

## Health Improvement Resource Service (HIRS)

HIRS provides people who work in the Forth Valley area with information and free resources—leaflets, posters, displays and games.

To order or borrow resources please register first at [hpac.nhsforthvalley.com](http://hpac.nhsforthvalley.com)

Once you've registered, booking and orders can be made online via [HPAC](#).  
Find out more - where to find HIRS, times of 'Look and Book' sessions...

### Useful Websites

[Best Start Foods](#) — New Scottish benefit payments 'Best Start Grants' have been introduced and they replace the UK Government's Healthy Start Scheme.

[British Dietetic Association](#) — The BDA Food Fact sheets cover a range of nutrition topics. These can be used for displays or as useful handouts.

[British Heart Foundation](#) — Have a wide range of healthy eating and nutrition booklets and leaflets that can be downloaded or ordered via the website. Some of these resources are available to order via [HPAC](#).

[Childsmile](#)—Provides oral health information for parents, carers and professionals.

[Choose To Lose](#) — This NHS Forth Valley website offers practical advice and information on weight management with downloadable self monitoring tools and worksheets and links to useful apps and local exercise groups and activities.

[Community Food and Health Scotland](#) — Provides information and resources that support communities to deliver a range of food activities.

[Community Nutrition](#) — NHS Forth Valley website has several web pages: Food & Health Inequalities, Nutrition Resources, Early Years Nutrition and Food in Schools that may be of interest.

[Eat Better Feel Better](#) — How to make healthier, cheaper meals for your family and improve your cooking skills. Includes recipes, videos, money off vouchers and handy hints for saving money, there is also a section on fussy eaters.

[Food a Fact of Life](#) — Provides a wealth of free resources and quizzes about healthy eating, cooking, food and farming. They communicate evidence based, consistent and accurate messages around food for all those involved in education.

[Forth Environment Link](#) — Is a Scottish environmental charity, based in Forth Valley, leading the way making a positive response to climate emergency. They encourage more local food to be grown and eaten in our communities.

[Food Standards Scotland](#) — For further information on food safety and food hygiene. There is also an [Education Resources](#) page that is packed full of food activity ideas and lesson plans to help deliver food safety and key healthy eating messages.

Contact Details: Nutrition and Dietetic Health Improvement Team,  
NHS Forth Valley. Tel: 01324 614 390

Dec 2019

# Nutrition and Cooking Resources for the Community

This leaflet highlights some of the resources and websites which can support nutrition, cooking activities and oral health in the community setting. Some of the resources can be downloaded from our [Community Nutrition](#) website and others can be obtained or borrowed from NHS Forth Valley [Health Improvement Resources Service \(HIRS\)](#).



Log onto NHS Forth Valley Community Nutrition Website for further information and downloadable resources.

[www.nhsforthvalley.com/nutrition](http://www.nhsforthvalley.com/nutrition)  
Choose '[Nutrition Resources](#)'

For further information on resources contact our team on 01324 614 390

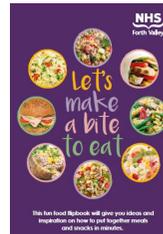
## Food Activity and Cooking Resources

Food activities are fun and offer excellent play and learning opportunities not only for young children but for adults too. They can also be used as a great way to engage and promote healthy eating messages onto children and their families. Useful resources that you can download or borrow to help you set up and run cooking activities in the community.

**How To... Recipes** – Our 'How to...' recipe sheets are packed full of tasty, simple and cheap recipes that are easy and quick to prepare. There are a range to choose from: soups, mains, fish, puddings and more... Download the recipes from our website [Nutrition Resources](#) and scroll down to 'How To's'.



**Let's make a bite to eat** – This fun food flipbook gives ideas and inspiration on how to put together different ingredients, from various food groups, to make healthy meals and snacks in minutes.



**Make & Taste** – Quick and easy, no cook recipes and snack ideas for parents, carers, early years practitioners and teachers to make with your children. These easy recipes could be used to engage with adults too.



**Shop Cook Eat** - This resource is a first step to develop skills in shopping, budgeting, to encourage regular eating patterns and simple cooking skills.



**Mini Steps to Better Nutrition** – The Mini Steps resource can increase staff confidence in delivering basic food messages, step by step with individuals or groups at a pace that is right for them.



**What's for dinner?** - This toolkit can be used to help develop skills and knowledge around shopping and cooking, it gives tips on how to save money and reduce food waste.



Contact our team on 01324 614 390 for further information on any of the above resources.

## Leaflets and Workbooks

**Choose To Lose** – This self-monitoring workbook can help you see if you are ready to start thinking about losing weight and can support you on your journey. Order from [HIRS](#) – NUT 01/L.



**Eat Well, Feel Great** – Download a range of healthy eating leaflets from our webpage [Nutrition Resources](#). The range includes leaflets on breakfast, water, salt, fruit / vegetables and fish. Also available to order from [HIRS](#).

**Your Guide To Food Labels** – Order from [HIRS](#) – NUT 72/L.

Your Guide to Food Labels NHS Forth Valley

per 100g	What's LOW?	What's HIGH?
Fat	3g or less	17.5g or more
Saturated	1.5g or less	5g or more
Sugars	5g or less	22.5g or more
Salt	0.5g or less	1.5g or more
Sodium	0.1g or less	0.6g or more

Choose foods 'low' in fat, sugar and salt and 'high' in fibre. Foods labelled 'High Fibre' should contain at least 1g fibre per 100g.

**Eatwell Guide Flier** – Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. Order from [HIRS](#) – NUT 79/L. There is also an Eatwell Guide Poster available from [HIRS](#) – NUT 03/P.



## Games & Toolkits

**Caffeine-O-Meter Toolkit** – This toolkit contains a poster illustrating the amount of caffeine in popular cold and hot drinks with caffeine facts on the back, there are drink picture cards that can be used as an activity to arrange them in order. Borrow the Caffeine-o-meter from [HIRS](#).



**Eatwell Guide – Floor Mat and Food Models**

This resource is used to promote healthy eating messages, the pack contains a large plate model floor mat and plastic food models. Borrow from [HIRS](#) – NUT 21/K.



**Food, Mood and Health Game** – The Food, Mood and Health Game is a fun, hands-on board game created to help children and young people explore tricky issues around nutrition, food and health. Borrow from [HIRS](#) – NUT 97/K.



**FoodTalk Game** - This is an educational board game which can help improve early years staffs knowledge and confidence of nutrition and health for children aged 1-5 years. Borrow from [HIRS](#) – NUT 98/K.



**Foodeeze** – This card game encourages children to think and talk about food at an early age. The game is simple and easy for children to understand. Borrow from [HIRS](#) – NUT 102/K1.



A full range of nutrition and oral health resources can be accessed via [HIRS](#) or viewed or downloaded online at [HPAC](#) – Forth Valley.