

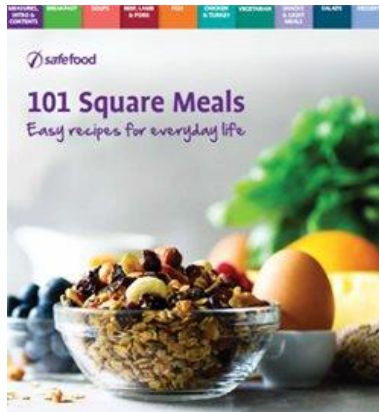


**Stay at home, protect the NHS, save lives.**

## ***Let's Cook Together!***

Use the time at home to practice some basic cooking skills. Teenagers can roll up their sleeves and help make dinner while younger children can help make snacks, set the table and put groceries away.

This family friendly recipe book from Safefood provides easy-to-prepare, low-budget, tasty, yet highly nutritious meals.



Available to download by clicking on the link below:

[https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101\\_Square\\_Meals.pdf](https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101_Square_Meals.pdf)