



Healthy meal ideas that won't break the bank

Cooking tasty, healthy meals for your family doesn't need to cost you lots of time or money 🍷. Like these comforting family favorites...

Check out the Parent Club website for hints and tips on meal planning to help you organise family mealtimes → <http://parentclub.scot/.../easy-cheap-and-tasty-family...>

For plenty of easy, low-cost breakfast, lunch, dinner and even snack time recipes, click here → parentclub.scot/recipes

[#ParentClubTips](#)

[#ComfortFood](#)

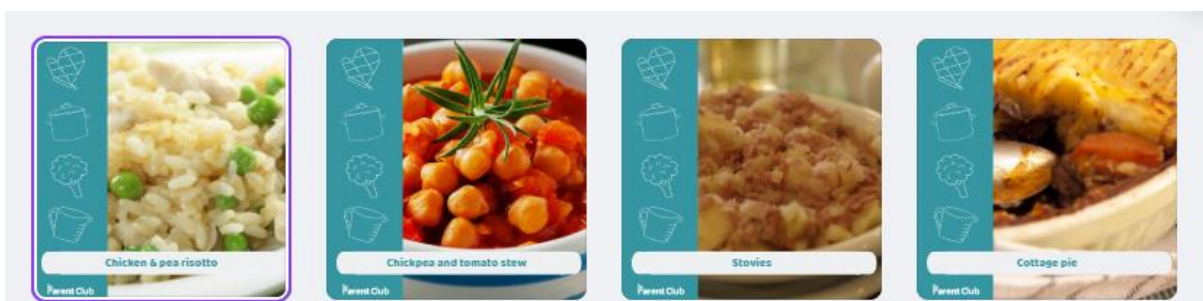
[#WinterWellbeing](#)

Option 2

Cooking tasty, healthy meals for your family doesn't have to break the bank or take hours 🍷 Find meal planning tips to make family mealtimes easier at Parent Club → parentclub.scot/.../easy-cheap-and-tasty-family...

And discover plenty of easy, low-cost recipes for breakfast, lunch, dinner, and snacks here → parentclub.scot/recipes 📖

Asset – Tip boxes





Handy web page links

Parent Club offers practical budgeting tips and easy-to-follow recipes that are both nutritious, affordable, and comforting during the colder months. Check out these handy links below:

- [How to save money on food and groceries | Parent Club](#)
- [Recipes | Parent Club](#)
- [Best Start Grant and Best Start Foods | Parent Club](#)
- [Eating well at home | Parent Club](#)
- [Chicken and Pea Risotto | Parent Club](#)
- [Spicy Chickpea and Tomato Stew with Crusty Bread | Parent Club](#)
- [Lamb and Lentil Stew | Parent Club](#)
- [Sweet Potato Stew with Crusty Bread | Parent Club](#)
- [Venison Stew | Parent Club](#)