

Healthy Holidays – Useful Information for Families

The Healthy Holidays directory has been devised to collate the many resources available online to support children and families to take part in fun activities and managing the family food budget. Don't forget to share your ideas on activities and resources on social media using #HH2020 to help others with their ideas!



Where to look for things to do:

- Child Friendly Leeds offers lots of family activities and creative ways to keep you busy: <https://childfriendlyleeds.wordpress.com/2020/04/15/5350/> There are free online activities like story-telling, craft sessions, gaming and dancing at Leeds Inspired: <https://www.leedsinspired.co.uk/collection/family-friendly-online-events>
- There are lots of home-learning activities and recipes children and families can engage with to learn about food free to use at <https://www.foodafactoflife.org.uk/remote-learning/>

Where to look for eating well and recipe ideas:

- Eating a variety of foods can improve your general wellbeing and boost your health. For more information, go to: <https://www.nhs.uk/live-well/eat-well/> or visit the Change4Life website: <https://www.nhs.uk/change4life>
- If families would like some inspiration for lunchtime meals over the school holidays, Change4Life have created weekly shopping lists and recipes for [simple lunch ideas for under £15 a week](#). A suggested shopping list and recipes are available now, and they will be updated weekly throughout the holidays. Families can also [sign up to the Change4Life newsletter](#) for more recipes
- Want to know more about eating, cooking & shopping well on a budget? Visit www.foodwiseleeds.org The FoodWise Leeds website includes a recipes hub and page specifically for Healthy Holidays programmes with lots of useful resources and links including the Catering Leeds recipe cards which help families with lots of meal ideas.



There are also lots of online cooking videos that you might find helpful, here are a few of our favourites:

Bite Back 2030 cook along videos were shared to help families and young people make healthy, low cost, simple recipes with their £15 free school meal vouchers and you can still watch online at: <https://www.youtube.com/channel/UCz5zxeOt2bHAvEtZ7chBu9A> Bite Back 2030 has also produced a really good free recipe e-book that combines six weekly £15 shopping lists with 30 nutritious midday meals, all supported by online cookalongs to help kids get busy in the kitchen.

BBC Cook with the Kids - <https://www.bbc.co.uk/cbeebies/curations/easy-cooking-with-kidsrecipes>

Re-Think Food Helping Hands videos - <https://www.rethinkfood.co.uk/helping-hands/>

Where to look for useful tools and resources:

- The Healthy Start scheme may help your family get free milk, fruit & vegetables, and vitamins if you claim certain benefits. Phone **0345 607 6823**. Or apply online: <https://www.healthystart.nhs.uk>
- If your family is struggling to access food, Leeds has an Emergency Food Referral Scheme. To access this, call the council helpline: **0113 378 1877**. Or for online information about food support services, see the [Leeds Food Aid Network](#) website.
- The Leeds Money Information website (Leeds MIC) has links to agencies nationally and in Leeds that offer free, independent, confidential help and advice on where to access food support, advice on money, debt, budgeting, reducing bills and affordable loans. Please visit www.leedsmic.org.uk



Free School Meals

- Families who are entitled to free school meals will receive a voucher equivalent to £15 per week to spend on food in a range of supermarkets as part of the new Covid Summer Food Fund. These vouchers should have been issued to families by their child/children's school.
- If someone would like to find out if they are entitled to free school meals they can go online to check the eligibility criteria or apply at <https://www.leeds.gov.uk/residents/council-tax-and-benefits/free-school-meals> or call the Council Tax and Benefits helpline on 0113 222 4404.

The "new" Family Food leaflet summarise a range of information to support families on low incomes including all of the above and availability of food banks across the city. The leaflet is available at: <https://leedsfoodpartnership.files.wordpress.com/2020/07/family-food-a5-leaflet-2020-update-email.pdf>

Leeds School Uniform Exchange

- If your child has outgrown their uniform, or if you're looking to buy for the new term ahead, please take part in the Leeds Uniform Re-use scheme. Zero Waste Leeds have launched a Facebook Group - *Leeds School Uniform Exchange* to connect families, schools and community groups into a city wide scheme to donate, exchange and be part of a school uniform re-use project. The aim of this scheme is to help save the environment and reduce the amount of textile waste going to landfill. To find out more please join the Facebook Group, check out the map for schemes in your area and download the Inspiration Guide here: <https://www.facebook.com/groups/603050533660854>