

Cornerstone House Centre

Cornerstone House Centre is a Cumbernauld charity which provides local people with various services and access to facilities.



The organisation operates a large community resource in Cumbernauld town centre where groups and active citizens meet to pursue interests, learn together, do business, support children and young people, and undertake many other community activities.

HEB Project is just one of a number of initiatives currently being facilitated by Cornerstone House Centre. For more information on Centre activities and bookings, call **01236 739220** or e-mail admin@cornerstone-house.org.uk.

Unhealthy Eating: The Facts

Simple changes to the diet of our children can boost health and wellbeing and prevent against sickness.



Poor diet and nutrition is the most significant contributory factor to Cumbernauld's higher than average rates of Type 2 diabetes, heart disease, dental problems and childhood obesity. Research also indicates that lack of a balanced diet has negative implications on childhood behaviour, school performance, and general happiness. For further information about healthy eating, visit www.eatbetterfeelbetter.co.uk.



"since learning how our family can easily and affordably incorporate healthy eating on a daily basis, life has got so much better for us"

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Cornerstone House Centre Ltd is a charity registered in Scotland
Registered Charity Number SC041782 and is a company limited by guarantee
Registered in Scotland Company number SC383997

CORNERSTONE HOUSE CENTRE

**ARE YOU A PARENT
OR CARER TO A
YOUNG CHILD OR
CHILDREN?**

**WANT TO LEARN
ABOUT AFFORDABLE
HEALTHY EATING
FOR YOUR FAMILY?**



IF YES, WHY NOT JOIN CUMBERNAULD'S...

Healthy Eating *On a* Budget Project

For more information, contact

01236 739220

admin@cornerstone-house.org.uk

Supported by...



LOTTERY FUNDED



HEB Project What's It All About?

Healthy Eating on a Budget (HEB) is an exciting project facilitated by Cornerstone House Centre which provides a free and unique opportunity for parents and carers of children aged 0-8 to learn about healthy and affordable eating and nutrition with a view to improving family health.

It is recognised that parents and carers often struggle to get children to eat healthily these days, not only due to the instant attraction of processed, sugary and fat-laden foods, but also due to the cost or perceived cost of wholesome, fresh food.

HEB Project will enable parents and carers of young children from Cumbernauld to learn ways in which these barriers can be overcome, with an overall aim of achieving better health. The Project is supported by Big Lottery Fund and Scottish Government's Communities and Families Fund.



How Does HEB Work? What Will I Learn?

HEB Project involves **10 weekly workshops** each including 10 parent or carer participants. The workshops, which take place at Cornerstone House Centre in Cumbernauld, are led by facilitators with nutritional expertise.

The following practical and information giving elements are incorporated throughout the 10 weeks of HEB:

- ◆ Basic healthy eating and lifestyle choices
- ◆ Ideas for breakfasts, lunches, dinners and snacks
- ◆ Strategies for changing eating habits
- ◆ Shopping tips and interpreting labels and adverts
- ◆ Presentation and attractiveness of healthy food
- ◆ Treats, rewards and teaching responsibility
- ◆ Encouraging junior cooks and learning by doing
- ◆ Reviewing and celebrating the learning gained.

All of the workshops are delivered in a fun and informal way, with no need for any prior knowledge or information.

Outcomes of HEB Will My Family Benefit?

It is anticipated that by participating in HEB, parents, carers, children and families can feel real, lasting and tangible benefits in terms of their nutrition, physical and mental health, self-esteem and quality of life.

HEB encourages participants to challenge conventional views about healthy eating, especially those stereotypes that families on low incomes simply cannot afford to eat healthily. By putting into practice the learning of HEB, parents can expect to see their children flourish as a result of a healthy, regular intake of essential nutrients.



The programme is a great way to meet other parents and carers of children. Additionally, participants will have the opportunity to find out about other activities in the community that they can benefit from, such as early years services and volunteering. Participants will also be able to find out about and link to the national Eat Better Feel Better initiative.

How Do I Join HEB Project?

To express interest in joining the HEB Project, contact Cornerstone House Centre on **01236 739220** or e-mail admin@cornerstone-house.org.uk.