

## FSM SUPERMARKET VOUCHERS SPRING HOLIDAY 2022



### WHAT CAN MY CHILD'S FSM SUPERMARKET E-VOUCHER BE USED FOR?

As your child will not be at school for the holidays your voucher can help when shopping for **healthy dinners and lunches**.

### WHAT CAN'T MY CHILD'S FSM SUPERMARKET E-VOUCHER BE USED FOR?

- Tobacco
- Alcohol

If the Council become aware of misuse of the FSM supermarket e-vouchers we reserve the right to withhold future voucher support.

### WHAT OTHER SUPPORT IS AVAILABLE TO FAMILIES?

[One You South Gloucestershire](#) – is for parents and carers, this free council run service can help you to make important, lasting improvements to your health.



Foodbanks – provide short-term, emergency support with food during a crisis. Most food banks need a referral, you cannot just show up. Apply for a food bank voucher through the councils [One Stop Shop](#). It can be difficult to work out what solution would work best for you and your family; we are here to help. You can speak to one of our [One Stop Shop advisors](#) by phone or in person and they can offer advice and also help complete applications to support you.

Please find below websites, resources, and apps to help when shopping with your Free School Meal vouchers. They include ideas on preparing low-cost healthy meals, eating more fruits and vegetables and a useful app to read food labels.

## Food Scanner App

Using your smart phone search 'Change4Life' in the app store and download the **free** Food Scanner app.

The Food Scanner will help you find healthier food and drink choices by telling you what's inside and if it is a healthy option when you scan the barcode.



## Cook Together

Sign up to Change4Life Cook Together and every week for 4 weeks, you'll receive 2 tasty, healthy recipes with easy-to-follow instructions, and a shopping list of all the ingredients you'll need to cook a healthy meal.

After 4 weeks you'll know how to cook up to 8 different meals from scratch. To sign up for **free** visit: [Change4Life - Cook Together](#)



## Fruit & Veg Boost

Choose one of the Change4Life's Fruit & Veg Boost plans to help you and your kids get to 5 A Day. You'll receive 4 weekly emails packed full of useful hints, meal ideas, tips and practical shopping advice.

To sign up for **free** visit:  
[Change4Life - Smart Tools -](#)



## Recipes

Change4Life have lots of fun and easy recipes for breakfast, lunch, tea and even pudding!

To find out more visit: [Healthy Recipes | Change4Life \(www.nhs.uk\)](#)



**Bang-tasty chicken drummers**

