

Happy New Year Everyone!

We hope you all had a great break over Christmas and you are starting 2018 feeling refreshed. The new year can be a great time to reflect and set some goals for the year to come. However, many of us often set unrealistic targets. **If you are planning to set some new year's resolutions, try to make them fun and achievable!**

Why not set a family challenge?

Setting new year's resolutions for the whole family, is a great way for everyone to motivate each other and may help you to stick to them long term.

Here are some fun ideas for healthy resolutions:

- 🍎 Have one night a week without the TV and spend the evening as a family
- 🍎 Try one new food or recipe every week
- 🍎 Make homemade pizzas together as a family once a month (*see our pitta pizza recipe idea on the right*)
- 🍎 Challenge your family to a weekly step target using pedometers
- 🍎 Challenge your family to increase their fruit and vegetable intake with a 5 A DAY tracker (*see example tracker below*)

Autograph wish you all a happy and healthy 2018!

5 A DAY Challenge Tracker

5 A DAY TRACKER

Name: _____

Date: _____

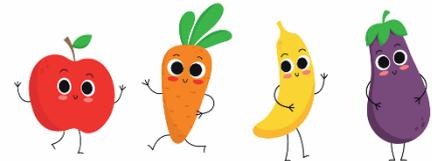
Your challenge
Have at least 5 portions of fruit and vegetables every day this week.

DAILY

1	2	3	4	5	more
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Did You Know...

When trying new foods, it can take a child around 10 to 16 times to accept new flavours!



Try this at Home...

Pitta Pizzas - serves 4

Pizza is a favourite meal for many children and can be a great way to include extra vegetables which count towards their 5 A DAY!

Ingredients

- 🥕 Pitta Bread x 2
- 🥕 Tomato Puree 120g
- 🥕 Cheese 100g
- 🥕 Toppings 320g (e.g. pepper, mushroom, sweetcorn)

Method

1. Preheat oven to 200C/400F/Gas Mark 6
2. Spread tomato puree over the top of the pittas
3. Add choice of toppings e.g. peppers and mushrooms
4. Sprinkle cheese over the top
5. Cook for approximately 10-12 minutes... enjoy!

Top Tip: Why not try making funny faces with the vegetable toppings?

For more information, you may wish to visit our website

www.autographfood.co.uk