

Small bytes for big change.

ARTSP  KES



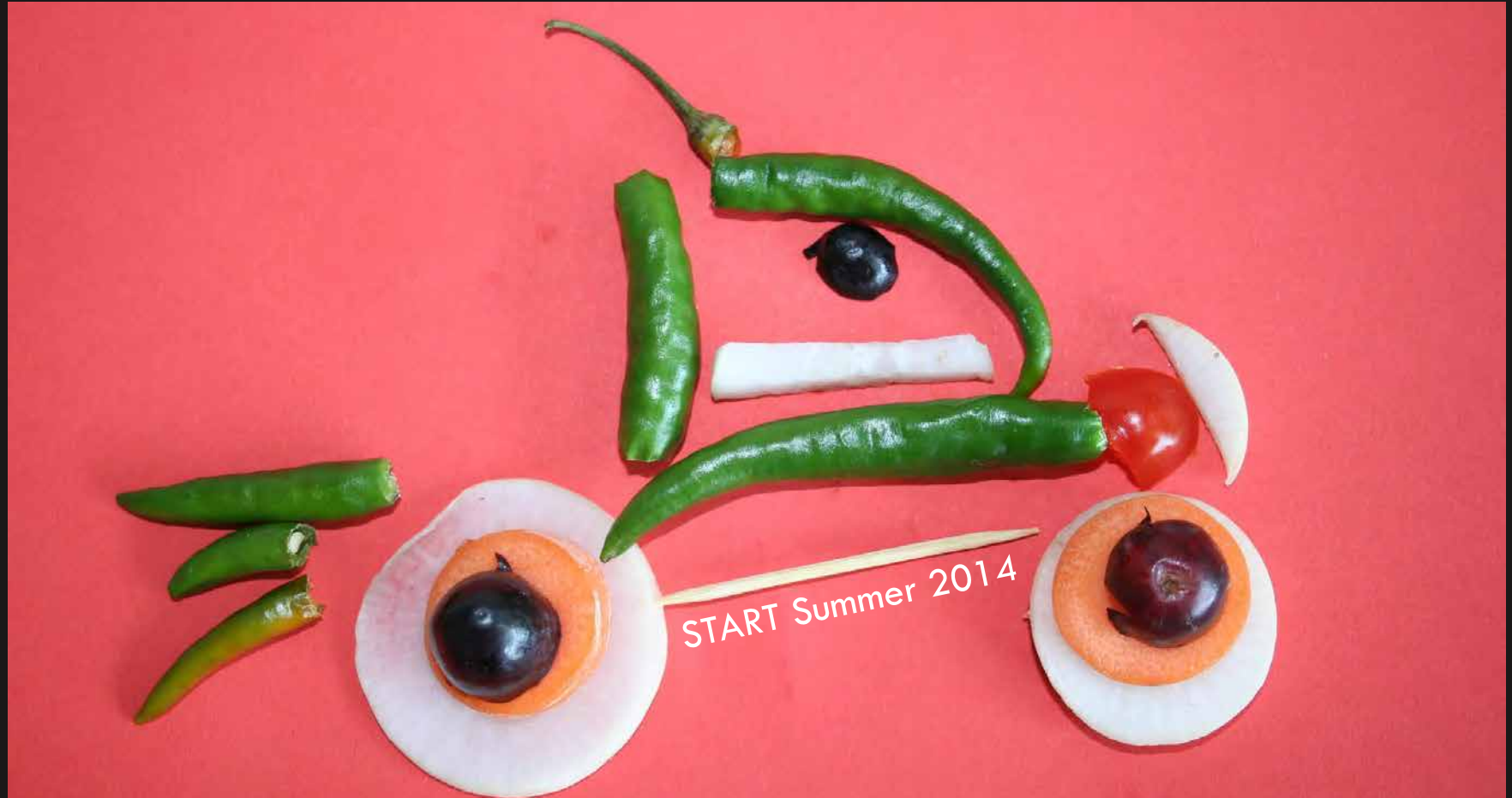
What is Banana Bytes?



A grass roots
Campaign to
promote healthy
eating in
East London



Led by children, parents and teachers



Spreading the word about healthy eating to help families in East London be healthier



Banana Bytes is

- fun and imaginative
- local and relevant
- an initiative of ArtSpokes
a social enterprise in
East London



ARTSP  KES

Cycling makes you happier!!!!



