



Hello, parents & guardians!

We are **BeeZee Bodies**, and we work with Gloucestershire County Council to provide FREE (and FUN!) healthy lifestyles support for families.

We run **BeeZee Families** courses after school across Gloucester & Forest of Dean, or you could join our online courses instead. We have new groups beginning in May. Click below to sign up for your family's FREE place!*

Or, enrol in the **BeeZee Academy** - our FREE self-paced online learning portal full of useful information and tips on how to make your family healthier.



SCAN ME WITH YOUR SMARTPHONE CAMERA OR CLICK HERE TO SIGN UP!

*to be eligible for this awesome free service, your family must live/go to school in Gloucestershire and include one child who is above their ideal healthy weight.



Roll into Spring

Each year, 20th March marks the first day of SPRING! As we look forward to longer days and warmer weather, try these tasty **Rainbow Spring Rolls** to get you excited for all the yummy vegetables to come over the season.

Ingredients:

For the roll:

- 1 Spring Roll Wrapper (Rice Paper OR Small Tortilla Wrap)
- Red & Yellow Bell Pepper
- Cucumber
- Carrot
- Purple Cabbage

Any other veggies you like or have in the fridge (it doesn't have to be a rainbow!)

For the dip:

- 2 tbsp Soy sauce
- 1 tsp Hoisin
- 1/2 tsp Rice Vinegar
- 1/2 tsp Maple Syrup
- 1/2 tsp Sriracha

What to do:

1. Choose which veggies you'd like in your roll and chop them all into thin matchstick-size strips
2. If using rice paper, soak in warm water until it softens and becomes flexible. If using a tortilla wrap, skip steps 2 & 3
3. Remove the wrapper from the water and place it on your chopping board - pat it dry with a paper towel
4. Add your assortment of colourful veggies to the centre of the wrapper
5. Fold the sides in towards the centre, and roll it up tight from the bottom
6. For the dip: measure all ingredients into a small bowl and stir to combine
7. With a sharp knife, carefully cut your rainbow spring roll in half, dip and enjoy!

Top Tip

If you don't have the ingredients for the dip on hand, soy sauce by itself tastes great too! You can also experiment with other ingredients you have to create your own sauce!