

Better Health Families is here to help

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- Easy tips
- Healthier snack ideas
- Tasty recipes
- Easy lunchbox ideas
- Fun activities

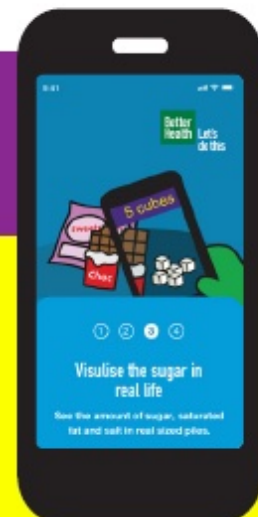


... and much more! Plus, if you sign up to our newsletter, you'll be the first to hear about all the latest hacks, competitions and special offers. Millions of families are making healthier changes with their children - you can too!

Want to know what's really inside your food and drink?



See for yourself and download our FREE Food Scanner app to find healthier options. Use the 'traffic light' labels to choose more greens and ambers, and cut down on reds.



We're on [Facebook](#) and [Instagram](#) too @betterhealthfamilies and want to hear from you!