

Lockdown Lunches and Meal Plans

Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week.

change 4 life

Please see link below which will take you to the website and some yummy ideas to try.

[Cheap Lockdown Lunches for Kids | Change4Life \(www.nhs.uk\)](http://www.nhs.uk)



Lockdown lunch ideas

Looking for some lunchtime inspiration while the kids are at home? Try out our 3 weeks of easy, low-cost recipes – shopping lists included!