

Shaun the Sheep™

EAT
THE

RAINBOW

SIMPLY
VEG

PROGRAMME
GUIDE





80%

**OF OUR CHILDREN
ARE NOT EATING
ENOUGH VEGETABLES**

with a third eating less than one portion a day. Our mission is to inspire kids to love vegetables and to share that joy with their families today and their own children tomorrow.

Veg Power has partnered with Aardman to create a fun-filled nutrition education experience featuring Shaun the Sheep. Eat The Rainbow introduces children to a variety of vegetables and the importance of eating a rainbow of veg.

For more information and resources go to:
vegpower.org.uk

VEGPOWER

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. The programme introduces children to a variety of vegetables and the importance of eating a rainbow of vegetables.

Featuring the popular children's character Shaun the Sheep, the programme will engage children with vegetables. This



programme is backed by our experience in nutrition, behavioural change and fun, and our commitment to support cultural, economic and neuro diversity.



VEGPOWER

AARDMAN

This programme is created in partnership by Veg Power CIC and Animation Studio Aardman © Veg Power CIC 2024

Shaun the Sheep and Shaun's image are trade mark Aardman Animation Ltd. 2024



Our print uses FSC paper and plastic free stickers. We have a zero waste policy. Please try to use everything and recycle responsibly.

Report design: whitecreativecompany.co.uk

CONTENTS

GETTING STARTED

Introduction	4
Promoting your event	6
Decorations	7

ACTIVITIES

Eat the rainbow	8
Build the rainbow	10
Veg crowns	12
Explore your senses	14
Preparing food	16

RECIPES

Rainbow rice	17
Rainbow pasta bake	18
Rainbow veg salad	19
Rainbow 'tagine'	20

MORE

Wall charts	21
Participation stickers	21
Feedback	22
Social media	22
Help	22

UPDATES

For updates on our Eat The Rainbow and other resources and campaigns register for our monthly newsletter at vegpower.org.uk

GETTING STARTED

EAT THE RAINBOW

This is your guide to the Eat The Rainbow programme full of instructions, ideas, resources and where to get extra help.

FLEXIBLE DESIGN

The programme is designed to be modular and flexible in both duration and activities to meet different capabilities and opportunities – we understand that many may not be able to cook or handle food.



ACTIVITIES FOR DIFFERENT AGES

The programme has been designed as an activity for primary school-aged children with supervising and support roles for older children suggested in each activity.

DO YOU SUPPLY VEGETABLES?

Sorry, we don't. It is just not practical or affordable to supply vegetables to the thousands of projects we support. Vegetables are not necessary to deliver the programme. If you can access vegetables for the children to touch, build into a rainbow or prepare for lunch, that will enrich their experience, but is not necessary.

RECIPES

This guide includes some simple rainbow-themed recipes you can provide for lunch to enhance the theme and encourage kids to eat that rainbow of veg. Each recipe suggests roles for the children if the provider

is able to support prep or cooking activities. **Pages 17-20.**



PARTICIPATION STICKERS

We have supplied you with a roll of stickers. Kids love them. Please give these out generously when children participate or try vegetables (or even give just a sniff).



NUTRITION

Is this programme compliant with nutrition and curriculum standards? Yes, all our work is supported by our in-house team and our expert advisors on nutrition and behaviour change and although not intended to directly deliver a school curriculum, the programme has been created with teachers to comply with the national curriculum.

SOCIAL MEDIA

We'd love to see your activities on social media please tag

@VEGPOWERUK
@SHAUNTHESHEEP
#EATTHERAINBOW

GETTING READY

We hope that your Shaun the Sheep Eat The Rainbow experience is successful and fun. To help promote the event we have supplied posters, a digital flyer and a toolkit to support your social media posters.

We've also supplied a set of Shaun the Sheep and vegetable decorations to bring the fun to your venue. Turn to **page 6**



ACTIVITIES

This guide suggests five activities each with supporting resources. It's flexible, so pick the ones which work for you. Some require food which we do not provide.

