

# 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

**Christian G. Meyer**



## **Toolkit Healthy Recipes:**

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web players equipment each tug of war team consists of 8 members all of whom cooperate to pull the rope despite looking like quite a simple sport there is some technicality to it with team members utilising a rhythm to help pull the rope in an effective way

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web w a d e m o t a w i drawing your pattern on the taped last for some shoe designs it may be easier to work in 3d transferring the design drawing directly to the last contours

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