Why Banana Bytes?

Dr Bike

& the Fieldgate Bike
get your bike checked & r
FREE



The ArtSpokes Bike Campaign for women and children highlighted a problem in East London

ARTSP^{OKES}



The horrible statistic



42% of children age 11 in Tower Hamlets are overweight or obese.

**ArtSpokes set up
Banana Bytes
with the help of**



Network
for Social
Change



ARTSP  KES



Who took part?

4 Primary
Schools



4 Health Centres



4 Libraries

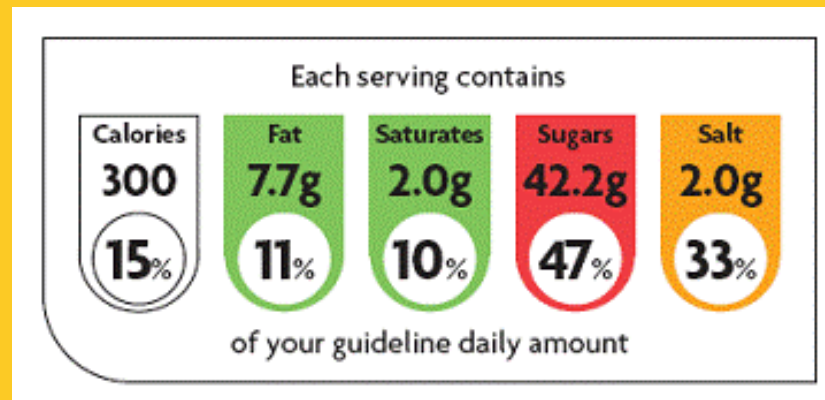
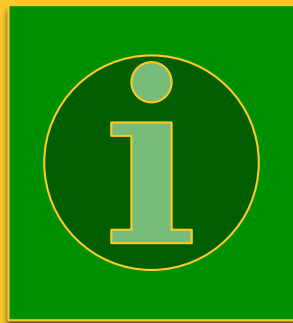
in Poplar and Bow, East London



STAGE 1 Listening

What the schools wanted to do

- ◆ Inform families on healthy eating
- ◆ Involve parents
- ◆ Encourage cooking & sharing healthy tips through recipes
- ◆ Encourage healthy snacks
- ◆ Spread the word on hidden sugars in foods & the high fat content of Chicken n Chips





Who helped and advised?



Poplar Health
Trainers



Healthy Lives Team

LOCAL HEALTH ORGANISATIONS

Healthy Schools
Advisor



Parental Engagement
Team

Chrisp Street
St Andrews
Newby and Bow
Health Centres



Community and
Public Health
Dieticians



Who helped and advised?



Chrisp Street,
St Andrews, Newby
and Bow Health
Centres

Healthy Lives Team

LOCAL HEALTH ORGANISATIONS



Healthy Schools
Advisor

Parental
Engagement Team

Poplar Health
Trainers



Community and
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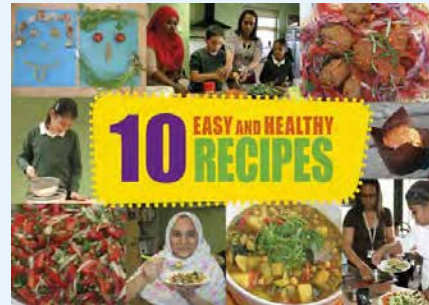
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STAGE 2 Four School Projects

Which schools and what they made

- ① Bygrove Primary School
- ② Mayflower Primary School
- ③ Woolmore Primary School
- ④ Marner Shine School



- ◆ A recipe booklet
- ◆ Snack recipe leaflets
- ◆ Two videos
- ◆ Poems and posters





① Bygrove Primary School



Children and parents cooked the recipes with Sherin, then presented their recipe book to school, families and Crisp Street Health Centre. Children taking part were ambassadors for their class.

Children made the drawings for a twenty page recipe booklet designed with Charlotte at DK Books.

GOZLEME

Kids love this folded and filled Turkish flatbread filled with spinach and cheese. In Turkey these are sold in markets as a snack.

