

# Coventry School Nursing Newsletter

July — August 2022

## Summer Snacking!



The summer time is a great way to encourage children to eat more fruit and vegetables. They can even help you get creative in the kitchen.

You can make fruit and vegie juices — you can mix some carrot and cooked beetroot to berries, pineapple and other sweet fruits that are in season.

Fruit ice-lollies, smoothies and ice-creams are very popular too.

You can make rainbow vegie skewers adding meat or meat free options between the veg or rainbow pizzas together you can choose the different colour veg toppings, i.e. red onions, peppers, sweet corn etc.

Take a look at the link below for some ideas from Better Health NHS, you can also search online to see what other recipes are out there. Happy snacking!

<https://www.nhs.uk/healthier-families/recipes/bbq-and-picnic/>



## CONTACT US

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## Planning Ahead To Support with Energy Bills



It's hard to imagine feeling cold when we're in the middle of a heatwave and energy tends to be the last thing on anyone's mind.

But the rising cost of living and knowing that energy costs have already risen sharply - with more to come - will not be far from people's minds.

If you are already feeling the strain of increased energy bills, there is help at hand.

Coventry City Council is partnering with Act On Energy to provide free help and advice to all residents.

*Their experts can help with:*

- ⇒ Financial assistance to help with fuel bills
- ⇒ Energy debt
- ⇒ Billing issues
- ⇒ Broken heating systems
- ⇒ Energy efficiency tips to reduce your bills
- ⇒ Grants and funding for energy efficiency measures.

The advice is free - simply call on 0800 988 2881 or check out the website: Act On Energy  
<https://actonenergy.org.uk/>

Some funding schemes require certain criteria to be met - but others don't, so it's well worth giving them a call now to see how they can help you.

**Don't leave it until after the summer and the autumn price rises to seek help.**



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