



# Lockdown Lunches and Family Fun

## Loaded Cheese on Toast

Want to jazz up the classic cheese on toast? Check out these added extras to give it a boost:

Warm baked beans    Tomato puree    Chopped ham

Warm tinned tomatoes    Sliced red onion

Tinned sardines    Sliced tomatoes    Spring onions

Tinned tuna

Simply spread your topping(s) of choice across the toast before adding your cheese and placing under the grill. The extra toppings will help to fill you up and fuel your body with important nutrients!



## Fruit Jellies

A great way to make a sweet treat for everyone, with a healthy bonus!

### Ingredients:

- Packet of jelly (any flavour)
- Tinned fruit cocktail, mandarin or peach slices, or a sliced banana



### Method:

1. Make up the jelly as instructed on the packet
2. Drain the juice from the tinned fruit (if using) and add the fruit to the jelly
3. Place into bowls or moulds, allow to cool and refrigerate to set

*Alternatively, make up the jelly with only half the recommended water, then top with milk once cool. Add fruit and leave to set.*

## Walking Cricket

Turn your daily walks into a family game!

Make a list of things to try and spot while you're out, and assign a number of points to each one. You could have buildings, animals, clothing, vehicles - anything!

Check out our list on the next page to get you started, or create your own from scratch.

Fancy learning some new skills in the kitchen?

Check out Project Food's FREE live cooking sessions on Zoom – you don't need to follow along, but you can watch, learn and ask questions! Contact Kerry at [kerry@project-food.org.uk](mailto:kerry@project-food.org.uk) for more info.

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# WALKING CRICKET!

## Spot This...

## Points Scored

- **Someone wearing a cap** 1
- **A dandelion** 1
- **A red car** 2
- **An evergreen tree** 2
- **A magpie** 3
- **A black cat** 3
- **A blue motorbike** 4
- **A footpath sign** 4
- **Someone wearing a suit** 6
- **A building with 3 chimneys** 6