

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

R Bogdan

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Toolkit Healthy Recipes:

The Enigmatic Realm of **Toolkit Healthy Recipes**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Toolkit Healthy Recipes** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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Toolkit Healthy Recipes Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Toolkit Healthy Recipes free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Toolkit Healthy Recipes free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Toolkit Healthy Recipes free PDF files is convenient, its important

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