EATING THE RAINBOW: This workshop kicks off the programme of the day by introducing children to a rainbow of vegetables. **Page 8**

EXPLORE YOUR SENSES: Exploring vegetables through senses is fun, educational and an effective way

to encourage kids to engage with healthy veg. Requires veg. **Page 14**

BUILD THE RAINBOW: Build a rainbow from real vegetables. We supply a fun sign and video instructions, but you would need to supply the vegetables. **Page 10**



VEGETABLE CROWNS: Cut out, colour in and make your own Shaun-themed vegetable crowns. **Page 12**

PREPARING FOOD: Preparing food is a fantastic way to engage children with vegetables - they can help make lunch. **Page 16**



HEADING HOME

At the end of the event, give the children their take-home wall chart & sticker pack which encourages the children to collect a rainbow of vegetables and directs parents to all the tips and support on our website. **Page 21**



FINALLY

After the event, please give us five minutes of your time to complete our online feedback survey, it really helps us to develop programmes that work.

Page 22

GETTING STARTED

PROMOTING YOUR EVENT

Millions of children love Shaun and Sheep and we're sure they will love the idea of a Shaun the Sheep themed day. To help you promote it we supply posters, a digital flyer to send to families, and a tool kit to help you on social media.

You can scan the QR codes to access more resources or head to vegpower.org.uk/eat-the-rainbow



POSTERS

Your resource packs include three A4 posters. There is plenty of space to add the details of your Shaun the Sheep fun day and then put them up at the venue or where else you can.

If you need more posters you can download the artwork by scanning this QR code.

SCAN ME!



DIGITAL FLYER

We have a digital flyer that you can send out to parents and carers as an email attachment or via WhatsApp. This flyer is designed to work well on mobiles, tells them about the event, lets them know what to expect and how they might use this project to make a lasting improvement in their child's vegetable consumption. Please send it out.

You can download the flyer on this QR code.

SCAN ME!



SOCIAL MEDIA

If you use social media to promote your event we have a toolkit to help. This includes graphics, hashtags and suggested posts. Please can scan this QR to download the toolkit.

SCAN
ME!



DECORATIONS

Your resource pack includes a set of A4 cut outs of Shaun and friends, and family favourite vegetables. These are for you to decorate your venue to make it feel fun and special on the day. Maybe you can get the older children to help stick up these decorations.



ACTIVITY:

**ACTIVITY
TIME:**
15-30
mins

EATING THE RAINBOW

This activity introduces the children to the idea of eating a rainbow of vegetables. If you have a screen, there is a supporting PowerPoint presentation, or you can pass around real vegetables if you have them, or just pass around the cut-out vegetables we have supplied. This is a great place to start.

PLANNING & PREPARATION

- 1 Decide whether you are going to use the PowerPoint, real vegetables or the cut-outs.
- 2 Download the PowerPoint using the QR code. There is a slide there for each activity, remove the ones for the activities you don't plan to use.
- 3 Unpack and set aside any vegetables.
- 4 Brief the older children on their roles.

ON THE DAY

Step-by-step guide:

- ★ Settle the children and draw their attention to the PowerPoint presentation, vegetables or cut outs.
- ★ Today we are exploring the rainbow of different colours we can find in vegetables with Shaun the Sheep. Let's explore the colours.
- ★ As you show each slide, vegetable or cut-out ask the children, or select volunteers to name the vegetable (and then click to reveal the answers on the presentation).
- ★ Explain to the children that today we are going to explore the rainbow of vegetables.
- ★ If you are doing the build the rainbow activity then explain that you are going to work as team to build a rainbow of actual vegetables.
- ★ If you are doing the sensory activity, explain that today you are going to use all your different senses to explore sweet peppers.

YOU'LL NEED

One or more of the PowerPoint, a rainbow of different coloured vegetables or the vegetable cut outs

Vegetable crown

Wallchart and sticker pack

Roll of stickers



- ★ If you are doing the craft activity then show the children a vegetable crown and explain they will be colouring in and creating their own vegetables crowns.
- ★ If you are doing a food preparation activity then explain that the children are going to help prepare the vegetables.
- ★ If you are having a rainbow vegetable lunch tell the kids what they can expect.
- ★ Show the children the wall chart and sticker pack and explain that you have one featuring Shaun the Sheep for each of them to take home afterwards.
- ★ Also explain that you have a Shaun the Sheep sticker for each child to win during the day.

OLDER CHILDREN

Supervising the children

Handing around the vegetables for the children to pass around and touch

Holding up the vegetable cut outs if you are using those for this activity



IMPORTANT Finally tell them that although today is all about vegetables, nobody has to try any vegetables if they don't want to - they can just sniff them, or lick one or not even touch it at all, and nobody has to like any of them, that's all OK.

