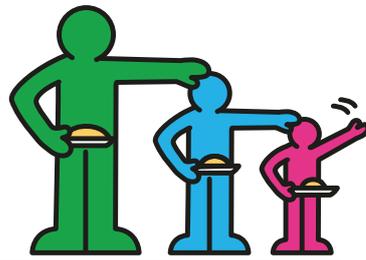


# Healthy families have more fun



## Take Aways

If ordering a take away look for child-friendly portions that include fruit and vegetables. Try to avoid bigger portion sizes such as "go large" or "supersize" deals.

## Me-sized meals

Remember kids are smaller than adults so give them a smaller portion to begin with, if they're still hungry they'll ask for more.

## Snack Smart

Sugary snacks can all add up! When choosing packaged snacks, stick to 2 a day max. But remember, fruit and vegetables are always the best snack.



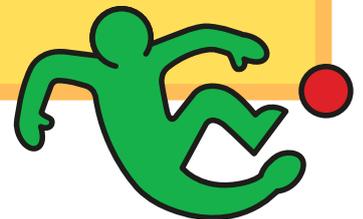
## Sugar Swaps

Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks.



## Get going every day

Kids need 60 active minutes each day. You should only leave the house to exercise locally and with your household once per day. You can also get exercise inside and using your own garden/outdoor space.



## Try a Sugar Swap:

Malt loaf  
Scotch pancakes  
Crumpets  
Rice cakes  
Fruit salad  
Veg and hummus  
Sugar-free jelly

Chocolate  
Biscuits  
Doughnuts  
Muffins

Water  
Lower-fat milk  
Sugar-free drinks  
No added sugar drinks

Cola  
Juice drinks  
Milkshakes  
Fizzy drinks



# Things you can do as a family to maintain good health and wellbeing



## Connect

Connecting improves sense of belonging and self-worth

- Try eating dinner together as a family
- Share your hobbies and interests with everyone
- Use different ways to communicate

Being active improves mood, increases energy and self-confidence

- Exercise locally by going for a walk, run or cycle ride with your household
- Reduce screen time at home and try playing new games and activities around your home and outside



## Be Active



## Give Back

Giving acts of kindness can increase sense of purpose and life satisfaction

- Do something nice for a member of your household, why not ask if there's anything you can help with?
- Give someone a smile

Learning new skills can give a sense of achievement and boost confidence

- Learn something new together as a family
- Set yourselves a goal to complete
- Share your favourite book with your family or try reading something new



## Keep Learning



## Take Notice

Noticing helps to calm the mind and understand ourselves better

- Try some meditation and mindfulness activities together
- Think about your individual strengths and reflect on the positives

[Healthy Sandwell - healthysandwell.co.uk](https://healthysandwell.co.uk)

Find the support you need to keep you and your family safe and healthy. Visit the Food and Recipe pages for ideas to help you eat well and save money.

[Resilient Residents - sandwell.gov.uk/resilientresidents](https://sandwell.gov.uk/resilientresidents)

Advice regarding benefits, employment, budgeting, learning English, wellbeing and more!