

Food Workshops for Schools

After School Drop in Session for Parents and Children

Our project worker will visit the school at the end of the school day for approximately 1 hour. Parents will have the opportunity to discuss concerns, ideas and suggestions relating to healthy eating; specifically looking at healthy packed lunches. We will provide food tastings for up to 30 parents and 30 children along with supporting literature. 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:-

Opportunity for parents to discuss healthy eating options
Information on the importance of 5-a-day
Discussing how to achieve a healthy balanced diet
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).

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 session.

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 30 parents and 30 children. Additional numbers can be accommodated at a cost of £1.00 per head (in multiples of 10).*

DORSET FOOD AND HEALTH TRUST

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