YOUR PLANNER

Add your planning notes and feedback here.

SCAN ME!



Download the Eat The Rainbow presentation here.

DONE

RATING










ACTIVITY:

**ACTIVITY
TIME:**
30-60
mins

BUILD A RAINBOW

This is an engaging team task to create a rainbow of vegetables. Your kits include the Eat The Rainbow sign for the centre of the display, you will need to source the vegetables for this activity, these need not cost more than £40.00.

PLANNING & PREPARATION

-  Make sure you have a good selection of vegetables for each of the different colours of the vegetable rainbow.
-  Unpack and set aside the vegetables.
-  It might be easier to cut some of the larger vegetables in half.
-  Clear a large space on a flat surface to create the rainbow.
-  Watch the build the rainbow video.
-  Brief the older children on their roles - maybe show them the video too.
-  Before you start, it is very important to double check if any children have food allergies, or if there are any religious or other food-related restrictions.

YOU'LL NEED

- ★ Eat the rainbow sign
- ★ Bowls or small plates are useful

Vegetables: Please note we do not supply vegetables. Here is our suggested veg list - you don't need them all, but make sure you have the different colours:

2-3 red onions • 2 aubergines • 1 purple lettuce
1 swede • 2-3 turnips • 1 red cabbage • Raw beetroot
Purple lettuce

A pack of salad tomatoes • 1-2 larger tomatoes
2 red peppers • 1 pack radishes

1 butternut squash • 1 sweet potato
1 bag of carrots

250g small mushrooms • 2-3 large mushrooms
1 cauliflower • 2-3 onions • 500g parsnips

2 yellow peppers • 1 pack baby corn
1-2 sweetcorn cobs

2 heads of broccoli • 1 small pack of courgettes
2 green peppers • 1 green lettuce • 2-3 leeks
1 white cabbage • 1 savoy cabbage • 1 pack of celery
Cucumber • Sugar snap peas • Mangetout



ON THE DAY Step-by-step guide: How to build the rainbow

- ★ Wash your hands and suggest the children wash their hands before you start.
- ★ Ask the children to form a queue with the table in front of the first child.
- ★ If you have enough older children or team members you can form two queues.
- ★ Ask each child to step forward and choose a vegetable to place on the rainbow, or you can suggest one for each child.
- ★ Ask the child if they know what the vegetable is called?
- ★ Ask them to explore and describe the vegetables with one of their senses. How does it feel? What colour is it? How does it smell? Does the shape remind them of anything (i.e. broccoli might be little trees)?
- ★ Finally, ask the child to place the vegetable in the correct colour arc of the rainbow.
- ★ For best effect the order should be (from inner to outer) purple, red, orange, yellow, white and green on the outside.
- ★ Direct the child to the back of the queue and turn to the next child.
- ★ You might need to rearrange the vegetables as you go to form a good shape - a great role for the older children.

OLDER CHILDREN

Preparing the vegetables

Supervising the children

Shaping the rainbow



SCAN ME!



Check out this speeded-up demonstration of building a vegetable rainbow.

YOUR PLANNER

Add your planning notes and feedback here.

DONE

RATING



ACTIVITY:

