

SIMPLY VEG



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 SimplyVeg.org.uk

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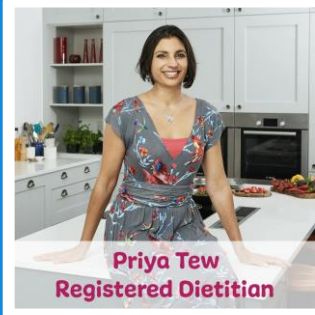
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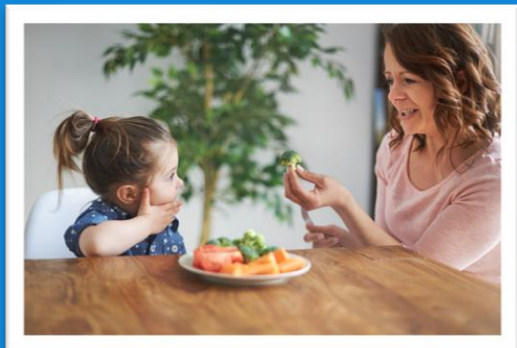


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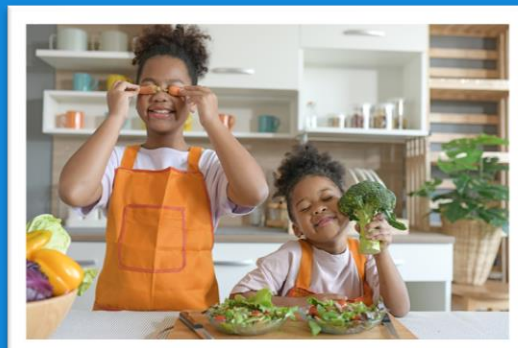
Simple & accessible expert advice for parents



PREPARING

PARENTS TO SUCCEED

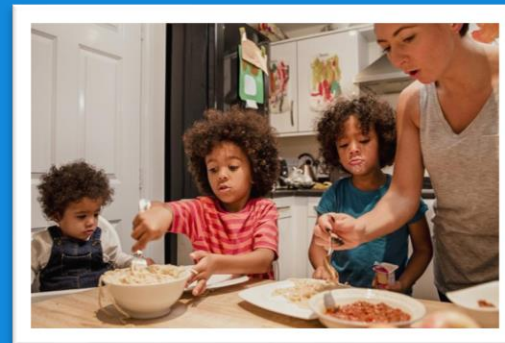
- Portions & nutrition
- Eating the rainbow
- Understanding preferences
- Veg on a budget
- Eating with the seasons
- Healthy Start
- Neurodiversity



ENGAGING

CHILDREN WITH FOOD

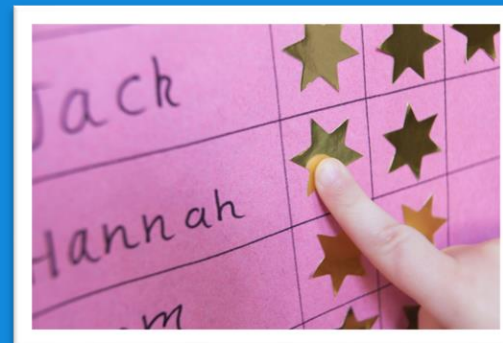
- Sensory activities
- Games & puzzles
- Arts & crafts
- Cooking together
- Playing with food
- Science



YOUR FOOD

GRADUAL CHANGE

- Steps to better
- Batch cooking
- Food waste
- Lunch boxes
- Jamie's £1 Wonders
- Soups
- A-Z Vegetables



POSITIVE

MEAL OCCASIONS

- Serving together
- Role-modelling
- Rewarding
- Re-offering