**A pink text with rays of light

AI-generated content may be incorrect.Nutrition and Hydration Week: 17 - 23 March 2025**

**A colorful advertisement for swap shop

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Nutrition and Hydration week is an annual event that helps to highlight and educate people about the value of food and drink to maintain good health and wellbeing.

Living Well offers lots of information on their website to help you join in making simple food swaps when you’re shopping, cooking, and snacking. These everyday easy swaps can help to improve the health and wellbeing of you and your family, with foods that are healthy and nutritious.

Some of the topics covered are:

* How to make easy healthy food swaps
* How to prepare healthier family meals
* Advice on shopping and preparing meals on a budget with easy to follow recipes
* Advice on food labelling
* Advice on ways to store foods for longer
* Ideas, top tips and simple food swaps
* Information on food groups and the benefits of reducing sugar, fats and salt in the diet
* Ideas for healthier lunch box options
* Meal planners with shopping lists

You can watch step by step films that show how to make delicious fakeaway meals at home instead of ordering expensive takeaways and also a short film with ideas for 10 easy healthy food swaps you can make.

**Swap Well to Eat Well**: <https://mylivingwell.co.uk/eating-well/swap-well-to-eat-well/>

**Click the link on any of the Swap Well to Eat Well pages to download all of the information to keep.**