

Home-Start is a voluntary organisation that offers support, friendship and practical help to local parents in their own homes.

We believe that children need a happy and secure childhood and that parents play the key role in giving their children a good start in life and helping them to achieve their full potential.

Home-Start Aberdeen provides families with advice and support on healthy living via its Recipe for Life project.



Recipe for Life: Helping families eat Healthily

Via its Recipe for Life project, Home-Start Aberdeen can help with:

- Menu planning, budgeting and food shopping
- Practical cooking skills
- Using leftovers and reducing waste
- Preparing and cooking foods for weaning
- Cooking with children
- Maintaining a healthy diet and weight.

The Recipe for Life project has been running since 2010 and is funded by NHS Grampian.



"I love watching mum include the children when we cook, everyone has so much fun. It's lovely to see them smiling."
Recipe for Life volunteer

We are always keen to recruit volunteers who are interested in helping us share nutritional advice with the families we support.

Telephone 01224 693545

volunteering@homestartaberdeen.org.uk

If your family could benefit from Recipe for Life, please get in touch.

www.homestartaberdeen.org.uk

