



Department
of Health

Satisfied Tummies: A book of family recipes

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This publication was withdrawn in February 2026

It has been superseded by the [Delivery of the healthy child programme](#) guidance.

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Satisfied Tummies:

A book of family recipes

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Purpose of Document

This case study focuses on an improvement in service quality, innovation or a new way of working, specifically along one or more of the strands of the health visiting service vision and family offer:

**Community
Universal
Universal Plus and
Universal Partnership Plus.**

Case Study Overview

The Department of Health recommends that you start feeding your baby solids at six months old. However, many mothers are unsure of what foods their baby can have at this age.

During routine Universal contact, many mothers request ideas for foods they can give their baby when they start solids and in the first year of life. Some mothers also contact the health visiting service to request support (Universal Plus), as they find this period of introducing solids very stressful. In response to this highlighted need, a book of family recipes was written to give parents ideas of meals that can be eaten as a family and include babies over six months. The main aim was to give mothers more confidence in making and cooking food for their baby and family.

The community was at the heart of this project, with mothers and carers encouraged to suggest recipes their baby enjoys. These were collated over a six-month period through health visiting teams and Children's Centres. Once a variety of recipes had been collated, the community dietician was asked to check them to ensure that they were healthy and nutritious.

The recipes were put into a book format and at every stage mothers were asked their views and involved in the design. The book is divided into sections: breakfast, lunch, dinner, dessert and snacks. At the end of each section there are blank pages so that parents can add their own recipes. Meal planners were also included at the back so that parents can plan and budget for family meals.

Following a high-profile launch, parents were asked for their views on the book. They said that they enjoyed the recipes as a family, found them easy to follow and would recommend the book to friends and family.

Achievements

Families were involved from the start of the project with the planning and design of the book, and a local mother came up with the title. Many of the families invited to participate were members of groups at a local Children's Centre. Staff encouraged them to bring in and share recipes their babies enjoyed to help develop the book content. Family involvement was rewarded by including the name of the baby in the book under their favourite recipe. The families were also consulted on the format and different cover designs. They were asked if they felt that the book should be sold, and they agreed they would be happy to pay £3 for the book. It was felt that if the books were bought they would be used and appreciated.

To reward, encourage and give confidence to families, a launch event was planned with a local celebrity chef providing a cooking demonstration using recipes from the book. The ingredients were bought from a local shop and the cost broken down to show how cheap it is to cook your own food. The launch was held in the local Children's Centre and health and local authority staff joined families on the day. A press release was issued to the media to promote the event and, as a result, mothers were interviewed and photographed about their experiences. A total of 52 books were sold on the day, with the chef signing books for the parents. A short questionnaire was included with it to ensure that there would be another opportunity to engage with the audience and use their feedback to make improvements when the book is reprinted.

Benefits

Although the book was initially piloted in one area, there has been a great deal of interest in it both across Lincolnshire and nationally. For Lincolnshire Community Health Services NHS Trust it is a business prospect and an opportunity to enhance the reputation of the

service. It has been supported by Public Health and links in to ambitions to prevent childhood obesity. Childhood obesity is a key issue and is high on the national agenda. Practitioners and parents are influential in shaping children's eating habits, as our diet can be determined by our earliest eating experiences; it is important to provide children with healthy foods from the start.

After the book had been printed, families using the book were contacted and asked a set of questions to establish how successful the recipe book had been. From their responses, it was clear that they found the recipes easy to follow and enjoyed the recipes as a family. They felt that the book was good value for money and would recommend it to friends and family.

One mum said: 'It's really useful to have something like this. It's a great way to get different ideas of what to cook.'

Another told health visitors: 'It is nice to get some different ideas because at the moment I make things just for my baby. It's nice to see what I can make that we can all have.'

Challenges

The project took a lot longer to come to fruition than planned, due to workload and capacity. One of the ongoing challenges is promoting the book to ensure that it continues to be a success and remains a popular choice for families. Posters have been placed in clinics to highlight the availability of the book and a further mini launch was held at another Children's Centre to raise its profile among families in a different area. We continue to seek further promotion opportunities in the county.

However, members of the health visiting teams sometimes forget to discuss the book with families and explain how the community was involved, as they become distracted by their workload.

Continued sales of the recipe books have also been a challenge, as we need to ensure equity of where the books are available and maintain a robust audit trail of any proceeds.

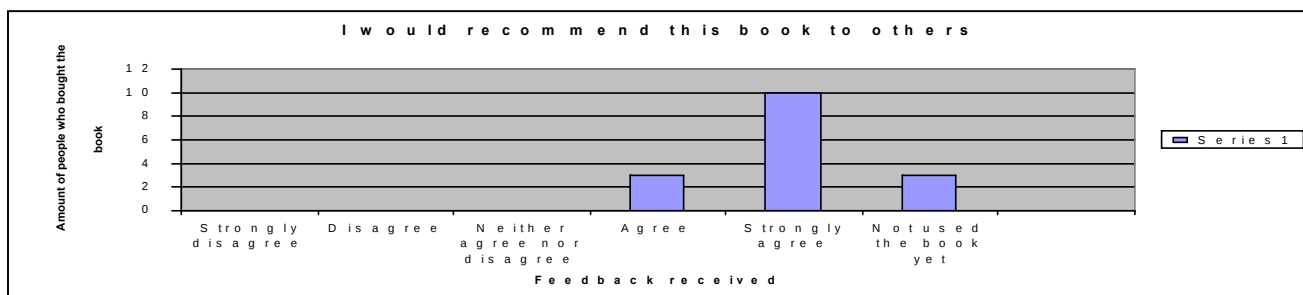
Learning

Before the book is reprinted, we need to ensure that each recipe states how many people it feeds and what a portion size is for a baby. More pictures could be added of the meals to enhance the design and appeal of the book if further funding becomes available, but the book was printed on a limited budget. Copyright would have been useful to secure early on in the project, and the Trust has now ensured that this is in place.

