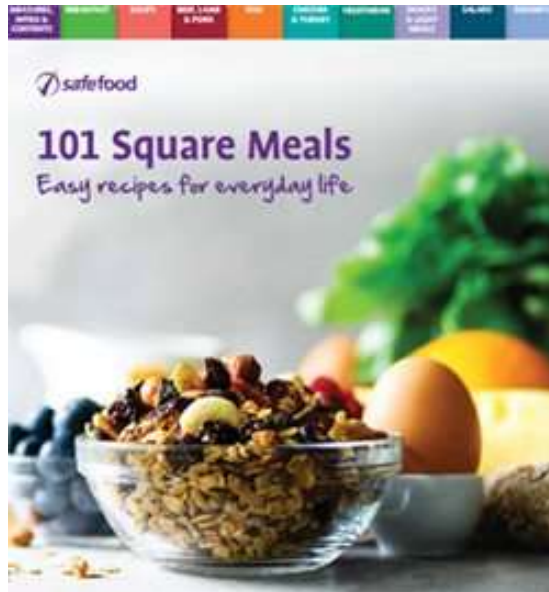


Are you off school and you are unsure what to cook/eat?

Find recipes online at:



[https://www.safefood.eu/recipes/101-Square-Meals-\(PDF\).aspx](https://www.safefood.eu/recipes/101-Square-Meals-(PDF).aspx)

A pdf version is available and includes recipes for breakfast, lunch and dinner, along with snack and dessert recipes. All can be individually printed out for easy use at home. This recipe book provides easy-to-prepare, low-budget, tasty, yet highly nutritious meals.

<https://www.choosetolivebetter.com/content/healthy-recipes>

This resource has 86 step by step, easy to follow recipes for you to try and some great healthy swaps to try next time you're at the supermarket.

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

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Meal ideas

Healthier lunchboxes
Hints and tips for healthier packed lunches, as well as lots of easy-to-prepare recipes your kids will love.

Dinner recipes
Find loads of tasty, healthier dinner recipes for mid-week meals and more the whole family will enjoy.

Breakfast recipes
Whether a quick bite before school or something fancier at the weekend, a healthier breakfast is a great start to any day.

Lunch recipes
These quick, easy and varied recipes are the perfect way to make every lunch something.

Barbecue and picnic recipes
Light that barbecue and start cooking these sizzlin' simple recipes in the sunshine - or

Pudding recipes
These delicious, easy desserts are great to

Recipes for breakfast, lunch, dinner, puddings, lunchboxes, barbeques and picnics. Recipes come with an effort rating scale and nutritional information per serving. With everything from healthier takeaway twists on traditional favourites like fish and chips, curry and pizza, to tasty takes on comfort classics such as chilli and jacket potato, you're sure to find something the whole family will enjoy that also suits your schedule, your budget and your nutritional needs.

Try the Change for Life Food Scanner App:

This app gives nutritional information about food products in a simple, educational format. It helps you find out what to look out for on food labels and how to make healthier choices. Find simple ideas to reduce sugar intake and easy ways to make a swap when you next shop.

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Get the free Food Scanner app

Download the Change4Life Food Scanner app to bring labels to life and find out what's really in the food and drink you're buying.

Available on the [App Store](#) [GET IT ON Google Play](#)

The nutrient data provided in the app is supplied by Brandbank and FoodSwitch

Sugary Yogurt

Illustration of people engaged in various activities: a person with a hula hoop, a person playing tennis, a person in a wheelchair, a person doing a handstand, a person walking a dog, and a person sitting on the grass.