Tip of the week **– “Be adventurous with food”**

Each week when you go shopping, I’d like you all to be adventurous and pop something in your trolley that you wouldn’t usually eat!

Experiment with different fruit, vegetables, cuts of meat and types of fish. It’s so important to have variety in your diet and this is a great way to introduce new foods to the whole family, after all, you never know if you’ll like something until you give it a try. Aim for a different colour of vegetable each week and if choosing cuts of meat, ask the butcher for their recommendations and what to serve with it.