

DELICIOUS FREE MEALS FOR LAMBETH FAMILIES WITH NEW BABIES



Finding time to cook might be hard when your baby is so young, and you might not have the usual help from family and friends at the moment.

LEAP works with families in Lambeth to give them the best possible start in life. We're offering free, healthy meals to families who live in Lambeth once they return home from hospital with their new babies.

MEALS ARE:

- **Delivered to your door by our partner – Healthy Living Platform**
- **Provided at least once a week**
- **Prepared by our qualified cooks**
- **Vegetarian (and we'll do our best to provide for allergies and other food requirements)**
- **Freshly cooked, so you can eat on the spot or freeze for an other time.**

We'll keep in touch while you receive the meals, and let you know how you can get support from our range of other services – online for now, but hopefully face to face soon.

REGISTER HERE

www.healthylivingplatform.org/new-baby