

Family-Friendly Food and Cooking Ideas

Eating well as a family doesn't have to be complicated. This guide provides links, tips and ideas to help you with your family's food. Explore the sections below to find ideas that fit your family's needs.

Eat Well

Small changes can make a big difference. See how to swap foods and introduce new ideas to eat well for the whole family

- [Healthier food swaps - Food facts - Healthier Families - NHS](#)
- [Good food habits | Love Food Hate Waste](#)

Ultra-Processed Foods (UPFs)

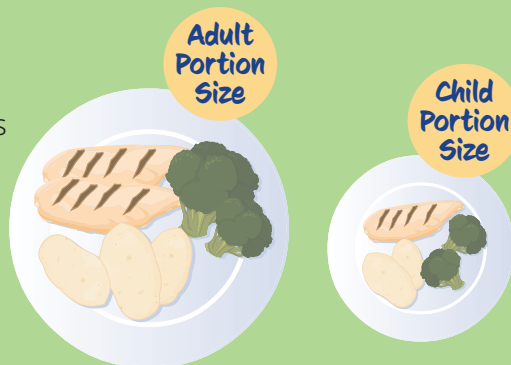
Try to limit UPFs like sugary snacks, fizzy drinks, and processed meats. These often contain added sugars, salt, and fats that can impact you and your child's health. Learn how to identify and cut down on UPFs here:

- [How can me and my family eat less processed foods? - BBC Bitesize](#)

Me-Sized Meals

As children grow, their nutritional needs and portion sizes change. Use these guides to make sure your child is getting the right amount:

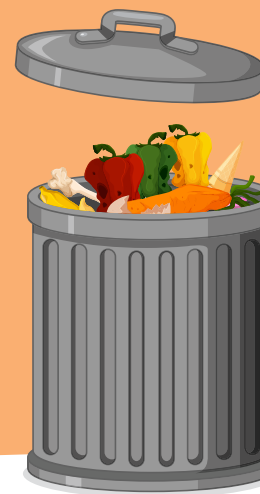
- [Portion sizes | British Nutrition Foundation](#)
- [Food Portion Calculator - Love Food Hate Waste](#)



Snack and Lunchbox Solutions

These resources are full of practical ideas for snacks and easy lunchbox options. From quick recipes to tips on reducing sugar and boosting variety, there's plenty to explore:

- [Lunchbox ideas and recipes - Healthier Families - NHS](#)
- [Healthier snacks - Food facts - Healthier Families - NHS](#)
- [Attack the Snack - Simply Veg](#)
- [Lunchboxes - Simply Veg](#)
- [Early-Years-Healthy-Lunchboxes-leaflet.pdf](#)
- [Healthy-packed-lunch-guidance.pdf](#)



Waste Less, Save More

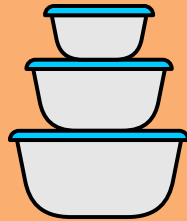
Food wasted means money lost for you and your family. With a few simple changes you can cut down on waste and make your food go further. Find practical tips here:

- [Food Waste - Simply Veg](#)

Batch Cooking Made Easy

Pressed for time? Batch cooking is preparing larger quantities of food in advance so you can store and enjoy ready-to-eat meals later. It's a great way to plan ahead and reduce stress during busy days. Explore these helpful guides:

- [Batch cooking - Simply Veg](#)
- [Batch cooking and freezing food - BDA](#)
- [Batch cooking | Barnardo's Family Space](#)



Storing Food Safely

Storing and reheating food properly can prevent food poisoning, keep meals fresher for longer, and reduce waste:

- [Children's food: safety and hygiene - NHS](#)



Supporting Fussy and Complex Eating Behaviours

Fussy eating is common, especially in younger children, and it can make mealtimes challenging. This resource offers supportive, low-pressure ideas to help your child build a healthier relationship with food:

- [Tips for when your child or toddler is a fussy eater](#)

If you have concerns about your child's eating habits, explore our [Complex Eating Resource Bank](#) for additional support and guidance.



Quick and Tasty Family Recipes

Finding quick, adaptable recipes that please the whole family can be challenging. Explore these recipes for inspiration and practical ideas:

- [Food Waste Recipes | Foods & Recipes | LFHW](#)
- [Recipes - BDA](#)
- [Recipes - Healthier Families - NHS](#)

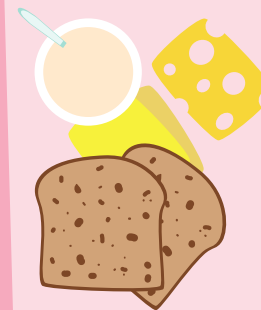
Vegan and Veggie Recipes

Looking for meat-free or plant-based options? These sites provide delicious vegan and vegetarian recipes for all occasions:

- [Vegan Recipes | Main meals | Snacks and Sides | Baking](#)
- [Recipes - Vegetarian Society](#)



Allergy and Food Intolerances



Cooking for family members with allergies and food intolerances can feel overwhelming. These resources offer recipes and tips:

- [Safe Eats® Allergy-Friendly Recipes – Kids With Food Allergies](#)
- [Gluten Free Recipes - Coeliac UK](#)

Additional Resources

For further advice and guidance, please visit the Best Start in Life webpage: [Best Start in Life - Best Start in Life](#)