Preparation time 10-15 min

You will need

- 1 cup plain/ self-raising flour
- 250g fresh spinach
- $\frac{1}{2}$ tbsp yeast
- $\frac{1}{2}$ block feta cheese
- olive oil (enough to coat)



Equipment

- Rolling pin
- Mixing bowl
- Frying pan
- Best cooked on gas cooker



For variation, try a different type of cheese and other fillings!



What's in Bygrove's booklet?

CONTENTS

- 4 Gozleme
- 6 Vegetable curry
- 8 Moussaka
- 10 Three salads
- 12 Spaghetti and meatballs
- 14 Berry banana smoothie
- 15 Watermelon slush
- 16 Muffins
- 18 Useful information

Keep a lookout for me! I'm here to give you healthy tips!

I'll also be giving you some handy cooking advice!



A BIG THANK YOU TO:

Ahsaan, Anisah, Anisha, Chanel, Ibrahim, Imani, Ramin, Shane



Recipes for parents and children to cook together.

- Simple, easy and healthy recipes
- Tips for healthy cooking
- Cooking advice

Designed by
Charlotte at
DK Books



② Mayflower Primary School



Year 4 at Mayflower School ran Mayflower Masterchef. The healthiest recipes were chosen for their two snack recipe booklets which they presented to Newby Health Centre.



Some of the class took part in after school cooking.



The children designed their logo and did lots drawings on ipads for their recipe booklets. They also made fruit sculpture.





Mayflower School's snack sheets

WE WOULD LIKE TO THANK

All the staff at Mayflower Primary School for their warm and enthusiastic support, especially Rita, Angie, Sabina, Sue and Dawn. Very special thanks to Dee, Head Teacher, for welcoming Banana Bytes into the school and generously supporting the project.

The children and the parents for sharing their recipes, designs and drawings - and having fun while taking part in the project.

Tower Hamlets Healthy Lives Team and the Public Health Dietitians for their professional advice.

Charlie and Danus at Saatchi & Saatchi for their invaluable help in the overall design of the Healthy Eating campaign.

Charlotte for her adept help and guidance in the design of **Snack Recipes 1 and 2**.

The Network for Social Change and Hyperion Insurance Group Ltd for their generous sponsorship.

LINKS

Tower Hamlets Health Trainers

They offer free guidance and support to help you and your family lead a healthier lifestyle.

Newby Place Health and Wellbeing Centre
21 Newby Place, London E14 0EY 020 7517 2600
Bromley-by-Bow Centre

St Leonard's Street London E3 3BT 020 8709 9845

www.towerhamlets.gov.uk

Healthy info for families. Ideas and info for teachers.

www.nhs.uk

Lots of useful and practical information on health and health services.

Favourite healthy snacks from Mayflower School



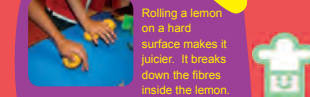
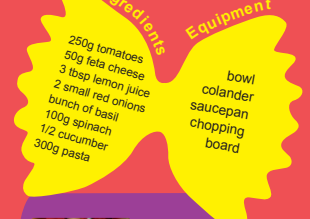
PASTA SALAD

by Razwana

A small bowl of pasta makes a great healthy snack.

Makes 4 servings.

30 mins



Pasta is a starch. It's recommended that starchy foods make up about a third of our daily diet.



1 Cook the pasta. Follow the instructions on the packet. Drain well.



2 Cut vegetables into small pieces.



3 Add vegetables and lemon juice to the hot pasta.



4 Crumble the feta cheese.

Mix well and ENJOY.

2 SNACK RECIPES



Front

Make 40 when easily going rolls for snacking

Ingredients:

- 250g chicken breast
- 4 x 250g quorn
- 1 pack pastry sheets (approx 20-25cm square)
- 1 egg
- 2 tbsp rapeseed oil
- 1-2 green chilis (finely chopped)
- 3 onions (finely chopped)
- 250g (3 large) carrots grated
- 250g (half a medium size) cabbage (chopped)
- 1 tsp lime juice
- 1 tsp ginger and garlic paste
- 4 x 1 tsp each of grated ginger and garlic
- small bunch of coriander (chopped)

To season:

- 1 tsp soy sauce
- 1 tsp ground white pepper

Equipment:

- 1 cooking pot
- 2 chopping boards
- grater
- bowl
- pastry brush
- baking tray

Prepare the vegetables and chicken.

