

Dear Parent/Carer,

Please find below a range of websites, resources and apps that you might find useful in supporting you and your family to make healthy food choices. They include ideas on preparing low cost healthy meals, budget planning and support for home learning.

NHS Eat Well webpages

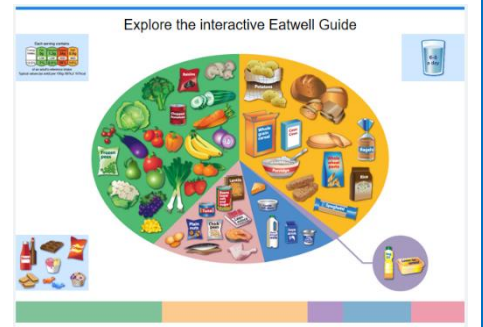
Includes information on eating a balanced diet, key food groups, healthy food swaps, eating on a budget, healthy eating for teens and healthy recipes

Key webpage links:

<https://www.nhs.uk/live-well/eat-well/>

<https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>

<https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>



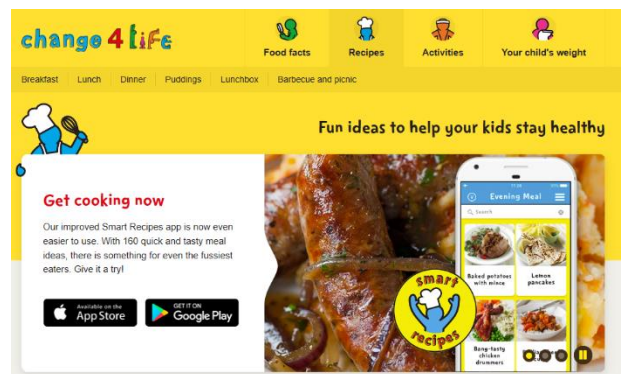
Change4Life website and Change4Life Smart Recipes App

Includes a range of food facts for families, as well as a range of low cost, simple recipe ideas for all mealtimes, including healthier lunchboxes

Key webpage links:

<https://www.nhs.uk/change4life/recipes>

<https://www.nhs.uk/change4life/food-facts>



The FREE Smart Recipe app from Change4Life is an easy way of helping you and your family eat tasty, healthier meals the whole family will love. Download the app today and use it to:

- Search over 160 easy recipes across breakfast, lunch, evening meals, puds and snacks
- Plan delicious, healthy recipes for the day, with one click of our simple Meal Mixer tool
- Easy to follow instructions and all the ingredients you'll need to feed a family of 4 for around £5
- Keep track of what you need by creating and managing your shopping list at the click of a button
- Get loads of tips, advice and support so you and your family can make healthier meal choices

Key webpage links:

Apple: <https://apps.apple.com/gb/app/change4life-smart-recipes/id583000807>

Google Play: https://play.google.com/store/apps/details?id=uk.nhs.befoodsmart&hl=en_GB

One You Easy Meals App

One You is here to help you live more healthily and make the changes that matter. Sometimes it's hard to know what to prepare, or think of new meal ideas. The Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to get you going if you're ever short of inspiration. Download the app today and use it to:

- Search over 150 easy, calorie counted recipes across breakfast, lunch, evening meals and puddings
- Find delicious meal ideas using our simple Meal Mixer
- Keep track of what you need with the handy shopping list, save or email ingredients to make your shopping easier
- Learn more about being food smart and making healthier choices



Key webpage links:

Apple: <https://apps.apple.com/gb/app/one-you-easy-meals/id1082307333>

Google Play: https://play.google.com/store/apps/details?id=com.PHE.smartrecipes&hl=en_GB

Food – A fact of Life website and Food For Life Classroom

This website has a selection of recipes which support the learning associated with handling a range of ingredients, food skills and cooking techniques. They have recently launched a remote learning hub called Food For Life Classroom which includes free cross-curricular resources and activities for primary and secondary school pupils studying at home.

Key webpage links:

<https://www.foodafactoflife.org.uk/recipes/>

<https://www.foodafactoflife.org.uk/whole-school/remote-learning/>



Chartwells – Super Yummy Kitchen Youtube Channel

This cook-a-long channel provides fun, easy and nutritious recipes which can be easily followed at home. This channel has recently been launched by Chartwells who provide school meals to over 130 schools in East Sussex.

Link:

<https://www.youtube.com/channel/UCyu3g1IGSmMJAqGQGOJr7MA/featured>

