



Healthy Holidays

Get cooking this summer!



Sample £15 shopping list

Choose supermarket own brand products when you can- they are great value and taste just as good! Here is an example for what you can buy for just under £15 to make five delicious lunches:

Rice: 500g -	£0.60
White or wholemeal pasta: 500g -	£0.53
Tortilla wraps: 8 pack -	£0.95
Plain flour: 1k -	£0.54
Eggs - free range: 6 (med) -	£0.89
Cheddar cheese: 400g -	£1.79
Natural yoghurt: 500ml -	£0.90
Tinned tomatoes: 400g -	£0.35
Tinned chickpeas: 400g -	£0.40
Tinned kidney beans: 400g -	£0.30
Chicken drumsticks: 1k -	£2.00
Tinned tuna chunks: 2 x tins -	£1.20
Carrots: 5 -	£0.25
Onions: 5 -	£0.50
Peppers: 3 -	£0.95
Cucumber: 1 -	£0.49
Tomatoes: 300g -	£0.63
Broccoli: 1 head -	£0.55
Fruit: 5 pieces-	£1.15
Total: 14.97	

Ideas for picnics and lunches

For lunch you could make your own sandwich or wrap, or why not try making one of these dishes below? You can visit our webpage to get the full recipes, along with cooking videos from Bristol chefs and their children; feedingbristol.org/thechildrenskitchen



Chickpea Bites with Flatbreads



Homemade Bread, Pizza or Rolls



Pepper, Bean and Cheese Wrap



Paratha (flatbreads)



Noodle Stir Fry



Omelette with a Shredded Salad



Simple Tomato Sauce



Green Soup with Bread Rolls



Spiced Roast Lemon Chicken



Crunchy Pasta Salad with Tuna

Links to other websites:

The Healthy Holidays programme gives recipes, food ideas and support for children and families. You can access these resources from the Feeding Bristol website and also collect printed recipe booklets from your local Children's Centre Hub.

The Children's Kitchen is a Feeding Bristol project which encourages children to cook and grow fresh seasonal produce. This is a collaboration with Square Food Foundation and 91ways to Build a Global City.

The Children's Kitchen:
Square Food Foundation:
91ways:

feedingbristol.org/thechildrenskitchen
squarefoodfoundation.co.uk
91ways.org

Where to find more information:

Contact your local school or Children's Centre for support for Healthy Holidays. You can also visit:

Feeding Bristol campaign for an end to food insecurity
feedingbristol.org

Fareshare South West-fighting hunger, tackling food waste.
farehsaresouthwest.org.uk

Food Clubs (Food on Our Doorsteps) provide weekly Fareshare food to families and also provide demos, recipes, cookery sessions and link to family support
family-action.org.uk

The Bristol Food Network provide links to what is going on in Bristol including how to access help, food banks and local charities
bristolfoodnetwork.org

