

HART activities in Hartlepool

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3	4
am	Meet and great. Buffet prep, Weekly planning and expectations. 10 – 13.00	Group lunch preparation. (Spaghetti bolognaise) (Italian themed week)	Finger food preparation, Healthy eating discussion	Group lunch prep, on a budget - hearty Italian filled ciabatta. 10 – 13.00	Cold food preparation, Healthy eating discussion - Understanding fruit fuel, food diary
pm	Buffet style lunch, food diary, and tidy work stations.	Lunch, food diary, tidy work stations. 10 – 13.00	Buffet style lunch, tidy work station, food diary. Arts and craft session SALT DOUGH 10 – 15.00	Lunch, food diary, tidy work stations.	Outdoor activity, focus on physical activity (swimming) (weekly food parcel) 10 – 15.00
	7	8	9	10	11
am	Healthy pack lunch prep, focus on cold veg, tidy work stations, food diary 10 – 13.00	Group lunch prep, mini tapas (Spanish themed week) family bonding	Cold food preparation, Healthy eating discussion, food diary. Lunch	Group lunch prep, Omelette Spanish theme) apply learning from Yesterday's session	Cold food preparation, Healthy eating discussion, food diary (weekly food parcel)
pm		Lunch, food diary, tidy work stations. Exploring food shopping hints and tips 10 – 13.00	Health Improvement session – Health and weight management (external deliverer) 10 – 15.00	Lunch, food diary, tidy work stations. 10 – 13.00	Outdoor activity, trip to summer hill nature trail with healthy pack lunch. (weekly food parcel) OR Museum of Hartlepool 10 – 15.00
	14	15	16	17	18
am	Cold food preparation, Healthy eating discussion, food diary, pack lunch	Group lunch prep, Cottage pie (English themed week) family bonding	Cold food preparation, Healthy eating discussion, food diary	Group lunch prep, on a budget – crispy chicken and salad wraps	Cold food preparation, Healthy eating discussion, food diary (weekly food parcel)
pm	10 – 13.00	Lunch, food diary, tidy work stations. 10 – 13.00	Arts and Craft Session – Painting salt dough models 10 – 15.00	Lunch, food diary, tidy work stations. 10 – 13.00	Outdoor activity. Family Sports day at Rossmere Park. Packed lunch or Beach games 10 – 15.00
	21	22	23	24	25
am	Cold food preparation, Healthy eating discussion, food diary 10 -13.00	Group lunch prep, veg stir fry (Chinese themed week) family bonding,	Cold food preparation, Healthy eating discussion, food diary	Group lunch prep, on a budget – Chinese curry and rice)	Cold food preparation, Healthy eating discussion, food diary (weekly food parcel)
pm		Lunch, food diary, tidy work stations. 10 -13.00	Healthy buffet style lunch. Dance activity – family move it. Health benefits of dance 10 – 15.00	Lunch, food diary, tidy work stations. 10 – 13.00	Buffet style menu - awards and free choice activity (cinemas/ bowling). (weekly food parcel) 10 -15.00

	28	29	30	31	
am					