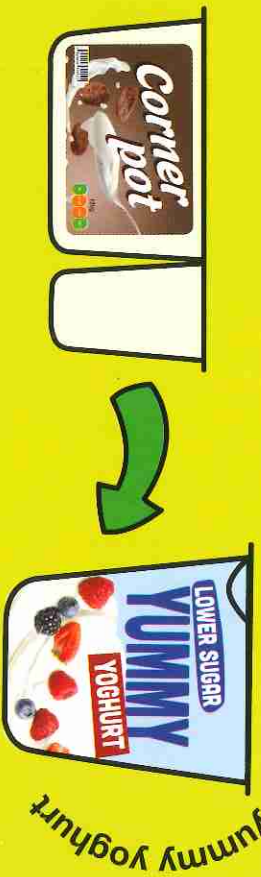




Find healthier swaps for the whole family



Just scan, swipe, swap

Now it's your turn to try!



Better Health

Let's do this



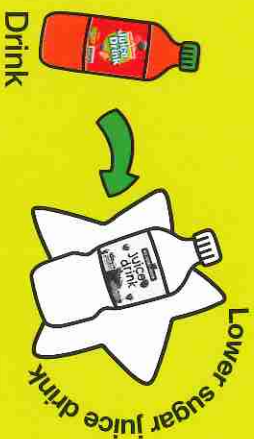
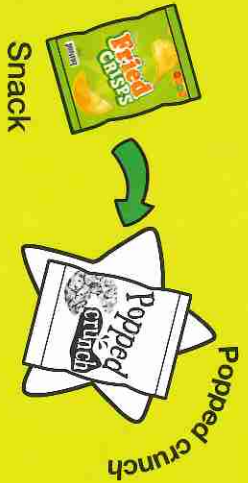
Download the FREE NHS Food Scanner App

Be a Swap Rockstar!

- 1 Scan the barcode on your favourite foods
- 2 Swipe to see healthier choices
- 3 Swap next time you shop

Can you make 5 swaps?

Try colouring them in as you go*



Name _____ has made 5 swaps and is a Swap Rockstar!

*Crayons work best. If you use felt tips make sure you allow time to dry.