



Newsletter



Cardiff Healthy Schools Team have put together leaflets and recipes for parents/carers of both Primary and Secondary on Healthy Lunchboxes (Healthy Lunchboxes for Us Toolkit) as well as some mouth watering recipes to try out too. These can all be found, bilingually on our website....

[Click here](#)

(please look at "date modified" - 29.6.20 to find the documents easily)

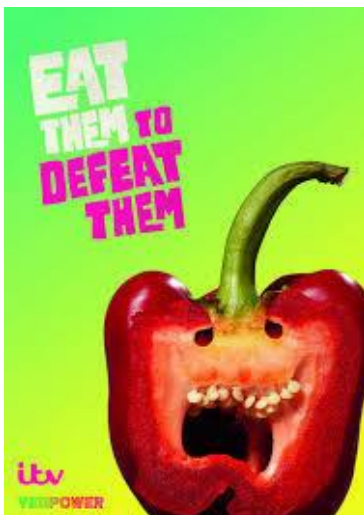


Wrexham Dietetic department have put together useful information and recipes to help parents/carers make the FSM payment go a bit further. Some great hints and tips, as well as some truly scrummy recipes too.

Find them on our website [here](#).....

(check out documents from June 16)

Veg Power



IN SEASON in JULY: Aubergine, Beetroot, Broad Beans, Broccoli, Cabbage, Carrots, Cauliflower, Cavolo Nero, Celery, Chard, Courgette, Cucumber, Fennel, Globe Artichoke, Green Beans, Kale, Kohlrabi, Lettuce, Mangetout, Marrow, Mushrooms, Onion, Pak Choi, Peas, Peppers, Pulses, Radicchio, Radishes, Rocket, Runner Beans, Sorrel, Spinach, Spring Greens, Spring Onions, Sugar Snap Peas, Summer Squash, Swiss Chard, Tomato, Watercress – so much choice 😊

[Checkout our seasonal veg calendar](#)

(Click on the veg in the link for a wealth of tasty veg recipes!)

An array of recipes for kids, everything from breakfast, lunch, dinner, side dishes, snacks, parties... put your feet up and get the kids to cook!

[eatsamazing](#)

Hapi Cook-a-Long

We can't get enough of Richard Shaw's recipes and simple hints and tips to make everyday cooking so much easier and fun to do with children.

Follow him on Facebook and You Tube

Change 4 life

Make a change today with *Change4Life!* Discover sugar swaps, healthy recipes, nutritional advice, and top tips and activities to help your kids stay healthy.

[C4L](#)

Great Grub Club

Home · Grow it · Know it · Move it · Cook it · Play it. Share +. Just for grown ups! Welcome to. Fruit and vegetables. A-Z of fruit and veg. Learn fun facts about food and more all in one place...

Magic?

Growing your own food is a great way of getting pupils interested in what they eat. Have you ever thought about food that regrows?

FOOD THAT MAGICALLY REGROWS ITSELF...

Growing anything from a seed is impressive but also difficult, unless you're blessed with a green thumb.

Sure, it saves on money but there has to be an easier way... and there is! You can actually grow food from kitchen scraps. There is something very MacGyver about that, no? It's true! You can upcycle everything from celery scraps to onion butts with a great chance of success. *Use organic fruits and vegetables for the best results.*

Green onions, lemongrass, leeks, fennel, & spring onions

1



Place root ends in water but don't fully submerge them. Change the water daily.

2



In 3-5 days, growth begins. Harvest the greens when full, then repeat the process.

3



Harvest lemongrass once it becomes a foot tall. Simply cut off what you need without uprooting the plant.

Celery, cabbage, romaine lettuce, & bok choy

1



Submerge the roots, leaving the tops above the water line.

2



Spray with water a couple times a week, replacing the water every few days. Leaves will sprout in about a week.

3



Plant the cutting with only the leaves above soil. Harvest when fully grown, about 5 months.

Ginger

1



Soak the chunk of ginger overnight.

2



Submerge in moist soil. Keep watering until shoots appear.

3



Ready to harvest in a year. Simply remove entire plant, use what you need and repeat.

Onion

1



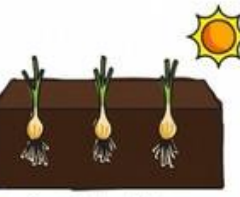
Plant root end and lightly cover it in soil. Keep soil moist.

2



Carefully separate the new onions, leaving the roots attached, and plant them.

3



Occasionally cut the leaves down to promote full growth. It can take up to 5 months for plants to mature enough for harvest.

Garlic