ACTIVITY
TIME:
30-60
mins

VEGETABLE CROWNS

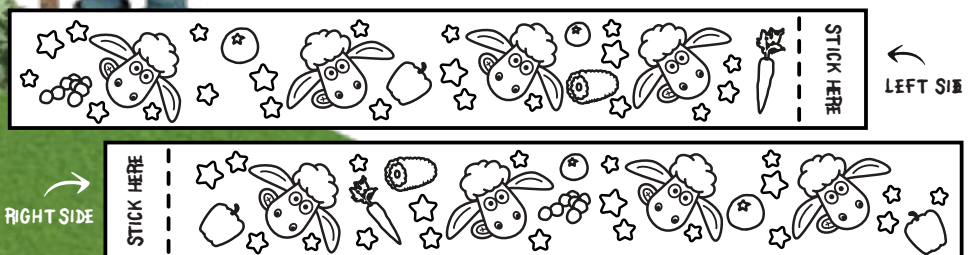
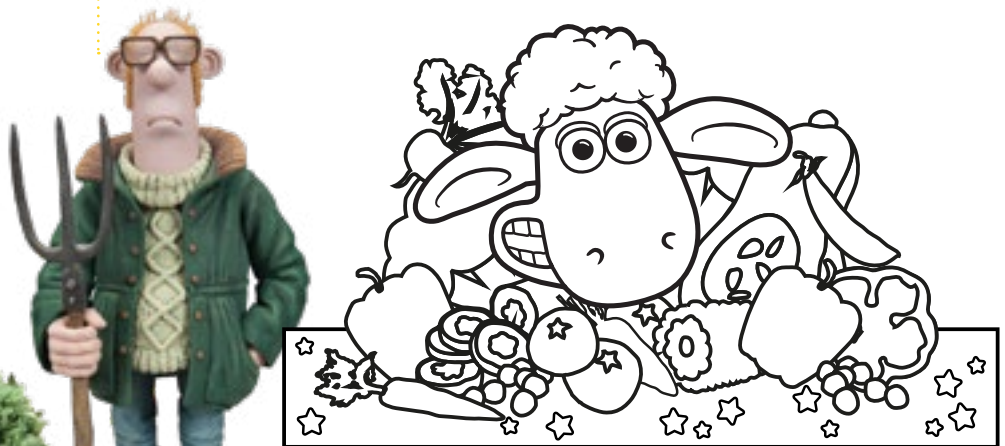
Our vegetable-themed crowns always go down well with the children. You should have one Shaun the Sheep themed crown for each child. You can use these as a craft project on site or give them to the children to take home.

PLANNING & PREPARATION

- 1 Make sure you have the crowns and nylon cord provided.
- 2 Make sure you have your crayons, scissors and glue.
- 3 Please note: children should only be given safety scissors.
- 4 Plan the cutting out. If you have safety scissors children can cut their own, if you have adult supervisors or volunteers they can cut the crowns out before or at the time.
- 5 Please don't leave sharp objects where they can be reached by children.
- 6 Brief the older children on their roles.

STEP-BY-STEP GUIDE FOR MAKING CROWNS

- ★ Carefully cut out the pieces of the crown.
- ★ Tell the children to get creative and add some colour!!
- ★ Stick the side pieces to the front using glue or tape.
- ★ Measure the crown around your head.
- ★ Cut out the excess leaving room to overlap the ends.
- ★ Stick the ends together.
- ★ Share yours on social media with the hashtag **#EATTHE RAINBOW**



YOU'LL NEED

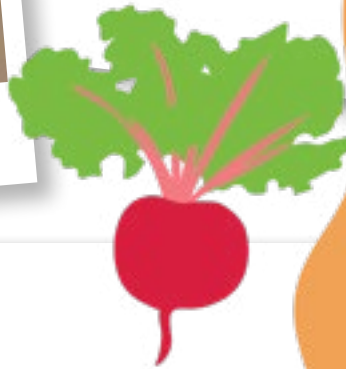
Shaun the Sheep vegetable crowns

Coloured crayons, pencil or felt tips (not supplied)

Nylon cord

Child-safe and non-toxic glue or stick tape

Safety scissors (if possible)



OLDER CHILDREN

Supervising the children

Helping the children to choose colours

Cutting out

Sticking crowns together



YOUR PLANNER

Add your planning notes and feedback here.

DONE

RATING






ACTIVITY:

**ACTIVITY
TIME:**
30-60
mins

EXPLORE YOUR SENSES

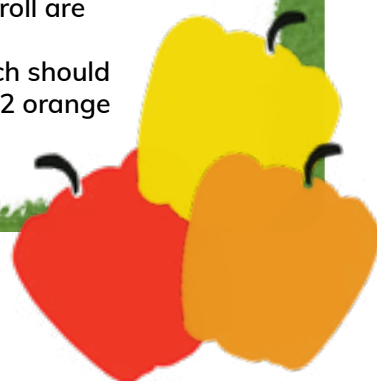
Explore the five senses and discover the look, feel and taste of peppers. This simple activity is engaging. You will need to source a selection of different coloured peppers for this activity.

PLANNING & PREPARATION

-  Unpack and set aside the peppers.
-  Brief the older children on their roles.
-  Before you start, it is very important to double check if any children have food allergies, or if there are any religious or other food-related restrictions. This activity is focused on fresh peppers, which tend to cause few allergies compared to other food groups and which are acceptable for vegetarian and vegan diets.

