



Children's Nutrition Team

Supporting Tameside families during COVID-19

Life may feel strange at the moment and very overwhelming, especially when it comes to **eating healthily on a budget.**



The Children's Nutrition Team will be offering **advice** and **top tips** to help you and your family cope with the current situation. The team will continue to provide **healthy recipes, simple snack ideas, and general nutrition tips.**

£15 free school meal government scheme

The team are offering a **5 day meal planner** to support families managing lunchtime **budgeting** and **meal planning**. Ask your Tameside school or visit the web link below for a copy of the planner.



Check out the following for more information.

www.tameside.gov.uk/healthyeatingandnutrition/kids



Follow us on twitter **@NHSTamesideCNT**