

Welcome to Springfield's parent/carer coffee morning.





HEY AWARD @ Springfield:

Healthy Early Years is a quality assurance award, accredited by the Director of Public Health. The training and award recognises and celebrates a whole setting holistic approach to healthy early year. It is run through Startwell.



What have we done at Springfield so far?



Offering Parent/Carer coffee mornings on a variety of topics.

Working with the FACES (Family Adult Community Educational Services) to provide families with training and information on relevant topics like online safety, health and dental hygiene



Provided all KS2 children with a mid-morning piece of fruit



Worked closely with our catering company (Taylorshaw) to provide the children with cooking/baking sessions



Made links with our PCSO from South Yorkshire Police who have come to work with the children on keeping safe.



HEY info
sharing:

Keeping
sugar low in
your child's
diet:



Safe Snacks

Every time you eat or drink anything containing sugar, the bacteria in the plaque change the sugar into acid.

This acid stays in your mouth for over 20 minutes, which eats away at the enamel of your teeth and eventually causes tooth decay. Cut down on the number of times you consume sugary things.



Fresh fruit e.g. apples, pears, plums, grapes, oranges

Raw vegetables e.g. carrots, salad, celery, cucumber, tomatoes



Bread, savoury sandwiches, toast, breadsticks, crackers

Cheese, yoghurt, fromage frais, egg, jacket potato, milk, water



Remember:

Eat sweet things after meals, choose safe snacks. Brush teeth twice a day with fluoride toothpaste. Visit the dentist regularly for a check-up. Always keep your dental appointment.

Oral Health Advice for Parents

Brush baby's teeth as soon as they erupt using a small headed soft bristled brush and only a smear of family fluoride toothpaste.



Put toothpaste onto a dry toothbrush and brush teeth for at least 2 minutes and, if possible, let the child spit out. Do not rinse with water.

Brush before breakfast and the very last thing at night.



Children under 8 years of age do not have the skills to brush their own teeth. Supervised brushing is essential, especially at bedtime.

If baby has a dummy, do not dip it in anything and do not let the child try to speak with it in its mouth



Do not let your child snack on sugary food and drink; this causes tooth decay. Keep all sugary things to mealtimes. Give your child healthy food and drink in between meals.

Always ask for sugar free medicines.

Register your child with a dentist and take them with you on your next visit to the dentist.



Prevention is better than cure

Choking is a leading cause of death for children under 3



QUARTER IT

Along with other popular soft foods like cherry tomatoes, berries and sausages

Cut lengthwise
NOT IN HALF



YES



NO

14 Allergens



The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



1 Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

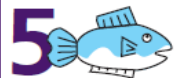


3 Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews



9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

Sign up to our allergy alerts on food.gov.uk/allergy-alerts, or follow #AllergyAlert on Twitter and

Facebook Let's keep connected at food.gov.uk/facebook

Join our conversation @foodgov

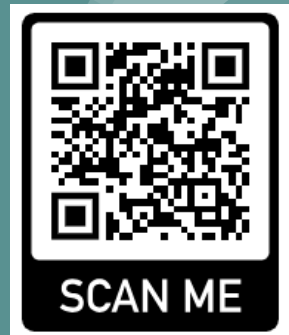
Watch us on food.gov.uk/youtube



What help is out there for families to access:



Healthy Start scheme



Get help to buy food and milk

(the Healthy Start scheme)



If you need further food support, please see our map of community food provision across Sheffield; visit sheffood.org.uk or scan the QR code here.

ShefFood is Sheffield's local food partnership, coordinating the Community Food Provision network. We bring together organisations offering free or low-cost food to share knowledge, address common challenges, celebrate successes, and work together to build a system where everyone, particularly those in crisis, can access nutritious, culturally appropriate food. We also empower organisations to combine food provision with social connection and support, such as debt and housing.

To learn more or to join the Community Food Provision network, contact info@sheffood.org.uk, scan the QR code on this page or visit sheffood.org.uk



The next few slides give information for either free or low cost meals for families.



Community Meals In Sheffield

Sheffield has lots of places you can come for a free or low-cost meal in a friendly, warm and supportive environment. The social eating places listed below provide spaces that offer support, advice, activities & tasty meals for everyone in the city.



