



Hello, Parents & Guardians! We are BeeZee Bodies, and we work with Hertfordshire County Council to provide FREE (and FUN!) healthy lifestyles support for families across Hertfordshire.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER? SIGN UP FOR FREE!

Just go to beezeebodies.com/families (or scan the QR code!) and enter your details. We'll give you a call back to have a quick chat and enrol your family on to your preferred BeeZee Families group!



NEW COURSES START W/C 26TH SEPTEMBER 2022 FOR 12 WEEKS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BOREHAMWOOD Allum Hall WD6 3PJ 17:00 - 19:00	STEVENAGE Barnwell Middle School SG2 9XT 17:30 - 19:30	HODDESDON St. Cuthberts Church 17:30 - 19:30	WATFORD Knutsford Primary WD24 7ER 17:30 - 19:30
WELWYN GARDEN CITY Ridgeway Academy AL7 2AF 17:00 - 19:00	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 17:30 - 19:30		HITCHIN Ickleford Primary School SG5 3GT 18:00 - 19:30
	ST ALBANS Camp Primary & Nursery School AL1 5PE 17:30 - 19:30		

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child who is above their ideal healthy weight.

BUILD A BALANCED LUNCHBOX!

SEND 'EM BACK TO SCHOOL THIS SEPTEMBER WITH A PERFECTLY PACKED, HEALTHY LUNCH! YUM!

CHOOSE YOUR CARBOHYDRATES

Bread • Tortilla wraps • Chapattis • Pitta
• Pasta • Rice • Potatoes • Cassava • Naan

PACK SOME PLANTS

Frozen, tinned or fresh fruit & veg • Hide peppers, sweetcorn & peppers in tuna mayo! • Disguise onions and tomatoes in a curry/stew • Celery or carrot sticks with their favourite dip.

PICK YOUR PROTEINS

Leftover protein from dinner (e.g. meat, lentils, tofu or paneer) • Eggs • Tuna • Tinned beans or low sugar/salt baked beans • Cheese • Prawns

SELECT A SNACK

Cheese slices • Yogurt (try low fat and low sugar options) • Popcorn • Pita/carrots with hummus • Grapes • Pepper slices • Raisins • Crackers
Mix and match these to get all those nutrients in!

