Chives**
- **Mint**
- **Thyme**
- **Oregano**
- **Rosemary**
- **Cress**
- **Scallions**
- **Pea shoots**
- **Microgreens**
- **Celery**
- **Tomatoes**
- **Carrots**
- **Lettuce**
- **Spinach**



What can I grow plants in?

Don't worry if you don't have gardening and growing pots. A number of household items will do just the trick, for example:

- **Empty plastic packaging** e.g. milk bottles (cut in half), yoghurt pots, small plastic fruit and vegetable boxes, e.g. strawberries, grapes, tomatoes (plus they already have drainage holes!)
- **Mason or jam jars**
- **Old teacups and crockery**
- **Colanders**
- **Tin cans (just be careful of the sharp edge)**
- **Muffin tins/ trays**

Where can I find easy growing activities?

You're in luck, as we've created free east- to- follow activity cards to help get you started with indoor growing! This includes:

- Grow your own pea shoot hair
- Grow your own celery
- Grow your own herbs
- Grow your own cress

Visit: earlystartgroup.com/nutrition-services/parent-blogs/growing-and-gardening-activities-for-children/



Pea Shoot Hair

Step 1- Find a paper cup or plastic container (e.g. a yoghurt pot) and carefully make holes in the bottom with a sharp pencil

Step 2- Decorate one side of your container with a funny face or character- the more colourful the better!

Step 3- Fill your container almost to the top with compost

Step 4- Push dried peas into the surface of the compost (close together). Cover with compost

Step 5- Water your peas until the water start to drain out of the bottom

Step 6- Place a lid or foil (with a few small holes) over your container and place on a cool windowsill

Step 7- Check your peas everyday until you see shoots, then remove the lid/foil

Step 8- Stand your container on a small saucer or bowl and place on a sunny windowsill

Step 9- When the shoots are about 5cm long, use scissors or snap them off carefully with your fingers

To leave some of the green shoots and leaves, as the plant will need these to grow more delicious shoots for you to snack on a few days later

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Grow celery from kitchen scraps

Step 1- Chop the base off your celery, about 5cm from the stalks

Step 2- Stand the celery base in a deep saucer or jam jar of water

Step 3- It will take a few days/ a week for leaves to begin to appear from the top and thin roots from the bottom. When the new roots are about an inch long, you're ready to plant the celery

Step 4- Bury your celery stump in potting soil or directly into your garden. Bury the celery up to the new leaves (you don't want any of the original stalk to be visible). Keep your celery plant well watered

Step 5- When the new stalks start to grow, cut the top and bottom off a 2 litre drink bottle and place the cylinder around the plant to make a mini greenhouse

Step 6- You'll soon notice celery leaves regenerate from the base, as well as a few small stalks. Harvest your celery when it's fully grown and then repeat the process!

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Grow Herbs Indoors

Which herbs grow best indoors?

- Basil, Chives, Mint, Thyme, Oregano, Rosemary

What do I need?

- Your chosen herb seeds
- A windowsill or spot with good sunlight
- Soil
- A 6 inch pot/ container with small holes in the bottom or a larger container if you plan to plant a number of herbs

How do I grow herbs?

Step 1- plant your seeds in the soil

Step 2- place your container in the brightest place of your home (they like at least 6 hours of sunlight a day)

Step 3- Water your herbs regularly

- Basil, chives and mint need to be watered 3-4 times a week (if the leaves wilt or turn yellow, water a little less)
- Thyme, rosemary and oregano need to be watered 1-2 times a week (if the leaves start to brown water a little more)

Step 4- watch your herbs grow!

Step 5- use scissors to carefully remove the leaves just before you intend to use them.

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New Recipes

Don't forget!

Each month we post new family friendly recipes that are easy to recreate at home. Some of our recent recipes include: fruity frozen yoghurt pops, veggie pitta pizzas, easy salmon fish cakes and delicious peanut butter banana bread, yum!

Be sure to check out our YouTube Channel to find all our latest recipes.

[Youtube channel- Early Start Group.](#)



If you're on social media, then follow us to keep up- to- date with our latest tasty creations!

Instagram- [@earlystartnutrition](#)

Facebook- [@EarlyStartNutrition](#)

Twitter- [@EarlyStartRNutr](#)

Nutrition Information

Lastly, if you're looking for more information on nutrition for your little one, then be sure to check out our website! Every month we post new blogs, containing information, tips and advice, on a range of nutrition topics!

Seasonal Vegetable and Fruits

In June's blog, we explore how to include more seasonal vegetables and fruit in your families diet.

Take a read here: earlystartgroup.com/nutrition-services/parent-blogs/seasonal-vegetables-and-fruit/

Vitamin D Requirements for Infants and Toddlers

In this blog, we discuss the importance of providing children with a daily vitamin D supplement.

Take a read here: earlystartgroup.com/general/vitamin-d-requirements-for-infants-and-toddlers/

Healthy Snacks for Toddlers

In this blog, we explore how to incorporate snacks into your little ones mealtimes routine, how to plan healthy snacks and which foods to include.

Take a read here: earlystartgroup.com/nutrition-services/parent-blogs/healthy-snacks-for-toddlers/



Veggie Pitta Pizzas



Rice Cakes with Nut Butter and Strawberries



Smashed Avocado with Egg Fingers

We'll be sending out our next newsletter in October, so keep your eyes peeled!

If you've got any suggestions for nutrition topics or blogs you'd like us to write, get in touch by emailing us at esnutrition@earlystartgroup.com

Early Start Nutrition Team
