

TIPS FOR EATING WELL AT HOME

Fruit and Vegetables



Increasing your intake of fresh, frozen or tinned fruit and vegetables helps us to maintain a balanced diet and a healthy immune system.

[Click Here](#)

Stay Hydrated



6-8 glasses of fluid a day (1.2L) helps us stay well. Water, low fat milk and sugar-free drinks are good choices.

[Click Here](#)

Following a Structure



Try to plan your meals and snacks with support from the Eatwell Guide. This helps us to have a balanced diet and stay healthy.

[Click here.](#)

Drinking Responsibly



Having four drink free days and drinking no more than 14 units of alcohol in a week. This reduces the impact on our health.

[Click Here.](#)

LINKS TO HELP YOU ACCESS FOOD

During this challenging time, some of us may need some help to access food. Below are links to Local authority websites that will help you or someone you know access support.

City of Edinburgh

[Council List of Support if
Needing Help to Access Food](#)

[Council Support for Shielding
Population](#)

[List of Community Food
Resources](#)

East Lothian

[Council List of Support If
Needing Help to Access Food](#)

[Council support for shielding
population](#)

[List of Community Food
Resources](#)

Midlothian

[Council List of Support if
Needing Help to Access Food](#)

[Council Support for Shielding
Population](#)

West Lothian

[Council List of Support if
Needing Help to Access Food](#)

[Council Support for Shielding
Population](#)

[List of Community Food
Resources](#)

National Supports

[-Support for Shielding Population](#)

[-Income/Welfare Support and Advice](#)

[-Best Start Food Payments](#)

[-Tips on Recipes: Families / Adults](#)