



Food News

Nutrition and hydration week

For this edition we are celebrating good nutrition and hydration.

We are
Celebrating



11 -17 March 2019

"Making a difference every day"

For more information :
www.nutritionandhydrationweek.co.uk

Food News

is produced by
Warwickshire
Food for Health
Group (WFFHG).

WFFHG is a multi-
agency partnership
offering people

who use food
projects to
promote health the
opportunity to
meet to learn from
each other.

The group meets
four times a year in

different localities
across
Warwickshire. If
you would like to
attend a meeting,
please contact the
editor. Details on
the back page.

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Nutrition & hydration week 2019



Nutrition and Hydration Week 11 - 17 March 2019

Making a difference every day

For more information : www.nutritionandhydrationweek.co.uk

Nutrition and Hydration Week is open to anyone who wants to help people understand the importance of nutrition and hydration in health and social care.

All the resources on the website are available to be downloaded for free and be customised as you wish. It's also a great opportunity to promote good nutrition and hydration to colleagues.

Daily Themes have been suggested

Monday	Big Breakfast
Tuesday	Snacky Tuesday
Wednesday	Global Afternoon Tea
Thursday	Thirsty Thursday
Friday	Fruity Friday
Saturday	Smoothie Saturday
Sunday	Sundae Sunday

Nutrition and Hydration Week—is it just about Nutrition support?

While the focus of this week is about improving nutrition for people at risk of malnutrition, you can also use the week to promote nutrition and hydration for healthy weight and overweight people. Here are some ideas for a healthy, lower calorie focus.

- Monday **Big Breakfast** - use breakfast as an opportunity to get your five a day. Add tomatoes and mushrooms to toast or a cooked breakfast. Try Huevos Rancheros— spicy tomatoes, onion, peppers with an egg
- Tuesday **Snacky Tuesday** - promote healthy snacks of 100 calories or less (See C4L or 'one you' websites for ideas).
- Wednesday **Global Afternoon Tea** - focus on the importance of hydrating in the afternoon. If you want to offer cake, many supermarkets now sell small cup cakes. Or only serve cakes containing fruit or veg. Find recipes on line or contact the editor for some.
- Thursday **Thirsty Thursday**—promote 8 to hydrate
- Friday **Fruity Friday**—promote eating a rainbow of colours of fruit.
- Saturday **Smoothie Saturday** - provide fruit based recipes to promote vitamin C or promote eating the whole fruit—not just juice.
- Sunday **Sundae Sunday**—add lots of fruit and smaller portions of cream and ice-cream

Truth or Myth

There have been articles and scare stories in the media about the dangers of drinking too much water, suggesting that it could be easy to drink too much.

If someone drinks a lot of water (2—3 litres) in a very short time, it can dilute the electrolytes in their bodies which can lead to headaches, feeling unsteady and even death.

This is called hyponatremia. The cases quoted in the media have been associated with athletes, soldiers and people with schizophrenia and are rare. All drank a large amount of water very quickly.

Some people with kidney failure also can overdose on water.

Drinking cups of fluid throughout the day is not dangerous and should be encouraged as many more people are dehydrated.

**Hyponatremia
can lead to
death**

Can you drink too much water?

How much should I drink?

There are different recommendations depending if they include just water, other drinks or fluid from food.

In the US it is suggested

that people drink 8 x 8oz glasses of water a day. (nearly 2l). The slogan is easy to remember.

In the UK the Eat Well Guide says to drink 6-8 glasses of fluid a day. That's about 1.6l— 1.8L a day. The NHS web site also advises on what to drink and what may

be less good for our health. It says drink plenty of water

In Warwickshire our slogan is **Drink 8 to Hydrate**. Easy to remember. There are resources you can use which you will find on the SWFT website.

**DRINK
TO HYDRATE** 

So how can you tell if you are drinking enough?

Check the colour of your urine. It should be a pale straw colour.



Set up a hydration station



Encourage colleagues and customers to drink more by setting up a hydration station.

This poster can be downloaded from the Nutrition and hydration week web site.



What's in Season?

Fruit

Rhubarb

Vegetables

Artichoke, Beetroot, Cabbage, Carrots, Chicory, Cucumber, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Sorrel, Spring Greens, Spring Onions, Watercress.

Here is a list of what fruit and veg are in season this month

All these are high in fluid

Join the Global Tea Party

The highlight of every Nutrition and Hydration Week is the Global Tea Party which takes place on Wednesday.

Everyone taking part in Nutrition and Hydration Week is invited to hold a tea party. This demonstrates how people

can improve their nutritional intake. Its also a great way to bring people together and create some joy and fun.

To help you plan, there are loads of recipes on the N&H resources page as well as invitation, menu and

place card templates.

Please share photos of your tea parties on social media using the hashtag #NHW2019 and tweeting them to us @NHWeek. You could also send a copy to the editor for a future food news.

Fill up your water bottle on the go with Refill

Refill is a new scheme from Severn Trent which tells you which shops and restaurants will give you free and easy access to refreshing tap water when you're out and about..

Severn Trent says

Health and hydration

Refill means it's easier (and cheaper) for you to have your recommended eight glasses of this amazing liquid when you're out and about, every day.

Water is a healthy choice for quenching your thirst, it has no calories and contains no sugars that can damage teeth.

Plastic reduction

Single-use plastic bottles are expensive to produce and are a large contributor of plastic pollution in our rivers, seas and natural habitats.

If every Severn Trent customer refilled just once a week instead of buying a bottle of water, we'd reduce our region's plastic consumption by 400 million bottles in just one year.

Look for the logo when you want to fill up.
You can download an app that gives you the location of refill points.

Business' can join the scheme free of charge via the Seven Trent web site.

Seven Trent are also looking for volunteers to get involved with running a local scheme or to volunteer in getting Refill Stations up and running.



If you are looking for another excuse to take part in Nutrition and hydration week

Talking over a cup of tea and a biscuit can help:

- reduce pressure
- bring teams together
- Increase productivity
- Reduce loneliness for patients and care home residents



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If you have an interest in food and health, and would like to share how you are helping people to eat and drink better, please get in touch.

If you would like more information about any of the articles in this newsletter, please contact the editor who will pass this on to the author of the article.

References and web sites

<https://foodfoundation.org.uk/peasplease/>

Please see text of each article

Also see British Dietetic Association food Facts

South Warwickshire NHS Foundation Trust: Dietetics Section in Adults Out of Hospital section.

For your waiting room or office

There are resources relating to nutrition and hydration week on line—just search for “Nutrition & Hydration week 2019”.

You will also find resources on the Change 4 Life or “One you” web sites.

To promote fruit and vegetables search for “5 a day” and you’ll be able to download an NHS video as well as get ideas from loads of web sites. We liked the 5 ways to get 5 a day from the teens health web site.

For ideas relating to hydration try hydration4health or the natural hydration council.

A message from Warwick Food Bank

We're pleased to announce that Warwick Foodbank is joining the Trussell Trust's 40 for40 Campaign! All we're asking people to do is to donate 40p for each day of the 40 days of Lent. The money raised will help us to continue to support local families in crisis.

For more information, please see our website here:

<https://warwickdistrict.foodbank.org.uk/2019/02/21/40-for-40/>