

SMOOTHIE RUN MENU

ORANGE & MANGO SMOOTHIE

fresh mango chunks blended with orange juice
(no allergens)

FOREST FRUITS SMOOTHIE

milk and cream blended with fruits of the forest and sugar syrup
(allergens: milk)



PEACH & BANANA SMOOTHIE

fresh bananas blended with tinned peaches,
orange juice and soya milk
(allergens: soya)

WEBINARS AND RESOURCES

The role of nutrition in better management of long term conditions

45 minutes long webinar. You will need to register your email to access.
<https://www.hsj.co.uk/sectors/specialist-care/free-hsj-webinar-the-role-of-nutrition-in-managing-long-term-conditions/7004115.article>

Jamie Oliver TED Talk

Teach every child about food, 5 minutes long webinar.
https://www.youtube.com/watch?v=go_QOzc79Uc

Jason Kilderry TED Talk

Exercise, nutrition and health – keeping it simple,
14 minutes long webinar.
<https://www.youtube.com/watch?v=qUfWOT3ZujY>

Nutritional Care for Older People

A YouTube programme from the Social Care Institute for Excellence,
23 minutes long webinar.
<https://www.youtube.com/watch?v=MRBx6PAg7dQ>

Leeds City Council

Good Hydration video by the Feeling Good Theatre Company,
8 minutes long presentation
https://www.youtube.com/watch?v=yFNTcBO8g_w

Recipes and Healthy eating Ideas

A weeks' worth of recipes and healthy eating ideas via
the official 2017 Nutrition and Hydration Awareness Week webpages
<https://nutritionandhydrationweek.co.uk/campaign-resources/>



Eating for Health

13 – 17 March 2017



Activities plan for Sheffield Teaching Hospitals

2017 Nutrition and Hydration Awareness Week – 'Eating for Health'
13- 17 March 2017

Daily activities starting at 2pm

MONDAY

DEMENTIA CAFE

NGH Brearley 5 and Brearley 7
RHH Q floor

WEDNESDAY

AFTERNOON TEA

Tea and assorted cakes served on all wards and inpatient areas including the Beechill unit

FRIDAY

FOOD TASTING

Healthy options food tasting
RHH D floor Dining Room

TUESDAY

FOOD TASTING

Healthy options food tasting
NGH Osborn Dining Room

THURSDAY

SMOOTHIE RUN

NGH Osborn 1, 2, 3, 4
RHH Wards O1, N1; WPH All wards
Beechill Unit

Every day throughout the week

DAILY

Messages circulated via social media and Trust's communication channels

ANYTIME DURING THE WEEK

Free national **webinars** and available resources

EVERY DAY 12pm - 2pm

Displays highlighting 'Eating for Health' and who can help. Displays will be located at Royal Hallamshire - D floor Dining Room, Northern General - Clocktower Dining Room and Huntsman Dining Room, Weston Park Dining Room and Beechill Unit

THROUGHOUT THE WEEK

Eating for Health recipe competition available to everyone. More information and boxes for recipes will be available in Dining Rooms. 'Pledge Trees' will be placed in the Dining Rooms for staff to pledge 'Eating for Health' change.

The eatwell guide explained

Use the eatwell guide to help you get the balance right.
It shows how much of what you eat should come from each food group.

