

the CARDIFF WAY TO A HEALTHIER DAY



This leaflet is full of juicy ideas for keeping your family happy and healthy, even when time is short and money is tight! It's about eating well on a budget



Cardiff is a great place to live if you've got a growing family and you want to make your food budget s-t-r-e-t-c-h.

Stick me to your fridge!

Discover healthy bargains, how to get **FREE** vitamins and food vouchers, where you can learn to cook, and more...

Visit www.FoodCardiff.com for more information

Money Savers

Get Cooking and Brush-up Your Kitchen Skills - Did you know there are FREE 'learn-to-cook' classes happening across Cardiff? Ring the Nutrition and Diet Team on 029 2090 7699 to find out where your nearest course is running or ask your Flying Start team about 'Get Cooking!' courses. Visit www.FlyingStartCardiff.co.uk

There are tasty recipes and snack ideas at www.Change4LifeWales.org.uk

I prefer videos to books, so I search for 'healthy recipes' on YouTube and learn to cook as I watch!

Cook-up Cash - Swapping takeaways for home cooking could save you as much as £500 a year. A homemade pasta sauce can cost a third of the price of a shop-bought one and sharing family meals will save you time and money!

Swap the Pop - Swap fizzy drinks and sugary squash for FREE tap water. You'll save money as well as keeping your family's smiles strong and healthy.

Grow Your Own

Window Box Crops - If you don't have much space, you can grow your own vegetables and salads in window boxes or plant pots and save yourself a trip to the shops.



Growing Together - We're lucky living in Cardiff, our friendly green-fingered community are happy to teach people how to grow food at local growing projects. Why not dig in and learn how to grow your fruit and veg for FREE?

Find your local growing project at www.FoodCardiff.com or by looking for Riverside Community Garden on Facebook.

Grow a Healthy Family

'Healthy Start' Vitamins and Vouchers - If you're pregnant or have a child under four, you may be able to get FREE vitamins and vouchers for milk, fruit and veg. Ask your midwife or health visitor, or visit www.HealthyStart.nhs.uk



Breastfeeding Support - Breast milk is great for your baby and it's free. If you'd like help, or just want to meet other Cardiff mums, ring the community midwives on 029 2035 0622 and find out when your local breastfeeding support group meets.

Ready to Start Weaning? - Why not bring your baby to a Flying Start Weaning Party? It's a friendly and relaxed way to meet other parents and get tips from health visitors. Just call 029 2035 1380 / 029 2035 1377 and ask where your local session takes place.

Get Happy, Healthy and Fit - MEND Cardiff helps families with children who are above a healthy weight find fun ways to live well, eat well, and get active. Find out more at www.MendCentral.org. Mind, Exercise, Nutrition.....Do it!



I need to lose a few pounds.

I'd like to start exercising...but I've never been to a class before



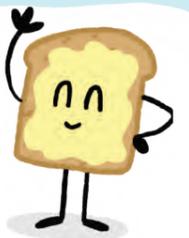
Be Foodwise - Foodwise is an 8-week course to help you lose weight and feel great! If you're above a healthy weight, join a Foodwise session at your local leisure centre, school or community centre. Find out when your local course starts by emailing Nutrition.SkillsForLife.cav@wales.nhs.uk

Time Savers

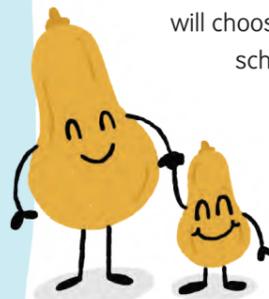
Breakfast Club

Did you know primary schools across Cardiff offer pupils FREE, healthy breakfasts before school starts?

Find out more about the Welsh Government Free Breakfast Initiative from your child's school.



School Dinners are Winners - Cardiff's schools offer tasty and nutritious meals, so you can save time packing a lunch box in the morning, knowing your child will choose a balanced and satisfying meal. You might be able to get school lunches for FREE. Contact Cardiff Council Benefits Section on 029 2087 2873 or email FreeSchoolMeals@cardiff.gov.uk.



Homemade Ready Meals - By cooking a big batch of soup, stew, curry or pasta sauce and freezing any extras, you'll save money and have tasty meals ready for busy days. It's a great way to use up last night's leftovers! Find more money-saving ideas at www.LoveFoodHateWaste.com

One-Stop-Food-Shop - Find your nearest food co-op, market or growing projects and get food news and ideas from one handy website: www.FoodCardiff.com

Shopping Tips

Plan It - Planning your meals for the week will help you cut your food bill and it's as easy as 1-2-3.

1. Start by writing a list of meals your family enjoys
2. Write down the ingredients you'll need for each meal - this is your shopping list
3. Set yourself a food-shopping budget and stick to it.



Veggie Savers - Vegetables and pulses, like chickpeas and lentils, are cheaper than meat, are a good source of protein and are full of vitamins, minerals and fibre. Veggie meals can help you reduce your food bills and cut back on fats, and frozen fruit and veg are handy to have in your freezer.



Spend Less and Taste More - Seasonal fruit and veg is often cheaper and tastier, so find out what grows when at www.EatSeasonably.co.uk and get a tasty bargain!

Bag a Bargain - Food co-ops sell affordable fruit, veg, salad and stir-fry bags (bags cost about £3 each) and offer brilliant value for money! Find your local food co-op at www.FoodCoopsWales.org.uk or ring 029 2023 2943.