

# Would you like to know more about eating well?



**Making a few easy food swaps every day can make a big difference to your health and wellbeing!**

**Swap WHEN YOU COOK**

**Swap WHEN YOU SHOP**

**Swap WHEN YOU SNACK**

**Visit our website to find out about:**

- Easy healthy food swaps
- Healthy snacks and treats
- Storing foods for longer
- Food dates and what they mean
- Ideas for a healthy lunch box
- Handy meal planners
- Healthy low cost family meal recipes
- What to keep in your food cupboard
- Understanding food groups
- Saving money shopping and cooking
- Finding food banks and low cost food options in Bradford district



**You can also download it as a handy toolkit to keep!**

**mylivingwell.co.uk**

✉ [hello@mylivingwell.co.uk](mailto:hello@mylivingwell.co.uk)

☎ 01274 438884