- 1 Wash and peel the carrots. Then grate.
- 2 Grate the ginger and garlic. Then chop the cabbage, onion, chili and coriander.
- 3 Cut the chicken (or quorn) into small pieces or mince in a blender.

Remember to use different chopping boards for vegetables and meats.

One or two rolls make a healthy snack for your family.

Cook the filling.

- 4 Heat the oil in the pan. Add the onion, ginger and garlic. Cook till the onions are soft.
- 5 Add the green chili, chicken or quorn and soy sauce. Stir for 10 mins.
- 6 Add the carrots, cabbage and white pepper. Stir for 5-7 mins.
- 7 Make sure the carrots and cabbage keep their crunchiness.
- 8 Drain off the stove and add the coriander.

Make the rolls.

- 8 Beat the egg in a bowl and whisk.
- 9 Cut the pastry sheets into one piece. Put the other pieces back in the bag to keep them moist.
- 10 Brush the egg along the edges. Then put 1 tsp of chicken mix on the end closest to you (not too close to the end). Fold over.
- 11 Pinch down both corners. Then fold over the sides to make an envelope. Roll carefully. Make all your rolls.
- 12 Use a baking tray with foil then spray lightly with oil. Place the rolls on the tray with the join facing down.
- 13 Brush egg on top for 15 minutes.
- 14 Bake for 15 minutes until light brown. For a crispy finish, grill for a few minutes on a medium-high setting.

Notes:

- You can also cut the sheets into 5 long strips for mini rolls. Squares are easier for children to roll.
- Rolls can be frozen.
- Freeze time: 30 mins.
- Freeze in a bag.

Notes:

- The recipe was chosen from 1000 imaginative snacks entered in Mayflower Masterchef 2014. The recipe was designed to be made with your children. We hope you enjoy them.
- www.mayflower.net
- Free recipe sheet design in 1000 imaginative snacks entered in Mayflower Masterchef 2014. The recipe was designed to be made with your children. We hope you enjoy them.
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- Free recipe sheet design in 1000 imaginative snacks entered in Mayflower Masterchef 2014. The recipe was designed to be made with your children. We hope you enjoy them.
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Snack Recipe Sheet 2
Pasta salad by Razwana
and Mini spring rolls by
Rejeka and Radiah

Designed by
Sarah ArtSpokes

Verso



③ Woolmore Primary School



Woolmore Primary School ran six after school sessions for twenty parents and children.

They learnt how to make healthy 'dips' and were visited by the Healthy Lives Team, Dr Zahra from Chrisp Street - & a Celebrity Chef!

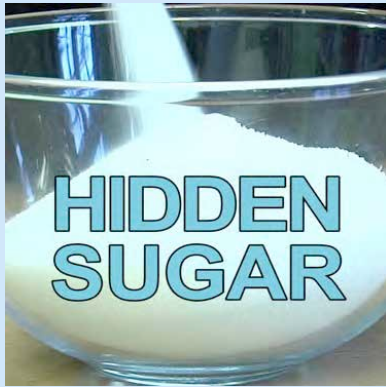


Rakesh Ravindra Nair Head Chef of the Cinnamon Club demonstrating bread making in the kitchen at Woolmore School.

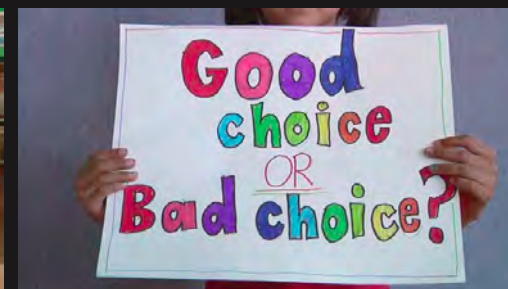
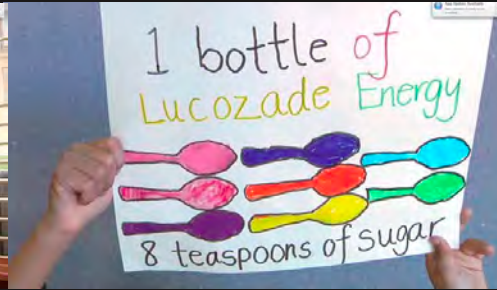




Woolmore Primary School video



Woolmore Primary School made a video about the 'hidden' sugar content in five foods and drinks parents often buy for their children.



