

Shaun the Sheep™



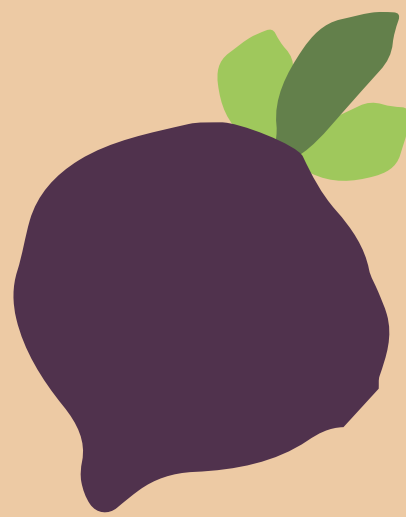
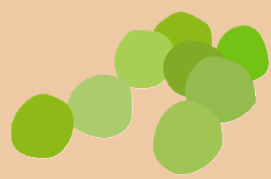
EAT



THE



RAINBOW



WELCOME TO EAT THE RAINBOW



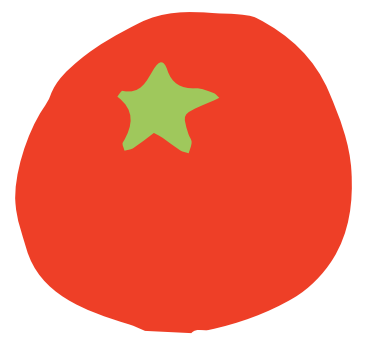
Veg Power has partnered with Aardman to create a fun-filled nutrition education experience to get kids eating more veg. Featuring the popular children's character Shaun the Sheep, it introduces children to a variety of vegetables and the importance of eating a rainbow of veg.



WHAT TO EXPECT

The programme is coming to you through schools, holiday programmes, community groups, events and cookery clubs.

Your child's Eat the Rainbow experience may include arts & crafts, exploring vegetables with their senses, learning about the rainbow of different vegetables, food preparation or tasty rainbow veg food.



THE RAINBOW CHALLENGE

Your child should come home with a Shaun the Sheep Eat the Rainbow wallchart and sticker pack. This pack is a challenge and reward system to encourage you and your child to eat rainbows of different kinds of vegetables at home. Check the chart for details.





SIMPLY VEG

ARE YOU STRUGGLING TO GET YOUR KIDS TO EAT VEG?

We all know that vegetables are important. Every parent wants the best for their children, and to give them the best start to a healthy life. But raising healthy kids is hard, even harder if you are short of time, feeling the squeeze of the cost of living, or facing other challenges.

Simply Veg from Veg Power is here to help with tips, expert advice and support.

SIMPLYVEG.ORG.UK