Community Meals In Sheffield on Mondays & Tuesdays



MONDAYS

TUESDAYS

Organisation/ Food Provider & Details	Details	Cost	Times	Open to / Criteria
Open Kitchen @ Broomhall ► St. Andrews Church Hall, Upper Hanover Way, S3 7RQ	Halal community lunch (Meat & Vegan Options)	None	10:00 - 14:00 Food 12:30	All
Batemoor Community Centre Community Cafe ► 450 Dyche Lane, S8 8BT	Community lunch	None Paid menu also available	11:30 - 13:30	All
Recovery Hub breakfast club ► Portland House, 243 Shalesmoor, Moorfields, S3 8UG	Community breakfast	None	10:00 - 11:30	Those in recovery from substance misuse only
Feel Good Food Group ► The Heeley Institute, 147 Gleadless Road, S2 3AF	Community cooking and meal	None	10:00 - 12:30	All with booking required. email: dawn.y@heeleydevtrust.com or call 0114 399 1070 to book
Wellbeing Cafe ► View Deli Café, Student's Union, Broomhall, S10 2TG	Vegan/halal community meal	None Donations welcome	18:00	Students mostly but open to all
Batemoor Community Centre Community Cafe ► 450 Dyche Lane, S8 8BT	Community lunch	None Paid menu also available	11:30am-13:30	All
Recovery Hub breakfast club ► Portland House, 243 Shalesmoor, Moorfields, S3 8UG	Community breakfast	None	10:00 - 11:30	Those in recovery from substance misuse only
Food Works at Longley Green ► Longley Four Greens Community Centre, Southey Avenue, S5 7NN	Hot lunch in a welcoming cafe environment	Minimum £1 donation per item (lunch is one item)	10:00 - 14:00	All
FoodCycle Sheffield Parson Cross ► Mount Tabor Methodist Church, Wordsworth Avenue S5 8NJ	Three course community meal	None	18.30	All
Grace Foodbank Meet and Eat ► Meadowhead Christian Fellowship Building, Jordanthorpe, S8 8DX	Community cooking and meal	None	12:00 - 14:45.	All (booking required) Call 07964 896283 to book Not every Tuesday and not school holidays.
Martha's Kitchen ► Heeley Parish Church, 151 Gleadless Road, S2 3AE	Coffee Morning with free refreshments	None	10:30 - 12:30	All

Mondays/ Tuesdays

The Meeting Place Breakfast ► The Terminus Initiative, 232 Lowedges Road, S8 7JB	Community breakfast with bible study	None	10:00 - 11:30	All
The Meeting Place Warm Welcome lunch ► The Terminus Initiative, 232 Lowedges Road, S8 7JB	Soup and a roll, coffee and cake Social activities, arts and crafts	None	12:00 - 14:00	All
Open Kitchen @ Sanctuary ► The Sanctuary, 37-39 Chapel Walk, S1 2PD	Halal community lunch (Meat & Vegan Options)	None	10:00 - 14:00. Food served at 12:30.	Refugees and asylum seekers only
Herding's Community Café ► Herding's Community Centre, Morland Road, S14 1TD	Community meal, drinks, activities	£2.50 for food/drink and all activities.	10:00	All
St Mary's Bramall Lane ► St Mary's Bramall Lane, S2 4QZ	Community lunch	£2	12:15	All
ShipShape Around the Kitchen Table ► The Stables, Sharrow Ln, Nether Edge, S11 8AE	A hot meal cooked with people and eaten together.	None	11:00 - 13:00	All
Stocksbridge Food Hub ► Stocksbridge Christian Centre, 1 Cedar Road, Stocksbridge, S36 1AS	Community café serving hot drinks and food every day. 2 Course hot meal available every other Tuesday	£1 unlimited drinks, £1.50 for food £4.50 Hot Meal	9:30am-2pm everyday. Food served 12:30pm	All

WEDNESDAYS

Organisation/ Food Provider & Details	Details	Cost	Times	Open to / Criteria
Connect Cafe ► St Leonards Church, 331 Arbourthorne Rd, S2 3RD	Hot drinks, toast, crumpets, and soup. Worship encouraged.	None	10:30 - 12:00	All
FoodCycle Sheffield Broomhall ► Broomhall Centre, Broomspring Ln, S10 2FD	Three course community lunch	None	12.30 – 14.15	All
Food Works at Longley Four Greens Centre ► Southey Ave, S5 7NN	Hot lunch in a welcoming cafe environment	Minimum £1 donation per item (lunch is one item)	10:00 - 14:00	All
Mum's United ► Mum's United Community Centre, 17-19 Wicker, City Centre, Sheffield S3 8HS	Community Lunch (Halal, Veggie option available on request)	None	12:00 - 15:00	All
Open Kitchen @ Victoria Hall ► Victoria Hall, Norfolk St, S1 2JB	Community lunch (Halal: Meat & Vegan Options)	None	12:00 - 14:00 Last Weds of the month.	Refugees and asylum seekers only
Polly's Community Cafe ► Hillsborough Trinity Church, Middlewood Rd, S6 4HE	Community café serves soup, bacon butties, sandwiches etc	Menu items £2 max. Free cake & cuppa for those in need.	9:30 - 13:30. Food Served 10:00 - 13:00	All
ShipShape Breakfast club ► The Stables, Sharrow Ln, Nether Edge, S11 8AE	Healthy community breakfast with games and craft activities	None	9:30 - 11:00	All
Friendship Cafe ► Longley Four Greens Community Centre, Southey Avenue, S5 7NN	Community lunch	Lunch: £3. Soup: £1 Dessert: £2	9:00 - 14:00	All
Sitting Room ► Heeley Green Community Centre, 304 Gleadless Road, S2 3AJ	Community meal	None	18:30, food served 19:00. Third Thursday of every month.	Yes