The video was made with the help of filmmaker Tim Newman. You can watch their video at www.artspokes.com



④ Marner Shine School



60 children from Marner Shine School took part in Banana Bytes. The theme of their project was unhealthy FATS and deadly Chicken n Chips.



A different view – Japan Day at Marner School introducing children & parents to healthy low fat traditional food and Japanese culture.

Talks by clinicians from Bow Health Centre and St Andrews Health Centre.





Marner Shine School video



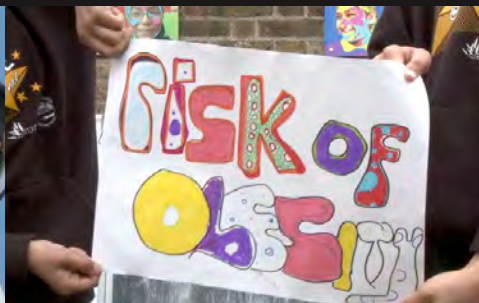
Marner Shine School children made a video about unhealthy Chicken n Chips.



42% of 11 year olds in Tower Hamlets are overweight or obese



more than half of the daily FAT



Try a healthy alternative





**a green cabbage leaf
thinner than an iPad Air
and much more healthy**

by Rayan and Mahir



**Marner Shine School
digital posters designed
by the children with their
Haiku poems and
origami.**



**a soft strawberry
red like a ripe tomato
but so much sweeter**

by Sadia and Eileen



**this cauliflower
a round and green and white source
of healthy protein**

by Tanzil



**a cold rainy day
I'm a chilli I'm so hot
I'm so hot I'm red**

by Mohaz

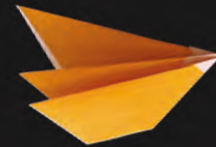
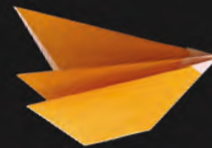
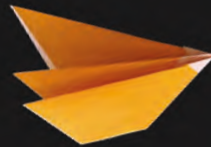


**melon, juicy fruit
thick skin soft creamy centre
sweet delicious treat**

by Naimah







STAGE 3 Spreading the word



by **SHARING**

The professionally
produced booklets, videos
poems and posters created
by the children and parents.

USEFUL INFO

-  **tsp** teaspoon (5ml)
-  **tbsp** tablespoon (15ml)
-  **g** grams
-  **ml** millilitres
- Prep. time** Preparation time
- Approx.** Approximately

ABOUT BANANA BYTES

www.bananabytes.net
A new healthy eating campaign in
East London designed by children,
parents and schools. It is an initiative
of ArtSpokes, a social enterprise
based in Limehouse and Whitechapel
www.artspokes.com

MEASUREMENTS

1 teaspoon (approx. 5ml / 5g)

