





Tameside and Glossop Integrated Care NHS Foundation Trust

TAMESIDE **PARTNERSHIP**

Children's Nutrition Team

Supporting Tameside families during COVID-19

Life may feel strange at the moment and very overwhelming, especially when it comes to eating healthily on a budget.





The Children's Nutrition Team will be offering advice and top tips to help you and your family cope with the current situation. The team will continue to provide healthy recipes, simple snack ideas, and general nutrition tips.

£15 free school meal government scheme

The team are offering a **5 day meal planner** to support families managing lunchtime **budgeting** and **meal planning**. Ask your Tameside school or visit the web link below for a copy of the planner.



Check out the following for more information.

www.tameside.gov.uk/healthyeatingandnutrition/kids



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