

Simplify Feeding Your Family

Information, tips and conversations to simplify feeding your family & feel great about it.

Free parent seminar



DETAILS OF SEMINAR

Date: Tuesday 17th September

Location: DPS School Library

Start time: 6.15pm

End time: 7.15pm

WHERE EVER YOU ARE AT IS TOTALLY PERFECT

Every family is unique, and there's no judgment here - just practical tips to simplify feeding your family and feel great about it. Ask questions in the Q&A at the end. We're here to help.

THIS SEMINAR IS FOR YOU IF YOU'D LIKE YOUR CHILD TO:

- Eat a wider variety of real food.
- Be less fussy or picky with the foods they eat.
- Stop nagging you for packaged food.
- Have less volatile behaviour.
- Be able to concentrate or focus for longer.
- Learn more easily, or get better results in school.
- Sleep better or get fewer nightmares.
- Not get headaches, or get sick so often.

You'll discover how food maybe impacting all of this.

WE'LL ALSO EXPLORE

- A simple language to talk to children about food.
- Better, simple food swaps.
- Navigating the supermarket to improve health.
- Techniques to save time and money.
- Tactics to transition your family to eat more fruits and vegetables.
- Where to get more free help this year.



To ensure you can fully immerse yourself in the seminar, we recommend you make arrangements for someone to take care of your children.

The Mad Food Science Incursion is part of the **Making Friends With Food** by **The Root Cause™** partnership. Learn more here: therootcause.com.au/mfwf

