



**STRUGGLING
TO GET YOUR KIDS TO EAT
VEGETABLES?**



WORRIED
BY THE INCREASING
COST OF FOOD?



SIMPLY VEG

Simply Veg is packed full of tips, hacks, advice and giveaways to make it as easy as possible for you to serve affordable veg-packed meals that your family will love.





You might know Veg Power from our Eat Them to Defeat Them programme in schools. Our job is to help parents and carers to get their kids to eat more veg. With so much pressure on every penny it's never been more important **to make good food affordable.** We're here to help.

Simply Veg is our new project. We've gathered together the top nutritionists and chefs to share their best hacks. We'll show you tricks on how to shop to save and make your food go further. We've got popular children's characters helping to engage your kids, and we'll have giveaways and fun along the way.



**100% FREE
100% SIMPLE**

Find out more
simplyveg.org.uk

© Veg Power 2022



VEGPOWER