



MUN-SI is a health promotion programme for children, based on local policies that offers an interactive response to childhood malnutrition (thinness and obesity).

Do You Want To Be a MUN-SI Municipality?

A cross and multi-sectoral approach through SIX main areas of action at a MUNICIPALITY level:



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We offer internships in the fields of nutrition and communication for students and young graduates.

MUN-SI Oeiras 2015/2016

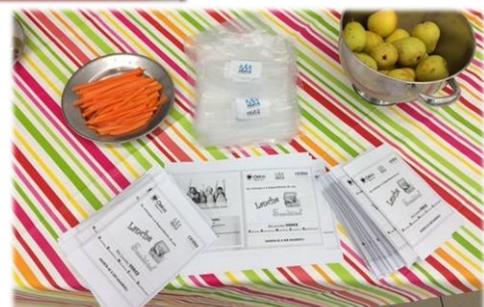
In this year edition of MUN-SI Oeiras, there are 8 elementary schools participating, in a total of 68 classes, covering 1710 children from 3 to 10 years old. This year's theme is "Healthy Snacks" and the aim of the intervention is to promote better snack choices, giving them healthy alternatives which are also tasty and easy to carry.

To evaluate the impact and realize if there would be any changes, the teacher will register the snacks brought before the sessions, after the first session with the parents and after the second session with the teachers.

1st Session: VENCE Snack (Varied, Economic, Nutritious, Creative and Balanced)

The first session was an educational session about food directed to the parents, children and teachers of the participating schools.

In this session, the nutritionist explained the importance of snacking and how can we compose our meal. After the presentation, it was discussed which foods are healthier and we tried to demonstrate that eat fresh food is much better and cheaper than eat packaged food. So, we reached the conclusion that our middle snacks should be assorted, economic, nourishing, creative and balanced. At the end of the session, it was presented a sort of options of alternative combinations that we can eat as a snack and the kids could choose one kind of food to take to the class and eat in the first morning school break.





AMEA Teens project is on fire!

After the end of the TV Show “The Biggest Loser Teen”, the adolescents who participated in the show were invited to join to our AMEA Teen Project to continue their journey on becoming healthier. Our nutritionists will continue to follow and give individual counseling to them and, on the other hand, they will motivate our teenagers to improve their lifestyle.

Visits to the supermarket

The guided visits to the supermarket began in January. The nutritionists of each municipality accompanied the adolescents and their families at one of the local supermarkets to explain which food they should buy to eat better and economically. The aim of these visits was to empower families to be more autonomous and teach them how to choose the right food to fulfill the fridge. After this visit, the adolescents were challenged to show a meal prepared with the healthy food they bought.



Healthy Cooking Workshops

In March, the young participants of Oeiras and Figueira da Foz municipalities participated in a healthy cooking workshop with two *chefs* from four star hotels, where they learned about food safety, how to set the table correctly and food combinations. In the end, they had the opportunity of eating a meal prepared by the *chef*.

Click here to watch one of the activity's videos: https://www.youtube.com/watch?time_continue=41&v=alfmFLy_o_mU

Home visits

The home visits to the families continue to happen. Focused on improving their food habits, the teenagers were challenged to create and propose some healthy recipes to the nutritionists, to show that they are learning and applying what is taught. In order to acquire more knowledge, we started the visits to the supermarket.



Group sessions

In Figueira da Foz and Águeda municipalities, the nutritionists organized group sessions about healthy eating and food labels, in order to demonstrate the importance of reading the label to get to know the food. After that, the participants did an activity where they had to analyze the food label of many foods and group them according to the traffic light colors.

Physical activity promotion

In order to promote the practice of physical activity, the AMEA Teen team organized two “Mega Zumba Class” in Águeda e Paredes municipalities. The ex-contestants of “The Biggest Loser Teen” were the hosts of those events and they performed the warm-up, the dance class and some final physical exercises.

Click here to watch one of the activity's videos: https://www.youtube.com/watch?v=sf27wm0a_Zk&feature=youtu.be

At Figueira da Foz municipality, there was a karate workshop, where the master taught some basic exercises and explained the benefits of this martial art.



In January, the group activities of the project “Eat Mediterranean: A Project for eliminating dietary inequality in schools” began. The first themes were “Mediterranean Breakfast” and “Healthy Snacks”. The aims of the breakfast activity were to encourage the students to take breakfast, eat more fruit and showing them the importance of eating in the morning. The activity about the snacks aimed to promote the consumption of healthier snacks to eat at home, at school or field trips. At the end of both activities, they had the opportunity of tasting some healthy options we prepared for them.

Learn more at: <http://www.arslvt.min-saude.pt/pages/527>



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