

# Treat the kids to healthy frozen fruit and veg

Carrots or peas?

Or broccoli?

All of them!



## HEALTHY START

HS1044YRS

# Frozen fruit and veg come in from the cold!

You told us you'd like to be able to buy plain frozen fruit and vegetables with your Healthy Start vouchers – and from 6th April, you can!

Plain frozen fruit and veg is a great because:

- you can add extra variety to the kids' meals
- with fruit and veg in your freezer, you'll always be able to make a healthy meal in a hurry
- frozen fruit and veg is just as healthy as the fresh stuff.

Remember, you can't use your vouchers to buy fresh or frozen fruit and veg with added ingredients such as fat, sugar, salt and flavourings. Here are some examples of frozen food you can get with your Healthy Start vouchers – and some you can't.

## Super chilled - some frozen foods you can choose

- ✓ Peas, carrots, cauliflower, broccoli, sweetcorn, mixed vegetables
- ✓ Summer fruits, raspberries, blueberries

All these contain frozen fruit or vegetables and nothing more.



## Frozen out - frozen food you can't spend vouchers on

- ✗ Oven chips, roast potatoes, or waffles
- ✗ Vegetable burgers, battered onions, veg and rice stir fry mix

All these contain ingredients such as fat, salt or other foods.

If it's not clear what's in it from the front of the pack, check the ingredients label.



# Cauliflower cheese with pasta

Serves: 4 adults (but you can easily reduce the ingredients if you want to make a smaller batch).

## Ingredients

- 150g or a large handful of pasta spirals (or whatever small pasta shapes you like)
- Around 500g of cauliflower florets
- 25g low-fat spread
- 25g plain flour
- 1 pint semi-skimmed milk
- 75g of strong cheese (eg cheddar), grated
- Pepper to taste



## How to make it

1. Preheat the oven to 200°C (400°F) or gas mark 6.
2. Put the pasta in a medium-sized pan with water and boil for 5 minutes.
3. Pour in the frozen cauliflower florets (add more water if you need to) and bring to the boil for a further 5 minutes.
4. Drain the cauliflower and pasta in a colander. Tip into an ovenproof dish.
5. To make the sauce, put your hob on low and melt the spread in a saucepan. Add the flour and stir to a paste. Then add the milk, bit by bit, stirring, until it starts to bubble and thicken.
6. Add half the grated cheese into the sauce so it melts. Add pepper to taste.
7. Pour the sauce over the cauliflower and pasta and sprinkle the remaining cheese over the top.
8. Put the dish into the oven for 15 minutes, or until the cheese has browned on top.

## Use your vouchers

Frozen cauliflower  
Semi-skimmed milk



## Cook's Tips

- Why not try using a mix of frozen cauliflower and broccoli?
- You can also throw in a handful of frozen mixed vegetables or peas with the cauliflower at stage 3 if you like.
- Remember to use whole milk and full-fat spread or butter if you are cooking for children aged under two.

## Healthy Start vitamins for children

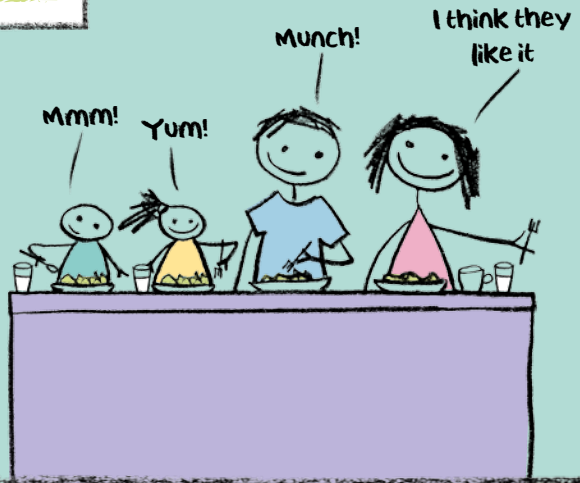
Healthy Start children's vitamin drops have exactly the right mix for your kids – they contain vitamins A, C and D and what's more, they're FREE. Simply swap your green coupon for the vitamins locally – your health visitor will be able to tell you where you can get them.

Remember, you'll get a green vitamins coupon with your vouchers every eight weeks and you can swap it for enough vitamins to last you until your next coupon.



## Next issue – handy guide to storing food

Fed up with having to throw food away? Check out our handy guide to storing and using leftovers. It should save you money, too!



[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, if you move home), remember to tell HMRC Tax Credits or JobCentre Plus straightaway. That way, you'll keep getting the right amount of Healthy Start vouchers.