



Hello, parents & guardians!

We are **BeeZee Bodies**, and we work with Hertfordshire County Council to provide FREE (and FUN!) healthy lifestyles support for families.

We run **BeeZee Families** courses after school, across Herts, or you could join our online courses instead. We have new groups beginning in May. click below to sign up for your family's FREE place!*

Or, enrol in the **BeeZee Academy** – our FREE self-paced online learning portal full of useful information and tips on how to make your family healthier.

SIGN UP HERE

*to be eligible for this awesome free service, your family must live/go to school in Hertfordshire and include one child who is above their ideal healthy weight.

SALT AWARENESS WEEK

14th – 18th March

Did you know that children should have no more than 3g-6g salt per day, depending on their age? That's less than a teaspoon! But with three quarters of the salt we eat hidden in the prepared foods we buy, it can be hard to keep tabs on our family's salt intake!

Making your own snacks is a great place to start. Instead of a packet of crisps, try these quick 'n' easy nacho chips! Season with flavours of your choice, or serve with hummus or salsa!

THEY'RE NACHO CHIPS! THEY'RE MINE!

what you'll need

- Tortilla wrap (corn works best)
- Olive or rapeseed oil
- Herbs & spices of your choice – e.g. paprika, chilli, garlic granules...

what to do

- Preheat the oven to 180C/gas Mark 4
- Slice a tortilla wrap into triangles
- Lightly brush or spray with oil
- Sprinkle with chosen herbs or spices or a little salt
- Bake in the oven for about 8 minutes