For cooking: oil = 1 tsp per person



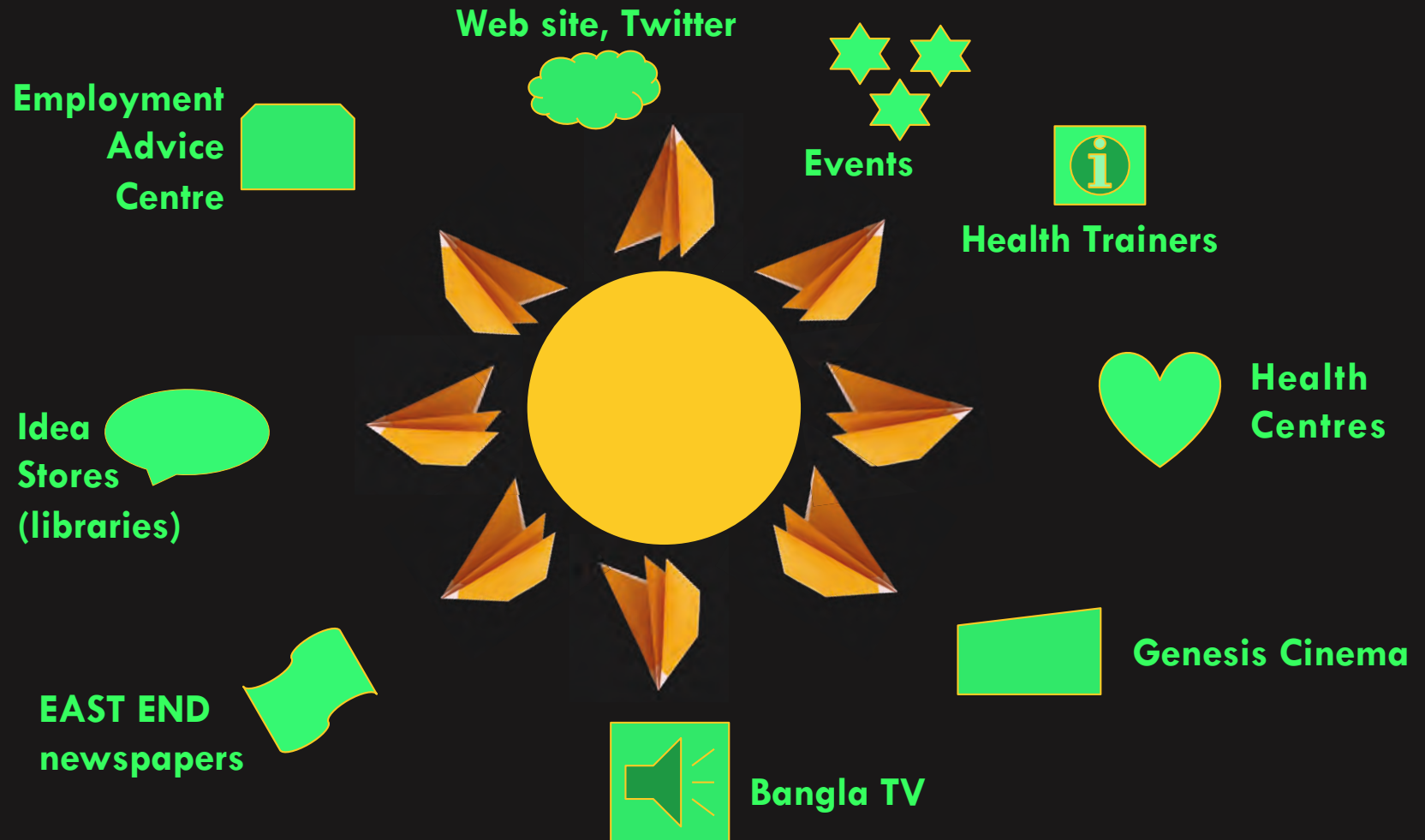
Are your spoons the right size?
them on top of the drawings to



1 tablespoon (approx. 15ml / 15g)



Where we shared with other families





Banana Bytes at the Spring Festival Crisp Street Market



Banana Bytes' first event to launch the BBytes Campaign. The smoothie bike run by the Gilbert brothers was the big draw.

