

WEEKLY HEALTHY EATING ACTIVITY FOR THE WIDER FAMILY

It's important to involve the whole family through the Healthy Holidays programme, in whichever way is best for your provision. To do this, some providers have supplied recipe cards to families each week. Suggestions for how to do this are listed below.



SHARING RECIPES USING THE FOODWISE HUB

1. Each week, choose 3-4 recipe cards from the [FoodWise Recipe Hub](#).
2. Select which approach below is most suitable for your provision and families:

- **CHOOSE ON THEIR BEHALF:** Choose recipe cards to give to families with a box of ingredients needed.
- **ASK FAMILIES TO CHOOSE:** Invite the parent/carer to choose from the selected recipe cards. Once you've prepared the ingredients needed, ask families to pick up the ingredients and recipe card later that week.
- **CHOOSE VIA POPULARITY:** Make your HH provision meals using selected recipe cards through the week. Identify which recipe the children and young people enjoyed most. Provide families with this recipe card and ingredients needed at the week's end.
- **MAKE FOOD ON SITE & SEND PORTIONS HOME:** Make a recipe with the children/young people. Send them home with extra portions, the recipe card and all/some ingredients for making again at home.
- **PROVIDE THE CARDS:** If the above options are not realistic for your provision, please share an appropriate choice of recipe cards with your families.



Please feel free to use an alternative approach to the above if more suitable for your families.

PROMOTE 'JUST ONE MORE' TO FAMILIES

Just One More is a local campaign to encourage people across Leeds to eat just One More portion of vegetables every day - fresh, frozen or tinned! ([More details](#))

Did you know most people eat less than one portion of vegetables per day?

1 in 3 primary school children, 1 in 4 high school children & 1 in 8 adults eat less than 1 portion of vegetables per day.

To encourage families, choose recipes that are listed on the FoodWise Recipe Hub and have the Just One More badge.



GRIMES DYKE
PRIMARY SCHOOL
0113 275 1000

"When providing meal hampers with recipe cards, we provided additional kit including basics like knives, potato peeler, spoons, chopping boards, potato masher, tea towels, cloths, tin foil, scales, whisk, bowls, things we would presume are everyday items.

Oven gloves were also a necessity."



You can also signpost families to other information (e.g. health, employment & education). See more details on page 10.

Toolkit Healthy Recipes

D Siedentop



Toolkit Healthy Recipes:

Kid Chef's Foodie Guide: Healthy Recipes and Kitchen Skills for Kids Leo Santiago Cruz ,2025-09-06 Show your child that healthy food can be delicious and fun to make This cookbook is a hands on guide that helps kids build a lifelong love for nutritious meals Kid Chef s Foodie Guide provides healthy recipes and essential kitchen skills for young cooks It is designed to empower children in the kitchen teaching them how to prepare wholesome foods with confidence This book makes healthy eating an exciting adventure for the whole family Your child will learn where food comes from and how it fuels their body They will gain the independence to create their own balanced meals and snacks building a strong foundation for a healthy life Inside this complete guide for young foodies you will find Kid Approved Healthy Recipes Discover a wide variety of tasty nutritious dishes for breakfast lunch dinner and snacks Make everything from colorful fruit smoothies to homemade granola bars and savory chicken dinners Fundamental Kitchen Skills Learn important techniques with clear step by step instructions This book covers kitchen safety proper measuring and safe chopping skills Fun Nutrition Basics Simple engaging explanations teach kids about different food groups They will learn about the benefits of eating fresh ingredients in a way they can understand Builds Healthy Habits This guide encourages children to try new foods and make smart choices fostering a positive relationship with eating well This is the perfect gift for any child to begin their journey with healthy cooking It provides the tools for a lifetime of good health and confidence in the kitchen Get your copy today and start making delicious healthy memories together

Your South Beach Toolkit Barrett Williams,ChatGPT,2025-02-03 Dive into Your South Beach Toolkit the ultimate guide to unlocking the secrets of the South Beach Diet and reinventing your lifestyle for lasting health This comprehensive eBook is expertly crafted to provide step by step guidance on navigating the transformative journey of sustainable weight loss and balanced living Begin with a solid foundation as we demystify the principles of the South Beach Diet unraveling the science behind its success and helping you set achievable personalized goals Embrace the power of commitment with proven techniques for building motivation mindfulness and a supportive environment that sets the stage for your success story Throughout your journey you ll explore the intricacies of the diet s core principles from understanding the glycemic index to mastering the art of healthy fats and proteins Our expertly designed phases take you through detoxing your body adapting recipes and reintroducing carbohydrates smoothly into your meals while ensuring your progress is monitored and adjusted for optimal results As you advance discover how to maintain balance and navigate life s social challenges with strategies for lifelong health Chapter by chapter learn to tailor the diet to fit your unique lifestyle and nutritional needs whether you re a vegetarian dealing with allergies or managing specific health conditions Your South Beach Toolkit stands out with its rich array of resources including practical meal planning suggestions exercise routines and mindful eating practices Empower yourself with insights from nutritionists success stories from real life alumni and tried and true tips that ensure your journey is as rewarding as it is enriching Celebrate every milestone with

