

# The Vegan Child

*Vegan nutrition from  
weaning to the teen years*

This 6 week workshop is aimed at empowering parents with the tools they need to help to develop healthy eating habits in their children. The program will cover the benefits and pitfalls of a vegan diet, as well as practical tips to help you cope.

Sessions start at 10am till 12pm, running every Friday from June the 1st to the 22nd and then July 6th and 13th.

#### **Week 1**

Introduction and Weaning  
(6 -18 months)

#### **Week 2**

The Fussy Eater (ages 2-4)

#### **Week 3**

Packed lunches,  
picnics and parties

#### **Week 4**

Teens-curbing the junk habit

#### **Week 5**

Meal and menu planning  
(food combining & batch cooking)

#### **Week 6**

Summary topics covered,  
cooking and eating together



Workshops at East Worthing  
Community Centre, Page Road  
hosted by Registered  
Nutritional Therapists, Brenda Lee  
& Linda Matthews.

#### **Brenda Lee**

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#### **Linda Matthews**

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Cost of 6 week workshop £60  
Tickets available at **Eventbrite**

