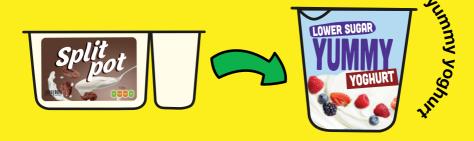


Find healthier swaps for the whole family



Just scan, swipe, swap

Now it's your turn to try!









Download the FREE NHS Food Scanner App

Be a **Series**Swap Rockstar!



Scan the barcode on your favourite foods



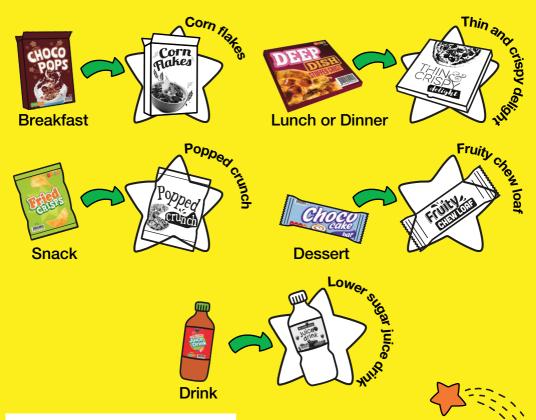
Swipe to see healthier choices



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