

**Hampshire  
Healthy  
Families**



*Today's Health, Tomorrow's Future*

**Believe in  
children**  
 **Barnardo's**

**NHS**  
**Southern Health**  
NHS Foundation Trust

Delivered in partnership by Barnardo's and  
Southern Health NHS Foundation Trust

# Family Food, Fun & Fitness

Session at North Baddesley School  
**15<sup>th</sup> November at 9am**

Free session exploring:

- Portion sizes
- Cooking from scratch & simple recipes
- New ideas to make mealtimes a family activity
- Information on food types and hidden sugar
- Importance of being active as a family



Visit our website (scan the QR code opposite) or email us at:  
[hfh@barnardos.org.uk](mailto:hfh@barnardos.org.uk)

[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)



**Hampshire Healthy Families**



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