



Looking for after school football for your child?

Check out The FA Skills programme: exciting football sessions designed for 5-11 year old girls and boys of any ability.

Together The FA and Lidl are offering sessions run by professional FA coaches to help develop your child's confidence, social skills, overall fitness and technical ability. And they're great value at only £3 max. per session.

For more details on the programme and the partnership or to book online go to

[TheFA.com/Skills](https://www.thefa.com/Skills)

Oaklands Funsize 4

Ideal for your childrens lunch boxes



OAKLANDS FUNSIZE
Bananas
95p
750g
£1.27/kg

OAKLANDS FUNSIZE
Apples
£1.19
800g
£1.49/kg

OAKLANDS FUNSIZE
Pears
£1.19
770g
£1.55/kg

OAKLANDS FUNSIZE
Easy Peelers
89p
600g
£1.48/kg

Quick Smoothies

Smoothies are a fantastic way to get your kids excited about eating more fruit - and there are so many different flavour combinations that even the fussiest eater will find their favourite.

Simply pick out a few different fresh fruits with your kids - our Pick of the Week deals on fruit and veg are a great place to start.

After you've prepared the fruit, just throw it all in a blender, then add some natural yogurt and a handful of ice cubes.

A healthy smoothie, packed with vitamins, fibre and delicious natural flavours.

