Here are the clear steps to run your application in VS Code:

1. Open VS Code and open two terminals (you can split the terminal or create new ones):
   * Click Terminal > New Terminal or press Ctrl + `
   * Click the + icon to add a second terminal
2. In the first terminal, start the backend:
3. CopyInsert

cd backend

1. python app.py
2. In the second terminal, start the frontend:
3. CopyInsert

cd frontend

1. npm start

Let me run these commands for you:

Running background terminal command

d:\PROJECTS\canteen\_inventory\_forecast\backend

Go to terminal

> python app.py

Output

CopyInsert

\* Serving Flask app 'app'

\* Debug mode: on

WARNING: This is a development server. Do not use it in a production deployment. Use a production WSGI server instead.

\* Running on http://127.0.0.1:5000

Press CTRL+C to quit

\* Restarting with watchdog (windowsapi)

\* Debugger is active!

\* Debugger PIN: 203-035-005

Not auto-run

Running background terminal command

d:\PROJECTS\canteen\_inventory\_forecast\frontend

Go to terminal

> npm start

Output

CopyInsert

Would you like to run the app on another port instead? » (Y/n)

Not auto-run

Checked command status

After both servers are running:

1. The backend API will be available at: http://localhost:5000
2. The React frontend will automatically open in your default browser at: http://localhost:3000 (or another port if 3000 is in use)

Quick tips for development in VS Code:

* Frontend code changes in frontend/src will automatically reload in the browser
* For backend changes in backend, you'll need to restart the Flask server:
  + Press Ctrl + C in the backend terminal
  + Run python app.py again

To stop the servers when you're done:

1. Press Ctrl + C in both terminals
2. Or simply close the terminals in VS Code

Let me know if you need help with anything specific in the application!