

# Get seaweed on the school menu, urges food expert

## Nutritionist's exotic replacement for salt

**Caroline McClatchey**

A HEALTH guru is trying to get Camden Council to add seaweed to its school dinners.

Lifestyle consultant Charlotte Palmer is keen to work with the council to educate students into eating more healthily.

But in addition to carrying out workshops, she would love to put a pinch of dried exotic seaweed into school lunches or place it on the tables instead of salt.

She said: "Seaweed is the most nutritious form of vegetation on this planet. It contains almost the whole alphabet of nutrients.

"Modern science confirms seaweed as one of nature's all-round pharmaceutical miracles that can accomplish everything from warding off and treating several types of cancer, to lowering blood cholesterol and preventing ulcers. It would be great if Camden was the first authority to trailblaze it."

Ms Palmer has already carried out several workshops in Camden primary schools with parents and children. Next month she will be taking on Haverstock Secondary in Crogsland Road.

The 34-year-old continued: "I want to promote awareness. I'm not going to criticise or make people feel guilty.

"I just want people to be able to make an informed choice about what they eat. There is no freedom of choice if people don't know what they are taking off the shelves."

Passionate about organic, unadulterated, locally sourced foods, she has several scare stories up her sleeve. She said: "People think they can trust supermarkets but the food industry in general has no integrity. People

think they are getting a bargain but they are not getting value for money.

"I'm really angry about the way people are fobbed off."

Ms Palmer has a degree in fashion with marketing and has worked as an art teacher and illustrator.

Self-taught when it comes to healthy living, she became a food specialist for health shop Fresh & Wild two and a half years ago and spends most of her time at Camden Town branch, in Parkway.

She has since gone back to school to become a qualified teacher.

"I don't want to be a 9am-5pm teacher, it's too stressful. I have been into schools and seen how certain foods, such as fizzy drinks, can make kids hyperactive. It was horrific.

"As well as the workshops, I can help schools source food, create nutritious menus and set up healthy tuck shops."

A step in the right direction she says would be for schools and parents to buy organic lettuce, root vegetables, milk, eggs, meat and wholewheat bread.

A spokesman from Camden Council said: "We have been approached by nutritionist Charlotte Palmer about running healthy food workshops and cookery sessions for parents and pupils in Camden schools.

"We have met her and are awaiting further information before the council goes any further. Camden Council is working hard to promote healthy food and lifestyles through schools and we are always interested in considering new ways to do this."

# 20 NEWS

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**Best of health:** Lifestyle consultant Charlotte Palmer promotes nutritious food.