
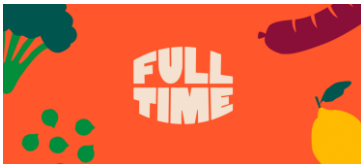




# Where can I find **healthy, easy and cheap recipes** for my family?

Connecting Care for Children links up local NHS teams and services to help keep children as healthy and happy as possible. We've pulled together some of the best recipe websites for healthy eating as a family, please let us know what you think of them [imperial.cc4c@nhs.net](mailto:imperial.cc4c@nhs.net)

Website	Healthy?	Easy?	Cheap?	QR code
 <p>Guides for healthy eating for babies, toddlers and the whole family</p>	✓	✓	✓	
 <p>52 pocket friendly recipes from chef Tom Kerridge and Marcus Rashford. Find 'how to' videos and more tips on the @fulltimemeals Instagram</p>	✓	✓	✓	
 <p>Step-by-step recipes from the NHS. Needs a bit more time, most dinner recipes take more than 30mins to cook</p>	✓	✓	✓	
 <p>Recipes for weaning, lots of the recipes can be enjoyed by the whole family</p>	✓	✓	✓	
<p><b>Cooking on a bootstrap</b></p> <p>Jack Monroe's website has loads of cheap recipes, including a whole section of microwave only recipes.</p>	✓	✓	✓	

# Advice for fussy eaters

Connecting Care for Children links up local NHS services to help keep children as healthy and happy as possible. We've reached out to doctors, children's dieticians and researchers to find out the best advice for fussy eating. Let us know what worked, email [imperial.cc4c@nhs.net](mailto:imperial.cc4c@nhs.net)

## Three things to remember:



**1. You are not alone!** It is very common for young children to be fussy, or picky eaters. Most children grow out of this phase



**2. Mealtimes can be stressful**, here are some **tips**, find what works for you:

- Can you **get your children involved** in the meal prep (shopping, setting the table etc.)?
- Can you make it **social and fun**? Sitting down to eat as a family, sharing the food that's on your plate and trying to **avoid pressure to eat the food** can all help
- Children often mimic their parents, **lead by example** and try to eat a variety of food
- If your child rejects something don't be afraid to try it again



**3. Your child will use their senses** to work out what they like and don't like. Can you get your child to explore new foods using their five senses e.g. smell and touch?

Useful link	QR code	Example advice
<a href="http://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters">www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters</a>		If your child rejects the food, do not force them to eat it. Just take the food away without saying anything
<a href="http://www.henry.org.uk">www.henry.org.uk</a>		It may take up to 15 tries for a child to like a new food
<a href="http://infantandtoddlerforum.org">infantandtoddlerforum.org</a>		Don't offer snacks just before a meal
<a href="http://teachyourmonster.org">teachyourmonster.org</a>		Your 3-6 year old can play this game