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





## LAUNCE INTO VEC

# Launch into Veg by Veg Power is a 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.



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#### VEGPOWER

