

Link	Produced by	Brief description
Eat-well-Spend-less-food-fact-sheet.pdf (bda.uk.com)	BDA The Association of UK Dieticians	Healthy eating is important and doesn't need to be expensive. This Food Fact Sheet will give you some ideas to help you to eat well and keep costs down.
Food facts - Healthier Families - NHS (www.nhs.uk)	Better Health, healthier families	We're here to help you be healthier and happier. Find out more about what's really in the food your family eats.
https://www.informationnow.org.uk/article/food-banks-in-newcastle/	Information Now	Food banks and free emergency food in Newcastle If you are struggling to afford to eat, food banks or charities may be able to help. There are places that give free food or food vouchers to people who need it most in Newcastle.
Eating well early years — First Steps Nutrition Trust	First Steps Nutrition Trust	Eating well is essential for children in their early years. You can find information about eating well in the first year in our Infant & New Mums section. Children from 1-4 years old need to eat well to establish good eating patterns, ensure they grow and develop appropriately, to protect their teeth and to ensure they arrive in school at a healthy body weight able to enjoy a variety of minimally processed foods.