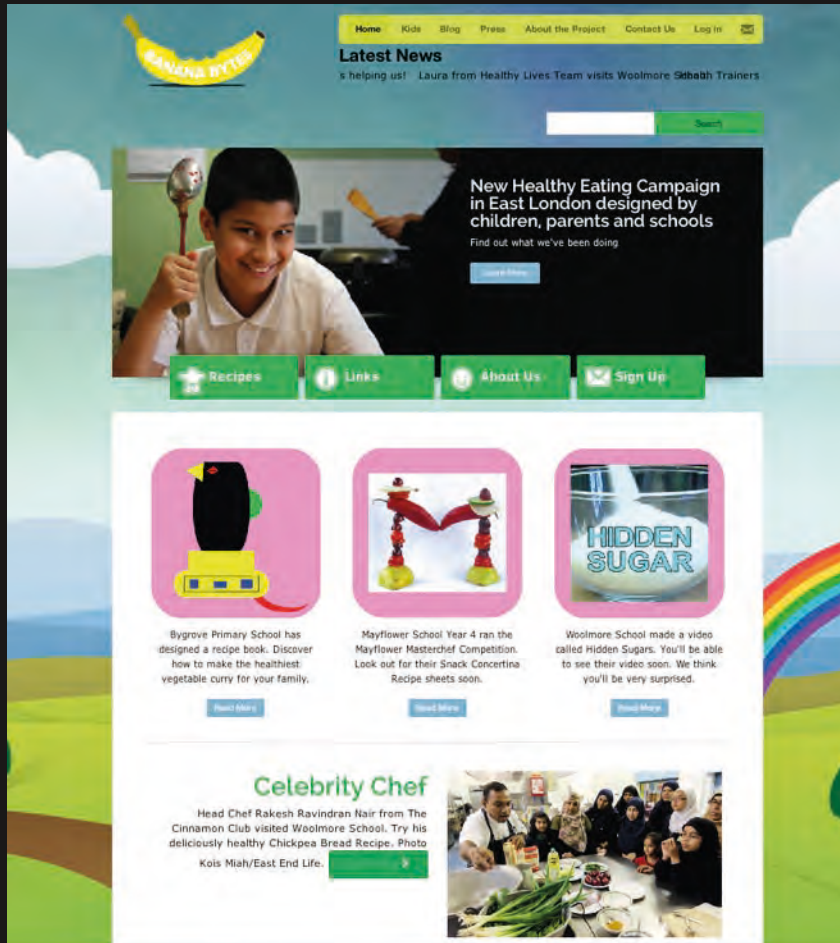


POPLAR
HARCA
Making Poplar a better place to live

ARTSPARKES



Banana Bytes blog



- The public face of the Campaign
- To share information and ideas
- Display recipes and photos
- With a safe children's area
- Set up with the help of Media Trust





Poster introducing Banana Bytes to the public

- Designed for clarity and ease of reading.
- Displayed in Health Centres, Idea Stores and schools alongside children's posters and booklets.

WHAT IS BANANA BYTES?



It's a new healthy eating campaign.



Designed by children, parents and teachers.



To help families in East London be healthier.



Sharing recipes, videos, poems and posters.

At Health Centres and Idea Stores Summer 2015
www.bananabytes.net

Banana Bytes is an initiative of ArtSpokes, a social enterprise in East London. Email: admin@artspokes.com Tel: 07711 534 099



Banana Bytes with Trainers

Advertising
Banana Bytes
events on
screen at the
Idea Stores.

Get a free recipe
booklet.

- Watch
 - Ask
- Designed to
attract
attention on
the plasma
screen.

MINI PAKORA

A healthy
snack
for 2-3
children.

Hot Air Balloon



by
Rayhana
and
Hamza

Ingredients

1 potato
1 baby aubergine
1 red onion
1 green chilli
2 cups of flour

Equipment
Grater, bowl
baking tray
chopping board

30 mins

Idea Store Bow
Children's Library
10.30-11.30
Monday 22nd June

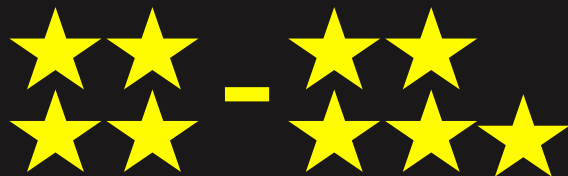
BANANA BYTES



Feedback from public and clinicians

- Eight sessions held with the public, families and children, in Idea Stores (libraries) and Health Clinics
- Clinicians in the health centres
- Families at the Spring Festival in Crisp Street Market

114 forms returned



Good-Very Good

Recipes
94%

Videos
86-89%



Feedback from a Nurse at Bow Health Centre

The leaflets are brilliant! I will definitely give them to patients. They are simple to follow – the recipes look delicious, healthy and relatively cheap. We would need lots of them as I think they will be popular with patients.



Banana Bytes is a new Healthy Eating campaign in East London. Local children, parents and schools have made the recipe book and leaflets. www.bananabytes.net

Please could you fill in this short feedback form on the Healthy Recipes booklet and Snack Recipes 1 and 2. Your feedback will help us understand how we can make them more useful to local people. We hope you enjoy our recipes. Thank you for your help.

