

SERVICES AVAILABLE IN BIRMINGHAM



Self guided online learning

BeeZee Academy

An online portal full of healthy living resources to help families learn about diet, nutrition, exercise and more.



12 week online course

BeeZee Families Live

Fun, interactive webinars led by our expert nutritionists to help families create healthy habits at home.



Community groups

BeeZee Families

Award-winning in-person programmes, including cooking lessons and activity sessions.



One-to-one support












BeeZee Lite

A one hour, 1:1 appointment to address specific challenges around maintaining healthy habits at home.

[\[Click the picture for the full leaflet\]](#)

How you can help:

Our community group and award winning [BeeZee Families](#) programme is starting in February 2022 for 11 weeks, one evening a week (week commencing 21st February). [For more details see 'BeeZee Families Birmingham Trifold' leaflet attached]

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 HOLYHEAD Oakland Young Peoples Centre 17:00 - 19:00 Age 5 - 15	 HANDSWORTH St Andrews Community Centre 17:00 - 19:00 Age 5 - 15	 PERRY COMMON North Birmingham Academy 17:00 - 19:00 Age 5 - 15	 FRANKLEY GREAT PARK King Edward Five Ways 17:00 - 19:00 Age 5 - 15
 CASTLE VALE The Sanctuary 17:30 - 19:30 Age 5 - 15	 BORDESLEY&HIGHGATE The Pod 17:00 - 19:00 Age 5 - 15		 KINGS NORTON King's Norton Boys 17:00 - 19:00 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

We want to ensure we reach as many families in Birmingham as possible and you and your school are key to spreading the word. Please see below (and find attached) our Parent Mail- a delicious vegan taco recipe. It would be great if this could be added to your parent mailing list and social media outlets.



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

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW GROUPS STARTING NEAR YOU. CLICK BELOW TO SIGN UP FOR YOUR FAMILY'S FREE PLACE!*

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



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



Veganuary Tacos!

Is your family taking part in Veganuary? Or do you just want to increase veggies in your meals? Try tacos! Quick & easy for busy parents, and loads of fun for the kids to stuff their own!

SERVES 4

What you'll need:

1 tbsp olive oil, 1 onion (diced), 2 garlic cloves (diced), 2 x 400g cans black beans, 2 tsp ground cumin, 1 tsp ground coriander, 2 tsp paprika, 2 tsp chilli powder, 8 taco shells

FOR THE GUACAMOLE:

2 avocados, 1 red chilli, Lime, 1 garlic clove, Coriander

FOR THE SALSA:

3 tomatoes, 1 red chilli, ½ small red onion, Coriander

OPTIONAL ADDITIONAL TOPPING:

Charred sweetcorn, vegan cheese, dairy free sour cream

What to do:

Heat oil in a pan over medium heat. Add the garlic and onion and sauté for 3 minutes. Add the drained beans and seasonings. Stir for 5-8 minutes until warmed, crushing some of the beans with the back of a spoon. Remove from heat and set aside.

TO MAKE THE GUACAMOLE:

Crush the garlic and mix with the coriander and chilli in a bowl. Add the avocados and roughly crush with a fork so that it is still a little chunky. Add the lime juice and stir through. Set aside.

TO MAKE THE SALSA:

Mix all of the salsa ingredients together in a bowl. Set aside.

TO CONSTRUCT YOUR TACOS:

Heat the taco shells according to packet instructions, stuff with your fillings and enjoy!



beezeebodies.com

BeeZee Families

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