



GREAT NEWS !!

We have 7 volunteers trained in basic Citizens Advice signposting and a part time Advice worker now working alongside the foodbank. If you would like to make an appointment to speak to any of the team, please contact the foodbank.

Confidential meetings can be arranged to discuss problems with a wide range of issues. Also you can be directed to agencies that provide practical help.



North Somerset Council has a lot of advice to assist your healthy eating.

Go to <https://www.betterhealthns.co.uk/eat-well/>

For example, here are their healthy eating tips :

- 8 tips for healthy eating: <https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/>
- Finding healthier options while you shop with the NHS Food Scanner app: <https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/>
- Easy meal ideas and family meal plans: <https://www.nhs.uk/healthier-families/recipes/dinner/>
- The Easy Meal App <https://www.nhs.uk/better-health/#apps-and-tools>
- Cutting down on salt for your heart health: <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/salt>
- Portion size tips: <https://www.bda.uk.com/resource/food-facts-portion-sizes.html>
- Eating well on a budget. Recipes, tips, and ideas for home cooking on a budget: <https://fyf20quid.co.uk/browse-recipes/>

North Somerset also provide a REALLY helpful leaflet called 'Worrying about Money ?' at [Final North Somerset Leaflet.pdf \(strikinglycdn.com\)](#)



If you get Universal credit, you can apply online for vouchers if:

- you're at least 10 weeks pregnant or have at least one child under 4 years old
- your family's monthly 'take-home pay for this period' is £408 or less from employment

If you get Child Tax Credit, you can apply online if:

- you have at least one child under 4 years old
- your family's annual income is £16,190 or less

- complete and submit online form <https://www.healthystart.nhs.uk/how-to-apply/> or
- email healthy.start@nhsbsa.nhs.uk
- call 0300 330 7010

**WESTON-SUPER-MARE
FOODBANK PRESENTS....
"COOKING WITH
AMY CHEF"**

**Tuesdays
9.30am till 1pm
5 week course
June 14th | 21st | 28th
July 5th | 12th**

**LEARN TO COOK WITH A PROFESSIONAL CHEF
REFRESHMENTS AND LUNCH
TAKE HOME WHAT YOU COOK
LEARN NEW IDEAS AND SKILLS
RECIPE HANDOUTS
HELD IN TOWN CENTRE**

LOCATION
If you are keen to join the 5 week
cookery course, please contact Amy at:
cooking@wsmfoodbank.org.uk

SPONSORED BY..

The Eatwell Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>