



Hello, Parents & Guardians! We are BeeZee Bodies, and we work with Hounslow Council to provide FREE (and FUN!) healthy lifestyles support for families in the London Borough of Hounslow.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER? SIGN UP FOR FREE!

Just go to beezeebodies.com/families (or scan the QR code!) and enter your details. We'll give you a call back to have a quick chat and enrol your family on to your preferred BeeZee Families group!



NEW COURSES START W/C 19TH SEPTEMBER 2022 FOR 12 WEEKS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ISLEWORTH The Smallberry Green School 17:00 - 19:00	CRANFORD Cranford Community College 17:00 - 19:00	HOUNSLOW CENTRAL Grove Road Primary School 17:00 - 19:00	FELTHAM Marjory Kinnon School 17:00 - 19:00
age 5-15	age 5-15	age 5-15	age 5-15
ONLINE age 5-8 17:30 - 18:15	ONLINE age 5-8 16:30 - 17:15		
ONLINE age 9-12 18:30 - 19:15	ONLINE age 9-12 17:00 - 17:45	ONLINE age 9-12 17:00 - 17:45	

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hounslow and include one child who is age 5-15 and above their ideal healthy weight.

BUILD A BALANCED LUNCHBOX!

SEND 'EM BACK TO SCHOOL THIS SEPTEMBER WITH A PERFECTLY PACKED, HEALTHY LUNCH! YUM!

CHOOSE YOUR CARBOHYDRATES

Bread • Tortilla wraps • Chapattis • Pitta
• Pasta • Rice • Potatoes • Cassava • Naan

PACK SOME PLANTS

Frozen, tinned or fresh fruit & veg • Hide peppers, sweetcorn & peppers in tuna mayo! • Disguise onions and tomatoes in a curry/stew • Celery or carrot sticks with their favourite dip.

PICK YOUR PROTEINS

Leftover protein from dinner (e.g. meat, lentils, tofu or paneer) • Eggs • Tuna • Tinned beans or low sugar/salt baked beans • Cheese • Prawns

SELECT A SNACK

Cheese slices • Yogurt (try low fat and low sugar options) • Popcorn • Pita/carrots with hummus • Grapes • Pepper slices • Raisins • Crackers
Mix and match these to get all those nutrients in!

