

Healthy Eats Tip of the Week!

Did you know...?

Children often need to be exposed to a new food 10-15 times before they will eat it. Not trusting new foods and flavours is very common amongst kids.

Don't give up and don't give in! Just keep serving up your new dishes and flavours and they'll be demolishing it in no time.



Healthy Eats

2 & 5 to help you thrive!

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