Wednesday

Thursdays

International Meal ► ChristChurch Pittsmoor, Pittsmoor road, S3 9AQ	Community meal	None but donations welcome	18:30, food served 19:00. First Thursday of every month.	Refugees, asylum seekers and ASSIST volunteers only
Greenhill Munch Club ► Greenhill Methodist Church, School Lane, Greenhill, S8 7RL	Community meal, drinks and games	None but donations welcome	15:45, food served 16:45	All, with booking required at https://www.greenhillmethodistchurch.com/about-1
The Lighthouse ► Rock Christian Centre, Handley Street, S3 9LB	Community breakfast	None	9:00 - 11:30	All
Batemoor Community Centre Community Cafe ► 450 Dyche Lane, S8 8BT	Community lunch	None but paid menu is also available each day	11:30 - 13:30	All
Food Works at Longley Green ► Longley Four Greens Community Centre, Southey Avenue, S5 7NN	Hot lunch in a welcoming cafe environment	Minimum £1 donation per item (lunch is one item)	10:00 - 14:00	All
Herding's Community Café ► Herding's Community Centre, Morland Road, S14 1TD	Community meal, drinks and activities	£2.50 for food/drink and all activities.	10:30	All
St Mary's Bramall Lane ► St Mary's Bramall Lane, S2 4QZ	Community lunch	£2	12:15	All
ShipShape Wellbeing Cafe ► The Stables, Sharrow Ln, Nether Edge, S11 8AE	Free hot drinks and one stop shop for advice on food, housing, health, employment and other issues..	None	11:00 - 13:00	All + Urdu, Punjabi, Arabic and Hindi language support available
Food For Thought ► Firth Park Methodist Church, 5 Stubbin Lane, S5 6QL	Community lunch	£3	11:15 - 13:15. Coffee from 10:00	All

	Organisation/ Food Provider & Details	Details	Cost	Times	Open to / Criteria
FRIDAYS	Food Squad ▶ Theatre Deli, Cuthbert House, Arley Street, Highfield, S2 4QP	Vegan/halal community lunch	None but donations welcome	11:00 - 14:00. Food served at 12:00.	All
	Ammi's Kitchen ▶ Common Ground Community Centre, Machon Bank, Nether Edge, S7 1GR	Vegan/halal community lunch	Free but donations welcome	Every other Friday 12:00 - 14:00. Closed in school holidays.	All
	Broomhall Breakfast ▶ St Andrews United Reform Church, Upper Hanover Way, S3 7RQ	Community breakfast	None	8:00 - 10:00	All
	Recovery Hub breakfast club ▶ Portland House, 243 Shalesmoor, Moorfields, S3 8UG	Community breakfast	None	10:00 - 11:30	Those in recovery from substance misuse only
SATURDAYS	Pub Tea ▶ Saint Leonards Church, 331 Arbourthome Road, S2 3RD	Community Meal	Suggested donation of £2	17:30 - 19:00. Second Saturday of every month.	All
	Sheffield Community Church ▶ 131 Guilford Avenue, Norfolk Park, S2 2PR	Community lunch. Worship encouraged. Free bus from Sheffield United Reform Church at Norfolk Row at 11:30 and 11:45.	None	Every other Saturday. Meal served at 12:30.	All
SUNDAYS	Oasis ▶ Victoria Hall, Norfolk Street, S1 2JB	Community meal. Worship encouraged.	None	18:00	All
	St James Norton shared Lunch ▶ St James Norton, Norton Lane, S8 8JQ	Community lunch. Worship encouraged.	None but donations welcome	After 10:30 service every second Sunday.	All
	Sunday Centre ▶ Victoria Hall Methodist Church, George Street, S1 2PF	Social cafe serving drinks and snacks with a takeaway hot meal.	None	13:30 - 14:00	All
MONDAY - FRIDAY	Food Works Sharrow ▶ Old Junior School, Vincent Rd, Nether Edge, S7 1DB	Hot lunch in a café. Frozen 'Just Meals' available.	Minimum £1 donation per item (lunch is one item)	12:00 - 15:00. Not open bank holidays.	All
	Food Works Upperthorpe ▶ Zest, 18 Upperthorpe, S6 3NA	Hot lunch in a café. Frozen 'Just Meals' available.	Minimum £1 donation per item (lunch is one item)	12:00 - 15:00. Not open bank holidays.	All
	St Wilfred's Centre ▶ St Wilfred's Centre, 524 Queens road, S2 4DT	Community lunch and cafe. Emergency food parcels available.	Hot meal: £2. Cafe: Food £1 and drinks 20p	10:00 - 15:30	Referral required for all except rough sleepers. Self-refer in person or call 0114 255 5720
	Ben's Centre ▶ 22 Wilkinson Street S10 2GB	Breakfast and a hot lunch	None	10:30 - 14:30	Rough sleepers and those affected by substance misuse only

Friday, Saturday and Sundays