

# Hints and Tips

Try different combinations to find what your child enjoys

Cook larger amounts and freeze for another day

Use your healthy start vouchers to buy ingredients

- Peel chosen fruit and veg
- Chop into small pieces
- Put into a pot with small amount of water
- Boil until soft (test by prodding with a small knife)
- Once soft drain and mash into a puree
- Leave to cool before serving



# Winning Weans

How much could you save?





**Homemade  
is Best Made!**

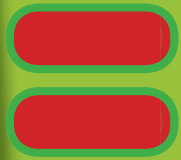


**6 apples  
6 pears  
6 parsnips  
12 carrots  
1 butternut  
squash  
1 sweet potato**

**£5**



**6 store bought jars  
costs the same as...**



**...21 of these  
homemade meals  
for the same cost !!!**