



Recipe ideas: Websites and links

- **NHS Better Health Healthier Families:** healthy recipe collections
<https://www.nhs.uk/healthier-families/recipes/>
- **Dinner Recipes:** flexible recipe ideas with step-by-step instructions to help you make quick and easy, healthier family dinners.
<https://www.nhs.uk/healthier-families/recipes/dinner/>
- **Change4Life Cook Together:** Sign up to Cook Together and you'll have taken the first step to cooking healthier meals for yourself and your family or friends.
<https://cooktogether.change4life.co.uk/>
- **Healthy kids recipes:** healthy and simple recipe ideas that will keep the whole family happy <https://www.bbcgoodfood.com/recipes/collection/healthy-kids-recipes>
- **The Caroline Walker Trust** is dedicated to the improvement of public health through good food. Her publications have easy nutritional recipes for 1-18 year olds. <https://www.cwt.org.uk/publications/>
- BBC Good food has a large collection of free recipes including inspiration for quick and easy meals, healthy recipes and budget family meals
<https://www.bbcgoodfood.com/health>
- **The British Heart Foundation** has lots of healthy recipes and tips for how to make meals healthier
<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder>
- **Love Food Hate Waste** has lots of ideas for using up food and leftovers to reduce food waste <https://www.lovefoodhatewaste.com/recipes>