



Gloucestershire
COUNTY COUNCIL

SPRING HOLIDAY ACTIVITY FUND

Family Recipes & Information for a Healthier Lifestyle



young gloucestershire

THIS BOOKLET IS BROUGHT TO YOU BY THE HOLIDAY ACTIVITIES AND FOOD PROGRAMME

School holidays can be a tricky time for lots of families because of increased costs (such as food and childcare) and reduced incomes. The Holiday Activities and Food programme (HAF) aims to bridge the gap and help reduce the stresses some families may be facing. Together the scheme aims to help children;

- eat more healthily,
- be more active,
- take part in engaging and enriching activities,
- be safer and reduce social isolation.

Young Gloucestershire have been district lead for the Tewkesbury HAF for three years. We are always looking to improve what we offer. This booklet includes some ways you and your family can lead a healthier lifestyle including simple ways to keep active and improve your general wellbeing. We have also provided some family favourite recipes kindly given to us by parents. All the recipes can be easily converted to vegetarian, vegan or gluten free by substituting with your favourite alternatives. Lastly there is some information and contact details for support services across the district.



Burger & Chips

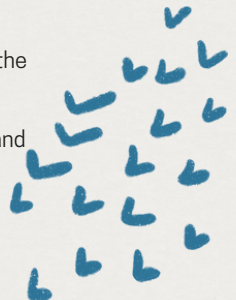


INGREDIENTS

- Six large potatoes,
- four beef quarter pounder burgers,
- soft rolls (white/brown),
- salad of your choice (lettuce, tomato, onion, cucumber).

METHOD

- Preheat the oven to 200C.
- Peel the potatoes and cut them into long thin chip shapes.
- Fill a saucepan with water and bring to the boil. Boil the potatoes for 10-15 minutes or until the edges have softened.
- Drain the potatoes and spread them evenly onto a baking tray. Cook in the oven for 45 minutes or until golden brown.
- Lay the burgers onto a separate baking tray, cook for ten minutes, flip and cook for an additional five-ten minutes.
- Chop your salad, butter the buns, dish up and enjoy.



Naan Bread Pizza



INGREDIENTS

- Four naan bread,
- 250g passata,
- 200g mozzarella,
- toppings of your choice: pepperoni, pineapple, peppers, sweetcorn, mushrooms, ham, bacon.

METHOD

- Turn the oven to 220C and preheat two baking sheets.
- Spread the passata over the naan breads and sprinkle with cheese.
- Chop any additional toppings as desired and scatter on top of the cheese.
- Carefully put the naans onto the baking sheets and cook for about ten minutes or until crispy and golden.



Spaghetti Bolognese



INGREDIENTS

- 400g beef mince,
- one onion (diced),
- two garlic cloves (chopped),
- 300g mushrooms (chopped),
- two x 400g tins of chopped tomatoes,
- one beef stock cube,
- 400g spaghetti.

METHOD

- Heat a large saucepan and add the mince, garlic, mushrooms and onions, cook until browned.
- Add in the stock cube and chopped tomatoes and mix.
- Turn the heat to low and allow the food to simmer for 45 minutes.
- In a separate saucepan bring some water to the boil.
- Add the spaghetti and cook until soft (follow the instructions on the packet for best results).
- Drain the spaghetti serve with the Bolognese and enjoy.



Mash Potato Mountains

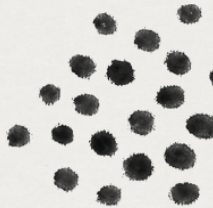


INGREDIENTS

- 500g chicken breast,
- 120g bacon,
- one large leek,
- one onion,
- 1kg potatoes.

METHOD

- Preheat the oven to 190C and heat one baking tray.
- Fill a saucepan with water and bring to the boil.
- Peel and chop the potatoes into small sections and boil until soft.
- Chop the chicken into bite sized pieces, heat a frying pan and fry until golden.
- Chop the bacon into small pieces and fry until golden.
- Drain the potatoes and mash.
- Mix in the chopped onions, bacon and chicken.
- Using a spoon, scoop the potato into even mountain shapes onto your baking tray.
- Cook in the oven for 25 minutes or until the edges are golden and fluffy. Dish up and enjoy.



Health & Wellbeing

We know that family life can be busy, full of fun, sometimes exhausting and at times difficult to manage. Here are our top tips to help you and your family find your inner calm.

FIVE FINGER BREATHING

Spread your fingers in front of you. Now use your other hand to trace the outline of your fingers. Take deep breaths in and out, time your breathing as you trace up and down each finger.

MINDFULNESS

Try out some kid friendly short and simple guided meditation videos on these

YouTube channels:

New Horizon - Meditation & Sleep Stories,
The Story Time Family, Mind Garden.

BALANCED DIET

The average person consumes 17 teaspoons of sugar a day. Excess sugar increases your risk of health problems.

Why not educate yourself and your family on food and nutrition whilst enjoying fun games on www.foodafactoflife.org.uk

JOURNALING

Expressing your feelings on paper is a great way to unload. Writing, doodling, painting and journaling are all methods you can adopt to shift your mindset. If journaling isn't for you why not try downloading free colouring templates, there are loads available online.

STAY ACTIVE

Yoga is a great low intensity exercise that you can do at home with no equipment needed. Check out these kid friendly YouTube fitness channels: Cosmic Kids Yoga, Scratch Garden, Little Sports, The Body Coach TV.



Support Services in Tewkesbury

Help here are some family friendly services working in Tewkesbury.

TEWKESBURY FOOD BANK

Providing emergency food and more, for people in financial crisis.
07988 092016
76 Church St, Tewkesbury GL20 5RX.
Tuesday - Friday 9:30am-12:30pm

ASPIRE FOUNDATION

High-quality early intervention services and educational programmes for families with young children. These include local Sure Start programmes, family support services, children's centres, primary schools and early year's settings.
01242 252185
admin@aspirefoundation.org.uk
Monday - Friday 8.30am-4.30pm

CARING FOR COOMUNITIES & PEOPLE (CCP)

Offering support with housing, income and community inclusion.
0300 365 6463
cws@ccp.org.uk
340 High St, Cheltenham GL50 3HW
Monday - Friday 9am-5pm

GLOS FAMILIES DIRECTORY

A directory full of useful hints, tips and local support.
www.glosfamiliesdirectory.org.uk
familyinfo@gloucestershire.gov.uk.

FAMILIES FIRST

Provide a 'whole family approach' to supporting families. They can help with keeping your family safe and well, parenting, education, difficult life events, moving towards employment, housing, antisocial behaviour.
01452 328250
familiesfirsttewkesbury@gloucestershire.gov.uk

MORE ABOUT HAF & YG





GIVING YOUNG PEOPLE THE CONFIDENCE, MOTIVATION AND SKILLS TO IMPROVE THEIR FUTURE.

YG is a youth work charity that supports young people across Gloucestershire. We create opportunities that educate, inform and inspire through three areas of work;

SKILLS

Creating opportunities for young people to gain new skills to help plan for their future.

COMMUNITY

Giving young people a voice in their community and helping communities to support young people.

WELLBEING

Offering practical, therapeutic and emotional support that will help young people to lead a happy and healthy life.

Inspiring young people





Young Gloucestershire
The Old Dock Office
Commercial Road
Gloucester
GL1 2EB

www.youngglos.org.uk
01452 501008
getinvolved@youngglos.org.uk

Charity Number: 281797