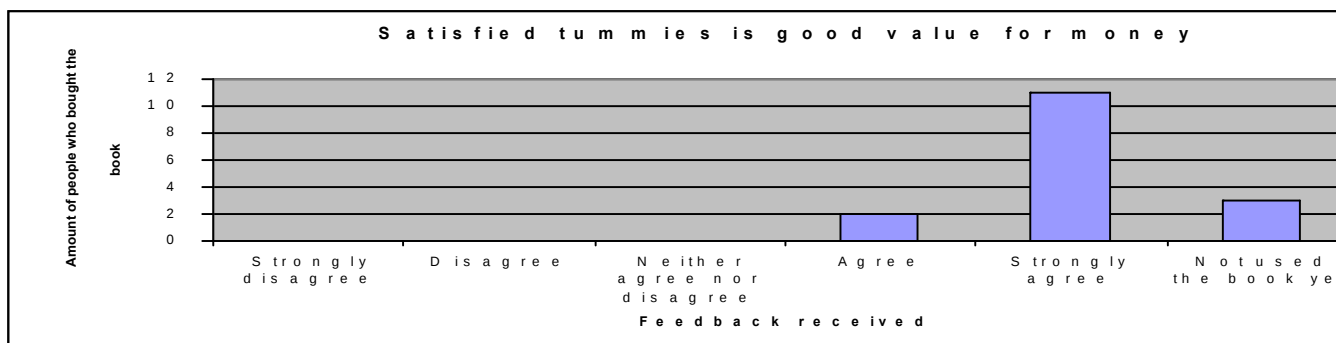
There is funding to have the book reprinted, which will mean it will be widely available across the whole of Lincolnshire. There are also ongoing discussions about including some of the featured recipes on a smartphone app.

Appendix 1: Feedback

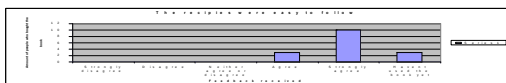
[Proofing note: Please note that these figures are unstable and resize themselves. If the sizing is not correct when you view the file, please right click on the figure and go to format picture, where you can set the correct size again. Also, I cannot amend any part of the graphs. I would change "Amount" in Y-axis labels to "Number" Also please ensure that there is a space in "Series 1"]



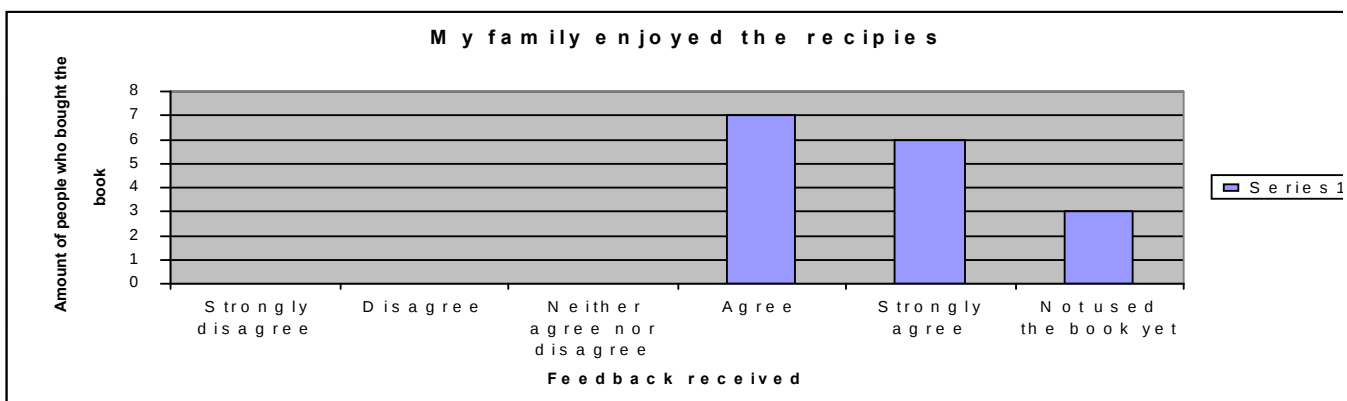
[Proofing note: I would italicise "Satisfied tummies" to make it clear that it's the book]



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[Proofing note: please correct misspelling of "recipes" in title below. Also, Y-axis labels are different from others (they go 2, 4, 6, etc)]





Appendix 2: Some of the photographs taken at the mini launch and cookery demonstration event hosted at a local Children's Centre