YOU'LL NEED

- ★ Chopping board and knife, please note you can use just a regular kitchen knife or even just tear the peppers instead.
- ★ Knives should only be used by supervising adults and not left lying around.
- ★ Little plates or bowls and kitchen roll are useful for reducing mess.
- ★ A selection of sweet peppers which should include at least 2 green, 2 yellow, 2 orange and 6 red peppers.



ON THE DAY

Step-by-step guide: Exploring senses

- ★ Wash your hands and suggest the children wash their hands before you start.
- ★ Senses: Explain to the children that we'll be exploring peppers using our senses. The two golden rules to communicate for today's activity are: You don't have to try the peppers and You don't have to like them. Let them know they can always try in other ways, too, such as sniffing or licking.
- ★ Ask the children: Do you know your senses? Can anyone tell me what the five senses are? Ask the children to point to what part of their body they use for each of these senses - please be sensitive if your group includes any sensory impaired children. Which of these senses do we use with food? All of them! Today we are going to use seeing and touching to explore peppers.
- ★ Colour: Show the children the different coloured peppers and encourage them to touch them. Are peppers always red? What



other colours can you see? Explain that peppers change colour as they grow. They start off green, and then turn to yellow, then orange, then red. They can be eaten at any colour. As they grow they become sweeter. Can anybody guess which colour is the sweetest colour? It's red. Does anyone know what the opposite of sweetness is? It's bitter. Can anyone guess which is the most bitter pepper? It's green.

- ★ Look and Feel: Suggest the children gently touch the outside of the pepper. What words can they use to describe the outside of the pepper? How does it look? How does it feel? Shiny? Smooth? Now cut a pepper in half from the top down and pass round the halves. Ask them to describe what they can see. Can they see a face? Does it look like a monster? Can anyone spot the seeds? Ask the children to touch the inside of the pepper and see how it compares to the outside. What words would you use to describe it?
- ★ Taste: Take half the remaining peppers, and slice into wands. Who can remember which colour is the sweetest? Finally, take a bite yourself and see if they would like to try a little piece, even if it's just sniffing or licking it. Is it crunchy? Which colour do they prefer?
- ★ Finally, you might like to ask: Did anyone try anything new today? You might be surprised by how many hands go up!

OLDER CHILDREN

Supervising the children

Act as a role model showing the children how to do each activity



For more free sensory education resources check out: tasteeducation.com



YOUR PLANNER

Add your planning notes and feedback here.

Lined writing area for planning notes.

DONE

RATING



ACTIVITY

ACTIVITY TIME:
30-60
mins

PREPARING FOOD

One of the best ways to develop a love of veg in kids is to get them involved in the preparation of food. Not only is cooking an essential life skill for kids to learn, but it's a great, fun way to get them engaging with healthy foods!

We have suggested four rainbow recipes you might try, you can scale them up to suit the size of your group. Each recipe includes activities for both the younger and older children.

SAFETY FIRST

- ★ With all activities children's safety must always come first. Children should wash their hands before starting and be supervised at all times in all food prep. Please only use children's safety knives. For general tips on kitchen safety for children please scan this QR code.
- ★ Before you start, it is very important to double check if any children have food allergies, or if there are any religious or other food-related restrictions.

WHY NOT GIVE CHILDREN A STICKER FOR HELPING OUT?



SCAN ME!



Kitchen safety tips and skills

YOUR PLANNER

Add your planning notes and feedback here.

DONE

RATING



RECIPE

RAINBOW RICE



SERVES: 4-6 kids
PREP TIME: 5-8 mins
COOK TIME: 20 mins



INGREDIENTS

1 mug basmati rice
1 1/2 mugs cold water
1 tablespoon bouillon (stock) powder
1 teaspoon crushed garlic
1 teaspoon crushed ginger
pinch of turmeric
handful of frozen peas & sweetcorn
2 medium carrots, peeled & diced
1/4 head white or red cabbage, shredded
2 medium red peppers, chopped
drizzle of sweet chilli sauce and roughly
chopped coriander leaves, to serve

A low-fat rice dish marbled with colourful vegetables that cooks effortlessly in the microwave. Turmeric adds yet another level of vibrancy to this rainbow rice. This is a great way to get the kids involved as they can help peel the carrots, dice the peppers (if appropriate), add the brightly coloured vegetables, stir the uncooked rice, and then decorate the top after cooking. The vegetables can be all shapes and sizes, no need to be super neat.

