

Diet and Oral Hygiene Ideas for Parents

Please click on the links below for lots of inspiration and ideas for family-friendly meal ideas, nutritional guidance, oral health and more:

NHS guidance on healthy snacks, a food scanner to make healthy food swaps and more: <https://www.nhs.uk/healthier-families/food-facts/>

BBC Good Food has some exciting & affordable family meal ideas that also happen to be healthy: <https://www.bbcgoodfood.com/recipes/collection/healthy-family-recipes>

Tesco have some family meal ideas for you to try at home with hidden healthy ingredients: <https://realfood.tesco.com/gallery/10-healthy-recipes-for-kids.html>

NHS advice on looking after your child's teeth: <https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

Colgate have some handy tips on good oral hygiene: <https://www.colgate.com/en-gb/oral-health/brushing-and-flossing>