

Food Workshops for Schools

Evening Workshop with Parents

Our project worker will visit the school during an evening where they will deliver a one hour informal talk to up to 60 parents* with tasting session. We will talk to parents about the balance of good health, how they can provide a healthy lunch box for their children and will offer tastings of lunchbox suggestions. Approximately 30 minutes of setting up/clearing away time will be needed, making a total of up to 2 hours on site.

Price £150.00

The sessions will consist of:-

Looking at the eatwell plate

The importance of 5-a-day

Discussing how to achieve a healthy balanced diet

Quizzes connected to healthy eating and staying fit and healthy to encourage parent participation

Food tasting

What Dorset Food and Health Trust will provide:-

1 Project Worker on site for up to 2 hours.

All food offered for tasting (see list below).

Additional resources (see below).

What the school needs to do:-

Contact us to arrange the date/time of the workshop and complete a booking form.

Advise final numbers at least 2 working days prior to the workshop taking place.

Ensure at least one member of staff is present during the workshop.

Food includes a selection from the following:-

Rice Cakes / Oat Cakes

Pitta Bread

Tortilla Wraps

Hummus

Meat Paté / Fish Paté

Spinach and Cheese Paté / Bean Paté

Tea Bread or Banana Cake

Selection of raw vegetables

Selection of fruit

Recipes for cakes and patés can all be found in the 'What's in Yours?' booklets which we will supply.

Inclusive resources supplied by us:-

What's in Yours? Healthy Packed Lunch Booklets**

** Additional copies can be supplied to distribute to whole school if required.

Resources listed are be subject to availability. We reserve the right to substitute with an appropriate alternative should any be unavailable.

** The price of this workshop is based on providing food tasting for up to 60 parents.
Additional parents can be accommodated at a cost of £1.00 per head (in multiples of 10).*

DORSET FOOD AND HEALTH TRUST

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