Rinse the rice in a bowl to remove any starchy powder around the rice – this will help you get nice separate grains.

Put rice and water into a large microwavable container with a lid. Add stock powder, garlic, ginger, turmeric and vegetables.

Stir, cover and place in the microwave over high setting for 18-20 minutes, or until cooked (stir once at around 15 minutes). Serve topped with sweet chilli sauce and coriander leaves.

If you do not have a microwave, try cooking 1 mug rice to 2 mugs water plus the stock cube and turmeric in a saucepan over low-medium heat until water is absorbed and rice is fluffy. In a separate pan, fry the cabbage, diced carrots

and peppers in 1 tbsp oil until softened, then add the ginger, garlic and frozen veg for the last minute or two until everything is piping hot. Stir through the rice to serve.

WAYS TO GET KIDS INVOLVED

- ★ Rinsing the rice
- ★ Adding ingredients to microwavable container
- ★ Stirring everything together and pushing the microwave buttons
- ★ Chopping peppers, if age-appropriate

RECIPE

RAINBOW PASTA BAKE



SERVES: 6-8 kids

PREP TIME: 15 mins

COOK TIME: 1 hour



INGREDIENTS

1 yellow pepper, roughly chopped

1 green pepper, roughly chopped

2 carrots, sliced

1 white onion, sliced thickly

1 red onion, sliced thickly

2 tbsp oil

Small pinch of salt (optional, but will help veggies roast more quickly)

200g dried pasta shapes (use gluten free option if needed for kids' dietary preferences)

2 tins chopped tomatoes

2 tsp dried mixed herbs

100g grated Cheddar cheese

(use vegan option if needed for kids' dietary preferences)

A pasta bake is a classic kid-friendly meal for a reason - they love it, and it's one of the easiest ways to get a child to eat a few more veggies! We've chosen some of our favourite rainbow veggies for this, but you can of course change them for others - just bear in mind any difference in cooking times.

Preheat oven to 190C/gas 5. Toss the chopped veggies in oil and a pinch of salt and spread out on a large roasting tin or baking tray. Roast for 25-30 mins until the veg has softened and slightly charred.

While the veg roasts, cook the pasta according to package directions, but take off the heat and drain 1-2 mins early (the pasta will keep cooking in the bake).

Mix the veg and pasta with the chopped tomatoes, dried herbs and cooked pasta and pour into a casserole dish or similar ovenproof pasta bake dish. Sprinkle over the cheese and pop back in the oven for 25-30 mins, until the cheese is melted and golden and the sauce is bubbling.

WAYS TO GET KIDS INVOLVED

- ★ Washing the vegetables
- ★ Chopping peppers and slicing carrots, if age-appropriate
- ★ Tossing the chopped veg in oil (and salt, if using)
- ★ Laying the veg on the cold baking tray or roasting tin
- ★ Sprinkling over the cheese



RAINBOW VEG SALAD



SERVES: 6-8 kids
PREP TIME: 15 mins
COOK TIME: none



INGREDIENTS

2 ripe tomatoes, roughly diced
½ cucumber, thinly sliced
1 small tin sweetcorn, drained and rinsed
1 orange pepper, thinly sliced
2 spring onions, thinly sliced
2 small cooked beetroots, roughly diced
Cooked cold pasta (optional)
Olive oil & lemon juice or 2 tbsp mayonnaise
(pesto is another great option)

Salad doesn't have to mean just green leaves! This colourful one doesn't even include salad leaves, but has lots of fun colours for kids to enjoy. Turn it into a pasta salad for a more rounded meal (adding some cooked meat, chickpeas or beans for protein), or just serve as a side for some cooked meat, fish or veggie alternative.



Prepare all the veg, then mix in a serving bowl. Drizzle over a little olive oil and lemon juice or mix in 2 tbsp mayonnaise to dress.

