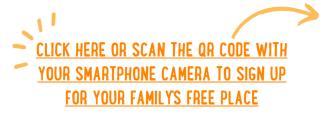


HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH GLOUCESTERSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW 12 WEEK COURSES STARTING NEAR YOU WEEK COMMENCING 21ST FEBRUARY.





M O N D A Y	TUESDAY	WEDNESDAY	THURSDAY
PODSMEAD Podsmead Community Centre 16:30 - 18:30 Age 5 - 15	BARTON All Nations Community Centre 17:00 - 19:00 Age 5 - 15	CINDERFORD The Forest Road Centre 16:45 - 18:45 Age 5 - 15	
ONLINE 17:30 - 18:30 Age 9 - 12	ONLINE 16.30 - 17:30 Age 5- 8	ONLINE 17:30 - 18:30 Age 5- 8	ONLINE 16:30 - 17.30 Age 9 - 12

*to be eligible for this awesome free service, your family must live/go to school/be registered

with a GP $\,$ in Gloucestershire and include one child who is above their ideal healthy weight.

HAPPY LUNAR NEW YEAR! LETS MAKE CHICKEN CHINESE NOODLES

CELEBRATE THE YEAR OF THE TIGER WITH THIS CHINESE INSPIRED NOODLE DISH!

WHAT YOU'LL NEED:

- 200g mushrooms, sliced
- 4 spring onions, sliced
- 2 peppers, seeds removed and cut into strips
- 150g sugar snap peas
- 3 skinless, boneless chicken breasts, diced
- 340g egg noodles
- 2tbsp reduced sugar or "light" sweet chilli sauce
- 1 $\frac{1}{2}$ tbsp. reduced salt soy sauce

WHAT TO DO:

- Wash and cut your vegetables. Put them in a bowl and set aside for later.
- Cut the chicken into bite size pieces.
- Heat 1tbsp of vegetable oil in a large frying pan, then stir- fry the chicken for about 3 mins until golden and cooked through.
- Add all the vegetables, stir and cook until the vegetables have softened.
- While the vegetables and chicken are cooking, prepare your noodles following the packet instructions. Place noodles into a large pan and cover with boiling water. Simmer for 4 mins, loosening the noodles with a fork. Drain well in a sieve.
- Add the noodles, sweet chilli and soy sauce to the frying pan and toss everything together for a final 2 mins of cooking. Serve straight away and enjoy!





F BeeZee Families



