



EYFS FAMILY FOOD WORKSHOP

SUPPORTING YOUR CHILD'S EATING AT SCHOOL AND HOME

We are delighted to welcome our families to our food workshop on Thursday 14th March. 3.10 - 3.30pm. Our workshop will cover topics including:

- Trying new foods through strategies including food exploration.**
- Building confidence and independence at mealtimes.**
- What a balanced diet might look like and how you can support with this.**

WHEN?

- Thursday 14th March, 2024**
3:10pm - 3.30pm

