

## Healthy Holidays 2020

The Feeding Bristol Healthy Holidays campaign encourages children across Bristol to use their holiday time, and the free school meal voucher if they are eligible, to cook simple fresh meals from scratch. The programme includes an information flier sent out to all school aged children and young people which gives ideas for dishes that they can be easily prepare; with adult help depending on their age and ability. This includes a costed shopping list and links to recipes, inspiration and support for those families who may be at risk of food insecurity over the summer. Linked to this flier is a website page [feedingbristol.org/thechildrenskitchen](https://feedingbristol.org/thechildrenskitchen) which will feature the recipes suggested in the leaflet. Videos of them being prepared by chefs and their children which we be launched at the start of the summer holidays.



**Please can you circulate the flyer when it is sent to you next week through your school newsletter, Facebook and mailouts-it can also be printed off as a folded booklet for families with no internet access.**

Following on from this over the summer we will be supporting early years families and who will not have access to the free school meals vouchers and other vulnerable groups. Activity packs, appropriate for children up to KS1, will include a Children's Kitchen Toolkit with a printed recipe booklet, spices, and store cupboard ingredients. This will be distributed by Bristol Food Clubs and Playful Bristol with a series of hands on cookery sessions with invited families.

If you have concerns about a family who may be facing challenges this summer, you can refer them to your local area Children's Centre.

