

## Services and Activities Response to Supporting Families in addressing food insecurity

### Integrated Wellbeing Service – Your Health, Your Way

The Public Health team commissioned a new Integrated Wellbeing Service, 'Your Health, Your Way', which commenced in April 2020 and is provided by A Better Life (ABL). The service model brings together health behaviour change functions into one service, including smoking cessation, all age weight management, physical activity, alcohol brief advice and wellbeing.

Your Health, Your Way provided the nutritional knowledge to create the recipe cards used in the FOOD Clubs (see below) and the [recipe book](#) used to accompany the initial Holidays Activity Food (HAF) programme, the Covid Winter Grant scheme and Covid Local Support Grant.

**Shepherd's Pie**

**INGREDIENTS**

**SERVES 4**

- 500g minced beef
- 1 onion diced
- 1 tin of mushrooms sliced
- 1 tin of mushy peas
- 1 tin of tomatoes
- 2 large potatoes and 1 celeriac

peeled and cut into chunks

Optional:

- 2 tsp dried mixed herbs
- Stock cube
- Black pepper
- Milk

**TOP TIP**

Not used (optional) before? It looks unusual but it really helps to pressure and steam peeled foods similar to a big potato. Using a fork simply removes the top and bottom of a tin lid, then cut down the sides to remove the skin and keep the chunks.

Not free to share to any other org you have available to look a lot and make it more than a subscription, e.g. some changed papers, cards or coupons.

**METHOD**

1. Cook the potatoes and celeriac in a large saucepan of boiling water until tender (about 20 mins)
2. Meanwhile add the mince to a non-stick frying pan and cook on a medium heat for 5 minutes or until browned, using a wooden spoon to break it up. Drain off any fat.
3. Add the onion and etc, cooking for 3-4 minutes or until it has softened.
4. Then add the sliced tomatoes, mushrooms, and mushy peas. Add 1 tsp of dried mixed herbs (optional) and etc.
5. Add 200ml of water (and a stock cube if using), bring to the boil and then lower the heat and simmer for 15-20 minutes or until the sauce has thickened. Stir occasionally.
6. Meanwhile drain and mash the potatoes and celeriac. Season with black pepper and add a drizzle of milk for a creamier mash (optional)
7. Transfer the mince to a large baking dish and spoon the mash on top of this. Spread it out evenly using a fork.
8. Place the pie in a preheated oven at 180°C or gas mark 4 for 30 minutes or until the topping is crisp and golden in colour. Serve and enjoy!

**FREE** fruit, veg, milk and cereals for you and your family if you qualify for Healthy Start. Find out more by visiting [healthystart.nhs.uk](http://healthystart.nhs.uk) or phoning 0345 607 6823

**2** vouchers

...giving children the best start

Nottinghamshire County Council in partnership with Your Health Your Way

Your Health, Your Way have also collected FOOD club parcels and used the food to film some recipe ideas for families which have been promoted through social media channels and the Nottinghamshire County Council website. Meals include [Steak and Sweet Potato Fries](#) and [Chicken Nuggets](#). The service has also filmed recipes which were made from using the Healthy Start voucher allowance. Examples of this can be viewed on their YouTube channel [Healthy Start Potato and Pea Soup](#) and [Healthy Start Pasta Bake](#).

### Children's Centre Service

The Children's Centre Service was central to the initial consultation and listening activities which helped to secure the Childhood Obesity Trailblazer Programme status, ensuing ideas were co-produced with local families. Once the grant was secured, the service continued to be intrinsic to the delivery of several of the initiatives, providing venues for the FOOD Clubs, staff and volunteers to run the clubs and ensuring that vulnerable families are encouraged to join. This also includes being on the steering groups for those delivered from community venues.

Butlers Hill Children's Centre in Hucknall was the location for the Healthier @ Home meal kit pilot, giving valuable support and information to guide plans for the future roll out of this initiative.

The Children's Centre Service has also been heavily involved in the promotion and distribution of the Healthy Start vitamins and wider programme.

This builds on the food and nutrition interventions already included in the service's core offer, such as the targeted Fun, Food and Families programme and Holiday Hub sessions, aimed at addressing holiday hunger.

### **Families Information Service and Notts Help Yourself**

The Families Information Service (FIS), through the Notts Help Yourself platform has been used as the universal channel for families and professionals to access information on food and nutrition, hosting the information supplied by Your Health, Your Way along with information from national campaigns such as Marcus Rashford's Full Time Meals and Change for Life, along with wider information relevant for parents/carers and professionals. [Parent/Carer Zone: 0-4 Years | Notts Help Yourself](#)

In addition, the FIS countywide Facebook page has regularly been used to promote Healthy Start and the range of programmes aimed at raising awareness of healthy eating and the support that is available.

### **HAF @ Home**

The engagement with the COTP supported the delivery of HAF by ensuring food was healthy, balanced and filling. The Children's Centre Service has supported the Young People's Service to deliver the initial HAF programme (Spring 21) and subsequent HAF@Home programme (Summer 21), using Children's Centre buildings and Young People's Centres, as a network to provide a local collection point for food packs for children eligible for free school meals.

Any packs not collected were given to local food banks, FOOD Clubs or families already known to the CCS or YPS. Based on the contingency packs for the Spring programme of 590 additional packs, each valued at £15, a boost of £8850 was provided to local food initiatives.

During the 4-week Summer 21 programme, over 900 children were supported with food and activity packs through the HAF@Home programme. These were the most vulnerable, children and young people who were unable to access the face to face provision delivered in partnership with the district and borough councils and the voluntary sector. The programme provided food for 4 meals per week per eligible child. Further information about HAF will be shared with Committee once the scheme has ended in the new year.