

# ARE YOU STRUGGLING TO GET YOUR KIDS TO EAT VEGETABLES?

**Launch into Veg** is our new online programme specifically designed to help parents whose children eat little or no vegetables. Through a series of online video tutorials and simple steps we'll help you progress your child from little to no veg to at least one or two vegetables they eat on a regular basis.

This programme has been designed by leading nutritionists, chefs, and child psychologists for “veg-resistant” kids. It's very gentle, and works in small steps to avoid friction and waste.

## SimplyVegLearning.org.uk

SCAN ME



**VEGPOWER**