

Food Sensations for Parents (FSP) is a free community nutrition education and cooking program designed to provide parents and carers of children aged 0 - 5 years with the tools to create a positive eating experience for the whole family. Run over 5 weeks, each 2.5 hour session includes 1 hour of learning through fun, interactive activities and discussion, 1 hour of hands-on cooking using quick, tasty, budget friendly recipes, followed by a shared meal with parents and children. The *Food Sensations for Parents* Program is generously supported by Healthway.

Online programs are run over 4 sessions and run for 1.5 hours over ZOOM.

What will participants learn?

- Week 1 - Basics of healthy eating for the whole family
- Week 2 - Recommended amounts, textures and types of food for childhood development stages.
- Week 3 - Helpful tools and tips to make mealtimes joyful.
- Week 4 - How to read food labels and pack healthy snacks and lunchboxes
- Week 5 - How to plan and feed the family on a budget.
- Every week - Participants will cook quick, easy, delicious, healthy family meals and share them with their children and receive a workbook with lots of information and recipe booklets to take home each week.

How do I refer clients?

- The public can be referred to open programs and details of how to book can be found on our website - foodbank.org.au/WA/food-sensations-for-parents
- Closed programs are pre-existing groups and aren't open to the public.
- If you have an existing group or venue that would like to host a program, please contact Michelle on (08) 9463 3230 or email michelle.mcintosh@foodbankwa.org.au to discuss further.

NORTH METRO HEALTH SERVICE			
LGA	WHEN	WHO & WHERE	PUBLIC OR CLOSED
OCTOBER/NOVEMBER			
ALL	Tuesdays October 13, 20, 27 & November 3* 1:00pm - 2:30pm *4 x 1.5 hr sessions only	ONLINE via ZOOM Bookings @ Eventbrite	OPEN
City of Stirling	Wednesdays October 21, 28, November 2, (2 week break), 25 & December 2 9:30am - 12:00pm	Child & Parent Centre Westminster 23 Marloo Road WESTMINSTER	CLOSED
City of Stirling	Fridays October 30, November 6, 13, 20 & 27 10:30am - 1:00pm	Child & Parent Centre Warriapendi 8 Redcliffe Avenue BALGA	CLOSED
NOVEMBER/DECEMBER			
ALL	Wednesdays November 11, 18, 25 & December 2* 10:15pm - 11:45pm *4 x 1.5 hr sessions only	ONLINE via ZOOM Bookings @ Eventbrite	OPEN