

More about the workshop

The workshop is run by two trained facilitators and incorporates information from NHS Change4Life and NHS Live Well Eat Well.

<https://www.nhs.uk/change4life>


<https://www.nhs.uk/live-well/eat-well/>

Workshops run throughout the year

Book a free place now on Eventbrite:

<https://iowfamilycentres.eventbrite.co.uk>

How to get in touch and find out more

 Find us on Facebook: Isle of Wight Family Centres

 Email us: iowfamilycentres@barnardos.org.uk

 Call us: 01983 529208 / 617617 / 408718



<https://families.barnardos.org.uk/>

isleofwightfamilycentres.org.uk



Healthy Balance Workshop



A free one off workshop delivered via Zoom for parents/carers wanting to know:

How do I encourage my child to eat healthier options?

Am I feeding my child enough, or too much?

How do I know what's in the food we're eating?



Who's the workshop for?

The workshop is not restricted to an age bracket as it is designed to encompass the whole family (adults and children). *Although, if your child is between 6-12 months we recommend attending our Weaning Workshop.*

The Healthy Balance workshop is designed to give families tools and ideas to help combat 'fussy eating', discuss the benefits of family mealtimes and encourage everyone to eat from the 4 main food groups using the Eatwell Guide (for over 2yr olds):

- **Fruits & Vegetables**
- **Carbohydrates** (potatoes, bread, rice, pasta)
- **Protein** (beans, pulses, fish, eggs, meat)
 - **Dairy & dairy alternatives**



Topics covered

What We Eat

Balancing Your Plate

Tuning In To Mealtimes

Family Rewards & Choices

Me Size Meals

Shopping Habits

Looking at Labels

Physical Activity

What will it be like?

The workshop is one session lasting approximately 1.5 hours and is delivered via Zoom. It's an interactive workshop with opportunities to ask questions. You will receive an email after the session with handouts and our evaluation forms are completed via Survey Monkey.