## Barking & Dagenham



Dear Parents/Carers,

LEAN Beans is a club for children and their families living in Barking and Dagenham where they can learn how to incorporate healthy eating into their daily lives.

The six week programme consists of families sharing their experiences and knowledge with others in the group, learning about nutrition in a fun, and engaging way and includes physical activity and games for the children.

The sessions are now virtual and running every Thursday 4 - 5pm via Microsoft Teams - see schedule and other information in email below. While the first session was last week, families can still join now for the remaining 5 weeks.

## **HEALTHY EATING**

Learning, Exercise and Nutrition! Aimed at families with children aged 5 to 12 years.

6 week family healthy lifestyles programme, with the following topics:

Topic	Date
What it means to be healthy	Thurs 14/1
Portion Sizes and Wholegrains	Thurs 21/1
Sugars	Thurs 28/1
Fats and Snacks	Thurs 4/2
Physical Activity	Thurs 11/2
Quiz	Thurs 18/2

It's not too late, families can still join our virtual lean beans programme running every Thursday at 4pm to 5pm via Microsoft Teams – All participants will need to do is download Microsoft teams through the App or Google store and then press the join here link in the attached timetable.

If your families need any more support, please don't hesitate to contact the healthy lifestyles team 020 8724 8018 who will be happy to assist.