

# Healthy Eating Champions



# Newham Food Access Partnership

## Vision:

“To create a borough where the benefits of a healthy diet are available to all by working in partnership with the community, statutory bodies, the voluntary sector, private and social enterprises and other interested parties”

## 4 A's

Affordable, Accessible, Awareness, Acceptability

# Identifying need

- Food and Nutrition strategic plan
- Health Promotion requests
- Community Events
- No resources
- Volunteers and local interest
- Events + volunteers + training = Champions!



# Developing idea

- Learning from others – CFE and East Thames
- Developing a proposal
  - Aims and objectives
  - Coordinator skills
  - Numbers – trained, events, contacts
- Looking for a host and partners
- Identifying funding

# Aims and Objectives

- To increase the understanding of healthy eating
- To increase the consumption of fruit and vegetables and awareness of a healthy balanced diet
- To support the development of community volunteers delivering health related projects in the community
- To increase signposting to
- To coordinate better communication

# How the project is delivered

## 3 key elements:-

- 1 day training
- Community based training
- Events and activities



Also coordination, communication, further training and monitoring and evaluation

# Successes

- Over 140 trained
- Covered over 50 events
- About 20 regular volunteers
- Links with other opportunities
  - Well london volunteers
  - Childhood Measurement Programme
  - CFE



# Training Content

- The Eatwell plate
- Food portions
- Fats, sugar and salt
- Eating on a budget
- Food labelling
- Barriers to healthy eating
- Energy balance and physical activity
- Healthy living in Newham





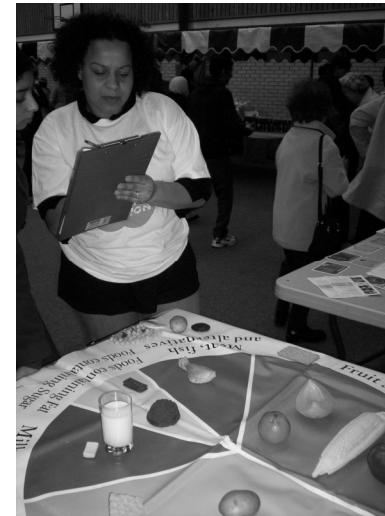
# Additional Elements

- Personal development
- Communication
- Healthy Living
- Signposting



# Monitoring and Evaluations

- Training Evaluation
- Before and after activity questionnaire
- Follow up evaluation
- Monitoring sheet
- Focus group



# Challenges

Keeping volunteers engaged and motivated

Short term funding

Measuring Impact - paperwork

Signposting

Project delivery



# Future plans

- Cooking and Food Growing Training
- Consolidation of regular volunteers
- Recruitment drive
- Volunteering handbook



# Setting up a project

- What is the local need? What are local priorities?
- What resources already exist?
- What other projects would this support or link with?
- What funding and resources might be available?
- Who could lead or manage?
- How would you measure impact?

# Setting up training

- Who are you targeting? Length?
- What are the key messages/ learning outcomes?
- Who will deliver? Nutritionist? Trainer?
- Accreditation?
- Who will recruit and publicise?
- Progression routes

# Setting up cooking training

- Clear aims and objectives
- Target audience
- Course content and facilitator
- Venue
- Start date
- Publicise and recruit
- Monitor and evaluate
- Sustainability



# And remember

- Be creative but be realistic
- Have target groups
- Pick your key messages
- Formalise partnerships as much as possible
- Think about progression routes
- Look after your volunteers!

