



SUMMER HOLIDAYS

Having fun with your kids this summer doesn't have to cost a fortune. There are tons of things to do to keep kids fed and entertained over summer for free or very little money if you know where to find them! Here are some of our favourite links and tips to save you money while you enjoy family time!



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FOOD

FREE SCHOOL MEALS OVER SUMMER

Money Saving Expert has a good page on their website which explains the [different ways to access free school meals over the summer holiday](#).

CHEAP MEALS OUT FOR KIDS

Quite a few places are offering meals for kids for £1 or for free over the summer holidays. Our picks are the Asda Cafe, with their [kids eat for £1](#) offer and there's a [half price adult meal](#) offer after 3pm, and Tesco, who are offering [kids eat free](#) with any purchase at their café.

There are lots of other offers for kids to eat free or for a £1 with details at [Money Saving Central](#). Offers are from the likes of Sainsbury's, Morrisons, Bills, Bella Italia and Yo, Sushi! Do check them out to see what might work for your family

SHARING

[The OLIO app](#) is a way for people to share things and they often have food from supermarkets and café's that is fresh and completely free!



ACTIVITIES

PARKS AND CITY FARMS

There are lots of free places where you can take kids and bring your own food. Near to us, we love:

Stepney City Farm Visiting the farm is completely free and no need to book. You can meet the farm animals including ducks, sheep, goats, donkeys, rabbits and guinea pigs.

The Queen Elizabeth Olympic Park in Stratford has over 550 acres of parkland and waterways, so there are endless places to walk and explore for free. There's a special explorer trail for children and amazing play areas across the Park – with Tumbling Bay in the north of the Park and climbing walls, sand pits, an outdoor gym and more in the south of the Park.



ACTIVITIES

GALLERIES AND MUSEUMS

At Tate Britain, in Pimlico, there are play studios for you and your children to make art together! Tate Modern, near London Bridge, has loads of spaces inside where kids can roam and explore, you can interact with some of the art and have a go on a digital sketch pad.

At the London Museum of The Docklands, you can explore the history of the London Docks and the people who have lived there. It's free to enter and there are lots of free family events, including under 5s play sessions and quiet afternoons, and loads of special events.

And right here in Bethnal Green: The Young V&A is a free, national museum all about the power of creativity in children's lives. There are performances, storytelling, workshops as well as toys old and new.

Every borough will have their own free lunch and holiday activities for kids. Here's what we have found on offer in Hackney, Redbridge, Tower Hamlets and Islington.



GOOD DEALS

The Money Saving expert website has a whole host of ideas you can try, which is worth having a look at. We loved this frozen dinosaur eggs idea! And for active kids, if you shop at Aldi they have a special offer at the moment where you can try a sport for free.

Citymapper is a well-known transport app, but it's also a budgeting tool as it helps you compare the costs of your journey options.

And if you want to have some fun close to home, the summer reading challenge is a great way for your kids to enjoy reading at home over the summer. Kids sign up at their local library, pick up their activity pack and choose a book. With each book they read they can collect stickers. It's completely free and you can also get involved online.

And finally of course, back to school! Aldi have a great offer for school uniform at the moment with a 'school uniform for a fiver' deal. Most schools have a second-hand uniform sale, shop or facebook group where prices are much lower.



**HAVE FUN AND
KEEP COOL!**



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