

# HALO newsletter for families

September/October 2022.

Welcome to our September/October newsletter, we hope you have had a fun and healthy summer and enjoyed some of the summer fun activities and ideas.

## Children's centres summer events

These events were well attended across the county with families enjoying a range of activities from looking after oral health to a session led by the library service. Keep your eyes peeled on the children's centres Facebook pages for future events at your local children's centre.

## Walk, forage, cook

Use the Woodland Trust page to find a wood [Find A Wood - Visiting Woods - Woodland Trust](#) and as autumn approaches take the family on a '50 things to do before your 5' (number 34) Woodland Walk to forage for blackberries. [50 Things to Do Before You're Five in East Sussex](#) Then wash them and eat them with Greek yogurt or for a treat make this healthier crumble from the British Heart foundation.

[Apple & blackberry oat crumble - Heart Matters magazine \(bhf.org.uk\)](#)

## First Steps Nutrition

First Steps Nutrition have just updated their 'Health Start and Best Start Foods: A Practical Guide'

<https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/62e12dd3e489b20edfe174c5/1658924503545/EW+Healthy+Start+-+FOR+WEB+25+July+2022.pdf>

Need some ideas for healthy nutritious lunch boxes? Try this publication.

[Packed lunches Dec17.pdf \(squarespace.com\)](#)

This publication is full of healthy recipes, ideas for weaning you baby and advice about portions sizes. They have also produced a guide for vegan families.

[Eating well Vegans-Feb 2020 forweb.pdf \(squarespace.com\)](#)