WAYS TO GET KIDS INVOLVED

- ★ Washing the vegetables
- ★ Chopping veg, if age-appropriate
- ★ Mixing ingredients together
- ★ Drizzling over oil and lemon juice

RECIPE

RAINBOW TAGINE WITH COUSCOUS



SERVES: 6-8 kids

PREP TIME: 20 mins

COOK TIME: 30 mins



INGREDIENTS

1 aubergine, diced
1 red pepper, roughly chopped
1 yellow pepper, roughly chopped
1 courgette, diced
100g butternut squash or sweet potato, diced
100g cauliflower florets (fresh or frozen)
1 tsp each ground cumin, cinnamon, paprika and coriander (or 4 tsp Moroccan spice mix)

2 tbsp oil
1 tin chickpeas, drained and rinsed (optional)
400g tin chopped tomatoes
Handful soft dried apricots or sultanas (optional)
1 mug couscous (if you have any kids with gluten allergies, look for gluten free couscous or serve with cooked rice instead)
1 ¼ mugs boiling water

A proper tagine takes hours to cook, usually in a specific clay dish. We've simplified the process with this roasted rainbow veg stew made with veg, chopped tomatoes and Moroccan spices - just roast the veg, mix with tomatoes and heat through, and serve with couscous!

Toss the veggies in the spices and oil and roast in an oven preheated to 190C/gas 5 for about 20-25 mins, or until softened and starting to brown. Tip into a large pan with the chopped tomatoes (and chickpeas, if using) and heat through until everything is piping hot. Stir through the dried fruit, if using, and cook for an extra minute.

While the veg and tomatoes are cooking, make the couscous by pouring 1 mug couscous and 1 ¼ mugs of boiling water into a pan or heatproof bowl with a lid - cover and leave to cook for 5 mins, then fluff with a fork and serve with the tagine. If you have it, stirring some chopped fresh herbs through the couscous can be a great addition.

WAYS TO GET KIDS INVOLVED

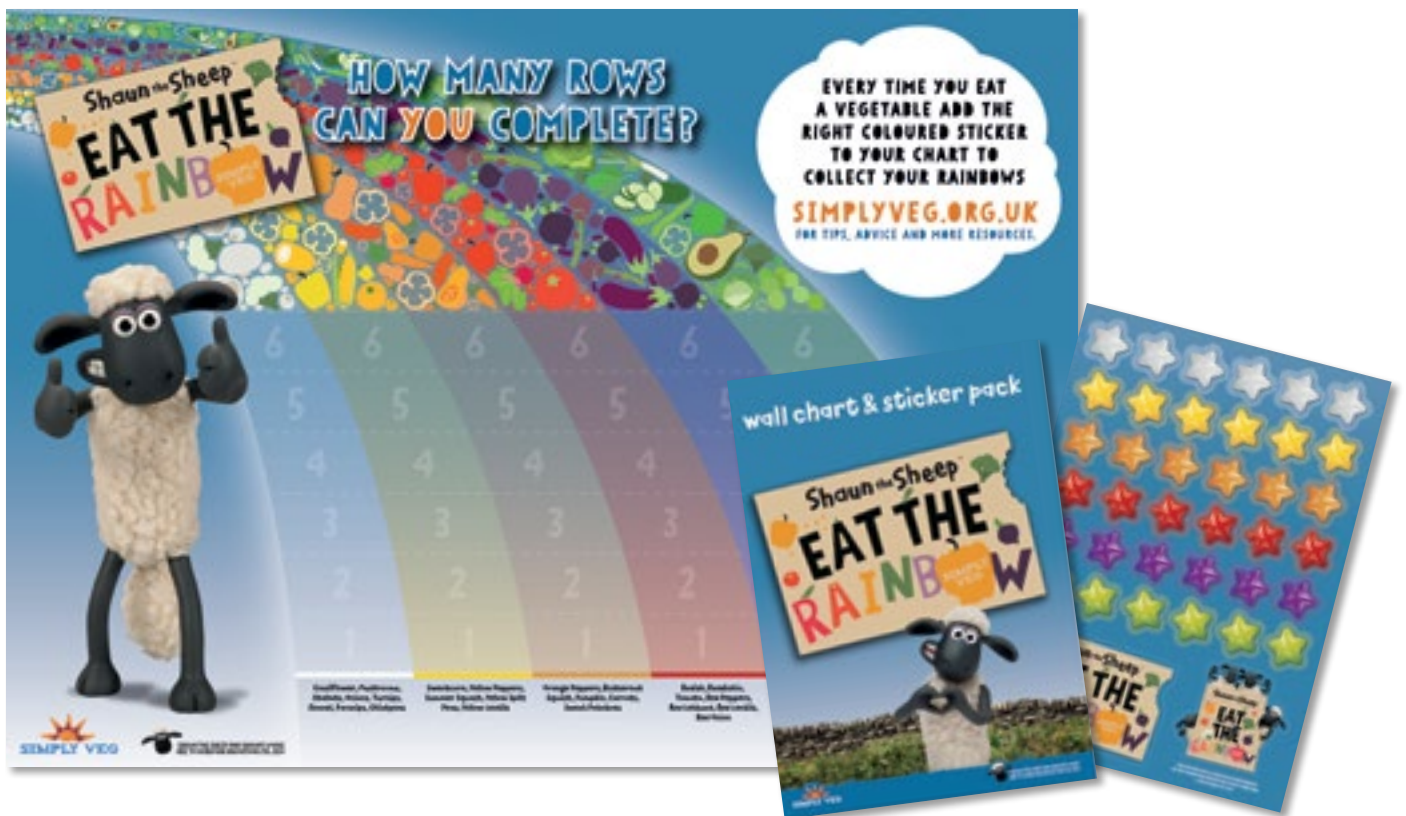
- ★ Washing the vegetables
- ★ Chopping veg, if age-appropriate
- ★ Tossing veg in oil and spices, and laying out in a roasting tin or baking tray
- ★ Pouring tomatoes and chickpeas into a pan
- ★ Stirring everything together
- ★ Pouring couscous into pan/bowl
- ★ Fluffing couscous with fork