| The design | 1 | 2 | 3 | 4 | 5 |
|---|--------|--------|-------|----------------|--------------------|
| The cover/front page makes me want to pick up the booklet or leaflets. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| The colours are well chosen. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| The recipes are easy to follow. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| The photographs are helpful. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| I like the size of the booklet. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| I like the fold out leaflet. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| The recipes and healthy info | 1 | 2 | 3 | 4 | 5 |
| I would recommend this to my patients | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| Creating healthy recipes with the local community helps tackle obesity. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| The info and links at the back of the booklet are useful. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| Recipes are a good way of encouraging people to eat more healthily. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| The recipes are appealing and there is a good selection. | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| The healthy info is useful to my patients | ☹☹ | ☹ | ☹ | ☺ | ☺☺ |
| Please write anything you would like to add here. Please continue on the back of this page if you need more space. We'd really appreciate your suggestions, comments: | | | | | |
| <p><i>These leaflets are brilliant!</i> <i>I will definitely give them to patients</i> <i>They are simple to follow - the recipes look delicious, healthy and relatively cheap. We would need lots of them as I think they will be popular with patients.</i></p> | | | | | |
| ABOUT YOU | | | | | |
| Male | Female | Doctor | Nurse | Health Advisor | Other |
| | ✓ | | ✓ | | Please write below |



The Outcome

36,898 visits to web site 2173 visitors

4 Health Centres
Health Trainers
Community Dieticians
supported the project

122 children, 30 parents
and staff in 4 schools took
part

6,000 families reached in
local community through
extended family, Health
Centres, press, Idea Stores
Employment Centre

5000 viewings of videos by
families in Idea Stores
(libraries) and Health Centres

2000 healthy
recipe booklets
and recipe
folders designed
and distributed

300,000 viewings of
video in wider
community through
Bangla TV and Genesis
Cinema, Mile End

For how we calculated these
figures please see the Banana
Bytes Report www.artspokes.com





Chrisp Street Health Centre

- *‘Sustained healthy eating and living has such a positive outcome on health and life, it was a joy to have supported such an important project, and see the hard (and fun!) work of the children.’*

Dr. Zahra Husain
Chrisp Street Health Centre



The children presenting their recipe booklet to Dr. Zahra at the Health Centre



What parents said

This (the video) is very important. A lot of food has high sugar and people don't know.

They help you to learn how to cook in a healthier way. It's very useful.

I would like these projects to be involved in more other schools which would benefit everyone.





Who helped and advised?



SAATCHI & SAATCHI



Waitrose
The **co-operative**



bromley by bow centre



GENESIS



THANK YOU FOR YOUR TIME.



More info on the successes and challenges of the Campaign
in the Banana Byte Report www.artspokes.com

ARTSP  KES



WE WOULD LIKE TO THANK the Network for Social Change for their generous support and the many people and organizations who have given funding and support in kind, contributing to the success of Banana Bytes.

A special thank you to the schools, children and parents who took part enthusiastically and made this project possible. Charlie and Darius at Saatchi and Saatchi, Charlotte at DK Books, Rakesh Ravindran Nair, Head Chef at the Cinnamon Club Restaurant. The Health Professionals who gave their time and knowledge. Dr Husain, Dr Scott, Dr Ali, Nurse Marium Begum, Luthfa Begum, Health Literacy; Simon Robinson and Meher Hossain, Practice Managers; dieticians Kayee Chan and Georgia Puckett; Kate Smith Head of Healthy Lives Team; Laura Flanagan, Health Advisor; Health Trainers Dee & Mariam; Georgia Ramirez, Poplar & Limehouse Health & Wellbeing. Abi Gilbert, Public Health, Poplar Harca, Mark at Poplar Partnership, Mandy Harrilal, Bromley by Bow Employment Centre. Julian Barterer, Artspokes' mentor and advisor for his constant support and rigorous questioning. And a big thank you to the Artists and Volunteers named below.



Artists

The children

Sarah Hammond
Tim Newton, filmmaker
Paul Conneally, Haiku poet
Yukari Iwamoto
Charlotte, designer DK books
Logo Saatchi and Saatchi



Volunteers

Japan Society
Queen Mary University
Bow Common School
Salma Rahman
Nicholas and Simon Gilbert
Media Trust, Adam and Sarah
Judith, Shelby and Marg, editors



Financial contribution

ArtSpokes
Network for Social Change
Bygrove, Mayflower, Woolmore
and Marner Primary Schools
Hyperion Insurance
Co-operative
Waitrose

ARTSP  KES

ARTSP^{AKES} Giving young people a voice with art



creating a better
environment and
better future

