

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 1100

"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

AN Whitehead



Toolkit Healthy Recipes:

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Table of Contents Toolkit Healthy Recipes

1. Understanding the eBook Toolkit Healthy Recipes
 - The Rise of Digital Reading Toolkit Healthy Recipes
 - Advantages of eBooks Over Traditional Books
2. Identifying Toolkit Healthy Recipes
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Toolkit Healthy Recipes
 - User-Friendly Interface
4. Exploring eBook Recommendations from Toolkit Healthy Recipes
 - Personalized Recommendations
 - Toolkit Healthy Recipes User Reviews and Ratings
 - Toolkit Healthy Recipes and Bestseller Lists
5. Accessing Toolkit Healthy Recipes Free and Paid eBooks
 - Toolkit Healthy Recipes Public Domain eBooks
 - Toolkit Healthy Recipes eBook Subscription Services
 - Toolkit Healthy Recipes Budget-Friendly Options
6. Navigating Toolkit Healthy Recipes eBook Formats

- ePub, PDF, MOBI, and More
- Toolkit Healthy Recipes Compatibility with Devices
- Toolkit Healthy Recipes Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Toolkit Healthy Recipes
 - Highlighting and Note-Taking Toolkit Healthy Recipes
 - Interactive Elements Toolkit Healthy Recipes
- 8. Staying Engaged with Toolkit Healthy Recipes
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Toolkit Healthy Recipes
- 9. Balancing eBooks and Physical Books Toolkit Healthy Recipes
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Toolkit Healthy Recipes
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Toolkit Healthy Recipes
 - Setting Reading Goals Toolkit Healthy Recipes
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Toolkit Healthy Recipes
 - Fact-Checking eBook Content of Toolkit Healthy Recipes
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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