



SimplyVeg.org_uk

Expert contributors

















Specialist Dietitian





Kim Smith Sensory Expert



Or Clare Holley Food Psychologist



Chris Collins Gardener



Prof Giles Yeo MBE Geneticist



Hugh Fearnley-Whittingstall Chef



Or Laura Wyness Registered Nutritionist



Bee Wilson Food Writer



Or Glenys Jones Registered Nutritionist

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