customizable tracking tools and techniques while continuously expanding your toolkit with additional resources to sustain your health journey Whether you re a South Beach newcomer or looking to reinforce your knowledge this guide is your key to a healthier more vibrant you Start your transformation today [YOUR DIABETES TOOLKIT: Apps, Resources And Strategies For New Patients](#) Douglas Reed Jr,2025-06-13 Just diagnosed with diabetes Feeling a bit overwhelmed Life s given you a fresh batch of lemons Don t worry you ve got this Your Diabetes Toolkit Apps Resources and Strategies for New Patients by Douglas Reed Jr is here to help you take charge of your health with confidence and clarity Packed with practical advice and a touch of humor this guide turns the daunting into the doable Whether you re navigating the early days post diagnosis or figuring out long term lifestyle changes This book breaks it down with step by step strategies helpful apps and real world tips for success Discover the power of technology to track your progress master the essentials of nutrition and exercise and get equipped with resources to support both your physical and mental well being Plus learn how to prepare for unexpected challenges and keep a positive outlook as you look to the future Your Diabetes Toolkit is more than just a guide it s your new go to companion for living well and thriving with diabetes Start your journey with a plan some laughs and the confidence to tackle whatever comes your way **Team Nutrition** ,2004 *FNS* ,2004 **Handbook of Research on**

Leadership and Advocacy for Children and Families in Rural Poverty Greene, H. Carol,Zugelder, Bryan S.,Manner, Jane C.,2020-03-27 Rural poverty encompasses a distinctive deprivation in quality of life related to a lack of educational support and resources as well as unique issues related to geographical cultural community and social isolation While there have been many studies and accommodations made for the impoverished in urban environments those impoverished in rural settings have been largely overlooked and passed over by current policy The Handbook of Research on Leadership and Advocacy for Children and Families in Rural Poverty is an essential scholarly publication that creates awareness and promotes action for the advocacy of children and families in rural poverty and recommends interdisciplinary approaches to support the cognitive social and emotional needs of children and families in poverty Featuring a wide range of topics such as mental health foster care and public policy this book is ideal for academicians counselors social workers mental health professionals early childhood specialists school psychologists administrators policymakers researchers and students

Toolkit for Nutrition and Fitness Through Service-learning Julie Allington,2005 *Building Healthy Places Toolkit* Urban Land Institute,2015 This project was made possible through the generous financial support of the Colorado Health Foundation Additional support for the ULI Building Healthy Places Initiative has been provided by the estate of Melvin Simon

Free Your Child from Overeating: A Handbook for Helping Kids and Teens Michelle P. Maidenberg,2016-03-22 Is your child or teen overeating or overweight Are you unsure how to help You re not alone If your ten to eighteen year old is struggling with overeating you know how hard that can be for your child and for you Unhealthy eating habits put kids and teens well being and self confidence at risk Something needs to change but what And how can you bring it up so they can

really hear you You may have tried to help your child without much success but you may be overlooking the root cause of their struggle with eating and exercise their thinking In *Free Your Child from Overeating* Dr Michelle P Maidenberg shares over 40 interactive exercises that will help your child or teen Identify triggers cravings and self sabotaging thought patterns Define his or her values and find the motivation to change Learn to eat mindfully by savoring meals and snacks And set realistic goals using the four P s predict plan put into action and practice It can be tempting to hope that your child s overeating is just a phase but the price of inaction is too high Using Dr Maidenberg s 53 strategies rooted in mindfulness cognitive behavioral therapy and acceptance and commitment therapy you can free your child from overeating or obesity by building his or her confidence Your child has the power to change and you have the power to help [Vegan & Vegetarian FAQ](#) Reed Mangels, Vegetarian Resource Group, 2001 This indispensable guide to the daily aspects of being a vegetarian addresses the many circumstances of living as a vegetarian Based on answers given to some of the 100 000 visitors to the VRG Web site www.vrg.org the book is designed to help non vegetarians understand some of the issues that concern vegetarians Included are 35 simple recipes

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