



### Balanced Plate

Ensure children are having foods from each of the four main food groups. Please refer to the Eatwell plate.

### Smart Shopping and Cooking Tips

Plan simple meals for the week and write a shopping list to reduce waste. Batch cooking can help with reducing food waste.

Frozen fruits and vegetables can be cheaper, last longer and be just as nutritious!

### Reducing Food Waste

Plan your meals and make a shopping list to buy only what you need.

Store food correctly and use leftovers for meals the next day or freeze extra portions for another day.

Check dates carefully; use by' is about safety, 'best before' is about quality. Get creative with leftovers, turn yesterday's veg into soups or stir-fries, look at the Healthier Families website for some recipe ideas.

### Nutritional Top Tips and Budgeting Advice

### Hydration

Water is the healthiest & cheapest option, aim for 6–8 glasses of water every day. Drop in berries, lemon, or orange for a splash of flavour.

### Healthy Swaps

Small changes can make a big difference!

Swap chips for homemade oven-baked wedges or sweet potato fries. Crisps can be swapped for plain popcorn or rice cakes, and sweets for fresh fruit, yogurt with berries, or dried fruit in small portions.

### Reading Food Labels

Use the traffic light system on food and drink packaging to help make healthier choices. Choose foods with more greens and ambers and fewer reds.

### Budgeting Advice

Try to split your Free School Meal holiday voucher across the remaining holidays.

**E.g. £45 Christmas, £15 February Half Term, £30 Easter**

**Access your local food banks and larders:** [Map | Locate Sustainable Organisations in North Northamptonshire](#)

**Healthier Families:** visit Healthier Families for fun recipes, snack ideas, and tips to keep you and your family healthy and happy:  
<https://www.nhs.uk/healthier-families/>

### Other Support

Accommodation concern (budget support)

Community Law Service (CLS)

Citizen Advice North Northants (CANN)

Our Support Offer Page [Support Offer | North Northamptonshire Council](#)

Family Hubs [Home](#)

# Eatwell Guide

Check the label on packaged foods

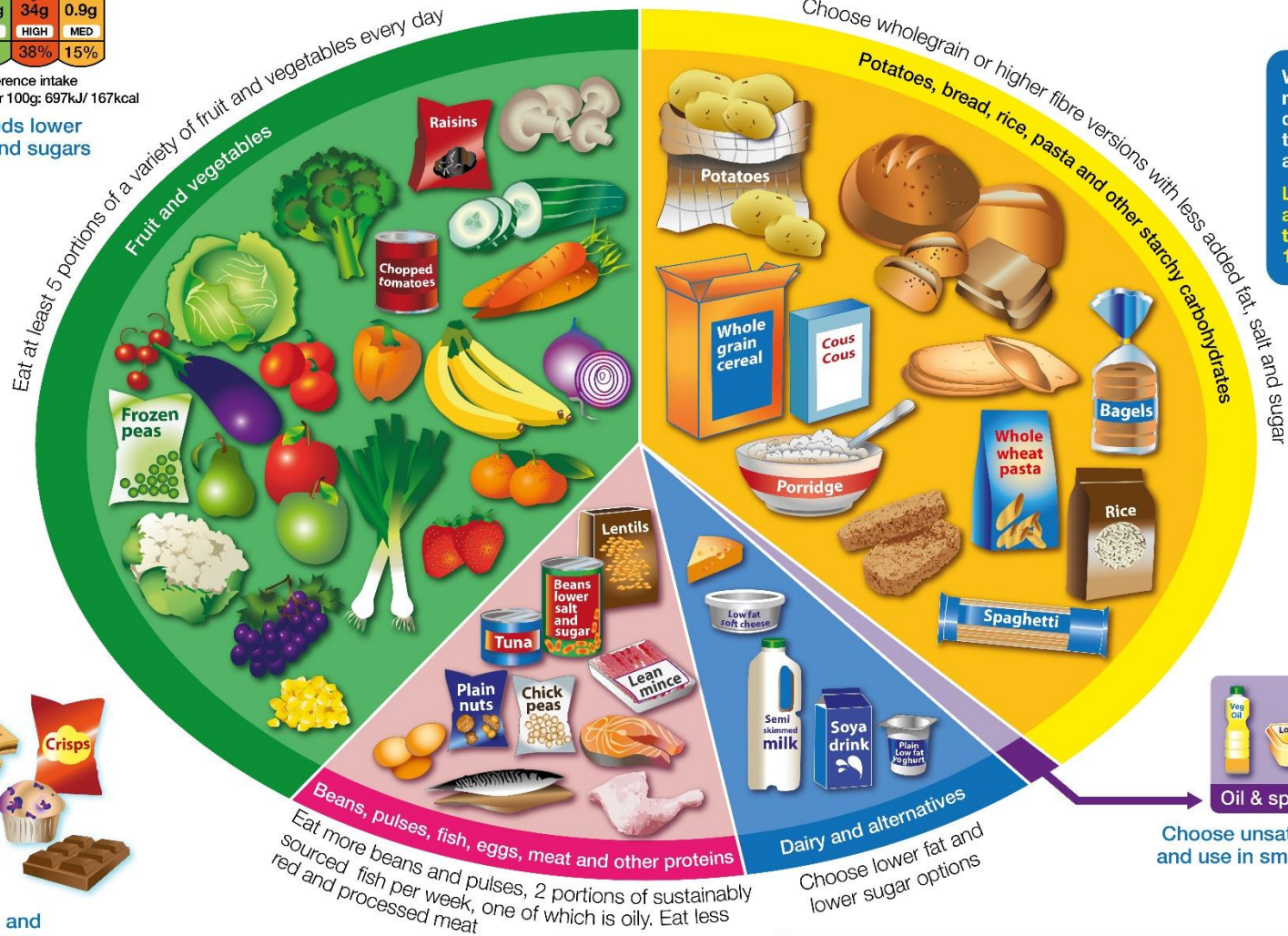
Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower  
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Eat less often and  
in small amounts



Water, lower fat  
milk, sugar-free  
drinks including  
tea and coffee  
all count.

Limit fruit juice  
and/or smoothies  
to a total of  
150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS