

# Maintaining a healthy diet

Under the current restrictions of the Covid-19 pandemic it can be difficult to maintain a healthy diet, below are some tips to help you through this difficult time

## *At the supermarket:*

- Be flexible, if you can't find fresh fruit or vegetables, try frozen or tinned. Make sure fruit is tinned in fruit juice and not syrup, to cut out excess sugar
- If there is no meat, try vegetarian sources of protein such as lentils and beans. These can be bought tinned or dried
- Whilst the usual staples of pasta, bread, eggs etc. may not be there, challenge yourself to cook a new recipe with some of the more unusual items left behind
- Try the world foods aisle. You may find alternative versions of your favourite items e.g. rice, curry sauce, noodles
- Don't panic if the shelves are empty. Retailers are now responding to the increased demand and beginning to stock the products at a faster rate; whilst also placing limits on the total amount people can buy, to ensure there is enough for everybody



## *At home:*

- As many cafes, restaurants and takeaways are closed, it allows an opportunity to cook healthy meals at home
- Get creative with recipes, try something new like baking your own bread and get the children involved. [Cbeebies My World Kitchen](#) features some child friendly international recipes, which can be a great learning activity for the kids
- Find recipes based upon the ingredients you have at hand: [BBC Good food](#), [Supercook](#), [Epicurious](#)
- Try making your own pasta sauces, dips or spreads such as hummus instead of buying ready made
- Utilise alternative grains, e.g. barley can be used in a risotto instead of rice; quinoa can be used instead of couscous; have a wrap instead of a sandwich
- Try versatile recipes such as stews, casseroles, soups and stir fries using whatever you have in hand at the time
- Try not to waste food, heat up leftovers the next day for lunch, and reuse foods into new recipes such as omelettes, fishcakes or bubble and squeak
- If you are working from home, take advantage of the extra time in the morning to prepare a hot breakfast: porridge, baked beans on whole wheat toast; a vegetable omelette
- Visit [Change4Life](#) and [Veg Power](#) for recipes ideas, information on healthy eating, games and activities. Or apps such as [Veggie Run](#)



# Getting help

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If you are struggling to get enough food for yourself and your family, there are a number of foodbanks in Merton who can provide a 3 day emergency food parcel and extra assistance. Referrals can be made by doctors, health visitors, social workers, Citizens Advice Bureau, police and some charities. The first step is to get in touch with a foodbank and they can start the process of support.



## **Wimbledon Foodbank**

Operates Mon-Sat at various sites across Merton

Referrals are by voucher.

They have no delivery service although they are happy for key workers to redeem vouchers and collect on behalf of clients.

Please note they are managing increased demand so all food parcels provide 3 days basic food only. They are unable to guarantee availability of any product including nappies at this time as they rely solely on donations

<https://wimbledon.foodbank.org.uk/>

## **Merton food relief**

Usually operates a Saturday foodbank 11am-1pm. Currently operating a home delivery service only. Soup Kitchen service is also suspended

Referrals are by email or voucher

Email referrals must include name, address and contact telephone number. They need to know how many adults and children (as well as their ages) in home.

[info@foodrelief.org.uk](mailto:info@foodrelief.org.uk)

## **ADDITIONAL SUPPORT DURING COVID-19 - Dons Local Action Group**

Supporting vulnerable people in Merton who may need food parcels, errands or other support

Refer by email or telephone

[DLA@afcwimbledonfoundation.org](mailto:DLA@afcwimbledonfoundation.org) 020 3301 4511

### *Get in touch:*

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- If you have any concerns or would like health promotion advice, you can contact the School Nursing team on 0208 102 3350 Mon-Fri 9am-5pm or email [clcht.schoolnursingmerton@nhs.net](mailto:clcht.schoolnursingmerton@nhs.net)
- Make sure you stay up to date with the latest government advice through the NHS website regarding self-isolating and social distancing at <https://www.nhs.uk/conditions/coronavirus-covid-19/>



# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Each serving (150g) contains

Energy	1048kJ	250kcal	13%
Fat	3.0g	LOW	4%
Saturated fat	1.3g	LOW	7%
Sugars	34g	HIGH	38%
Salt	0.9g	MED	15%

Typical values (as sold) per 100g: 697kJ / 167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose unsaturated oils and use in small amounts

Choose lower fat and lower sugar options

Dairy and alternatives

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Beans, pulses, fish, eggs, meat and other proteins



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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