

Don't forget your Healthy Start vitamins this winter!

Let's stop at the park on the way home, to play on the swings. Then dinner time! Remind me to give you your vitamins



HEALTHY START

HS1124YRS

Get your free vitamins from Healthy Start!

Healthy Start children's vitamin drops contain three important vitamins: A, C and D. Vitamin D helps bodies to absorb calcium, which helps to build strong bones.

Summer sun is the main source of vitamin D and in the UK it can be hard to get enough to last during the winter months. That's why UK Health Departments recommend all children (aged from six months to five years) should take a supplement containing vitamins A, C and D – like Healthy Start children's drops.

So don't forget to exchange the green coupon which is attached to the enclosed letter for your free Healthy Start vitamins – ask your health visitor where you can pick them up locally.



Top tip

Make taking your vitamins part of you and your child's daily routine so you don't forget them. For example, you could give them everyday at breakfast time. You can add your child's vitamin drops to a spoonful of their milk or food – just make sure they eat it all up.

Healthy winter warmers for breakfast

Here are some ideas for a healthy way for you and your children to start the day.

Porridge

Simple to prepare, just mix porridge oats with milk and follow the instructions on the packet to cook. Then top with a variety of:

- Chopped soft fresh fruit, like bananas.
 - Stewed fruit like plums and apples – to stew fruit, remove stones or cores and chop into bite-sized pieces.
- Then heat in a pan with a little water until soft. There is no need to add any sugar as the fruit has natural sugar in it already.



Cooked breakfast

For a nourishing cooked breakfast with scrambled eggs, try this tasty combination.

Serves: 2 adults.

Method:

1. Preheat the grill. Arrange the tomatoes and mushrooms on the baking tray and grill them for 8–10 minutes.
2. While they are cooking, toast the bread.
3. Beat the eggs and milk together. Melt the spread in a non-stick saucepan and add the beaten eggs. Cook over a medium-high heat, stirring all the time with a wooden spoon, until the eggs are cooked through.
4. Serve the scrambled eggs on the slices of toast, along with the grilled tomatoes and mushrooms. Season with some black pepper and serve.



Ingredients

- 2 tomatoes, halved
(Or pieces of red or yellow pepper)
- 2 large mushrooms, halved
- 2 slices wholemeal bread
- 4 medium sized eggs
- 2 tablespoons whole milk
- 1 teaspoon spread
- Ground black pepper



Cook's tips

- It's important to make sure that eggs are cooked thoroughly, until both the white and the yolk are solid.
- Avoid giving low-fat foods like low-fat spreads and skimmed milk to under fives – young children need the extra energy and vitamins that are found in full-fat dairy products.

What's good to buy now and what's coming into season next?

November/December

Parsnips, swede, cabbage, apples,
Brussels sprouts



January/February

Broccoli, pears, carrots,
cauliflower, leeks



Don't miss our next
issue which will be
packed with tips to
help you and your
family avoid catching
the sniffles this winter.

www.healthystart.nhs.uk

0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, if you move home), remember to tell HMRC Tax Credits and Jobcentre Plus straight away. That way, you'll keep getting the right amount of Healthy Start vouchers.