



Healthy Early Years
North Yorkshire

Family Food

Helping North Yorkshire families
to access healthy food

www.healthyschoolsnorthyorks.org

Worried about the cost of food?

We can help you find the right support, if you're struggling with the cost of food and worried about feeding your family healthy meals.

You'll find information at www.northyorks.gov.uk/costofliving in the children and families section.



Our cost of living web page also has information about emergency financial support, managing debt, benefit entitlement, energy bills and staying connected.



Foodbanks

Enter your postcode to find your local Trussell Trust food bank, including their contact details, website and opening times.

<https://www.trusselltrust.org/get-help/find-a-foodbank>

If you need emergency food, you'll find contact details and information on the food bank's website.

If you're looking to donate food, you can find a list of items and how to donate on the food bank's website.

Please note: This only includes Trussell Trust food banks but other food banks and sources of emergency food may be available in your local area.



Free School Meals

You could **save up to £450** a year with free school meals for your child. As well as saving you money, free school meals can also save you time and provide peace of mind that your child is enjoying a healthy, fresh, and nutritious meal at lunchtime.

Free school meals are available to all Reception, Year 1 and Year 2 pupils through the Universal Infant Free School Meal Scheme.

If you receive certain benefits, your child could also get free school meals during all school years.

To find out more and apply online, go to <https://www.northyorks.gov.uk/education-and-learning/free-school-meals>



Healthy Schools
North Yorkshire



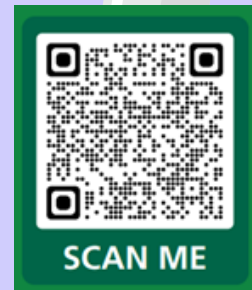
Healthy Start

With the NHS Healthy Start scheme, you could be entitled to weekly support towards:

- Vegetables
- Fruit
- Milk
- Infant formula milk
- Pulses
- Healthy Start vitamins

Could you be eligible? If you or your partner receive benefits and are currently expecting, or have a child under 4, you may be entitled to a weekly allowance of £4.25 to help buy healthy foods and milk.

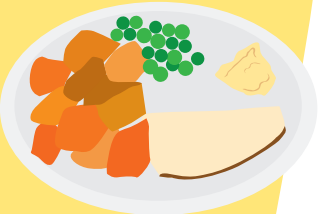
Find out and apply online today:
www.healthystart.nhs.uk





FEAST holiday clubs

FEAST offers a wide range of activities during the Easter, summer and Christmas school holidays. The activities are free to children and young people who get benefits-related free school meals and include a free hot meal or packed lunch each day. Find out more at <https://www.northyorkshiretogether.co.uk/feast>



Food reuse schemes

There are national and local initiatives to stop good food from going to waste and help people save money. Lots of businesses offer food that would otherwise go to waste at much lower prices through free apps like **Too Good to Go** and **Olio**.



Check out...
<https://www.toogoodtogo.com>
<https://olioapp.com/en>

Ideas for cooking on a budget



For ideas of how to eat healthily on a budget:
<https://www.nutrition.org.uk/creating-a-healthy-diet/eating-healthily-on-a-budget>
<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/eat-well-on-a-budget>

For some recipe ideas – why not visit:
https://www.bbc.co.uk/food/collections/budget_dinner_recipe_and_ideas
https://www.bbc.co.uk/food/collections/family_budget_dinners_under_150

Would you like to eat more healthily?

Fruit and vegetables are a great source of vitamins, minerals and fibre, and an important part of a balanced diet for kids and adults. Try and add some fruit or veg to every meal to try and get to 5 portions of different ones each day. Don't forget portions of frozen and tinned vegetable and fruit (in juice not syrup) still count as one of your 5 a day and are often cheaper and simpler to prepare.

For more ideas visit:
<https://www.nhs.uk/healthier-families/food-facts/5-a-day>
<https://simplyveg.org.uk>

