

Here are a bunch of handy websites to know about which will give you lots of ideas and inspiration for making tasty and healthy meals for you and your family. Whether you want to make some changes to what you eat so that you're making healthier choices or wanting to keep a healthy balanced diet but cut back on spending...these websites cover it all and will help you eat well whilst keeping an eye on the pennies and pounds (£/lbs).

Children's Nutrition Team: Weekly Planner

Each week we are coming up with new ideas and inspiration to support you to eat well during lockdown. The weekly planners will have a shopping list of which will cost £15 and will have meals and recipes that you can make with the items you buy for £15.

To get inspiration on what healthy good stuff to buy each week and what meals to make click here, each week new plans will be added:

<https://www.tameside.gov.uk/healthyeatingandnutrition/kids/budget>



Children's Nutrition Team: Distance Learning

To support schools who have not been awarded or who have been awarded and who might want to do a top-up or refresher course, there is also the Distance Learning which has been developed by the Children's Nutrition Team to support schools and staff increase their knowledge about healthy eating- this is a key part in the criteria to get the GOLD Food4Life award.

For more information on the awards and to check out the distance learning, click here:

<https://www.tameside.gov.uk/healthyeatingandnutrition/kids/team>



Healthy Start:

Some Tameside families may be eligible to receive vouchers through the Healthy Start scheme. Families who have children under four and are on certain benefits can claim between £3.10 or £6.20 worth of vouchers per week per child to be used on either fruit, veg, milk and some families can get vitamins too.

For more information, to see if you're eligible and to download the application form please visit:

<https://www.tameside.gov.uk/healthyeatingandnutrition/kids/healthystart>



BiteBack: Cook With Jack

The live cooking demonstrations show you how to prepare quick, tasty and affordable lunches. Each school day at 12pm on our [YouTube channel](#), Jack Deane, a chef from the Jamie Oliver Cookery School, will be volunteering his time to cook lunch from a shopping list price-checked by Bite Back 2030 to fall within the weekly free school meals budget at a national mid-range supermarket. We will rustle up simple meals that can be made with minimal prep time and equipment whilst meeting the requirements of the School Food Standards.

To cook with Jack every school day at 12pm (midday), click here:

<https://www.biteback2030.com/real-story/cook-jack>



Change4Life

Dinners made easy with Change4Life, with lots of recipes to mix up your meals and food facts for you and the rest of the family to get clued up on during lockdown, you'll be learning as you eat! The Change4Life website also has activity ideas to help the kids get their 60 minutes of physical activity in each day; from Disney inspired indoor games to 10 minute shake-up activities the kids will have lots of activities to choose from to keep active... you could join in too...

<https://www.nhs.uk/change4life>



Jack Monroe: Cooking on a Bootstrap

This website has lots of recipes to choose from and helps you to eat well on a budget. Each recipe has the breakdown of the cost of each item so you can work out roughly how much the meal will cost you to make. From carrot, cumin and kidney bean burgers, beetroot wellington, Cornish fish pie, creamy salmon pasta and mac 'n' cheese or if you're feeling funky how about trying the mac 'n' swede?

<https://cookingonabootstrap.com/>

Jamie Oliver

Jamie Oliver has lots of recipes which are easy to follow and video demonstrations to help you eat well. From fish pie, vegan meals such as mushroom stroganoff, Italian potato soup and much more, Jamie Oliver helps you look forward to mealtimes.

<https://www.jamieoliver.com/videos/>

Grow Your Own Fruit & Veg

Royal Horticultural Society- Inspiring Everyone To Grow

The Royal Horticultural has tips and advice to help you grow your own fresh fruit, veg and herbs yourself, whether you have a garden, an allotment, a windowsill, doorstep or a balcony.

You will get lots of satisfaction watching what you plant grow, and even more so when you taste the fruits of your labour.

Take the first step to growing your own: <https://www.rhs.org.uk/advice/grow-your-own>

Alan Titchmarsh- Grow Your Own at Home at Home

Alan has a TV programme coming out soon to encourage us to try to grow our own at home as it is not only good for our diet to eat fruits and veg but gardening and growing your own fruit and veg is also good for our mental health and wellbeing.

Alan has lots of videos online to give you inspiration, hints and tips to grow your own just search for "Alan Titchmarsh grow your own fruit and veg" and take your pick from many video clips, otherwise take a look at these links to get you started:

Grow your own strawberries: <https://www.youtube.com/watch?v=3INbX0VNwWs>

Vegetables and Herbs: <https://www.youtube.com/watch?v=uiQOXEUtRn4>

Starting your own vegetable patch: <https://www.youtube.com/watch?v=uiQOXEUtRn4>

Caring for Tomatoes: <https://www.youtube.com/watch?v=4KCzwV90AoY>

How to Grow Garden Vegetables in Small Spaces

You don't need to have a big garden or allotment to grow your own vegetables... watch the clips to find out how:

A Simple Guide to Vegetable Gardening: <https://www.youtube.com/watch?v=9a-dUO7Qn58>

Re-growing Vegetables and Herbs: <https://www.youtube.com/watch?v=ZJuXpiEjdcc>

How to Grow Vegetables Indoors Without Any Equipment:

https://www.youtube.com/watch?v=pbXk_bQornM