

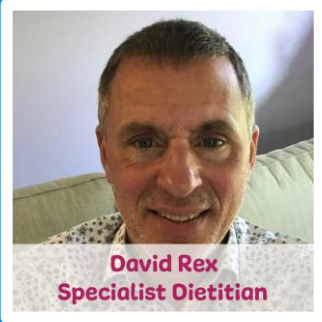
# SIMPLY VEG



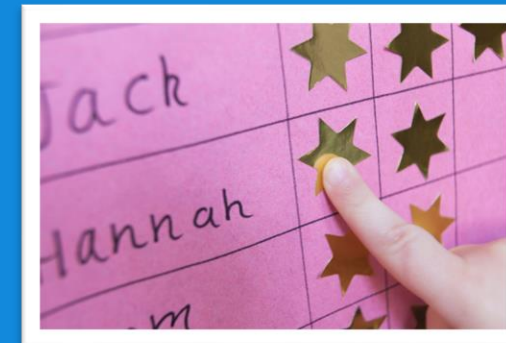
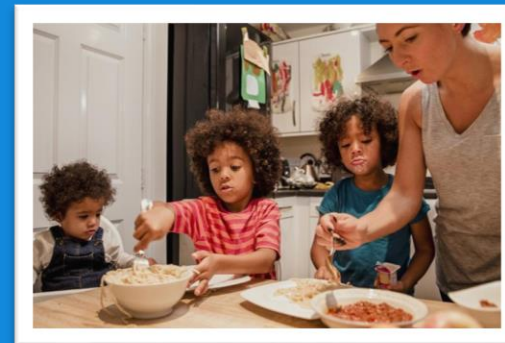
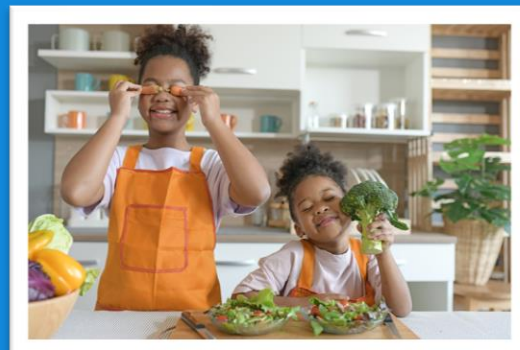
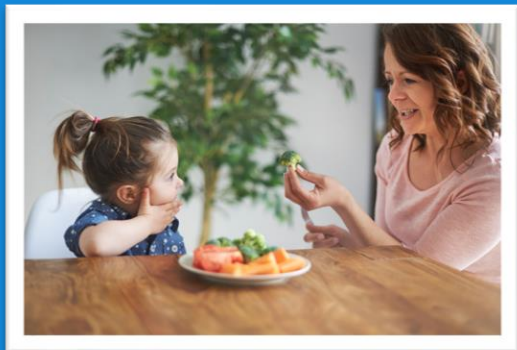
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# Expert contributors



# 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