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Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

## Datganiad i'r Wasg / Press Release

19 Hydref 2010

### LLONGYFARCH Y BWRDD IECHYD AM GYNGOR AR 'FWYTA'N IACH A PHRYNU BWYD YN DDARBODUS'

Yn ddiweddar cafodd Tîm Dieteteg Datblygu Cymuned Bwrdd Iechyd Prifysgol Betsi Cadwaladr ganmoliaeth gan Wobrau Gwybodaeth i Gleifion 2010 Cymdeithas Feddygol Prydain am y daflen "*Deg Awgrym ar gyfer Bwyta'n Iach a Phrynu Bwyd yn Ddarbodus*".

Datblygwyd y daflen hon gan Sarah Powell-Jones, Ymarferydd Cynorthwyol Dieteteg yn Wrecsam, i gefnogi un o'r sesiynau yng nghwrs Bwyd a Maeth Cymuned Lefel 2. Lluniwyd y cwrs yn benodol i roi gwybodaeth elfennol ar fwyd a maeth i'r rheiny sy'n gweithio efo grwpiau allweddol yn y gymuned. Defnyddiwyd y daflen hefyd yng nghyrsiau Lefel 1 Bwyd a Maeth Cymuned a ddarparwyd ar gyfer aelodau'r Gymuned ac roedd canmol mawr iddi gan y rhai ar y cwrs.

Yn y daflen mae gwybodaeth ar Y Plât Bwyta'n Iach, Nwyddau Angenrheidiol y Cwprudd Bwyd, 'More Nosh for Less Dosh' – 8 awgrym ar gyfer siopa'n ddarbodus, a syniadau ar gyfer rhestrau siopa a chynlluniau prydau bwyd.

Dywedodd Sarah Powell-Jones, Ymarferydd Cynorthwyol Bwyd a Ffitrwydd "Mae'n bleser gen i dderbyn y wobr hon gan Gymdeithas Feddygol Prydain ar ran Tîm Datblygu Cymuned (Dwyrain), ac rwyf yn gobeithio y bydd yn adnodd defnyddiol i bawb. Hoffwn hefyd ddiolch i'r PPI am ein henwebu am y wobr hon. Mae'n wych ein bod yn cael ein cydnabod am y gwaith a wnawn yn y maes hwn"

Yn y llun mae Sarah Powell-Jones, Ymarferydd Cynorthwyol Bwyd a Ffitrwydd

### DIWEDD



19 October 2010

**HEALTH BOARD COMMENDED FOR  
'EATING HEALTHILY AND SHOPPING ON A BUDGET' ADVICE**

The Community Development Dietetic Team of the Betsi Cadwaladr University Health Board, has recently received a commendation from the British Medical Association Patient Information Awards 2010 for the *"Top Tips for Eating Healthily and Food Shopping on a Budget"* leaflet.

This leaflet was developed by Sarah Powell-Jones, Dietetic Assistant Practitioner based in Wrexham, to support one of the sessions within the Community Food and Nutrition Level 2 course. This course has been designed specifically to provide a basic level of knowledge on food and nutrition for those working with key groups in the community. The leaflet has also been used in Level 1 Community Food and Nutrition courses delivered to members of the Community and has been very well received by the course participants.

The leaflet provides information on The Eatwell Plate, Store Cupboard Essentials, Eating on a Budget, 'More Nosh for Less Dosh' – 8 top tips for shopping on a budget, as well as shopping list ideas and meals plans.

Sarah Powell-Jones, Food and Fitness Assistant Practitioner said "I am delighted to receive this award from the British Medical Association on behalf of the Community Development Team (East Division), and hope that it proves to be a useful resource to all that use it. I would also like to thank the PPI for nominating us for this award. It is brilliant to get recognition for the work we do in this area"

Pictured is Sarah Powell-Jones, Food and Fitness Assistant Practitioner.

**ENDS**

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