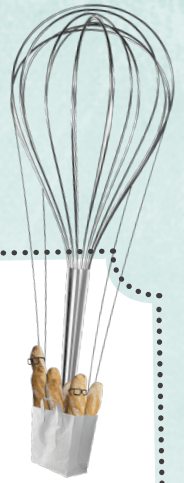


TOP TIPS for a happy AND HEALTHY FAMILY DURING LOCKDOWN

We're all eating more meals at home than at any other time. We're getting bored of the same meals week in, week out and motivation for cooking is fading fast. We've also got fewer options for keeping active and, in a lot of cases, we have less time.

All this means that keeping the family healthy is more challenging than ever.

To help keep your family happy and healthy now and into the future, Mellors have put together some tips.



SNACKING

□ Set up a snack basket for the kids – Put the snacks they can have into the basket each day so they can help themselves. You could even set it up as a tuck shop with a price list to help the younger ones with their maths and budgeting skills!

□ Don't be afraid to use canned or frozen fruit as well as fresh – Choose canned fruit in juice not syrup to minimise added sugar. Frozen fruit is great in smoothies or porridge.

□ Turn your kitchen into a classroom – Reading a recipe, weighing out ingredients and learning the science of how foods change when they're cooked are great skills to develop. Why not try homemade bread or flapjacks?



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FAMILY MEALS

- Make extra portions of your meals and put them in the freezer ready for a night when you're too tired to cook and might be tempted by a takeaway.
- Plan a weekly menu each weekend (when you have a bit more time) – Why not try committing to 1 new recipe a week from a recipe book or website and get the kids to pick 1 night too?



- Have a theme night at the weekend. Ask the children to help you pick a theme, discuss what food you might have and make decorations. You can find ideas for a Mexican theme night in the Family Recipe Pack to start you off.

- For new recipes and inspiration try websites like BBC Good Food, Delicious magazine, cookingonabootstrap.com, NHS Eatwell and supermarkets.



KEEPING ACTIVE

- Being active is so powerful for boosting your mood and keeping your mental health in check! Try an online exercise class or have a family disco in the living room with your favourite songs.
- Build being active into your routine – you're more likely to do it if it's planned in and children love routine.



- Meet up with a friend to exercise. (Of course, follow current guidance)
- Change4Life have lots of ideas for getting kids active. There's PE with Joe Wicks and Cosmic Kids on YouTube. You can also access Andy's Wild Workouts and Oti's Boogie Beebies on iPlayer.



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