

The Healthy Families Programme – promoting a healthier lifestyle



Tips for healthy meals and portions



Be more active as a family



Find out about hidden sugars



Know what's in your food

Make small changes that have a positive impact on family health and well being.

Sessions are practical, fun and accessible to all

5 Tips for Family Health

- 1 Be more active
- 2 Eat more fruit and veg
- 3 Check the food labels
- 4 Cut down on sugar and salt
- 5 Talk about your worries