TAKE HOME

WALL CHARTS & STICKER PACKS

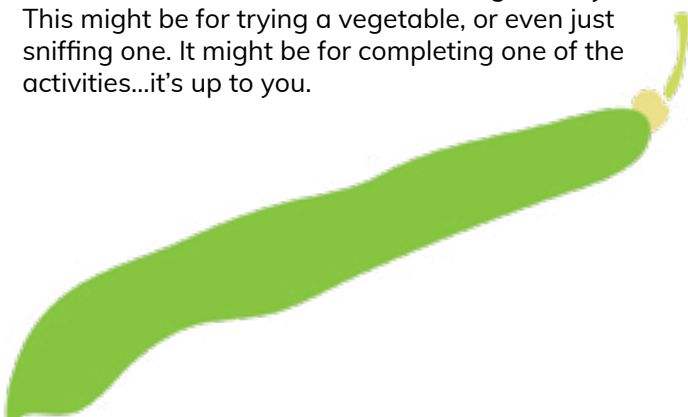


You should have enough wall charts and sticker packs to give one to each child. These packs are to take home after the event. The packs encourage children to eat a rainbow of different vegetables in the weeks that follow your theme day. They are really effective, so please give each child one to take home at the end of the session.



PARTICIPATION STICKERS

Your resources also include a roll of 100 stickers. These are to reward the children during the day. This might be for trying a vegetable, or even just sniffing one. It might be for completing one of the activities...it's up to you.





FEEDBACK

Veg Power is a not-for-profit alliance of companies, organisations, celebrities, schools and parents united by a common goal: to get our kids eating more delicious, healthy veg.

Our mission is no easy task but if we all rally together, we believe it is possible. We need your help. Please guide us with your feedback.

Everybody is welcome to tell us what they think. You, your colleagues, as well as parents and carers. Whether you love it or hate it we want to hear from you, as it's that feedback that will help us improve.



Scan the QR code or head to vegpower.org.uk/eat-the-rainbow

NEED HELP?

If you do need help, please first check this guide and then head to our website. There you'll find resources you can download and FAQs that might answer your questions and if that fails please contact us: hello@vegpower.org.uk

PLEASE SHARE

On social media we can inspire each other with ideas, amaze people with your wonderful kids and support each other with our likes and shares. Please share and don't forget to use the hashtag and tag us and our friends:

#EATTHE RAINBOW

@VegPowerUK

@shaunthesheep



Eating a rainbow of fresh veg is a great way to empower kids to love their veg by offering them more visually-pleasing colour, texture, taste and choice!

Eating the rainbow isn't just great fun but also boosts your health by ensuring you take in a variety of nutrients. Plus, it's more pleasing to the eye, which can help when trying to feed kids more veggies!

